

# theMillwatermag

Your FREE monthly magazine of all things  
Millwater & Milldale

February 2020



HBC Special Olympics - see page 3  
for this story



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# Editor's Note

Happy new year to you all, and additional warm wishes to our Chinese community as they welcome in the Year of the Rat.



I hope everyone had a safe and enjoyable summer, and that any holidays outside of Millwater have been relaxing. Welcome home.

If you have just moved into the area, a very warm welcome home to you, too!

Our community is still growing, and our infrastructure and facilities are feeling the pressure. Our schools in particular have seen phenomenal roll growth. Towards the end of last year, I noticed this has led some creative solutions to the school drop-off rush.

Please, if you are driving across grass or parking near footpaths, be aware of our smallest Silverdale residents (human and canine!), and take it slow. A few seconds or minutes more of your time will not significantly affect your day, but they might just save someone's life.

We could all do with a little more patience, including myself. Modern life suffers from so much rushing. Enjoy those extra few minutes to yourself in your car on the way to work – for myself, I am a recent audiobook convert, and now I'm actually looking forward to my new commute at my new job this year!

I wish everyone a similarly positive outlook for a wonderful 2020.

新年快乐

*Jessica Copping*  
February 2020

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**FRONT COVER - HBC Special Olympics**

**theMillwatermag**

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# HBC Special Olympics



This month I sat down with Lorraine Skelton, the chair of the Hibiscus Coast Special Olympics committee, and spoke with her about the wonderful work she does. The Special Olympics is an opportunity for all-aged special needs people in the area to get involved with the sports they love, and can even lead to an opportunity to compete internationally.

Lorraine is a mother of three and currently resides in Millwater. Her middle child, who has autism and epilepsy, is incredibly passionate about sports. Being able to give her son a place where he can have fun and be safe made Lorraine get involved with this organisation. She explained, "Traditional sports are really hard for special needs kids because they don't have the uptake, they're not as fast, and they don't quite understand the competition as much, so they are more about just being active and getting involved."

Having recently taken on the role of chair for the Hibiscus Coast branch, she plans to spread the word and gain interest for the program. She would like more people to become involved, which would lead to more sports being on offer for many people who would benefit from these experiences. Lorraine is trying to encourage new people to the area to take a look at what Hibiscus Coast Special Olympics has

to offer. The program caters for all levels of expertise, with opportunities to compete on an international stage as well. In two years, a New Zealand national Olympics will be held in Hamilton. Lorraine would like to see their athletes compete at this event. The top Olympians from this competition would be able to compete at the international games.



"We will find something you can join in on," Lorraine explained, which is backed up by the range of sports they have available, such as skiing and snowboarding, a swim program, horse riding, athletics programs and ten pin bowling. If you are interested in competing or would like to get involved, head over to the New Zealand Special Olympics website, click on the region and you will be sent to a page with contact details to get in touch with the coordinators. This is a great opportunity to find something you enjoy, as you never know where it could lead.

*Megan Prentice*  
Features Contributor

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# An Easy Way to Fix Lower Denture Problems



Lower dentures have a reputation for being painful and difficult to wear. Historically, the only solutions for these issues were messy denture adhesive or implants. And, while both solutions have their positives, they also have some negatives.

But now there is a new solution to lower denture problems called SPB or Stabilized Precision Base. It is cost effective, takes 24 hours, and is producing life-changing results.

DentureTech Millwater is thrilled to be able to offer the SPB service to all patients. It can either be included into an existing denture (like a relining or refitting procedure) or into a new denture that is being made.

With an SPB added to a lower denture, our patients have less movement, less soreness and happily report that they can bite and chew far better!

Christina Richter, Clinical Dental Technician of DentureTech Millwater has been creating stable lower dentures with the SPB technique for 3 years now. "What I love about the SPB process is how simple it is to get results! My patients love the fact that it only takes 24 hours and is very cost effective. It creates stable lower dentures and less sore spots."

The SPB technique comes from Japan – Dr Jiro Abe. DentureTech clinicians have had specific training with Dr Abe to learn this new technique.

So, look forward to more moments that make you smile with confidence! No longer worry about a lower denture jumping around or causing pain!

DentureTech Millwater are located at shop 9 / 177 Millwater Parkway, Millwater. Phone and speak to Carol to arrange your free consultation today and learn how an SPB can help fix your lower denture problems!

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# vet speak

## Itchy Dogs & Cats



is important to remember the home environment may need treating as well as your pet.

Hypoallergenic diets designed to support healthy skin, either from the pet shop or vet, can provide your pet with the specific nutrients needed to ensure the skin can act as a robust barrier to environmental allergens, while also not contributing to the problem by including common triggers.

A number of medical treatments are available to give your pet rapid relief while the underlying problems are addressed, but allergic skin problems are only ever managed and not cured.



*Jemma Hedges  
Millwater Vet Hospital*

During the summer, allergy problems often surface in both dogs and cats. Some pets become intensely itchy, while others develop rashes or chew themselves, and others sneeze and wheeze. Whatever your pet's symptoms are, there are several ways to deal with the causes and give them relief.

Some of the plants and grasses that grow in the Auckland region are particularly good at triggering allergic reactions: for example, kikuyu grass. Tree and grass pollens can also contribute. Fleas are a common cause of problems, especially for pets that are already a bit itchy from other causes.

The most effective way to manage allergies is to avoid the cause, or remove it from the pet's environment. For example, dogs with grass allergies may benefit from being exercised at the beach where possible, and at home being confined to a decked or paved area. Good flea control, both of the pet and the home environment, is vital. Thankfully, a number of very effective ways exist to keep on top of fleas; although, it



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# pharmacy talk

## Natural Health at Millwater Parkway Pharmacy *New Year, New Health Resolutions*



Do you suffer from fatigue, anxiety, depression, weight gain, female hormone imbalances, or digestive issues? It could be stress.

All these issues can often be linked back to emotional or physical stress, including demanding jobs, poor dietary choices, nutrient deficiencies, chronic pain, or hidden inflammation.

When you're chronically stressed, the communication between your brain and adrenal glands becomes dysfunctional, and the adrenal hormones cortisol and DHEA get out of balance. These imbalances can set off a cascade of effects throughout the body, including:

- Insomnia
- Fatigue
- Weight gain, especially around the tummy
- Female hormone issues, such as PMS, fertility, or more severe menopausal symptoms
- Reduced serotonin levels, triggering anxiety or depression
- Suppressed immune response
- Imbalances and infections in the digestive system, triggering diarrhoea, constipation, heart burn or food reactions

What a mess! I know! Back in 2011, I experienced a period of high stress which left me so unwell that even a slow 15 minute walk made me feel nauseous. On top of that, I developed IBS and many food sensitivities and chemical intolerances. I was tired all the time and, frustratingly, nearly nothing showed up on conventional blood testing.

On the journey to better wellbeing, I developed a passion for natural health and went on to formally study herbal and functional medicine, as well as nutrition, with a number of inspiring organisations; including the Kalish Institute of

Functional Medicine and The Institute for Integrative Nutrition (the world's largest nutrition school).

### Natural Solutions for Stress

If your health is stressing you out, it's not your imagination! By taking the time to talk to you, and incorporating non-invasive functional testing as needed, I can identify key stressors which may be impacting on your brain and body. Together we can develop an individualised plan combining lifestyle, diet, and lab-based supplementation to reduce stress, improve nutrition, and gently rebalance the neuroendocrine, digestive and detoxification systems.

This approach, called the Kalish Method, is backed by research from the Mayo Clinic and has already helped thousands of people reclaim their health and achieve optimum wellness. I'd love to work with you, so book an appointment with me today through Millwater Parkway Pharmacy. I look forward to hearing from you!

**Monique Duncan, Natural Health Practitioner**  
Millwater Parkway Pharmacy









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**Saturday:** 9.00am – 3.00pm  
**Sunday:** Closed

# One For The Mums



Watching TV, scrolling on social media, magazines on the table as you wait ... we are bombarded with images, articles, diets, makeup, skin care, hair care, fashion, recipes, exercise, parenting ... the list goes on. All of it to tell us what we can do better. Some well-meaning; others, not so much.

I don't know about you, but I find it exhausting. Mentally and emotionally. And then you see 'them'. The infamous 'them'. The ones who have it all together. Who work full time, have perfect kids, look like they stepped out of a magazine with on-point fashion, brows, lashes and body – and we both envy and judge them at the same time. Then we chastise ourselves for being so petty.

I noticed a few years back the language used around

advertising to women, and how it differs from that used for adverts to men. To be honest, it started to p\*\*\* me off. Words like 'corrects', used when talking about face creams. And the term 'appearance medicine'. Those terms are a sure-fire way to light this Texan's fuse!

Neither your nor my face needs correcting. And surely we aren't so hideous that our appearance needs medical intervention!

But we buy into it. Either total subscription, or in subtle ways. Don't get me wrong; like everyone else, I try to look my best. But my value is not derived from my looks. The fact that there are multiple industries whose sole purpose is to make me feel bad about the way I look, does my head in! I thought we were on our way to equality.

So, every day, I have to remind myself: I am enough. I wear makeup when I want, I dye my hair if want, I go on a diet if want, and wear clothes that make me feel like – me.

Being me is the most important thing I can do for myself and for my children. I'm showing my daughter there is more than one way to be beautiful. That true beauty comes from within. I'm showing my son that with a little makeup and the right clothes, anyone can be pretty. But pretty is on the surface. You gotta dive deep to find the beauty in a person.

I want to encourage every mum reading this. Be the best YOU you can be. You are enough.

*Rechelle McNair*  
*sKids Kingsway*

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# The Mysterious Natural Substance X

## For more brain power, fat burning, and fertility!



Last year, I talked about memory, protection of the brain, etc.

Now, with the kids back at school, I thought it's an appropriate time to talk about more brain energy! Don't we need some of that!

I suspect there are a lot of parents interested in this, after thinking their way through keeping the kids busy in the school holidays, getting them ready for school, etc. You can improve energy production within brain cells, and enhance major neurotransmitters responsible for memory and healthy brain function.

There is a substance, let's call it substance X, and although it is naturally present in almost every cell, X is concentrated in tissues that use fat or fatty acids as their primary energy source – including skeletal muscles and the heart!

So, for starters it is a very good factor in burning or using up

fat stored in your body tissues. Good enough reason on its own to supplement with it. Body builders and sculptors use X as an effective agent when combined with exercise to “burn” fat.

But there is another, even more compelling benefit from X... it crosses the blood-brain barrier to support a healthy nervous system, maintain healthy brain function, and support healthy ageing!

X has been shown to act as a powerful antioxidant within the brain cells; stabilises membranes; improves energy production within the brain cells; and enhances or mimics a major neurotransmitter responsible for memory and healthy brain function.

Now here's another interesting thing. X concentrations are extremely high in the epididymis, where sperm mature and acquire their motility. It has been suggested that spermatozoa, which require beta-oxidation for energy, may require X for proper maturation. Human trials have found X therapy to be effective in increasing male fertility.

So... if you're interested in X, come on in to Health by Logic to discuss.

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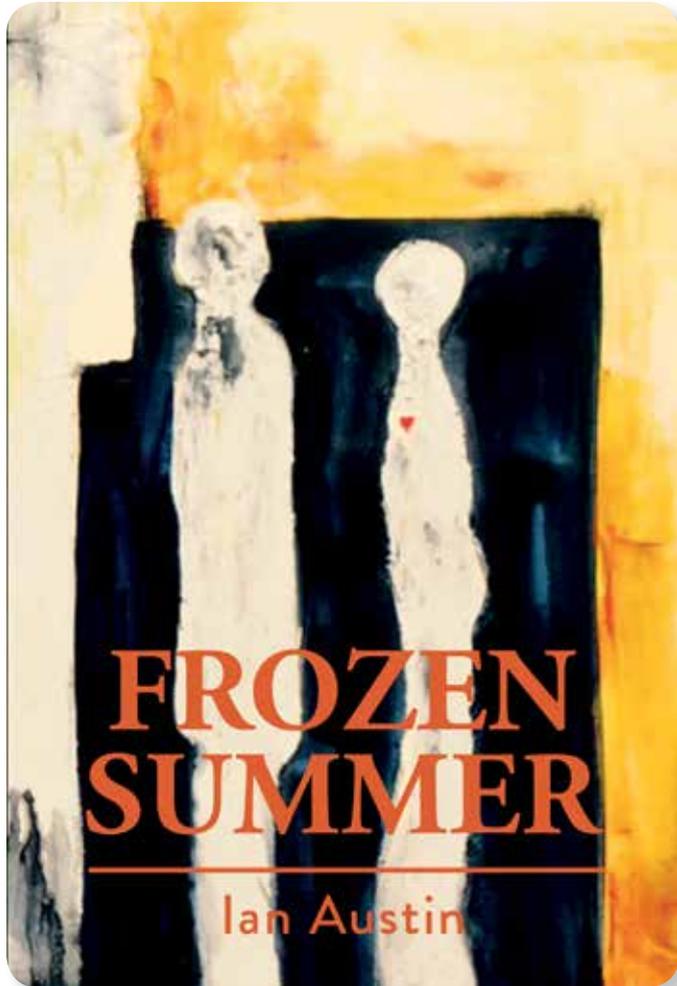
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# millwater **book of the month**

## Frozen Summer by Ian Austin



*Frozen Summer* is the third book in a compelling series of crime novels featuring ex-detective Dan Calder. Dan has made a new life in New Zealand, but an unsolved cold case causes Dan to return to England to investigate the death of murdered drug mule Zoe Summers. Dan is the only suspect in her killing – as an undercover police officer he was at the scene, but he was unconscious for a time, so he doesn't know if he killed her, and at the time he covered up being there. But the thought he may have somehow killed her – however unlikely it seems given his character – has been psychologically torturing him over the years, and now he is determined to get to the truth, even if he finds out he is the killer.

Dan takes his wife, Tara, and new-born son to the UK with him. Once in the UK he reunites with old friends and police colleagues, and together they investigate – and they discover there is much more than meets the eye in this case.

Author Ian Austin is an ex-police detective, and he brings a vast amount of knowledge to his books, and it is the police procedural element that I enjoyed the most. It gives a real insight to how police work cases: the interviews, the gathering of evidence, the scene searches – it's fascinating stuff, and the authenticity puts Ian Austin in a different league from other crime writers. And Dan Calder is a character to cheer for, a well-drawn and complex individual. If you haven't tried a book by Ian Austin, start with the first in the series, *The Agency*, and work your way to the latest novel. You won't be disappointed; they are thrilling, well-constructed crime novels.

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**Karen McMillan, [www.karenm.co.nz](http://www.karenm.co.nz)**

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# the green spot

## Eco Tip of the Month



trees are burned down, we are losing vital carbon sponges as well as the captured carbon being released back into the air and increasing the negative impact of greenhouse gases on our environment. This means hotter temperatures, and higher chances of future forest fires, and so the cycle goes on.

Let's help combat this by planting more trees! This could be on your own property or perhaps at your local school, or you could support organisations such as [treesthatcount.co.nz](https://www.treesthatcount.co.nz) where a \$10 donation will fund the planting of a NZ native. February is my birthday month and, in lieu of receiving gifts for my 40 year milestone, I have set up a tree registry at <https://grow.treesthatcount.co.nz/registry/hayleystreeregistry>

Feel free to donate or set up your own, and speak for the trees!

*Hayley Crawford*

Summertime brings fun, but this summer has also brought devastation to our neighbouring country. The loss of life, both human and animal, has been heart-breaking, especially with species risking extinction. Also of great concern to me is the loss of trees. This is happening globally, with other horrendous crises such as purposefully-lit fires in rainforests to create more space for farming and oil palm plantations. We are having forest fires caused by climate change, and all forest fires also contribute to climate change.

Human behaviour is creating high levels of heat-trapping gases in our atmosphere, such as carbon dioxide. Heat is prohibited from being released into space, causing a greenhouse effect. Heat and dryness are the main influencers of bush fires, and both of those were major factors for Australia as 2019 was their hottest and driest year on record.

Through photosynthesis, trees and plants take carbon dioxide from the air, and then oxygen is released as a by-product when converting the carbon into plant structure. So, when our

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# art speak

## Time for a Creative Challenge



Four new exhibitions open on Saturday 1st February from 3pm to 5pm. Lyn Dyson will be showcasing her Textile Retrospective “Cut from a Different Cloth”, showing her dynamic and alternative approach to quilt-making techniques. Wilson Owen returns for his second solo show featuring his bold and dramatic abstracts, while Rebecca McLeod also returns with her innovative feather paintings. New exhibitor Ulemj Glamazuna’s most recent artwork incorporates our inseparable connection to Mother Nature and her recent journey into the role of motherhood. All exhibitions will run until 23rd February, and are open daily from 9am to 4pm.

The Art Centre is located next to the Estuary on the Te Ara te Huna Cycleway at 214b Hibiscus Coast Highway, with plenty of parking and an onsite café. The Centre is open 7 days a week from 9am to 4pm. Visit us on Facebook, Instagram or our website [www.estuaryarts.org](http://www.estuaryarts.org).

With over 21 tutors offering classes in everything creative, from drawing for the beginner to painting in watercolours, oils or acrylics, creative journaling, mosaics, ceramics, or Oamaru stone, perhaps 2020 is the year to try your hand at something new.

Estuary Arts is pleased to announce four new tutors. Fiona Gray will be teaching young students the “Ways of Seeing” in our after-school programme, Strahan Clarke will



be taking an advanced ceramic class, while Sonya Young will cover the mosaics on Wednesdays. Scott Patience joins us to introduce his Beginners in Oil Painting. Classes commence around the 10th of February, so do book early to ensure you get into the class you want.



### What's on at Estuary Arts 30 Jan to 23 Feb 2020

**Opening event Sat 1 Feb, 3-5pm  
All Welcome**

**G1&2: “Cut from a Different Cloth”**  
a textile retrospective by Lyn Dyson

**G5: “Feathers of Aotearoa”** new  
work by Rebecca McLeod

**G4: “Abstraction”** New paintings by  
Wilson Owen

**G3: “Yin and Yang”** Figurative work  
by Ulemj Glamuzina



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Ruby and Maisie after their swim at Orewa Beach with their cups of tea and croissants at their sides



The extended Mul clan at Christmas



Sailing at Otama



Marcel and Asher buying fruit at Lip Sin Market in Penang



Northern Explorer train from Wellington to Auckland - Ruben Hanekon and his dad Jurie



The Oliver Family in Tauranga



The Oliver Family



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Orewa Surf Life Saving Camp at Ruakaka



Orewa Surf Life Saving Camp at Ruakaka



Street music in Wellington

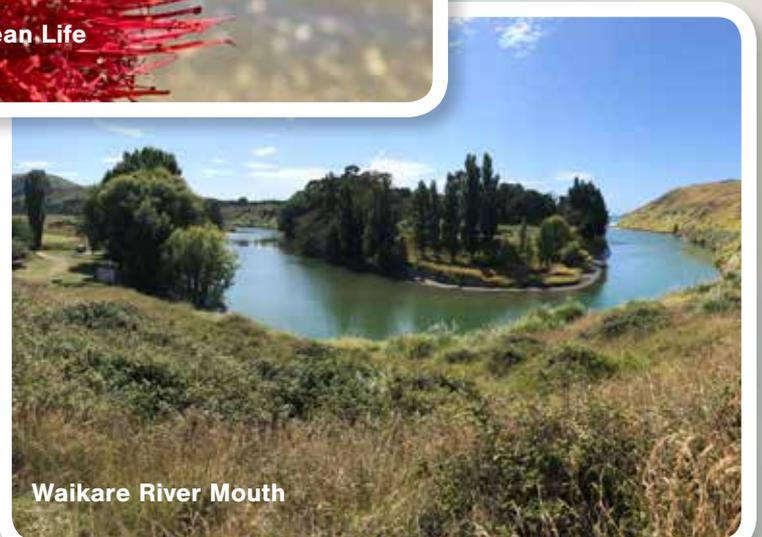
# families



Wenderholm Bees Mean Life



Tokomaru Bay - Uncomplicated



Waikare River Mouth



# millwater *romeos*

The December outing of the Millwater ROMEOs (Retired Old Men Eating Out) started with a very enjoyable lunch for 14 of us at FresCo in Gulf Harbour. This was followed by a visit to the Defence facility (now known as the Tamaki Leadership Training Centre) at the end of the Whangaparāoa Peninsula.

We were met by CPO Honē (Harry) Harrison, who led us to the training building and explained that the base was first occupied by the Navy, then the Army, and now is a training facility for all the Forces. Civilians are also welcomed and trained here, including volunteer firefighters and ambulance officers. The buildings are all fairly new, with aircon and heating installed, and we saw the sleeping quarters, kitchen, ablution area (unisex these days), and a recreational area.

Following an explanation about the gun emplacements (there

were 3 x 9.2" gun turrets and a number of smaller ones) and the tunnels, we drove to the "action" area and were treated to a guided tour of part of the 9.2" gun tunnel, where ordnance was delivered up to the gun. This gun was only fired once as a test, never in anger. Of the other 2, only 1 was delivered and the 3rd was cancelled.

The total area is part of the Shakespear Open Sanctuary controlled by the Auckland Regional Council and is home to the little brown kiwi, 7 of the 9 known native skinks – and to the endangered grey-faced petrel, of which there are 2 sites with a few birds in each.

The great day out was enjoyed by all and rounded off with afternoon tea at the organiser's home.



*Happy Valentine's*

Friday, 14th February 2020

Dinner for Two \$99

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## THE VIEW EATERY VALENTINE'S DINNER & 1/2 BOTTLE OF BUBBLES

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or

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# Should We All Become Vegetarian Or Vegan To Be Healthy?



If you've watched the new Game Changers movie on Netflix, you might be wondering if we should all cut meat and animal products out of our diets. The claim is that meat is harmful, and you cannot be healthy unless you are vegetarian or vegan.

Just as with carbohydrates, the **type** of meat we consume matters. If we are regularly choosing highly processed meats like cheerios (red cocktail sausages) and luncheon meat, they are not in the same category as fresh meat and are not healthful choices. Some of these types of processed meats only contain around 50% meat, and the rest is made up of a variety of fillers, preservatives, flavours and thickeners. Eating a diet high in processed meat has been linked with an increased risk of many chronic diseases like high blood pressure, various forms of cancer, and heart disease. The rest of what we eat is also an important factor. We should be eating lots of vegetables whether we chose a vegetarian or omnivorous diet.

A classic line from the movie comes from strongman, Patrik Baboumain. He was asked: "How could you get as strong as an ox without eating meat?" The answer was: "Have you ever

seen an ox eating meat?" Of course an ox doesn't eat meat, but they also have a four compartment stomach to help them digest the grass that we are not able to.

While a vegetarian or vegan diet suits some people, it doesn't suit everyone and it comes with its own set of challenges. An omnivorous diet can also be very healthy, so choose good quality meats and remember to include lots of vegetables.

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

You can find me on Facebook as NutritionSense for regular posts on health-related topics and recipes. If you would like help creating new habits and planning a nutritious way of eating, contact me [paula@nutritionsense.co.nz](mailto:paula@nutritionsense.co.nz).

**Paula Southworth**  
*BSc Human Nutrition & Sports Science*  
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# millwater property management

## How's The Market?



We humans are a curious species. We seem to keep making the same mistakes. We know that one of the big problems that we face is housing affordability. House prices and rents are moving in directions that work against the people who are trying to purchase or rent a home. It is a common theory that "The Market" is best left alone to find its own equilibrium. Nevertheless, some things happening in our economy appear to tip the scales against those on the buying side of the equation.

About thirty years ago, tertiary students were introduced to student loans as a means of paying for their studies. After graduating, they were effectively out of the property market for some years while they repaid their loans. About ten years later, the "baby boomers" who owned homes were told to leverage their equity to buy a second house and rent it as a retirement investment. Many sold theirs within a decade. Nowadays, we have immigration outstripping house-building numbers, and low interest rates are increasing competition and forcing higher prices for property. These factors are making the dream even harder for renters.

The Government's compliance roller-coaster is unsettling a number of small landlords who have decided to sell out, take a capital gain (untaxed of course) and enjoy their retirement.

Wouldn't it be more settling for our society if housing was regarded by all as a long-term investment, rather than simply a short-term, tax-free capital gain scheme?

*Craig Harrison | Principal, Quinovic, Millwater*

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# Your Style Your Way



As we reflect and look at our own path of life, we each have our own unique personal style, tastes and values. Look within to understand and learn how to reflect these qualities in your personal style and everyday life.

Style should feel right, it should be fun, and it should be an extension of your inner personality.

Here are a few things you can do to stay focused on your own unique style and how you feel about it:

- Know your body shape; we are all different and this is yours, so love it
- Start exploring what styles you do like and why – the garment, not the person wearing it
- What would your 3 style words be that would make you feel good when you are wearing your personal style?
- What 3 things do you love about yourself? List them, pop a sticky note somewhere where you can see it every day so you can remind yourself
- Ask if your style works for your current lifestyle
- Play with different looks – getting dressed is supposed to be fun!
- Remember how beautiful you are!

*Janine – Natural Style*

Not someone else's! Yet we so often compare our style and our lives with others. Everyone else seems to have it all together; and somehow, we feel we do not?

We find ourselves paging through magazines, scrolling through Instagram or Facebook, looking at other people's lives, what they are wearing, what they are doing. We fail to realise that this is only a single moment that has been captured, yet we fool ourselves into believing that their lives are "perfect", which often leaves us feeling a bit inadequate. The constant feeling that we are not good enough, stylish enough, have enough. We will always be chasing something that does not exist, that single moment of perfection as reality.



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# Defriend ALAN: It's an Enemy (Part 2)



Artificial light at night (ALAN) is deadly to the cellular biology and detrimental to our health.

## 1. It suppresses melatonin

Melatonin is activated at night after sensing darkness. Any exposure to blue light after dark (e.g. LED lighting and screens) disrupts this process. Melanopsin, the blue light detectors in the eyes and skin signals the body to spike the cortisol level because daytime frequencies are detected. This elevated cortisol level suppresses melatonin production, causing sleeping problems. Studies show that LED and fluorescent lights suppress 80% melatonin production, and incandescent lights suppress 40%.

## 2. It destroys DHA

DHA, a type of Omega 3 fat, has tremendous health benefits, from mental health, brain development, fighting cancers and inflammation, to heart health. It is also critical in cellular signalling, allowing the outside to talk to the inside of our bodies. DHA is abundant in the eyes, where the light is turned into electrical signals in all cell membranes. Blue light destroys DHA. Adrenal fatigue, autoimmunity, and mental illness all link

back to a lack of DHA in cell membranes.

## 3. It lowers dopamine

Dopamine is one of the neurotransmitters in our brain, famously known as the "feel-good hormone", which is associated with feelings of euphoria, bliss, motivation, and concentration. Dopamine is made when the eyes and skin are exposed to sunlight (ultraviolet and infrared) and cannot be made sufficiently under blue light conditions.

A low dopamine level leads to insufficient synthesis of a chemical called beta-endorphin, a natural opioid, and the only opioid that doesn't cause you to become addicted to any other opioids. A low level of beta-endorphin forces the body to find other ways to replace dopamine deficiency, such as with drugs, cigarettes, alcohol, sex, and social media. That's what addiction fundamentally is.

For practical ways to mitigate ALAN in modern life, please visit my blog "Less ALAN, More Time" at [www.alisondaviswellness.com](http://www.alisondaviswellness.com).



*Alison Davis*

*Alison Davis is a certified Nutrition & Health Coach, Mitochondrial Health Educator, and part of the global movement that aims to reverse chronic diseases in 100 million people by 2030. A Millwater resident since 2016.*

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# Free Opportunities for Non-English Speakers to Practice English



**Please enrol at the library for the Beginner Class before February 1st.**

There is no need to enrol for the other sessions. Just come!

**10am—11am Total Beginners** class, intended mostly for the older people who come here to help their working sons and daughters. It is for those who literally cannot say more than their name and 'hello' and 'thank you' in English – who have no confidence to go shopping or to join any social groups.

**11am—12pm General 'Drop In' Conversation Session**, with tea and coffee provided, for anyone of any competence level who would like to practise their English by talking in English with others.

**2pm—3pm Topic-Based Discussion & Conversation session, for Intermediate to Advanced speakers of English.** A topic of relevance to New Zealand life is introduced each week, and then discussed in small groups, depending on the number of English-speaking volunteers who are available to facilitate. Usually there are between 3 and 5 people in a group, so there is good opportunity to practise reading, listening and speaking.

**Every Tuesday** Orewa Public Library facilitates opportunities for non-English speakers to gain confidence using English.

All are welcome, but we ask that people who come to the beginner level are truly beginners, so that no-one feels daunted by the expertise of more advanced students.

## 免費英語課

每個星期二，Orewa公共圖書館都會為想學習英語的人們提供機會，使他們獲得使用英語的信心。

## 初學者入門班

歡迎所初學者參與，但是我們要求來上課的人是徹底的初學者，因此沒有人會被更高級的學生的英語會話能力所嚇怕。請在2月1日之前在圖書館註冊初學者入門班。

上課時間由上午10時至上午11時進行全面初學者培訓，主要幫助來這裡協助工作中的兒女的老年人。適用於那些只能用英語說出自己的名字、“你好”和“謝謝”，沒有信心去購物或加入任何社會團體的人。

其他會話課程則無需註冊。請大家都來吧！

## 日常會話班

上午11點至中午12點，針對一般水平的人，透過與其他人說英語來練習英語。會有茶水和咖啡供應。

## 中級至高級英語會話班

下午2時至下午3時，跟據不同的主題進行討論和會話訓練，適合有中級至高級英語的人參加。每週都會介紹一個與新西蘭生活相關的話題，跟英語義工以小組形式進行討論。通常，一個小組中有3至5人，因此有很好的機會練習閱讀，聽和說的能力。

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## Central's Tips

February 2020



It's heating up - make sure to water regularly and keep on top of garden pests like caterpillars, thrips and whitefly. Add fragrance by planting flowers like like scented geraniums and colour with impatiens, astroemerias and begonias for a beautiful fragrant garden.

### In the Edible Garden

- **Use organic pest deterrents** on edibles to limit the damage done by green looper caterpillars, whitefly, aphids etc. If you're using garlic-based sprays, wash the vegetables well before eating
- It's important to water plants frequently, so they continue to produce crops and don't become stressed. Water early morning or in the evening so that the soil absorbs more moisture
- **Thin out some of the pip fruit developing in clusters on your apple and pear trees.** This ensures the final fruit are a good size
- **Planting basil and chillies can be done now**
- **Add fragrance to the edible area with scented geraniums** whose foliage can be crushed to release their aroma - try lemon, coconut, rose and chocolate mint

### The rest of the Garden

- **The silvering of leaves on evergreen plants is caused by a tiny insect known as a thrip.** While watering, spray the garden hose up under the leaves of rhododendrons, viburnums and lemon trees because this helps dislodge these pests that are feasting there
- **Cut and come again:** lavenders, hebes and daisies can look a bit shabby at this time, so a trim of spent flowers and a liquid feed will refresh their look
- **Keep the lawn regularly watered.** However, lawns that die off can tend to recover in autumn when the rain returns
- **Kikuyu lawns** are excellent over summer months as they are drought resistant - one of the few lawn types that can be mowed low!

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# 2020 Skin Goals



- drinking more water and less alcohol

In-salon options are also a way to get to your skincare goals quicker:

- Signing up for an easy skincare plan with fortnightly treatments

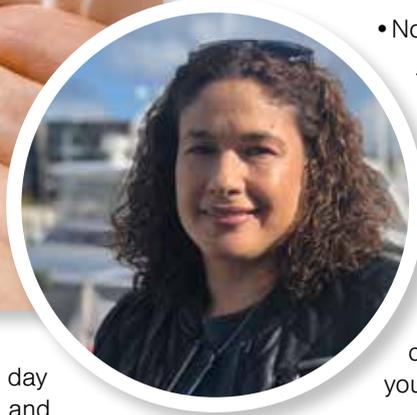
- Easy weekly payments

- No interest or fees with Genoapay

This makes having a flawless skin within everyone's grasp.

Skincare at home completes the program, as maintenance for all the in-salon treatments.

All skincare plans are bespoke to your skin condition and concerns, and consultations are always free. Book in for your #skingoal2020 journey now.



**Amelia**  
**Beauty Aspects**

We all make our New Year's goals on that first day of the New Year, very hopeful, often optimistic, and some very determined to make a difference this year.

But how many actually stick to them?

Sadly, the odds are against you, as many of us can't even stick to our New Year resolutions for the first month.

But there's hope. Working on your skincare goals this new decade can be the easiest one yet.

Small changes can have a huge impact. For example, start by using:

- face wash instead of soap
- SPF daily
- eye cream nightly
- hydrating serum
- collagen capsules or shots
- moisturising
- exfoliating weekly
- masking weekly

## Beauty Aspects



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# How WE can ensure YOU get the right insurance advice



## Here's how we help people:

I'm Theo from UProtectNZ Insurance Services, personal and business insurance specialists. We provide sound, qualified insurance and ACC advice. Insurance policies are not created equal and engaging a specialist insurance adviser is one of the best decisions you'll ever make.

## To see if we can add value to you, I'd like to ask a few questions:

- Do you have any personal or business insurances in place?
- When were they last reviewed?
- What has changed in your personal circumstances since then?
- How would you or your family cope following the sudden loss or critical illness of a loved one?

## Just briefly, here's how I came to be in this business:

Following an extensive career as a Company Secretary and CEO, plus 30 years of community volunteering, insurance appealed as a great way to provide another important service to the community.

## People who find I'm ideally suited to help tend to be between 25-60, and:

- Experiencing a significant life event (marriage, children, property purchase, starting a business, etc.);

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## Our clients hire us because of the benefits of our service:

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## We can easily deliver these promises to you because we:

- Have extensive knowledge, experience and expertise;
- Are a tenacious advocate on your behalf;
- Prepare comprehensive, easy-to-understand reports and recommendations.
- The bottom line is we provide security for individuals, their families and businesses.

If you're interested in learning more, do get in touch for a friendly chat about how we can help.

## Theo Simeonidis FNZIM & Cristina Simeonidis

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

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# millwater property

## SALES DATA

Number of Sales  
Median Sales Price  
Highest Sale Price  
Rolling 12 Month Average  
Average % Price to CV  
Average Floor Area (sqm)  
Average Days to Sell

### Dec 2018

13  
\$1,200,000  
\$1,400,000  
\$1,174,818  
0.75  
235  
81

### Nov 2019

16  
\$1,095,000  
\$1,450,000  
\$1,122,419  
-1.51  
231  
59

### Dec 2019

7  
\$1,135,800  
\$1,468,000  
\$1,118,993  
-2.56  
230  
52



**Grayson Furniss**  
Franchise Owner  
MILLWATER

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

## property talk

Happy New Year to you all. I hope everyone has had an enjoyable break and has come back as enthusiastic and refreshed as our team has. I thought this month I would summarise how 2019 went, and have a look at what might happen in the Millwater market in 2020.

It would be fair to say that 2019 started in a very subdued way, with low sales volumes and vendors generally being prepared to hold out for their desired price. Listing numbers were high and the market was in a relative period of stalemate, with buyers not wanting to pay the prices vendors required and many vendors not being prepared to lower their expectations.

As we headed into May and June, a number of forces were at work to change this situation. In many cases, vendors withdrew their properties from the market, accepting that buyers weren't going to pay what they wanted; potential vendors also noted the subdued nature of the market and put off selling to a later date; and then some vendors decided to get on with life, agree with the market and sell. The upshot was that there was less property on the market and less new property coming on, so supply decreased quite quickly.

At the same time, there was a shift in buyer behaviour. Many buyers who had been sitting on the sidelines waiting for the market prices to drop, eventually ran out of patience and decided to get on with life, and so purchased. Around this time, the Government announced that it would not be pursuing a Capital Gains Tax; the Reserve Bank tweaked the Loan to Value lending rules; and interest rates started to drop. The upshot was that the buyers came back – not overnight, but there was a relatively quick upswing in buyer activity in May, and then a steady increase over the following months.

The final part of the puzzle was that buyers started to miss out on their first choice of house. Having had the luxury of a market where property generally took 6-10 weeks to sell, suddenly good houses were selling in 2-4 weeks and buyers were missing out.

While the time to sell was coming down quite quickly, buyers

were still cautious about paying too much for any property. So, the months from July to September presented a market where well priced and presented property was selling well, if not at record high prices. By mid-November, there was a relative shortage of quality property, and there were some indications of prices recovering continuing through to Xmas.

From early indications, it appears that some of this buyer enthusiasm remains in 2020, with offers already prevalent and buyers and vendors coming together on pricing. There is relatively low stock levels remaining from 2019, and at time of writing there has not been a massive upswing of new listings.

So, for 2020 we are expecting an overall steady start to the year. There will be the usual Millwater market peaks and troughs through the first few months, with a lot depending on the number of properties entering the market. Interest rates remain very low, investors are starting to purchase again, and first home buyers are jumping in also, so the short term prospects look good for selling.

Of interest will be the timing of the general election. The latest it can be is 21 November; however, it is possible to be any time this year. Whenever it is announced, we usually see a distinct slip off in sales activity for the 6-8 weeks prior to the election and, unless a clear majority is achieved, probably another 4-6 weeks after. All said and done, it is likely that the last third of the year will be impacted in some way by the election, meaning that the prime time to be selling this year is likely February to June. While there are significant international economic concerns, it appears that the central banks of the world – particularly the USA – are determined to keep things rocking along as long as possible. How long they can keep the slowing worldwide economy at bay is yet to be determined, but something is likely to give eventually – just bet that President Trump will be trying very hard to avoid this until after the US elections later this year.

In the meantime, now is a good time to sell so if you are considering it please give us a call, we are happy to provide you with a market appraisal of your property and discuss how timing your sale could help achieve a great outcome.

**Grayson | 021 665 423 • [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)**

Mike Pero Real Estate, Licensed REAA (2008)

# Mike Pero

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- Spacious 142m<sup>2</sup> (approx) floor plan on 196m<sup>2</sup> (approx), freehold title with balance of master build warranty
- open plan living with easy flow to outdoor patio, master bedroom with walk in wardrobe, ensuite and own balcony
- corner unit so extra windows and outdoor space, brilliant location, easy access to public transport and motorways



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# COMING SOON!

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- 4 bedroom, 3 bathrooms, 271m<sup>2</sup>
- suitable for extended family
- fantastic location - close to schools
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- stunning kitchen with baker's pantry

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**Grayson & Sarah Furniss**

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### 80 Ridgedale Road, Millwater

For those buyers out there who have been searching for the perfect Millwater home, this is one that is going to come very close. Sunny, warm and spacious, the open plan living area incorporating the kitchen dining and lounge is generous and flows easily to a large fully enclosed deck. You won't want to miss out on this one!

- stunning GJ Gardner home on flat site with four double bedrooms incl master (ensuite) & walk-in wardrobe
- spacious open plan living, stunning polished concrete floors opening to a fully enclosed outdoor entertaining area
- additional separate lounge/media room, beautiful entertainers kitchen with island bench and walk-in pantry
- separate laundry and large walk-in hot water closet

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# Mike Pero

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**HAVEN ON HARRIS**

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### 180 Harris Drive, Millwater

Perfectly positioned on a flat 540m<sup>2</sup> site (more or less) in Millwater and close to the Ridgedale Road playground, this solidly built brick and weatherboard Maddren Home radiates quality and style. Act quickly to secure this one!

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- Gourmet kitchen with walk-in pantry and double oven
- Maddren built home with balance of Master Build guarantee

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**Max Zhang**  
021 521 888

[max.zhang@mikepero.com](mailto:max.zhang@mikepero.com)

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2  1 

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For Sale

If you've been looking for the perfect lock up and leave opportunity, then look no further. Warm, sunny and bright, this two bedroom apartment offers an elevated position on the first floor and is a fantastic opportunity for you to jump into this desirable area at an entry level price.

- Spacious 72m<sup>2</sup> approx apartment (incl balcony) built by reputable Horncastle Homes
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[www.mikepero.com/RX2169513](http://www.mikepero.com/RX2169513)



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- fantastic views over Stanmore Bay beach
- sunny location with gorgeous gardens
- To be auctioned

Contact Grayson or Sarah for more details



**Grayson & Sarah Furniss**

021 665 423 | 09 426 6122

millwater@mikepero.com

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[www.31-4stableslane.com](http://www.31-4stableslane.com)

### 31 / 4 Stables Lane, Millwater

Designed for discerning buyers who refuse to compromise on space and quality, every aspect of this apartment has been considered to make life easy and comfortable - whether you're a first home buyer or downsizing. Call us today.

- generous 121m<sup>2</sup> approx floor plan (excluding garage) with two easily accessible carparks (not tandem) and storage unit in secure underground garage.
- spacious open plan and outdoor living with the added bonus of a heatpump already installed.
- large enclosed storage cleverly positioned under the stairwell
- ideal lock up and leave or investment property

[www.mikepero.com/RX1957344](http://www.mikepero.com/RX1957344)



Grayson Furniss

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Sarah Furniss

027 444 0044

09 426 6155

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STUNNING SENSATION HOME, FANTASTIC LOCATION

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[www.8siblingcourt.com](http://www.8siblingcourt.com)

### 8 Sibling Court, Millwater

This contemporary styled home is thoughtfully designed and constructed to the most exacting standards. Set on a beautifully landscaped 534m<sup>2</sup> (approx) fenced site, you'll love the low maintenance living and great lifestyle this home offers. With interest sure to be high, immediate action is advised - contact me now for more information.

- Built by by Sensation Homes, a highly regarded builder in Millwater (balance of 10yr Masterbuild Guarantee)
- cathedral style high pitch formal entrance-way. 2.7m stud, formal lounge, separate family and dining rooms
- fully landscaped, fenced and gated
- underfloor heating to every tiled area within the home

[www.mikepero.com/RX2134695](http://www.mikepero.com/RX2134695)



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GULF RISE  
- A METLIFECARE VILLAGE -

*Information Morning for...*

# MILLWATER RETIREES

*When:* Tuesday 25th Feb, 10am.  
Stoney Homestead, 12 Galbraith Greens

**Mike Pero Millwater** and **Gulf Rise** welcome residents to attend an information morning about the process involved in selling your current dwelling and purchasing retirement homes.

*Mike Pero* | REAL ESTATE

Grayson **021 665 423** Sarah **027 444 00 44**

RSVP by February 18th 2020.

Morning tea provided.



# inside IT

## Scam Warning: Save Yourself \$47,000



In December, I had the good fortune to prevent a \$47,000 scam targeted at one of my clients. I happened to be at their place on another tech matter, but just in time to detect a scam phone call in progress and prevent the transfer of funds. It was a very close call.

In light of that experience, I'd like to share with you some tips and information to help keep your money and privacy safe from scammers.

### Be aware

'Fraud Hurts' is a recently-released New Zealand documentary about how Kiwis have been scammed. It is well worth watching (it's only 20 minutes) to understand the financial and emotional devastation scammers are causing. You can watch the film at [www.cffc.org.nz](http://www.cffc.org.nz) (at time of publication, find it on the "Frauds & Scams" page in the "Building Wealthy Lives" section).

### Understand the danger

Do not make the mistake of assuming you are too smart to be taken in – victims are from various walks of life, and scammers can be very cunning and sophisticated. Scams can target you via phone call, email, text message, websites, Facebook, in person, or postal mail, among others.

### Be vigilant. Be sceptical.

For example, if someone calls you from your phone company or bank, you can't be certain who you are really speaking with. Or, an email you receive could be a convincing-looking fake made to look like it's from an organisation you know.

### Get help

If you have any suspicions, stop any communication immediately and get help straight away from an individual or relevant organisation that you trust. If you find you have been scammed, do not be embarrassed about reporting it.

### Keep informed

Other sources of information about how to protect yourself from scams include:

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

[www.consumer.org.nz/articles/scams](http://www.consumer.org.nz/articles/scams)

I'll be including additional security tips in future articles. You'll also find me at the free smartphone learning workshops I hold at participating Auckland Libraries. For the next session times, call me on 021-148-1834, email me at [toby@techtutors.nz](mailto:toby@techtutors.nz) or visit [www.techtutors.nz/smartphones](http://www.techtutors.nz/smartphones)

*Toby Malcolm, Tech Tutors Ltd.*

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**For further information**  
phone 09 426 4952  
or [chadorewa@gmail.com](mailto:chadorewa@gmail.com)  
[www.hbcanglicanparish.co.nz](http://www.hbcanglicanparish.co.nz)

**Join us for services throughout the month:**

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Sunday 8am and 9:30am  
Wednesday 9:30am

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

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



**Silverdale Village Market**  
**Every Saturday 8am - 1pm**  
**Silverdale Hall**  
**7 Silverdale St**  
**Silverdale**

# Healthy Technology Habits



Did you know that most of us spend more time on our phones scrolling through social media apps than any other daily activity apart from sleeping? This is according to a 2017 book by psychologist Adam Alter. Another 2017 report by the UK's Royal Society for Public Health found social media to be especially damaging to young children, leading to sleep issues, anxiety, depression and low self-esteem.

So, how can we have a better relationship with social media and, more broadly, technology? Learning to switch-off is harder than it sounds in our modern society where there is a fear of missing out (aka 'FOMO'). It's all too easy to become stuck to our screens as we swipe from one app to another.

Here are some practical steps you can try to lead a healthier life with technology:

Turn off notifications for certain apps at particular times of the day. After a while, you will not even realise the setting is on as you enjoy some tranquillity.

Create a folder and name it 'Time Wasting Apps' and move all social media apps into it. This will remind you to limit your usage.

Install apps such as 'Screen Time' to see a daily breakdown

of your phone usage. It also helps by restricting usage on selected apps after a set time.

Do you have a work phone? Invest in a second phone so that you can detach yourself from work emails after hours. It may sound like a hassle, but the benefit of simply putting the work phone away at home is a great way to reduce stress.

Most of us place our phones by the bedside table overnight. While there is no research that suggests an idle phone sitting in close proximity to your head can lead to adverse health effects, it is still constantly connecting to a cell tower. Consider activating 'airplane mode' at bedtime or move your phone further away from your bed to reduce exposure to radiation.

*Robbie Chui, Millwater resident*



**Andrea Baumann**  
 Certified BodyTalk Practitioner  
 andrea@andreabaumann.com  
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# Opening The Gates On Retirement Living

## A new approach to retirement living for the next generation of retirees



An example of an entirely new approach to retirement village design is currently under construction in Red Beach, at Metlifecare's new 'Gulf Rise' retirement village. Metlifecare's new village has been designed to meet the lifestyle demands of the modern baby boomer generation. The first of three stages is already completed.

Millwater mum Michelle Pipping has already welcomed four couples from the Millwater community to the new village. We met up with her at the Gulf Rise show villa onsite in Red Beach. Michelle has a wealth of building industry experience,

and was looking for a natural outlet for her talents when she heard that Metlifecare was planning an entirely new concept for a retirement village. "I am totally impressed with Metlifecare's vision of what a contemporary retirement village should be, and how they applied the modern-day knowledge that '70 is the new 50' when it comes to the lifestyle and social activities of 21st century retirees," she told us.

Ditch any preconceived ideas or experiences you had about retirement villages. Gulf Rise is a very modern village and already has a great community. Pivotal to the village design will be the central café, located at the entry to the village, which will act as an invitation to family, friends and the wider community. The rest of the village flows like any well-planned town, including a bowling green, pétanque court, swimming pool, gym, salon, and beautiful garden pavilion, which is already providing a central meeting place for relaxation, catch ups and functions.

You can meet Michelle by heading to the Gulf Rise Show Home, 89 Symes Drive, Red Beach. Open Mon-Sat, 12pm-4pm (or by appointment). Call Michelle or Jan on 0800 005 877.

[www.gulfrise.co.nz](http://www.gulfrise.co.nz)

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Open to view:  
Wed to Sun / 11am-4pm



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LICENSED SALES PERSON  
房产中介

**Mike Pero**  
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**M** 021 521 888  
英语、国语  
**E** max.zhang@mikepero.com  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd, Silverdale Office  
Cnr Millwater Parkway & Bankside Road, Millwater  
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# GULF RISE

- RETIREMENT LIVING -

## Here's your chance to enjoy retirement living in Red Beach.

Join one of the most beautiful coastal communities in Auckland. Whether an exclusive villa or stunning apartment, make sure you don't miss this opportunity to live your best life at Gulf Rise.

### ARCHITECTURALLY-DESIGNED VILLAS



**Hurry, only a few remain and no more will be built!**

- ⦿ Spacious 2 bedroom villas, plus study
- ⦿ Internal access garage, plus off-street parking
- ⦿ Generous light spaces both inside and out
- ⦿ Beautifully landscaped gardens

### BOUTIQUE APARTMENTS



**1 & 2 bedroom apartments from \$635,000**

- ⦿ Sunny and spacious with large balconies or patios
- ⦿ High ceilings and full-height glazing provide exceptional indoor-outdoor flow
- ⦿ Modern kitchens, plus large bathrooms with tiled walk-in showers

Gulf Rise provides the very latest in community design thoughtfully planned to foster connections within the village, as well as the wider Red Beach community.

Our central Garden Pavilion is now complete. It's a great place to catch up with friends, hold special events, or tend to the gardens while enjoying the outdoors in a beautiful and tranquil setting.

***We now have furnished show homes onsite, allowing you to reimagine your retirement at Gulf Rise. Drop in to see us or call Jan and Michelle to make an appointment, 0800 005 877***

#### Gulf Rise Show Home

89 Symes Drive, Red Beach  
Open Mon-Sat, 12pm-4pm (or by appointment)  
0800 005 877

Visit us online at [gulfrise.co.nz](http://gulfrise.co.nz)

  
**Metlifecare**  
RETIREMENT VILLAGES

# holiday destinations

## India

I had an amazing opportunity recently to travel to incredible India with Singapore Airlines. If you are wanting to immerse yourself into a different culture, India is a destination unlike any other. Here is a glimpse into my experience...

By the way, Singapore Airlines is still a great way to fly! Had a 5-hour transit at Changi Airport, so it was very cool to go outside and be able to experience the vibrant Jewel, or the Rain Vortex which will totally blow your mind. An absolute must-do in Singapore while in transit.

India doesn't disappoint if you have watched *The Best Exotic Marigold Hotel*. The colourful people, the rhythmic sounds, the spiciness and chaos will assault every one of your senses. Such a rich and cultural heritage which spans so many centuries. I also highly recommend pre-booking arrival transfers in Delhi for seamless travel. Our driver met us with a lei of fresh, vibrant marigold flowers which was both welcoming and fragrant.

Tip: in India, a 5-star hotel is like a 4-star, a 4-star a 3-star, etc., so be guided by your travel agent to ensure a comfortable stay. Another must is 'breakfast included' – too easy.

The Golden Triangle is the perfect journey for first-time visitors to India. It is made up of the 3 enchanting cities Delhi, Agra, and Jaipur, which give you a chance to experience the rich culture, history and heritage of India in a short timeframe.

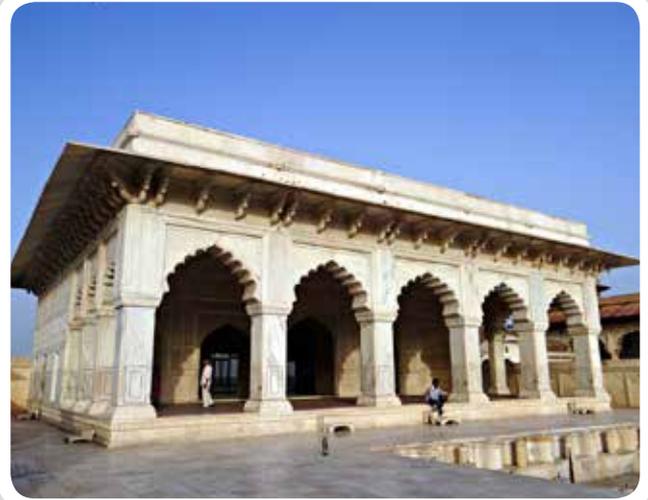
Delhi offers you an insight into Old and New Delhi. Highlights are seeing inside the community kitchen at the Sikh Golden Temple, which feeds 10,000 devotees daily; the India Gate and the Gandhi Museum; and a must is to take a rickshaw ride to the old spice markets. So fascinating!

A private car and driver took us to Jaipur, the Pink City. The first planned city of India. It's a treasure trove of art, culture and history. Famous for its colour, lifestyle, and Rajasthani cuisine – loved it! Felt like something out of a movie, with camels walking around.

Cows are sacred animals of India and can roam freely anywhere. Interestingly at night time, as they all have owners, they go back to a safe place. They are the first to be fed, and dogs are last. There are a lot of street dogs in India.

A guided visit of Amber Fort is well worth doing, as well as the ancient capital of Rajasthan and its majestic palace. A must is Jantar Mantar, one of the famed observatories built by Sawai Jai Singh, and full of chiselled astronomical instruments, astronomical observatory and 1700 AD City Palace.

And the ultimate city of the Golden Triangle is Agra, home to India's famous landmark the Taj Mahal. The most extravagant



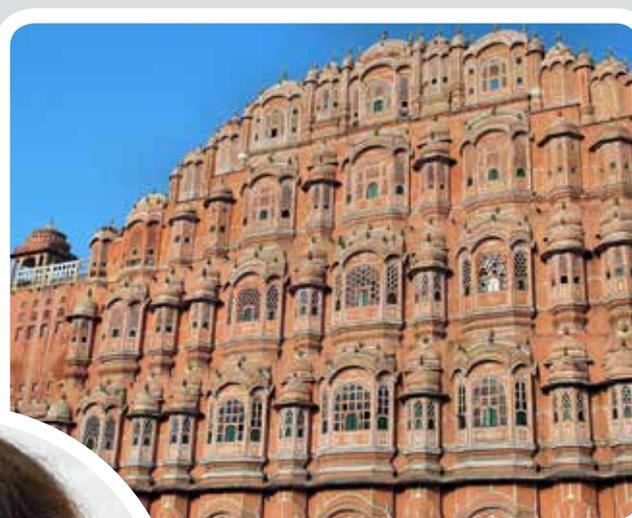
monument ever built for love. A poem of white dazzling marble, the colour changing from white to yellow to cream and almost orange.

On entering the Taj at sunrise, you can feel the presence of the people who lived here years before. So surreal. A truly moving and magical experience not to be missed, and one that will be forever etched into your heart.

Tours include international flights and can be tailor-made to suit your needs. A visa is required for all foreign nationals to visit India.

**What's included in most tours?**

- Accommodation in hotels with private facilities
- Bottle of water while travelling
- Private air-conditioned car with
- English-speaking driver
- Some meals
- Private English-speaking guide during sightseeing
- Entry fee/monument charges
- Assistance and transfers
- All current applicable taxes



*Contact Dee Jordan at Helloworld Travel Millwater on 09 426 9035 to help plan your exciting trip to India.*

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SAT	01:01	07:00	13:27	19:32
01 FEB	2.7m	1.0m	2.7m	0.9m
SUN	01:43	07:47	14:09	20:17
02 FEB	2.6m	1.0m	2.7m	0.9m
MON	02:30	08:39	14:54	21:06
03 FEB	2.5m	1.1m	2.6m	0.9m
TUE	03:25	09:33	15:46	22:00
04 FEB	2.5m	1.1m	2.6m	0.9m
WED	04:25	10:30	16:42	22:57
05 FEB	2.5m	1.1m	2.6m	0.9m
THU	05:26	11:28	17:41	23:56
06 FEB	2.6m	1.0m	2.6m	0.8m
FRI	06:22	12:25	18:40	-
07 FEB	2.7m	0.9m	2.7m	-
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08 FEB	0.7m	2.9m	0.8m	2.9m
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10 FEB	0.4m	3.2m	0.5m	3.1m
TUE	03:27	09:48	15:59	22:16
11 FEB	0.3m	3.3m	0.4m	3.2m
WED	04:16	10:39	16:49	23:06
12 FEB	0.3m	3.3m	0.3m	3.2m
THU	05:06	11:30	17:40	23:57
13 FEB	0.3m	3.3m	0.3m	3.2m
FRI	05:57	12:21	18:31	-
14 FEB	0.4m	3.3m	0.4m	-
SAT	00:48	06:51	13:12	19:24
15 FEB	3.1m	0.5m	3.2m	0.5m
SUN	01:41	07:49	14:04	20:19
16 FEB	3.0m	0.6m	3.0m	0.6m
MON	02:38	08:48	14:59	21:17
17 FEB	2.9m	0.8m	2.9m	0.7m
TUE	03:40	09:49	15:58	22:17
18 FEB	2.8m	0.8m	2.8m	0.8m
WED	04:44	10:49	17:00	23:18
19 FEB	2.8m	0.9m	2.7m	0.8m
THU	05:46	11:48	18:01	-
20 FEB	2.8m	0.9m	2.7m	-
FRI	00:18	06:42	12:45	18:59
21 FEB	0.8m	2.8m	0.9m	2.7m
SAT	01:12	07:32	13:37	19:51
22 FEB	0.8m	2.8m	0.9m	2.7m
SUN	02:00	08:18	14:24	20:37
23 FEB	0.8m	2.9m	0.8m	2.7m
MON	02:43	09:01	15:07	21:20
24 FEB	0.7m	2.9m	0.8m	2.8m
TUE	03:21	09:42	15:46	21:59
25 FEB	0.7m	2.9m	0.8m	2.8m
WED	03:57	10:21	16:23	22:37
26 FEB	0.7m	2.9m	0.7m	2.8m
THU	04:32	10:59	16:59	23:13
27 FEB	0.7m	2.9m	0.7m	2.8m
FRI	05:08	11:36	17:34	23:49
28 FEB	0.8m	2.8m	0.8m	2.8m
SAT	05:45	12:13	18:12	-
29 FEB	0.8m	2.8m	0.8m	-



## Millwater Women's Group



The Millwater Women's Group November outing began at our wonderful Millie's Café, where the amazing manager K.K. and pastry chef Ryan arranged a scone-making demonstration for us. We now all feel we know the intricacies of making a perfect scone.

This was followed by an interesting talk elsewhere by our local, Liz Weatherly, from "Be Inspired", who enlightened us on how to "love yourself to a great life".

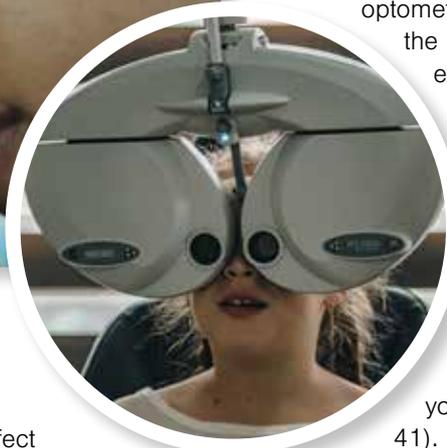
*Diana Lakin*



# 2020 – The Year of Vision!



Unfortunately, 20/20 vision is not always achievable. But, more importantly, a reduction in vision may not be easily noticed, especially if it is a gradual reduction. This is why it is so important to check your vision and health of your eyes regularly, at all stages of life. We recommend a full eye exam every 2 years to optimise your vision and monitor any changes, which could potentially save your sight!



A full comprehensive eye exam carried out by a qualified optometrist is the first step in your journey of sight. An optometrist will check both your level of vision and the health of your eyes. Following your eye exam, knowledgeable dispensing opticians can assist you through the next stage, discussing lens and frame options in a way that makes it easy to understand and easy for you to decide what is right for you.

Expert advice, technically advanced lens options, and fantastic frames will make it easy for you to see into the future!

The team at Orewa Optics are here to assist you every step of the way. (See advert on page 41).

*Orewa Optics*

What do we mean when we say 20/20 vision?

20/20 vision is the term most of us are familiar with, although it doesn't mean perfect vision. It is the measure of visual acuity in feet. In New Zealand, this measure is in metres and we refer to it as 6/6. It relates to a person's ability to see a letter on the reading chart at 20 feet/6 metres.

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# Purchasing a Property: Subject to Finance

## Changes to the standard agreement



It's a new year, have you found that perfect property to purchase? Do you need to obtain finance for the purchase? If so, it is important you are aware of changes to the finance condition in the standard agreement for sale and purchase.

### The Agreement

When purchasing property, it is common for parties to use the ADLS Agreement for Sale and Purchase of Real Estate. Under this Agreement, you can elect certain conditions, for example, the Agreement may be conditional upon you obtaining finance for the purchase.

At the end of 2019, changes were made to the standard form agreement. We wish to draw your attention to the amendments made to the finance condition, as it is important that you complete all the steps if you wish to rely on the condition to back out of the agreement.

### The Finance Condition

The finance condition provides the purchaser a timeframe to approach a prospective lender and determine whether they are eligible to obtain finance. Under the previous agreement, if the purchaser was unable to obtain finance, they notified the vendor and the agreement could come to an end.

The amendments to the finance condition mean that there are now more onerous requirements on the purchaser if they wish to rely on the condition.

The purchaser must not only notify the vendor. They must, if requested by the vendor, 'provide a satisfactory explanation of the grounds relied upon' along with supporting evidence. The clause is much stricter and has been modified to stop people using the finance clause as a due diligence clause. If you need more conditions, make sure you include all that you need; don't just rely on finance as a 'get out of jail free card'.

### Impact of the changes

On a practical level, these changes mean that the purchaser needs to take steps to try and obtain finance. This process takes time, so start early. If you obtain a finance offer from a lender we always recommend you get this in writing. Now, if you are ineligible for finance, it is also very important that you obtain a letter from the lender as you may need to provide this to the vendor.

If you have any questions or concerns regarding your purchase, our approachable and experienced team are here to help. Call 09 4210559.

*Melanie Baker-Jones*  
Solicitor  
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# ROMEOS/ROWENAs Midsummer Party

Thirty-five Millwater ROMEOS (Retired Old Men Eating Out) and ROWENAs (Retired Old Women Enjoying Nice Afternoons) combined on Saturday 18th January to enjoy a very sociable lunch, and to catch up on the latest news and gossip around Millwater.

Everyone met at noon in Faridas Restaurant at Orewa (which we had enjoyed on a previous occasion) and, after obtaining drinks at the bar and a group photo, all sat down to the excellent platters provided by Faridas' owner, Jaz. There was a delicious selection of breads, meats, artichokes, olives,

sundried tomatoes, and seafood, with French fries on the side; the quality of which was only equalled by the great friendship, good humour, and animated conversation of the combined group. Jaz circulated discreetly, ensuring that everyone was well provided for.

The ROMEOS and ROWENAs will now go their separate monthly lunchtime ways, until Midwinter will bring yet another get-together.

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# Happy New Year!



Exciting! 2020 - not just a new year, but a decade of opportunity! What better time to evaluate our priorities and plan for how we will achieve them?

Whilst our goals change, they are mostly rooted in our personal and financial wellbeing, and ultimately on what fulfills us. Specifically, our financial priorities will differ based on the life stage that we are at, but underlying all of them are the following:

- Ability to afford our lifestyle
- Build a good credit rating

- Maintain an emergency fund
- Sustain a manageable debt-to-income ratio which will lead to being debt-free
- Plan for a retirement fund and/or income stream
- Prepare for financial adversity due to illness, accident and death with a robust general and personal insurance plan.

A good starting point for the above is to set financial goals, review your current income and expenditure, set a budget to take control of your spending, and contribute to a retirement fund.



I reckon it's quite hard being grown up. We want to give purpose to our money, but there is so much to consider and we can't know everything about everything. We can rely on our networks – others in our age group or those who are ahead of us in the next life stage – to help us understand and navigate the financial decisions but, maybe more importantly, speak to a financial adviser who can help you work through some of your concerns.

*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 join the Facebook Group: Special Needs Planning Guidance.*

## Do any of these describe you?

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

**Truth is** *Life happens...* and I can help you plan for the unexpected

**When was the last time you reviewed your insurance?**

**Do you know what you have versus what you really need?**



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

Contact me, Valentina Pereira and we can chat over a coffee.

† 021 627 802 | e [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) | [www.mirockfs.co.nz](http://www.mirockfs.co.nz)

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# Silverdale Village Market



specialising in newborn and baby wear, Jenni in children's wear, and Jo in glorious knitted baby wraps and rugs, girls' dresses and hats.

Yvonne is a specialist in placemats, oven gloves, tea cosies, and food covers, but also produces pet mats for every size of cat or dog. Jan specialises in machine embroidery with delightful details added to her baby wear and handtowels.

Philip Thornton produces contemporary jewellery of his own design and making, in precious metals including sterling silver and 9kt gold.

Kay produces her art on silk, canvas and metal.

Any of these artisans will happily produce to order or customise at your request.

They are supported by Prenzel foods, BeJewelled, Tinopai Oils and others.

Despite the current closure of Silverdale Street at the roundabout, Silverdale Village Market is open every Saturday 8am–1pm for your convenience and pleasure.

Silverdale Village Market has been supporting local communities since the 1980s, and continues to provide access to locally-produced foods, vegetables, free range eggs, and crafts for both old and new local communities.

The Market consists of small local businesses selling their produce to willing locals, and sometimes to international visitors too.

Lu has been selling his glasshouse produce at the market for many years and has many loyal customers to whom he likes to give his cheapest price, deliberately offering lower than supermarket value for fresh, local, eco-friendly produce. Free range eggs are family-produced and often sold out before the day is over. Svetla of Bread Nest provides handmade, nutritious, naturally fermented breads.

Our vintage collectable sellers are all veteran collectors, each with their own area of interest. Peter specialises in brand collectables, and Gloria in interesting or unusual pieces. Edie prefers elegant glassware and china.

Our various knitters again offer variety, with Carolyn

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# what's on hibiscus coast

## February

### Pioneer Village

7 Feb - Devonport & Torpedo Bay Museums Bus Trip: Departs Silverdale Pioneer Village 9:30am. \$25 pp. To reserve your seat contact Ngaire 09 424 8615 or pioneer.village1968@gmail.com  
1 Mar - Children's Day: 10am-3pm. Children's Treasure Hunt, old time outdoor games,

Games Room open. Devonshire Teas. Free Entry. Gold coin donation appreciated.

### Orewa Library

1 Feb - Wushu Tai Chi demonstration to celebrate the Chinese New Year of the Rat.  
**Children's Sessions:**  
Rhymetime: Tues 11am (for 18 months - 3 year olds).

Wriggle & Rhyme: Term time only from 5 February to 8 April. Weds 11am (for 0-2 year olds).  
Storytime: Thurs 11am (for 3-5 year olds).  
Japanese Storytime: From 3 January to 9 April. Fri 11am.

Rise with the Sun: Orewa Beach every Sunday. See 'Naturally Wellthy' facebook page

for details.

Sun 1-4pm Hibiscus Petanque Club: every Prospective members welcome to try out this enjoyable & social game (boules & coaching provided). Also every Tues/Weds 9am-12. 214 Hibiscus Coast Highway. Contact Lynette 0272362432

## Weekly & Monthly

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

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

**Every Sat Millwater parkrun** 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details

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

**2nd & 4th Tues of every month Rotary Satellite Club of Orewa Millwater** • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale • Contact Secretary Brian 021 031 1232

**Every Weds Hibiscus Coast Mid-Week Badminton Club** • 9am-noon • (Club Nights Tues & Thurs 7-9pm) • All welcome • 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 Donna 021 024 3064

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

**Every school term Friday Arts Group** • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 9am - 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)

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

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

**Every Thurs evening - Silverdale Ballroom Studio** - Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 527 5542 for further information • **4th Sun of each month - Kiwi Club** • Social Dance 5-8pm • All welcome.

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

**2nd Weds 7-9pm & 4th Thurs 10am - Noon - Hibiscus Coast Embroidery Guild** • Meet at Hibiscus Coast Community House (behind Estuary Arts, Orewa) • Contact Jan Adams 09 426 5851, [janadams49@gmail.com](mailto:janadams49@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 027 4440044**

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Orewa Optics	09 426 6646

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Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
Silverdale Car Services	09 421 1413
MK Motorsport	09 426 0530

## Real Estate

Mike Pero Real Estate, Millwater	09 426 6122
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## Food, Entertainment, Sport & Recreation

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437

## Pets & Vets

Millwater Vet Hospital	09 427 9201
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## Housing

Maddren Homes	09 412 1000
Madison Park Homes	0800 696 234
Gulf Rise	0800 005 877

## Child Care / Education / Classes

Northern Arena	09 421 9700
Ardent Performing Arts	022 6216684

## Community

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

## Medical & Dental

Focus Hearing	09 533 6463
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518
Orewa Medical Centre	09 426 5437
Denture Tech	09 426 6889

## Pharmacy

Millwater Parkway Pharmacy	09 959 0256
Life Pharmacy Orewa	09 4264087

## Insurance / Finance / Accounting

MiRock Financial Services	021 627 802
UProtectNZ Insurance Services	027 248 9320

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Heathcote Legal	09 475 5916

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Silverdale Village Market	021 030 3273
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# millwater recipes



## Gluten-Free & Refined Sugar-Free Kimchi

### Ingredients

1 head Chinese cabbage (Napa cabbage), cut into quarters

½ cup natural sea salt

#### Vegetable Mix:

1 carrot, julienned or cut into small strips

½ daikon radish, julienned or cut into small strips

A bunch of spring onions (6-8), cut into 2cm length

A handful of soaked seaweed (optional)

#### Paste:

1 cup filtered or spring water

3 tbsp brown rice flour

1 bulb garlic, cloves separated and peeled

1 thumb fresh ginger

½ brown onion

1 small pear or apple (organic if possible), peeled, de-cored and cut into quarters

1 cup Korean chili flake (can be found in Asian supermarkets)

### Method

1. Separate cabbage leaves, cut the white part 2-3 times so they are small enough to fit in the regular jars. Wash thoroughly and drain.
2. In a large bowl or flat-bottom pan, place one layer of leaves and scatter sea salt over; place another layer over and scatter sea salt. Repeat till all leaves are salted.
3. Leave the cabbage being salted for 2.5-3 hours till leaves are wilting. Turn over every ½ hour to ensure sufficient coverage.
4. While waiting, prepare vegetables and mix well in a large bowl.

#### To make the paste:

1. Pour water in the saucepan and add brown rice flour. Turn the stove on low heat, stir until it forms a smooth paste (about 5-6 minutes). Remove from the heat and stir for another 1 minute. Leave it cool.
2. Place garlic, ginger, brown onion, and pear or apple in a food processor and blend till smooth.
3. Once the paste is cool, combine the two, mix well.
5. Pour the paste over the vegetable mix, add chili flake. Use hands to mix well (make sure you wear disposable gloves). The mixture should look wet and pasty.
6. Wash the salted cabbage 3 times to remove excess salt. Drain.
7. Rub the paste mixture onto cabbages batch by batch. Make sure all leaves are well coated.
8. There you have it, gorgeous freshly-made kimchi! Fill up your pre-sterilized jars! Close lids tight and leave them at room temperature for 48 hours. Then place them in the fridge.

*Voila*, they are now ready for your tummy! Or wait for a few days (if you can) for a more mature flavour. Enjoy.

*Alison Davis*



## Caesar Salad (Serves 4)

### Ingredients

- 1 x cos lettuce, or 2 baby cos (washed, dried & roughly sliced)
- 4 x soft poached eggs (see recipe)
- 12 x whole anchovies
- 8 x Crostini per person (see recipe)
- 6 x rashers well-cooked bacon, roughly chopped
- 60gms x shaved good quality parmesan cheese
- Caesar dressing (see recipe)

#### Caesar Dressing

##### Ingredients

- 2 x garlic cloves
- 3 x egg yolks
- 1tsp x Dijon mustard
- 150mls x extra virgin olive oil
- 15mls x fresh lemon juice
- 25mls x white wine vinegar
- 4 x anchovy fillets
- 25mls x Worcestershire sauce
- Salt and cracked pepper
- 1/2 cup x grated/powdered parmesan

### Method

#### Caesar Dressing

Place all ingredients except olive oil, parmesan, and seasoning into blender/stick blender. Blend for 10 seconds and then, while still going slowly, add the olive oil until combined. At the end add parmesan. Check the seasoning, add a little hot water if dressing is too thick. Keep in fridge for up to 2-3 weeks.

#### Crostini

Using old whole bread like ciabatta or focaccia, thinly slice the bread and cut into rectangles around thumb size. Place on oven tray lined with greaseproof paper. With small pastry brush, cover both sides with melted butter. Place in pre-heated 130°C oven in middle shelf for around 20 minutes, or until dried and have a little colour. Remove from oven. Place in the pantry till required (they must be kept air-tight).

#### Soft Poached Eggs

Boil a saucepan of water, add enough white vinegar till you can just taste. Gently crack the eggs into gently boiling water and cook till the yolk is still soft (around 2 minutes). Drain eggs in ice water till required.

#### To Finish

Place cos lettuce, bacon, shaved parmesan, anchovies, crostini & enough dressing to lightly coat in large bowl & gently mix. Divide evenly into 4 serving bowls, giving it some height. Reheat the poached eggs, place on top, with a spoon of dressing on top. You can also add chicken or smoked salmon.

*Mark Lane | Culinary Lane*

*For your dinner parties, out-catering or business lunches, go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) or [facebook.com/culinarylane](https://facebook.com/culinarylane).*

# millwater asian corner

## Sounds



Bang Bang Bang! Happy Chinese New Year! These are the sounds that Chinese fire crackers make. You will hear these sounds everywhere in China during the New Year time, as the burning of fire crackers is part of the tradition. The loud sounds were used to scare away the “monsters” in the old days, when people were searching for peace of mind for a year of health and peace ahead.

But who would have thought even the same sound can be expressed very differently across languages?

I realised this on the first day I dropped my son at creche. I decided to play with him for a while before leaving, so we just randomly grabbed some toy fire engines and start zooming around. We were making all the siren noises as “*beee-buuu beee-buuu...*”. A teacher approached us and asked what sounds are we making.

“This is the siren! *Beee-buuu beee-buuu...*”

“Oh, you mean *nee-naw nee-naw!*”

Since then, I started to pay more attention of sounds in different languages, and it turns out to be a very interesting subject. It seems like the sound is interpreted differently depending on the language you speak.

*Achoo!* when you sneeze in English; *Hec-chee!* when you sneeze in Cantonese.

The dog says *Woof-woof!* in English; *Wan-wan* in Japanese.

The sheep says *Baa* in English, but *Mie* in Mandarin.

Amusingly, “Ahhhh!” when being scared, and “Hahaha” when laughing out loud, seems to be a universal language, as far as I can tell?

In Cantonese, the sound of the microwave “ding!” (or, “beep” when “translated” into English) has mostly replaced the word “microwave” itself in our common expression. “Let’s ding the food” is what we say when we want to heat up food in the microwave.

Do you have any sounds to share that are unique to your language? I would love to hear from you!

As we enter the Year of the Rat, let’s learn how to make some rat sounds in Mandarin – *zi zi zi!*

**Nita Wong**






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# Hibiscus Pétanque Club



Some people call it 'Boules' but it is actually called **Pétanque**. It originated in France and people aged 9-95 play it all around the world. Pétanque is played almost anywhere, but a gravel terrain is best. The 'boules' are steel balls of around 700 grams which are thrown to a jack or 'cochonnet', and teams play to get nearest through 'pointing' close or 'shooting' to remove opposition boules. It's an easy game to

learn, but more challenging to become really good.

At Hibiscus Pétanque Club, we have up to 20 terrains and a thriving membership of around 80. We normally play Doubles, but Singles and Triples are possible. We meet on Sunday afternoons (1-4pm) as well as Tuesday and Wednesday mornings (9am-12pm). Most members are social players, but there is scope for serious players to play in NZ competitions, some of which are played at Hibiscus as we have one of the best facilities in the country. It's a social game with plenty of banter and morning coffee.

If you have played it before or would like to try it, come along to one of our coaching days. In February we are having Open Days for prospective members to come and try out the game on Sundays (1-4pm). Come and have a go on any Sunday in February – we will provide boules and initial coaching. If you like it, you might like to join our friendly club. We are situated next to the Estuary Arts Centre and behind the Bowling Club at 214 Hibiscus Coast Highway, Orewa.

See us on Facebook or on our website [www.sporty.co.nz/hibiscuspetanque](http://www.sporty.co.nz/hibiscuspetanque). For any queries please call Lynnette on 0272362432 or email her at [lynne.gibbs60@gmail.com](mailto:lynne.gibbs60@gmail.com)

## tim laurence fishing spot



Life goals - sometimes you need to take action. We had been dreaming about a bigger boat since we went to the boat show back in May. Only a few months earlier, we'd seen an 8m Southern Sports on TradeMe and raced to view it, only to find out a potential buyer was on route from Invercargill to sea trial it, and he eventually bought it.

I had given up on the idea until my boat partner spotted an 8m White Pointer, suitably named "Yee Haa", for sale in Hamilton.

With busy schedules just two weeks out from Christmas, our only option was to drive to Hamilton one night after work, and it was worth the trip. We knew we had to buy the boat, but how could we get this past the financial controllers at home and sell Magpie in time to buy Yee Haa? This required a strategy session and board meeting at The Northern Union before we returned home that night. After a few days of negotiation, compromise and a lot of begging, we had approval to go ahead with the purchase. It was time to sell Magpie. She is a well-used fishing machine and we had put 500 hours on the motor. Amazingly, Magpie was on TradeMe less than 12 hours before a buyer offered to put the money in my account without even seeing her.

The deal was done and we were super excited to have our new boat secured in time to take it up north to the Bay of Islands for our holiday. While on holiday we spent our time chasing gamefish, kingfish and snapper, and diving for crayfish. We found the fishing a little slow, but it didn't matter because we enjoyed getting to know our new fishing weapon.

Many trips are planned this summer and our options have just doubled with the extra range and creature comforts onboard. We can't wait to get our first gamefish. Remember, you are only young once so make that goal a priority before it's too late – tight lines!



# CENTRAL LANDSCAPE SUPPLIES

## Do you have Millwater's best garden?

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