

# theMillwatermag

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

Your FREE monthly magazine of all things Millwater  
August 2017



*The Millwater Mag turns 3!*

- Millwater Property Talk with Grayson
- Sticky Banana & Almond Cakes
- Hibiscus Hospice host some great local events

# Editor's note

We are celebrating a very Happy Birthday! Three years of increasing readership, supporting contributions, advertising and great feedback – but we couldn't have done it without the great Millwater community, so a big 'thank you' to everyone out there.



For next month's issue, I know you will welcome Jessica Copping as your Guest Editor. I am taking a short break to do something else for a few weeks – but will be back onboard again for the October issue.

Groundworks for the new Milldale development have already started and it will eventually have even more homes than Millwater. We will all be interested to see what differences there are in the design, layout and development of this new community, but hope meantime that we will see Butler Stoney Park finally landscaped and made more useable by our own residents, well before the first keys are handed over in Milldale.

It has been yet another month of pleasurable meetings with many Millwater people, all of whom have a story to tell – and none more so than Dave Adams, Chairman of the Stoney Homestead Trust, whom you will also meet on the opposite page.

The team at the theMillwatermag is always open to comments and suggestions, so please feel free to feed back to us on what you like, what you don't like – and, most importantly, what you would like to see added. It is your magazine and we are listening. If you feel moved to write us a letter for publication, we would love that too!

**Brian Mullan**  
August 2017

# theMillwatermag

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**Front Cover:** Local family man David Nichols and his Apache Red 1975 Hillman Avenger Alpine.



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# themillwaterinterview



The Millwater development has attracted a high percentage of people who have the interests of this great community at heart, and none more so than Dave Adams, Chairman of the Stoney Homestead Trust.

Dave was born in Auckland and is a 7th generation New Zealander, growing up in St Heliers Bay as the son of an architect who was responsible for designing a lot of the buildings in Auckland and around New Zealand. With a keen interest in electronics picked up from his amateur radio enthusiast father, after graduating from Otago University Dave went into the IT industry in the early- to mid-1980s. "I began in the engineering side, learning to write computer code from the very start," said Dave, "and was involved in digitising systems for the Auckland Harbour Board, to manage all the freight-handling through the port."

Dave then developed systems for a number of organisations, including Wang for 10 years in both Wellington and Auckland, and rising to be purchasing manager before moving into sales. His skills were soon in demand across a number of IT distribution

sectors and US companies, including Apple in New Zealand. His role as country manager for Network Appliance saw this company get into Weta Digital and Dave was involved in the first Lord of the Rings and King Kong movies, which have helped make Weta into the global digital company it is today.

Dave then designed the Virtual Spectator network for the 2003 America's Cup races and soon after became involved with the system integration for eight Councils combining to become Auckland City Council. "I have been an independent IT consultant for a number of years now," said Dave, "and am fortunate to have worked in developing innovative technology solutions for a number of major IT organisations, including Hewlett Packard Enterprise."

Dave grew up around boats and surfing, becoming the 2nd wind surfing instructor in New Zealand. He qualified as a dive instructor and also did a lot of keel-boat racing, including the Auckland-Suva and the Tauranga-Brisbane races. "I lived in Wellington for a number of years and got to know the Cook Strait quite well, including sailing on one occasion in 90 knot winds."

Dave first met his wife Deb in 2003 and they married in 2010, and between them they bought and renovated a number of houses. "One of the places we bought was in Stonefields and it was there that we became founding members of the Residents' Association, which was our first foray into a community organisation," said Dave, "and we then moved to Millwater in 2013."

After seeing an early flyer for the Stoney Homestead, Dave and Deb enrolled themselves in a meeting with the Local Board and Council, to look at how the building could be used as a core community facility. "Both Deb and I were involved with neighbours and community when we were kids and we saw an opportunity in Millwater to build a network and a new community here," Dave added, "so we worked closely with the Local Board and will continue to grow the usage of the facility, including planning for a community garden at the Homestead."

Born on Christmas Day, Dave was New Zealand chilli-eating champion in 2013 and runner-up in 2014. Perhaps this is from where he gets his fire and enthusiasm for making things happen in the Millwater community! We look forward to his and Deb's long association with the Stoney Homestead Trust.

## Urgent Care Doctor Red Beach

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# THE MILLWATER MAG CELEBRATES!

## Enter the competition to win!



It's hard to believe that it's been 3 years since **theMillwatermag** began! The very first issue was only 16 pages but had strong support from local businesses from the outset. Since then it has become more and more popular with each passing year and now this monthly local magazine sits at approximately 52 pages each issue. Grayson & Sarah Furniss and the team would like to take this opportunity

to thank the Millwater community for its strong support of their magazine. We would also like to thank all the wonderful people who give up their time to ensure your magazine reaches your letterbox each month.

To celebrate our 3rd birthday **theMillwatermag** is giving away a \$150 voucher to Northern Union. All you have to do is go to the magazine's Facebook page and do 2 things:

- 1) 'Like' the **theMillwatermag** Facebook page
- 2) Complete the competition question on the Facebook page: "What was the average Millwater house sale price in June 2014?" To find the answer, go to [www.themillwatermag.co.nz/archive](http://www.themillwatermag.co.nz/archive) and have a look through the very first issue!

This competition will run for the month of August. All correct entries will go into the draw and the winner will be announced in the September issue of **theMillwatermag** and on the Millwater & Totara Views Facebook pages on the 1st September.

Good luck!



### 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 Perreira 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)  
Disclosure Statement available upon request

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# vetspeak

## You are what you eat



Our pets are living much longer than even a decade ago, and this is down in part to some massive advances in veterinary knowledge and care. The improvement in the quality of food available has also been fundamental; the understanding of what is required to grow a healthy puppy or kitten to put down great foundations for a long and healthy life has developed and advanced significantly in the last few years.

Many people are increasingly aware of the artificial chemicals being used to enhance the flavour of their food and increase

its shelf-life, and are choosing to avoid these products. This same awareness is also developing in the pet food market, with some pet owners choosing to raw-feed while others are opting for the established premium brands from Europe and the USA.

From a veterinary perspective, there is a bias towards the prepared kibble foods. This is because it can be very hard to do raw-feeding well, especially with a busy lifestyle, but also because kibble foods are a complete and balanced diet designed for specific life stages, to provide the precise nutrition required for optimal health (a legal requirement for any complete food).

Blackhawk is an Australian brand that is new to NZ and has many positives over the longstanding premium diets. The time from factory to shelf is much shorter, giving a fresher product, and there are no artificial preservatives or flavour enhancers. Instead, the ingredients list contains real meat, vegetables, fruit and herbs, supplemented with emu oil, so palatability is guaranteed. The meat used avoids the common causes of food allergies such as beef and pork, opting instead for fish and kangaroo alongside chicken, and there are grain-free options for the sensitive tummy or sensitive skin. Pop into the clinic and have a chat with one of our trained staff and see if this is a change your pet would enjoy.

Anna Day



## Millwater VET HOSPITAL

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**Available on (09) 427 9201 24hrs / 7 days**

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Our other clinic remains at-

Orewa

**VET HOSPITAL**

19 Moenui Ave, Orewa

(09) 426 5407

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



# The Opportunity of Boredom



to find engaging, educational and recreational things for our children to do. That's not the problem. It's when we've done all that and when left on their own for 10 mins our children come to us with "I'm bored." Or worse, we don't see them because they are on their devices or spending all day in front of the TV.

I want to re-introduce a radical philosophy...FREE TIME. Now the term Free may be a misnomer as there are boundaries of Free play:

Screen-free. No screens, devices or technology. Children are free to play games of any kind, play outside and get dirt on their clothes, play with toys, maybe even cook, or bring imaginary worlds from their minds into the real world using whatever: lego, wooden blocks, chairs, couches, sheets, pots, pans, containers – you get the idea. Anything goes, within reason, and with the proviso that it is cleaned up after a set amount of time. Just remember: children will work harder and think more critically about it if their creation is allowed to last longer.

"I'm bored. This is boring!" Said too often, usually accompanied with a bit of whingeing tone, followed by a "uhh". At which point, most of us rattle off a list of things our child could do to engage the little darlings so they aren't, God forbid, bored.

Of all the jobs titles that come under the banner of Parent, Entertainment Director isn't one of them. Yes, we want

Minimal input from parents. When presented with "I'm bored", our response, "Find something productive to do". If the droopy face and whingeing persist, have a list of chores at the ready. You'll be surprised how quickly they can find something else to entertain themselves.

Being 'bored' is an opportunity for our children and ourselves to tap into the amazing creativity inside each of us. It's easy to let someone else's imagination entertain us: Netflix, Sky, Mum and Dad. While, yes, there is a time for movies and most certainly for family time and togetherness, let's help our children rediscover the magic inside each of them – their imagination!

**Rechelle McNair**  
sKids Kingsway

# OsteoMe now open in Silverdale

OsteoMe now has a clinic open at 29B Silverdale St (Silverdale Village).

## Why would someone need to come to Osteo Me?

Most commonly, people see Osteopaths because they are in pain. Osteopaths are very good at dealing with pain that comes from a musculoskeletal origin – to define this further, pain that comes from muscles, spinal discs, ligaments, joints and tendons. Osteopaths are trained to deal with musculoskeletal issues such as neck and back pain, shoulder injuries, postural strains, knee and ankle injuries, tension and cervicogenic headaches and sports injuries (tennis elbow for example).

## How does an Osteopath treat these problems?

We use manual therapy, exercise prescription and advice to help our clients. Manual therapy includes techniques such as deep tissue massage, joint mobilisation, stretching, joint manipulation (clicking) and trigger point therapy. At Osteo Me, we also have a qualified acupuncturist, a trained Pilates instructor and all our staff have training in the McKenzie technique. We combine these additional skills, plus the manual therapy and exercise prescription, to provide an optimal approach to solve your problem.

## What to expect in a consultation?

Initially, we'll initially sit down with you and take a detailed case history and then perform an examination. Through a case history and physical examination, we are aiming to establish a diagnosis and also try and work out why injury has happened. From here we can establish a treatment plan (possibly also a return to play or return to work plan) and also try and make sure your injury doesn't happen again. Diagnosis in our opinion is



essential; it underpins all processes that occur from that point forwards.

When people go to see an Osteopath, they'll receive professional clinical therapy. An initial consultation generally lasts about an hour. Osteopathic examinations and treatment take a broad view of the human body. If someone complains of back pain for example, an osteopath will look at local factors, such as the position of the spine in the area, then more distant factors such as pelvic symmetry or leg biomechanics.

If you'd like to know more about anything we've talked about here or if you'd like to book an appointment, please call us on 0508 OSTEOME (0508 678 3663) or visit our website [www.osteopathy.co.nz](http://www.osteopathy.co.nz)

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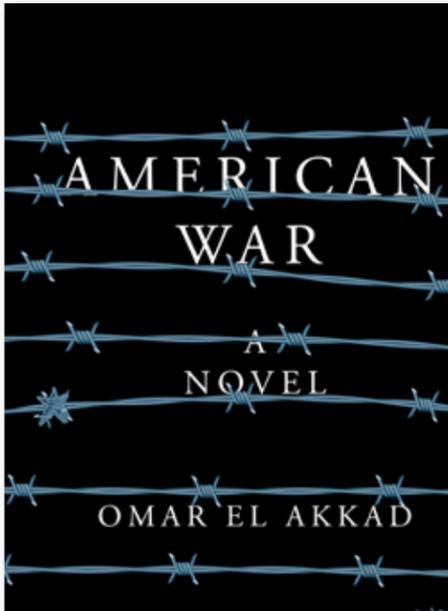
0508 OSTEOME

OsteoMe Orewa: 498 Hibiscus Coast Highway, Orewa.

OsteoMe Silverdale: 29B Silverdale St, Silverdale.

# millwater **book of the month**

## American War by Omar El Akkad



American War is an extraordinary novel – emotionally powerful, challenging and thought-provoking. Omar El Akkad imagines a second American civil war in the future, that feels as if it could be happening right now, such is the power of his prose and realism of the conflict. The book centres around Sarat Chestnut from Louisiana, who is only six-years-old when the Second American Civil War breaks out in 2074. Her father is killed, and she, her mother, brother, and sister find refuge in Camp Patience, along with thousands of others. This is an America where oil is outlawed, low-lying cities are half under water, and unmanned and deadly drones fill the sky. The reader follows brave tomboy Sarat growing up, and it's not long before we realise she will be a key person in this conflict – one that we are told early on will claim the lives of eleven million people in the war, and almost ten times that number again in the plague that followed.

The narrative alternates between a professor and survivor of the conflict, writing after the war has ended, who has made a career out of studying the conflict, and Sarat's story during the war. It is interspersed with news articles, press releases and oral histories, giving this novel a feeling of non-fiction for these sections.

This is an audacious book that is compelling, poignant and, at times, horrifying. It examines war and terrorism without flinching, all the while giving this imagined conflict a human face with Sarat and her family. In many ways, it is a credible study of how terrorists are made and, in Sarat, we see how the arc of her life leads her to make the terrible choices that she does.

I believe *American War* is destined to be a classic of our time. It's masterfully written, in a way that draws the reader into a conflict that feels believable and relevant for now. It shines a fictional light on serious issues, while still being a page-turning and compelling read.

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

# pharmacy **talk** orewa

## Immune System Support



Coming into August, many of us are battling sickness and a general feeling of being run down, with the peak of winter passing through. This month, we are discussing supplements that strengthen the body's defences and provide support to the immune system.

Here at Hickey's, we have a wide range of products on our shelves to help prevent and fight off the cold and flu. To kickstart your journey towards a stronger immune system and better overall health, we have some products we'd like to share with you.

One of our favourite supplements is Viralex, made by the brand Good Health – a proud New Zealand-operated business. Not only does it help with your immune system, it can also be used for the prevention of cold sores; shingles; herpes viruses; glandular fever; thrush; athletes' foot and is also suitable for travellers to stop them catching bugs throughout their journey. Viralex contains a comprehensive formula of potent active ingredients, including Astragalus, a virus killer that stimulates your bodies defence cells; Beta-Glucan, which increases the antimicrobial action of your immune cells; Olive Leaf Extract, which prevents bacteria, virus and fungi from replicating within your body; Zinc, which prevents viral replication and assists your body in fighting off infections; along with Vitamin D, which has the properties of enhancing your overall immunity and is often at lower levels in the body during winter. With years of positive feedback from consumers, we are confident that this product will work to prevent ailments.

### Eyebrow Microblading at Beauty Aspects



**Are you looking for a natural enhancement for your brows?**

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Millwater

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Another strong product on our shelves is Lypospheric Vitamin C. Vitamin C is great for preventing cell damage, increasing muscle repair, supporting healthy gums, along with stimulating a healthy immune system for optimal health and wellbeing. However, most ordinary forms of Vitamin C taken orally are not always processed and absorbed efficiently by your body. As a result, much of the Vitamin C is not actually transferred into your bloodstream and even less of it makes it to your cells where they exert their actions. The lypospheric form of Vitamin C encapsulates the Vitamin C into liposomes, made from essential phospholipids. These protect the Vitamin C from destruction in the digestive system. As a result, within minutes of taking the product, it is transported directly through your bloodstream into your cells at higher levels.

It can sometimes be hard to figure which product is most suitable for you – feel free to seek advice from our Pharmacists or Natural Health experts, to make sure you are getting the best product to match your specific needs.

We look forward to seeing you and wish you warmth and wellness as Winter continues!

## Wainui.

**THE VIEW OUTLET  
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### EAT. PLAY. MEET

Join us for a romantic dinner in The View, stop in for a Wainui blend barista coffee during a Sunday drive or book into our rooms for hire and enjoy your special event in our idyllic setting in the close to town, yet, rolling country hills of Wainui. The locals choice for great food and better memories

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.

The View outlet is open 7 days a week. Monday from 10:30 cabinet only, Tuesday and Wednesday from 10:30 for cabinet and chef's specials

Thursday, Friday, and Saturday from 10:30 with a full a la carte menu

Sunday from 9:30 a.m. for our Wainui brunch with chef's specials after 1:00 p.m.

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.



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Saturday 9:00am - 4:00pm  
Sunday 9:30am - 3:00pm

# themillwaterinsider

## Farmers delayed until New Year

It seems that despite best efforts the new mall, including Farmers, Whitcoulls, Stevens, Pascoes and a range of other retail stores, will not now be open for trading until the New Year.

## Cancellation of Kingsway development

Horncastle Homes have recently confirmed that they will not be proceeding with their new Kingsway development on the corner of Bankside Roads and Millwater Parkway, adjacent to the existing Millwater Central shops. This decision was not taken lightly and was based on an increased cost model relating to additional engineering and site works as required for council. This is despite the majority of property in the development being under contract. All affected buyers have had their deposit refunded.

## OsteoMe Opening

Another business opens its doors in Silverdale. Formerly Orewa Osteopathy, Osteo Me has now opened their second clinic in Silverdale Village and recently invited the team from The Millwater Mag to attend their opening celebrations. We wish them every success.



## New Wainui development named

Fulton Hogan, the primary developers of Millwater, have now announced that their new Wainui development on the western side of SH1 will be known as Milldale. Comprising a total of 3500 dwellings, this development will seek to improve on the success of Millwater. More details on the overall concept are to be released in coming months, but the first sections are due to be released in early 2018. There is a website and Facebook page set up for the new development.

## Asian Home Cooking Classes at Stoney Homestead

Are you running out of ideas preparing family meals? Interested to learn how to cook Asian food? Our Fundamental classes will provide you the skills and knowledges that you can apply to your family meals, with ingredients that can be found in local shops. Visit and like our Facebook page "Asian Home Cooking Millwater" for details of classes and cooking tips. Happy Cooking! Email nita.millwater@gmail.com for more information.

## Non-English-speaking Elderly

If you have elderly folks at home who cannot speak English, it may be a good idea to prepare an information card for them to

put in their wallet, including information such as name, home phone, address, medical conditions, emergency contact details etc. This will be very useful in case of emergency.

## Visual Voice Opens for business

Congratulations to Paul Conroy, a local resident and generous contributor to the local community and this magazine, on the opening of his new photographic studio – Visual Voice. There was a great turnout to the new studio opening at 196 Centreway in Orewa, showcasing some of their capabilities and equipment.



## Term 2 ESOL class at Stoney Homestead

New to New Zealand or looking for an opportunity to improve your English? Stoney Homestead now offers English classes, 2 sessions per week. Term 3 will run from 28 July.

Details as follow:

Friday 11:00 to 14:00 (for people with some/or reasonable English, who would like to practice conversational English) \$8 per session, please pay 8 classes in advance.

Friday 14:00 to 15:00 (beginner class for all age) \$4 per session or \$5 per hour, please pay 8 classes in advance.

Address: The Stoney Homestead, 12 Galbraith Greens, Millwater  
There is also a beginner classes in Orewa Library, every Friday at 9:30 to 10:30. For more information, please contact Lulu Wang at 021 618 199 or email: luluwinnz@gmail.com

## Boomerang Bags are coming to the Hibiscus Coast!

It's estimated that New Zealanders use a staggering one billion plastic bags per year, and these bags can take anywhere between 500 and 1000 years to break down in landfill. Boomerang Bags is a community initiative to reduce plastic bag use, by offering free fabric tote bags that can be borrowed and brought back to shops for ongoing use. A dedicated group of volunteers is currently working hard towards our local launch of Boomerang Bags in a few months' time and we need your help. There are lots of ways to get involved: donating unwanted fabric (including calico) or thread, taking part in our sewing bees, or making bags at home. You don't need to be an expert sewer – we also need help cutting, ironing, and stamping logos.

For more information, and to register your interest, please visit our Facebook page "Boomerang Bags Hibiscus Coast" or contact local coordinator Stephanie on hbcboomerangbags@gmail.com

# Millwater 區內情報要點

## Farmers delayed until New Year

尽管尽了最大的努力，新的商场包括Farmers, Whitcoulls, Stevens, Pascoes和一系列其他零售商店，要延至下年新年才能开幕。

## Cancellation of Kingsway development

Horncastle Homes最近证实，他们将不会在现在的Millwater中心商店附近的Bankside Roads和Millwater Parkway的拐角处进行新的房地产开发。这项决定不是轻率的，而是根据市政局要求的额外工程和所需工程成本的增加而作出的决定。因为大部的单位已签了买卖合同，所以所有受影响的买家已经退还押金。

## Visual Voice Opens for business

恭喜Millwater本地居民以及社区和这本杂志的慷慨支持者Paul Conroy，他的新摄影工作室Visual Voice正式开幕。有很多人出席了它的开幕式，同日亦展示了工作室的功能和设备。工作室地址：196 Centreway, Orewa。

## New Wainui development named

Millwater的主要开发商Fulton Hogan宣布，他们在SH1西部的新的Wainui开发区命名为Milldale。建成后将会有3500户住宅，这一区的发展将会参考Millwater的成功及加以改善。整个概念的更多细节将在未来几个月内发布，而第一部分将会于2018年初率先发布。Milldale会有一个网站和Facebook页面发布消息。

## Osteo Me Opening

还有另一家公司在Silverdale开了新店。Orewa的Orewa Osteopathy现在在Silverdale Village开设了第二间诊所，名叫Osteo Me。最近邀请了Millwater Mag的团队出席了开幕式。

## Asian Home Cooking Classes at Stoney Homestead

你是否没头绪要预备什么晚餐？或者有兴趣学习如何煮亚洲食物？我们的基础课程将为您提供可以应用于家庭晚餐的技能和知识，使用的材料大部分都可以在本区商店找到。详情请上Facebook页面"Asian Home Cooking Millwater"了解课程和烹饪信息。也可发电子邮箱至nita.millwater@gmail.com查询。

## Non-English-speaking Elderly

如果您家里有老年人不能说英语，可能准备一张信息卡放入他们的钱包，包括姓名、电话、地址、健康状况、紧急联系方式等信息。这在紧急情况下将非常有用。

## Term 2 ESOL class at Stoney Homestead

第三学期的英语班由7月28日周五开始。欢迎想学英语或想要提高英语能力的朋友参加：

提高班每周五11:00- 14:00

初级班每周五14:00-15:00

坚持去上课的学生请一次性交8次课的费用，提高班3小时收取\$8/人，初级班1小时收取\$4/人。临时去上课的学生以\$5/小时来计算。

地址：The Stoney Homestead, 12 Galbraith Greens, Millwater

另每周五在Orewa Library也有初级班，时间是早上9:30至10:30

联络人：王璐璐 (021-618199) 电邮：luluwinnz@gmail.com

## Boomerang Bags are coming to the Hibiscus Coast!

据估计，新西兰人每年使用惊人的10亿个塑料袋，这些袋子要用上500到1000年之间才可在垃圾场完全分解。Boomerang Bags是一个旨在减少塑料袋使用的社区组织，提供可以免费借用的织物手提袋，并带回商店进行循环使用。一批志愿者正在努力要在几个月内在本区推出Boomerang Bags，他们需要您的帮助。您有很多方法可以参与：捐赠不需要的面料（包括布匹）或线，参加他们的缝制团队或在家里缝制。您不需要有专业的手工。他们也需要义工帮忙剪裁，熨烫和压标志。

欲了解更多信息，或注册成为义工，请上他们的Facebook页面"Boomerang Bags Hibiscus Coast"或联系本区的联络人Stephanie，电邮 hbcboomerangbags@gmail.com。谢谢！

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# pharmacytalkmillwater

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We build our own hives, breed our own colonies, farm and harvest our own land. Watson & Son is a self-sufficient production organisation, with total and complete traceability.

Our goal is to have 100,000 hives by the 2017 harvest season. This is a huge undertaking, requiring a continuous hive production and colony breeding programme.

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# outtolunch Matakana



What better way to brighten one of the wettest days last month than to enjoy one of the finest lunches out we have had for some considerable time? We decided to combine lunch at the Matakana Market Kitchen (MMK) with a visit to the matinée showing of 'Going in Style' in the very elegant Roxy Cinema that sits on the floor above.

Although the restaurant was very busy, with a mixture of couples, small and large groups, we were instantly welcomed and shown to our (unbooked) table. The MMK menu, which you can find online, is very extensive and we took some time deciding on what we would have. Management chose the panko-crusted line-caught snapper, served with chips, sauces and market salad. The addition of an eye-dropper of vinegar and 'The Daily Catch' faux newspaper underneath were quirky but welcome

touches. I chose the delicious scallop and snapper creamy risotto, finished with freshly-grated parmesan.

Management selected the Matakana River Winery Fields of Grace Chardonnay and I opted for a Spy Valley Merlot/Malbec – both proving to be excellent accompaniments to our chosen meals. The portions at MMK are generous, so be sure to take your appetite with you when you go! We had no room for dessert but I did have a long black to round off my meal.

The atmosphere and staff at MMK are both warm and inviting. We paid a total of \$83.50 for all of the above food and drink, which we thought excellent value for such a superb meal. Highly recommended. Oh – and the movie was great, too!

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# Magnesium

Magnesium is a truly remarkable mineral in our bodies, responsible for the normal function of over 300 enzyme systems; for muscle relaxation, immune function, cardiac function, nerve conduction, helps lower elevated blood pressure, PMS, sleep etc. In fact, magnesium is essential in pretty well every bodily department.

Recent research in the United States showed that 68% of individuals do not consume the recommended daily amount of dietary magnesium, and 19% do not consume even half the RDA!

Most of us know that magnesium helps with cramping, sleep, stiff muscles etc. But there is a huge number of conditions where magnesium is relevant, too. The list of diseases associated with magnesium deficiency is inexhaustible because, like air and water, magnesium is a basic element to life.

Compared to most minerals in our bodies, we need a lot of magnesium ... about 1000mgs a day just to keep up with the demands of the body. Magnesium is to the body as oil is to a car engine, and, if not enough is present, problems arise quickly. If you do not have sufficient amounts of magnesium, your body cannot utilise protein. Also, the vitamin C and E that you consume cannot be used!

In one study, children with the lowest blood magnesium levels were found to have the highest levels of the

inflammatory marker CRP. They also had higher blood sugar, insulin and triglyceride levels.

If you play lots of sport, cycle, run or exercise at the gym regularly, it is super-important that you supplement morning and night with magnesium.

Studies have shown that if you have elevated blood pressure, magnesium is very helpful to lower this – yet indications were that it did not lower normal blood pressure.

Many migraine headache sufferers have low levels of magnesium in their systems – so it's a smart choice to try magnesium supplementation and give it time to work. Sometimes it takes up to six weeks before you see results.

And, leaving the good news to last, dark chocolate is an excellent dietary source of magnesium!

There are a few different forms of magnesium that absorb differently. It comes in tablet and capsule form, in liquid, and you can also apply a transdermal magnesium to the skin, which can be very effective – so it's best to get advice on what form suits your situation.

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\* Mazda CX-3 based on 260 weeks with 25% deposit and 25% balloon at the end including \$677 establishment fees and total repayments of \$29786.29. At a rate of 9.95%. Finance company terms and conditions and lending criteria apply. \*Ford Mondeo based on 260 weekly payments, 25% deposit, 25% balloon payment, and total repayment of \$37907. Includes establishment fee of \$677 at a rate of 9.95%. Finance company terms and conditions and lending criteria apply.

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## Cut Flower Care from Fabulous Flowers



Buy your flowers from a reputable outlet and choose blooms with firm petals and buds that show a hint of colour, to ensure the flowers will fully develop and open.

Ensure the flowers are well wrapped for protection and, if they'll be out of water for a while, ask that the stems be wrapped with damp paper.

Use thoroughly clean vases and containers – bacteria kills flowers.

Use cut flower food – this contains the correct ingredients to feed the flowers properly, keep bacteria at bay, encourage buds to open and lengthen the life of the flowers.

Cut stems at an angle. This gives the stems bigger area to draw more water and prevents them from resting flat on the bottom of the vase and sealing themselves.

Don't smash the stems or use blunt scissors as this inhibits

water uptake and causes bacteria to multiply more quickly and over a larger area. It also causes the flower undue stress which shortens its life.

Use lukewarm water – there's less oxygen in it and helps prevent air bubbles in the stem that will block water uptake. It can also encourage some flowers to open up. The only exception is certain spring flowers such as daffodils and tulips, which prefer cold water.

Don't place flowers in a draught, as draughts chill the flowers; or in direct sunlight or over-warm central heating, as this encourages bacteria to breed.

Don't mix daffodils or narcissi with other cut flowers. When cut, they emit latex from their stems, which shortens the life of other flowers. Arrange daffodils alone in vases or add special bulb/cut flower food, which makes them safe to mix with other flowers. You can also place them in a bucket of water for at least 12 hours on their own, and then arrange with other flowers, making sure you don't cut the stem again.

Don't place arrangements near a bowl of fruit. Ripening fruit releases tiny amounts of ethylene gas, which prematurely ages flowers. Dying flowers do the same, so always remove them from the vase.

Top up the water and add fresh flower food in proportion every few days.

Forget putting copper coins, lemonade, bleach or aspirin in the water. These popular tricks don't actually work or manage to feed your flowers adequately.

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# mortgagematters

## First Home Buyers Ready: Ready Set Go?



Well! Talk about a change of pace; the Auckland property market has definitely changed down a gear! A mixture of LVR (Loan to Value) restrictions, bank criteria, higher interest rates and election concerns, has stopped the market in its tracks. For how long is a matter of debate.

Regardless of how long this takes to pan out, first Home Buyers (FHBs) could get a chance to enter the market with less competition. Most FHBs have less than 20% deposits, with banks rationing their lending to the "best dressed".

Below are the five Cs that lenders will look at when assessing your application.

### Character

When banks evaluate character, they look at stability — for example, how long you've lived at your current address, how long you've been in your current job, and whether you have a good record of paying your bills on time and in full. Watch out for defaults or unarranged overdraft fees, this could be an indication that you are living beyond your income.

### Capacity

The bank will need to consider all your debts and expenses when determining your ability to repay a Home

loan. Not many people know, but some banks use 7.85% in their calculations to see if you have enough income. In an ideal world, your rent plus savings each month, should equal the new mortgage repayments.

### Capital

Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example, car, real estate, cash, and investments) minus how much you owe. So, for a FHB, try and keep your debts low to maximise your net worth.

### Collateral

Collateral refers to any asset of a borrower that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed. For a FHB, collateral could include savings in the bank, Kiwi Saver, Government grants, family gifts of guarantees.

### Conditions

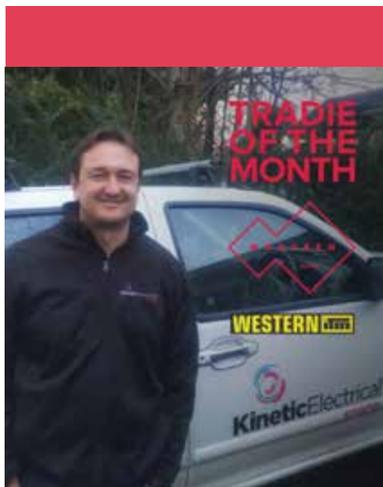
Lenders consider a number of outside circumstances that may affect the borrower's financial situation and ability to repay; for example, what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market, and competition.

Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz)

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

## Tradie of the Month with Maddren Homes



This month we would like to congratulate Hennie Pheiffer, Project Manager for Kinetic Electrical. Hennie is the electrical supervisor on all Maddren Homes jobs and our ITM Tradie of the Month.

Responsible for walking our clients through their new home and personalising their electrical requirements, he always puts our clients' minds at ease, creating tailored plans and going the extra mile to ensure the perfect fit-out.

His enthusiasm for his job is obvious, as are his wealth of knowledge and attention to detail. The additional support he gives to Maddren Homes in advice, experience and the all-important paperwork for compliance makes working with Hennie a pleasure. Maddren Homes would also like to thank Western ITM for their continued support and to acknowledge the hard work and dedication of our Tradies.

Thanks Hennie!



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## HIBISCUS COAST CRICKET

### A New Season at Metro Park



cricket novice, through to being prepared for Saturday games at Year Four and older. New rules for Saturday junior grades from Year Four will make games shorter and more fun for children and parents.

We have adopted the Teaching Games For Understanding (TGfU) approach, which moves away from drills and children being bored waiting, and replaces this with small group games that develop tactical and technical skills simultaneously. The programme revolves around each player's development and enjoyment first and foremost. Fun is our goal, with winning as a bonus. Players will be in mixed-skill groups, from beginners to those almost ready to play Saturday cricket, where everyone will be given an equal opportunity to participate and have fun.

This philosophy is designed to ensure your child has a fair go, learns and has fun. Moving away from winning as a primary focus ensures young athletes are not put under unnecessary stress and pressure, hindering development. A happy, motivated child/athlete develops faster, stays in sport longer and acquires an intrinsic love of sport, which follows them throughout life.

For more information or to register:  
[www.facebook.com/HibiscusCricket](http://www.facebook.com/HibiscusCricket)  
[www.hibiscuscricket.co.nz](http://www.hibiscuscricket.co.nz)

Summer is just around the corner, with registrations open for cricket now. We are excited that Metro Park has three cricket pitches for us to play on and will have new cricket nets built for the start of the season. There will be no shortage of junior and senior cricket played all Summer at Metro Park!

Last season we introduced Superstar Cricket to Metro Park, designed for first-time cricketers aged from five years old, run by Ramesh Lakmal, our international pro/coach who is returning this August for a second season. We have further developed this programme to transition your child from a

# millwaterbizbuzz

## Introducing Jayne and Phil Charles

It's one of those things that you didn't know you needed until you tried it – and then you wonder how you managed all these years without one. It's called a Spindel and it will change forever the way you dry your laundry.

A young and very energetic couple of recent immigrants from South Africa, Jayne and Phil Charles are already making their mark on the local business scene and look like soon making a bigger mark on the wider world. Realising that there was nothing like the Spindel available anywhere outside of South Africa – Jayne and Phil are Millwater's newest business partners, importing Spindels by the container load. So: 'what on Earth is a Spindel?'; I hear you ask.

A Spindel is a compact high-speed centrifuge that uses a fraction of the power of a tumble-dryer to remove almost all of the moisture that the spin cycle in your washing machine just can't. After just 3 minutes in the Spindel, laundry only needs a very brief tumble-dry on a wet day, or a brief period on the washing line or clothes-airer, before it's ready to iron.

Most washing machines have spin speeds between 900 and 1,200rpm. Simple physics says that this produces a certain



amount of centrifugal force, which pulls some of the water out of your laundry. The Spindel turns at an impressive 2,800rpm. That same, simple science says that there is considerably more centrifugal force, hence more water is removed.

A tumble-dryer uses, typically, 3400 watts of electricity and takes a long time to dry a load of laundry. The Spindel uses just 300 watts and takes 3 minutes to remove a great deal of water, meaning the time in the tumble-dryer is dramatically reduced. Less time, less electricity, less cash.

Jayne and Phil seem certainly to have hit on an exciting and unique gap in the home-laundry market. Their Millwater business is brand new and the website has just been completed, [www.spindel.nz](http://www.spindel.nz). They will be exhibiting and selling Spindel at the Baby Show, 18-20 August at the ASB Showground.

Watch this space!

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# millwaterinfocus



Have you seen a night photo of light trails and asked yourself, "How was that done?" It's not as difficult as it may appear. One of the most common subjects and easiest to find is moving cars.

You'll need to have a camera that allows you to control the shutter speed or, better still, full manual control. You'll also need a sturdy tripod, or something solid to rest your camera on. A remote shutter release is also very handy, to avoid camera shake when taking the picture. If you don't have a remote shutter release, try setting your camera to a 2 second delay.

Shooting in very low light makes it almost impossible for your camera to focus correctly, so you're going to be better off switching your lens to manual focus. Use the live view setting on your camera to get the focus as sharp as possible. Look to focus on something that has a lot of contrast such as a street light

or lit sign. Using a torch to light the foreground will help achieve a good focus (it's also great for painting light).

Shutter speeds between 10-25 seconds and apertures between f8-f16 and ISO 100 seems to give the best results, but it really comes down to trial and error.

Once you're comfortable with the technical aspects of long exposures, you can let your imagination run wild. Common things we see photographed using this technique include star trails, wire wool set on fire, fireworks and light painting with torches.

If you're interested in learning this technique, I'll be running a free workshop at Orewa Beach (by Surf Club) on **Mon 7 Aug** at 7pm, where we'll be spinning some wire wool and doing some light painting.

# millwaterpropertystats

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.

	June 2016	May 2017	June 2017
Number of Sales	23	11	18
Median Sales Price	\$1,150,000	\$1,130,000	\$1,140,000
Highest Sale Price	\$1,507,000	\$1,478,000	\$1,570,000
Lowest Sale Price	\$870,000	\$920,000	\$865,000
Average % price to CV	35.34	37.19	34.95
Average Floor Area (sqm)	238	228	277
Weighted Value Index	1398	1391	1317
Average Days to Sell	69	77	96

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.

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

**Grayson Furniss**  
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09 426 6122  
021 665 423  
grayson.furniss@mikepero.com



**Mike Pero** | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

## millwaterpropertytalkwithGrayson

Well, we are certainly not in Kansas (or Guatemala) anymore; this is definitely a very different market to the one we had 12 months ago. Any thoughts or hopes that this market was going to bounce back quickly from poor activity levels over the last 6 months now seem to be gone. As has been said many times before, the "market" is the market; it's different to what it was but everyone involved needs to get on and accept that reality.

So, what does that mean today? Well, for buyers it is mostly good news. There are more properties available in the Auckland market than have been seen for a number of years. Some of those have now been on the market for a while and, in general, the pricing is now starting to reflect that. We are seeing current pricing at levels much the same as they were approximately a year ago. The annual change on a rolling three-month average sales price is now just 1% higher than a year ago! Therefore, right now there is more choice at better pricing and you can still obtain very competitive fixed-term interest rates. The trick though is to make sure you can make a clean offer, preferably without the need to sell an existing property. So, sell first, then buy. If prices aren't going up and there is plenty of choice, what do you have to lose?

For vendors, the reality of the market is a little different. There are currently more houses available than buyers, and even more so if we consider cashed-up/ready-to-purchase buyers. This means that you are going to have to compete with other properties on the market for the best buyers, so presentation is really important again. Unless you only want to attract the bargain hunters, you need to make sure your property is sparkling – all the time, not just for photos and open homes. Remember: you never know when your best buyer will choose to drive past your property. It also means that you need to make sure your marketing is really on point.

You've got to be found and if you are number 87 in the list of properties in Millwater, you are probably getting missed – and the big reality check is around price. Forget about what your neighbour sold for; 3, 6 or 12 months ago. That opportunity has gone – you need to deal with what is happening today. For the most part, the Champagne and Caviar prices are gone; start thinking about a good Pinot Noir instead. Get very critical on your own property, take off the rose-tinted glasses and look at it the way a buyer would. Look at other houses for sale, lots of them, check out your market competition, talk to the building companies and see what you can buy new for what you "think" your house is worth. For most vendors, this is a good reality check.

The big questions we seem to be getting asked are: why is this happening and will it change again soon? For a full explanation, please give me a call or see next month's column.

*Grayson*

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CUTER THAN A BUTTON AND NEARLY AS AFFORDABLE 3 1 1 \$700,000

52B Tiri Road, Manly

If you have been hunting for a great opportunity to join the market, a nice house in a great area, something with some character but not too old, something with a feeling of space around it, THIS IS IT!

This wonderful home is cute and cosy, basking in the sun during the day and soaking up the woodburner heat in the evening. Well built in the 1980's there is plenty of scope to add value or just sit back and enjoy this fantastic location. In mostly original condition there is some room to improve this delightful home, put your own ideas and personality into it and enjoy a wonderful location and life for years to come. Call now to view!

[www.mikepero.com/RX1117137](http://www.mikepero.com/RX1117137)

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Mike Pero

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THIS IS IT, MOVE NOW! 4 2 2 SOLD

16 Arbors Track, Millwater

A wonderful modern low maintenance home in this amazing sought after area.

- wonderful 200sqm (approx) 4 year old GJ Gardiner home with balance of Master Build warranty
- ideal elevated and easy care 578sqm (approx) site with urban and rural outlook
- fantastic family layout with spacious open plan kitchen, dining and living room
- additional large separate lounge / media room pre wired for surround sound
- stunning kitchen with island bench, walk in pantry, large stove and engineered stone
- master bedroom with ensuite and walk in wardrobe

[www.mikepero.com/RX1156223](http://www.mikepero.com/RX1156223)

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IT'S NOT JUST A HOUSE, IT'S A LIFESTYLE 4 2 3 \$1,185,000

291a Millwater Parkway, Millwater

- uninterrupted park and estuary views
- 211m<sup>2</sup> (approx) of luxurious living on 284m<sup>2</sup> (approx) of flat freehold land
- four double bedrooms including one on the ground floor with bathroom adjacent
- two generous living areas, one on each level with great outdoor flow
- stunning white kitchen with breakfast bar & walk in pantry
- master bedroom with own balcony, walk in wardrobe and ensuite with underfloor heating
- attic access via pull down stairs for storage, double internal access garage with carpet
- quality Horncastle Homes build with 10 year Master Builder warranty

[www.mikepero.com/RX1170248](http://www.mikepero.com/RX1170248)

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SINGLE LEVEL AND ELEVATED WITH VIEWS 4 2 2 [www.11whaleygreens.com](http://www.11whaleygreens.com)

11 Whaley Greens, Millwater

- 2 year old GJ Gardner 196m home on a 586m site
- Warm and sunny master suite with ranchslider to deck
- North/west facing outlook over rural areas beyond Millwater
- Beautiful kitchen with breakfast bar and ample bench space and storage including butler's pantry, great for evening entertaining
- Separate lounge, great for excluding the TV noise or creating a quiet reading space
- Dining area opening onto expansive and sheltered deck
- Fully fenced with large side access gate

[www.mikepero.com/RX1176765](http://www.mikepero.com/RX1176765)

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**STUNNING MILLWATER HOME WITH POOL** 4 2 3 See online for more details

**14 Vera Court, Millwater**

- 4 double bedrooms plus office (adjacent to front door)
- stunning outdoor entertaining including heated inground pool, covered decking area with outdoor speakers and fully landscaped
- stylish design and quality construction by Signature Homes
- beautiful open plan living area with polished concrete flooring, schist & gas fire
- large dining space opening to covered outdoor area, separate lounge with double doors
- impressive kitchen with stone bench tops, 900W oven & butlers pantry
- ample off street parking including room for a boat or caravan, quiet cul-de-sac



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**SUBSTANTIAL FAMILY HOME IN QUIET CUL DE SAC** 5 2 3 Offers over \$1,250,000

**4 Vera Court, Millwater**

- large 274m two storey home sitting on a 519m site
- Balance of MB Warranty to transfer
- 5 double bedrooms, 2 on the ground floor with own bathroom
- spacious open plan kitchen, dining & living area opening to large and sheltered (with drop down sides) north/west facing deck
- large entertainers kitchen with stone bench tops, large island bench, double sinks, dishwasher and gas cooktop
- lovely outlook over Millwater towards bush
- established fruit trees to enjoy



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

[www.mikepero.com/RX1176773](http://www.mikepero.com/RX1176773)

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Mike Pero

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**FREEHOLD MILLWATER TOWNHOUSE** 2 1 1 See online for more details

**299 Millwater Parkway, Millwater**

- 140m<sup>2</sup> townhouse on 149m<sup>2</sup> (approx) of freehold land - no body corp levies here
- low maintenance brick construction with coloursteel roof and double glazing
- quality 2 year old construction by Horncastle Homes with a Master Build Warranty
- spacious open plan kitchen dining and living area with guest powder room all on ground level
- additional utility space upstairs, lounge, office, media room or make a small single bedroom
- two generous double bedrooms upstairs, master with semi ensuite and own patio
- large single internal access garage with carpet and space for additional storage
- heat pump for those times when a little extra warmth (or cooling) is needed



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# SELLING YOUR HOME? UNDERSTAND THE IMPORTANCE OF EFFECTIVE MARKETING

Your marketing campaign will springboard your property into the spotlight, so it's imperative that you and the real estate company you choose gets it right. An effective marketing strategy will almost always accelerate the value and the sale time of a property.

The most important part of selling your property is ensuring that the market knows it is for sale. The greater the exposure a property has in the market, the more prospective buyers. The more buyers the greater the demand and from here the old cliché 'supply - demand' will help escalate the value of your home.

To achieve a premium price for your property you need to create a perception that your property is fairly priced, has a degree of urgency and has competition amongst prospective buyers. There is always an emotional attachment to purchasing a home and with the fear of missing out amongst buyers, competing for the same property, this can only work in your favour.

If you want your property to stand out from other properties in the local area or within the same price range, it needs to be in the limelight - you need to go the extra mile and go to the market with trumpets, flags and the bells ringing.

Advertising is an investment and it will only increase the value of your home. Consider that \$1 might return an extra \$2 to your final sale price or it could mean an extra \$5,000 for a quicker sale. I've

always been a believer and it's worked for me without exception. Over the past 4-5 years I've seen some great case studies and that's why I would typically throw \$3,000 - \$5,000 towards a \$600,000 home on the market, when it comes to advertising investment. That extra few dollars in marketing could add an extra \$10,000 or even \$50,000 to your sale price, depending on values.

Professional photography, attractive signage, and well written copy all have the ability to alter the way a buyer perceives the property and the value of the property.

As a rule of thumb, most agents in New Zealand are of the view that you should consider investing between 0.5% and 1% of the asking price for your property in your marketing campaign. Views vary here and your agent will advise you on what marketing best fits within your budget and what marketing will benefit you the most.

There are many traditional marketing options that will be presented to you, such as professional photos, for sale signs, property publications, community newspapers and letter box drops.

At Mike Pero we not only use all the traditional marketing mediums but also some smarter and more innovative channels. Advertising your home on television is unique and a 15 second feature with high quality imagery on screen with professional 'voice-over' can capture an audience that would normally go untapped. With TV3 or TV One then you are reaching up to 100,000 extra viewers (more or less) from one end of the country to the other.

Marketing online and on social networks are great ways to reach extra potential buyers and these come at very minimal cost. The generally accepted cost of producing a TV commercial and screening on free-to-air national TV is in excess of \$6,000+gst. We have streamed this process and will absorb this in our selling commission - so no cost for the commercial at all. Our commission structure is also acknowledged as being at the more favourable end of the range - 2.95% and not 3.95%.

***That extra few dollars in marketing could add an extra \$10,000 or even \$50,000 to your sale price, depending on values.***

Listen carefully to the marketing options that your agent will present to you, and don't think that advertising is just another cost. You should also be wary of agents that offer to pay your marketing or skip this part of the process altogether. This is where you can seriously under-sell your home. If your home is on the market in isolation then no problem but if you're in competition - i.e. not the only home in the suburb for sale, you need your home to stand up above others.

You'll get one chance to make a first impression, so do it once and do it well. An under-investment in marketing can end up costing you more in the long run. The right marketing campaign will both save and make you money.

I have always held the view that the

most effective marketing is a compilation of simple and honest messages conveyed with sincerity, colour and personality but at the same time pulling on the emotions of the targeted audience. It is a combination of science and psychology. There's not one silver bullet and the game is always changing.



Chief Executive  
Mike Pero Real Estate

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# millwatermaltofthemonth



anniversary of the opening of their excellent Visitor Centre.

The limited-release Glenkinchie Distillers Edition we have chosen this month was distilled there in 2003 and bottled in 2015, having been double-matured in amontillado sherry casks specially chosen by the Master Distiller to complement this exceptional whisky.

This is a fine apéritif, with its smooth balance between sweet and dry.

**Nose:** The honey-coloured dram delivers a balanced mixture of dry, yet sweet raisin and citrus notes, with the vanilla shining through.

**Palate:** The initial sweetness is replaced by a drier, nuttier flavour from the casks themselves, with maltiness and the amontillado sherry influence adding the welcome and essential complexity.

**Finish:** A lingering dryness.

**Verdict:** An excellent choice for those preferring fragrant, softer, smoother whiskies. Definitely a whisky that needs no additional water.

**700ml, 43% ABV, target online price a bargain at \$84.99**

The Glenkinchie lowland distillery is close to Edinburgh and therefore a favourite of those holidaying in the Scottish capital. And 2017 is a special year for the distillery, being the 180th anniversary of the first licence to distil having been granted to John and George Rate in 1837. It is also the 20th

## Millwater Women's Group

Millwater Women's group met at Stoney Homestead on Wednesday 21st June. The lovely Lyndsey Erasmus from Lush Hair and Makeup in Silverdale Village joined us. Lyndsey brought a fabulous supply of makeup and I was lucky enough to be her model for the morning, so I got a fab makeover thrown in. Lyndsey was full of tips and tricks to get the best results on more mature skin. We all had lots of laughs and I certainly walked away feeling more confident of my ability to use makeup well. Lyndsey is an amazing hair stylist and it turns out her passion for makeup is just as strong in her skill set. We were very grateful to her for giving up her morning off for us.

Next month, we are having a clothes swap and we have a dietician coming to speak to us, which we have all been looking forward to for some time.

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

Marj Noble 021 711 540

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Tickets: \$45.00 per person, available from [hibiscushospice.org.nz](http://hibiscushospice.org.nz), or  
2a John Dee Cres, Red Beach. Phone 09 421 9180 for more information.

Organised and run by: Rotary Satellite Club of Orewa-Millwater

Raising funds for: hospice

Principal Sponsors: little Greece, HOUSE OF TRAVEL, perpetual guardian, kuzina

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## THE LOWDOWN ON BUYING YOUR GLASSES ONLINE

by Tracy Kendall-Jones (Proud Owner, OPSM Silverdale)

I am often hesitant to write on this subject as you may think I am biased. However, I do feel compelled to write as I am seeing more and more people getting into a pickle when buying their glasses online.

Buying glasses online may seem an okay way to get a new pair that seem cheap. But I have seen many examples where it has ended up being a complete disaster. That's because a lot of important factors come into play when selecting new glasses e.g.

- Pupillary Distance (PD measurement)
- Bifocal or Ocular Centre measurements – so important
- How high is the sphere and cylinder power and is there prism?
- Different materials available and lens treatments (especially in this digital age)
- Base curve
- Frame type: metal or plastic, allergy considerations?
- A big one – glasses correctly adjusted to fit the wearer perfectly

The list goes on – in optical dispensing, there is no "one size fits all".

So, you see, buying online is not as simple as it might sound. Getting glasses made incorrectly can be devastating for

many wearers. Any of the above not done correctly can cause problems, like headaches, impaired vision/discomfort and much more. Without an optician to check the glasses for imperfections and proper fit, how do you know if what you should have is what you received? Also, how do you go on for modifications needed, ongoing service, adjustments and warranties?

I am amazed that people consider buying cheap glasses online, yet will go out and spend big on the latest branded sneakers or handbag. Why would you skimp on something as precious as your eyes and why would you risk getting it wrong?

Partnering with a skilled optometry team who supply quality frames and lenses can cost a little more than online. But: is it a cost or is it an investment? They will look after your eyes and ensure you have the best possible vision. An investment, surely? A good optometrist/dispenser will aim to work within your budget and remember, a good quality frame can be reused again.

Eyesight is a valuable gift. What is that worth to you? Maybe ask someone who has lost theirs.

If you have any further questions, please feel free to call 09 426 7902 or pop into OPSM in the Silverdale Centre (opposite Pita Pit).

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# timlawrence Fishing Spot



I hope you have been taking advantage of the great winter fishing conditions we have been having this year. Believe it or not, there are still work-ups happening in the middle of the Hauraki and good-sized fish have been landed right through June and July. Spring is just around the corner; the shortest day is long behind us and the weather will start warming up this month.

This month we ventured out to Great Barrier Island for a maiden voyage on a mate's new boat. The trip was an overnighter so we had plenty of time to prospect a few areas and not be rushed to get a feed. We found good sign on the sounder east of Kawau around the 50m mark; there were gannets sitting on the water but they weren't showing any signs of activity. After a few drifts with the sliders and soft baits, we managed to put half a dozen good sized fish in the bin before heading towards Great Barrier. Our next stop was south of Little Barrier, but we only landed a couple of fish so we headed towards Horn Rock. Once again, the contour lines around the 50m mark produced some good numbers. From here we navigated toward the southern entrance to Fitzroy to burley up on dusk. We already had plenty of fish in the bin, so, after getting a couple more, we ended up throwing back 40cm fish! Sheltered in Smokehouse Bay overnight led us into a false sense of security and it wasn't until we poked our nose outside the next morning that we realised the weather had taken a turn for the worse. Sunday was spent sheltering around the Broken Islands fishing before making a run for it back to Whangaparaoa with 20-25 knot North-east winds behind us.

Our Fishing Club trip to Whitianga is all locked and loaded for the end of July. We have booked all three EPIC Adventures boats for the day, with 12 keen fishermen raring to land some solid kingfish. Hopefully, we have some good stories to tell next month – tight lines!

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## Members' Artworks Shine this August

Every year, the artwork by our local artists gets better and better and this year is no exception. The Estuary Arts annual members' awards showcase artwork in all media by our growing artists / members. This year, we have more prizes on offer thanks to our generous sponsors. The overall winner will receive a prize package that includes art supply vouchers, an art magazine subscription and \$800 cash. We are very grateful to have the support of local business and art companies sponsoring prizes for the members' awards.



Vanessa Grant – Merit Winner in 2016

Being a member of Estuary Arts Centre is easy and affordable, and opens up the doors to creative opportunities. There is a range of weekly art classes, after-school art extension programmes and weekend workshops on offer, and members receive discounted rates on these classes. In July, in conjunction with the Members' Awards, we will be hosting a FREE 90-minute demonstration of liquid & fluid acrylics, with professional artist Evan Woodruffe.



Carolyn Annand's miniature seaside towns

Evan will demonstrate how these modern paints offer the most versatile way of using colour, with an assortment of different painting applications, including specialist brushes and refillable markers. This is a perfect opportunity to see what the materials of today can offer your painting practice! 10am to 11:30am Saturday 12th August (spaces are limited so booking is essential).

The Members' exhibition runs for one month from 03 August to 03 September in all the galleries at Estuary Arts Centre, which is located at 214b Hibiscus Coast Highway, Orewa. The Centre is open 7 days a week, from 9am to 4pm daily with a great onsite café.

For more details visit their website [www.estuaryarts.org](http://www.estuaryarts.org) Facebook page or phone 09 265570

Estuary Arts Annual Members Awards  
03 August to 03 September 2017

Image:  
2016 Winner Bev Head

**Award evening 02 August 6-8pm**  
\$800 Cash Premier Award and merit awards

Estuary Arts Centre  
214b Hibiscus Coast Highway | Orewa | (09) 426 5570 [www.estuaryarts.org](http://www.estuaryarts.org)

# millwatermotors



obviously very special indeed. "I've only had it out four times since buying it 7 years ago, adding no more than 100 kilometres to the very modest 27,000km that it has covered since new. It's an original and it is literally still like new," David proudly told us. Being allowed to share David's Hillman Avenger Alpine was something special for us, too, at **theMillwatermag**.

David is only the second owner in the car's lifetime and the previous owners effectively vetted David as a worthy second owner – they wanted it to go to someone who would love it as much as they had done. The photographs show the truth of its originality, replete with its twin carb 1,600cc engine,



4-speed manual gearbox and brilliant paintwork, inside and out. "Apart from re-chroming the front and rear bumpers and replacing a fuel pump, only consumable spares have been needed throughout the car's lifetime," said David. "There is no rust anywhere, and it's easy to work on, with spares still readily available through Trade Me and from Australia."

David also has links to last month's motoring article; sharing the same 4WD passion and offroad enjoyment as Nigel England and Dean Aspinall, but David has also worked happily for Dean at Rodney Autos for the past 4½ years.

No need to ask David what his dream car would be; we have it here, in all its glory! However, there just might be a sequel for David, as he is currently restoring a 1966 Hillman Super Minx that he saved from the scrappers – for just \$800!

We have met many proud owners of classic and special cars over the past three years, but none more proud than is local family man David Nichols of his Apache Red 1975 Hillman Avenger Alpine. The last word of the preceding three is important, for 'Alpine' sets apart the special from the mundane. And special is indeed the right word for David's car, as we will learn.

David started his apprenticeship as a motor mechanic with Macdonald Halligan Motors back in 1972, which was when he first started servicing Hillmans Imps, Avengers and Hunters,



buying his first Hillman Avenger in 1974 when he and his new bride Patricia toured the South Island on their honeymoon.

The current Hillman Avenger Alpine is the latest acquisition of many cars that David has owned over the years and it is

## LEGENDS– BEST OF BRITISH AND A GREEK EXTRAVAGANZA

Get your dancing shoes ready for some great social events this Winter – all supporting Hibiscus Hospice!



**First up: Legends – Best of British.** This event is set to be a "right ole knees-up" with legendary cover artists the Bee Gees, Joe Cocker and Freddie Mercury.

Each year Hibiscus Hospice Women's Committee presents a Legends evening, an event themed around different musical genres and eras. This year's Best of British theme includes some of the best music from old Blighty, quintessential British nibbles and a silent auction, with all proceeds going towards supporting the Hibiscus Hospice In-Patient Unit.

**Event Details:**

Saturday 12 August 7.30pm – midnight  
Orewa Arts and Events Centre

Tickets \$35 per person including nibbles or \$30 per person for two or more



**Next up: The Greek Extravaganza.** It's time to limber up for some energetic Greek dancing! The Greek Extravaganza evening, organised by the Rotary Satellite Club of Orewa-Millwater, is going to be a fantastic event not to be missed.

Experience the wonders of Greece without leaving the Coast – there will be live music and entertainment, a troupe of Greek dancers (guest participation encouraged) and a three-course meal featuring traditional Greek food, wine and beer. Cash bar and EFTPOS available.

Tickets for both events can be purchased online at [www.hibiscushospice.org.nz](http://www.hibiscushospice.org.nz) or from Hibiscus Hospice, 2a John Dee Cres, Red Beach.

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## Millwater ROMEOS/ROWENAs Mid-Winter Christmas



The twice-yearly get-together of the Millwater ROMEOs (Retired Old Men Eating Out) and the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was celebrated in quite some style

at Mick's Restaurant in Orewa on American Independence Day, for no other reason than it was the most convenient date for all concerned. There wasn't even a passing reference to Donald Trump!

A happy band of 34, including a brand-new ROMEO and his wife, were served an excellent and widely varied selection of mouth-wateringly delicious hors d'oeuvres by the attentive staff at Mick's, nicely complemented by their matching wine suggestions. The food; the wine; the service; the conversation; the friendship; all combining to make this one of the best Millwater conversazione events ever.

A number stayed behind to enjoy a sit-down meal from the extensive menu at Mick's, where first class food, wine and service all aided the flow of stories and strengthened the bonds of friendship that so typify the Millwater community spirit.

Plans are already being discussed for a midsummer repeat event!

## Tonnes of Thanks



Local Hibiscus Coast businesses have put over 20 tonnes of concrete down and donated over \$15,000 towards the renovation work of the Whangaparaoa Community Recycling Centre. Fifty-tonne cranes and 20m-long trucks worked together to shift heavy concrete slabs from Atlas Concrete in Silverdale to the Recycling Centre in Stanmore Bay. The result is a wider drive through with pull-over lanes which will make it easier to get in and out when the drop off is busy. Further improvements are new fencing, fence screening, signage and

pavement marking. Some of the companies gave HCZW rates discounts and worked at cost.

More improvements are coming as Hibiscus Coast Zero Waste (HCZW) alters the glass bin area. Currently, Whangaparaoa Road has to close every time the glass bins are collected, which is about every other month. If the group could obtain a mechanical bin-lifter this would allow the existing ramp to be replaced and give enough space for two bins rather than one. HCZW is applying for a grant from the Glass Packaging Forum for a bin-lifter with co-funding from Vulcan Steel.

Besides using recycled concrete slabs, the signage contains bits of recycled awning fabric, the new recycling frames use recycled seat belts and recycled bags, the roadside sign is made of recycled pallets and painted with recycled paint. Recycled fabric was donated by Coastal Marine and Skippers Outdoor Furniture.

HCZW would like to thank the many HBC businesses that have contributed: Atlas Concrete Tilt Slabs, Stanley Hunt Earthmovers, Auckland Cranes, McKenzie Transport, Get Gates, Coastline Markers, and Taylor-Built Limited.



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# Buying a First Home



Making your first step into the world of property ownership can be a very difficult one to make. Not only do you have to navigate your way through the world of real estate agents, building inspectors, council LIM reports and meth tests, you also have to come up with the cash!

### How do parents assist their kids?

There are various ways that parents can help their kids in getting into their first home. Some arrangements that we see include:

- Child acquires property with assistance (either by way of a gift, loan or guarantee) from their parents;
- Child acquires property with their partner, friend or sibling with assistance from either one or both sets of parents (either by way of a gift, loan or guarantee);
- Child acquires a property in co-ownership with parents; or
- A parents' Family Trust acquires property on behalf of child.

All of these structures come with their pros and cons, and each should be individually considered. A Property Sharing Agreement may be necessary.

If a child is in a relationship, the effect of the Property (Relationships) Act 1976 needs to be considered. If a relationship ends, are the parents comfortable with the possibility of a cash gift being classified as 'relationship property', and split 50/50 between the child and their ex?

Parents also need to consider what effect their assistance will have on their own financial affairs. Providing a guarantee could affect the parents' ability to borrow money in future, and it could also restrict the parents' ability to provide another guarantee in respect of a second child.

### Get advice first!

It is best to get legal advice on the ownership and lending structure before you decide to purchase a property. Often it takes a bit of time to work out the best way forward, and to get agreement from everybody involved. If you wish to have an initial chat about structuring a first home purchase, feel free to give the friendly team at Simpson Western Silverdale a call on 09 421 0559.

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Terms, conditions and lending criteria apply.



# millwaterasiancorner

## East meets West



One day, when Diana Lakin said she would like to invite some senior ladies from the Chinese community to her place for morning tea, I was not quite sure about the idea. "I would like them to feel invited to this community, and we would like to be friends with them." Diana said.

As most Chinese of the older generations cannot speak English and thus could be pretty 'shy', and going to an English-speaking lady's place could be quite a challenge for them, I was hoping the response wouldn't disappoint Diana too much. Who wants to disappoint a lady like Diana, who is beautiful inside and out? Fortunately, Lulu, the student representative of the English classes at Stoney Homestead, suggested I should post it to the English classes group, where group members can speak some English and would love the opportunity to try out what they have learnt. And there we go, four Chinese ladies of mixed ages; Lulu, Lucy, Lisa and Hai Yan (whom Diana later named her Rose, because she can never remember her name), arrived at Diana's place on a Wednesday morning.

When I arrived at Diana's doorstep, I immediately noticed our difference in culture and couldn't help but smile; the Chinese ladies had their shoes neatly lined up before entering her house. I have been to Diana's place before and know I can enter with shoes, but taking our shoes off is a way to show our respect to

the house owner, so I did the same.

It was a little uneasy at first, but Diana and her friend Carolyn were extremely friendly. Then the atmosphere relaxed all of a sudden when morning tea was served and conversations started to flow over the dining table. Food, as I always say, is the best thing to link people together.

The conversations were mostly around our daily life, and when Diana and Carolyn learnt that the Chinese families are having bread, milk and Weetbix for breakfast, they were quite surprised. "We were thinking you are cooking traditional Chinese breakfast in the morning." The Chinese families are certainly living a more Western lifestyle than Diana was expecting. Not long after that, Diana and Carolyn made a shattering announcement, "We love playing Mah-jong!", and that certainly stirred up the atmosphere! It was hard for the Chinese ladies to imagine someone who cannot read Chinese but can be so enthusiast in Mah-jong playing!

At the end, one of the ladies asked Diana a question that I believed many Chinese would like to know: "What do you think about the Chinese people in Millwater?"

Diana replied, "We have a diversity of cultures here in Millwater; there are people from many different countries and no matter which country you come from, there must be good people, rude people and bad people. So, it does not the matter where you come from, it is a matter of what kind of people you are, and we always welcome good people."

The sky was grey with a little drizzle when I drove home, but Millwater still looked very lovely, especially when you know the community is full of good people with big hearts like Diana and Carolyn.

(In the photo, clockwise from top right: Carolyn, Lisa, Hai Yan, Diana, Lucy and Lulu)

**Nita Wong, Millwater resident**  
Originally from Hong Kong 20+years ago

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## Recipes from Millwater residents



### Sticky Banana and Almond Cakes

#### Ingredients:

200gm almond meal  
3 tablespoons chia seeds  
1 teaspoon baking powder  
Pinch salt  
½ teaspoon each of ground nutmeg and cinnamon  
3 medium bananas, mashed  
3 large eggs  
4 tablespoons honey  
4 tablespoons coconut oil  
1 teaspoon vanilla extract  
½ teaspoon baking soda  
1 tablespoon apple cider vinegar (ACV)  
8-hole mini loaf tin, greased and lined (could also just use muffin tins, lined)

#### To make:

Preheat oven to 160C, fan bake.  
Combine almond meal, chia, baking powder, salt and spices in a bowl.  
In a separate bowl whisk the bananas, eggs, honey, oil and vanilla together.  
Put the baking soda in another bowl and stir in the ACV, then mix into the bananas.  
Add the almond mixture to the bananas and stir well to combine.  
Divide evenly between tins and add a topping if desired (slices of banana or chopped almonds).  
Bake for 25 minutes or until risen and firm to the touch and a skewer inserted comes out clean.  
Leave in the tins for 20 minutes then remove to cool on rack

Claire Cameron



### Hot and Spicy Sausages with Bean Pot

#### Ingredients:

2 fresh sausages  
1 tin of canned tomato  
1 tin of canned 4-beans mix  
2 teaspoons tomato, olive and sundried tomato chutney (alternatively tomato chutney)  
2 teaspoon paprika powder  
2 teaspoons cayenne powder  
1 teaspoons cumin powder  
1 teaspoons fennel powder  
1 teaspoons curry powder

#### To make:

1. Grill the sausages in oven until cooked, then cut into small pieces (later I found it presents better by just tearing them apart with fingers)
2. Then just put everything in an oven-proof pot, mix and taste. You may need to adjust the herbs and spices to suit your taste.
3. Put the pot in 200c oven, fan bake for 1 hour or until the sauce become thick. You may need to stir 2-3 times in between.
4. Enjoy with a glass of red wine!
5. Leftover can be used as sandwiches fillings for lunch!

If you want to know more about the Asian ingredients or this recipe, feel free to email me at [millwatermag@gmail.com](mailto:millwatermag@gmail.com) or PM me via Facebook.

Happy Cooking!  
Nita Wong

## Replace Missing Teeth Permanently

Missing one or more of your teeth? Struggling with your dentures? There is a solution. The dental implant treatment has become common in New Zealand and with good reason – dental implants are one of the most permanent and convenient methods of tooth replacement. They also look and feel like natural teeth, without the irreversible alteration of your remaining teeth that treatment with ordinary dentures or bridges may require. Over the last decade, implant treatment has also become much more affordable.

A dental implant is made of titanium that allows for a replica tooth to be fitted on top, filling in any gaps in your smile. Because a single implant can support multiple teeth, treatment with dental implants is possible not only for people missing just one tooth, but potentially most or all of their teeth, which can be replaced with a permanent denture supported by four or more implants. For some people without any teeth, ordinary dentures are simply not comfortable or possible, but implant-retained dentures will stay securely in your mouth, allowing you to look, eat and speak as you would with natural teeth. With the right care, an implant can last a lifetime and offer you freedom from worry.



The dental implant procedure is done in two phases; the surgical placement of the implant, followed by the implant restoration, where the replica tooth or teeth are fitted securely to the implant. Commonly, you would be required to visit two different clinics to complete the full treatment, but here at The Dental Suite we are lucky enough to have dentists and specialists who may be able to complete both stages of the procedure in our very own surgeries at an affordable price. No more inconvenient commutes, no more multiple consultations, just the latest dental technology, superior care and a quality, long-lasting solution for your smile.

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Do you have a recipe you'd like to share with Millwater? Email your recipe to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



# Dan's Tips

August 2017

Spring is almost in sight! Time to start planting vegetables like carrots and beetroot, fertilise citrus trees and do some light pruning. It's also a good time to plant early spring flowers - hellebores, azaleas and camellias will grow great!



*Time to sow vegetables*

Sow carrots, spinach, spring onions and beetroot directly, sow tomatoes, capsicum and lettuce in trays indoors or in a greenhouse

## Growing Food

- **Fertilise fruit trees**, especially citrus that are beginning to flower now. For an organic treatment, liquid feed them with Acquaticus Garden Booster, or apply a layer of sheep pellets. A good tip - apply BLACKGOLD Mulch around your plants - this inhibits any rapid weed growth during early spring
- **Sow carrots, spinach, spring onions and beetroot directly**; sow tomatoes, capsicum and lettuce in trays indoors or under cover, if you don't have a greenhouse
- **Get herb gardens ready for spring** - prune and shape thyme and rosemary, lift and trim roots of mint and plant coriander and parsley
- **Lightly prune fruiting plants** - blueberries, feijoas and autumn-fruiting raspberries
- **Fork fresh Garden Mix or Compost** through the top 10cm of your vegetable bed - this is the area where the roots of young vegetable seedlings will need some nutrition
- **How to plant Potatoes** - Use a balanced potato food or apply plenty of good quality (Living Earth) organic compost to your soil. Dig furrows of around 15- 20cm deep and plant the potatoes - tubers upward, about 70cm apart. Fill in with soil just covering the shoots, by gently raking the soil back over them. Do not press down. The idea is to continue 'hilling up' the potatoes as they grow, covering the foliage by about 10cm at a time. Early potatoes are generally ready in three to four months' time when the foliage begins to yellow. Perfect for Christmas...

## Other Work

- **Time to plant early spring flowers** - even if you forgot to plant spring bulbs way back in autumn, now's good for hellebores (winter roses), azaleas, and camellias. Great mileage can be had from the potted colour table at the local garden centre with primulas, polyanthus and poppies. Or, if you have the space plant a NZ clematis, *C. paniculata* - it has beautiful flowers appearing now.
- **Prune hydrangeas** back to double shoots, unless the stem ends in tightly pointed foliage - this is an early spring flower.

## Lawns

- Advice from Prolawn, the turf professionals - **'if the lawn is wet, don't try to mow or walk over it, you're better to wait until it dries out a bit'**
- Use a **general lawn fertiliser during August** - Prolawn Garden Supreme.



*Get the herbs growing*

Now is the time to prune rosemary and thyme, lift and trim mint roots and plant coriander and parsley - yum.

**"If the lawn is wet, don't try to mow or walk over it, you're better to wait until it dries out a bit"**



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# datesfor yourdiary

- Every Wed** Hibiscus Coast Scottish Country Dance Club  
Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See  
www.parkrun.co.nz/millwater for more details
- Every Thurs** New to NZ? Orewa Library hosts  
a very informal conversational English group for  
new immigrants, every Thursday from 3.30 – 4.30pm  
in term time. This is a free session with a qualified  
ESOL teacher. We chat about Kiwi customs, health,  
shopping, neighbours... all kinds of things which  
are relevant to our daily lives. Children are welcome!  
Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney  
Homestead Community Hub, Galbraith Greens • 1st  
Weds every month 6pm • 3rd Thursday every month  
7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am  
noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** 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 com-  
munity fun! Enquires/book a spot, call Avon  
Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of  
each month** HBC Grandparents Parenting Grandchildren  
support group • 11am - 1.45pm • Red Beach  
Methodist Church • Free group offering support,  
friendship, guest speakers and lunch • Further  
details contact Sonia 0274 802 287
- 4th Tues of  
each month** Zonta Club of Hibiscus Coast, not for profit ser-  
vice club • Dinner meetings with guest speaker  
The Wade Hotel, 2 Tavern Road, Silverdale •  
6.00 pm • Visitors are most welcome • Contact  
hibiscuscoast.zonta.org.nz
- Every school  
term Tuesday** Crafts Group • Orewa Community Church  
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10am - 12pm • \$2 for morning tea & craft  
creche provided
- Every school  
term Friday** Arts Group • Orewa Community Church  
235 Hibiscus Coast H'way, Orewa  
10am - 1pm • \$2 includes morning tea •  
suitable for beginners

If you know of any upcoming local events please contact Sarah at  
sarah@themillwatermag.co.nz



Join us for services throughout the month:

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Sunday 8:00am and 9:30am  
Wednesday 9:30am

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Millwater Medical 09 320 0873

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Millwater Dental 09 972 1518

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<b>Tue 1 Aug</b>	01:54 2.7 m	08:08 0.7 m	14:29 2.6 m	20:35 0.8 m	<b>Wed 16 Aug</b>	01:25 2.9 m	07:35 0.4 m	13:54 2.8 m	20:05 0.6 m
<b>Wed 2 Aug</b>	02:45 2.6 m	09:02 0.8 m	15:26 2.6 m	21:31 0.9 m	<b>Thu 17 Aug</b>	02:23 2.9 m	08:35 0.4 m	14:58 2.8 m	21:10 0.6 m
<b>Thu 3 Aug</b>	03:37 2.6 m	09:57 0.8 m	16:22 2.6 m	22:25 0.9 m	<b>Fri 18 Aug</b>	03:25 2.9 m	09:39 0.4 m	16:04 2.8 m	22:14 0.6 m
<b>Fri 4 Aug</b>	04:30 2.6 m	10:50 0.8 m	17:14 2.6 m	23:15 0.8 m	<b>Sat 19 Aug</b>	04:29 2.9 m	10:42 0.4 m	17:07 3.0 m	23:16 0.5 m
<b>Sat 5 Aug</b>	05:22 2.6 m	11:40 0.7 m	18:02 2.7 m	-	<b>Sun 20 Aug</b>	05:32 3.0 m	11:43 0.4 m	18:05 3.1 m	-
<b>Sun 6 Aug</b>	00:02 0.8 m	06:12 2.6 m	12:25 0.6 m	18:47 2.8 m	<b>Mon 21 Aug</b>	00:14 0.4 m	06:32 3.0 m	12:39 0.3 m	19:00 3.2 m
<b>Mon 7 Aug</b>	00:46 0.7 m	06:58 2.7 m	13:07 0.6 m	19:29 2.9 m	<b>Tue 22 Aug</b>	01:08 0.4 m	07:27 3.1 m	13:31 0.2 m	19:51 3.3 m
<b>Tue 8 Aug</b>	01:28 0.6 m	07:42 2.8 m	13:47 0.5 m	20:09 3.0 m	<b>Wed 23 Aug</b>	02:00 0.3 m	08:19 3.2 m	14:20 0.2 m	20:40 3.3 m
<b>Wed 9 Aug</b>	02:10 0.5 m	08:24 2.8 m	14:27 0.4 m	20:49 3.0 m	<b>Thu 24 Aug</b>	02:50 0.3 m	09:08 3.2 m	15:06 0.2 m	21:27 3.2 m
<b>Thu 10 Aug</b>	02:52 0.5 m	09:05 2.9 m	15:07 0.4 m	21:30 3.1 m	<b>Fri 25 Aug</b>	03:37 0.3 m	09:54 3.1 m	15:52 0.3 m	22:13 3.2 m
<b>Fri 11 Aug</b>	03:34 0.4 m	09:47 3.0 m	15:48 0.4 m	22:12 3.1 m	<b>Sat 26 Aug</b>	04:22 0.4 m	10:39 3.1 m	16:36 0.4 m	22:58 3.0 m
<b>Sat 12 Aug</b>	04:17 0.4 m	10:29 3.0 m	16:31 0.4 m	22:55 3.1 m	<b>Sun 27 Aug</b>	05:06 0.4 m	11:23 2.9 m	17:21 0.5 m	23:42 2.9 m
<b>Sun 13 Aug</b>	05:02 0.4 m	11:14 3.0 m	17:17 0.4 m	23:42 3.0 m	<b>Mon 28 Aug</b>	05:49 0.5 m	12:07 2.8 m	18:08 0.6 m	-
<b>Mon 14 Aug</b>	05:49 0.4 m	12:02 2.9 m	18:07 0.5 m	-	<b>Tue 29 Aug</b>	00:26 2.8 m	06:34 0.6 m	12:55 2.7 m	18:58 0.7 m
<b>Tue 15 Aug</b>	00:31 3.0 m	06:40 0.4 m	12:55 2.9 m	19:03 0.6 m	<b>Wed 30 Aug</b>	01:12 2.7 m	07:22 0.7 m	13:46 2.6 m	19:52 0.8 m
			Low	High	<b>Thu 31 Aug</b>	02:01 2.6 m	08:15 0.8 m	14:42 2.5 m	20:49 0.9 m

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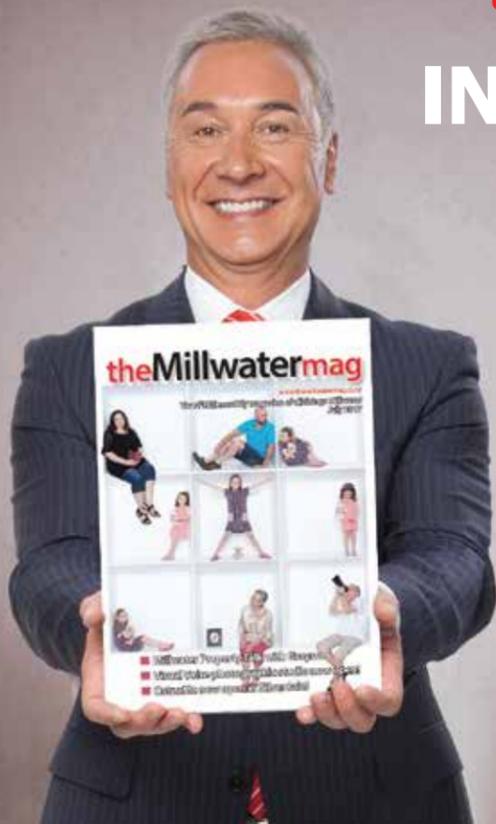
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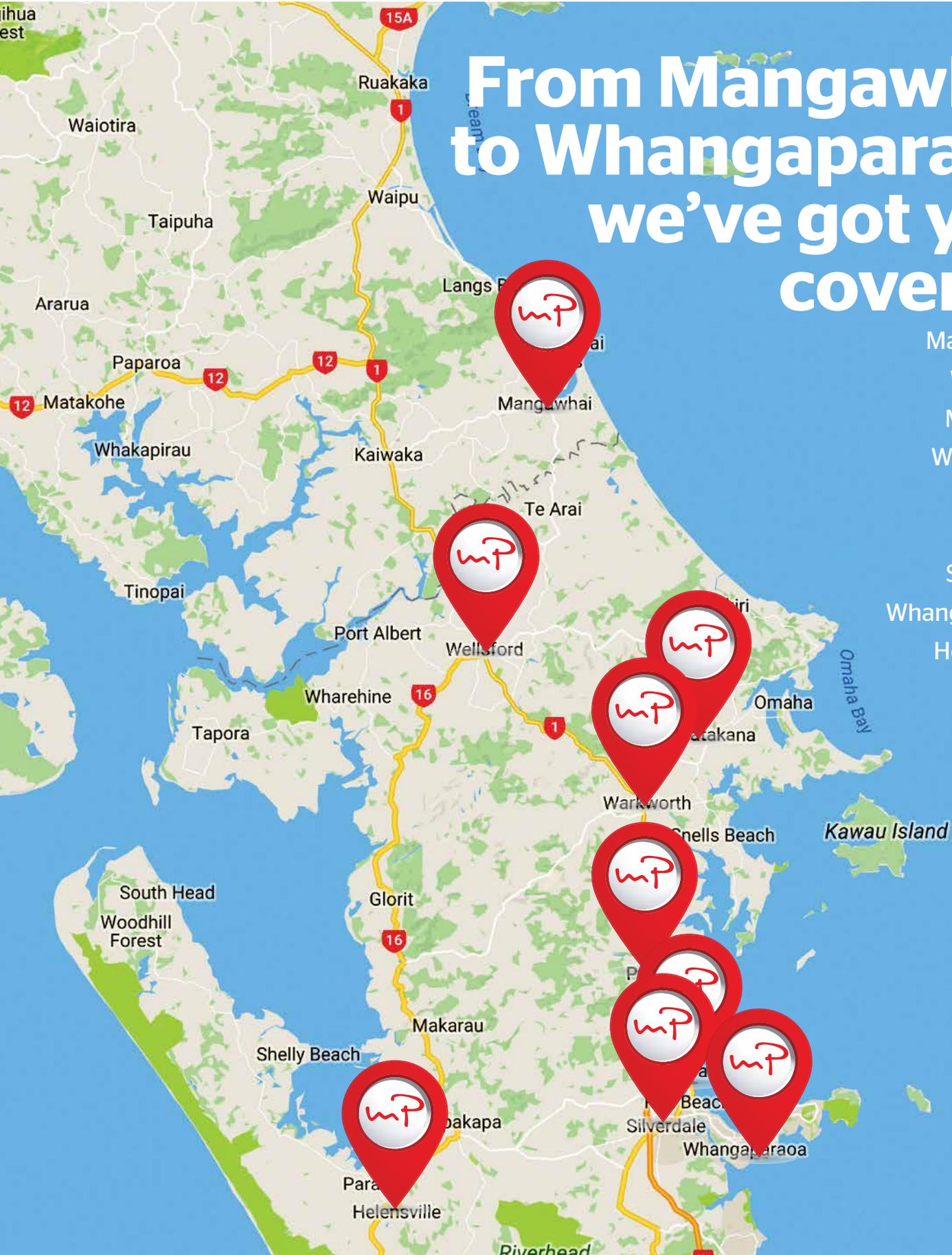
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