

# theMillwatermag

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Your FREE monthly magazine of all things Millwater  
July 2016

# Editor's note

How many will be joining me in 'Dry July' I wonder? However, that special bottle of red will taste just so much better after a month of abstinence. If we all joined in and saved just \$1 a day, we could collectively make a significant Millwater gesture to a community more in need than ours. So, will you join me?



Despite the above, we again have a malt whisky review and many more of our favourite, regular features, plus some new ones from people and businesses further afield who are recognising the quality and diversity of readership that we enjoy in Millwater.

The new Rotary Satellite Club of Orewa has started well and is already making its mark. More new members have already asked to join – with Millwater being strongly represented in this great community-minded group. Contact details are elsewhere in the magazine.

Recently, I used the online Police reporting form, to notify a scary incident of excessive speed nearby, where there are many children and a play park, and received a prompt acknowledgement. There is information in The Insider on how to do this – it really is easy and will help our campaign to keep Millwater people safer around our roads.

With local business development growing at every turn, we will soon have every need provided for, without having to travel far. One of our newest businesses, Millwater Bistro & Bar, is reviewed in the Biz Buzz on page 24.

Next month, we will celebrate two fantastically successful years as your free, community magazine. We started with 16 pages in August 2014 and regularly have 60 pages now. This success is largely down to the excellence of those who contribute and without whom we would not have had the material to assemble the magazine you are holding in your hands right now. Well done, you!

*Brian Mullan*  
Editor  
July 2016

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\* conditions apply

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# theMillwatermag

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# themillwaterinterview



Mark Mitchell, Member of Parliament for Rodney and very much a friendly and approachable local, took time to talk to **theMillwatermag** recently at Mark's local Orewa offices, where we chatted informally over good coffee.

Mark's RNZAF dad flew P-3 Orions out of Whenuapai, where Mark spent the first four years of his life before the family moved to the North Shore. Mark's grandfather was MP for East Coast Bays, so Mark became aware of political realities at a very early age, including the occasionally adverse reaction by sections of the community to some of the Government policies of the time. "This put me off politics completely at that stage, but obviously things have changed" said Mark.

Educated at Rosmini College in Takapuna, Mark revelled in the closeness to the sea; competitive swimming, surfing and surf lifesaving – including qualifying as a surf lifesaver at Mairangi Bay. After leaving school, Mark went shepherding at Weiti Station and said "the outdoors farming was one of the best times of my life."

Growing up in an RNZAF family, the ethos of service was an important building block of Mark's life and he decided in 1989 to join the Police. Fourteen years of his Police career started in Auckland and Rotorua, but the majority was spent in Gisborne

and in the Police Dog section.

After retiring from the Police in 2002, Mark was approached to be a part of the advance party that set up the security and risk management programme for the newly-formed interim Government in Iraq. Mark subsequently formed his own specialist security company and stayed in the Middle East for the next ten years.

Mark then joined the management board of one of the world's biggest logistics companies and became involved in emerging markets important to New Zealand, but quickly realised that he wanted to contribute to NZ's future. He decided to bring his family home, to the fantastic life-style that is so important to Kiwi families, and to make a greater contribution through becoming involved in politics.

Mark easily tapped into the political network in New Zealand, where he attended the National Party Candidates' College. With his solid business background and a natural ability and attachment to Rodney, Mark was selected to stand in the 2010 election, winning comfortably and significantly increasing his majority in the last election.

Mark's maiden speech before Parliament set in stone his 'check list' of things he would deliver as MP for Rodney. These are: health and mental health services; law and order; economic growth, especially for small and medium-sized businesses; international trade; and education. Mark is Chairman of the Foreign Affairs Defence and Trade Select Committee, which included visiting our troops at their training mission in Iraq. Trade is obviously another important area that receives Mark's sharp focus and he plays a key role in overseeing the implementation of international trade agreements.

Mark is undoubtedly aspirational and hopes to gain a ministerial portfolio before the next election. He is focused on important issues for Millwater, like ensuring continued investment in infrastructure and services. He views Millwater as a welcome new member to a family of Rodney communities well known for their friendliness and strong sense of identity. He said "Millwater is a special location, able to capture a coastal lifestyle whilst on the doorstep of a truly international city." One of the exciting projects he is involved with at the moment is the delivery of a new Orewa surf lifesaving club.

A warm smile, a firm handshake and keen family man Mark left no doubts about his measured and focussed approach to his role as a proactive and experienced representative for Rodney.



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# mortgagematters

## Can the client afford the loan?



Below are some examples on how a bank will assess your application, to see if you have enough income to support your loans. There are plenty of areas to cover, but below are generally the ones that catch people out:

**1.** A big deposit or a large amount of equity is only part of the picture. It's quite common to come across clients with more than enough equity, thinking "this should be enough for the bank".

However, lenders by law have to ensure that the client can afford the loan in the eyes of the bank... not yours.

**2.** Banks only assume that for every \$100 in rent you received, there is only \$75 to service the mortgage after costs. So, in a lot of cases, investment properties are not necessarily "paying for themselves".

**3.** Bank Assessment Rates.

While banks are offering rates in the 4% range, the bank staff are using higher assessment rates in their calculations, to determine if you have enough income to afford the loan. These assessment rates can range from 6.59 to 7.55%! This is considerably higher than what people are putting in their analyses.

**4.** Banks assume in their initial calculations that at some stage the clients will have to pay off the loan (including rentals). Banks do not use interest only in their assessment.

**5.** A Guarantee may not help. No good having a retired guarantor who cannot afford to pay off the loan if you default. The bank will look at the worst case scenario, and will be unlikely

to issue a loan that could potentially place the guarantor in an adverse position.

**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.**



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# vetspeak

## Why Do We Vaccinate Pets Annually?



Most owners ensure that their puppies and kittens have their initial course of 2-3 vaccinations. However, we commonly get asked 'do I need to vaccinate my pet every year?' The answer is YES, and here's why:

- Our vaccinations cover a combination of common and serious diseases. We consider a full dog vaccination programme to include Distemper, Hepatitis, Parvovirus, Leptospirosis, and Kennel Cough. And for cats the

vaccinations protect against Cat Flu and Enteritis;

- Your pet is not vaccinated for the same things every year. Depending on the data from the vaccine manufacturer, most animals will receive a 'full' booster every 2nd or 3rd year but in the interim years will receive a 'partial' booster containing only the vaccines that require annual top-ups;

- Viruses change over time (think flu) and by regularly vacci-

nating your pet they will be covered for the new emerging strains that may not have been around a few years ago;

- Vaccines are rigorously tested and checked to minimise the risk of them doing 'harm' to your pet and so are some of the safest medicines routinely used;

- Before vaccination, all of the diseases above were commonly found and it is vaccination that has made them almost disappear;

- However: in areas with low vaccination rates, many of these diseases are still very common and demonstrate that they remain out there and are not eradicated. It is heart-breaking to see an animal die of a readily-preventable disease; and

- Having a health check each year will give your vet the chance to spot any potential health problems, and hopefully nip them in the bud before they become serious.

**If you have any questions or queries about vaccinating your pet, please contact the clinic on 09 427 9201.**

**Jemma**



Millwater

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# safercommunities

## Hibiscus Coast Community Patrol

If you are thinking about a career in the Police, having a background serving as a member of your local Community Patrol will add a great deal of weight to your application. Indeed, Community Patrol New Zealand's (CPNZ) newest patrol consists entirely of young people who are planning to join the Police. They are given special training and experience to develop the physical and mental skills necessary to pass the Police entrance tests. At the same time, they provide an essential social tool that is assisting the Police to get more involved with the broad ethnicity of greater Auckland. Among the 200-strong group, more than 50 different languages are spoken.

This new Auckland Safety Community Patrol will operate through all three Police regions of Greater Auckland and your local Community Patrol is delighted to have the opportunity of passing enquiries from younger people over to this well organised and highly effective organisation.

A number of improvements have been made in the Community Patrol that we have around Millwater. These dedicated people patrol mostly during the hours of darkness, so some of you may not be actually aware of the additional pairs of eyes and ears that help keep us all safe and secure. There are now at least four regular patrols every week, which is a significant improvement over the past two years. New volunteers are always needed, so please think about coming and joining us – we will

give you all the necessary kit and training.

Sponsorship from businesses is always welcome and tax receipts will be provided for contributions made. This is a voluntary organisation and CPNZ Chairman Frank Rands notes, "Special grants have allowed us to provide basic first aid training for ten of our patrollers, all of whom now have much-improved two-way radios. However, we do need more funding to operate more effectively." Sponsors also have the opportunity to have an advertising decal on the patrol vehicles.

If you are interested in joining or supporting this local and active Community Patrol, including as a path towards joining the Police, please get in touch with their Chairman, Frank Rands on 09 426 3122.



## Winter Fire Safety Tips

As the colder weather is slowly starting to set in, now's a great time to check out our winter fire safety tips.

### A few key points to remember:

Make sure chimneys have been swept and always use a spark-guard;

Ashes can take up to five days to cool, so store them in a metal bucket outside and pour water over them;

Make sure electric blankets are not showing any signs of wear. If in doubt, get them checked by a competent service agent;

Keep clothing, furniture and curtains at least a metre away from heaters and fireplaces, and, most importantly;

Ensure you have WORKING smoke alarms\*\*. The Fire Service recommends long-life photoelectric smoke alarms, which can be purchased from any good hardware store.

**Make sure we can find you.**

Often, letter box numbers are obscured because of overgrown trees and bushes, or the numbers have actually fallen off. This makes locating you very difficult, particularly in the dark of night.

If you would like additional safety tips, please visit [www.fire.org.nz](http://www.fire.org.nz) for more information.

**\*\* "From 1st July 2016 landlords will need to have working long-life smoke alarms installed in their residential rental homes."**

**Be Safe Out There  
Regards**

**Station Officer  
Dave Lattimore  
Silverdale Volunteer Fire  
Brigade**



# How secure is your home?



While many people focus on getting ahead and growing their asset base, we often give little regard to protecting what we already have. We don't hesitate to insure our house, our car, our boat, but often neglect insuring what is effectively our most valuable asset – ourselves, our health and ability to earn income.

trauma. They may also face increased expenses such as additional childcare, just to keep up their existing working hours.

While it may not be necessary to have the same level of cover, **it is important that both partners are covered.**

Your three main assets worth protecting are your home, your income and your health. It takes just one small hole in your protection plan to risk or lose your assets. But protection is also a balance between likely risk and acceptable cost. For this reason, it is important to work with a respected insurance specialist, to identify the best option to provide security and peace of mind for you, your family and your business.

Consider the following relevant information:

For every **one** home lost by **fire...**

... **four** are lost through **death** – as a result of being unable to keep up the mortgage repayments following the death of an income earner.

... but **forty-eight** homes are subject to mortgagee sale and lost as a result of **disability** of an income earner, and being unable to keep up the mortgage repayments.

This highlights the importance of having a suitable, balanced protection plan in place that will assure the security of the family home should the unthinkable happen to a family member, whether death, terminal illness or total disability for a period of time.

## Cover both partners

It doesn't matter who is the major breadwinner in the household – if one partner becomes seriously ill, disabled or dies, it will have a significant impact on the household finances.

The healthy partner may need time off work to care for their loved one, drive them to hospital appointments, and spend precious time together as a family or deal with their own

**Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.**

**For assistance on any personal or business insurances, Theo can be contacted on 027 248 9320 or 09 528 8724 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any such assistance is provided on a free, no-obligation basis.**

**Theo's disclosure statement is available free of charge on request.**

**Theo Simeonidis**  
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# The Benefit of Working with You



When you talk to people about what you do, do you tell them what you do, or do you tell them what benefit they will get from working with you? Learning to talk about the benefits rather than the features of your business helps people make a call around whether they need you, as opposed to want you.

What is the difference?

Take a long-life lightbulb. We could say "This bulb lasts a long time and it doesn't use up as much power as standard bulbs." Those two points are both benefits. A better way to say it is "This light bulb will save you time and money" – which is true because you won't need to replace it as often, and you spend less on power.

When we tell someone a benefit, that responds to something they care about (like more time, more money, less cost, it's easi-

er), and it makes people feel they need it more.

When I'm working with a marketing client, creating their strategy, I'll often ask "What is the benefit of working with you?" So often a business owner finds this really tricky to answer, because they want to tell me what they DO, rather than what they'll do for me.

I'd like you to do something. I'd like you to take a look at your marketing material, your core messages, the way you sell your business to other people and I'd like you to think "Are we explaining the benefit someone will gain from working with us?" And if you can see the benefits, and stop focussing on features, you'll start to see more effective growth in your business.

I'm all for people doing this on their own – but, if you give this a go and it stumps you, we'd really like to work with you. We love working with businesses who are really good at what they do, but are just not so great on explaining that to people who need to know about it.

The market has changed for us all. While word of mouth marketing still works, in this noisy and competitive market, and busy life, you still need to find marketing messages to cut through it all, and explain quickly and easily how you'll help your customer.

Nailing this will grow your business.

**Rachel Klaver, Managing Director of Identify**

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# Critical Thinking by Wentworth Students

One of the points of difference for Years 7 and 8 students at Wentworth College is the specialist teachers who take them for so many of their subjects.

The traditional 'Intermediate' years often see most students in these year levels being taught by 'generalist' teachers – a single teacher who teaches a range of different subjects, as is found in Primary schools across the country. At Wentworth, students are challenged and encouraged by 'specialist' teachers often reserved for students in Years 9 and above. Whilst emphasis is placed on English, Science and Mathematics, a wide variety of other subjects is also available, including Computer Science and Critical Thinking.

Not to be confused with Computer Studies, Computer Science teaches students how to develop computer-based solutions, using high level program language. In simple terms, learning to be a computer programmer as opposed to a computer user. Commencing at Wentworth Primary with an introduction to 'Bee Bots' – simple programmable floor robots – students in Years 7 and 8 at the College have the opportunity to move towards a Cambridge (CIE) qualification, which can lead into a range of exciting career paths.

From designing a smarter robot to learning to think 'outside the box', Wentworth students discover how to pose questions and challenge assumptions through the Critical Thinking curriculum. Taught by the Years 7 and 8 Dean, Mrs Philippa Graham, students learn how to debate, conduct their own research enquiry and develop their written skills.



"The Critical Thinking programme encourages students to view both sides of argument as well as encouraging initiative and research. As they learn to think critically about topics such as climate change, refugees and poverty, they develop insight and confidence in their own opinions" says Mrs Graham.

As one particularly excited Year 7 student explained, "Critical Thinking helps us to see the bigger picture. We are learning about big global issues that we otherwise wouldn't think about. We are learning loads but it just feels like fun!"



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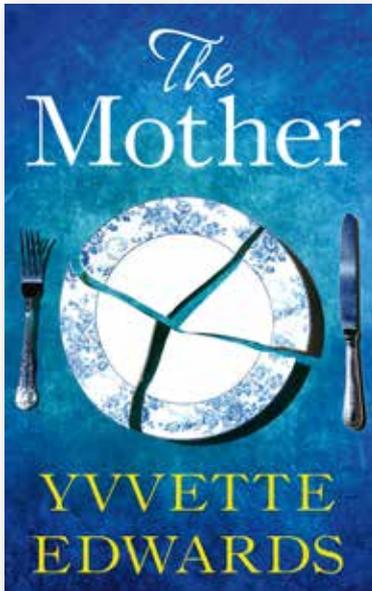
SOME PLACES STILL AVAILABLE



# millwater **book of the month**

## The Mother by Yvette Edwards

This month, author and guest reviewer Karen McMillan introduces another great read 'The Mother' by Yvette Edwards



The opening scene of this well-written and beautiful book finds Marcia waking up to find a cup of tea on the bedside table. Her husband has made her a cup of tea every morning for eighteen years, so today would appear to be no different from any other. But it is not a typical day, and she views the regular cup of tea as 'a steaming act of phenomenal cowardice.' Marcia is going to attend the trial of the young man accused of her son's murder. And her husband refuses to come along and support her.

This is an emotional, sad read, but in this author's capable hand it never descends into utter despair. The Mother is about a strained marriage, about wanting to seek the truth, however distressing, and it is also about tentatively making small steps towards a new future.

An award-winning novelist, I thought this book was outstanding. I was reluctant to put this wonderful book down on the final page.

**Karen McMillan, author of The Paris of the West**  
[www.karenm.co.nz](http://www.karenm.co.nz)

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# letter to the editor



Dear Sir

I have read with interest your June article in The Insider about berm mowing.

I have twice sent photos to the Auckland Council about the berms along Totara Views Drive, from Millwater Parkway to Stella Maris Lane and Stella Maris Lane itself.

Since building here in Totara Views over the past 3 years, these berms have only been mowed 3 times and have been left to grow to an unacceptable height together with weeds and gorse growing alongside the road.

Two of our neighbours and myself have mowed the berms along the paddock fence line which is a Council responsibility and only gets done when I have contacted them.

It would appear than only the main roads get periodically mowed and the side roads are left in an appalling state.

'Keep Millwater Looking Tidy' is not a phrase used by the Council.

Regards,  
Mike Marshall  
Totara Views Drive

*Ed: We couldn't agree more. Everyone should press Council to maintain its areas of responsibility and we also need to set good examples by keeping our own berms mown.*

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# themillwaterinsider

## CCTV

There has been a recent suggestion to local resident and business-owner Colin Roberts by the NZ Police, that the installation of a Closed Circuit TV system would potentially benefit the local community. The implication is that a system of this nature would reduce and deter crime and improve the NZ Police's ability to respond to issues in the area. Colin has had significant feedback on the matter via Facebook and is now trying to obtain further information on costs and other matters. He will then disseminate this information as it becomes available.

## Sunday morning football

The regular social game continues each Sunday at Metro Park East (on the Parkway). All are welcome to join in.

## Safe Zones

Congratulations to Colin Roberts for implementing the Safe Zones at Roberts Cafe and other businesses around Millwater. For those who haven't caught on, those businesses showing one of the safe zone signs have made themselves available for any children who feel they are in risk or need help.



## Inappropriate Driving

If you see inappropriate driving in Millwater (e.g. speeding, red-light running, tailgating), make a note of the vehicle make, model, colour and rego, then jump on <https://forms.police.govt.nz/forms/online-community-roadwatch-report/9> and report it. The Police will acknowledge your report, contact the vehicle's owner and remind them of the relevant correct driving behaviour. If the same car gets

reported more than once, further action may be taken by Police.

Reminder again about reporting defective street lights:

<https://at.govt.nz/about-us/contact-us/report-a-problem/>

## Millwater Central Parking

Clearly, anyone who transports their children to Silverdale School or Kingsway currently, and tries parking anywhere near Millwater Central, will be familiar with the dire parking issues around there. In truth, these issues persist beyond these peak hours also, with the multitude of tradies working in the area and those just seeking a pie and coke during the day soaking up the majority of parks. Well, the good news is that there is an end in sight, with it forecast that the parks around the back of Millwater Central to be reinstated within two to three weeks. In the meantime, there is the large parking area on Millwater Parkway, about 200m from the intersection that can be used – just bring your broly and waterproof shoes.



## Road safety and little people

There have been a couple of slightly disturbing events and near misses recently, with one Orewa College student being hit by a car on Bankside Road. While the crossing team at the corner of Bankside and Millwater Parkway do a great job of increasing the safety of young ones there, it seems there are numerous other areas where they are still at risk. While the majority of drivers in the area seem to be aware of the risk, there is still a number who seem oblivious to this and do not drive accordingly. Let's make sure that all our small people know they have to allow for distracted drivers. On this note, it is disappointing to still see the number of vehicles being driven around the area where the driver is on the phone (not hands free). Maybe the CCTV system mentioned above could be used to have a look at this behaviour.

# Millwater 區內情報要點

## CCTV

最近在本區營商的居民Colin Roberts收到警方的提議，看看在本區安裝閉路電視的可能性。希望能令本社區更安全。閉路電視可幫助減少罪案，也可讓警方更容易掌握及處理案件。Colin之前在facebook詢問了居民意見，結果支持者為大多數。因此他將會收集相關資料如所需費用、安裝及其他細節等。稍後會向大家公佈落實詳情。

## Sunday Morning Football

星期日早上八時仍有足球聯誼活動，地點在Millwater Parkway，歡迎任何人士參加。

## Road Safety and Little People

遺憾地最近發生了、或差點發生了幾次交通意外，其中一件次更涉及一名中學學生，在Bankside Road被車撞倒。當我們的馬路大使每日努力在Bankside Road及Millwater Parkway交界守護學生的安全，但無可避免地在其他地方仍然有一定的潛在危險。我們明白大部分的駕駛者都很小心，但仍有部份不負責任的駕駛者，所以請再三提醒學童要時刻保持警惕。

另外，仍然有人開車時持手機通話，令人非常失望。希望上述的閉路電視也能用來改善這個問題。

## Inappropriate Driving

當你在本區看到有不負責任的駕駛者，如超速、衝紅燈、跟車距離太短等等，請即時抄下其廠牌、型號、顏色及車牌，並登入<https://forms.police.govt.nz/forms/online-community-roadwatch-report/9> 向警方報告。警方會向有關人士發出警告。若被警告一次以上，警方將會有進一步行動。提醒你，若有街燈需要維修請登入以下網址

<https://at.govt.nz/about-us/contact-us/report-a-problem/>

## Millwater Central Parking

相信很多接送上、下課的家長對停車位短缺感到十分無奈。其實除了上下課時間，Millwater Central也出現沒有足夠停車位的問題，對在附近工作或買外賣的消費者也造成不便。

好消息是，Millwater Central後面被封了多時的停車位，很大機會在未來兩至三週重開。在此之前大家可考慮使用離十字路口200米、在Millwater Parkway的停車場。不過記得帶雨傘及水鞋就是了。

## Safe Zones

很感激Colin Roberts推動及成立Millwater「安全區」，在Roberts Cafe及週邊商戶將會貼出「安全區」的標誌。當學童需要幫助或遇到可疑的陌生人搭訕，都可進入「安全區」，店內會有人提供協助。

## 免費普通話/英語交流

你是否覺得日常生活被語言所限，沒辦法順利與人溝通？你是否希望能交個本地人朋友並從中學習英語？

我的名字叫Jenny，我剛開始學習普通話。我很希望能跟你們互相交流普通話及英語，大家一起學習對方的語言。我平常在一家中學教授英語，對象為非母語的學生。

謹此希望能認識中年至老年，完全不會說英語的朋友。我們可安排在本區或鄰近地區的圖書館或咖啡廳聚會。有興趣者歡迎隨時致電021-610551（英/普通話均可）或電郵至jmthomas@hotmail.co.nz

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# Student Council Promotional Group

## Book Week at Silverdale School



Silverdale School's book week experience was great for all the different year groups from 0-8. We had a special event each day, to ensure that book week was interesting for everyone.

For book week, the library was transformed into a bookstore, which was selling heaps of useful stuff like bookmarks, stationery and, obviously, books.

On Monday, we had our book parade. This was when everyone dressed up as their favourite book characters, even the Teachers! At our parade, two people in each class got a spot prize. The spot prize was a \$10 voucher to spend at

the bookstore.

On Tuesday, the teachers went into another class to read. Everyone enjoyed having the variety of different teachers visit their classrooms.

On Wednesday, Bruce Potter came in to Silverdale School. Bruce Potter is an accomplished illustrator and makes illustrated books. He held a show where he had the students use their imagination to create a creature. He would then take that creature and draw a picture about it. Bruce Potter also gave us a look at his newest book, Doodle Bug.

You can check Bruce Potter's website out at [www.brucepotter.co.nz](http://www.brucepotter.co.nz)

On Thursday, all the Student Council members read to the years 0-2s. The littlies really enjoyed this and found interest in the books.

From the Student Council members  
Written By Connor Draper-Smith

## ROWENAs Lunch

The May outing of the ROWENAs (Retired Old Women Eating Out) took place on a beautiful sunny Thursday. Our venue was The Collins café and bar at Greenhithe. Twelve ladies attended and we did our usual car-sharing which works very well.

On arrival, the drinks were ordered – all of these being either soft drinks, tea or coffee (my word, aren't we very virtuous). After much perusing of the menu the decisions were made, with the choices being Eggs Benedict in various guises, Open Chicken Sandwich with Brie, and Sea Food Chowder. All the choices are to be recommended.

Needless to say the chatter was in full flow; trying to get some of the ladies to own up to what they ordered was interesting as they were so engrossed in their conversations. I must admit I did feel a little sor-

ry for the other customers since, as you can imagine, 12 ladies in full flow can be rather noisy.

The fun and friendship was wonderful as usual, and we are delighted to have a great group of ROWENA ladies.



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# timlawrence

## Fishing Spot



Winter arrived with a bang this year, bringing the colder water temperatures with it. The first big storm meant I was landlocked for three weeks waiting for the wind to drop, which was right on Queen's Birthday weekend. Since then we have had a couple more good weekends to get on the water and I bet there were a few of you out there itching to get some fresh fish back on the dinner table. As predicted, our Whitianga trip was postponed due to high winds and it looks like it will be postponed again, as a big westerly system passes later in the month – that's fishing.

Luckily, we got out on Queen's Birthday weekend and what a trip it was. We left home at 4.30am for Omaha and caught some livebaits before heading out wide. I was dead set on fishing in deeper water to chase bluenose and hapuka, so we headed north out past the Mokohinau Islands, which is about 53km NE off Omaha Beach. We watched the sun rise in the east and set on the west that day – it was a big day on the water. The forecast was for 5 knot winds but, when we got out on the open sea, the wind was blowing more like 10-15 knots and it made for a slow trip. We made about a dozen drops to 200m+ and drifted over some structure, landing two nice sized gemfish but there were no pukas for us that day. With time against us, we headed back to the Mokes to fish at Maori Rock, live-baiting and straylining before heading back to Omaha before dark. With a bin full of snapper and a couple of gems, we were happy fishermen. Neither of us had caught gemfish before and man did they taste good!

Now we are truly in the middle of winter and this time of year can be the best time for fishing; with less competition, less boat motor noise and plenty of hungry snapper lurking around good structure with current. The secret is to take lots of burley to entice the fish to bite. Be prepared to set up camp and wait for up to an hour before the fish start biting. Trust me, it's worth the wait. I tend to only fish at Little Barrier this time of year, to get the most consistent results.

Good luck and tight lines!

# Millwater

## wine review

### Château de Vaugelas Corbières

The days are shorter, wet and colder, so red wine is a must to match with the hearty slow-cooked dishes. As Kiwis, we tend to stick to Kiwi or Aussie reds as our go-to options but, if you look a little further afield, there are gems well worth seeking.

Such a gem is Château de Vaugelas from Corbières, based in the south of France near the Mediterranean Sea. This estate has some excellent vines to source its fruit from, the Syrah is old vine and the Grenache, Mourvèdre and Carignan is all from 100 year-old vines, plus the vines are organically grown, the wine is low in sulphur and, at \$19.99, a real bargain.

Abundant sunshine, accompanied by almost constant wind in this high elevation terroir (1300 to 1600 feet), provides ideal conditions for the hearty red varieties of Château de Vaugelas, which include gnarled Carignan vines over 100 years-old. Though not certified, vineyard practices are essentially organic at Vaugelas, as natural conditions eliminate the need for pesticides and fungicides and the soil is worked manually. Yields are kept well below permissible maxima.

To give you an idea, this would appeal to Shiraz and Syrah drinkers. Dry in style, medium-bodied and very, very smooth; full of aromas of dark berries and currants, with herbal and mineral notes; dark chocolate flavours with some spicy oak and herbs make this an absolute treat.

Ivan Tvrdeich  
Millwater Resident  
Manly Liquor

### Millwater Fun

*Millwater sunsets, red and gold  
Millwater people, young and old  
All have beauty that's for sharing  
All have hearts so true and caring.*

*New folk arriving day by day  
Some of them from far away  
So make them welcome, every one  
And share with them Millwater fun.*

*Anon*

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# pharmacytalk

## First Aid Travel Essentials\*\* – Part One



With the arrival of Winter, many of us also look forward to a holiday; hopefully somewhere warm and sunny, to help us beat the Winter blues. So, we have put together a few items that we believe are essential for your Travel First Aid Kit.

Whether you are travelling by car, boat or plane, many of us suffer from some form of travel sickness. There are plenty of things that can help with this. We believe that one of the best products is Sea-Legs. Sea-Legs is a chewable tablet for both adults and children from 6 years old. For those who don't like tablets, Travel Bands are also an excellent drug-free way to alleviate nausea.

Keeping hydrated is also important to help prevent travel sickness. We recommend adding some form of rehydration to your First Aid Kit. There are many forms of rehydration available for both adults and children, from ready-made drinks to sachets or tablets that require the addition of water. They all contain a balance of electrolytes to help replace and restore the body's fluids efficiently.

An absolute essential for any First Aid Kit is medication to treat diarrhoea. Whatever the cause of the diarrhoea, you definitely want something that is going to work fast and effectively. We recommend Imodium Zapid®. This is a fast-acting tablet that dissolves in the mouth, so can be taken without water.

To help ease the discomfort of stomach ache and pain due to cramps or spasm, we recommend adding Gastro-Soothe to your First Aid Kit; again, regardless if you're travelling overseas or not, Gastro-Soothe is an essential First Aid item. It is Pharmacist-only medicine, so requires a quick consult with the Pharmacist.

Crystaderm First Aid Cream is our number one choice in First Aid creams. Crystaderm is effective at helping treat or prevent minor skin infections such as cuts, scrapes, burns or school sores, so is perfect for your general First Aid Kit as well as your Travel First Aid Kit. This month we are giving away a FREE First Aid mini-kit for your car with every purchase of Crystaderm 25g.

More in Part Two next month...

If you have any questions or would like some more help getting your Travel First Aid Kit organised, please come and visit us in-store or email us on [dispensary@hickeypharmacy.co.nz](mailto:dispensary@hickeypharmacy.co.nz)

**Happy and Safe Travels.  
Ken, Esther and Valentina**




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# Personal Wellness with Helen



Have you ever been in a situation where you have been judged so much it shuts you down?

Or maybe it has caused you to doubt yourself?

I had a situation like that recently. If you've been following me on Facebook, you'll know that I have

been participating in a 30-day video challenge. So, the challenge is to post a video for 30 days – simple. To begin with, I thought “No \*\*\*\* way! I'll just stay nice and safe over here, not participating.”

Then, after pondering on it, I realised I've spent most of my life concentrating on being invisible, to avoid judgements. “Don't rock the boat”, “Kids are seen and not heard”, “Don't be too loud, too quiet, too sad, too happy, too big for your boots, too pretty, too thin, too fat, too successful.” Basically, just blend in.

Do any of these phrases resonate with you?

So, what happened is that someone commented on one of

my videos. It wasn't a particularly good or bad comment – it actually was them asking me to change, to suit them better. I was quite taken back. I mean, I'm doing these videos for me and if others receive a contribution that's a bonus. But it's not about them!

I felt quite wound up, actually.

After about 5 days, I realised I'd stopped doing the videos. I had bought this other person's judgement and taken it on board AND let it stop me creating.

The tool I used to move through that is this – a way to manage judgements is to be in allowance of them. Not taking them on board, but a feeling of allowance, and gratitude. You can say – out loud or under your breath – “Thank you, 'cos now I know where you are functioning from”. And move on.

What else could that create for you?

**If you'd like to know more on how you can use this information to enhance your life, please contact Helen.**

**Helen McAuley-Grant is a Body & Soul Consultant, Registered with the Natural Health Council as a Senior Kinesiologist. She has been in practice for over 12 years, and lives locally. [www.evolutionary.co.nz](http://www.evolutionary.co.nz) and 021 499 824**



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# Homeopathy for First Aid

Here are some remedies that are useful to have in a First Aid kit.

**ACONITE 30:** Sudden onset and early stage of a cold, brought on by exposure or being chilled by a cold wind. A fever which builds up slowly, usually associated with a chest or ear infection. The patient is weak, with a flushed face and gets chilly at 1pm.

**ANAS BARB 200c:** Give one pilule at change of season to prevent colds and flu.

**APIS 30:** For burning and stinging pains or watery puffy swellings. It is the "homeopathic anti-histamine." After bee or other insect bites where there is stinging and swelling. All symptoms better for cool bathing, cool air and uncovering.

**ARNICA 30:** Arnica relieves soreness, bruises and fatigue. One of the best homeopathic remedies for injuries to soft tissue, sprains and strains. Helps relieve aches and pains.

**ARNICA 200:** A stronger dose of arnica for severe pain and accidents, whiplash and concussion.

**ARSENICUM 30:** One of the best homeopathic remedies for food poisoning and gastro intestinal upsets where vomiting and diarrhoea occur. Also good for colds with profuse clear dis-

charges that burn the skin under the nose. The person is usually restless and anxious and worse between midnight and 2 am.

The remedies or kit can be purchased from me or the local health store.

## Dosage Guidelines

Choose the remedy which most closely fits your symptoms. Dissolve 1-2 pilules (or 1 tablet) under the tongue in a clean mouth. Take the minimum number of doses to effect improvement. In acute situations, doses may be taken as often as every fifteen minutes for up to four doses. Stop taking the remedy when improvement occurs and repeat only if the symptoms recur.

## Storing and Taking Homeopathic Medicines

Keep the remedies in a cool place, away from strong smells, perfume or sunlight. Always keep medicines in the container they came in. Avoid touching the pilules. Do not take immediately before or after brushing the teeth, eating, drinking, chewing gum, etc. Remedies are best taken 10 minutes before or after food intake.

Ute Engel, Millwater Resident  
Registered Homeopath (DipHom RCHom)  
[www.homeopathyorewa.co.nz](http://www.homeopathyorewa.co.nz)



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### Eyes On The Prize – at OPSM Silverdale

You only get one pair of eyes that have to last a lifetime, so, just like servicing your car, your eyes need regular check-ups too. The New Zealand Association of Optometrists recommends a regular **eye examination every 2-3 years for healthy adults**. For children and adults over the age of 65, more frequent exams may be necessary.

During your examination, which is painless, your optometrist will check the health of your eyes, to ensure the early detection and treatment of **sight-threatening conditions such as Age-Related Macular Degeneration (ARMD) and Glaucoma**.

More than 70,000 New Zealanders aged 40 years and older have Glaucoma. At least half do not know they have it. Untreated, Glaucoma will cause loss of sight but, when detected early, it can be treated and often controlled. Conditions like Glaucoma can slowly steal your sight without you being aware of it. By the time you become aware, it can be too late – early detection is a must and this is why regular eye tests are of huge benefit.

Up to 20% of children may have blurry vision that can easily be corrected with glasses or contact lenses, but without correction they may struggle in the classroom, when playing sports, using a computer or texting their friends etc. Optometrists recommend children have their eyes tested prior to starting school, to ensure any issues are picked up straight away, giving the child the very best start with their education.

During your test, the optometrist will thoroughly check the health of your eye and your vision and can advise if correction is needed. Many optometrists have invested in Digital Retinal

Scanners. These optical scanners take a 45-degree view of the retina. These scans can reveal damage to the retina that may affect your vision, blood vessel abnormalities, and some general health conditions related to retinal changes. At OPSM Silverdale, we have gone a step further. All of our standard consultations include a Digital Retinal Scan and we also now have our **exclusive Optos Daytona Ultra-Wide Scanner\***, which has a huge 200 degree range within a single scan – that is 4 times more than a standard Digital Retinal Scan. These scans are painless and only take a few minutes.

At OPSM in Silverdale, eyes are the most important thing in our world. That is why we are going to give one lucky reader a new pair of glasses to the value of \$500. To be in to win, answer 3 questions (hint, answers are above). Either drop your answers into our store or email them to us at [7714store@opsm.co.nz](mailto:7714store@opsm.co.nz). Include your name, address and phone number on your entry so we can contact you if you are the lucky winner.

1. How often should a healthy adult have an eye test?
2. Name a sight threatening eye condition.
3. What is the name of our exclusive Ultra-Wide Scanner?

*Good Luck from Tracy and the Team at OPSM Silverdale. If you have any questions regarding eye tests, please call in the store or contact us on 09 426 7902.*

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# Brain Health



The brain is about 2% of our body weight, but consumes 20-40% of our metabolism. Every single minute your heart is beating, almost a litre of blood passes through your brain to provide it with nutrients and oxygen. That means approximately 60 litres of blood every hour! Our brain is working 24/7, even while we are sleeping; it keeps our hearts pumping, our lungs breathing, it is the command centre that controls all the functions of our body. There are approximately 100 billion nerve cells in our brains that need to be kept healthy.

The hippocampus is the part of the brain associated with memory. In Alzheimer's disease, the hippocampus begins to lose cells, causing it to reduce in size. The first sign of Alzheimer's is memory loss. Stress and depression are also associated with loss of cells in the hippocampal region and an inability to generate new cells. A recent study has shown that a typical Western diet (i.e. high in processed foods and low in nutrient-rich foods) is associated with a smaller hippocampus. One in five New Zealanders struggle with mental health problems and this is increasing.

Studies are now coming out showing that Western diets may be associated with higher incidences of ADHD. Other studies are showing that what the mother eats during pregnancy can affect the mental health of her unborn child. Our brains are nutrient-hungry organs and need both variety and volume of nutrients to function optimally.

An exciting new field of research, called nutritional psychiatry, is showing some very promising results as they study of the effect of nutrients on mental health. We need to eat foods that are unprocessed and high in vitamins, minerals, antioxidants and essential fatty acids like omega 3s to protect our brain health.

Food matters... food is how we obtain all the nutrients we need to protect our health and ensure that our bodies function properly. It's not just about what we are eating, but also what we are not eating and what nutrients we are missing out on that is significant.

Some of the key nutrients to keep our brains healthy and working well are B vitamins (especially vitamin B12), folate, omega 3 fats (mainly EPA and DHA) and vitamin D from the sun. Minimising processed foods that are high in sugar and unhealthy fats is also important, as these can have a negative effect on brain health.

You can find me on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

**By Paula Southworth**  
**Nutritionist & Health Coach**  
**(BSc Human Nutrition and Sports Science)**

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# Rotary Visit Stoney Homestead



The Rotary Satellite Club of Orewa was treated to a special tour of the Stoney Homestead a few weeks ago, organised by their incoming Chairperson and Millwater resident, Paul Conroy. The group was met by Dave and Deb Adams, who are Trustees of the Stoney Homestead Trust. Since the visit, the internal fit-out has progressed apace and the Rotarians were lucky to get in just before this work commenced.

Dave and Deb walked the group through each of the spaces, explaining in detail the plans for each – which will include a fully fitted commercial kitchen. When complete, this Millwater landmark will provide excellent facilities for many of our local folk, for a broad spectrum of potential uses.

The development path to where the Homestead is today may have been slower than many would have liked, but the bureaucratic processes had to be thorough and the consents obtained in the right order. By Christmas, there will be significant progress obvious to all, including landscaping and parking facilities. The official opening date will be confirmed nearer the time.

Paul Conroy, incoming Chairman of the Rotary Satellite Club, thanked Dave and Deb on behalf of the Club and reaffirmed their interest in using the Stoney Homestead when it opens, to further the community involvement of this exciting new Rotary Club.



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I am a local Millwater resident. Many of you will know me as the Hibiscus Coast Athletics man, but I am also your local Mowerman! If you are looking for someone to take the hassle out of mowing your lawns or you want a full garden care package, I'm your man. Give me a call and I will pop around to discuss your requirements.

David Kayes aka 'The Mowerman'!



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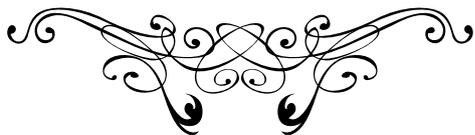
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p 09 425 5431      digitalsolutionsrodney@gmail.com  
m 022 364 7900    digitalsolutionsrodney.co.nz

# millwaterbizbuzz



## Millwater Bistro & Bar



In our great neighbourhood, the availability of traditional, high-quality hospitality is adding immeasurably to the defined benefits of living in Millwater. Set in beautifully-designed, French bistro-style surroundings, the brand new Millwater Bistro & Bar offers some of the best in welcoming hospitality. Having met the new owners, Corey Stevens, Rohini Jacob-Stevens, Deanne and Paul Wright, we gained a clear picture of a close-knit and good-humoured team that will deliver much, much more than mere catering.

Corey and Rohini in particular have extensive backgrounds in delivering top-notch hospitality and they are strongly supported by their executive management team, one of whom will always be on-site, with Deanne providing the regular front-of-house warm welcome. Rohini completed her hospitality training in Switzerland and Corey has worked in the prestigious Clooney Restaurant in the city. Both they, Deanne and Paul understand fully the importance of always meeting or exceeding customer expectations.

Corey said, "We believe that the Millwater Bistro & Bar will quickly become one of the most sought-after venues to meet with friends or family; for drinks and meals from a menu that will both excite and delight". As with

the excellent meal choices, the wines, beers and spirits have all been carefully chosen with discernible quality in mind, and at a range of prices that will appeal to most. For those extra-special celebrations, top-end wines and Dom Perignon champagne will always be available, too. "Service with personality, in your local, is what we do", added Deanne.

Many Millwaterians already know Corey through visiting The Oakroom in Victoria Park and they are delighted that the same stunning quality of hospitality is now available within walking distance in Millwater. Meal choices range from filling mains, through selected platters for sharing, to pizzas and other snacks. Of course, you don't have to eat; you can drop by anytime at the Millwater Bistro & Bar to enjoy just a drink with friends





in relaxed and comfortable surroundings.

Neither the menu nor the drinks choices will stay the same for long; variety that responds to customer suggestions will always play a part in the overall delivery at the Millwater Bistro & Bar. Sundays will feature occasional wine specials, with the wine suppliers in attendance offering tastings of their various bottles. Watch out on

the Millwater Bistro & Bar Facebook page for details of these specials. Details of menus and drinks lists are all available online at [www.millwaterbistroand-bar.co.nz](http://www.millwaterbistroand-bar.co.nz)

You won't be disappointed to see – and be seen in – the Millwater Bistro & Bar.

Cheers!



**Locals helping locals**  
*Proud to support Silverdale School*

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

**Grayson & Sarah Furniss**  
Tel: 09 426 6122 Mob: 021 665 423  
[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Cnr of Millwater Parkway and Bankside Rd, Millwater

An advertisement for Mike Pero Real Estate. It features a photograph of a man and a woman, Grayson and Sarah Furniss, standing together. The man is wearing a suit and tie, and the woman is wearing a dark top and a red necklace. The background is a light gray with a red and white graphic element. The text is in a mix of bold sans-serif and script fonts.

# Possible Private Sale Pitfalls

Selling your home can be a daunting task – and even more so for those who decide to sell their home privately. Many people feel they can save thousands of dollars in commission by selling their home privately. However, there are some considerations that should be taken carefully into account before deciding to take the plunge.

## Saving Money or Losing Profits?

People tend to lean towards selling privately in a bid to save thousands of dollars and, while you won't be paying commission to an agent, you need to ask yourself if you will be making money. It's an agent's job to secure you a premium price – not the first price and, by selling privately, you could fall into the trap of under-pricing or over-pricing your home and having it go stale on the market for a long period of time.

## Make the Most of Marketing

Often, people believe that real estate agents place precedence on selling their profile as opposed to your home. However, the use of industry marketing tools can make a big difference in terms of the amount of enquiries you receive.

Those who decide to sell privately can create their own sign-board. However, a well-recognised, branded sign will be easily identified by prospective purchasers and act as an instant port of call for those who want to make enquiries.

Similarly, anyone is able to list their home on Trade Me. However, the benefit of selling through a licensed real estate agent means you will also be listed on their company website e.g. [mikepero.com](http://mikepero.com) and [realestate.co.nz](http://realestate.co.nz) – a popular domain for house hunters that only lists homes sold by licensed salespeople. The Property Press is yet another example of the marketing that is available to you when you sell through an agent, as is the ability to utilise your agent's extensive database of buyers, which can instantly promote your property to a larger pool of buyers.

## Negotiation Know-How

Negotiation is a part of real estate that many private sellers may need to undertake – would you feel comfortable negoti-



ating the price of your home and do you think a buyer would be comfortable negotiating directly with the owner of the home who in many cases would be naturally viewed as biased?

These are just a few of the considerations that you will need to think about before looking to market your own property.

Real estate agents are here to assist you in the process of selling what, in many cases, is your biggest asset and you shouldn't put a price on the knowledge, skills and marketing that you can utilise by working with an agent.



*mike Pero* | REAL ESTATE

0800 500 123 • [www.mikepero.com](http://www.mikepero.com)

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Call me today for an obligation free appraisal

\* Our fees are 2.95% up to \$390,000 thereafter 1.95% + admin fee + GST  
Elsewhere commissions may vary up to 4% + gst

### Vanessa Jardim

Licensed Salesperson  
Albany & Long Bay

021 614 771 • 09 426 6122

[vanessa.jardim@mikepero.com](mailto:vanessa.jardim@mikepero.com)



# 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. If you would like to receive this full summary please email the words "full statistics" to [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com). This service is free from cost.

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

	May 2015	Apr 2016	May 2016
Number of Sales	18	19	16
Median Sales Price	\$1,007,500	\$1,150,000	\$1,180,000
Highest Sale Price	\$1,850,000	\$1,500,000	\$1,600,000
Lowest Sale Price	\$860,000	\$755,000	\$910,000
Average % price to CV	12.25	28.11	33.61
Average Floor Area (sqm)	290	230	229
Weighted Value Index	1064	1389	1380

**Grayson Furniss**  
Franchise Owner  
SILVERDALE



09 426 6122  
021 665 423  
[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)

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



Mike Pero Real Estate, Licensed REAA (2008)

## millwaterpropertytalkwithGrayson

May was a busy month for Real Estate sales in Millwater and it appears that June was no different. We can see that prices are nearing our peak from November last year again, with volumes remaining high despite relatively low stock numbers. This means that those properties that are coming onto the market are selling at great prices and in relatively short time-frames. In recent times, we have sold a number of properties prior to the advertising starting, at sensational prices. The buyers are definitely out there, but you have to know the market and be selling in the area to find them.

We are seeing a number of sellers in the area buying into the mentality that they must sell via auction. Before you assume this, be sure you know what you are getting yourselves into. Ask the agent recommending it why you should sell via auction. They should be able to tell you what the success rate of sales is at auction versus a negotiated sale. Be sure that they only give you information for Millwater and also that it only includes sales prior to or at auction. Ask them if there is any benefit to the agent from using this method of sale, as many agencies pay their agents more of the commission if they list to sell via auction. The reason the agencies do this is that it provides more exposure for the agency and may increase the pressure on the vendor to accept a price that they may have otherwise not wanted to accept, thereby increasing the likelihood that they will get paid. At the end of the day, agents should be recommending the method of sale that most benefits their clients, the vendors, not themselves. A blanket approach suggesting all sales should be by auction is not providing realistic information.

Auction is a fantastic method of sale under the right market conditions, with the right property and the right vendor. Yes, you can sell anything anytime by auction, but it might not be the best way. If you would like to get more information on whether this approach is right for you, please get in touch for a no obligation discussion.

*Grayson*

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# Mike Pero

Silverdale 09 426 6122



## A SLICE OF THE QUIET LIFE

3 1

Auction

### 7 Ruby Place, Orewa

Auction - Onsite, 4pm Sun 3 July 2016 (unless sold prior)

Set on a freehold title and nestled down a delightful cul-de-sac, this wonderful home represents a brilliant opportunity for buyers who are looking secure a position on the flat in Orewa. Bathed in natural light and configured for all-day sun, this home has a superb layout that is conducive to indoor-outdoor living with the open plan living area streaming out to a generous, covered deck which ensures you can utilise the area throughout the year while you kick back and unwind to the calming sound of the tuis. Outside, the easy care garden ensures you can spend your weekend at the beach rather than maintaining the garden, and the flat lawn provides a great space for the kids to enjoy. Conveniently situated just a few minutes' drive from Orewa Beach, this property is also near some great schooling options.



Vanessa Jardim

021 614 771

[vanesajardim@mikepero.com](mailto:vanesajardim@mikepero.com)


Grayson Furniss

021 665 423

[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)

[www.mikepero.com/RX799068](http://www.mikepero.com/RX799068)

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# Mike Pero

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## CONVENIENT LOCK UP & LEAVE LIFESTYLE

3 1 2

\$725,000

### 5B Spencer Road, Oteha

- Beautifully presented freestanding townhouse with an inviting interior and an attractive hint of charm.
- Open plan kitchen, living and dining spill out to an intimate deck and garden.
- Offering three bedrooms, the master which benefits from a dedicated ensuite and Juliet balcony while a functional family bathroom available for the remaining bedrooms.
- Conveniently positioned close to local amenities and outstanding schooling options including Rangitoto and Long Bay College.

A fabulous opportunity - not to be missed!

[www.mikepero.com/RX794347](http://www.mikepero.com/RX794347)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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



Vanessa Jardim

021 614 771

[vanesajardim@mikepero.com](mailto:vanesajardim@mikepero.com)


Grayson Furniss

021 665 423

[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)

Mike Pero

Silverdale 09 426 6122



**SINGLE LEVEL, LOW MAINTENANCE, CONVENIENT LOCATION**



**\$939,000**

**29 Old Mill Road, Millwater**

- four double bedrooms, master with ensuite, walk in wardrobe and deck access
- spacious open plan living with wonderful flow to two different outdoor areas
- beautiful entertainers kitchen with breakfast bar, stone benchtops and ample storage
- elevated and northerly facing this wonderful home has a great outlook towards Orewa beach
- large 658m<sup>2</sup> site with room to kick a ball or possibly install a pool
- double garage with great offstreet parking and under house storage options

Other features: double glazing, waste disposal, dishwasher, heat pump, ultra fast broadband, heated towel rails

[www.mikepero.com/RX693864](http://www.mikepero.com/RX693864)



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



**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

Mike Pero

Silverdale 09 426 6122



**SUPER SUNNY SPLIT LEVEL**



**Offers over \$1,020,000**

**10 Vera Court, Millwater**

If a warm and bright, split level property is on your shopping list, then you should definitely be checking out this charmer. Well sited on the western side of an elevated quiet cul de sac, this property is in a mature part of Millwater with established properties all round. It boasts a wonderful U shaped layout splitting the bedrooms into two wings of two bedrooms each, joined by the main living areas. This creates a fantastic north facing enclaved outdoor entertaining area, with great access from the living room and kitchen as well as the master bedroom. The atrium like entrance way will draw you in and down a couple of wide stairs to where the stunning kitchen will be sure to impress. A large 4th bedroom could double as another living area or as the ideal work from home environment, with french doors opening onto another patio area adjacent to the main entranceway.

[www.mikepero.com/RX819360](http://www.mikepero.com/RX819360)



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



**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

# Mike Pero

Silverdale 09 426 6122



## QUIET LANE LIVING

4 2 2

\$1,036,000

### 8 Seafort Lane, Millwater

- two year old Mike Greer Home with balance of 10 year guarantee to transfer to new owner
- four double bedrooms upstairs all with built in wardrobes, master with ensuite
- spacious and light-filled open plan living, dining and kitchen including attractive gas fire
- stunning modern kitchen with large breakfast bar and stone bench tops, gas cooktop and dishwasher
- additional lounge adjacent to living with cavity sliders to close off or open up for additional space
- easy flow to outdoor living area and secure backyard, plenty of room for a trampoline or more
- north-westerly aspect with double glazing and quality insulation ensure this home is warm and cosy for winter
- fully fenced and easy care mostly level 526m<sup>2</sup> site



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



**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

[www.mikepero.com/RX777574](http://www.mikepero.com/RX777574)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

# Mike Pero

09 426 6216



## RELAX TO COUNTRY VIEWS

4 2 2

By Negotiation

### 9 Fendalton Place, Hatfields Beach

Open Home - As Advertised

Nestled in a quiet cul-de-sac with a pleasant outlook across green lush farmland and hills is this well presented 4 bedroom home.

Capturing all day sun and surrounded by landscape gardens with low maintenance lawn, this property is perfect for semi-retired or retirees as well as families. A good size sunny decking area creates an ideal space for a glass of wine as the sun sets.

Inside, the home provides a spacious open plan living, dining, and kitchen layout taking advantage of the serene outlook. Tastefully decorated in light neutral tones this 5 year old property keeps warm with double glazed windows and central gas heating.

[www.mikepero.com/RX803469](http://www.mikepero.com/RX803469)



**Lane Sanger**  
021 215 9718  
09 426 6216



**Anita Yahya**  
021 215 9712  
09 426 6216

[www.mikepero.com](http://www.mikepero.com)  
Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 500 123



360° VIEWS TO DIE FOR ...

4 2 3

\$1,369,000

**475 Krippner Road, Puhoi**  
Viewing by appointment

Set high above Puhoi with 360° degree views, this has to be possibly the best property that Puhoi can offer in terms of location, size and design specification. Set in 6000 m2 of low maintenance grounds, the 334 m2 house comprises of a massive split level family room with a central open fire, a separate lounge/media room with another open log fire. There is also a double internal garage/workshop. Two large decks provide excellent all day outdoor entertaining space, move with the sun and finally take advantage of the stunning sunsets from this exceptional property.



**Sally Brown**  
021 068 3721  
sally.brown@mikepero.com



**Ian Bateman**  
0275 999 077  
ian.bateman@mikepero.com

[www.mikepero.com/RX790619](http://www.mikepero.com/RX790619)

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

Mike Pero

0508 HIBISCUS



THE HOUSE, THE STUDIO & THE LAND!

3 1+ 2

Be Quick!

**25 Brandon Road, Manly**  
Auction - 6:00pm Monday 11th July unless sold prior! 625 Whangaparaoa Road

Take a 1234m2 site, add a 2 bedroom home, PLUS a 1 bedroom studio, and you have HUGE OPPORTUNITY! The House: 86m2 with open plan living, new kitchen, bathroom, and refurbished throughout! Even a large garage and workshop, with a North facing deck. The Studio: Open plan living, bathroom and neat as a pin! The Land: 1234m2 and flat as a pancake! Fantastic access and Zoned Medium Residential. Seriously for sale, don't miss this opportunity - View NOW!



**Mike Broome**  
021 790 665  
0508 HIBISCUS (Free Call)  
mike.broome@mikepero.com



**Kevin Fuller**  
0274 514 517  
0508 442 47287 (Free Call)  
kevin.fuller@mikepero.com

[www.mikepero.com/RX819085](http://www.mikepero.com/RX819085)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

# FLATTEN YOUR ABS FOREVER: PART ONE

## Food Sensitivities / Inflammation



Inflammation in the gastrointestinal system leads to fat gain in a myriad of ways. Firstly, gut inflammation creates a stress response in the body, which will then produce Cortisol (stress hormone). This can lead to a suppression of the immune system, including suppression of the immune system of the gut, which can lead to an increased susceptibility to infection and further

increase the inflammatory cycle. This process can lead to food sensitivities and "Leaky Gut Syndrome." Leaky Gut Syndrome is linked to a host of autoimmune diseases such as Hashimoto's Disease and Rheumatoid Arthritis. Food sensitivities are more common than you might think, and their potential to wreck fat-loss efforts and health are massive. Well beyond the typical food allergy causing an anaphylactic reaction (i.e. peanuts), food sensitivities are characterised by a low-grade reaction to certain foods that cause an inflammatory response in the body. Again, this leads to a stress response and Cortisol release, leading to immune suppression and further gut issues. This vicious cycle will likely continue unless the offending foods are removed, the gut is allowed to heal and the stress response is reduced. However, discovering and addressing your food sensitivities is an effective way to increase your chances for sustained fat loss.

### Foods to Avoid during an Elimination Diet (3-6 weeks):

Wheat and gluten-containing foods  
Soy  
All dairy products  
Corn  
Citrus  
The nightshade family of vegetables (i.e. onions, tomatoes, eggplant)  
Pork  
Eggs

...and anything else you think may be causing you issues that are potentially harmful at worst. One of the best ways to stop a vicious GI-related cycle is to control inflammation and identify food sensitivities. A good Elimination Diet means removing foods to which many people are sensitive. You may be asking, "What's left to eat?" Good question! You'll eat a lot of rice, turkey, fish, lamb, green vegetables, and certain fruits (i.e. blueberries, apples).

In Part 2, I will discuss how to further structure your Elimination Diet, to kick-start your Fat Loss and Wellness efforts,

so stay tuned. Should you need any help, please contact Craig, a Holistic Personal Trainer at Jetts Fitness, Millwater.

**For more information and to receive a 30-minute Complimentary Consultation, please contact Craig on 021 1611 789 or [craig.kilham@jetts.co.nz](mailto:craig.kilham@jetts.co.nz)**

### Half-Year Madness!

*We are half-way through the year and offering a fantastic deal!*

*Join this month and receive*

**50% Discount**  
*for the month of August. BOOM!\**



Pacific Cheer having fun at 2016 Half Festival



**Contact us Today!**  
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phone: 021 137 3047

\*Conditions apply. Offer is to new entrants only.

# Carpet your Garage

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**Perfect for the garage, laundry, home gym, workshop, sleep out, man cave, holiday home.**



- ✓ Safe – no more wet slippery floors
- ✓ Warm, comfortable & quiet
- ✓ Ideal play area for children
- ✓ Tough, durable & weatherproof
- ✓ Won't rot, smell or stain
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**09 428 5687**

# Millwater ROMEOs

Our ROMEO (Retired Old Men Eating Out) lunch was preceded by a visit to the local Silverdale St John Ambulance Station, where we were hosted by Penny Howard who is also a Millwaterian. Penny is undertaking degree studies to becoming a Paramedic, and she gave us an excellent presentation about the significant history and local structure of St John in NZ and in the region.

Some of the 'interesting' issues staff have to deal with are very surprising and concerning. The cost of the operation requires considerable community funding alongside the funds received from ACC, DHBs and Government. The cost of an ambulance callout is around \$690, but the patient is billed only \$85 for this service and many people try to default on paying the fee. A new stretcher for an Ambulance is at least \$7,000.

It is also concerning how many unnecessary calls are made for an Ambulance and that is why quite a lot of triage is done over the phone, to try and respond effectively and allocate resources most appropriately.

St John makes a major contribution to our community in many ways and needs every support we can offer. The ten ROMEOs each made a donation to the local St John. It was great to have Penny make time available for our group, and plenty of questions were asked and answered in an informative and entertaining way.

Inspection of the latest equipment was undertaken, with one ROMEO having his pulse checked by Penny, before we moved to the Northern Union in Silverdale for an excellent lunch and then to the outing organiser's home for coffee, more conversation and delicious home-made cake.



## The awareness of sound



From birth, an awareness of sound develops in children. This gets more and more sophisticated as they grow and are able to use language and to think about language (a skill known as Linguistic Auditory Processing).

At first, the infant is able to detect sounds and localise them, but as children grow they learn to ignore background noise and focus on something that has their attention.

Children learn to listen to voices and speech and discriminate speech sounds from other aspects of speech like pitch, duration and intensity. Another important aspect of auditory awareness is self-monitoring – the ability to change speech production based on the information you get from hearing yourself speak.

From the age of around four and a half, children develop phonemic awareness, which is the ability to identify, blend, segment and manipulate oral language structure. For example, an awareness that the word "dog" starts with a D-sound and ends with a G (speech) sound and that the word "dog" rhymes with frog. Phonemic awareness is essential to the development of literacy skills.

As a parent, you can be developing these essential skills in your child from a very early age, by reading to them and paging through books together, naming objects and talking about them. When they get a bit older, you could make them aware of rhymes and how the end sounds of rhyming words sound the same. You could also encourage them to think up more words that rhyme. Even if they come up with words that are not real words, it would still show you that they understand the concept of rhyming. Playing games like "I spy..." is a great way to teach children to think about the initial sounds in words.

If you think that your child may be struggling in this area of development, please call me to have a chat about that.

**Tanya Collett**  
09 421 1337 • 021 949539  
[www.hearsay.co.nz](http://www.hearsay.co.nz)

# How to say NO to your child



You start with the greatest of resolve and firm conviction; but the constant badgering, the crying, the sulky looks, or even the odd tantrum grate away that resolve and you give in.

Sound familiar? You are not alone. If you get nothing else out of this article, remember that it's not just your child. They all do it. Knowing that you are not suffering alone can make a difference. What's that saying...

... ah, yes: "Misery loves company".

Ok, so we're all miserable. Our children are miserable because we said 'No' and we're miserable because we feel like the worst parents on earth (maybe even told that by our child).

So how can we say 'No' without causing a nuclear meltdown?

You could always try singing this little tune with a smile on your face, "It starts with an 'N' and ends with an 'O', it rhymes with snow, the answer is..." (Then you wait for the child to fill in the blank).

Yes. I actually did that. To my kids. On many occasions.

If that doesn't work, these tips will:

1. Ask yourself, does the answer really have to be 'No'? Sometimes we use 'No' as our default setting. Check yourself before you reply. Delay the answer. Let your child know you will think about it and give an answer later. When pressed for an immediate answer, I would say, "If you need answer now, it's 'no'. But I would rather think about it first." You'll be surprised at the patience that answer inspires.

2. Explain the reason for the 'No'. Even small children can understand more than we give them credit for. Use age-appropriate language and offer a suitable alternative.

3. You've said 'No' for the right reasons and explained. Cowboy up: the ride's about to begin. Say confidently to your child, "You've asked and I answered." Hard part: Don't engage in further conversation other than to restate your reason and repeat "Your question has been answered."

As with all advice, take what you like and leave the rest. If what you like didn't work, try what you didn't like – because it just might.

**Rechelle McNair**  
**Owner, Kidcredible Limited**  
**Millwater Resident**



**Kingsway Junior Campus**  
2 Bonair Crescent, Millwater, Silverdale

## Holiday Programme

Onsite Activity	07:00 a.m.-06:00 p.m.	\$55.00
Onsite Short Day	09:00 a.m.-03:00 p.m.	\$45.00
Trip Day	07:00 a.m.-06:00 p.m.	\$65.00
HP Premium Day	07:00 a.m.-06:00 p.m.	\$60.00

Our Programme is open to all school aged children in the community.



Onesie / PJ Party

Mon  
**11**  
Jul



Don't bother getting dressed! Come in your favourite onesie or most comfy pj's. Join the fun dancing, sack races, truth or dare & much more!

TRIP DAY-AKL Museum

Tue  
**12**  
Jul



Let's go exploring through the wonderful worlds at the Auckland Museum!

Military Day

Wed  
**13**  
Jul



Complete bootcamp & fight the dreaded Baddies! Make your own dog tags, 'lasebeam' maze, & much more! Bring along your nerf gun for nerf wars!

TRIP DAY - Xtreme

Thu  
**14**  
Jul



We're off to Xtreme Entertainment!! Play in the Kidszone playground and your choice of Bowling, Time Zone Arcade or Laser Tag!

Pirates & Princesses

Fri  
**15**  
Jul



Whether ye be Pirate or Princess there be plenty of fun to be had! Search for treasure, make your own Pirate or Princess craft & much more!

TRIP DAY

Mon  
**18**  
Jul



Have a bouncing great time! Gain confidence or learn new tricks with NS Trampoline coaches.

Survivour Day

Tue  
**19**  
Jul



Outsmart, Out laugh and Out fun! Can you survivour against the odds?? Save yourself, the animals and maybe even save the planet!!

Superheroes Day

Wed  
**20**  
Jul



It's a bird! It's a plane! No it's your friendly neighbourhood SuperHero! Are Superpowers real? What makes Superhero? Do you have Superpower?

sKids Olympics

Thu  
**21**  
Jul



sKids Olympics. Compete for the glory great prizes & bragging rights against other sKids programmes in a competition of Olympic proportions!

Mid Winter Christmas

Fri  
**22**  
Jul



Winter Christmas sights, sounds & activities that bring the magic of the season for you to enjoy! Make yummy gifts or enjoy them yourself!

Bring morning tea, packed lunch & water bottle. Healthy afternoon tea provided. Breakfast provided prior to 7:45am.

For more information, call 021 77 33 01 Or (021) 047-4834 or email [kingsway@skids.co.nz](mailto:kingsway@skids.co.nz)

Register now at [www.sKids.co.nz](http://www.sKids.co.nz) click on **aimy** PLUS "Kids just love it!"

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Work & Income Subsidy available!





**SILVERDALE  
MEDICAL**

welcomes

# Millwater Medical

## to the Hibiscus community

Situated at Millwater Central, the new clinic is only five minutes drive from Silverdale Medical. In response to patient feedback, that a smaller medical centre better suits some family's needs, we are happy to announce we can now provide that service.

We are maintaining one patient registration system across both practices to allow patients to move freely between either clinic, as we are still one entity, but now in two locations.

Millwater Medical is now open for business and will provide general medical services between the hours of 8.30–5.00 Monday to Friday.

Outside of these hours urgent care can be provided by Silverdale Medical who are open later during the week and weekends. All specialised services such as minor surgery and fracture care will be performed at Silverdale Medical.

**The Doctors at Millwater Medical will be:  
Dr Marcus Ang, Dr Dave Hassan and Dr Genevieve Syed.**

Silverdale Medical will be providing all the back of house administration for Millwater Medical. To enrol visit [www.silverdalemedical.co.nz](http://www.silverdalemedical.co.nz), complete the enrolment forms and simply mark the enrolment form Millwater Medical.

## Singapore

This month, I interviewed my brother who lives in Singapore. Let's see what life's like, there in the world's only island city-state. (N: Nita, G: Gary)

N: How long have you been living in Singapore?

G: 4 years now.

N: What makes you stay?

G: I had a job offer to come to Singapore and stayed since then. Before that I was in China and Sydney. The design industry is relatively active here and I feel Singapore can provide me both career challenge and good family lifestyle.

N: Interesting! So what do you like most and least living in Singapore?

G: Singapore is commonly known as the "introduction to Asia". It is very easy for a foreigner to settle in, as everything is very organised and tidy. The least I like will be the cost of living. It's been top of the world's most expensive cities to live in for a few years now...

N: That's a surprise, I thought Singapore was an affordable city?

G: It's only cheap eating in the hawker centre (food court); most other stuff is quite expensive.

N: Is Singapore very different, or similar to other Asian countries, in terms of culture and food?

G: The down-side of being the "introduction to Asia" is that it does not have a very distinctive characteristic like some other Asian cities. However, it is a very cultural-diverse country. Singapore is made of three main races: Chinese, Malay and Indian. This gives you the opportunity to immerse yourself in different cultures... mainly food. For example, I can have a Mee Pok (a Chinese type of dry fishball noodle) for lunch one day, Biryani Rice (a flavoursome Indian rice dish) the other and Ayam Panyet (an Indonesian-style fried chicken) next. Speaking of street food, I also recommend both chilli and black pepper crab, chicken rice, laksa, prawn noodle and satays...

N: What language is taught in school in such a cultural-diverse city?



G: Basically, schools use English as the main language to communicate. Then as a curriculum requirement, students must choose another language to learn. They call these 'mother tongue' subjects. The common ones are Mandarin, Malay and Tamil, which are the majority races. There are also other MOE (Ministry of Education) approved foreign language like German and French.

N: Finally, can you tell me something the Kiwis will find interesting to know?

G: When going to a hawker centre, locals usually place a pack of tissue paper on an empty table to reserve, then walk away to buy their food, as it is the least expensive items from their belongings.

N: Ah-ha, so never use the table with a pack of tissue paper on it!

G: That's right!

(Photo credit Ben Saulo)

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



### Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!  
Please get in touch with Sarah on 09 426 6155 or email [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# Early Adventures Early Childhood Education Centre

Early Adventures early childhood education (ECE) centre is situated at 26 Elizabeth Street, a quiet residential street at the northern end of Orewa. This small centre (established in 2012 by locals Jocelyn and John Ingram) caters for up to 30 children between 2 and 5 years of age and is based on the Reggio Emilia philosophy.

All the children play and learn together, and the older children are caring and considerate of the younger ones. The younger children learn very quickly by imitating and following the older children. The teachers know all the children well and there are no changes of rooms or teachers during the three years the children are in the centre.

The Centre director, Amanda Macleod stated "The centre is well equipped and offers a diverse range of activities for the children. Our location means we are within walking distance of reserves, parks and local amenities such as the library, which are of great interest to the children".

The centre is the realisation of a dream that the owners had for a small, high quality early learning centre, using natural materials and exciting the children's imagination and learning through a fun and caring environment. John stated "We wanted to create as natural an environment as possible, by



children of vegetables provides some of the food for the children and gives them knowledge of where their food comes from.

The centre has an active Facebook page, where you can learn about the latest adventures the children have been involved in.



using natural fencing materials and native planting. Further to this, we have a top-class teaching staff who have bought in to our vision – and Amanda who puts it all together".

The centre is in a completely refurbished building, distinctively fenced with Ti-tree palings. Two separate outside play areas incorporate sandpits, climbing/shade trees, swings, a woodworking shed, play huts and edible gardens. The western area also features extensive native plantings including established kauri and puriri trees. Seasonal planting by the

At Early Adventures we are a passionate, committed, experienced team of qualified professional educators, dedicated to providing high quality early childhood education.

We cater for a maximum of 30 children to ensure they all receive the best possible care and attention.

WINZ & 20 hour subsidies available (conditions apply).

You are welcome to drop in and see what we can offer your 2 to 5 year olds.



**Early ADVENTURES**



OPEN 7:30AM-5:30PM WEEKDAYS  
 Corner of Elizabeth and Manuka Streets, Orewa  
 Phone Amanda | PH 09 947 5010  
 Email [info@earlyadventures.co.nz](mailto:info@earlyadventures.co.nz) | [www.earlyadventures.co.nz](http://www.earlyadventures.co.nz)

# Tired of the extra wait at the dentist?



The world now is digital and the dental profession is certainly keeping pace. Our dentists at The Dental Suite have been advocates for the CAD/CAM (computer-aided design and computer-aided manufacturing) technology for a long time. Investing in the latest E4D Dentist™ system has allowed us to create beautiful custom-made dental crowns and other restorations, right here in our Silverdale surgery, during a single appointment! Traditionally, treatment with dental crowns is carried out over two appointments, with a three-week wait in between for the crown to be manufactured in an outside dental laboratory. We understand that this extra wait can be a huge inconvenience to our patients, so being able to make beautiful and durable crowns, bridges, veneers and fillings

during a single visit means that the CAD/CAM system has become a large part of the services we offer our patients. The process itself is simple! We take a digital scan of your tooth and produce a 3D image. Using the E4D software, our resident specialist (Prosthodontist), Dr Dusan Kuzmanovic, then uses the 3D scan to design your perfect custom-fitting restoration. This raw data is then transferred to our milling unit, and your restoration is milled from a single block of ceramic, a very strong and durable material that allows us to consistently provide beautiful and life-like results. Once complete, the newly milled restoration is bonded to your tooth straight away, and you are free to enjoy a specialist-made, long-lasting and beautiful crown – in a fraction of the time traditional treatment takes.

Because dental crowns are one of the more common dental treatments we provide, we know that the E4D system offers a lot of flexibility to our patients. Now you can avoid the traditional hassle of multiple appointments and a long wait, and can instead relax with a cup of tea while we create your beautiful new restoration, so no need for extra appointments!

**With The Dental Suite, you'll always receive the finest in modern dentistry without the traditional wait. Call us on 09 426 5262 to find out if an E4D restoration is right for you!**

## EXPERIENCE THE DIFFERENCE



  
 THE DENTAL SUITE  
 SILVERDALE

Suite 6,  
 44 Silverdale Street  
 09 426 5262  
[team@dentalsuite.co.nz](mailto:team@dentalsuite.co.nz)  
[www.dentalsuite.co.nz](http://www.dentalsuite.co.nz)



# NEARBY NEIGHBOURS

## Kerikeri

Located in Northland, Kerikeri has become the commercial and residential hub of the Bay of Islands. Celebrated for its stunning coastline and fascinating history, the area known as the Kerikeri Mission Station in central Kerikeri boasts the oldest wooden structure in the country; the Mission House built in 1822. Now renamed Kemp House, it sits alongside the oldest stone structure in the country; the Stone Store, which attracts thousands of visitors each season.

Kerikeri enjoys a number of New Zealand 'firsts'; the first permanent mission station, the first to plant grapes, the first use of the plough and, with Russell only an hour away, hopefully we could be forgiven for saying it was the home of our first capital.

These days, Kerikeri has a more diverse landscape than those first 100 vines planted in the late 1800s. With its rich volcanic soil came cultivation on a grander scale; with citrus orchards, tamarillo, passionfruit and feijoa to name a few. The early 1970s brought to the area the first commercial kiwifruit venture. Visiting the local markets, you can see a wide range of local sub-tropical produce on offer, or stop at any number of roadside stalls to pick up fresh fruit and vegetables.

Though the population of Kerikeri remains around the 6,500 mark, there is a noticeable swell in numbers between December and April when both national and international tourists arrive for the summer months. Not just a pretty face with a backyard renowned for swimming, diving and fishing, Kerikeri is a place to do business as well.

Kerikeri has seen quite an increase in the real estate sector in the last year, with a rise of 12% in sales volumes in February 2016. The median price of houses says it all: \$510,000 compared with Whangarei County at \$450,000. We are seeing a large proportion of people moving from cities such as Christchurch and Auckland, which can only be a boost to our unique northern regions.

From art to light industrial, restaurants to professional services, this is a great place to live and learn. There are excellent schools and tertiary education programmes and, if you are planning on settling in to your retirement, Kerikeri offers one of the warmest climates in the North Island. Just remember to pack your fishing rod.

Norm, Angie & Dougal  
Mike Pero Real Estate Kerikeri & The Far North



# Recipes from Millwater Residents



## Pork and Mushroom Chow Mein (Fried Noodles)

### Ingredients (serve 3-4)

Pork 300g thinly sliced  
 Mushroom 300g thickly sliced  
 4 Choices Brand Egg noodles (available in Fruit World Silverdale)  
 Bean Sprout 200g  
 Spring Onion  
 Minced garlic

### To Make

Marinate pork with 1/2 tablespoon soy sauce, a slash of sesame oil and a dash of pepper.

In a big bowl, soak dry noodles in hot boiling water for about 3-5 minutes, until loosened (do not over soak). Drain and put aside.

In a saucepan, heat oil with minced garlic, sauté pork until it is nearly cooked and set aside.

In the same saucepan, add oil and fry mushroom for 1 minute, add a little bit of water (1 tablespoon) and cover for 1 minute. Remove the lid and add the pork back to the pan and fry with mushroom and 1 teaspoon oyster sauce for further 1 minute. Set aside.

In the same saucepan, heat up oil and garlic, then fry bean sprouts to desired texture and set aside (as some people like it pretty raw).

In the same saucepan again, heat up oil and stir in drained noodles, use a chopstick or kitchen tongs to loosen the noodles, add one tablespoon of soy sauce, one tablespoon of dark soy sauce (as its name suggests, this is used to make the noodles look more "dark"- the sauce itself is not too salty), a slash of sesame oil and keep stirring until noodles are evenly coloured.

Assemble the noodles, pork and mushroom, bean sprout on a plate. Add some spring onion to enhance the colour contrast to the dark soy sauce.

You can simply replace the pork with chicken, prawn or beef. Fresh mushroom can also be replaced by Shiitake mushroom.

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.

Nita Wong

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)

Sarah Furniss

LICENSED SALESPERSON  
BRAND & TERRITORY OWNER



P 09 483 9693  
 M 027 444 0044  
 F 0800 FAX MPRE  
 E [sarah.furniss@mikepero.com](mailto:sarah.furniss@mikepero.com)  
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## Properties Sold by the Silverdale team 2016



**SOLD**

7 Prospect Tce, Millwater



**SOLD**

263 Millwater Parkway, Millwater



**SOLD**

17 Ridgedale Rd, Millwater



**SOLD**

15 Sartors Ave, Browns Bay



**SOLD**

12 Kettlewell Dr, Millwater



**SOLD**

15 Saltwood St, Silverdale



**SOLD**

249 Millwater Parkway, Millwater



**SOLD**

36 Anchorite Way, Silverdale



**SOLD**

680 Beach Rd, Browns Bay



**SOLD**

273 Millwater Parkway, Millwater



**SOLD**

42 Madison Tce, Millwater



**SOLD**

23 Bartlett Dr, Millwater



**SOLD**

6 Park Hill Rd, Birkenhead



**SOLD**

8 Seafort Lane, Millwater



**SOLD**

29 Old Mill Rd, Millwater



# GARDEN CARE FOR JULY

## From Living Earth



*This month includes Bastille Day, so we have sprinkled a little bit of France through our gardens...*



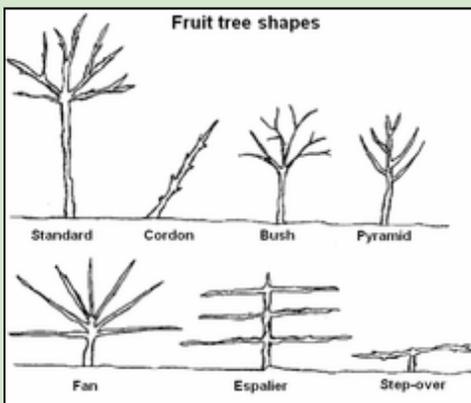
### The Potager (Edible Gardening)



Lettuce for the cold: Salads are possible when you have as mild a winter as this. But stick to the hardier ones – especially with the fancy names: Merveille des Quatre Saisons (French of course), Drunken Woman (who knows?), Arugula – that's just rocket by another name. Rocket, particularly wild type, grows well in most winter vegetable gardens over this time.

**Potato prep:** Dig over an area that will get reasonable sun, and is likely to be free of frost from September. Add Living Earth organic Compost and you've got the bed ready for sprouted tubers. Varieties appear from late July in the garden centres.

**Fruit tree pruning (deciduous tree):** General rules say that creating a vase shape is best, cleaning out dead wood and any centre or crossing branches. For individual fruit varieties, your local garden centre is really knowledgeable on what to do. If you fancy a design element in your garden (very French) take a look at these shapes.



**Frosty parts:** On cold still nights, cover your tamarillo, young bananas, avocado and cherimoya trees, naranjillas, apwpaws and all those other tropical fruits you were tempted by last summer (even newspaper makes an excellent frost cover).

**Blueberry bushes:** End of this month is a great time to prune and shape, then apply some compost around the base.

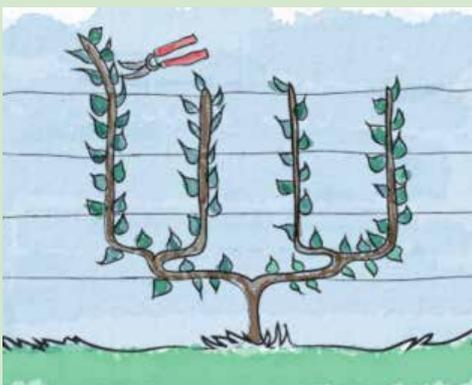
### The rest of the garden

**Bastille Day evokes old fashioned roses from France:** Many of them are strong, easy care types – the classic big rambler, Alberic Barbier, grows well with minimum care; Crepuscule is so named because the delicious apricot blooms open at dusk – perfect for growing on brick walls; Souvenir de Mme Leonie Viennot is an early flowering rambler of coral pink hue; Souvenir de St Anne's is a small bush with the most highly scented blooms.

**Lawns:** Mow only when the lawn is dryish, with the blade set high – this avoids damage to the grass; spray Yates Surrender over the mossy parts.

**Lily Bulbs, order at [nzbulbs.co.nz](http://nzbulbs.co.nz):** Lilies are really great value for money and dwarf varieties can be easily grown in pots – plant them now for some fabulous Christmas centrepieces on your table.

**Rose pruning:** Planted some new bushes, with no idea how to prune them? Then head to the Rose Society's Rose Pruning Demonstration day – Saturday 23rd July at 1.30pm at Parnell Rose Gardens, Gladstone Road, Auckland. And make sure you get your secateurs and other shears, loppers etc. sharpened by a professional. Your local garden centre can do this for you.





**CENTRAL**

**LANDSCAPE & GARDEN SUPPLIES**

# Just because it's winter, it doesn't mean the gardening stops.

Whether you are winter gardening, planning for spring, or designing, we're still here 7 days a week. Same hours, same great team.

Plus with our concrete yard you and the products won't get muddy.

# As Simple as Psyllium

Hippocrates, the ancient natural healer and “Father of Western Medicine” believed that all disease begins in the gut. Most natural health advocates have long known this, and modern science is also discovering that fibre boosts digestive health and immune function. Common sense, considering 70% to 80% of the cells of the immune system are located in the gastrointestinal tract.



Studies show that soluble dietary fibre can help not only with constipation and resulting diseases, it can also improve cardiovascular health, reduce cholesterol, balance blood sugar —and even extend life span. Despite its importance, few get the recommended intake per day through diet alone, making what is called the “fibre gap” a growing health concern.

**Psyllium Husk** is one such soluble fibre. While perhaps most known for its ability to combat constipation, recent human studies have revealed that psyllium is proven to have tremendous importance for supporting a healthy immune system and the health of the entire body.

## Cholesterol

Studies have shown that increased psyllium intake reduced plasma triglycerides and low-density (bad) cholesterol. In a study involving type II diabetics, 12-week supplementation with 15 grams (1 tablespoon) of psyllium daily significantly reduced plasma triglycerides by 25.5%, total cholesterol by 9.3% and LDL cholesterol by 15.71%, while significantly raising levels of high-density (good) cholesterol in comparison to the placebo group. Smaller doses showed benefits as well.

## Blood Sugar

A daily dose of 15 grams (in three, 5-gram doses) produced a reduction in fasting blood glucose levels in patients with type II diabetes. Another study found reductions in all-day glucose levels (11%) and after-lunch glucose levels (19%) among psyllium recipients, compared with placebo. In type II diabetics specifically, two months of psyllium treatment effectively optimised metabolic control, significantly reducing body mass index, waist circumference and fasting blood sugar levels.

## Digestive Health

Psyllium is best known for its ability to combat constipation. The ground seed husks swell greatly in water, which combats constipation by providing bulk and retaining water in stools. Also, human studies have demonstrated psyllium fibre’s ability to reduce faecal incontinence by more than 50% compared with placebo. In addition, it has been shown to effectively lower symptom severity in people with irritable bowel syndrome (IBS) significantly better than placebo or bran.

Psyllium husk powder is a cheap yet very effective way of ensuring you get enough soluble fibre in your diet.

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Mon to Fri 9am - 5pm: Sat 9am - 3pm





## WANT TO TRANSFER YOUR PENSION FROM THE UK to NZ?

### Be aware: the goal posts are moving again!

There have been several major – some might say draconian – changes to legislation affecting the transfer of UK pension schemes in the last year or so. First there was the cut-off date for transferring unfunded statutory (public sector) pension schemes, then the major cull of the NZ ROPS\* list (which notably affected KiwiSaver, of course). The next overhaul, coming later this year, will seriously impact how much of a pension fund can be accessed and when.

Presently, UK regulations allow a New Zealand superannuation scheme with QROPS status to pay members a lump sum amount of approximately 30% of their transferred UK fund at age 55, plus provide an income for life.

However, New Zealand legislation coming into force on 1st December 2016 will restrict withdrawals significantly, only allowing less than 10% in total to be paid at this age. Conversely, in later years where the new rules allow a higher withdrawal, these will still be subject to the QROPS limits. In summary therefore, members of New Zealand QROPS will find themselves limited to whichever amount is the lowest allowed under UK or NZ legislation, when it comes to making withdrawals.

Therefore, if you wish to take advantage of the current legislation, it is imperative that your pension transfer is well underway prior to 30th November 2016. As it can typically take 6 months for the transfer process to complete, it is important that you act as soon as possible.

\* ROPS: UK pensions must be transferred into a legitimate SIPP (Self-Invested Personal Pension scheme)

or NZ QROPS (Qualifying Recognised Overseas Pension Scheme).

**For a friendly chat about your pension transfer options, please phone GBPensions on 0800 427 693 or e-mail [transfers@gbpensions.co.nz](mailto:transfers@gbpensions.co.nz)**

**Disclosure Statements for GBPensions' financial advisers are available without charge or obligation.**



## Do you have a UK pension?

**Act now to beat the November 2016 deadline!**

 **GBPensions**

[www.GBPensions.co.nz](http://www.GBPensions.co.nz) | 0800 427 693

Adviser Disclosure Statements are available without charge or obligation.

# millwater **malt** of the month



## Auchentoshan 12-year-old Single Malt Scotch Whisky

Auchentoshan Distillery produces single malt whisky in the west lowlands of Scotland and the name Auchentoshan is Scots Gaelic – translating as “the corner of the field.” The Auchentoshan is also known as “Glasgow’s Malt Whisky” due to its close proximity to Glasgow; and “The Breakfast Whisky” due to its sweet and delicate nature.

Normal distilling practice in Ireland but unusual for a Scottish distillery, Auchentoshan employs triple distillation. Generally, the final stage of Scotch whisky production involves distilling the fermented mash in two copper stills. In Auchentoshan, a third still known as the “Intermediate Still” helps to give a spirit strength of 81% ABV (162 proof). This triple distillation, in addition to an unpeated malt, gives Auchentoshan a more delicate and sweet flavour than many Scotch whiskies.

Maturation is mainly in ex-bourbon barrels and ex-sherry butts, though some Auchentoshans will mature in French wine casks. The 12-year-old is smooth, fresh and nutty, with a honey-gold appearance.

**Nose:** Crème Brûlée with a burst of citrus and the signature nuttiness and green-leafliness of Auchentoshan.

**Palate:** Smooth, a little sweet barley, with hints of tangerine and lime.

**Finish:** Very long, with a hint of ginger now, slightly drying, with a pleasant sweetness from the barley. More, please!

## outto **lunch** Black Sugar Grill - Mission Bay



Purely by chance, we took a trip along Tamaki Drive towards St Heliers and stopped in Mission Bay to admire the view and watch the dancing fountain on the foreshore reserve. Thoughts later turned to lunch, so we strolled along the length of the main Mission Bay shopping and dining area, looking for somewhere a little different. We got our eye on the Black Sugar Grill at No.1 Atkins Avenue, and decided to give it a try.

What a good choice that turned out to be! Set menu at \$25 for

a main, or \$35 including dessert – but also including a glass of excellent house wine, beer or juice, and accompanied by freshly buttered garlic bread to start. There were many diners there, including a birthday group of a certain age and another wedding anniversary group. It’s obviously a popular spot!

‘Management’ chose the panko crumbed whole chicken breast schnitzel, shallot port jus, cherry and Sambuca relish and potato croquette. I decided on the pan-fried roasted fillet of market fish (monk fish), served with home-made pickled lemon and chive hollandaise sauce and potato croquette. Neither disappointed on quality, presentation, taste or value. Indeed, we needed a few minutes afterwards, before deciding to have the dessert.

We both opted for the white chocolate Crème Brûlée with Hokey Pokey ice cream – again, an excellent choice; super-crispy caramelised top above the delicious home-made custard

The service on pristine white linen tablecloths was every bit as good as the excellent meal. This is one to remember if you are ever out at Mission Bay and fancy a great value meal in very pleasant surroundings. A full à la carte menu is also available.

# The science behind the best skincare treatments with the Team at Caci Silverdale

At Caci Silverdale, we're all about skin correction. With over 20 years' experience, Caci has developed treatment programmes combining world-renowned, evidence-based, skin-correcting treatments to specifically treat and improve your skin concerns.

Some of these skin correcting treatments may sound a little unusual, but they are all designed to give you effective long term results. We're letting you in on the science behind some of these treatments, so you know exactly why we're doing what we're doing.

## Microdermabrasion – Advanced micro crystal exfoliation:

**What:** Microdermabrasion is an advanced mechanical exfoliation.

**Why:** It exfoliates the top layer of the skin by helping to remove dry skin, and black heads, leaving you with a smoother, more refreshed complexion. A Microdermabrasion is a great treatment to begin with before having more advanced treatments.

**How:** Using a small hand piece, a small amount of skin is vacuumed up and tiny crystals are blown onto the skin to cause micro abrasions. The first treatment is quite gentle but, as your skin gets used to the treatment, the pressure and suction will increase to get better, more long-lasting results.

## Collagen Induction – Needling/Dermal Rolling:

**What:** A dermal roll, or collagen induction as we call it at Caci, is

a treatment that uses 260 fine needles fixed to a silicon roller, to puncture the skin and intentionally cause micro damage to the cells found in the deeper layer of skin (basal layer).

**Why:** Collagen Induction is used to treat fine lines, dryness, tightness, and restores skin tone and texture. It is ideal to start during your 30's – to ensure that your skin looks like it does today, when your 60!

**How:** A topical anaesthetic is applied to the area before a treatment to make it more comfortable. The roller is passed over the skin, in varying directions, to ensure that the cells deep in the basal layer have been effectively treated from different angles.

## Reformaskin before & after photo



**Call the team at Caci Silverdale today to book your free consultation to find out more about our Refromaskin programs and treatments.**

**(09) 2126900 2 Milner Ave Silverdale**

<i>Reformaskin</i>		<b>YOUR SKIN TREATMENT PROGRAMME</b>
Take control of your skin with our Reformaskin® programme- designed to specifically treat uneven skin tone, texture, scarring and pigmentation.		
Have a free consultation at Caci Silverdale and try one of our favourite skin treatments; Microdermabrasion for only \$50 (usually \$100) offer extended until 31st July 2016 *		
2 Milner Ave Silverdale	09 212 6900 caci.co.nz	



# millwatermotors

'Passionate for perfection in Packards' best describes Stuart Flexman, who not only shared his love of this beautiful motor car with me but allowed me to enjoy the thrill of its power, elegance and impeccable manners on the road to Hatfield's Beach and back.

Stuart arrived in Orewa at the age of six weeks in November 1936, when there were few houses and fewer streets. He became a master builder, involved in building the shops in Orewa, Whangaparaoa and Silverdale, and established a timber finger-jointing factory that he owned until 2006. Stuart undoubtedly also became a very accomplished artist in wood craft, which skills he has used to create the patterns and moulds that turned out the complex metal shapes needed for the restoration of this shining 1941 Packard 180 Super 8 convertible.

Stylish American motor cars, initially Ford Fairlane V8s, have been an important part of Stuart's life over many years. In 1982



Stuart's son bought a 1939 Packard sedan, for which Stuart helped source parts and materials, and it was while looking for these that he found a 1939 Packard convertible that he bought for himself. This was the start of the Packard passion and Stuart soon also had a sedan. Convertibles and sedans cost the same to restore but convertibles are worth 5 to 10 times more than the sedans when restored, so Stuart concentrated on the convertible models!

About 10 years ago, Stuart saw a rear body shell of a 1941 Packard, minus the front end, and bought that. Looking at his gleaming, fully restored Packard Super 8, it is clear that a true love affair between man and machine really began back then.

Stuart used his hand-made wooden moulds for the complex bodywork panel shapes that had to be produced. Chrome trim parts, dashboard fittings, lights and embellishments were sourced by Stuart on the Internet over the years.

Local panel beaters and auto electricians were employed to put together and completely rebuild his Super 8. Local upholsterers fitted the new cream leather upholstery and recovered the electrically-folding convertible top. The perfect metallic aubergine paint job was lovingly completed by Real Rides in Silverdale. Wheels and new whitewall radial tyres were bought in the USA, completing Stuart's 185HP, 327 cubic inch, straight 8 pride and joy. The column-shift gearbox is an original Packard auto 2-speed plus reverse and, having ridden in the car, it sure delivers the 98 octane-fuelled power to the road in a most effective manner. Road-holding is impeccably good for a car of this age. The twin, covered spare wheels and elegant swan emblem on the bonnet mark out Stuart's car as a top-of-the-range Packard.

Next projects? Stuart has some more Packards, on which he will lavish love and attention and bring them to the same standard – we can't wait!



**Rodney  
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# The BIG FREEZE! Managing frozen shoulder



Shoulder pain that develops spontaneously or as the result of a minor injury could be the onset of a condition known as frozen shoulder.

As frozen shoulder more commonly affects women (typically 40-60yrs olds), difficulty fastening your bra clasp is often one of the first symptoms, followed by pain, which interferes with activities of daily living, significant pain at night, and a gradual, progressive loss of movement. Early on, frozen shoulder presents similar to a rotator cuff injury or bursitis, but a failure to respond to conservative treatment may indicate frozen shoulder. Associated risk factors include: diabetes, stroke, trauma, surgery, connective tissue disorders (e.g. Dupuytren's), thyroid disease and cardiac disease.

Frozen shoulder is most commonly believed to be an inflammatory process that develops into a fibrotic condition. It is characterised by 4 distinctive phases: The pre-adhesive phase, freezing phase, frozen phase, and thawing phase.

Frozen shoulder can be a self-limiting condition lasting 15-24 months, with no long-term implications or limitations.

In the early stages, the main goal is to reduce pain. Intra-articular steroid injection, acupuncture, mobilisation, electrotherapy, heat or ice, and gentle exercises can be helpful. It is important to limit lifting and avoid aggravating activities. In the later stages, pain diminishes but stiffness is the primary problem. Mobilisation/manipulation, acupuncture, home exercises and physiotherapy can help to improve function sooner.

Pendular exercises are commonly prescribed. These are performed in a bent-over position, with your affected arm dangling toward the floor. Support your body weight by resting your other arm on a firm surface. Slightly stagger the feet and bend your knees. Allow your affected arm to hang limp and then use the momentum produced by your body rocking backward and forward or from side to side to move your shoulder joint. Imagine your arm is an elephant's trunk swaying gently. This exercise can help relax muscles around the shoulder, relieve pain, improve circulation and increase mobility.

Muscle-guarding and compensatory movements due to pain and restriction can also affect the surrounding muscles of the neck and arm. Understanding the process involved and what you and your health provider can do to help transition through the stages can help to ease symptoms and improve function and mobility sooner.

**Karen Donaldson**  
**Peak Pilates and Physiotherapy**  
**Millwater**  
[www.peakpilates.co.nz](http://www.peakpilates.co.nz)

## Millwater Women's Group

Our May meeting was held at the Silverdale Pioneer Village. Thanks to Marian who arranged a fantastic speaker for us. Adele, a local Millwater resident and Cardiac Nurse at North Shore Hospital, shared with us the importance of recognising the symptoms of a heart attack and also walked us through life-saving CPR, which is a great skill to have. Adele is passionate about her work and a wonderful speaker, so our thanks again to her for giving us her time.

In June we had a clothes swap meeting again, after the last one was very successful. Any clothes left over were donated to the Woman's Refuge shop next door. The group as usual enjoyed morning tea and chatter.

Any interesting locals who would be keen to speak to the group please give me a call. We meet on the third Wednesday of the month – mostly at the Silverdale Pioneer Village.

Marj Noble 021 711 540

# artspeak with Estuary Arts

## Estuary Arts Annual Members' Awards Exhibition



Every year, the artwork gets better and better and this year is no exception. The Estuary Arts Members' Awards showcases 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.

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 series of professional development workshops, which will be free to members. These talks by leading specialists in their fields will cover a range of interesting topics such as:



**Presentation of Art:** What is the difference between framing to sell and framing to keep? Practical tips on framing yourself.

**Reproduction of Art:** Limited editions. Signing your work. Different sizes/ways to sell. Different price points. How to photograph your work for marketing purposes and for re-

production. Scanning your work, with tips and useful industry knowledge.

The members' exhibition runs for one month from 07 to 31 July 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 and with a great onsite café.

**For more details, visit their Facebook page, website [www.estuaryarts.org](http://www.estuaryarts.org) or phone 09 265 570**



Estuary Arts Annual Members Awards  
07 - 31 July 2016



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

# holidaydestinations

## Kiri Beven's Sensational Samoa

Sticking with the Pacific Islands, I thought I would take a visit to Samoa this month. Samoa is such an underrated area in the Pacific, and it has come on leaps and bounds in the last year or two.

I love Samoa; for its untouched beauty, relaxed feel, and how some other islands were, maybe 20 years ago. It is such a varied destination, with rugged volcanic mountains, rainforests, waterfalls, swimming holes and white sandy beaches. The coastline of Samoa is so diverse and different; you can travel from one side of the island to the other and you will experience completely different scenery.

There are 2 main islands in Samoa: Upolo and Savaii, and you can visit Savaii by an interesting ferry crossing – this is where it is still untouched by tourism! Savaii is fabulous though, and the beaches are spectacular, and somewhere to really get away from it all. Upolo is the main tourism hub, with the Sheraton Aggie Greys, or the Kiwi-run Saletoga Sands Resort being my top choices for families, and Seabreeze and Sinalei for couples.

You must visit the local markets: the vibrant and colourful food market, for fresh pawpaw and local produce, and then also the flea market, for your holiday sarong or kava bowl. The Papaseea Sliding Rocks are a great and also refreshing visit, a local Fia Fia night, and a trip to the Robert Louis Stevenson Museum are also a must do.

Samoa is so affordable right now, with great package prices...

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# datesfor yourdiary

- Every Sat Silverdale Village Market • 8am-1pm,  
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club  
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am. See  
[www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Sat 23rd &  
Sun 24th July Model Show: trains, boats & planes • Whanga  
paraoa Hall, cnr Whangaparaoa Rd & Main St  
(by the Plaza Shopping Centre), Whangaparaoa  
Adults \$4 Children \$2 Family \$8  
Organised by the Auckland Marklin Club  
For info Ph. (09) 427 8996 or see EventFinda  
listing (search Marklin)
- Mon 4 July **Matariki Events for Adults at Orewa Library**  
9.30am- 12.30pm • Weaving puti-puti ( flowers)  
with Lee-anne Wade.
- Mon 11 July 9.30-11am • Let's Talk All Things Maori! Join us  
for a very informal chat about Matariki: food,  
waiata, tradition, and language
- Wed 13 July 2.30pm • Back by popular request! Maori nat-  
ural medicine. Use plants from the bush and  
garden to assist in healing.
- Tue 5 July **Matariki Events for Children at Orewa Library**  
3.30-5pm • Let's get twinkly! Our 'poi-pose' is to  
make glittery poi and use them to music! Suit-  
able for 5-10 year olds.
- Thurs 7 July 11am • Special Storytime with Matariki theme.  
Join us for songs, stories, and Matariki crafts  
3-5 year olds
- Wed 13 July 10.00am • Black Stacks! Our national sport  
stacking team. They will demonstrate the art of  
stacking cups and you are welcome to try! Con-  
tact for Black Stacks - Tanya • Speed Stacks  
(NZ) 09 431 5559 • [www.speedstacks.co.nz](http://www.speedstacks.co.nz)
- Fri 15th July 2.30pm • Maori stick games: Ti Rakau • played  
with wooden rods 40-60 centimetres long  
called tīti, is one stick game that was commonly  
played into the 21st century. It involves two or  
more seated players, throwing sticks to each  
other in time to accompanying chants....

If you know of any upcoming local events please contact Sarah at  
[sarah@themillwatermark.co.nz](mailto:sarah@themillwatermark.co.nz)



Join us for services throughout the month:

**St Chad's, Orewa**  
Sunday 8:00am and 9:30am  
Wednesday 9:30am

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

**Holy Trinity, Silverdale**  
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For further information phone 426 4952  
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Health by Logic 09 421 1273  
Beauty Aspects 021 02972587

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OPSM Silverdale 09 426 7902

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Rod Harman Motors 09 426 6066  
Rodney Auto Centre 09 426 5016  
Silverdale Marine 09 426 5087

## Florists

Flowers by Joanne 09 426 5287

## Real Estate

Mike Pero Real Estate, Silverdale 09 426 6122

## Food, Entertainment & Recreation

Estuary Arts 09 426 5570  
Northern Union 09 426 2651

## Printing Service

Treehouse Print 027 4986 202

## Housing

Planning Plus 09 427 9966

## Cleaning

Houseproud 021 025 32085

## Community Services

Hibiscus Coast Anglican Parish 09 426 4952  
Stillwater Community Hall [www.stillwater.org.nz](http://www.stillwater.org.nz)  
Illuminate Church [www.willuminatetchurch.org](http://www.willuminatetchurch.org)

## Fashion / Retail / Gifts

Koko 09 426 8450  
Collective Talents 09 427 5426

## Child Care & Education

Wentworth College 09 424 3273  
Early Adventures ECE 09 947 5010  
SKIDS Kingsway Jnr Campus 021 773 301

## Sports Clubs

Pacific Cheerleading Silverdale 021 137 3047  
Coast Academy Brazilian Jui Jitsu 021 273 8212

## Medical

Coast Care, Red Beach 09 427 9130  
Millwater Medical 09 320 0873  
Focus Hearing 09 533 6463

## Dental

The Dental Suite 09 426 5262  
Silverdale Family Dentists 09 972 1406

## Pharmacy

Hickey's Pharmacy Orewa 09 426 5659

## Pets

Millwater Vet Hospital 09 427 9201

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Digital Solutions, Rodney 09 425 5431  
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	July		Low	High	Sat 16 Jul	04:08 2.6 m	10:29 0.8 m	16:54 2.6 m	22:54 0.8 m
Fri 1 Jul	03:49 3.0 m	10:03 0.4 m	16:26 3.0 m	22:35 0.5 m	Sun 17 Jul	04:59 2.6 m	11:19 0.7 m	17:43 2.7 m	23:42 0.8 m
Sat 2 Jul	04:49 3.0 m	11:03 0.4 m	17:27 3.1 m	23:34 0.4 m	Mon 18 Jul	05:50 2.7 m	12:06 0.6 m	18:30 2.8 m	-
Sun 3 Jul	05:49 3.1 m	12:00 0.3 m	18:24 3.2 m	-	Tue 19 Jul	00:28 0.7 m	06:38 2.7 m	12:51 0.5 m	19:14 2.9 m
Mon 4 Jul	00:30 0.4 m	06:47 3.1 m	12:55 0.3 m	19:18 3.3 m	Wed 20 Jul	01:13 0.6 m	07:26 2.8 m	13:34 0.4 m	19:57 3.0 m
Tue 5 Jul	01:24 0.4 m	07:42 3.1 m	13:47 0.2 m	20:10 3.3 m	Thu 21 Jul	01:58 0.5 m	08:12 2.9 m	14:17 0.4 m	20:40 3.1 m
Wed 6 Jul	02:16 0.4 m	08:35 3.2 m	14:36 0.2 m	20:59 3.3 m	Fri 22 Jul	02:43 0.4 m	08:57 3.0 m	15:00 0.4 m	21:24 3.2 m
Thu 7 Jul	03:07 0.4 m	09:25 3.1 m	15:24 0.3 m	21:47 3.2 m	Sat 23 Jul	03:29 0.4 m	09:43 3.0 m	15:45 0.4 m	22:10 3.2 m
Fri 8 Jul	03:56 0.4 m	10:13 3.1 m	16:10 0.4 m	22:34 3.2 m	Sun 24 Jul	04:16 0.4 m	10:29 3.1 m	16:31 0.4 m	22:57 3.2 m
Sat 9 Jul	04:44 0.4 m	11:00 3.0 m	16:56 0.4 m	23:20 3.0 m	Mon 25 Jul	05:04 0.4 m	11:17 3.0 m	17:20 0.4 m	23:46 3.1 m
Sun 10 Jul	05:31 0.5 m	11:46 2.9 m	17:42 0.5 m	-	Tue 26 Jul	05:54 0.4 m	12:08 3.0 m	18:13 0.4 m	-
Mon 11 Jul	00:06 2.9 m	06:17 0.6 m	12:32 2.8 m	18:30 0.7 m	Wed 27 Jul	00:38 3.1 m	06:47 0.4 m	13:02 3.0 m	19:10 0.5 m
Tue 12 Jul	00:52 2.8 m	07:04 0.7 m	13:19 2.7 m	19:21 0.8 m	Thu 28 Jul	01:33 3.0 m	07:43 0.4 m	14:02 2.9 m	20:12 0.6 m
Wed 13 Jul	01:38 2.7 m	07:53 0.7 m	14:10 2.6 m	20:15 0.9 m	Fri 29 Jul	02:31 3.0 m	08:43 0.4 m	15:05 2.9 m	21:16 0.6 m
Thu 14 Jul	02:27 2.7 m	08:44 0.8 m	15:05 2.6 m	21:10 0.9 m	Sat 30 Jul	03:31 2.9 m	09:45 0.4 m	16:09 2.9 m	22:19 0.6 m
Fri 15 Jul	03:16 2.6 m	09:36 0.8 m	16:00 2.6 m	22:03 0.9 m	Sun 31 Jul	04:33 2.9 m	10:46 0.4 m	-	-



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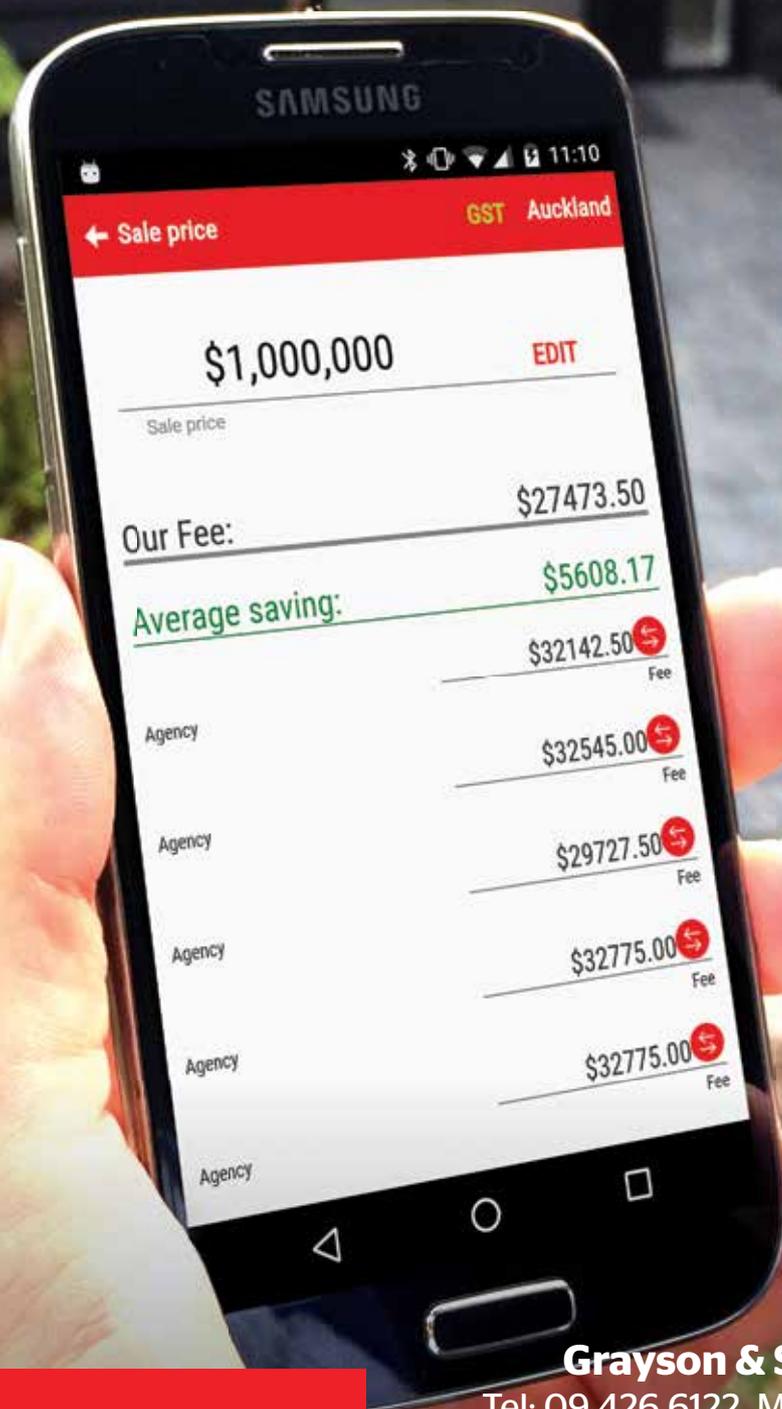
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