

theMillwatermag

Your FREE monthly magazine
of all things Millwater

December 2018 /
January 2019



Read online at www.themillwatermag.co.nz

Editor's note

Wonderful Millwater, wonderful people! The 'Adopt a Family' initiative is in full swing, supporting needy families. The meals group is cooking and baking for Millwater families that face an unwelcome crisis. Many Millwaterians are also quietly helping others, without us realising. When you think about it, Millwater exhibits the Christmas Spirit all year round!



Where has the time gone? The Christmas lights will again draw in the crowds from far afield. Many from outside Millwater are aware of our spectacular shows and this means additional traffic around our already busy streets, so please keep a close eye on your little ones. Grayson and Sarah will be out with their notebooks and cameras and making the hard decision about which houses and streets have the best displays. The competition is getting tougher every year!

The Milldale wastewater system installation means we will face traffic disruption for at least the next 12 months. We all need to be patient. Fulton Hogan are keeping us advised regularly of progress and are happy to take enquiries directly, to the phone and/or email printed on the flyers that they deliver to your mailbox. Unfortunately, some diverted drivers are displaying frustration and not observing all the road rules – if this affects you, please note regos and report to the Police. Moaning on Facebook will not do any good.

Finally, from all the team at theMillwatermag, we wish you and your families and friends a very happy, safe and joyous Christmas and New Year.

Brian Mullan
Editor
December 2018 / January 2019

theMillwatermag

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Front Cover: Our 'Millwater Adopt a Family for Christmas' co-ordinators. Photo by Paul Conroy, Portraits by Design.

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



millwaterinterview



Local Millwater business-owner Andy Field came to our notice when he gave a talk at the Whangaparaoa Rotary Club on tidal issues associated with our changing climate. Realising that there was more about this environmentally-conscious young entrepreneur than appeared at first sight, we took steps to get to know him better.

Moving from South Africa at the age of 4 with his family, Andy grew up in Torbay learning about his father's injection moulded plastics business while also enjoying surfing and snow-boarding. "From an early age, I was also fascinated by meteorology and tides – their movements, heights and the influencing factors that caused flooding at times," Andy told us, "and I continue to study these elements of Nature in detail." Andy contributed to a serious article about tidal issues in The Listener in 2015, providing results of his studies that showed New Zealand is experiencing an alarming rise in sea levels. "I accept that the world's climate is changing and sea levels are rising, but I am neutral on the arguments around the causes," Andy informed us, "and I note that even the top scientists disagree on the causes of this issue."

Andy and family moved to Manly, where he joined the Manly Fire Brigade as a volunteer fireman in 2010, with increasing numbers of calls dealt with being as first-responders for medical emergencies. The subsequent move to Millwater made continuing this enjoyable part of Andy's life impractical, however. Knowing that he now runs the family business, Injection Moulded Plastics Industries Ltd (IMPI), we turned to his views on plastics and their future in our modern world.

Andy was keen to put the record straight on plastics. "There is a strong case for good quality plastics, just as there is a strong case for bio-degradable alternatives," he said. Bio-degradable alternatives need to have as near a practical application as plastics in order to be attractive, and we were somewhat surprised to learn that if bio-degradable items are put into landfill and away from exposure to oxygen they do not degrade. "We need to put plastic into perspective," Andy said, "and in particular to examine how waste is managed. We all agree that single-use plastic bags are bad – but bio-degradable bin liners, for example, also will not degrade if put into landfill. We need to understand the difference between bio-degradable and compostable; they are not necessarily the same thing."

Andy was keen to point out that the next generation growing up needs not to have a one-track mind that says all plastic is bad. Plastics are used sensibly in the construction and automotive industries and therefore we want these to last as long as possible. It is the cheaply imported and quickly discarded plastics, alongside items such as single-use plastic bags that are bad. People expect cheap plastic items to break and it is waste such as this that is particularly bad.

Andy's injection moulding business also produces corn starch-based compostable items such as weed mat pegs and these are a robust and very practical alternative to plastic or steel. We wanted to know about costs. "Plastics are oil-based and the long-term price of oil can only increase; whereas the cost of bio-degradable alternatives is more likely to decrease with the already fast-growing productivity," Andy told us, "and the fact that bio-degradable alternatives are renewably resourced and not mined makes that an added bonus."

We came away from the interview deeply impressed by this ethical, environmentally-aware young entrepreneur who, rather than being an eco-warrior, has a well-balanced and common-sense practical view on many environmental issues.

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what's on: hibiscus coast

December & January

Technology Classes at Orewa Library

6 Dec - Learn to work your Android smartphone or tablet

13 Dec - Learn to work your Apple iPhone or iPad

10 Jan - Android smartphone/tablets

17 Jan - Apple iPhones /I pads

7 Feb - Android smartphones/tablets

14 Feb - Apple iPhones/iPads

All classes are from 2-3pm • Gold coin donation • All proceeds to Hibiscus Hospice

For further information call Toby 021 148 1834 or email toby@triplesweet.co.nz

Pioneer Village 1st - 24th Dec - December Christmas Displays 10am - 3pm Sat/Sun & Mon • Experience the magic of Christmas at the Pioneer Village • **Sun 9 Dec 7-8pm** - Carol Service at the Wesleyan Chapel • Tea & coffee available from 6:30pm • **Sat 15th Dec** - Hibiscus Coast Concert Band 11am

Dance Fitness Class - every Sat 9-1am & every Tues evening 7-8pm • Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available • Contact Richard 021 903 094

Millwater parkrun Christmas Event - Sat 22 Dec 8am - 5km free timed run or walk • Come dressed up in Christmas theme • There will be food, drink and spot prizes at the finish.

regular local events

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

Every Sat Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details

Every Thurs Orewa Library hosts a very informal conversational English group for new immigrants, every Thurs from 3.30 – 4.30pm in term time • Free session with a qualified ESOL teacher • Chat about Kiwi customs, health, shopping, neighbours • Children are welcome!

Weds/Thurs Rotary Satellite Club of Orewa-Millwater • Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm

Every Weds Hibiscus Coast Mid-Week Badminton Club • 9am-noon Orewa Badminton Hall, Victor Eaves Park

Every Thurs Ukelele Classes • Estuary Arts Centre from 7-8:30pm • All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquiries/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.

1st Weds of each month HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287

4th Tues of each month Zonta Club of Hibiscus Coast • Visitors welcome to join us for dinner & interesting guest speakers • The Wade Hotel, Silverdale • 6pm Contact hibiscuscoast@zonta.org.nz or 027 577 1888

Every school term Tuesday Crafts Group • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 10am-12pm • \$2 for morning tea & craft • creche provided

Every school term Friday Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm • \$2 includes morning tea suitable for beginners

Every Tues Hibiscus Coast Rock & Roll • Whangaparaoa Hall • 7pm lessons • 8pm general dancing • Wear soft sole flat shoes Wear layers as you get extremely hot dancing • Further info on our website & Facebook.

Every 2nd Thurs Join Hibiscus Coast Concert Band! All ages & abilities welcome • See our website hccb.org.nz • Call 021 186 4599 to check when our next rehearsal is.

Every Tues & Thurs HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards (500) in the Orewa Community Hall from 12-4pm. Membership \$5 a year • Entry \$2, includes afternoon tea • Contact Howard 09 427 9116 or Mike 09 426 2028.

3rd Tues of each month Silverdale & District Historical Society Coffee Morning • 10:30am The Old Parsonage Silverdale Pioneer Village Bring your items of historic interest to discuss over coffee • All welcome • Free entry pioneervillage1968@gmail.com

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

Mike Pero
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vetspeak

The Christmas Countdown is on...



As we get nearer to the silly season, we thought we would provide a check list to help you and your pets survive summer.

Vaccinations: make sure these are up to date, or that they are given at least 2 weeks before they are going into kennels or catteries.

Fleas: make sure you keep up to date with flea and worm protection, to avoid coming home to an infestation.

Bad foods: familiarise yourself with the foods that shouldn't be fed to your pets; grapes, raisins (don't forget about Christmas cake and mince pies), garlic, chocolate, cooked bones, onions, macadamia nuts.

Plants: some plants are toxic to pets, e.g. lilies are extremely toxic to cats so keep them well clear of them.

Walking: remember the 5-second rule when walking your dog; if you can't keep the back of your hand on the ground for 5 seconds it's too hot to walk your dog. If your dog is a flat-faced breed they can overheat quickly, so walking early morning or late evening is best for them.

Cars: by now it's too hot to leave our pets in cars while we go shopping. There are new rules regarding pet welfare and people can be fined for having dogs in cars on hot days.

This is by no means everything you need, but hopefully it will jog your memory and help you get through the silly season. If you need anything, we will be open normal hours, only closed on the Stat days and, of course, we are available for emergencies 24 hours a day.

Merry Christmas and a Happy New Year to all our clients!!

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mortgagematters

When would you use a Non-Bank Lender?



We know not everyone follows the same path, which means not every borrower will appeal to all lenders. A simple default on a utility bill from years ago could affect your credit rating and your ability to pass the criteria outlined by certain banks. Thankfully, there are alternate lenders that can help you reach your financial goals with a custom loan, and your Mortgage Adviser is well placed to explain who they are, and why they do things differently.

Get finance with an irregular income

Not everyone earns a regular PAYE income. You might be self-employed, a contractor, or you could work in a seasonal business and earn all of your income during just six months of the year. This makes it hard for some lenders to assess risk when you apply for a loan. As a result, many borrowers in this situation are unable to obtain a loan. Mortgage Advisers have access to custom lenders that can provide low documentation loans – which means, regardless of how you earn a living, you can still be considered for finance when making your next property purchase.

Consolidate debts to stay on top

It's not unusual for borrowers to end up with debt across different loans and then find themselves struggling to pay it all off. People caught up in this situation often think that, if they just keep pedalling harder, they'll come out the other side. Some do – but others don't; they fall even further behind.

One way that borrowers can stay on top of all their repayments is by consolidating debts into one loan with a lower rate. Even if you've missed a few payments on some of your loans, your Mortgage Adviser can talk to you about options for refinancing, to help get you in a better financial position.

Short-term funding

In many cases, a particular need has arisen in which short-term finance will be required. Where such circumstances involve the impending sale of property, Mortgage Advisers may be able to help you obtain short-term funds. For example, if you are a property investor and need money now while another property is pending sale.

For further details feel free to contact Ivan on 0275 775 995 or email 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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The Gift That Lasts a Lifetime



Growing up, we didn't have a lot. Momma and Daddy worked hard, but, with four kids, things were always tight. We didn't have stacks of presents under our Christmas tree. I remember one year when I got three presents and I thought "we must be rich now." I remember each gift I got that year. I still have two of them.

My own children's experience has been very different from mine. The 9-year-old version of me would stand in awe at the number of gifts we've given to our children.

Every Christmas, I feel like I have Multiple Personality Disorder.

One part of me feels guilty for giving my children 'too much', the other part of me feels so much joy in having the ability to do so. Is it just me? Or do you feel like that too?

I recently asked my 19-year-old daughter if she felt she had a good childhood. I was expecting an answer that basked in the glory of all the toys and sulked about all the rules of the house. What I got was something totally unexpected.

She talked about all the fun we had. The things we did and how she has so many great family memories. Not about things. About People. Not about toys. About Experiences.

It was in that moment that my 9-year-old self and my 47-year-old self collided in a burst of enlightenment. Something we all know, but seldom understand. The best gift we can give is something a person can take with them wherever they go and that lasts a lifetime. Memories, experiences, living our lives together – that is the best gift ever.

In the stress of trying to find the right gift for our loved ones, let's remember to take time to look in the mirror, because staring back is the greatest gift you can give. You. Time with you, climbing trees, walking on the beach, swimming, playing hide and seek, riding motorbikes, having a picnic... you get the idea. Let's give our kids, regardless of their age, something they can take them wherever they go. Let's give them great memories!

Rechelle McNair | sKids Kingsway

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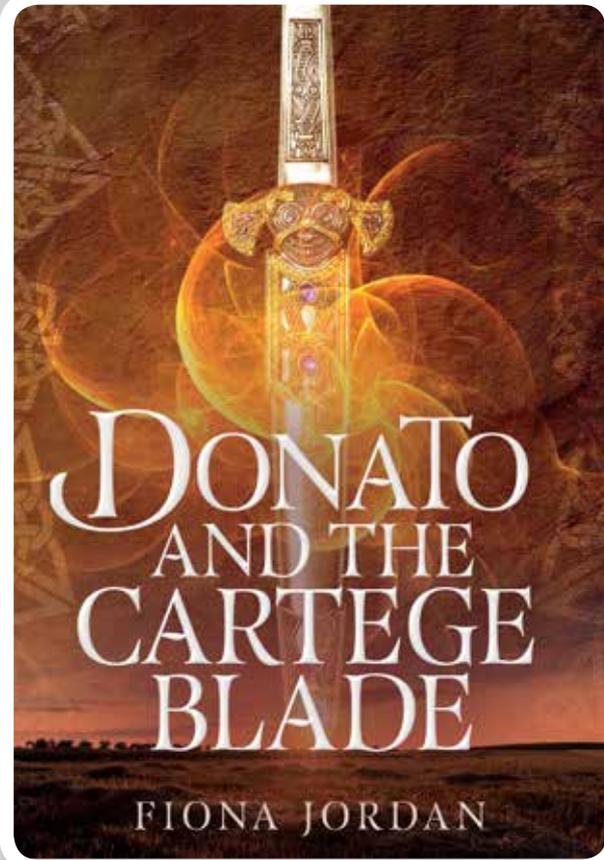
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millwater **book of the month**

Donato and the Cartege Blade by Fiona Jordan



Set in medieval times, teenager Donato has been raised in a monastery, helping out in the kitchen and trying to keep away from the abbot, Brother Benito, who seems to be intent on making his life a misery. He dreams of a life away from the monastery, a life of living in castles and having adventures. But his life is nothing like that; it is one of hard work and routine, the only bright moments spent with his protector Brother Francesco.

But one day Donato travels with the other monks into the city centre to celebrate the Spring Festival, and Donato gets separated from the monks. Donato finds himself inside the castle walls, and his fascination with the place draws him even further inside. But he isn't alone. He overhears a conversation, and he learns the king is in danger of being poisoned. Donato is forced to act, but this decision changes his life forever and sets him on a completely new path. It's not long before the teenager is learning what it is like living outside the monastery, as well as practising skills to defend himself. Further on in the book, Donato discovers the truth about his family background, which is completely different from what he has always believed. And with the truth comes a destiny he never could have imagined.

Donato and the Cartege Blade is a first-rate read for young adults (and older readers). It's extremely well-written, with great characterisation and a pacy, page-turning plot. I was hooked by the story very quickly and thoroughly enjoyed how the story developed. It's certainly left me eager to read the next instalment by this talented author.

Mary Egan Publishing, RRP \$25.00

Karen McMillan author of Brushstrokes of Memory and Elastic Island Adventures. www.karenm.co.nz

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THE GREEN SPOT - Eco Tip of the Month

Season's Greetings! Christmas can be a very wasteful time of year, so I urge you to rethink some of your festive habits and put an eco-spin on your traditions for some really good cheer this summer. How about reusable bags for wrapping your gifts in each year? The ones shown are from Nan's Corner, which you can find on Facebook, or try making your own? You could also save boxes to decorate and reuse as gift boxes that look great under the tree, or reuse the paper that you get as packaging in your received courier items. My kids enjoy decorating and personalising the paper in lieu of a card.

Foil wraps and cellophane should be given an extremely wide berth and although paper wrap that you buy in the shops is better, it usually comes in a plastic sleeve and is still an unnecessary use of trees when we can be reusing what we already have. Some people have a great habit of keeping and reusing carefully-used wrapping paper for several years. Don't be afraid of giving someone a present with crinkly old paper wrapping, as this is the way forward and you'll be considered very 'on trend'! Especially if it is tied up with string, which is compostable, as are certain gummed paper tapes.

Another trend is the Japanese fabric wrapping called Furoshiki, for which you can find all sorts of tips on YouTube. Why not make the wrapping part of the gift by use of a scarf or tea towel?

And, as for the contents, I heartily recommend you consider second-hand options and supporting local companies and businesses that focus on sustainability. For example, if you are going to buy candles or soaps, opt for the ones that are cruelty-free and aren't in plastic packaging.

Hayley Crawford



Illuminate Church Glow Party 2018

Kids on the Hibiscus Coast were shining bright this year at Illuminate Church's second annual community Glow Party. Hosted by the local Silverdale church on 31 October as a safe and friendly alternative to Halloween, the event was well attended by around 580 children and their families, where they enjoyed a glow-in-the-dark disco, carnival-type games, multiple bouncy castles, sausage sizzles, face painting and lots and lots of lollies! Entry to the event was by gold coin donation and the BBQs operated on a similar basis.

These combined initiatives on the night raised \$1,800, all of which was donated to another local charity doing great things in the region; that being the HBC Youth Centre in Orewa. Such was the success of the night that the Church will make this an annual event and look to support a different local charity each year.

www.illuminatechurch.org



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pharmacytalk

A great big thanks from Millwater Parkway Pharmacy



It is crazy to think another year has flown by, but what a great year it has been. We definitely need to start by thanking such a wonderful, loyal community for all the support given to us and in doing so this has meant we have been able to give back to the community and participate in some important community charities/events. This includes donations to:

Silverdale Kindergarten for the annual Bike-a-Thon (co-organised by Janetta Menzies)

Kingsway School ladies' night (co-organised by Nicole Varadi)

Christmas Hospice Adopt-a-Family donations (co-organised by Nita Wong)

A special shout out to these people and all the others in the

community that get behind such good causes.

To celebrate another year gone by and belonging to such a heartwarming community, anyone who comes into Millwater Parkway pharmacy between the 1st and 19th of December and spends over \$40.00 in store will have the chance to be in to win the beautiful family hamper pictured in our advert, valued at over \$500!

Our opening hours for those that may need repeat prescriptions during the festive season are below:

Monday 24th December: OPEN 8.30am-6.00pm

Tuesday 25th December: CLOSED

Wednesday 26th December: CLOSED

Thursday 27th December: OPEN 8.30am-6.00pm

Friday 28th December: OPEN 8.30am-6.00pm

Saturday 29th December: OPEN 9.00am-3.00pm

Sunday 30th December: CLOSED

Monday 31st December: OPEN 8.30am-6.00pm

Tuesday 1st January: CLOSED

Wednesday 2nd January: CLOSED

Resume normal hours of operation from Thursday 3rd January onwards.

Wishing you all a very merry Christmas filled with family, lots of laughter and happy memories to treasure. From the team at Millwater Parkway Pharmacy.

Millwater Parkway Pharmacy



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safer communities

Crime Prevention

Part of my job is visiting victims after a crime and offering prevention advice. What is often very obvious is how simple it is to improve the security and deter offenders. I often use the principles behind CPTED for inspiration.

Crime Prevention Through Environmental Design (CPTED) is the concept of creating an environment that discourages crime.

Buildings and properties are designed to offer protection from the forces of Nature; they should also be designed to offer protection from crime.

By adopting the CPTED principles you should create an environment that eliminates the opportunity for offenders to commit crime and at the same time encourages the public to keep a watchful eye.

These principles behind CPTED were developed for when designing and constructing new buildings; however, the concepts can be applied to existing buildings and environments as well.

Criminals do not like to be seen. They prefer to offend in environments where they are hidden and have easy escape routes.

Below is a list of simple suggestions that can be used:

- Keep areas well lit. Building entrances should be bright at all times and provide a clear line of sight from both inside and outside.
- Eliminate hiding spots. Keep hedges low. If you have fencing, make sure you can see through it. Remove objects that provide hiding places: e.g. skip bins etc.
- Use Closed Circuit Television (CCTV). Install bollards on footpaths outside shops to prevent ram raids.
- Put outside furniture and equipment away so it can't be used to access windows, doors, etc.
- Verbally challenge people if you suspect they don't belong in the environment (or phone police and inform them of your concerns).
- Have burglar alarms and/or panic alarms fitted.
- Have clearly defined property lines so there is no mistaking private property.
- Keep your property well maintained (vandalised areas are more inviting to criminals).
- Use quality locks and dead bolts.
- Have exposed windows fitted with a protective film.

Acknowledgement: William Deutsch "A Building Security Checklist"

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artspeak

The Gift of Art

For the month of December and January Estuary Arts Centre will be brimming from wall to floor with art of all themes, shapes and sizes. The annual Cash and Carry Under \$500 Sale will on display throughout the Centre and in the beautiful Studio One overlooking the Estuary. With hundreds of original artworks; from paintings, prints, ceramics, jewellery and more, there is bound to be something that takes your interest. By giving a piece of art this Christmas, you are not only supporting local talent and investing in our economy, but giving something truly unique. Another way to gift friends and family is with a voucher for the Arts Centre. This voucher is redeemable in the gift shop and for all the art classes on offer.



The Arts Centre and Café will be open all summer holiday, daily from 9am to 4pm. A great place to bring visitors and to stop in after a brisk walk around the Te Ara Tahuna Walkway. The Centre will close only for the following holidays; 25, 26 December 2018 and 1, 2 January 2019.

The Summer School holiday programme for children will run over three weeks from 14 to 31 January 2019, offering a range of art and craft courses. Join into a short half-day class or a full day class. Bev Head is back, bringing a whole new range of techniques to do printing without a press. Eion Bryant will be offering a full day of drawing and painting for

young adults; learn about perspective, colour-mixing and take your drawing skills to the next level. For the younger ones aged 5 to 8, Jude Howker is offering mixed media and painting skill-based classes. Her class results are always bold, bright and colourful.

To find out more about these programmes, visit the website www.estuaryarts.org or visit the Centre which is located at 214b Hibiscus Coast Highway. So, get on down and join YOUR Arts Centre!

estuary arts centre



Cash & Carry under \$500 Art Sale

02 Dec 2018 to end Jan 2019
Paintings, ceramics, jewellery, sculpture, quilts and more

Opening Friday 02 Dec from 5pm



“The Art of Teaching”

Tutors and Staff Exhibition
1 to 17 February 2019
Meet the tutors on Sat 2 Feb from 3 to 5pm



Summer School Holiday Programme

14 to 31 January 2019
Booking essential

214b Hibiscus Coast Highway, Orewa | www.estuaryarts.org
09 4265570 | Open 7 days a week, 9am- 4pm | FREE ENTRY

The Pukeko's Foot



There's a very special reason for the unique nickname this house has been christened with. When you gaze upwards in the living room corner of this stylish, split-level weatherboard home, you'll see exposed rafters at an unusual cross-section of angles that can't help but remind you of a pukeko's foot.

And we believe it was this complex, never-been-done-before structural roof connection that helped earn it a Gold award at the 2018 Master Builder awards in the Nulook New Home \$700,000 - 1 million category. The elevated views and split-level floor plan created an interesting challenge that required a

unique roof engineering solution and a lot of planning with engineers, architect Alistair Watt and ourselves to pull it off.

In fact, the distinctive way in which this roof came together is so unusual, the technique has never been done before in the history of the building industry. And, while it was certainly a challenge, we rose to the occasion as our ethos is crafting quality homes that are specifically designed to suit our client's land as well as their family's lifestyle.

That's why you won't ever see a carbon copy of a Maddren home as your neighbour. It's immensely satisfying to overcome a challenge such as this and the proof really is in the pudding; with the gold award and happy owners who were rapt with getting the home of their dreams.



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millwater **Romeos**

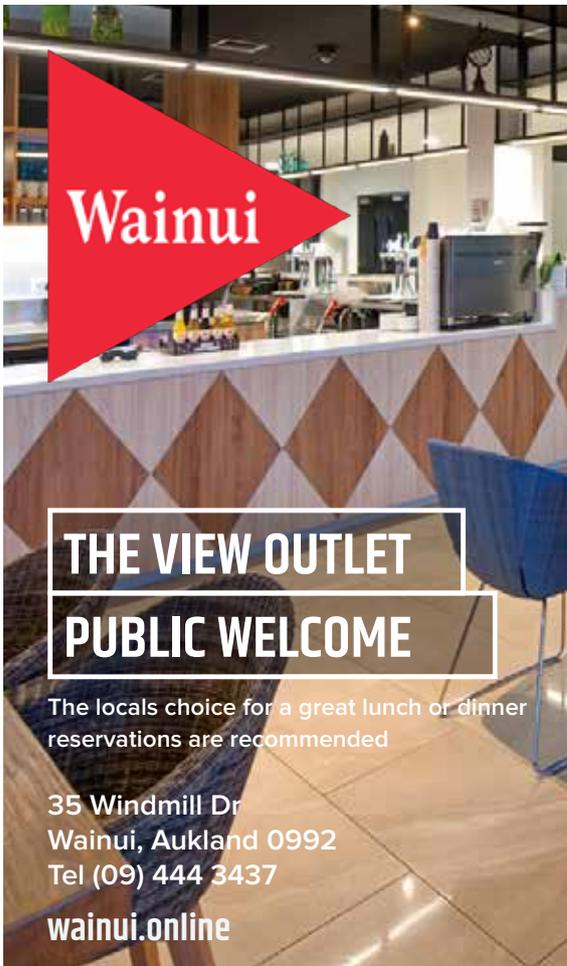
In November, the Millwater ROMEOs (Retired Old Men Eating Out) ventured north to 'The Range Warkworth,' which, as the name suggests, is about 2km south of Warkworth on SH1. It offers a range of activities including an air rifle range, a golf driving range, 9-hole mini golf, baseball and softball auto pitcher as well as cricket nets with auto bowler. After being shown around the activities on offer, we all made our choices. The mini golf was popular. It included a couple of quite difficult holes which could easily blow out your score if you were not very accurate with your putting. 22 was the lowest score achieved for 9 holes, shared by two members, and a couple of members got holes in one. The air rifle range was also popular, but some found aiming with old eyes quite tricky.

All of the other activities were used by members except for the cricket which requires a bit more time, not to mention expertise. The hour we spent there was most enjoyable and is recommended

as a fun family or friends' activity, only 20 minutes north of Millwater. The cost for each activity is also quite reasonable or a combo can be purchased which is more economical.

After our (slight) exertions we headed back to the Orewa Surf Club for lunch. The view of the beach couldn't be closer. The menu included a range of choices that kept everyone happy, including spare ribs for the more adventurous. The service was friendly and efficient and we almost had the entire upstairs floor to ourselves for lively discussions and banter.

After lunch, most members went back to the organiser's home for coffee and cake plus further discussions about all manner of topics. This was a very pleasant way to spend a day in convivial company and, for some, trying out new activities that can be revisited in future.



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selections may not be exactly as shown



Summer is upon us – remember to Protect your Eyes!



As warmer and sunnier weather approaches us this season, we need to ensure that we are protecting not only our skin from harmful UV (ultraviolet) rays but also our eyes.

Ultraviolet radiation can be subdivided into three wavelength bands: UV-A, UV-B and UV-C. UV-B is the wavelength that affects our eye health the most. It is the leading cause of cataracts and has been linked with the development of macular degeneration. Also, UV-B rays are associated with pingueculae and pterygia, which are milky-white growths on the eyes' surface that can cause corneal problems. The eye cannot see UV, so the use of sunglasses to eliminate the more-damaging UV-B radiation is highly desirable.

The Australian and New Zealand sunglass standards advise that sunglasses with a value of 3 or 4 absorb the most UV

radiation. All sunglasses sold in New Zealand must be labelled according to this standard. Wearing a broad-brimmed hat in conjunction can also reduce exposure by up to 98%.

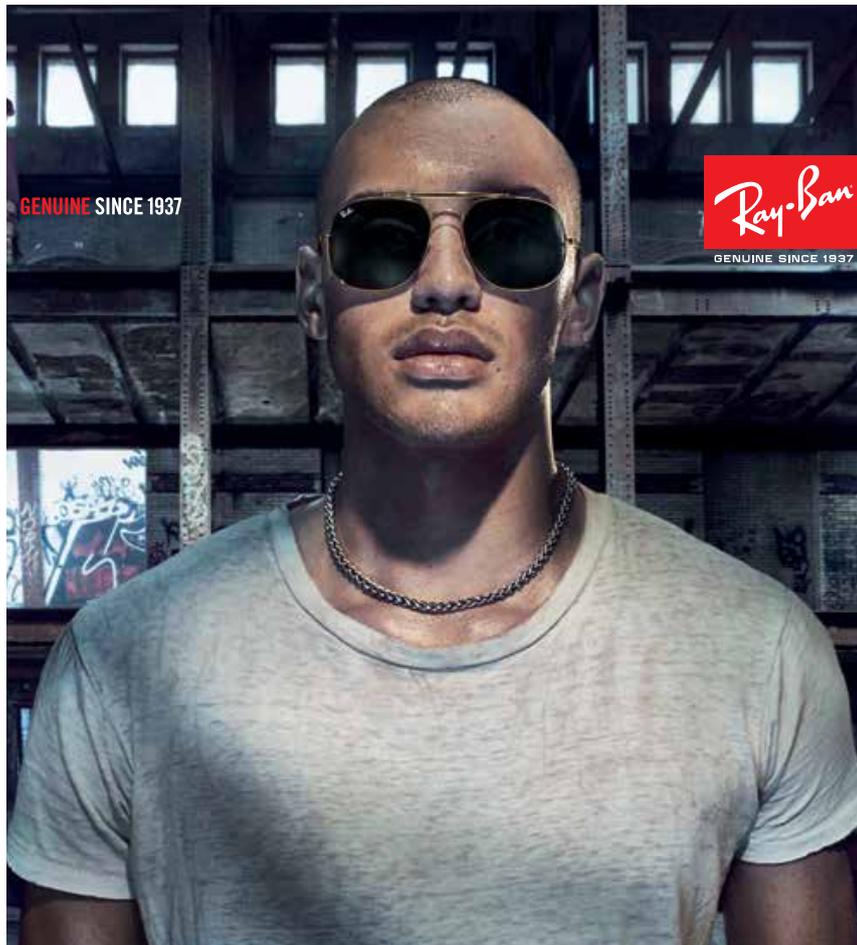
Wrap-around sunglasses are the best as they reduce exposure of radiation from the sides. Also, polarised lenses are particularly good at eliminating glare, which is useful when surrounded by water or driving. Even if your contact lenses block UV, you should still use sunglasses to protect the parts of the eye not covered by them.

It is also important to get children into the habit of wearing proper-fitting kid's sunglasses and hats from early on. Children are more susceptible to retinal damage as their natural lenses are clear, allowing more UV to penetrate deep into their eyes. They also tend to spend more time outdoors than adults.

In short, good quality sunglasses are a must for all. They can even be made with your optical prescription in them and they look very cool too.

For more information on which sunglass frames or lenses are best for you, pop in to see the friendly team at OPSM Optometrists in the Silverdale Centre (opposite St. Pierre's Sushi) or call us on 09 426 7902. See us online at opsm.co.nz

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A Tightening Housing Market

In October I attended a seminar on the state of housing in Auckland City, especially rental housing. Many people at the meeting reported that they were concerned at the reduced availability of homes for rent in Auckland. The market appears to be absorbing population growth as Auckland increases in popularity as a place to live. There is organic growth of the number of tenancies, and when a rental property is sold to an owner-occupier there is one rental property no longer available for rent.

Strains on the Housing Pool

Over the past couple of years several changes have occurred in the housing market:

The demand for housing in Auckland (both owner-occupied and rental) has been well documented in the national press. This demand has overflowed to other parts of New Zealand, including Hamilton, Tauranga and Wellington in particular. The net migration inflow has put even more strain on the pool of available houses.

Some owners in Auckland are selling their properties and buying in Millwater and Rodney. There is an influx of people direct to Millwater from other places. Many have been attracted by the dream of living a less-busy lifestyle and for the fantastic community spirit. Others commute from Millwater to work in either North Shore or Auckland while enjoying the coastal lifestyle at weekends.

Fewer Vacancies

Some rental properties have been sold to new owner-occupiers,



and new arrivals have accounted for increased rental demand. Increased competition for properties is causing rents to rise, following the laws of supply and demand.

More Houses Needed

Real estate agents are reporting a shortage of listings, for both investor and owner-occupier purchase. More households than ever before are renting their homes. There is an opportunity for housing investment to address the growing shortage. It requires prompt action from homeowners and developers alike.

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Home appliance upgrade offer

“We are giving away a comprehensive collection of home appliances to enhance your new home,” says Ron. “It’s our Christmas gift to new clients who sign up before 21 December for a Madison Park Home build. A home appliance upgrade of carefully selected Bosch and Panasonic products to complement your new home. You will receive a Bosch double door fridge freezer, a Bosch pyrolytic wall oven and induction hob, a Panasonic microwave, and for your laundry a Bosch front-load washer and a condenser dryer.”

If you want to see quality in home building, take a look at the new show home completed by Madison Park Homes at Millwater. It’s a home with generous living spaces, soaring ceiling heights, well-appointed en-suite and a large walk-in robe. And a home with excellent street appeal.

You can have this quality in your own new home, along with customised upgrades and options to enhance your lifestyle.

“We offer a range of inspiring home designs and encourage clients to think outside the ordinary,” says Ron Saxby, Madison

All Madison Park Homes are available with additional selected upgrades and options, including bathroom tile upgrades, selected wallpapers, feature brick walls, underfloor heating, carpet upgrade, ducted heat pump systems, curtains, blinds and shutters. These options can be priced into your total build price.

Madison Park Homes Note: Photo is indicative only and does not represent actual products offered. Products on offer are subject to availability.







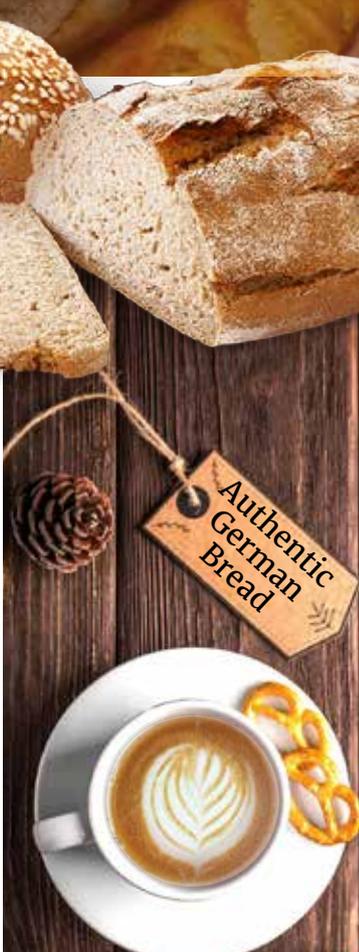

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Serving our community



It's stating the obvious that Millwater is a great community! That's why we all live here, right?

Millwater is special for many reasons: people care about and support their community and help one another. We relish being part of and able to serve our community in a number of ways.

As co-owners of UProtectNZ Insurance Services, insurance specialists, we welcome the opportunity to personally tailor protection plans that provide security and peace of mind for you, your family and your business – at competitive premiums.

As "Sounds of Greece", we enjoy performing free for local fundraisers such as the Silverdale School Country Show Day or helping make the day more enjoyable by performing for

dementia unit patients at Evelyn Page and other retirement villages, as well as fundraisers for Hospice.

As a member of the Rotary Satellite Club of Orewa-Millwater, it's been a pleasure to organise, and for Sounds of Greece to perform at, the recent Greek Extravaganza fundraiser for Hibiscus Hospice. This celebration of all things Greek and is now an annual fixture on the Auckland/Hibiscus Coast events calendar. This year the event raised \$13,000 for Hospice. The Greek Extravaganza wouldn't have been the success it was without the support of our business sponsors, many of whom are based in Millwater. Thank you.

In all these capacities, and more, Cristina and I are ready to continue to serve our wonderful community.

We wish all our fellow Millwaterians, insurance clients and Greek music followers a peaceful, harmonious and safe Christmas and holidays. Enjoy quality time with your family and friends and, if you need any assistance – whether it be advice or review of your existing insurances, or to find out where Sounds of Greece is performing next – please give us a call!

Theo Simeonidis FNZIM & Cristina Simeonidis UProtectNZ Insurance Services

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

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millwatermalt



Choosing an affordable whisky for Christmas is always a challenge (there are many excellent Christmas whiskies, but few are as affordable as this). However, we believe that we have found one that represents good value – the Tamnavulin Double Cask Speyside Single Malt.

The Tamnavulin distillery, founded in 1966, was 'silent' for a number of years before reopening in 2007 under Whyte & MacKay ownership. This, their first expression of a single malt, batch, numbered 0308, is matured in American oak barrels before being finished in ex-sherry casks.

Nose: Creamy sweet chocolate, stewed apple and mixed berries.

Palate: Christmas cake, toffee-coated barley with chocolate brownie overtones.

Finish: Moderate length, with a spiced rum sweetness on the finish.

Conclusion: Good value at this price point. A tiny drop of water (and I mean tiny) brings improvement to the palate.

70cl, 40%ABV, target price online under \$65 including courier.

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millwaterbizbuzz



In perfect timing for Christmas, the new Ingo's German Bakery has opened in Silverdale and its quiet, courtyard-style location at 11G/20 Central Boulevard is already a popular destination for lovers of excellent Segafredo Italian coffee and a wide variety of authentic German breads and cakes.

Owned by Karl and Grace, final trials of the new German ovens were being finalised for the 18th November official opening when we called to meet them. Karl is the son of a baker, in whose business near Frankfurt in Germany he learned his craft and which he eventually took over in 1970 – but a holiday to New Zealand in 1982 was to change his life forever.

Back in Germany, Karl began to plan his return to New Zealand and a subsequent visit to the New Zealand Consulate in Bonn

confirmed he would be welcome here as a business-owner and employer of local people. Following further research, Karl learned that a German bakery in Hamilton was for sale. The move from Germany was completed in 1990 and Karl began his New Zealand bakery business.

Auckland proved to be an even better business opportunity and in 1993 Karl opened a new German bakery in Glenfield. Successful businesses attract investors and Karl eventually sold that business (still trading there under the name of the Diehl German Bakery). Having met his wife Grace in 2005, they decided to move to Hatfield's Beach two years ago – but the desire to continue baking was strong and they began to look for premises, which they found in Silverdale.

Ovens were ordered from Germany and Grace went to Guangzhou to order cabinetry, stainless steel racking and other fittings for the new business before Karl joined her there. Knowing their new business would restrict future holidays, they enjoyed a 2-month cruise on Queen Mary 2 before the serious work of opening Ingo's German Bakery began in earnest. Design, layout and Council approvals were completed and all other issues were addressed so that Food Grading could be obtained in good time for the 18th November official opening.

Ingo's German Bakery welcomes customers in its peaceful location with a 'try before you buy' opportunity for the German breads and cakes lovingly crafted by Karl, while Grace also serves up their wonderful Segafredo Italian coffee. Alongside the wide variety of German breads and cakes, delicious traditional German Christmas Stollen and gingerbread novelties are already on sale.

www.ingogermanbakery.co.nz

11G/20 Central Boulevard, Silverdale 09 426 1688

millwaterRowenas



The October lunch outing for the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was a return visit to Wainui Golf Club.

Although there were 7 ladies present, Diane Morland & Margaret Marran had left before I remembered to take the photograph and are therefore missing from the image here (sorry, ladies). The reason for the unusually small group on this occasion was that a number of the other ladies were either away or had prior engagements.

There was a great debate as to what we would have from the many delicious items on offer on the menu. Final decisions made and ordered and, when the meals arrived, everyone was very pleased with their choices and enjoyed their meal. As usual, there were some lively conversations – and, as we were only a small group that day, we all managed to join in the same conversation instead of several going on at the same time when there is a larger number of ladies present.

It was a beautiful day for our outing; lovely sunshine and a very picturesque view out over the very scenic golf course.

millwater motors



For our December/January double issue, you get a double helping of cars – both a 1955 and a 1956 Chevrolet Bel Air. Sean Waugh, with his life and business partner Catherine, lives locally in Millwater and we caught up with him recently.

Very quickly we learned that Sean loves all sorts of cars. “I used to be a Ford enthusiast, owning at various stages all three early models of Ford Cortina; the Mark One, Two and Three. At one stage I had a 1982 Cortina Mk.5, into which was shoe-horned a 302 Windsor V8 – and that was a lot of fun,” Sean told us with a wide smile.

Sean moved with his parents from the UK back in 1974 and enjoyed his childhood in various parts of Auckland. “Dad was a carpenter and he taught me good life skills around quality, integrity and making things work,” Sean added. Graduating from Rangitoto College, Sean developed a career in IT but, when redundancy struck, he began running an airport shuttle service in Auckland and Freedom Travel was born. From these relatively humble beginnings has grown over the past 12 years a major film industry transport business. “Movie sets and paraphernalia take up a lot of space and need moving quickly and efficiently,” Sean said, “and I have had to put together convoys with up to 30 drivers at times in order to get everything moved from, say, Auckland to a movie set in Queenstown. We have moved movie stuff to Stewart Island and the Chatham Islands, too”

Property development was part of the scene with Sean and partner Catherine for a time, but other avenues for investment with a fun factor were researched and they began to look for a classic car. Finding a 1955 Chevrolet Bel Air on Trade Me, when they went to inspect the car they found that there

was also a 1956 available. “Decisions were quickly made and deals struck with the former panel-beater owner and we became the proud owners of these beauties,” Sean added. We wanted to know more about both of these beautiful cars.

The 1955 has had a full body-off restoration and has a loud and very impressive ‘voice’. It houses a 454 Chevy big block V8 with a 671 supercharger and two 600 Quickfire carbs, TH400 transmission and a Ford 9-inch diff. “It is a seriously quick machine,” Sean beamed. The 1956 is a 427 Chevy big block, with an 850 double-pumper carb, 4-speed manual and DNA diff; more of a daily-driver car. We loved the distinctively American rego plates and the immaculate art deco-style period interiors.

“When we bought the cars, our initial thoughts were just to use them as wedding cars, and they’re used a lot for that purpose,” Sean said, “but we are getting lots of bookings also from people who want that special ride to a school ball, to a dinner date in town, or as a surprise birthday present for a family member so they can arrive in style at an American Diner.” We looked at their freedomtravel.co.nz website and, on their Facebook page and were delighted to find promotional offers and giveaways, including free MTI and Mobil fuel vouchers.

“Catherine and I recognise that fuel and running costs are expensive and we are happy to do this because it helps others,” Sean added. With a great gallery of photos on the Freedom Travel website and Facebook pages, you can’t help but smile and enjoy the thoughts of riding in one of these immaculately beautiful classic cars.
www.freedomtravel.co.nz



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millwater **property**

Every month Mike Pero Real Estate Millwater assembles a comprehensive spreadsheet of all recent sales in the Millwater area that reviews the full range of resident transactions that have occurred.

	Oct 2017	Sept 2018	Oct 2018
Number of Sales	12	17	16
Median Sales Price	\$1,075,000	\$1,120,500	\$1,249,000
Highest Sale Price	\$1,403,000	\$1,850,000	\$1,720,000
Lowest Sale Price	\$772,000	\$830,000	\$662,000
Average % price to CV	* _{pre 2017 valuation} 2.41	2.41	2.12
Average Floor Area (sqm)	197	235	235
Weighted Value Index	1400	1414	1392
Average Days to Sell	63	114	84

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

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propertytalk

The accompanying sales statistics for October make for some interesting, if not slightly confusing reading. The turnover at 16 units is right on average for the last 12 months, which is great; however, with the record high stock levels in the market, this figure really needs to be higher. A good month in Millwater is 25-30 units and we would expect that this is where we should be heading now with the choices available to purchasers.

Equally misleading is the median price, which appears to be very high. This is an unfortunate skewing, based on a higher than usual proportion of the houses sold being in the \$1.25 to \$1.35m range. The average this month is within \$1,000 of the average for the last 12 months and better reflects the stability in market pricing.

This really is a great time to buy, with a wide variety of options and most vendors having adjusted their mindset to accepting prices now well below the peak of 2016. They are now at the point that they are more likely to withdraw their property than they are to reduce prices further. We also expect to see a reduction in properties on the market over coming months (Feb / March excluded) as vendors who are not selling decide to stay where they are or rent out, so right now is the time to buy.

On the subject of buying, there are now some new rules in play that you need to be aware of. First up is that every buyer now needs to make a declaration identifying their eligibility to purchase property in NZ. If you are an NZ Citizen or permanent resident living here, then generally this is a simple procedure. However, you will need to make your position

clear at the time of purchase. Information can be found on this website: www.newzealandnow.govt.nz/living-in-nz/housing/buying-building

As part of the new Anti-Money-Laundering (AML) regime you will also now need to be able to positively identify yourself to your solicitor. Again, for most people, this will be the relatively simple process of providing a passport and proof of address; but for those purchasing through a Trust or Companies then some more information can be needed. The best idea is to contact your solicitor as soon as you start considering purchase of a property; they will be able to assist you with what needs to be done.

From 1 January 2019 there will also be the same identification requirements for people wanting to sell. Again, this will be relatively simple in most cases. However, it is worthwhile discussing this early with your real estate agent or solicitor. If the necessary information is not available, the agent will not be able to list your property for sale.

In most of these situations the process is simple; however, it pays to get things right in advance as delays in buying or selling can be costly. If you are considering buying or selling in the coming months, please give us a call. We are happy to discuss your obligations and point you in the right direction – early!

Grayson

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Grab your list and starting ticking boxes - number 9 Prospect Terrace will satisfy them all. This home is immaculately presented, inside and out, and is evident even before you step a foot into the home itself. Call us for more information.

- large 231m², low maintenance brick and weatherboard home
- spacious open plan kitchen, dining and living room and second separate large lounge
- beautiful and mature landscaping all round, just move in and maintain
- fully fenced section - great for kids or dogs and plenty of space
- balance of master build warranty



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Sarah Furniss
027 444 0044
09 426 6155

grayson.furniss@mikepero.com sarah.furniss@mikepero.com

www.mikepero.com/RX1676163

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



Millwater - 65 Madison Tce 4 2 2

Simplicity and Style...and not a stair in sight

This home has got everything you have been looking for. Totally single level, attractive brick and weather-board home with sun pouring in through the double glazing. Add the balance of a master build guarantee, a wonderful location in a quiet neighbourhood and you will be struggling to find fault with this property

\$1,095,000

- large open plan living area flowing to private garden and entertaining deck
- just three years old and built by reputable builder Maddren Homes
- balance of Master Build guarantee

Web mikepero.com/RX1662307



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Sarah Furniss
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sarah.furniss@mikepero.com



Millwater - 255 Millwater Parkway 4 2 2

Stunning Freehold Townhouse with Views

- Fantastic lock up and leave opportunity in highly desirable Millwater location with views over reserve to Orewa estuary
- Sunny and spacious open plan living flowing to spacious north western facing outdoor courtyard
- Great entertainer's kitchen with large bench tops and breakfast bar, ample storage and space for an extra large fridge
- Flexible living arrangement with additional media room / office convertible to a fourth bedroom
- Freehold title, no ongoing body corporate charges

Offers over \$940,000



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Web mikepero.com/RX 1675371



Millwater- 48 Madison Tce 4 2 2

Monochrome Magic on Madison

- flat north facing garden - fully fenced and oriented for all day sun
- modern kitchen with walk-in pantry and quality SMEG appliances
- four spacious bedrooms, master with ensuite, walk-in-wardrobe and deck access
- open-plan living plus second separate lounge
- built by Mike Greer Homes, multi-award winning master builder
- balance of 10-year master build guarantee
- conveniently located close to Millwater shops, schools and motorways north and south

\$1,089,000



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Orewa - 23 Flavell Drive 4 4 2

Elevation, space and location

- Just move in and get on with enjoying the good things in life. Only two years old, this single level home sits on an elevated 621m² site and offers four bedrooms, open plan living and excellent outdoor entertaining options.
- spacious kitchen with quality Bosch appliances
 - the open plan dining and family room opens out onto a generous deck and entertaining area
 - second separate lounge
 - bathrooms are finished with floor to ceiling tiles
 - fully fenced garden with vege patch
 - balance of masterbuild warranty

By Negotiation



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sarah.furniss@mikepero.com

Web mikepero.com/RX 1661575

Mike Pero

0800 000 525



WHAT'S BEHIND THE RED DOOR?

4 2

www.91manuelroad.com

91 Manuel Road, Millwater
Price by Negotiation

Don't wait another minute to find out! You're sure to be impressed by the impeccable presentation of this single level home right from the word go! Built by Mike Greer, this attractive home offers four generously sized bedrooms, two bathrooms (including master ensuite). The light, bright open plan living/dining area is well served by a modern kitchen with walk-in pantry and, together with the second separate lounge, folds out effortlessly to a large deck - perfectly designed to ensure you'll spend plenty of time outdoors entertaining family and friends. And...did we mention the private, landscaped garden that neighbours a tree-lined reserve? This is the perfect place to bask in the sun and enjoy the low maintenance lifestyle this family home offers. Put this home at the top of your viewing list!



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Millwater- 42 Miller Rise

6 🚗 3 🚿 2 🏠

Ultimate Family Home

Nestled up a private right of way, this immaculately presented home impresses at every turn. From the six bedrooms, which offer versatile living options for a large family, to the enviable Millwater location - there is so much to love here. The upper level offers four double bedrooms, a family-sized kitchen and spacious open plan living flowing out to a glass-lined balcony which has only one purpose in mind - making the most of the stunning sea views. A further two double bedrooms on the ground floor have their own separate wing and offer a spacious open plan living area, kitchenette full bathroom and private courtyard.

By Negotiation



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sarah.furniss@mikepero.com

Web mikepero.com/RX 1665635



Millwater - 2 Madison Tce

4 🚗 2 🚿 2 🏠

The House Company - Ex-showhome

- 238m² (approx) home sits proudly on a 662m² (approx.) corner site
- built by The House Company (ex-showhome)
- three bedrooms plus fourth bedroom/study on ground floor
- beautiful open plan living / dining opens out to sunny patio
- impressive kitchen with stone bench tops, quality appliances and walk-in-pantry
- separate lounge with gas fire and covered patio
- double internal access garage
- balance of masterbuild warranty

Offers over \$1,250,000



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Millwater- 263 Millwater Parkway 4 🚗 2 🚿 2 🏠

You'll love this lock up & leave. Freehold & Views!

If you've been looking for the perfect lock up and leave opportunity, then look no further.

Offers over \$925,000

Set across two levels, this near new 3 bedroom with additional media room/ office (or fourth bedroom) that can be closed off, 2 bathroom townhouse has been carefully designed to maximise space and privacy. Spacious living, kitchen and dining on the lower level are complemented by generous windows that flood the home with natural light and provide gorgeous views across to the adjacent park and estuary.



Max Zhang
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Millwater - 162 Wainui Rd

4 🚗 2 🚿 2 🏠

Vendor Demands Sale Before Christmas!

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

\$1,024,000

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



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Mike Pero

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LARGER, BETTER VALUE & AN UNBEATABLE LOCATION

6 3

16 Bartlett Drive, Millwater
Offers Over - \$1,200,000

This lovely 6 bedroom home is offered to the market by vendors who are resolute in their decision to sell. Situated on a large section, there is plenty of space for pets and the kids to play - even enough room for a pool (subject to Council consent). The ground floor level offers one double bedroom with ensuite, walk in wardrobe and with access to the sunny deck. A family-sized kitchen with quality appliances ensure the ability to cater to any occasion. Superb indoor/ outdoor flow provides easy access to the large deck - the perfect environment in which to relax and unwind. There are a further five bedrooms upstairs (master with ensuite) plus an additional large living area. Interested parties are advised to act with appropriate haste. Contact me today for additional information.



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Mike Pero

0800 000 525



CHARACTER AND CHARM WITH MODERN STYLE

5 2 3

4 Stella Maris Lane, Millwater

Positioned well back from the road, this large 274m² (approx.) sunny home is located on a generous 795m² section and offers a truly wonderful opportunity you cannot afford to miss. Contact Grayson or Sarah for more information..

- 5 spacious bedrooms (master with ensuite and walk-in wardrobe), 3 living spaces
- Modern kitchen with plenty of storage & space for a double door fridge
- Large section - plenty of space for the kids & pets to play
- Internal access garage and plenty off-street parking
- balance of master build guarantee



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Colour Smart - Using colour to your benefit!



When you think of colour, think about how it makes you feel and where it directs your attention.

Understanding how colour responds or performs can be very helpful!

- Darker colours are more dominant than Light colours
- Bright colours are more dominant than Light colours
- Bright colours are more dominant than Muted colours
- Warm colours are more dominant than Cool colours
- Bright colours are more dominant than Dark colours
- Bright warm colours are more dominant than Bright Cool Colours

Putting your outfit together, think about where you would like to draw the attention and use these tips to your advantage.

For example, pairing a pair of dark blue jeans with a bright orange top, the focal point will be on the bright orange top. Or, pair cream pants with a dark green jacket, the dark green jacket will be what is seen first and will be more dominant than the pants.

What else can colour be used for?

Colour is a wonderful illusion. You can use colour to make a colour appear cooler or appear warmer, duller or brighter.

- A complementary colour arrangement, opposite colours on the colour wheel, will create a bright colour combination, even if the colours are muted
- A light and dark colour grouping can make the darker colour appear darker
- Colour blocking can make you appear shorter
- Monochromatic shades of one colour, can make you appear taller
- Light colours reflect light which can make you appear heavier
- Top to bottom medium and light colours or bright coloured at the top can make you appear taller

There is always an occasion for colour, so use it! Let it do your talking without you having to say a word.

Enjoy the magic of Colour!
Janine









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Crazy Chicken Half size	was \$7	now \$5.5
Crunch Roll	was \$13	now \$10
Chicken Donburi	was \$12	now \$9
Beef Donburi	was \$12	now \$9
Curry Chicken Donburi	was \$12	now \$9
Eel Donburi	was \$15	now \$12
Funky Noodle	was \$10	now \$7
Well being Noodle	was \$10	now \$7
Curry Funky Noodle	was \$11	now \$8

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Sunday : Lord's Day

Silverdale Artisan Market

EXCITING NEWS!

Coming soon - Silverdale Artisan Market

We are looking for stallholders to join our market who are looking to take a hobby to the next level.

If you

- Make honey
- Make preserves
- Do home baking
- Produce eggs
- Make a mean mussel fritter
- Have a great craft idea

Then we are looking for you.

In the first instant contact Carole on
info@silverdalebusiness.co.nz with your details.





Central's Tips

December
2018



The holidays are here and so is the summery festive feel! It's time to pretty up the outdoors and cover berries and grapes. Plant leeks and harvest early spuds - and have a fantastic, safe and relaxing holiday break!

In the Veggie Patch

- **Christmas spuds:** early potatoes will be ready when their foliage starts to yellow - perfect for Christmas dinner!
- **Plant out swan plants** ready for when monarch caterpillars are hatching and hungry! You may need to cover the plants once the eggs are in place to keep predatory wasps from eating newly hatched caterpillars.
- Put **Bird Netting** over the strawberries, raspberries and blueberries and grapes.
- **Plant leeks** - seedlings are best dropped into a hole the width of a pencil, or a long trench. Nature tends to fill in the soil as it drops around the leek after watering. At planting cut the green tip down by half.

The rest of the Garden

- **Pretty up your pots for summer outdoors** - geraniums, impatiens and petunias make excellent displays and have fun teaming them up with some basil, parsley or thyme - nice aromas around outdoor eating areas.
- **Install a birdbath** and keep it topped up with water to help feathered visitors get through the summer heat.
- **Going away?** Deep water, then mulch the top of your pots thickly and move them into shaded areas.

Lawns

Best rule for summer mowing is to cut grass by one third of its length.



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MILLWATER

Adopt a Family

FOR CHRISTMAS

Over the last two years it has become a Millwater Christmas tradition to unite and 'adopt a family' by providing hampers to those in poverty. There are around 30 local volunteers who are each responsible for co-ordinating a small section of our Millwater neighbourhood, in the hopes that those who can afford it will donate gifts (must be new) and non perishable food items to help families in need have a wonderful Christmas. Get in touch with your area co-ordinator as soon as possible for more information about your specific adopted family and their requirements. Give what you can, whether it be a can of food, or a dream toy for a child who would have otherwise gone without.

Many of the co-ordinators will appreciate delivery of your donations before 14th December so that there is ample time for the hampers to be assembled and delivered to the charities and institutions involved, which are Salvation Army, Steps Forward, Kingsway preschool and Love Soup.

FOR DETAILS OF YOUR CLOSEST CO-ORDINATOR

Nicola Bernie: ozbernies@gmail.com

Nita Wong: nita.millwater@gmail.com

Follow the Millwater facebook page for more details



kingsway
preschools



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millwater@mikepero.com

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holiday destinations

Touring with Back-Roads

Ever wanted to do a coach tour, but cannot stand the thought of a big bus or getting up at the crack of dawn, then Back-Roads Touring Co might work for you.

With over 25 years' experience in small group and tailor-made tours across the UK, Europe and Asia, Back-Roads Touring is truly the original small group touring company.

With a maximum group size of 18 people on our Europe tours and 14 people on their Asia tours, they are experts at providing a friendly, relaxed and flexible form of touring. Most of their groups travel in purpose-built premium mini-coaches boasting leather seats, fridges and panoramic windows and roofs.

So, as part of a Back-Roads tour, you can reach places that conventional coach touring groups can only dream of. From exploring the heart of medieval European towns and villages to soaking up the scenery as you travel past endless paddy fields in Vietnam, you can be assured that Back-Roads Touring will take you beyond the tourist façade to experience an unparalleled balance of renowned yet lesser-known sites.

Forget large chain hotels. With Back-Roads Touring you will enjoy small, intimate properties full of local character. No two hotels are the same, so prepare yourself for trips that include stays in traditional hostelries, medieval and renaissance castles, and exotic garden resorts.

Also, look out for the Culinary Experiences. With a maximum of 18 people in each Back-Roads group, they can schedule meals in authentic local locations. Whether it's lunch at Rick Stein's iconic Seafood Restaurant or a street-food tour of Bangkok, you can be sure that your Back-Roads programme will be a delight for your palate too!

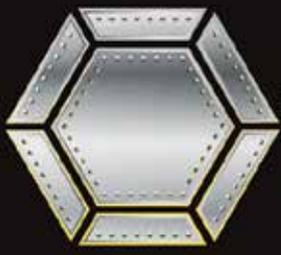
Language lessons, tea ceremonies, dancing shows and artisan demonstrations all feature on our Europe and Asia tours, providing our customers with cultural insights that help them to really understand the heritage of the places they visit.

Keeping to small groups also allows them to set a more relaxed pace – after all, the tour is your holiday, so there are no long drives and no early starts. They also build in plenty of free time to ensure that you have the chance to see things for yourself.

So, explore the UK, Europe and Asia the Back-Roads way and discover that there is no better way to travel.

Helen Baxter
Air New Zealand Holidays Travel Broker
Helen.baxter@airnzbrokers.co.nz
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Sat 1 Dec	02:33 2.9 m	08:38 0.5 m	15:03 3.0 m	21:19 0.5 m
Sun 2 Dec	03:35 2.8 m	09:43 0.5 m	16:03 2.9 m	22:20 0.5 m
Mon 3 Dec	04:38 2.8 m	10:46 0.6 m	17:01 2.9 m	23:19 0.5 m
Tue 4 Dec	05:40 2.8 m	11:46 0.5 m	17:58 2.9 m	-
Wed 5 Dec	00:15 0.4 m	06:37 2.9 m	12:40 0.5 m	18:52 2.9 m
Thu 6 Dec	01:07 0.4 m	07:30 3.0 m	13:30 0.5 m	19:43 2.9 m
Fri 7 Dec	01:56 0.3 m	08:18 3.0 m	14:17 0.5 m	20:31 2.9 m
Sat 8 Dec	02:41 0.3 m	09:03 3.1 m	15:02 0.5 m	21:17 2.9 m
Sun 9 Dec	03:24 0.3 m	09:46 3.0 m	15:45 0.5 m	22:01 2.9 m
Mon 10 Dec	04:04 0.4 m	10:27 3.0 m	16:27 0.5 m	22:42 2.8 m
Tue 11 Dec	04:43 0.4 m	11:08 3.0 m	17:09 0.6 m	23:23 2.8 m
Wed 12 Dec	05:22 0.5 m	11:48 2.9 m	17:52 0.6 m	-
Thu 13 Dec	00:02 2.7 m	06:01 0.6 m	12:29 2.8 m	18:35 0.7 m
Fri 14 Dec	00:43 2.6 m	06:43 0.7 m	13:12 2.7 m	19:20 0.7 m
Sat 15 Dec	01:25 2.6 m	07:28 0.8 m	13:57 2.7 m	20:07 0.8 m
Sun 16 Dec	02:11 2.5 m	08:18 0.8 m	14:45 2.6 m	20:57 0.8 m
Mon 17 Dec	03:02 2.5 m	09:14 0.9 m	15:35 2.6 m	21:48 0.8 m
Tue 18 Dec	03:58 2.5 m	10:12 0.9 m	16:27 2.6 m	22:41 0.7 m
Wed 19 Dec	04:57 2.6 m	11:08 0.8 m	17:20 2.7 m	23:35 0.6 m
Thu 20 Dec	05:54 2.7 m	12:03 0.7 m	18:13 2.8 m	-
Fri 21 Dec	00:28 0.5 m	06:49 2.8 m	12:55 0.6 m	19:07 2.9 m
Sat 22 Dec	01:20 0.3 m	07:42 3.0 m	13:46 0.5 m	20:01 3.0 m
Sun 23 Dec	02:11 0.2 m	08:32 3.1 m	14:37 0.3 m	20:54 3.1 m
Mon 24 Dec	03:01 0.1 m	09:23 3.3 m	15:28 0.3 m	21:47 3.2 m
Tue 25 Dec	03:51 0.1 m	10:13 3.3 m	16:21 0.2 m	22:39 3.2 m
Wed 26 Dec	04:41 0.1 m	11:04 3.3 m	17:14 0.2 m	23:32 3.2 m
Thu 27 Dec	05:32 0.1 m	11:56 3.3 m	18:08 0.2 m	-
Fri 28 Dec	00:24 3.1 m	06:25 0.2 m	12:50 3.3 m	19:03 0.3 m
Sat 29 Dec	01:18 3.1 m	07:20 0.3 m	13:45 3.2 m	19:59 0.4 m
Sun 30 Dec	02:15 3.0 m	08:19 0.4 m	14:41 3.0 m	20:57 0.4 m
Mon 31 Dec	03:14 2.9 m	09:20 0.6 m	15:38 2.9 m	21:55 0.5 m

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Wow! What a great start to the season! The weather has been playing ball and the fish are biting hard everywhere. We have been fishing all around the Hauraki with soft baits and with bait & burley. Both methods have produced good-sized fish, especially in close to land. The workups are still a little distance away; currently North of Flat Rock and East of the cable zone around 50m. Although the workups have been exciting, the snapper under the workups have been a bit smaller than the fish we have landed closer to the shore in 15-20m of water.

Recently we entered in the Raiders fishing competition to help raise funds for the rugby league club based in Stanmore Bay. The forecast was for 2 knot winds and it was a stunning day on the water. We decided to fish the change of light at Maori Rock before heading out to the middle to look for workups. It was a great day out and we won two categories at the prize-giving later that night. The best part of the event was watching the kids receive their prizes for the biggest fish and seeing the foundation for another generation of serious fishos.

Our annual trip to the Coromandel was also a great success on Mad Max and Epic. This time the weather was good to us and we were able to get out to the pins to chase some kingfish. All of the anglers had tired arms after a day of hauling in fish up to 20kgs. This is a great way to get a team together for a day where you are guaranteed to catch kingfish. We have been on four charters with Tom Maxwell from Mad Max. If you are thinking of ticking this off your bucket list, then Tom is your man. He also has accommodation for up to four people at the back of his property.

Christmas is just around the corner, so make sure you get out there and enjoy the holiday season with your family.

Be safe and catch lots of fish. Merry Christmas and tight lines!

Are you Passionate about Writing?



A local Council-backed venture known as Genres and Generations is a three-workshop course that will run on 2nd, 9th and 16th February 2019 in the Orewa Community Centre, with the aim to unite younger and older writers in the community. Rosalind Ali and Johanna Emeney will be holding sessions on creative writing over the three consecutive weekends, covering prose,

poetry and creative nonfiction. They are targeting those who already have an interest in writing, and who would like the opportunity to share their stories with those of a different generation. Ideally, they would love a group of up to thirty individuals, made up of 50% over 55s and 50% 15-25s, but all are welcome.

Ros and Jo are the tutors and facilitators of the Michael King Young Writers Programme. Ros also works as a full-time teacher of Creative Writing at St Cuthbert's, and Jo is a senior tutor of Creative Writing at Massey University. They have run many of these programmes before, for migrant youth, older adults and teenagers on the North Shore, out West and in inner-city areas. Now, they believe, it's time to head up to their friends further north.

Applications are invited from 1st December 2018. Email rosandjo@gmail.com with details of your name, address, home and mobile numbers, plus a parent's/guardian's name, your

school and year group if you are under 18.



Join us for services throughout the month:

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Holy Trinity, Silverdale
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Love your Liver... Particularly at this time of year



At the time of reading this, many of you will be enjoying pre-Christmas festivities with excesses of food and alcohol.

Did you know that the very best things to support and protect your precious liver from over-indulgence are actually natural solutions from the plant world! One in particular is Milk Thistle, which has many thousands of scientific studies verifying its effective protective effect on the liver.

Milk Thistle is traditionally used in Western herbal medicine as an antioxidant that protects the liver and supports its function. There are seven isomers in Milk Thistle that are collectively

called Silymarin.

Globe artichokes are also traditionally used in Western herbal medicine as a choleric to increase bile flow, to better break down incoming and stored fats, and to help relieve digestive disturbances such as dyspepsia.

Bupleurum is used in traditional Chinese medicine to spread the liver 'qi' and relieve constraint. It is also used when there is disharmony between the liver and the spleen, with symptoms such as abdominal bloating, nausea and indigestion.

Glutathione is often referred to as the 'master antioxidant' – an accurate description, given that it is the most abundant endogenous antioxidant and a key regulator of oxidative stress and immune function in our body. Glutathione is involved in detoxification and elimination of metabolic by-products.

There are quite a few liver formulas in the market, but it's really important for a really effective result that you get a formula that has the clinical trials behind the active ingredients – and also that the formula contains standardised ingredients, so that you know the amount you are truly getting and that the formula really is 'active'. Don't just accept any general formula.

Come on in to Health by Logic to discuss and all the best of health for 2019 !

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How Would Your Story End?



A few months ago, I went to one of my favourite restaurants to find it closed. A sign on the door stated that the restaurant was closed indefinitely because the owner/chef required shoulder surgery and they were not sure when he would return to work. It went on to say they had served their customers for the past 18 years and hoped to be back again in the future. The restaurant was subsequently closed permanently.

My first reaction was self-centred disappointment – when was I going to be able to enjoy the food again?

But then my Financial Adviser mind kicked in! How could a

shoulder surgery shut down a business? What was their contingency plan? Was there one?

Business owners might anticipate potential liabilities and loss of assets but often do not deal with the vulnerability of their business due to the dependence on themselves or other key team members.

If you are a business owner, consider the following:

Is your business dependent on you or any other key persons?

What would happen to your business if you/your key person were unable to work, needed to exit the business unexpectedly, or passed away?

Do you have debt in the business?

What are the consequences on your family if you are unable to work?

Don't let this become *your* story! Determine how your story would end under these circumstances – I can share solutions and strategies.

Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on valentina@mirockfs.co.nz or 021 627 802

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Do any of these describe you?

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

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When was the last time you reviewed your insurance?
Do you know what you have versus what you really need?



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**
 Contact me, Valentina Pereira and we can chat over a coffee.
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Have you considered Warranties on your Purchases?



You may have purchased a new product – a printer, a heat-pump, or a new car; have you read the warranty? If not, perhaps now is the time. Certainly, we recommend you read the warranty before you have the product serviced, and before you install parts or consumables, to ensure you don't void the warranty.

Warranties

Many products come with a 1-year warranty. In some cases, extended warranties are also available. It is important that you are familiar with your product warranty, particularly if you want to rely on it in the future.

We recommend when you read your warranty that you check whether:

- you are required to provide a copy of your purchase receipt; if

so, perhaps scan it or take a photo of it, email it to yourself and keep it in a receipts folder in your email;

- you are required to use genuine parts, or specified consumables. In some cases, branded parts or consumables may not be required. However, if you use non-genuine parts and they cause damage, your warranty may not cover the cost of any damage caused; and

- you are required to use an authorised service centre or service provider.

If something does happen to your product, and your warranty does not cover the damage, you may want to consider whether consumer guarantees are relevant.

Consumer Protection

An individual's rights as a consumer are protected under the Consumer Guarantees Act 1993. The Act sets out minimum guarantees that apply to goods and services for household use. For example, you may be able to get a refund, repair or replacement item if a product or service does not suit the normal purpose for which it was purchased, or doesn't last as long as it should. Some exceptions do apply.

There is a wealth of information online with respect to consumer protection, however, and particularly if the purchase is a high-value item. If you are unsure whether the warranty or guarantees apply, our team are happy to assist. Call us on 09 486 3058.

Patricia Parker
Solicitor
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How to contact your local.....

Health & Well-Being, Fitness & Beauty

Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Skin Institute	09 426 0400
Caci Clinic	09 212 6900

Optometrists

OPSM Silverdale	09 426 7902
Orewa Optics	09 426 6646

Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
Silverdale Car Services	09 421 1413

Real Estate

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

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437
Silverdale Village Market	09 426 4479
Northern Union	09 426 2651
Crossbridge Theatre Company	09 426 4736

Printing

Treehouse Print	027 4986 202
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Insurance / Finance / Accounting

MiRock Financial Services	021 627 802
MTF Finance	09 421 0335
UProtectNZ Insurance Services - Theo	027 248 9320
UProtectNZ Insurance Services - Cristina	021 868 280

Pets

Millwater Vet Hospital	09 427 9201
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Storage

Guardian Secure Self Storage	09 905 2777
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Community

Hibiscus Coast Anglican Parish	09 426 4952
Forrest Funeral Services	09 426 7950
Illuminate Church	09 929 7824
Orewa Community Church	09 426 7023

Florists

Fabulous Flowers	09 947 5920
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Medical & Dental

Focus Hearing	09 533 6463
The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518

Dance

Fusion Dance Studio	09 428 3132
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Pharmacy

Millwater Parkway Pharmacy	09 959 0256
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Home & Garden

Central Landscape & Garden Supplies	09 421 0024
Total Security Group	021 273 2873
Auckland Garden Services	022 122 0950

Legal

Simpson Western	09 421 0559
Heathcote Legal	09 475 5916

Photography

Tony Gatman Photography	021 767 144
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Housing

Maddren Homes	09 412 1000
Madison Park Homes	0800 696 234

Property Management

Quinovic Millwater	09 444 5753
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Child Care / Education

Northern Arena	09 421 9700
SKIDS Kingsway Jnr Campus	021 773 301

Fashion / Retail / Gifts

Team Rhapsody	09 426 7100
Yoga Bolsters & Meditation	www.allsenses.co.nz
Art Sale	www.beateminderjahn.co.nz
Deejays Shoes	09 4265820
Stealth Supplements	stealthsupplements.co.nz
Silverdale Artisan Market	info@silverdalebusiness.co.nz

Food Outlets

Brotzeit German Bakery	brotzeit.co.nz
Bruce Lee Sushui	09 200 0043

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Ham with Orange & Honey Glaze

Ingredients

1 Champagne Ham
 1 litre orange juice
 300mls quality honey
 4 cardamom pods
 1 cinnamon quill
 1 fresh bay leaf
 5gms fresh thyme
 20gms Dijon mustard
 20-ish whole cloves

Method

Place all ingredients except cloves, ham & mustard in heavy-bottomed pot. Bring to the boil, reduce to medium simmer until slightly thickened (around 20 minutes), add in mustard at the last moment.

Remove skin from ham, cut away top fat if too excessive. With sharp knife, cut lines into fat around 3cm apart. Cut the other way with the knife, creating diamond shapes. Place a clove into each point of the diamonds.

Place ham into oven tray with sides, skin side up, pour glaze on top. Place into pre-heated 170c oven. Every 5 minutes, baste ham well with glaze that runs off. Bake until glaze is very thick (around 30-50 minutes depending on oven). Remove from oven & allow to cool.



This is best glazed the morning it is required. All liquid that runs off can be used on the side as a sauce. It can be glazed the night before and reheated the next day, but it is better to do this fresh, as it will fill the home with Christmas smells. Yummy!

Recipe from Facebook/Culinary Lane/
 or culinarylane.co.nz

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Let's do Small Things with Great Love!



Once in a while at my church there is a mission Sunday, where people share their magnificent works done overseas; they teach different skills to help people escape from poverty. What hit me was, in some countries, poor is not consider as the poorest; most of our missionaries are working with the people who are called the "poorest of the poor."

I always have high respect for the missionaries, while in New Zealand they are just people like us living a normal life; how can they leave such a comfort zone, travelling to a foreign country,

doing all sort of hard works and facing many tough situations?

Yesterday at church a lady showed us some photos she took in India. Each year, a few of them spend two weeks there teaching sewing to a big group of young women, where they can sew up some products, sell and make money for their family. You can see how life has changed for these women – once they have the confidence and the skills, opportunities open up. Who would have thought sewing can be such a powerful tool?!

While I was looking at the photos, I asked myself, "Can I do this?" Shamefully, my answer is, "No, I can't!"

But in another way, I always love the quote of Mother Teresa:

"Not all of us can do Great Things, but we can do Small Things with Great Love."

While I don't have the bravery to walk outside my comfort zone, nor have the talent to teach people new skills, I still believe everyone must have their place to make the world a better place. Not all of us can do big things, like build a school in a remote area of Africa and help thousands of children; but when many small things add up, it would become a big thing!

In the last two years, we have Millwater and Totara Views residents getting together, donating gifts and foods to families in need. I always said even a pack of pasta is much appreciated; because, if everyone can do a little, we could end up with many packs of pasta! Please refer to page 33 if you want to know more.

Merry Christmas everyone, thank you for your support and encouragement throughout the year. I hope you enjoyed my articles so far. Sincere thanks to Brian Mullan for editing my articles, and Sarah Furniss for giving me a platform to share my thoughts with the community. See you in 2019!

Nita Wong

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Junior Programme

Mon 17 Dec		Decorations— Make Keepsakes
Tues 18 Dec		Giving— Quality gifts made with love
Wed 19 Dec		TRIP DAY— Bruce Mason Theatre
Thur 20 Dec		North Pole- Santa's home
Fri 21 Dec		Chill Out— Mindfully relax
Mon 7 Jan		Nerf Wars!!! - Battle for supremacy!
Tues 8 Jan		Sports Day — Learn and build your skills
Wed 9 Jan		Stacks of FUN! - How high can you go?
Thurs 10 Jan		TRIP DAY— Picking Strawberries
Fri 11 Jan		Jurassic World—It's DYNO-mite!
Mon 14 Jan		Ice Cream Madness—Icy fun!
Tues 15 Jan		TRIP DAY—Movies: 3 to choose from
Wed 16 Jan		Weird Science— Fun Science to explore
Thur 17 Jan		TRIP DAY— Xtreme Entertainment
Fri 18 Jan		Water Sports—Dripping wet with Fun!
Mon 21 Jan		Minute to Win It! - 60 Second games
Tues 22 Jan		TRIP DAY—Waterslide Mania
Wed 23 Jan		Hoodwinked—Not a normal fairy-tale
Thur 24 Jan		TRIP DAY—Park Hopping
Fri 25 Fri		Ninjas— Fun Ninja games & activities
Mon 28 Jan		CLOSED—PUBLIC HOLIDAY
Tues 29 Jan		TRIP DAY—Sailing & Maritime Museum
Wed 30 Jan		Big Foot Little Foot—Hunt for the truth
Thurs 31 Jan		Back to School

Senior Programme

Mon 17 Dec		Decorations— Make Keepsakes
Tues 18 Dec		Giving— Quality gifts made with love
Wed 19 Dec		TRIP DAY— Bruce Mason Theatre
Thur 20 Dec		North Pole- More than Santa's home
Fri 21 Dec		Chill Out— Mindfully relax
Mon 7 Jan		Nerf Wars!!!- Battle for supremacy!
Tues 8 Jan		Sports Day —Build your skills across sports
Wed 9 Jan		Stacks of FUN! - How high can you go?
Thurs 10 Jan		TRIP DAY— Picking Strawberries
Fri 11 Jan		Orienteering—Map your course...
Mon 14 Jan		Ice Cream Madness—Icy fun!
Tues 15 Jan		TRIP DAY—Movies: 3 to choose from
Wed 16 Jan		Weird Science— Awesome Science!
Thur 17 Jan		TRIP DAY— Xtreme Entertainment
Fri 18 Jan		Water Sports—Dripping wet with Fun!
Mon 21 Jan		Minute to Win It!- 60 Second challenges
Tues 22 Jan		TRIP DAY—Waterslide Mania
Wed 23 Jan		Robotics—You vs Machine
Thur 24 Jan		TRIP DAY—Park Hopping
Fri 25 Fri		Ninjas— Learn the way of the warrior
Mon 28 Jan		CLOSED—PUBLIC HOLIDAY
Tues 29 Jan		TRIP DAY—Sailing & Maritime Museum
Wed 30 Jan		Big Foot : Man, Myth or Legend?
Thurs 31 Jan		Back to School

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