

theMillwatermag

Your FREE monthly magazine
of all things Millwater
June 2018



Israeli Couscous & Roast Vegetable Warm Salad

What's been happening at Silverdale School

The Millwater Interview

Read online at www.themillwatermag.co.nz



Editor's note

The patterned road at the traffic light junction of Millwater Parkway and Bankside Road certainly catches the eye! It will be much, much better when the promised Barnes Dance crossing (also known as a pedestrian scramble) is implemented.

We all had a great night at the Northern Union, with welcome drinks from Grayson and Sarah, and with a complementary bus ride for those who chose not to walk or drive. We all look forward to other events that are organised and generously hosted by Grayson and Sarah.

On the 'grapevine' I heard on good authority that the budget and plans are definitely in place for the landscaping of Butler Stoney Park. No details have been released, but I definitely heard the words 'work will start soon' in a conversation with a person who, for confidentiality purposes, I won't name here.

People and businesses continue to find Millwater attractive and our Biz Buzz features Hello World, who generously supported the wine and food cruise prize at the Northern Union party. Sadly, sometimes the wrong sorts of people are also attracted here, and for all the wrong reasons. There has been talk of Neighbourhood Watch, which is good – even a Street Watch Scheme would benefit you and your immediate neighbours. More and more people are installing security cameras, which, properly used, will also bring collective benefits.

The brighter, very white streetlights are posing problems for some. You can, and should, ask Council to fit baffle plates so that the lights are not overly intrusive, particularly in bedrooms.

Soon be mid-Winter – which means that Spring is following soon behind, too. Smiles all round!

Brian Mullan
Editor
June 2018



theMillwatermag

June 2018 Issue

- 4 Local Events
- 5 Safe pain relief for cats and dogs
- 6 What is your money personality?
- 7 Let's get playing
- 8 Millwater Book of the Month
- 9 Tradie of the Month
- 10 Pharmacy Talk
- 12 The Millwater Insider
- 14 Millwater ROMEOs
- 16 Millwater Property Management
- 17 Locals of hearts of gold
- 18 What to expect at a consult at OsteoMe
- 19 Why an insurance "warrant of fitness" is essential?
- 20 Millwater Malt
- 22 Millwater Biz Buzz
- 24 Millwater Property Talk with Grayson
- 25 Millwater Properties for Sale
- 30 What's been happening at Silverdale School
- 31 Timber Slat Decks
- 32 Central's Gardening Tips for June
- 33 A Caravan Story
- 34 Art Speak with Estuary Arts
- 35 American Retro Furniture
- 36 Your Local Tides
- 37 Skin Analysis at Beauty Aspects
- 38 Holiday Destinations
- 40 Have you ever considered Transition Lenses?
- 41 Back to Basics - Underwriting
- 43 How to contact your local
- 44 Millwater recipes
- 45 The Dangers of Ignoring a Toothache
- 46 Millwater Asian Corner
- 47 Community Zone

Front Cover: The ROMEOs at the Maddren Showhome in Kumeu



millwaterinterview



Serendipity sometimes comes along and opens a door that you didn't know was there, and that's what happened when we went to meet the owner of this month's beautiful motor, which features on page 23.

Local man Kevin Brown and wife Glenda have lived here for almost 6 years and are leading lights (pun intended) of one of Millwater's amazing annual Christmas light displays. Kevin's family moved from Pukekohe to Red Beach in 1970, building their first house on the waterfront and Kevin going to school locally before starting work as an apprentice printer. He told us, "I caught the bus in to work at Chancery Street for a couple of years until I could afford a car." He was then head-hunted into another printing company, where he stayed for 2 years and became foreman with a staff of sixteen at the age of just 22 – but became bored and needed a greater challenge. "I went freelance, working for a number of printing companies,

which allowed me to live the early '80s Kiwi dream of working 3 days a week, golfing on Mondays and fishing on Fridays."

Kevin then bought a printing machine and worked from home before running his own printing business in Albany for over 21 years; then selling it and, at age 45, attempting retirement for a couple of years. "That was never going to work," he said, "so I went back to school to gain my commercial skipper's ticket and began working on the charter boats at Gulf Harbour." In 2007, he started another printing business, which he sold in 2015 and took over a print finishing business in which he already had a share and which still flourishes in Albany.

"I've had a serious passion for fishing since my early teens and my dad had a boat that he rarely took out because he was seasick," Kevin said, "so I bought my first boat in 1980, the same year we got married." This began a deepening love of boats and of fishing that remains strong to this day – from the first clinker-built boat with a wee Seagull outboard, through to a 30-foot launch that he later took to Whangarei and had another 6 feet added. Fishing trips of up to 10 days up North for marlin were common. Kevin was caught once in a cyclone when a rogue wave came over the top of the boat and did some serious damage, but nobody was injured.

Trips to Tonga brought him two Tongan national record-beating fish: a 57kg oceanic white-tip shark in 1992, on a 10lb line, in which the autopsy revealed half a baby dolphin; and a 161kg striped marlin in 1994. "After the weigh-in and photographs, the locals arrived with machetes and cut the marlin up and shared it among themselves."

It's said that a heart attack is Mother Nature's way of telling you to slow down, and one of these did that just after Christmas 2015. "I still enjoy my fishing trips nowadays, but choose the better weather," Kevin added. "We have 7 grandchildren and want to be able to enjoy the best of family life together." A member of the Ford 8 & 10 Club, and Warkworth Game Fishing Club since 1987, Kevin's business sponsored the 10kg fishing contest from the mid-90s into mid-2000s. Almost as an afterthought, he added that he had been picked to play rugby for Auckland under-18 reps, has played over 150 games of rugby and also played touch rugby at Silverdale Rugby Club, where he is one of the Old Boys.

Published by The Millwater Mag Limited

Circulation is 5000 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz

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.

Urgent Care Doctor
Red Beach

Open 7 days 8am - 8pm

No appointment necessary.

FREE ACC visits for under 13 year olds

Ph (09) 427 9130

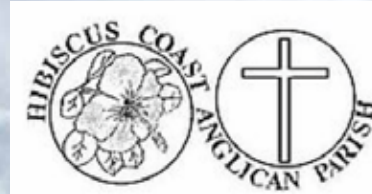
Red Beach Shops,
Red Beach Road

coastcare
accident + medical centre

localevents

- 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** New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- 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 or call 021 186 4599 to check when our next rehearsal is.

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



Join us for services throughout the month:

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

Christ Church, Waiwera
1st Sunday 11:15am

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

For further information phone 426 4952
or chadorewa@gmail.com
www.hbcanglicanparish.co.nz

SILVERDALE
FURNITURE RESTORATIONS
09 426 2979



**COUNTRY CHARM
FURNITURE**

Timber Furniture Specialists
with quality workmanship guaranteed
*Specialising in Antique, New Furniture
and all other timber surfaces*



- Furniture Restoration
- Re-Spraying
- Special Finishing
- Colour Matching
- Insurance Quotes
- Furniture Repairs
- Custom-Made Furniture
- Modifications and Repairs
- Recycled or New Timber
- Upholstery, Leadlight and Cane Work



Phone Grant or Lesley
23b Foundry Road, Silverdale
09 426 2979
www.silverdalefurniturerestorations.co.nz
09 426 8412
www.countrycharm.co.nz
Look for our pages on www.facebook.com

vetspeak

Safe Pain Relief for Dogs and Cats

Our pets suffer the same aches and pains as humans, but, because they can't speak, it's often difficult to determine whether they're suffering. Thanks to advances in veterinary medicine, however, there are lots of options available to vets to relieve pain.

Here we answer some of the most common questions owners ask about pain in their pets.

What are the signs that my pet is in pain?

There are a number of signs, some more obvious than others, which can indicate pain, including excessive grooming, being more vocal, antisocial or aggressive behaviour, heavy panting or altered breathing, mobility issues, signs of agitation, changes in their body and posture, changes in eating, drinking, and sleeping habits.

What painkillers can I give my pet?

Many pet owners wrongly assume it's safe to give their pet human painkillers such as ibuprofen or paracetamol, but this is not the case. Ibuprofen, for example, is toxic to dogs while paracetamol can also be highly dangerous if the wrong dosage is given. Ibuprofen and paracetamol should never be given to cats as both of these medications are HIGHLY TOXIC in cats.

If you have animal pain killers at home from a previous condition or for a different pet, contact your vet as it may or may not be appropriate to use this.

What natural products can I give my pet?

There is a huge range of supplements available. These include essential fatty acids, chondroitin, glucosamines, and cod liver oil to name but a few. It is important that good quality products are used at the correct dose.

If you want to know more, please pop in so we can discuss what is the best option for your pet.

Jemma Hedges

HIBISCUS COAST SINGERS PROUDLY PRESENTS: 'A Winter's Feast'

Join us and our new conductor, Robyn Allen-Goudge, in a mid-year celebration of music that gives cheer to offset those chilly days and long, cold winter nights.

We'll be performing a broad range of music to suit all tastes. There will be themes to evoke the joys of huddling around a lovely fire and good food whilst the weather is cold and wet outside.

Included in our programme will be excerpts from well-known musicals, light opera and some lovely, rich jazz numbers. You'll leave feeling warm inside and humming to the tunes we've sung to you.

Our singing will be accompanied by two accomplished pianists, Prue and Michael Bell.

Definitely a concert to warm the cockles of your heart!

Where: Red Beach Methodist Church

When: Saturday 30 June AND Sunday 1 July 3.30pm

Cost: \$25 Concessions \$20

Available from choir members/at the door
Ph: 09 4266043





Millwater
VET HOSPITAL
'Caring for your pet's health 24/7'
Corner Bankside Rd and Stables Lane, Millwater Central
Available on (09) 427 9201 24hrs / 7 days
www.millwatervethospital.co.nz



mortgagematters

What is your Money Personality?



I have been watching an interesting new show, Mind Over Money with Nigel Latta, which is broadcast on TVNZ 1 at 8pm on a Monday evening. It is also available on TVNZ on Demand.

Over the series, Nigel looks into the psychology of money and determines that there are four money personalities: Freedom Seekers (someone who uses

money for experiences such as travel), Security Savers (someone who sees money as a way to feel safe / gives them a sense of control), Sociable Sharers (someone who spends money on friends and family as a way of showing they care about someone) and Power Spenders (someone who gets a thrill of buying something new and spends most, if not all, of what they earn).

One episode relates to couples and how having the same, or different, money personalities can affect their relationships. Some couples can get by without being on the same page in the way they regard money. For others, if one of the parties doesn't change their ways the relationship will come to an end. Being on the same page (which doesn't necessarily mean having the same money 'personality') can certainly help to keep the relationship on track. Prospective suitors are also shown fake dating apps and asked to rate the candidates. It was interesting that both savers and spenders were attracted to savers.

Many couples (and particularly those who are struggling to achieve their financial goals) can benefit from having an open and honest conversation about money. We often recommend to our clients that the most financially responsible person assumes responsibility for managing the household's money, and that the other person accepts that such sacrifices may be necessary to address the situation. Having joint accounts, a bills account and an allowance for each person can also provide a mix of discipline and freedom. Small changes can help minimise the amount of money wasted or spent on unimportant things.

Whether you're saving for your first home or looking to repay your mortgage debt faster, we would be happy to help you gain a better understanding of the potential options available to you.

Wayne Lawrie is a Registered Financial Adviser specialising in mortgages. His disclosure statement is available free of charge, upon request.



Specialist Mortgage Advisers

Looking to buy your first or next home? Wondering whether you can do better than your current mortgage? Advice from a specialist Mortgage Adviser could save you time and money. Best of all, it's free!

Contact the Mortgage Studio team today. We're here to help you.

Ph: 09 428 2223 | Mob: 027 470 9990 | Email: enquiries@mortgagestudio.co.nz | www.mortgagestudio.co.nz | www.facebook.com/MortgageStudioLimited





Wayne Lawrie Morgan Moore Jo Hook

Locals helping locals

Proud to support Silverdale School

Cnr of
Millwater
Parkway and
Bankside Rd,
Miiilwater

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
www.mikepero.com

Let's get Playing



Coming into Winter is the perfect time to have a Family Games Night! A bit too cold or dark for the park or beach after dinner, but you still want to have your family time, right?

Games are a great way to build relationship and character. Get them off the shelf, shake off the dust and put those games to good use!

Don't have many games or maybe the games you have are a bit stale because you played them so much, or maybe you want to buy some new games but just don't know what to get? It can be difficult to find games that kids love but aren't going to drive you mad (à la Candyland). Here's a list of games your whole family might like:

Monopoly World Edition – This is a great game to play as it doesn't take hours like the regular Monopoly. Game can be completed in about an hour. No properties with houses or hotels, just a passport to fill.

Bananagrams – Not only is this fun, but players also work on their spelling and general knowledge if you play using specific categories.

Pass the Pandas – Fast moving dice game that is easy to play and loads of fun! Where you literally Pass the Pandas.

Left Centre Right – Dice game with tokens. Even if you're out, you still have a chance at winning. I've played this with my 4-year-old niece and my 20-something staff. Both loved it!

Cluedo – Oldie but a goodie. Good for critical thinking skills.

Code Names – Good if you have older children, some mental gymnastics needed.

Head Bands – Great one to play with any age. Funnily enough, the younger kids seem to be better at this than the older, which makes it fun for the whole family!

And you can't go past card games. A good game of UNO is always fun. But there are so many games you can play with a regular deck of cards. And the best part is you can take them anywhere, no fuss. You could also google "Games to play with Lego", there's heaps to choose from.

Let's get playing this Winter, Millwater!

Rechelle McNair, sKids Kingsway



Life's Great
with Northern Arena

Swimming lessons for the family
www.northernarena.co.nz
09 421 9700

BOOK NOW

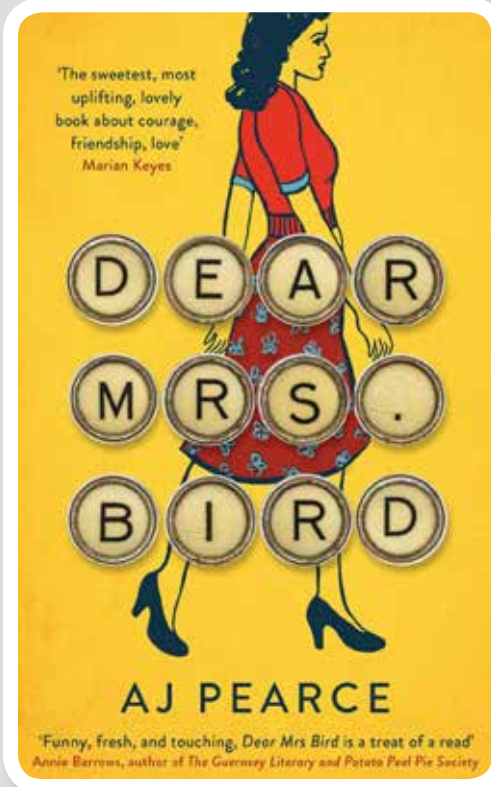
Northern Arena | Changing Lives
8 Polarity Rise, Silverdale | info@northernarena.co.nz



New Zealand
OUTSTANDING
SWIM
SCHOOL
2012-2017

millwaterbook of the month

Dear Mrs Bird by A.J. Pearce



There is so much to enjoy in this original and very charming novel! Set in London during the Blitz, Emmeline Lake and her best friend Bunty are trying to remain cheerful, despite the nightly bombings and disruption of life as they once knew it. Emmy would love to be a war correspondent, so when she sees an advertisement for a job in the newspaper for a prestigious publisher of newspapers, she jumps at the chance to achieve her dream. But, in her haste to impress at the interview, she doesn't ask any questions. She doesn't realise that she is committing herself to something quite different – typing letters for Henrietta Bird, the agony aunt for a failing women's magazine, which is part of the publisher's business, but far, far removed from the prestigious London Evening Chronicle that Emmy wanted to work for.

But Emmy rolls up her sleeves and gets on with the job of typing, and she soon discovers that Mrs Bird doesn't respond to many of the letters. If there is any hint of Unpleasantness, the letters must be cut up immediately. But Emmy finds herself worrying about the women who write in with tales of grief, indecision, failed love and other real-life problems, and she decides she will take matters into her own hands and write to these individuals to help them. Meanwhile, Emmy has her own personal problems to worry about, as the bombs continue to rain down on them.

I loved Dear Mrs Bird! The characters are truly delightful, and it captures a distinct period in history with such an air of authenticity you feel you are on the bombed-out streets with Emmy, trying to keep cheerful despite the terrible events unfolding. It captures the language of the time beautifully – and I understand the author has collected magazines from this era, which

adds to the storyline in the way people think and engage with each other. I feel too often historical novels of this time have too many modern sensibilities – rather than understanding just how much people were genuinely trying to be 'chipper' to get through this time. This novel is both funny and very moving, a tale of love and friendship, loss and understanding, and ultimately a book of kindness and compassion.

Karen McMillan, author of *Everyday Strength* and *Brushstrokes of Memory*, www.karenm.co.nz

Millwater Women's Group

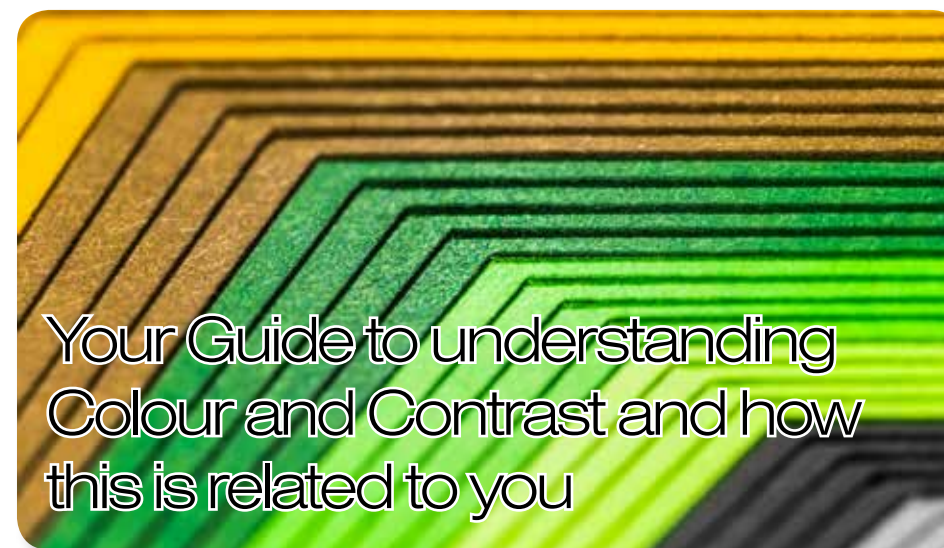
On 18th April the group met in Millwater and then carpoled out to Brick Bay Sculpture Park. We had a lovely morning tea in their beautiful café and then a leisurely wander through the gardens which had something for everyone. The park is in a beautiful spot just out of Snells Beach and was thoroughly enjoyed by all who attended.

Our group is trying to get out and about more to explore places of interest to members. Each month members take turns to organise outings and this was a great example of somewhere quite close to Millwater that proved to be interesting and picturesque.

Please contact me if you would be keen to speak to the group. Our interests are varied and wide.

We meet on the third Wednesday of the month.

Marj Noble 021 711-540



We observe value difference between two colours and can be measured by either High, Medium and Low contrast through how light or dark the colours are.

High contrast: is when two extreme colours get combined, for example a very dark colour with a very bright colour. Usually seen as authoritative and seen most often in corporate environments.

Medium Contrast: this is a combination of light and a darker shade, but very pleasing on the eye. Authoritative but more relaxed

Low Contrast: a combination of colours that are very similar, not much colour contrast difference. Softer, more approachable and relaxed.

Here are some examples of colours and their Colour and Value intensities:

Black – Bright in colour and dark in value

Olive Green – Muted in colour and medium in value

Purple – Bright in colour and dark in value

Red – Bright in colour and medium in value

Raspberry – Muted in colour and medium in value

Light Blue – Muted in colour and light in value

Texture and Surface of fabrics also have effects on colour.

Matt
Sheen
Shine

Wearing different contrast levels can create different moods. Once you start getting to grips with the intensity of colours, you will be able to start playing around with contrast levels that you enjoy wearing. Our unique colouring and personality responds differently to these combinations.

If you are curious and like colour in your life as much as I do, consider:

Hair colour – light or dark
Eye colour – soft or clear
Skin colour – warm or cool

Once these are taken into consideration, you will start to piece together the right contrast levels for you.

Janine Shultz | Natural Style

TRADIE OF THE MONTH with Maddren Homes

When it comes to doors and stairs, Paula Lane from HiQual knows all the ins and outs. Not only that, she knows what customers need, what building companies need and how to juggle everything in between – which is why she's earned herself the Maddren Homes Tradie of the Month nomination.

Recently, when a client of Maddren's wanted bespoke French country doors for their new house, Paula spent a lot of time working with them to accommodate their specific needs. And it's this can-do attitude that speaks volumes and deserves recognition. Paula's dedication has seen her walk away with a voucher from sponsor Western ITM.

Great work Paula!



FREE DELIVERY
within Millwater with any purchase over \$50 in June

Come in and see us at the New Silverdale Mall: Shop 1/75 Silverdale Street, Silverdale (09) 947 5920
or visit at the Coast Plaza: Shop 28, 719 Whangaparaoa Rd (09) 428 7047
or use our easy website www.thefabulousflowers.co.nz

Terms & condition apply
Not valid in conjunction with other promotions & discounts.

pharmacytalk

Winter Health with Thompson's



Grey skies, wet days and a chill in the night air are reminders that this is an important time of year to protect our health. A change in season means we can find ourselves suffering from a tickly throat, stuffy nose and tired body – this can be a sign that our immune system is 'under attack'.

We are more likely to get sick when we are tired and run down, as stress lowers our immunity and can increase our susceptibility to ills and chills. This is when a herbal supplement such as **Thompson's One-A-Day Echinacea 4000** can aid in supporting the body during the winter months. Echinacea has been shown in over 300 scientific investigations to exert significant effects on immune function – it is a prime herb for supporting the immune system, healthy white blood cell activity and the body's defences.

Remember, once a family member is sick, it can spread through

the whole household quickly, meaning time off school or work. We can help prevent the spread of germs with a few simple tips:

- Wash hands frequently
- Use disposable tissues (so we are not carrying bugs around in our pocket!)
- Regularly clean and disinfect common areas touched by the family (such as light switches, phones, tables and counter tops, etc.)

Other factors that can cause us to be more vulnerable (especially in children) are not eating a healthy balanced diet or suffering from lack of sleep. A premium multivitamin supplement can provide nutrients we may be lacking in our diets. Thompson's Junior Immunofort offers immune support for kids all year round, by providing a nutritional top-up in fun animal shapes. The chewable tablets taste good too, flavoured with natural fruit concentrates in a low allergy formula.

The old proverb that "an ounce of prevention is worth a pound of cure" still holds true. Staying warm, well hydrated and eating wholesome winter soups full of nourishing vegetables and spices, coupled with a good night's sleep, go a long way towards keeping us happy and healthy through the colder months.

Support your family's health this winter with Thompson's – The Natural Advantage, proudly New Zealand owned and operated.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Integra, Auckland

Millwater Parkway Pharmacy

GIVE AWAY

Purchase any Thompson's products in June and go in the draw to win a Junior Thompsons gift basket worth \$160

NEW ZEALAND'S NO.1 JUNIOR MULTI IMMUNE Support

THOMPSON'S JUNIOR IMMUNOFORT FOR YEAR ROUND SUPPORT

- ✓ Supports healthy immune function
- ✓ Multi nutrient for busy eaters
- ✓ Provides support during winter ills and chills

Unit 19, 175 Millwater Parkway
Silverdale 0932
Ph/Fax (09) 959 0256

Mon-Fri: 8.30am – 6.00pm
Saturday: 9.00am – 3.00pm
Sunday: Closed

Strong enough to Kill the Plague while Robbing Dead Bodies?



Did that headline get your attention? Well, read on! When it gets cold this winter and you need to keep yourselves and family well, it is often underestimated how good aromatherapy is to defeat colds and flu.

Oils such as eucalyptus, clove, cinnamon, lavender, tea tree, black pepper for example have powerful effects against viruses and germs trying to conquer our bodies. The inhalation of these sort of substances is every bit as effective as other orally consumed medicine and often more so.

To give you a brilliant example of this, have you heard of Thieves Oil?

Thieves oil is an essential oil blend based on a story from

around the 14th century when the bubonic plague was running rampant through Europe and Asia. Four thieves from Europe, who were notoriously robbing the infectious dead bodies of all their possessions, miraculously never contracted the highly infectious plague. This led to a deeper inquiry in court after they were caught and charged. The magistrate offered them a deal: their secret for a reduced sentence. Taking the deal, they told stories of their herbal knowledge and their powerful medicinal properties when combined in certain ways. This specific herbal blend that they had created, concocted from aromatic herbs, was **HIGHLY EFFECTIVE** in killing all of the airborne bacteria. Some of the stories told speak of it in a vinegar form, while others talk about a blend that was in a mask over their faces.

In 1997, Weber State University did a study that found the Thieves essential oil blend to have a 99.96% success rate at killing airborne bacteria. We don't know whether or not this "thieves" story is true, but the essential oils are truly antiseptic, antiviral, antibacterial, and anti-infectious. They will stimulate the immune system, circulation, and respiratory system, and help protect against the flu, colds, bronchitis, pneumonia, sore throats, cuts, and more. Available at Health by Logic.

Diffuse these oils throughout your home to kill germs whenever the need arises.

Health by Logic

HEALTH BY LOGIC

*your specialist local health store
where good health comes naturally*

- * everyday low prices
- * super specials
- * quality-assured products

20 Silverdale Street, Silverdale Village
(09) 4211273 www.healthbylogic.co.nz
Mon to Fri 9am - 5pm: Sat 9am - 3pm

Trust is earned, not given. That's why we try harder.
信任是赢得的, 不是给予的, 所以我们更努力

Call me now for an obligation FREE appraisal

The best never rest until it's SOLD

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

mike Pero
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REREAA (2008)

"Working with Max has been a totally pleasant experience. He is professional, always polite, and prompt in all correspondence and has gone out of his way to accommodate requests for viewing and access. With all questions and additional information asked for, he has been happy to oblige".

Shelley Newens



FUSION DANCE STUDIO

DANCE LIKE NO-ONE IS WATCHING...

HERE IS YOUR CHANCE TO LEARN HOW!

NOW TAKING ENROLLMENTS FOR 2018!

AWESOME, EXPERIENCED TEACHERS!

- RAD BALLET
- NZAMD CONTEMPORARY
- NZAMD JAZZ
- NZAMD TAP
- MUSICAL THEATRE

PHONE ROSIE ON 09-428-3132
OR 021-627-068 FOR MORE INFO

Find us on **facebook** FUSION DANCE STUDIO

ROSIE@FUSIONDANCE.CO.NZ WWW.FUSIONDANCE.CO.NZ

BALLET • JAZZ • CONTEMPORARY



the millwater insider

Stoney Homestead Community Hub

Our full contact information is:

Address: 12 Galbraith Greens, Millwater; Email info@stoneyhomestead.org.nz; Facebook @StoneyHomestead; and Phone 021 0267 9111

Casual Cleaners/Caregivers Required: to help the elderly in their own home.

We do anything; from providing a few hours help, to sleepovers and full-time care. You must be a caring, reliable person, with a clean driving licence, reliable transport and lots of common sense.

To learn more, please contact:

Chrissy George 021 045 2299 / 09 424 2911 chrissycleanncare@xtra.co.nz

Orewa Library

Tuesday 5 June 3.30pm – Orewa Library – Come and help create a mural to celebrate Matariki in the children's area.

Wednesday 13 June 11:30 to 1:30pm – Weaving putiputi (flowers) for adults with Whaea LeeAnne.

Tuesday 19th June 10:00am – Orewa North Kapa Haka Group celebrate Matariki

Thursday 21st June 5.00-7.00pm – Orewa Library

Matariki Family Night – Join us for an evening of shared food, a performance by local author June Pitman Hayes, singing her book 'Tawhirimatea, a song for Matariki' and a family movie. RSVP to orewalib@aucklandcouncil.govt.nz or phone (09) 427 3912.

HBC National Council of Women

2nd Tuesday of each month, monthly meeting 5.45pm for dinner, 7pm for meeting. Held at the Wade Hotel Silverdale. Contact Belinda on 027 551 0348 for more information. Everyone welcome.

Millwater's Night at the Union

A great night out was had recently by all those who attended the first 'Millwater's Night at the Union'. Organised by the great team of Grayson and Sarah Furniss at Mike Pero Real

Estate Millwater, this was an exclusive night at Northern Union for locals to enjoy and meet up with their neighbours. The many Millwaterians who attended were treated to a free bus ride there and back, paid for by Mike Pero Real Estate Millwater, a free drink on arrival, some great food followed by a live band with what resembled dancing. Judging by the noise on the bus ride home, a great time was had by all and Grayson and Sarah advise that they will be repeating the experience, hopefully this year. Grayson states "it was great to see lots of our neighbours coming out, letting their hair down and meeting new people. We've been asked if we can do it again, so will try and sort out another date before the end of the year."

Huge congratulations to Brett Butland, who was the lucky winner of the fantastic door prize, a 3-day Wine and Beverage Cruise with P&O. This generous prize was sponsored by Mike Pero Real Estate and helloworld Millwater. We thank helloworld Millwater for their generous support of this event and for organising the prize.

RotarySwimarathon

Many Millwaterians helped out at the inaugural RotarySwimarathon and helped raise \$10,000 for five great charities. The three Hibiscus Coast Rotary Clubs have just donated \$4,000 each to HBC Youth Centre in Orewa and to Youth in Transition; plus \$1,000 to Orewa Sea Scouts and \$500 each to HBC Coast Guard and to Ronald McDonald House Charitable Trust. Well done, Millwater!

The next major Rotary events to note will be the Greek Extravaganza on 3rd November, with the 2nd RotarySwimarathon on 30th June next year. There will be a beautiful, new silver Challenge Cup at the next RotarySwimarathon, for the team that swims the most lengths on the pool in 45 minutes. If you want to find out more about Rotary, contact our Editor, Brian.

Daffodil Day

Become a Daffodil Day Street Collector – If you can spare some time on Friday 31 August 2018, please sign up to volunteer. It'll only take 2 hours, and you can choose a time and place that suits you. <https://auckland-northland.cancernz.org.nz/how-to-get-involved/volunteer/volunteer-for-an-event/daffodil-day-street-collector/> or email the team eventvolunteering@akcansoc.org.nz or call us on call 09 930 7172 to register. Paul Conroy of Visual Voice is your local coordinator.

millwater 區內情報要點

Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊

地址：12 Galbraith Greens, Millwater

電郵：info@stoneyhomestead.org.nz，聯絡電話：021 0267 9111. Facebook @StoneyHomestead

Casual Cleaners/Caregivers Required: to help the elderly in their own home.

我们需要兼职清洁工/护理人员：负责在老人的家中提供护理服务。

我们需要做任何事情；从提供几小时的帮助到夜间护理和全职护理。你必须是一个有爱心、可靠的人，拥有良好记录的驾驶执照，可靠的交通工具和具备很多基本常识。

要了解更多信息，请联系：

Chrissy George 021 045 2299 / 09 424 2911

電郵：chrissycleanncare@xtra.co.nz

Orewa Library

Orewa图书馆六月份活动：

6月5日星期二下午3点30分 - 请来帮助制作儿童区的壁画庆祝Matariki节庆

6月13日星期三11:30至1:30 pm - 为成人举办的编织putiputi(鲜花)活动。由Whaea LeeAnne教授

6月19日星期二上午10:00 - Orewa North Kapa Haka Group庆祝Matariki节庆

6月21日星期四5.00-7.00分 - Matariki家庭之夜。与我们一起共享美食，还有由本地作家June Pitman Hayes演唱她的作品：“Tawhirimatea”，一首Matariki的歌和放影一部家庭电影。想了解更多，请电邮orewalib@aucklandcouncil.govt.nz或致电(09)427 3912。

HBC National Council of Women

聚會每個月的第二個星期二，晚上5.45pm開始晚餐，7時開始會議。在Wade Hotel Silverdale舉行。有關更多信息，請聯繫Belinda 027 551 0348。歡迎大家。

Millwater's Night at the Union

所有参加第一届'Millwater's Night at the Union'的人都过得很愉快。活动是由Mike Pero Millwater房地产的Grayson和Sarah Furniss的团队组织，这个在Northern Union举行的一个聚会，让本区居民可以与他们的邻居见面和一起享受美好的时光。当天有免费的巴士接送，所有支出由Mike Pero Millwater房地产支付，抵达时更提供免

费饮料，还有美味的食物，及有现场乐队为大家伴舞。从巴士回家的噪音来看，所有人都过得很愉快，Grayson和Sarah希望今年内可以再举行一次这样的聚会。Grayson说：“很高兴看到我们的邻居们出来，结识新朋友。有人问我们是否可以再次这样做，所以在今年年底之前，我们会尝试和择定一个日期再办一次。

恭喜Brett Butland成为“梦幻门奖”的幸运者，这是一个为期3天的P & O葡萄酒和美食游轮旅游。这个慷慨的奖项由Mike Pero Real Estate和helloworld Millwater赞助。我们感谢helloworld Millwater对本次活动的慷慨支持及提供奖品。

RotarySwimarathon

许多Millwater居民在首届RotarySwimarathon比赛中提供帮助，并为五个慈善机构募集了1万元。三个芙蓉海岸扶轮社刚刚向Orewa的"HBC青年中心"和"青年过渡期机构"捐赠了4,000元；加上"Orewa海上侦察员"的1000元，"HBC海岸巡逻队"和Ronald McDonald House慈善信托基金每个500元。做得好，Millwater！

下一个主要的扶轮社活动将于11月3日举行的希腊大汇演，明年6月30日举行第二轮RotarySwimarathon。在接下来的RotarySwimarathon比赛中，将会有一个新银挑战杯，颁给在45分钟内在泳池游泳最长距离的球队。如果您想了解更多关于扶轮社的信息，请联系我们的编辑Brian。

Daffodil Day

请成为水仙花日义工 - 如果您可以在2018年8月31日星期五腾出时间，请注册成为志愿者。只需要2个小时，您可以选择一个适合您的时间和地点。

详情：

<https://auckland-northland.cancernz.org.nz/how-to-get-involved/volunteer/volunteer-for-an-event/daffodil-day-street-collector/>

或发邮件给团队eventvolunteering@akcansoc.org，也可致电09 930 7172注册。Visual Voice的Paul Conroy是本区的协调员。



millwaterRomeos



since the sub-division was opened.

The new show home is on the same site as the company's individually-designed office building, of which they are also justly proud, and it was here the day began with Sales Manager Keegan Anderson and New Home Co-Ordinator Nita Wong (both Millwater residents) providing an oversight of the current building market. A very generous morning tea was also provided.

We were then joined by General Manager, Rodger Scott, who gave us a brief history of the company and the effort that has been made to build a reputation for quality, demonstrated by the number of awards won. He also talked about the need for incorporating cooling features to balance the warmth generated by modern, insulated, double-glazed homes.

Questions from our group followed thick and fast and there was almost too little time left to do full justice to the design features of the show home, which were dramatic.

The group then enjoyed an excellent meal at the Riverhead Restaurant, followed by afternoon tea at the home of the organiser.

The visit had generated such discussion that some of the group then went to visit Maddren's Ridgedale Road show home on their way home.

For the May outing of the Millwater ROMEOS (Retired Old Men Eating Out), we accepted the kind invitation of Maddren Homes Ltd to view their new show home in Kumeu.

Maddren Homes is a family-owned and operated building company, based in Kumeu, but which has been very active in the Millwater market – building in excess of 50 new homes

Itching, cramping, aching legs?

It could be time to get your veins checked.

If you've been experiencing itchy, cramping or aching legs, it could be your veins. The symptoms aren't always visible, but if left untreated, varicose veins usually deteriorate. At Skin Institute we offer a range of effective, long term, non-surgical options.

A GP referral is not required to come and see us, and you can 'walk in, walk out' from treatment. Our expert team is friendly and professional, and we can help you with everything, from the initial assessment right through to post-treatment care.

Call Skin Institute Silverdale on 09 426 0400 to book your veins assessment or visit skininstitute.co.nz/veins

SKIN INSTITUTE

Skin cancer | Veins | Appearance medicine



For treatment where medical necessity criteria apply. Southern Cross criteria and conditions apply.

TAPS MR5250

We live local. We build local.

MADISON PARK HOMES
NEVER ORDINARY



NEVER ORDINARY

Madison Park Homes is the fresh new name for building beautiful homes of uncompromising quality north and west of Auckland

What makes us different?

We live local, we build local. And we have decades of home building experience. Being independent we are more flexible and responsive to each client's individual needs. We understand the reality of budget constraints and the excitement of building your dream home.

We offer leading edge design, affordable build costs, local products, local builders, quality craftsmanship and a trusted team. Our value is second to none.

We believe design is the key to a happy home owner. Great design will create a home your family will love to live in.

Our designs are generous in both proportion and finish - no wasted space or dark corners. They are light and bright with high ceilings and big windows. Our homes are all about lifestyle.

Our Peace of Mind Policy

Madison Park Homes takes the 'hit and miss' out of building.

We make the journey as stress-free as possible giving you transparency, price certainty and clarity, together with the highest level of quality and service. You know you can depend on us through every phase of your build.

Madison Park Homes is a building partner you can trust.

Never Ordinary means your home will capture your flair, your needs, your personality and will be unique to you. We will work with you to achieve this and make the process enjoyable.

We engage some of the best architects in the business. Our **Never Ordinary range** provides clients something different and unique. Our **Competitive By Design range** combines budget and good design to achieve the ideal dream home.

mb Masters of the Process
Registered Master Builders

Madison Park Homes are Master Builders. You know you can rely on us for a quality build, open lines of communication and a fully transparent process, especially around our atten-

tion to cost. Our builds are environmentally friendly, healthy homes incorporating the latest build technology making best use of cooling, airflow, energy and insulation systems.

We can help you optimise your own section or lifestyle block or build a home on land we own in north and west Auckland. Madison Park Homes has the capacity and ability to work one-on-one with you to personalise one of our plans to your exact needs.

Our goal at Madison Park Homes is to build you a home you'll never want to leave.

Call us or call into our Orewa Design Centre. We would love to meet with you and discuss your home building plans and dreams.

Be one of the first 10 to sign* for a new Madison Park Home.

\$10,000 HOME FURNISHING OFFER

*First 10 build contracts signed from 4 April 2018 qualify.

Furnishing offer is available through Harvey Norman Commercial Auckland (excludes computer products).

Millwater House and Land Packages from \$999,000

VISIT OUR DESIGN CENTRE 8 KEITH MORRIS LANE OREWA
PHONE 0800 696 234
www.madisonparkhomes.co.nz

MADISON PARK HOMES
NEVER ORDINARY

millwaterproperty management

Landlords: Insulation Compliance Looming



Counting Down to Insulation Deadline

We have all heard the old adage: You can lead a horse to water, but you can't make it drink! For a couple of years, columns have been written about new compliance requirements for landlords of residential rental properties.

Warm Up New Zealand: Healthy Homes

The Government has been trying for the past nine years to encourage property owners to upgrade the insulation in residential properties. Funding has been available for many years, and grants have been there for low-income

owner-occupiers and landlords with low-income tenants. However, the Warm Up New Zealand: Healthy Homes grants are limited and will finish by the end of June 2018.

Counting Down

Now we are counting down to a deadline that we have all known about for the past two years: all residential rental properties must have adequate insulation by 1 July 2019. That means it must comply with the current Building Code. Insulation that was installed several years ago may need to be upgraded to comply with these requirements, unless an owner is unable to ascertain if there is underfloor, ceiling or wall insulation as the property is an older style apartment building, or you are unable to access the ceiling, walls or floor without taking invasive measures.

I find it hard to understand any landlord who ignores this deadline. After all, we have had plenty of notice, and the affordability excuse won't work. If a landlord thinks they may qualify for a grant, there is less than one month left to apply! For the remainder, funding is available and repayments may be made with your local authority rates, and some banks will allow insulation costs to be added to the mortgage.

Interest rates are low. Now is as good a time as any to get the job done! I recommend that landlords check the Energywise website www.energywise.govt.nz for more details.

Craig Harrison | Principal,
Quinovic Property Management, Millwater

Locals of hearts of gold



The Chairman of the St John Hibiscus Coast Area Committee, Chris Todd, wants to thank Hibiscus Coast residents for their generous support during this year's Heart of Gold Appeal Week.

This year, people and businesses throughout the local community jumped on board to help raise funds, including Pita Pit at the Silverdale Centre.

"Oscar at Pita Pit is one of many locals with a true heart of gold. He not only donated cash but also fed St John volunteers working outside his premises over the weekend. We're so grateful for his support," said Chris.

As well as seeing the community's generous giving, Chris said he was moved to hear so many donors recount their experiences with the St John ambulance service.

"Young and old, everyone had so many great things to say about how St John paramedics had helped them, their friends or family," said Chris.

St John is only partially funded by the Government. It totally depends on top-ups from donations and bequests to continue the extensive service it has provided New Zealanders for over 130 years.

St John primarily provides emergency and community ambulance services, but also first aid training, defibrillators, first aid kits, event first aid and community programmes.

Photo Caption: Chairman of the St John Hibiscus Coast Area Committee, Chris Todd (left) kept well-fed while collecting for St John by tasty donations from Oscar Yi (right), the new owner of Pita Pit, Silverdale.

For more information, please contact:

Chris Todd
Chairman of the Hibiscus Coast Area Committee
St John
Silverdale
Work: 09 4144790
Mob: 0274302438
Home: 09 4243314
Email: chris.todd@parkland.co.nz

PROPERTY MANAGEMENT

Contact us for a FREE Appraisal today

QUINOVIC

Experts in property care and return

- Peace of mind that you have the right tenants
- Free up your time - we deal with all the issues
- We keep up to date with legislation and health & safety compliance

MILLWATER

Craig Harrison

Franchise Owner

T: (09) 444 5753

M: (021) 476 621

craigh@quinovic-millwater.co.nz

www.quinovic.com/millwater

Wainui

THE VIEW OUTLET

PUBLIC WELCOME

WAINUI DINING DISCOUNT

Join us for dinner Friday or Saturday evening and benefit from a 10% discount including beverages on your entire bill when you purchase any main from the chalkboard menu plus you'll qualify for the Wainui Dining Discount every time you visit.

To compliment Friday and Saturday evening dining. "The View" outlet is open Monday through Sunday beginning at 10:30 for coffee and cabinet offerings. Come for a drive stay for The View!

35 Windmill Dr

Wainui, Auckland 0992

Tel (09) 444 3437

wainui.online

EAT. PLAY. MEET



What to expect at a consult at Osteo Me

People need to see Osteopaths for a number of different reasons – it could be they have low back pain, sciatica, neck pain, a twisted ankle or sports injury, a rib strain or headaches that they suspect are originating from their neck. Generally, most people that see us come in because they are in pain.


When you come in and see an Osteo at one of our clinics we'll go through a detailed case history to make sure we've reviewed everything relevant to your presenting complaint. Then we perform a thorough biomechanical and diagnostic examination – what I mean by that is we try to establish a diagnosis, but we also review your biomechanics and see what may be contributing to you having pain in a particular area(s). Diagnosis in our opinion is essential, it underpins all processes that occur from that point forwards. Once established, we'll explain that diagnosis to you and plan out how we are going to solve the problem.

We use manual therapy, exercise prescription and advice to help our clients. Manual therapy includes techniques such as deep tissue massage, joint mobilisation, stretching, joint manipulation (clicking) and trigger point therapy. At Osteo Me we also have a qualified acupuncturist, a trained



Pilates instructor and all our staff have training in the McKenzie technique. We combine these additional skills, plus the manual therapy and exercise prescription, to provide an optimal approach to solve your problem.

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



ARE YOU IN PAIN?

Maybe it's time to get on top of it!
At OsteoMe, we can help you with:


- Back Pain
- Neck Pain
- Tension Headache
- Postural Strains
- Shoulder Injuries
- Sports Injuries

At OsteoMe, we have staff trained in:
Acupuncture, Pilates and The McKenzie Method.

CALL US TODAY TO MAKE AN APPOINTMENT.

0508 OSTEOMe

OsteoMe Orewa: 498 Hibiscus Coast Highway, Orewa.
OsteoMe Silverdale: 29B Silverdale St, Silverdale.



Why is an insurance “warrant of fitness” review essential?



No one questions the merit in undertaking a periodic warrant of fitness check on our car. Yet, why is it that so many of us don't think about having a similar “warrant of fitness” review of our personal insurances? It's a fact that, over time, one's personal situation, risk exposures and family protection needs can change dramatically.

This was highlighted in a recent conversation I had with “Bob” who is in his early 40s. It went something like this:

Theo: Great to hear that you've already got some personal insurances in place, Bob. Have you recently reviewed these to make sure they suit your present needs?

Bob: Nah... no need for a review. I'm happy with what I've got!

Theo: When did you put your insurances in place?

Bob: About 5 years ago.

Theo: Ok, what's changed in your life over the last 5 years?

Bob: Umm... I got married and now have two kids (2 and 4 years old). Also, I was previously renting, and now have a mortgage.

Theo: Do you think the covers you put in place 5 years ago, when you were single, renting and without commitments, provide adequate cover for you and your young family - especially now that you are the sole income earner?

Bob: Umm, no... I see your point. I think we need to do an insurance review!

After we completed the exercise, Bob was very happy with the scope and quality of the new insurances put in place, as well as the competitive cost. He is now sold on the concept of a periodic “warrant of fitness” insurance review.

It is important that any insurance protection plan is both manageable and sustainable, in terms of premium cost. All insurance companies have their specific “sweet spots” - it's the insurance advisor's job to find the best “sweet spot” for you, in terms of the type, quality, and level of cover, as well as cost.

It's what I do!

Theo Simeonidis FNZIM

UProtectNZ Insurance Services

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He can be contacted on 027 248 9320 or 09 528 8724 or email 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.



1950s Retro furniture

If you are looking for the highest quality commercial grade, American made diner and kitchen furniture... you have come to the right place!

- Tables • Chairs • Stools • Booths
- Bar Sets • Bumper Edging (2 sizes)

American Retro Furniture

Phone: 022 190 3354
23b Foundry Rd, Silverdale, Auckland

www.americanretrofurniture.co.nz



Theo Simeonidis
FNZIM, B.Fin.Sc (Hons.), MPP
Registered Financial Adviser
Millwater's insurance specialist
- serving our community

UProtectNZ Insurance Services
Ph: 09 528 8724
Mob: 027 248 9320
Email: theo@uprotectnz.com
Web: www.uprotectnz.com

Providing security and peace of mind for you, your family and your business



EVERYTHING YOU NEED FOR MOVING AND STORAGE

- Free move in van or trailer use
- Clean alarmed and secure units
- Cartons and all packing supplies
- Mileage and fuel charges apply

GREAT RATES, GREAT STAFF AND GREAT LOCATION
7-9 Foundry Road, Silverdale, Auckland
CALL TODAY: 09 9052777
www.guardianstorage.co.nz



FROM SMELLY DOGS TO HEART THROBS



Washing



Grooming

1/22 Karepiro Drive, Whangaparaoa
PHONE: 09 428 3375 MOBILE: 027 6660571
EMAIL: clipadog@yahoo.com

Clip A Dog
Grooming Studio & Dogwash
www.clipadog.co.nz

millwatermalt

The Wolfburn Distillery in Thurso, Caithness – which is about as far North in Scotland as you can get without paddling in the icy-cold sea – was re-established in 2013 after a gap of 150-years since whisky was last produced there.

Alphabetically, Wolfburn is the last of the single malt Scotch whiskies in the Jim Murray Whisky Bible and you can find it relatively easily in New Zealand – at a price that compares extremely favourably with UK retail listings that are often higher.

The Wolfburn Aurora is matured in two different types of cask: 80% in first-fill ex-bourbon barrels and the other 20% in first-fill Oloroso sherry hogsheads. When the Master Distiller decided the maturation time was right, the contents of both casks were brought together, to create this exceptionally smooth and delightfully-balanced Highland single malt.

Nose: Sweet sherry, malt and dried fruit.

Palate: Slightly peppery to start, then soft and fruity, with excellent weight for such a young whisky. Creamy vanilla and soft fruits, with sherry notes.

Finish: Light, but with a lingering sherry spiciness. Delightful.

Conclusion: An excellent young Highland whisky at a great price; recommended.

70cl, 46% ABV, bought online under \$75, including courier.



Pain in the neck?



* Receive your first ACC physio session FREE at our Millwater Clinic. We have 4 experienced physios and clinic hours from 7am - 8pm weekdays and Saturday mornings.

*New claims only. Must present advert. Expires 30.6.18

PEAK PILATES & PHYSIOTHERAPY

Millwater Central Shops - 09 959 0211
www.peakpilates.co.nz

CELEBRATIONS AT THE UNION



* BIRTHDAYS * BASHES * 21ST
* ENGAGEMENTS * ANNIVERSARIES

NORTHERN UNION

FOCUS HEARING

We Focus on Your Hearing

Free
Check

Free
Consult

Free
Fit



Take control of your hearing NOW! Enjoy life to the full

Hearing loss can get worse the longer it is untreated. At Focus Hearing we have a wealth of experience and a deep understanding of the impact that an undetected hearing issue can have on your life. We offer:

- **FREE**, quick, hearing check
- Full hearing assessment and report (adults and children)
- **No-obligation** advice
- Hearing device fitting, adjustments and repairs.

We are authorised for third party funding and can advise on any subsidies from ACC, the Government, WINZ, or War Pensions that you may be eligible for. We are affiliated to Southern Cross.

Call now for a FREE hearing check, FREE consult and FREE fit* Call 09 533 6463



Silverdale Medical Centre
7 Polarity Rise, Silverdale
Phone (09) 972 5250
focushearing.co.nz

Comprehensive Committed Dentists

Caring & Affordable

- Restorative & Cosmetic, Whitening
- Dental Implants, Orthodontic & Invisalign
- Crown & Bridge, Dentures partial/complete
- Emergency Treatment, Wisdom teeth removal
- Treatment under Sedation - Oral & I.V, Adult & Children
- ACC/WINZ/Dental Benefit for under 18 ys old Provider & under 13 ys old with DN referral

We offer a **Free** Consultation, **10%** discount for Seniors and Uni students, **\$75** Exam, 2 BW xrays & Hygienist appointment/clean for new & existing customers.

Please check our conditions/policy regarding our services.



Situated in the Silverdale Medical Centre

7 Polarity Rise, Silverdale

Ph (09) 972 1406

Open on Saturdays and late nights

email: sfdentists@hotmail.co.nz web: www.SilverdaleDental.co.nz



Silverdale Family Dentists



It's always good to see local businesses integrate into the community, and none have done it better than helloworld, Millwater's new travel specialists. We dropped by the shop to learn more about owner/manager Tony Page and his great team.

A travel shop work-experience job from school was sufficient to captivate North Shore local Tony, immediately convincing him that the travel business was his future. This decision later led to Tony buying that Glenfield travel business and building a loyal customer base, many of whom still come to him some 30 years later. We asked why? "It's because of the focus that I and my team put on listening to what people actually want, and then matching their dreams with a bespoke package that is unique to them," Tony told us.

Tony left the Glenfield business after the Mall was redeveloped and continued to work in the travel business in Takapuna and then as a travel broker, which further widened his customer following. What was then known as Mondo Travel in Takapuna recognised that Tony has a special gift of delivering exactly what each customer wants and head-hunted him back into retail travel.

Tony later took over the Mondo Travel business in Orewa, where

re-branding brought helloworld to the travelling public. Two years later, helloworld opened in Millwater. "We have a strong and growing customer base, who bring their travel requirements to us because they know and trust the quality and consistency of service that we offer. With over 140 years of travel experience between our two shops, we can always find that perfect trip or holiday."

Cruising is a growing and specialised market that now forms almost 50% of business at helloworld, with travellers having an ever-greater choice of ships and destinations. Less well-known destinations are also being explored through the Internet, to discover new experiences, then brought to reality by the helloworld teams. "Many people are now seeking holidays that stretch their comfort zone, and that's why they come to us – they know we listen and actually walk the talk of their desired destinations and expectations," Tony said, "helloworld is not just me; it's the great team we have here and in Orewa, who take the time to tailor-make each holiday, much as a tailor will take measurements and spend the time to make sure the garment is an exact fit for you."

www.helloworld.co.nz 09 426 9035



Orewa Medical Centre
With 4 GPs Available, new patients welcome
AND Open Saturday morning
Orewa Medical Plaza, 8D Tamariki Ave, Orewa
Phone: (09) 426 5437
www.orewamedicalcentre.co.nz



Open 7 Days
Life Pharmacy Orewa
8 Tamariki Ave, Orewa
Phone: (09) 426 4087
www.life-pharmacyorewa.co.nz



Local car enthusiast and member of the Ford 8 & 10 Car Club, Kevin Brown is the proud owner of this highly desirable 1948 Ford Anglia. With an ongoing career in the printing business and a track record of needing new challenges, in 2006 Kevin sought out something different as a project. Trawling through Trade Me, he found his 1948 Ford Anglia in Waimate, South of Christchurch. Kevin and wife Glenda drove to Waimate, loaded the Anglia onto a trailer and were back in Auckland again – all in 33 hours over the space of a weekend!

Kevin told us, "I took six months to strip the car down, bagging and labelling every nut, bolt and washer, and there were bits of cars all over the house; under beds, in the garage and in the loft." A list of parts needed was compiled, many being sourced online from the UK. The motor was taken for overhaul at Paramount Engineering in Silverdale, owned by his brother-in-law Scott Murray.

Kevin's Ford Anglia is the deluxe model; chrome bumpers, running boards, Bakelite dash and trim – and the luxury of an interior light! These items, plus the 1172cc 10hp motor, set it apart from the later, and cheaper, Ford Popular. "When all the removable parts were off, remedial work on the wooden frame was carried out, Kevin added, "and I dispensed with the cloth roof arrangement and its complex water drainage," Kevin added, "fitting instead a specially-made metal panel."

Seven years of meticulous work has revealed the gleaming silver and black beauty we see here. Ted at Henderson Vintage Car Restoration Ltd completed all the bodywork challenges through sandblasting and painting. When the outer layer of more recent upholstery was removed and the original pattern revealed, Supertrim Upholstery in Target Road faithfully copied and lovingly re-fitted it. The Bakelite dash and trim were refurbished, with one broken window surround having to be imaginatively repaired, as no spare was available anywhere.

The trafficator arms now work perfectly, too, thanks to (as Kevin puts it) "a labour of love and guts." These illuminated trafficators have interior fuse bulbs, access to which proved challenging. A replacement arm online was US\$300, so Kevin repaired his broken one instead.

"At the Henry Ford Memorial Day in Hamilton in 2017, we were unexpectedly asked to display our car," Kevin said, "and we walked away with second place from all the vintage cars displayed that day. It makes you proud to know that others appreciated what you have done in restoring a rare vintage car."

We, too, were proud and privileged to have seen it.



Orewa Medical Centre
With 4 GPs Available, new patients welcome
AND Open Saturday morning
Orewa Medical Plaza, 8D Tamariki Ave, Orewa
Phone: (09) 426 5437
www.orewamedicalcentre.co.nz



Open 7 Days
Life Pharmacy Orewa
8 Tamariki Ave, Orewa
Phone: (09) 426 4087
www.life-pharmacyorewa.co.nz



Automotive Repairs, Servicing & WOF

Dean Aspinall 09 426 5016 dean@rodneyautocentre.co.nz
14 Agency Lane, Silverdale (next to Spa Pool shop)

Vehicle Servicing, Repairs & Maintenance
For all your automotive requirements & WOF's.

- Silverdale's AA & MTA Licensed repairer. Quality workmanship guaranteed.
- Free pick up and drop off service throughout Millwater and surrounding areas. Free courtesy cars available.
- All vehicle repairs and servicing receive a complimentary groom.
- All repairs, servicing, WOF's, electrical, brakes, cambelts etc. including the latest in diagnostic scanning, all carried out on site.

www.rodneautocentre.co.nz



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

	April 2017	March 2018	April 2018
Number of Sales	11	16	17
Median Sales Price	\$1,255,000	\$1,127,500	\$1,190,000
Highest Sale Price	\$1,450,000	\$1,350,000	\$1,600,000
Lowest Sale Price	\$830,000	\$926,000	\$810,000
Average % price to CV	* pre 2017 valuation	-2.97	-0.31
Average Floor Area (sqm)	249	227	264
Weighted Value Index	1401	1358	1338
Average Days to Sell	88	123	82

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

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

Grayson Furniss
Franchise Owner
MILLWATER

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



mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

propertytalk

There seems to be a large element of 'business as usual' in the last months' sales figures. At the risk of repeating myself, we are entering a period of stability in the local Millwater market. There is a trend towards a more balanced market, where we see good properties that are well marketed selling well.

The concerning median sales price and days to sell from last month have both reverted to more normal levels, as expected. While the numbers of properties for sale locally seem to be holding at a slightly higher level, they are also now starting to sell more regularly. Indeed, when we look at the sales volumes for the first four months of 2018, it is 50% higher than the same period of 2017.

Interestingly, the average relationship between sales price and Rateable Value (RV) seems to only be varying very slightly from zero. This is rather misleading, as the actual range of percentages for individual properties range from -10% to +17%, and indeed there are only two sales for the month that fall into a range of within 3%+/- of RV. So, while the average is coming out around zero, there is a huge range of actual results, meaning that either the sales price is too high or too low, or more likely that the Rateable Value is often incorrect. We have seen many occasions where the latter seems to be the case. So, once again, RV is a very poor indicator of value of property and should not be relied upon.

If you are making assumptions about the potential sales value of your property based on its RV or have concerns about this, please feel free to get in contact with us; we will

happily give you an idea on what your property may really be worth in the current market.

Of slight concern recently is the number of local home owners who have decided to sell their homes with agents who do not live or specialise in Millwater. We understand that this is often because of a prior relationship with an agent. The concern here is these agents come in not understanding the local market or community, but also they don't have any 'skin in the game'. All they are looking for is a sale, with only a passive interest in achieving the best price for a property. When we market a house in this area, we not only feel an obligation to obtain the best possible price, we know that our next listing is dependent on us doing a great job. When we negotiate we are considering not just safeguarding the price of your property, we are also protecting the pricing of our other vendors, your neighbours and our own property. Simply put, we have a highly-vested interest in getting the best price for you. What we are concerned about is that these non-local agents are utilising methods of sale or marketing that don't work for local conditions and that they may undersell local property, impacting on everyone in the community.

If you are considering selling and using someone who does not sell here regularly, particularly agents from the North Shore, contact a local agent or two for a different perspective.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)

mike Pero

0800 000 525



ELEVATED SPLIT-LEVEL DREAM

4 2 2

www.22outlookterrace.com

22 Outlook Terrace, Millwater

If great design and build quality are important to you, if you are seeking a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list! A beautifully crafted family home which sits mostly on one level, with the garage and second living area a few stairs up. This well-conceived split allows all the bedrooms and main living to be on the same level and allows easy flow to the outdoor decking and garden. A covered outdoor area sits on the northern side of the house, neatly tucked away from the prevailing wind, ensuring your outdoor entertaining is sheltered, warm and private. Packed full of extras and design features, this is the builders' own home, where no corners have been cut and the quality is evident. If great design and build quality are important to you along with a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list!

www.mikepero.com/RX1428694

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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

Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

www.mikepero.com

mike Pero

0800 000 525



STUNNING SINGLE LEVEL, READY FOR YOU TO MOVE IN!

4 2 2

www.13boocockcrescent.com

13 Boocock Crescent, Orewa Offers Over - \$1,150,000

- brand new Maddren Home with Master Build warranty
- stunning high spec property with quality fittings and workmanship
- additional stud and door height for that feeling of space and quality
- impressive kitchen with massive bench space, gas cooktop and island bench
- open plan kitchen, dining, living area flowing to covered outdoor living
- additional lounge / media room also opening to outdoor
- master bedroom with stunning ensuite, walk in wardrobe and outdoor access

www.mikepero.com/RX1500576

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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

Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

www.mikepero.com

mike Pero

0800 000 525



THE TOTAL PACKAGE!

5 2 3

www.13veracourt.com

13 Vera Court, Millwater

There's a lot to love about 13 Vera Court, a warm and inviting home that's superbly located in a quiet cul-de-sac and is ideal for families of all shapes and sizes. No corners were cut and no details overlooked in the planning and construction of this stylish home, which forsakes nothing when it comes to functionality.

Five generously-proportioned bedrooms are complemented by a large family kitchen and three bathrooms. Open plan living/dining plus a separate living area on the lower level are perfect for entertaining and enjoy seamless indoor/outdoor flow. An additional living area upstairs provides extra space for the family to unwind. The outdoor area offers unrivalled privacy and a variety of different areas to choose from. Please call us for more information.

www.mikepero.com/RX1369080

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

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

mike Pero

0800 000 525



STUNNING AND SPACIOUS SINGLE LEVEL

4 2 2

www.8timberlanddrive.com

8 Timberland Drive, Millwater

Without a single stair in sight this spacious (231m² approx) single level property sits very comfortably on an extra large 675m² (approx) flat easy care section. With a stunning reserve outlook, fantastic outdoor living spaces and numerous quality touches throughout, this is a home with a broad buyer appeal.

- stunning open plan living area
- generous modern kitchen with engineered stone island bench and large 900mm gas stove
- easy flow to a choice of outdoor living options
- master bedroom with ensuite including spa bath, walk in wardrobe and own private deck access
- separate laundry

www.mikepero.com/RX1448394

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

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

mike Pero

0800 000 525



FINE TUNED FOR FAMILY LIVING

4 2 2

www.18percygreens.com

18 Percy Greens, Millwater

Families craving space will instantly be drawn to this immaculately presented home. Inside, the home boasts four bedrooms, two bathrooms (master ensuite) and two living areas. The hub of the home centres around a modern kitchen complete with all the necessary bells and whistles, large island bench and plenty of pantry storage. A separate lounge provides additional space for the family and the spacious open plan living/dining flows seamlessly to your private outdoor space. Once outside you and your family can enjoy the partially covered patio and sun-soaked BBQ area - ideal for entertaining - and the level lawn offers ample room for the kids to play and adults to relax. This much-loved family home has served our vendors admirably, however, with the next chapter of their lives beckoning, they now offer it to the market with genuine commitment. Call us for more information.

www.mikepero.com/RX1440990

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

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

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

mike Pero

0800 000 525



SUPER SIZE, SUPER LOCATION

5 2 3

www.51banksiderd.com

51 Bankside Road, Millwater

If you are searching for a large family home in a super handy location, this has got to be on the shopping list. With five generous bedrooms, three fantastic bathrooms and three great living spaces this home has plenty of space to swallow up your whole family. Add in the water views and ample off street parking and you have the ideal combination for years of enjoyment.

- 316m of spacious living across three levels
- massive master suite with walk in wardrobe and ensuite
- plenty of off street parking for cars, boats and caravans
- only 500m to Kingsway and Silverdale Schools, less to shops, gym, cafes
- atrium like main living area with 4.5m stud height
- wonderful sea and estuary views

www.mikepero.com/RX1404433

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

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

Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

Mike Pero

0800 000 525



INSTANT STREET APPEAL!

4 3 2

www.10vueterrace.com

10 Vue Terrace, Millwater

- 245m² Highmark Home on flat 663m² (approx) site in sought after Millwater
- 10 year Master Build warranty to transfer to new owner
- large open plan kitchen dining and living area, flowing to outdoor decking
- stunning entertainers kitchen with island bench, walk in pantry, double oven, 900mm gas hob & blond oak flooring
- separate lounge or media room
- triple car garaging with insulated auto doors
- main bathroom with freestanding bath and separate WC
- large level and secure backyard, ideal for children and pets

www.mikepero.com/RX1266008

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 000 525



STUNNING MILLWATER HOME WITH A POOL

4 2

www.85harrisdrive.com

85 Harris Drive, Millwater

This is a fantastic opportunity for someone to get in touch with their inner-child or at least become a hero to family and friends, when they become the lucky owner of this stunning Millwater property.

- two year old Generation Homes with balance of masterbuild Warranty
- generous 222m² home on large 654m² (approx) flat fully fenced site
- in-ground 8x4 fibreglass saltwater heated pool with LED lights and covered cabana area, ideal for spa and bar
- open plan living with stunning kitchen, island bench and walk-in pantry, opening out towards pool
- additional separate lounge area, opening to another covered patio

www.mikepero.com/RX1478949

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 000 525



SINGLE LEVEL SIMPLICITY

4 2 2

www.pitsawlane.com

13 Pitsaw Lane, Millwater

This is the perfect home for someone who really wants to get busy enjoying life and not spend their entire weekend gardening and maintaining their property.

- One year old, single level Horncastle home with balance of Masterbuild warranty
- 205m² single level on flat 525m² of fully fenced land
- 4 double bedrooms including master with ensuite, walk in wardrobe and deck access
- open plan living area flowing to large outdoor living area plus additional lounge / media room adjacent
- generous kitchen with walk in pantry, breakfast bar, engineered stone benchtops

www.mikepero.com/RX1503680

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 000 525



GOOD AS NEW (IN FACT, IT VIRTUALLY IS!)

4 2

www.41andrewjackroad.com

41 Andrew Jack Road, Millwater

Built by Universal in approx. 2016, this property is located on a popular street in ever-popular Millwater, and is offered to the market with genuine determination by vendors who have had a change in plans. Inside this contemporary home four large bedrooms are complemented by a well-appointed bathroom and a separate toilet, with the study adding options and versatility. The modern kitchen features all the necessary bells and whistles, and the spacious lounge offer seamless indoor/outdoor flow, opening out to garden area and a private patio where precious time with friends and loved ones can be enjoyed, while the easy-care nature of the section ensures leisure time will be spent relaxing rather than maintaining your property. Affordable opportunities like this are few and far between, and interest is sure to be high as a consequence - call now for more information.

www.mikepero.com/RX1430235

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

What's been happening at Silverdale School?



Meet Keri the Karearea, our new school guardian. Keri is a really important addition to Silverdale School. Keri is an acronym for our values:

Kindness / Atawha
Excellence / Hiranga
Respect / Whakaute
Integrity / Ngākau pono

For us Keri the Karearea symbolises the values and attitudes we want our learners to take with them on their learning journey beyond Silverdale School.

We have special tokens, which are given out when Silverdale School students have been 'Caught by Keri' showing our school values. As a school, we want our learners to demonstrate our values in the school and in our community as well. We have asked local business to help us instil these values by handing out these tokens to our learners outside of school hours, when they are showing kindness, excellence, respect or integrity.

Remembering the Anzacs

Written by Alex Freeman and Ava Duncan

Last month, the Student Council remembered those who fought



for our country by participating in the ANZAC Day parade at the Hibiscus Coast RSA on Wednesday 25 April. We started off by singing the Australian and New Zealand national anthems, followed by prayers and speeches. After that, groups like the Air Force, Silverdale School Student Council and Orewa College laid a wreath to symbolise our remembrance of those who lost their lives, and the togetherness of Australia and New Zealand during war. It was a fantastic opportunity to remember those who served our country.



Timber Slat Decks

There are many benefits of building a new deck on your home. Whether it is a ground floor patio/deck or a second-floor balcony, al fresco living provides an opportunity to enjoy the outdoors with family and friends. This is a great way to enhance the value of your property and increase your chances when it comes eventually to selling.

It always pays to draft a plan of the deck area and there are rules around heights, steps and balustrades, so it may pay to talk with an architect or draftsman before proceeding. A design professional will advise you whether or not you'll need building consent from Local Council.

The overall design and planning stage is critical to the success of a project like this, so take time to plan accordingly. There are many types of timbers and finishes that can be used for the construction of the deck, so again take time to consider all of your options and seek advice if you're not sure which way to go. Your designer should be able to advise on materials and finishes and help with making recommendations.

When planning your budget, ensure you allow enough for any unforeseen surprises; allow a contingency, as these projects can sometimes attract unforeseen challenges. Seek advice from your building company and ask for a quote before commencing work. Sometimes a project can work out cheaper

if you engage your builder on a "charge-up basis" so ask about this option.

Adding a deck and partitioning screens or fences can provide additional security to your property – again, this can add value to the overall property.

While construction is under way, you may find disruptions to access of the property and may experience higher levels of noise than normal. Contractors will require access to power and water and may create a short-term mess on the property. These challenges are all things to bear in mind when planning your project.

It will also pay to plan for the maintenance of the deck over time and this is another factor to consider when selecting your materials and finishes.

A typical deck project may take several weeks to complete, depending on the size and complexity of the project. Be aware that larger and more complex projects could take months. It always pays to get the right advice, so if you are interested in building a new deck or renovating an old one, get in touch with the team at Euro Build Construction and we can provide you with a no-obligation free quote.

Contact Nick on 021 949 661 or e-mail info@eurobuild.co.nz

For Artistic Excellence



5 Riverside Rd, Orewa
(09) 426 5287

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

**PROPERTY
MAINTENANCE**

**CALL FOR A FREE
QUOTE**

09 947 5927
www.eurobuild.co.nz



Gutter cleaning
Yard maintenance
Fences and decks
House washing
Moss and mould removal
General maintenance
Kitset assembly
Window cleaning
Water blasting
Carpentry
Fire alarms
Painting



CENTRAL'S TIPS

JUNE 2018



Winter has come - protect fragile young citrus, tamarillo and passionfruit by making frost shelters.

Brighten up your winter outdoors by planting rainbow stemmed chards, daphne, azaleas and hellebores and stake up broad beans.

IN THE VEGGIE PATCH

- **In go the strawberry plants, asparagus crowns, shallots and garlic.** Snip and plant runners off existing strawberries. Plant asparagus crowns around 50cm apart. Place garlic cloves 10cms apart and 5cm deep, in their upright position (the wide root side facing down and pointed end facing up).
- **Stake or build supports around broad beans** as they grow
- If frost is an issue, **build frost shelters** for young citrus, tamarillo plants and passionfruit vines. Frost cloth or newspaper is also a cheap and easy option on the nights where the temperature dips
- **For eye-catching colour** in the vegetable garden plant rainbow stemmed chard

LAWNS

- **A little mowing and control of porina caterpillar** is sufficient during this time



Time to plant Strawberries

If you have runners coming off last year's strawberry plants, snip them and plant into fresh soil

THE REST OF THE GARDEN -

FOCUS ON FRAGRANCE AND COLOUR:

- **For delicious scent** wafting over the garden for the next month or two, plant daphne bushes, boronias, wintersweet and the very special Daphne Bholua
- **Winter Colour:** azaleas and early flowering camellias and rhododendrons brighten up the winter garden. Witch-hazel, winter jasmine and mahonia are all interesting shrubs that offer yellow tones on dull days
- **Plant winter roses (hellebores)** in raised beds or on banks to view the remarkable and varied interiors of their beautiful flowers



Focus on fragrance and colour

Plant daphne bushes, boronias, wintersweet and the very special Daphne Bholua for a fragrant winter garden and azaleas, early flowering camellias and rhododendrons for colour.



Build Frost Shelters

Protect young citrus, tamarillo and passionfruit from frost bite as the temperatures drop!

A Caravan Story



At ages 20 and 18, an affordable way to spend our honeymoon was to hire a caravan – little did we know what was ahead. Three children later, Jan and I purchased our first camper trailer and so many memorable family holidays began.

After purchasing our current caravan, I accepted a position in Singapore – so the caravan went into storage for 6 years and another adventure began. Singapore led to a move to Noosa in Queensland, but, before long, New Zealand beckoned. Having sold our home in Mission Bay, the Hibiscus Coast appealed. Millwater in 2011 was virtually a paddock, but we found a corner section with caravan parking and then spent a year travelling in the caravan whilst our home was being built.

Living on the road, many unexpected people come into your life – some living in tents, with others in homes on wheels. Often, a common thread is found in a camp kitchen or sharing a glass of wine/beer, with some people leaving an indelible mark on your life.

We have just returned from an 11-week 7,200 km road trip to the South Island. Highlights of where we stayed were – Awastone beneath Mangaweka cliffs; Kidd's Bush, a DOC

camp at Lake Hawea; Arrowtown (autumn colours); Colac Bay near Riverton; Curio Bay in the Catlins; Gabriels Gully, a DOC camp outside Lawrence; Ohau Canal, Twizel, known for its salmon fishing; Parnassus, a small community; and Marfells Beach, a DOC camp on the coast near Seddon – to name a few.

Some ask "why caravan versus motorhome." Both have considerable advantages, but for us to park up, leave the caravan and drive off to explore is the major consideration. A motorhome has the advantage however of requiring very little set up.



What better way to see this beautiful country than being able to stop where you like, when you like, and know that you have your accommodation with you. Being New Zealand Motor Caravan Association (NZMCA) and Department of Conservation (DOC) members allows us to do this and stay in locations that we would otherwise not be able to.

If any readers are caravan/motorhome enthusiasts and are interested in getting together every so often to chat about favourite locations, ideas, tips etc, Jan and I are very happy to coordinate this. We can be contacted on maurjan@gmail.com or Maurice on 0210 291 1747.

You can count on us every step of the way.

Forrest
FUNERAL SERVICES
EAST COAST BAYS | HIBISCUS COAST

24 Hour Service
(09) 426 7950 | 39 Riverside Road, Orewa
www.forrests.co.nz

artspeak

Be inspired by the varied art exhibitions this June at Estuary Arts Centre

With the Auckland Festival of Photography running for the month of June at participating venues all around the length and breadth of Auckland, this is visual feast to see the art of photography. Estuary Arts Centre will be featuring the local Creative Photography Club members' new work. They will also be running a series of hands-on informative workshops and talks about how to take a good photo from any camera or device such as your phone.

Neville Bradley and Annette Denholm have teamed up to showcase their painting. These two talented artists have painted together for many years; one of the highlights being a 5-day workshop with internationally-acclaimed artist Ben Ho, painting en plein air around Lake Hayes and Arrowtown; and Annette recently with John Lovett in Italy. Their fine work displays a love for the NZ outdoors and a great appreciation of scenic Europe.

"Fluid Imagination" is the visual culmination of Simon Morris's latest series of acrylic abstract paintings. Simon uses bold colours on a clean background, creating flowing organic patterns, inspired by his love of life and colour. His works have depth and flow, with each piece being left up to the individual

to interpret.

Then there is always a collaboration taking place at Exhibition by Estuary Arts Centre. This time a group of Local Hibiscus Coast and other North Shore printmakers were invited to print images onto paper, which were then cut into triangle shapes and re-assembled to form more complex designs. The resulting patchwork-like designs included many different forms of printmaking, mono-printing, intaglio, relief, as well as stitching and appliqué, dyeing with indigo and natural dyes and the addition of found objects like feathers.

Lastly, come and view Body Lines – an exhibition of life drawing and painting in the newly refurbished Gallery five.

For more information about opportunities, exhibition and art classes, visit the website on www.estuaryarts.org or pop into the Centre. We are located on the Western Reserve, 214B Hibiscus Coast Highway, open 7 days a week, 9am to 4pm daily.

American Retro Furniture



Whether you're in need of a full fit-out of your new restaurant or are simply after a couple of retro stools for the man cave or kitchen, look no further than American Retro Furniture – your one-stop-shop for authentic '50s-style diner furniture.

American Retro Furniture has been in business for more than a decade, and for the last two years has been in the capable hands of Grant and Lesley Jacobs. The couple brought a wealth of knowledge and experience from their furniture manufacture and restoration businesses: Country Charm Furniture and Silverdale Furniture Restorations.

The genuine brand, new diner furniture is imported directly from the USA, and is made from commercial grade vinyl and retro Formica. These quality items not only look amazing, they will withstand many years of hard use. American Retro Furniture carries an extensive range, but, on the off-chance you can't find exactly what you're after, the team can arrange the manufacture of whatever you need from scratch; from corner booths to tables, commercial or residential.

Are you're building your own furniture, or need to freshen up an existing set of table and chairs? American Retro Furniture can help with its huge range of vinyl, fabric and aluminium bumper edge trim. You can see its stunning work at Bald Eagle Diner in Mission Bay in Auckland, Deluxe Diner in New Plymouth (see image) and Route 6 Café in Lumsden. While you're there, you'll be able to enjoy some yummy authentic American food!

You can view and order furniture via the website, or you can give Lesley and Grant a call to talk about your requirements. If you're after more traditional furniture, ask about the range offered by Country Charm and don't forget about the services offered by Silverdale Furniture Restorations – save that worn old sentimental piece from the trash heap!

American Retro Furniture, 23b Foundry Road, Silverdale.
Phone (022)190 3354. Website: www.americanretrofurniture.co.nz
Email: sales@americanretrofurniture.co.nz

NEED A HAND?

We offer

- Personal Full Time Care in your own home
- Home Help
- Sleepovers

General Home Help/Laundry/Meals
Shopping/House Cleaning/Driving
Companionship/Respite Care/Full Time Care

"We'll give you the help that you need, and the care you deserve"

VERY COMPETITIVE RATES

PH 09 424 2911 M 021 045 2299



chrissycleanncare@xtra.co.nz www.chrissycnc.co.nz

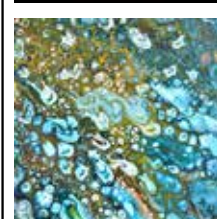


estuary arts centre



"The Photography Club"

An exhibition of contemporary Photography - group show
Part of Auckland Festival of Photography



"SPLASHES OF ART"

Neville Bradley & Annette Denholm



"FLUID IMAGINATION"

artworks by Simon Morris



"THE PRINTMAKERS

Collaborative Triangle Challenge" group exhibition

"Line Work"

Life Drawing group show

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

helloworld

Helloworld Travel comes to Millwater
Helloworld have now expanded their local offering with a brand new store at Millwater Parkway.
Based in their lovely new shop at 177 Millwater Parkway, they are well equipped to assist with your next holiday plan.
Tony, Dee and Sharon are well experienced in the art of creating the perfect escape for couples, families or solo travellers alike, and have travelled extensively themselves for that been-there, done-that first-hand expertise.
Locally owned and operated, the lovely team at the new Millwater store are backed by a nation-wide chain of travel professionals and excited to begin assisting the Millwater community to fulfil their own travel dreams.
Helloworld are proud to be the exclusive FlyBuys and Amex Membership Rewards travel partner allowing you to earn and spend points on a full range of travel options. Whether it's a domestic hop, a trans-tasman jaunt, or an adventure further afield, helloworld can help.
The helloworld Millwater team are eager to share their passion for travel with you now!

helloworld Millwater 177 Millwater Parkway, Millwater 09 426 9035

helloworld

*Conditions: *We welcome American Express Cardmembers. Membership Terms & Conditions apply. Q Mastercard lending criteria, fees, terms and conditions apply.

Weiti River

Proudly
sponsored by



For sales & service find us on www.silverdalemarine.com
10 Agency Lane, Silverdale Village
Ph 09 426 5087 and we will come to you!

Fri 1 Jun	02:59 0.6 m	09:15 2.9 m	15:17 0.5 m	21:41 3.0 m
Sat 2 Jun	03:40 0.7 m	09:55 2.8 m	15:56 0.6 m	22:21 2.9 m
Sun 3 Jun	04:22 0.7 m	10:35 2.8 m	16:34 0.6 m	23:01 2.9 m
Mon 4 Jun	05:05 0.7 m	11:15 2.7 m	17:15 0.7 m	23:43 2.8 m
Tue 5 Jun	05:50 0.8 m	11:57 2.7 m	17:58 0.8 m	-
Wed 6 Jun	00:27 2.8 m	06:37 0.8 m	12:41 2.6 m	18:46 0.8 m
Thu 7 Jun	01:14 2.7 m	07:25 0.8 m	13:29 2.6 m	19:38 0.9 m
Fri 8 Jun	02:03 2.7 m	08:16 0.8 m	14:21 2.6 m	20:35 0.9 m
Sat 9 Jun	02:54 2.7 m	09:08 0.8 m	15:18 2.6 m	21:32 0.8 m
Sun 10 Jun	03:46 2.8 m	10:01 0.7 m	16:16 2.7 m	22:28 0.8 m
Mon 11 Jun	04:40 2.9 m	10:55 0.5 m	17:14 2.9 m	23:22 0.6 m
Tue 12 Jun	05:33 3.0 m	11:48 0.4 m	18:09 3.0 m	-
Wed 13 Jun	00:14 0.5 m	06:28 3.1 m	12:40 0.4 m	19:02 3.2 m
Thu 14 Jun	01:06 0.4 m	07:23 3.1 m	13:32 0.2 m	19:54 3.3 m
Fri 15 Jun	01:59 0.4 m	08:17 3.2 m	14:24 0.2 m	20:46 3.4 m
Sat 16 Jun	02:52 0.4 m	09:11 3.3 m	15:15 0.1 m	21:38 3.4 m
Sun 17 Jun	03:46 0.3 m	10:05 3.3 m	16:07 0.2 m	22:31 3.4 m
Mon 18 Jun	04:42 0.4 m	10:59 3.2 m	17:00 0.3 m	23:25 3.3 m
Tue 19 Jun	05:38 0.4 m	11:54 3.1 m	17:55 0.4 m	-
Wed 20 Jun	00:20 3.2 m	06:35 0.4 m	12:50 3.0 m	18:52 0.4 m
Thu 21 Jun	01:17 3.1 m	07:33 0.5 m	13:47 2.9 m	19:53 0.6 m
Fri 22 Jun	02:13 3.0 m	08:30 0.5 m	14:46 2.9 m	20:54 0.6 m
Sat 23 Jun	03:09 2.9 m	09:27 0.6 m	15:46 2.8 m	21:53 0.7 m
Sun 24 Jun	04:04 2.9 m	10:23 0.6 m	16:43 2.8 m	22:48 0.7 m
Mon 25 Jun	04:57 2.8 m	11:15 0.6 m	17:37 2.9 m	23:39 0.7 m
Tue 26 Jun	05:49 2.8 m	12:04 0.6 m	18:27 2.9 m	-
Wed 27 Jun	00:26 0.7 m	06:37 2.8 m	12:50 0.5 m	19:12 2.9 m
Thu 28 Jun	01:10 0.7 m	07:24 2.8 m	13:33 0.5 m	19:55 3.0 m
Fri 29 Jun	01:53 0.7 m	08:08 2.8 m	14:13 0.5 m	20:36 3.0 m
Sat 30 Jun	02:34 0.7 m	08:49 2.8 m	-	-



Discover our new show home

OPEN TO VIEW
11AM-4PM – 7 DAYS
248 MAIN ROAD
KUMEU

maddrenhomes.co.nz

Tony Gatman Photography

021 767 144 | tonygatman.com | @tgatmanphotography

tim lawrence fishing spot



Well, the weather has turned early this year. Both my fishing charters were cancelled due to the recent storms, but I was glad to be on land when it was blowing 50 knots out there! The second trip was scheduled for the end of April and we had a guest angler over from Australia (Aussie Tim), so we left it right up until the last minute before deciding to pull the pin. Luckily the weather was good the week before and on ANZAC Day we managed to get out for an overnighter before the storm arrived.

The plan was to get out on the water early and fish the

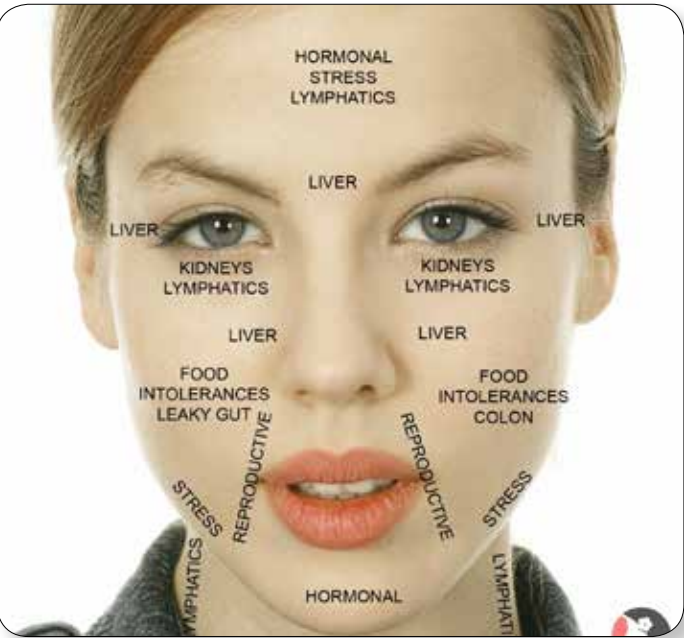
outgoing tide in the north channel of Kawau Island at dusk, sleep in Schoolhouse Bay and chase kingis at Flat Rock the next day. Work commitments resulted in a late departure and we missed the tide, but the fish were still biting and we landed a few good-sized snapper before settling in for the night (actually it was 2am before we finished up). The weather was great the next day; we filled the live bait tanks with yellow tail mackerel before heading out to fish the southern pins off Flat Rock, landing snapper, john dory and around a dozen kingfish. The kingfish weren't the largest, but at least Aussie Tim managed to put a couple of legal kingfish in the chilli bin and didn't go home empty-handed.

Last weekend we managed another quick outing on Saturday afternoon. We had no plan of attack and ended up drifting the back of The Noises Island behind Waiheke Island. Without too much effort we landed 11 decent sized snapper in a couple of hours before heading home before curfew. Just enough for a couple of feeds each.

The boys are already getting cabin fever and we have planned a two-day trip to Great Barrier in June. Hopefully Mother Nature is good to us, the weather plays ball and we manage to get onto some nice specimens up in the shallows around the island.

Until then, keep warm and tight lines!

Skin Analysis @ Beauty Aspects Ltd



Being a Beauty Therapist for over 28 years, I've found this face mapping system very helpful in determining the possible causes of skin breakouts; including acne and any other skin reactions or rashes.

This can be very helpful to better address your skin's issues.

Over the years I have noticed that, when people break out

or have skin irritations on certain parts of their face, they're sometimes a link to internal conditions. There are a few different face maps and they are used to gather clues during a skin consultation, to help me determine the possible causes of the acne or breakouts and any other skin irritations.

A Woods lamp is an ultra violet light that is used to determine which type of pigmentation is treatable, also if you have any sun damage, oily skin, dry or dehydrated skin.

Consultations are always free and are the ideal way to determine the best possible treatment, thus ensuring the best results

Amelia

Eyebrow Micro Blading @ Beauty Aspects Ltd

Get the best Brows in town!



GIFT VOUCHERS ALWAYS AVAILABLE

Amelia
02102972587 • 09 947 5939
41 Fennell Crescent, Millwater
Open Mon-Sat

[facebook.com/beautyaspectsltd](https://www.facebook.com/beautyaspectsltd)

www.beautyaspects.net

holiday destinations

Dynamic Dubai

Dubai is one of the most-visited destinations in the world and home to several record-breakers; from the world's tallest tower, the Burj Khalifa 160 story skyscraper, to the busiest international airport on the planet.

It's regularly named one of the world's most expensive cities, but you can enjoy Dubai on a budget.

Metered taxis are cheap by international standards, and you can ride the metro for as little as Dh3. The city is brimming with cheap eats, too, plus amazing shopping at the traditional souks for gold, fresh spices, and custom-made perfumes.

Dubai has started to bill itself as the theme park capital of the world, and its action-packed adventures will thrill kids of all ages. On our recent stop there we headed for the Atlantis Waterpark, located at the very end of the Palms. This place had everything; from a lovely lazy river where you can float around all day and soak up the sun, to big thrill water-rides and will have your heart pumping.

The Green Planet, only in Dubai, houses an entire tropical rainforest ecosystem to be created amid 45°C desert heat. The Green Planet has more than 3,000 plants and animals, including monkeys, iguanas, and hornbills, in a glass dome surrounding a 25m-tall man-made fig tree. Great for kids and very interactive.

Dubai Mall, with 1,200 outlets, is the world's biggest shopping centre. It is a great experience, with an ice skating rink and a giant aquarium with a ten million litre tank that showcases hundreds of sharks and rays. This will keep you entertained for hours, even if you don't happen to be a dedicated shopper.

Dubai has everything; from beautiful beaches, 4WD sand buggies, great restaurants, loads of shopping, family-friendly entertainment, to relaxing in one of the beautiful spas.

A great destination for a stopover if you are heading to Europe or home, or if you feel the need to explore a new destination that has it all: Dubai is the place!!

Emirates Airlines fly direct every day from Auckland to Dubai return, and also to over 40 European cities.

If you would like more information on this awesome destination, please let me know.

Helen Baxter • Air New Zealand Travel Broker
021 684 770 • Hibiscus Coast



Have you ever considered Transition Lenses?



Are you thinking about updating your glasses or lenses? If so, I would urge you to really consider all the lens treatment options available today. Most people have no idea of how technology has advanced and it has brought some great lens treatment options.

This month, I have decided to focus on Transition lenses. This is where your lenses will darken when UV is present and fade back to clear when you go inside or away from UV. I love this technology that allows you to incorporate sun protection into your lenses. This is a particularly great option for people who wear progressive lenses (multifocal) as they wear their glasses full-time. Whilst I am also a big advocate for prescription sunglasses, I always choose to have Transitions in my lenses.

The benefits are many, but I love the fact that I can nip out and not have to worry about taking my sunglasses with me. My transition lenses will go dark when there is UV present and therefore, if I pop out to the supermarket or hang washing out, I do not have to worry or squint from the sun.

People who wore similar products years ago and did not like them, should now give them another go as the technology has advanced so much. The lenses go back absolutely clear (once you are inside or away from UV) and darkening and fade back times have lessened.

My only caution when recommending Transition Lenses is that, in most cases, they will not be recommended for driving as most modern windscreens have a UV filter so the lenses will not darken. Having said that, there are now Transition lens options for people who drive, where the lens will darken and there is also a Transition option that includes polarisation.

On your next visit to the optometrist, or if you are updating your glasses, consider Transitions; I think you will love them.

At OPSM Silverdale, we want our customers to be able to experience all the options available with confidence, so if you give Transitions a go and for whatever reason do not love them within the first 30 days, we will remake your lenses without it. You have nothing to lose.

Give us a call on 09 426 7902 or pop in and see us in the Silverdale Centre (next door to Walker and Hall).

HALF PRICE EYE TEST AT OPSM SILVERDALE

Exclusive to Millwater Residents. Voucher must be presented
(Valid till 29 July 2018)



Call 09 426 7902 to book or book online at www.opsm.co.nz
Offer only valid at OPSM Silverdale.

Back to Basics – Underwriting



We previously discussed your duty to disclose all information relevant to the insurer's assessment of your application for insurance.

Your application will be underwritten to assess the risk you present to the insurer. Your medical history, occupation and pastimes will be reviewed. People with same or similar risk, pay same or similar premiums. If you do not

present a 'greater' risk of claiming, you will be offered cover at standard rates.

Other possible outcomes are a loading to your premiums or an exclusion to your policy. These are determined by pre-existing health conditions, risk of developing an illness due to family medical history or lifestyle factors and any risk associated with your occupation or pastime.

A loading can be a percentage increase on the standard premium. For example, if there is cancer in your family's medical history, a loading of 50% could apply making your premium cost 50% more than the standard premium. However, paying the higher premium rate ensures you will be covered if you need it. You could manage the cost by reducing the amount of cover.

Suicide, self-harm, criminal activity and negligence are generally excluded from all policies. Pre-existing conditions can also present exclusions. If you have diabetes, your plan could exclude all diabetes-related claims.

Loadings and exclusions might be reviewable if you change to a low risk job, stop participating in high risk hobbies or make lifestyle changes like stopping smoking.

Insurers don't initiate reviews. Let me know if you need help.

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.

Do any of these describe you?

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

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

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



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**
Contact me, Valentina Pereira and we can chat over a coffee.
t 021 627 802 | e valentina@mirockfs.co.nz | www.mirockfs.co.nz
Disclosure Statement available upon request

MiRock
FINANCIAL SERVICES

Personal Insurance | Business Insurance | ACC Restructure | Mortgages | KiwiSaver | Estate Planning

Centrestage Theatre Company
PRESENTS THE MUSIC REVUE

QUEEN

A KIND OF MAGIC

1-9 OF JUNE

BOOK NOW AT CENTRESTAGE THEATRE 09 426 7282
OR AT WWW.CENTRESTAGETHEATRE.CO.NZ

Call Me...
for everything in Advertising & Design

...0220 382644

Do you have a great idea for a design, but lack the time and skills to make it a reality?
It may be time to turn to a professional Graphic Designer to provide the creative flair, design experience, and eye for detail you require. Whether you're looking to redesign your website or need printed materials like business cards, brochures, posters or are undertaking a logo or identity rework. Even if you're just working on a Powerpoint presentation — *I'm here to help.*

www.amzkfamily.wixsite.com/michelle-thomas

• Adverts • Brochures • Business Cards • Logo Design • Signage • Banners • Websites

[in michellethomas-callmedesigns](https://www.linkedin.com/company/michellethomas-callmedesigns) e. michellethomas.callmedesigns@gmail.com

Are you buying a Small Business?



So: you are looking to buy a small business. As well as researching the market you will want to put a solid contract in place. A solid contract, or agreement for sale and purchase, should protect you from costly surprises after settlement.

Investigating the company

First things first: investigation of the company and its financial records, known as due diligence, is important. Due diligence may be carried out before signing the agreement. Alternatively, you may incorporate a clause in the agreement giving you time to investigate and the ability to walk away if you are unhappy with your findings.

Have you run this type of business before?

If the business is new to you, you may want to negotiate some 'vendor assistance'. The vendor, or seller, may agree to work

with you for a period of time after settlement, as you transition into the business.

Who are the key employees, key suppliers and key customers?

As part of your due diligence, find out the key players. Key employees have valuable experience, and, without key suppliers or customers, your new business may cease to operate or be less profitable. Conditions can be inserted into your agreement to give you time to negotiate arrangements with these key players.

Vendor Competition

What if the vendor started a similar business in competition with you? Inserting a restraint of trade clause will limit the vendor's ability to compete in a specified geographical region, for a set period of time, in nominated areas of business.

Premises - owned or leased?

Does the vendor lease the business premises? Find out how long the current lease lasts; is there an option to renew? If the lease is only short term, consider making your agreement conditional on negotiating a new lease.

It's important to remember that buying a new business is not all about price. The team at Simpson Western can provide you with valuable advice, assist you in negotiating terms which meet your needs, at the same time protecting your investment so that you can enjoy your new business venture.

Patricia Parker
Solicitor
SIMPSON WESTERN

Everyone wants the good life - smooth sailing, affairs in order, business matters sorted, our families and assets protected.

For exceptional legal support and results, together with a real belief in personal service, please give us a call.

SIMPSON WESTERN

Silverdale Corner Millwater Parkway and Polarity Rise, Silverdale p. 09 421 0559
Takapuna Level 3, Takapuna Finance Centre, 159 Hurstmere Road, Takapuna p. 09 486 3058

simpsonwestern.co.nz

TRUSTED ADVISORS

Visual Voice PHOTOGRAPHY

196 Centreway Road, Orewa **09 391 4444** www.visualvoice.co.nz

MTF Finance Silverdale offers personal and business lending. Contact us to learn more.

☎ 09 421 0335 or 022 FINANCE
📍 Cnr Milner Ave and Millwater Parkway
mtf.co.nz/silverdale

Terms, conditions and lending criteria apply.

mtf finance
SILVERDALE

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
Peak Pilates 09 959 0211

Optometrists

OPSM Silverdale 09 426 7902

Motoring & Boating

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

Florists

Flowers by Joanne 09 426 5287
Fabulous Flowers 09 947 5920

Real Estate

Mike Pero Real Estate, Millwater 09 426 6122

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
Hibiscus Coast Singers 09 426 6043
Centrestage Theatre 09 426 7282

Osteopath

OsteoMe 0508 OSTEO ME

Printing

Treehouse Print 027 4986 202

Travel

Helloworld 09 426 9035

Insurance / Finance / Accounting

MiRock Financial Services 021 627 802
MTF Finance 09 421 0335
UProtectNZ Insurance Services 027 248 9320

Pets

Millwater Vet Hospital 09 427 9201
Clip A Dog 09 428 3375

Mortgage Adviser

Mortgage Studio 09 428 2223

Storage

Guardian Secure Self Storage 09 905 2777

Medical & Dental

Coastcare Urgent Care, Red Beach 09 427 9130
Focus Hearing 09 533 6463
Orewa Medical Centre 09 426 5437
The Dental Suite 09 426 5262
Silverdale Family Dentists 09 972 1406

Dance

Fusion Dance Studio 09 428 3132

Pharmacy

Millwater Parkway Pharmacy 09 959 0256
Life Pharmacy Orewa 09 426 4087

Home & Garden

Central Landscape & Garden Supplies 09 421 0024
Silverdale Furniture Restoration 09 426 2979
Total Security Group 09 947 5992
American Retro Furniture 022 190 3354
Eurobuild 09 947 5927
Gatmans mowers&more 09 426 5612

Legal

Simpson Western 09 421 0559

Photography

Visual Voice 09 391 4444
Tony Gatman Photography 021 767 144

Housing

Maddren Homes 09 412 1000
Madison Park Homes 0800 696 234

Property Management

Quinovic Millwater 09 444 5753

Child Care / Education

Northern Arena 09 421 9700

Community

Hibiscus Coast Anglican Parish 09 426 4952
Forrest Funeral Services 09 426 7950

Home Help

Chrissy's Clean n' Care 09 424 2911

Advertise in The Millwater Mag and feature here for free!

Mike Pero
REAL ESTATE

This page is sponsored by Mike Pero Millwater
Grayson Furniss • 09 426 6122 • 021 665 423 • grayson.furniss@mikepero.com

Mike Pero Real Estate Ltd, Licensed REAA (2008)

millwater**recipes**



Lamb shank & caramelised onion tart tatin w- potato gratin & red wine rosemary jus (serves 4)

Lamb Tart tatin

30mls cooking oil
4 lamb shanks
1 litre reduced beef stock
250mls cheap red wine
4 cloves of garlic (finely diced)
1 rosemary sprig (pick off leaves)
1 400mls can chopped tomatoes
Salt, pepper and sugar
1 small onion (diced)
4 large onions (thinly sliced) + 30mls cooking oil
Rolled sheet of flaky/puff pastry (baking paper cut into 7cm squares x 4)

Method

In hot fry-pan, sear off lamb shanks in ½ oil till brown. In hot saucepan, add rest of oil, sauté garlic, onion, rosemary till brown, add the red wine, reduce by ½. Add stock, tomatoes, seasoning, sugar, bring to boil, place lamb shanks in. Cover with foil, place in 150c pre-heated oven for 2 ½ hours or until lamb falls from bone. Remove shanks from the liquid. Remove meat from the bone. Place the sauce on stove to reduce till sauce consistency. To caramelize onions, sauté onions in saucepan w- oil on medium heat until onions are soft & brown (around 20 minutes, you must stir every few minutes to stop them burning). Mix caramelised onions with lamb shank meat and 40mls lamb sauce. Roll lamb mixture into 4 balls, place on baking paper. Cut out round of puff pastry (enough to cover lamb), push lightly around lamb, making small upside-down pie. Place on oven tray 200c oven until pastry is golden brown. Place on plate with wedge of potato gratin & lamb sauce. Accompany with your favourite vegetables.

Email culinarylane@gmail.com for potato gratin recipe.
Happy cooking!!!



Israeli Couscous and Roast Vegetable Warm Salad

Ingredients

1 cup Israeli couscous
Season vegetables (in photo I used 3 colours capsicum, carrot, celery, broccoli)
Baby spinach
Cashew
Feta cheese

To Make

1. Unlike couscous, where it can be prepared by soaking in hot water, Israeli Couscous needs to cook similar to pasta. Simply add Israeli couscous and some olive oil in boiling water and cook until it is softened (do not cover). Drain and put aside.
2. Cut vegetables into similar size, spread on an oven pan lined with baking paper, drizzle with olive oil, and grill for 10 minutes in 250c. Remove from oven and give them a stir, roast for another 5 mins. (Cooking time may vary across ovens)
3. Mix roast vegetables, cashew, baby spinach and Israeli couscous together. I am not a "sauce" person, so I just add some dry herbs and salt to taste. Sprinkle feta cheese on top.
4. However, if you are like my husband who prefers to have sauce to mix with salad, simply mix roast vegetables, Israeli couscous, a shake of Worcestershire sauce, a few drops of tabasco and a few spoonfuls of tomato puree together (use those with no other added ingredient such as acid). The brand I use contain 99.5% tomato puree and 0.5% salt). Then add cashew and feta cheese, season with herbs and salt to taste.

Happy Cooking!
Nita Wong

The Dangers of Ignoring a Toothache



Whether through fear, financial worries, or a lack of time, plenty of people ignore that nagging toothache, even when it becomes unbearable. Ignoring the pain can lead to awful long-term consequences, so we'd like to help you understand where toothaches come from and why you should always seek emergency dental treatment if you're experiencing one.

Unlike other common aches and pains,

a toothache will not go away on its own. When you feel an ache in your tooth, this is a warning sign that there is something wrong in your mouth. It may be due to damage like a cracked tooth, or a failing old filling. It could be due to untreated tooth decay or gum disease, or all of the above! But it always requires dental treatment to fix. The treatment will depend on the underlying cause of your toothache, which only a dentist will

be able to diagnose for you. This means that waiting too long to seek dental help often results in the need for root canal treatment, or extractions, when a speedier reaction to a toothache may have saved the tooth in question.

Untreated toothaches can lead to bacterial infection in the mouth, as well as permanent tooth loss. One of the most painful types of toothache is caused by a tooth abscess; a pocket of pus that develops due to a bacterial infection in the mouth following untreated dental decay or damage. If your toothache is caused by an abscess, it is vital to seek emergency medical care. An untreated abscess can lead to the spread of infection to your bones, heart, and even your brain – so try and get treatment quickly!

No matter the reason, if you start to experience a toothache, we recommend you make a dental appointment as soon as possible. Early treatment will help with the pain, but, more importantly, it can help stop any damage before it becomes more serious, and potentially irreversible.

The Dental Suite | Silverdale

EXPERIENCE THE DIFFERENCE



**THE DENTAL SUITE
SILVERDALE**

Suite 6,
44 Silverdale Street
09 426 5262
team@dentalsuite.co.nz
www.dentalsuite.co.nz

Colours



It is always interesting to see people look at things differently across different cultures. I have talked about numbers in my previous article (August 2016) and, this month, let's look at how Chinese see the colours.

RED – this is considered to be a very positive colour. It is always related to happiness, celebrations and good luck. During the period of Chinese New Year, you can see red everywhere; people writing lucky messages on red paper, hanging red lantern, giving out red packets, and using red containers to serve all sorts of New Year snacks are just a few examples.

Since red is such a lucky colour, it is commonly used in weddings, welcoming new-born, business grand opening and birthdays for the elderly. As such, these are always referred as the “RED events.”

It is still a very common custom to give out red eggs (boiled eggs dyed red) when a baby is one month old. For weddings, red is also everywhere; from invitation cards to wedding dress suit, to table cloths – they are always red in colour.

Very different from the West, a traditional Chinese wedding shouldn't use any WHITE because it is used in the funeral, which is also known as the “white event.” This is exactly the opposite

to the West, where black is commonly used in such cases.

Just like the house of orange in the Netherlands, YELLOW is the colour loved by the ancient emperors. In the old days, only emperors were allowed to wear yellow, also known as the yellow gown. There are quite a few tales about why yellow was so beloved by the emperors, and I personally tend to agree that yellow is the nearest possible dye colour to GOLD, symbol of power and wealth.



And here is one little tip when you purchase a gift for Chinese: Never ever buy them a GREEN hat; because when a man's wife is having an affair with someone, he is referred to as “wearing a green hat.” So: it is always a big NO-NO to wear a green hat.

I hope you enjoyed this article; see you again next month!

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

Silverdale Village Market

Each Saturday 8am - 1pm
Outlet stores & more

Silverdale Village - a great place to visit

ROD HARMAN MOTORS LTD

Automotive Repairs • Servicing
WOF Testing

1/8 Curley Ave, Silverdale

Ph (09) 426 6066
Fax (09) 426 1066

communityzone

theMillwatermag

Featuring your Millwater residents who have a home-based business or a service to offer

PHOTOGRAPHY

Photography - Selling your home?
Simone Rinke - 027 456 2333
Available evenings and weekends
www.blakflash.com

CHILD CARE

Porse Registered - Home Educator
Qualified Experienced 30yrs Child Care
Amanda 021 2666615

EDEN Childcare Homebased Educarer
• Trustworthy, experienced homebased educator. ECE, WINZ subsidies available. I have spaces now. Contact Serene: 021 02527471

CLEANING

Move Out Cleans
End of tenancy, pre-sale, open homes & pre-inspection cleaning we also do lawns/ gardens & everything inbetween. 027 202 1410

Big Green Carpet Cleaning
Thorough cleaning of carpet/upholstery (couches, rugs, mattresses, leather, caravans, boats, cars). Vacuuming & furniture-moving incl. Stanley Ross 021 510 457

TRAVEL

Jennie Ready - Fine Travel Consultant
Flights, cruises, packages, tours. I would love to assist you with all your travel requirements. Ph: 09 959 0414

HOUSE CARE

www.totalsecuritygroup.co.nz
09 947 5992 / 021 273 2873
Your friendly local security specialist. Alarm installation and servicing. Door & Window Security, Safes. If it's security, it's us!

HOME WARES

www.creativegiftbaskets.co.nz
For beautiful gift ideas. Pick-ups arranged by appointment. Phone 09 421 1267

Retro Records

I buy and sell pop & rock vinyl records! Huge selection available! Email jurieels@gmail.com or pop in at 10 Emell St

BABYSITTING

Experienced Babysitting
Kayleigh - local references available • experienced with all ages • Ph 022 187 9947

Reliable, responsible 15 year old Orewa College girl, over one year's experience babysitting other Millwater families. Emily (phone or text) 027 222 4938

BEAUTY / HEALTH & WELL-BEING

Beauty Aspects Ltd
Offering all beauty treatments
Contact Amelia on 02102972587

K.T's Colours, Cuts, Treatments
Katie Hodgson - 021 189 3672
Mobile Hairdresser that comes to you for all your hairdressing needs.

Classical Homeopathy
Reach your own potential and wholeness through homeopathy, an effective approach to natural health care.
Ute Engel • www.homeophyorewa.co.nz

Hear Say Speech and Language
Specialising in speech and language related disorders in children and young adults Tanya Collett • Hearsay.co.nz

Optometrist - Mobile & Holistic Specialist - Holistic / Integrative Optometry. Home visits, rest homes & hospitals. Millwater clinic. Eye examinations; glasses; contact lenses. Monique Wiegand BOptom BSc 09 427 5027

Nutritionist and Health Coach
Paula Southworth (BSc Nutrition & Sports Science), weight loss, IBS, high blood pressure, high cholesterol, anaemia, healthy eating and more. For more information www.nutritionense.co.nz

Mobile Counselling Service
Low cost mobile counselling - specialising in post natal depression, post traumatic stress, anxiety, relationships, self-esteem.
Sandra Hill 0284046685

The Urban Escape - Nails & Beauty
Home-based salon in Totara Views offering acrylics, hard gel, gel polish, manicure and pedicure • Mandy Bennett • Qualified Nail Technician. www.theurbanescape.co.nz

Stand Tall Physio
Local physiotherapy services- ACC & private • Call Kathryn Todd - 0211 689 902

Lashes by Grace
Individual eyelash extensions • Natural lift & tint • Nouveau trained technician Extend, express, enhance • 027 4127225

Natural Style Ltd
Offering Personal Colour analysis, Line Style, Makeup • World Organics Consultant Certified Organic makeup, beauty products. Janine <http://fb.me/naturalstyleltd>

BUSINESS SOLUTIONS

OnTrack Business Solutions
Full service bookkeeping, administration & financial management support. Specialising in Xero. Contract basis as required. Call Tanya 0212103124

Website Design
Need a website created? Let me help you design a website up to 10 pages • POA • Based in Millwater • 027 456 2333 • Evenings and weekends

Digital Marketing and Social Media
Helping businesses across their digital platforms as well as content creation & editing. Contact for fees • Becks - becks.kinross@gmail.com

INSURANCE

UProtectNZ Insurance Services
Insurance specialist, providing security and peace of mind for you, your family and your business. Theo Simeonidis, 027 248 9320

OTHER SERVICES

Pauline's Sewing Services
Machinist offering prompt service for all your clothing alterations and repairs, including school uniforms. Curtain-making a specialty. (09) 5574378

Music lessons - saxophone, clarinet, flute
Experienced registered teacher. Provide music for your event or concert. Woodwind instrument repairs.
Stephen Thorne 09 6001002

TAGNZ: Portable Appliance Test & Tagging
Compliance with new Health & Safety Regulations • Testing to AS/ NZS 3760 standards • Servicing all workplaces.
Chris 021 251 0088

Celebrant - Experienced & Professional Weddings, Funerals, Naming/Dedication, Renewal of Vows & more • Kaye Mooney 0212776222

Proof Perfect - convenient Millwater location • Comprehensive, confidential & affordable copy editing & proofreading services for documents, manuscripts & website contents. Renell Judais 029 1230 158

Quilting / Patchwork Classes
Small friendly classes held on Weds & Sats, a variety of projects. Contact Cath 021 433 070, cathboughtwood@gmail.com

Piano/Theory Tuition
by qualified teacher
Phone Joy 021 162 7922 Orewa

Mike Pero
REAL ESTATE

The Community Zone is sponsored by Mike Pero Millwater
Grayson & Sarah Furniss • 09 426 6122 • 021 665 423 • grayson.furniss@mikepero.com

Mike Pero Real Estate Ltd, Licensed REAA (2008)



**WE ARE OPEN
QUEENS BIRTHDAY
WEEKEND**

WE DIG WEEKENDS... EVEN IN WINTER

Central Landscape Supplies Silverdale has you covered for winter - pick up firewood, pebbles and drainage for boggy areas and it's a great time to add a bit of compost to condition the soil.

Talk to our friendly Central Landscape Supplies team at Silverdale about all your winter outdoor needs.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 421 0024 • 90 Foundry Road, Silverdale Business Park