

theMillwatermag

Your FREE monthly magazine of all things Millwater
July 2015

- Roasted Pork Belly
- Millwater Biz Buzz
- Millwater Property Talk with Grayson
- Boost your immune system this winter

**Yellow is NOT the new Green -
PLEASE KEEP OUR CHILDREN SAFE**

Editor's note

Let me start with a "thank you". It is very gratifying, as Editor, to continue to receive great material from a growing number of regular contributors. This month sees a number of articles from new contributors also and we already know that there will be more next month for our First Anniversary Issue. To all: a big and sincere "thank you" from the magazine.



It is increasingly clear that our very own magazine is having a significant impact within and beyond Millwater. Businesses are appreciating the value that a magazine advert, which is read and not just thrown away, has over other and perhaps less effective means of delivery such as printed flyers. Our local business focus continues to add value – in addition to our regular Millwater Interview, this month we have begun what will be a regular focus on new local businesses (see Beauty Aspects on page 22). Knowing that there will be significant residential and business growth in our area, we believe that there will be a steady stream of new businesses for which we can provide an effective "shop front" feature.

Although the weather has been relatively kind so far, it is timely that the Fire Service provides a cautionary word on a serious subject. It reminded me of the memorable billboard I saw at Manly Fire Station last year: "If the battery in your smoke alarm is dead, you could be next". Spending just a few dollars a year on batteries can save your life – literally.

Nice to see the new Police red-light warning signage and even nicer to see the regular Police presence around Millwater – and the flashing patrol car lights, where motorists have been stopped for doing something wrong. With effective persistence by Police and the cooperative support of the Millwater community in reporting bad driving, I am sure that we will see an improvement. Remember: If you see something – say something!

Being a keen petrol-head, it was very enjoyable to meet fellow enthusiast Josh and to see his "Golden Holden" (see page 31). We are always looking for more in the way of interesting or unusual motorcycles, cars, trucks, buses or whatever, so that we can maintain this increasingly popular feature – but we need you to get in touch, please!

If you have a defective street light near your home, it probably won't get fixed unless you report it. You just have to give the street address reference for the related light. From experience, reporting a defective street light always brings a fast repair, making your street safer for everyone. You will find the contact information near the back of the magazine each month (page 39).

As next month is our First Anniversary, I am sure that one of our readers can suggest a suitable recipe for our birthday cake? Meantime, I hope that your mid-Winter Christmas was as good as mine.

Brian Mullan
Editor
July 2015

theMillwatermag

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themillwaterinterview

Northern Union – “A place we like to call home”

Serving Millwater and the wider surrounding areas on the Coast, the Northern Union celebrates its first year of successful trading on Saturday 18th July, which coincides with the 50th birthday of owner operator Glenn Phipps – or Phippsy, as he is known to all the locals.

Glenn grew up in Rotorua and, inspired by the legendary Blues Brothers films, he spent his three-year OE “living the dream” in the USA before returning to Auckland, where he began a career in travel and event management that immersed him in the wider hotel and hospitality industry. Although successful, Glenn admitted to having something of a “mid-life crisis” that led him to decide to dump the corporate lifestyle and build a pub.



Having made many good friends and excellent business contacts since returning to Auckland, Glenn was confident that he had the essential building blocks needed to design, build and operate a successful local pub. When asked about the design philosophy, Glenn was enthusiastic in his reply: “I wanted to achieve exactly what I have today – a friendly, local community pub and restaurant, where a wide spectrum of customers can come and feel completely at home”.

Phippsy is never happier than when he is mixing and mingling with customers throughout the indoor and outdoor public spaces of the Northern Union; he has a ready smile and welcoming nature that thrives on meeting and talking with everyone who comes in.

Digging a little into the business side, we find that Union Hospitality Concepts were involved in getting Northern Union started as a first pub venture, owned and operated by Glenn. This has led to a second pub, Pilkington’s in Shortland Street, with further pub ventures planned by Union Hospitality Concepts before the end of this year; in New Lynn and Stanmore Bay. Glenn’s vision of what a pub should be and how it should be run is obviously a successful business model! The word “Union” is used in the sense that it means a place to get together and relax in a friendly atmosphere – in other words, a union of minds.

Every staff member at Northern Union was recruited personally by Glenn and he is proud to regard them as part of his wider family. He involves them intimately through brain-storming sessions that evolve into decision-making over menu setting and the overall success of the venture; all of which helps engender a truly family-friendly feel to Northern Union.

Glenn is justifiably proud of the village pub atmosphere that has been created successfully, bridging as it does the transition between traditional and new Silverdale. Every conceivable type of customer can be found there at some stage of the day; from newly moved-in families with small children, to local builders, corporate types and singles who come to relax and wait for friends to arrive.

The extensive menu changes formally three times a year. Many reviewers have unanimously voted Northern Union a successful gastro-pub. Special events are planned on a regular basis by Glenn and his team, adding to the “always something new” experience that is enjoyed with every visit.

There is undoubtedly a palpable excitement and happy buzz about Northern Union that says “come in and enjoy yourself – you are welcome here!” Glenn Phipps enjoys an occasional Steinlager Pure and sometimes a gin & tonic, but he is also very conscious that a good, local pub has responsibilities and a natural part of what he does is to organise a pick-up and drop-off service for his customers when required.



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mortgagematters



“Let’s be responsible out there”

On 6th June 2015, new Government rules came into effect around the “Credit Contracts and Consumer Finance Amendment Act 2014 (CCCFA)”. From a Home Loan perspective, there are a couple of things that will change.

With Auckland house prices hitting a new barrier every month:

1) The days of guaranteeing a loan by just signing on the dotted line are over. The lender and mortgage adviser must ensure that the person guaranteeing the home loan has a full understanding of their contractual obligations i.e. if this project falls over... “who takes the haircut?” The bank will assess the guarantor’s ability to service the loan in a worst-case scenario. This involves providing proof of income, expenses, assets and liabilities. You will also be recommended, and in some cases required, to seek independent legal advice. Banks will be watching out for “borrowers of convenience”, e.g. relatives or friends whose names are on the loan purely to make the numbers work.

2) The lender, with help from the mortgage adviser, must provide an ethical advice process; identifying potential hardships for the borrowers themselves. It’s in everyone interests, including the bank’s, that the borrower has access to all of the relevant information and professionals, to make an informed decision. This is particularly important where a borrower is under financial duress or is inexperienced.

I believe that we all have an obligation to look out for each other; so, if in any doubt, please seek professional or legal advice before entering a loan or guaranteeing arrangement.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or emailivan@ivanurlich.co.nz

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

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Pet Insurance: Is *your* pet covered?

It is a salutary fact that, in an average year, one pet in three will require veterinary treatment for accident or illness. However, as treatments become more complex and sophisticated, costs inevitably rise and can – on occasions – become a limiting factor in treatment.

Although we naturally tend to think of traumatic surgical events (such as accidents involving broken bones) as the main reason for pet insurance, many medical conditions can also be very costly to treat. Examples include deep-seated skin and ear infections, heart failure, kidney problems, arthritis and diabetes mellitus – to name just a few.

Many owners now have their pets insured, to protect themselves against unexpected veterinary bills.

With pet insurance you have peace of mind and confidence that, should your pet become ill, he or she can have the treatment they require; without compromise and without you having to worry about the cost of treatment.

If you would like further information on the benefits of insuring your pet, please ask us at either the Millwater or Orewa Vet Hospital.

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Brett the Vet
Photos courtesy of Millwater residents



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safercommunities

Hibiscus Coast Community Patrols

Community Patrols of New Zealand was formed in 2001, to establish and promote a collaborative working relationship with Police and provide resources, support and guidance to affiliated local community patrol groups.

A Community Patrol is a voluntary group of people giving some of their time and taking responsibility within their own community, to help the Police make their community a safer environment in which to live. Any citizen who has a caring attitude to their community may offer their services.

Community patrollers act as 'eyes and ears' for Police. Patrolling their community in pairs, patrollers note anything that could be suspicious and inform Police immediately of incidents requiring urgent attention. Hibiscus Coast Community Patrols have a very high profile in their community, with a sign-written car. Along with day patrols, patrolling is also conducted late at night and in the early hours of the morning.

If you are interested in joining the Hibiscus Coast Community Patrol, please contact them on: hbcpatrol@gmail.com or visit their website at <http://hbccommunitypatrol.org/>



Constable Antony SEARLE

Orewa Community Constable | Rodney | New Zealand Police

P +64 9 426 4555 Extn: 96649 | M +64 21 191 4452 | E asz183@police.govt.nz

Orewa Police Station, 4 Riverside Road, Orewa, PO Box 50, Orewa, www.police.govt.nz

Safer Communities Together



Make your home & family fire safe

The onset of winter can bring its own fire safety hazards for the home

Electric blankets have been known to cause fires and the following highlights some things to watch out for:

- Always make sure your electric blanket is turned off before getting into bed;
- Make sure your electric blanket is always flat on the bed and that the controls and cords are not twisted;
- If your blanket is more than 10 years old, consider replacing it with a newer model;
- Never use pins or sharp objects to secure to the bed and do not fold the blanket or tuck under the mattress; and
- When you have finished using the blanket for the year; don't fold it – roll it.

COSY WOOD FIRES

Those of us who have wood-burning fires need to take extra care when disposing of waste ash and hot embers.

- Every winter, the Fire Service attends fires that have been caused by ash and embers being wrapped in paper and stored in bins for disposal; so
- Place ash and embers in a metal bucket and keep it safe in an outside area, away from any structure. Then, after a week or so, either dig into the garden or dispose of carefully.

SMOKE DETECTORS SAVE LIVES

If you do not have an operating smoke detector in your home and there's a fire while you are sleeping; **consider yourself dead** The Fire Service attended over 3,800 house fires last year and, in 80% of those fires, smoke detectors were either not fitted or not working.

Taking the gamble is not worth the tragic outcome that we see all too often. When you are sleeping, you cannot smell the smoke and you will die if there is even a small fire generating lots of smoke.

Smoke alarms provide the very best defence and the Fire Service recommends you install long-life photoelectric smoke alarms.

If you need further information and advice, please call your nearest Fire Station.

IF YOU HAVE A FIRE, PLEASE GET OUT IMMEDIATELY AND THEN DIAL 111

Fire Safety Tips from the NZ Fire Service, Silverdale



the millwater insider

Millwater Central

A warm welcome to Evoke Beauty Salon and Millwater Pharmacy; it's great to see the empty shops starting to fill up. The developers of the commercial block, Broadway Properties, are also selling the adjacent Terraces development. This is a mixed-use development, with 37 residential properties and 14 ground floor commercial units. Already, 21 of the residential units have been sold, with an anticipated start date of September 2015 and completion for spring 2016.



Millwater Crime Watch

It is disappointing that this section is necessary; however, it appears that we all need to be more vigilant about security. The Millwater Dairy was broken into on 14 June, with thieves predominantly targeting cigarettes. CCTV footage shows a Subaru station wagon pulling up outside the shop and two occupants getting out of the vehicle. The miscreants put some planning into the theft, with some attempt made to cover security cameras around the corner at the vet. If you have any information on this incident, please contact the Orewa Police on 09 426 4555 or contact Crimestoppers anonymously on 0800 555 111.

Neighbourhood Watch

There has been some discussion around establishing a formal Neighbourhood Watch organisation in Millwater. A meeting will be held to discuss this process on **Thursday 9 July at 6:45pm at Roberts Cafe in Millwater**. All welcome.

Red Light Runners

This still seems to be a significant problem, with the majority of those committing the crime being parents dropping off kids to the various schools. The wonderful people donating their time to make this safer deserve our thanks not abuse, so please support them any way that you can. They would dearly like some more volunteers. Please see the advertisement on page 15 of the magazine.

It now appears that, with a bit of news coverage comes some real attention and hopefully some action. NZ Police and Auckland Transport have both been on the scene observing the intersection, with some momentum towards achieving a

long-term solution (see article on page 15).

There has been some discussion about a public meeting to discuss this issue and this looks more likely to happen in August, when we hope to get representatives from the various agencies together, to update us on progress and hear your concerns.

Millwater Ladies Wine Tasting at Northern Union

Yes, ladies, it's time to tempt the taste buds (or dull them) with some wine tasting in the company of other locals residents. Pencil in Sunday 12 July; more details to be announced via The Millwater Families Facebook page shortly.

Silverdale Plan

The draft Silverdale Town Centre Plan is now out and open for submissions through till 17 July. Information is available at www.shapeauckland.co.nz and the public are encouraged to have their say on how the area can be improved, to make it more usable.

Metro Park East

The current works being undertaken at the southern end of the park are preparatory works on behalf of Hockey Hibiscus Trust, in anticipation of further works towards the end of the year, for the construction of the one and a half hockey turfs. It is expected that, by the time you read this, Auckland Council will have signed off on a number of other commitments to develop Metro Park East and also some initial development of Metro Park West. Exciting times ahead! The Insider will do its best to keep you informed.

Run Auckland Series

The final race of the RUN Auckland Series (NZ's biggest Fun Run and Walk Series), which includes the RUN Auckland Half Marathon to Millwater, will take place on Sunday the 19th July. Based from Millwater Sports Fields; there is a Half Marathon, 10km, 5km and RUN kids 2km or 4km. The focal point of the event is the use of the Te Ara Tahuna Estuary Walkway. The event will also raise funds for Maddy Overton and her CP treatment. There are no road closures but there will be extensive traffic management in place and it will be busy along Millwater Parkway on the morning.

The first race starts at 7.15am and we hope to have absolutely everything clear by midday at the latest. We would love to see as many locals involved as possible and truly make this the best running event in NZ – and with the best community involvement because we know Millwater is the best!

Event organisers – Dion Jelley & David Kayes (local Millwater residents).

timlawrence Fishing Spot

Wow! What a great run of fishing we have had over the last month. I hope you have made the most of the weather and got out there like we have. Some of the best fish of the season have been caught late May/early June and we have been part of the action both here and abroad.

First stop Rarotonga, where the sun was shining and the temperature was mid to late 20s. We took a charter with Akura Fishing Charters and had a blast catching tuna, chasing mahi mahi then trawling live baits (tuna) for marlin. The boys really looked after us and ensured we went home with plenty of fish. I would highly recommend these guys if you are heading over.

Since we arrived back we have been out almost every weekend, making use of the weather windows between changing winds and catching some good sized fish. Andy from Fishing Direct Silverdale loaned me his portable LED light, which he uses to attract bait fish at night. The bite was so hot the first time we used it that we forgot to bring it out until right at the end of the night. By then it was too late to use the fresh bait we caught as we already had our limit.

The following Friday I got the "F" call at work around 2pm and slipped out the door towards Fishing Direct to borrow the LED light again. This time the wind was around 15 knots and a bit snotty outside so we hid inside Kawau Island where it was a bit nicer. The light brought the fish around the boat and soon we had four rods going off the back of the boat. This was a night to remember, with two goodies caught to finish the night off.

Our next trip was the following Saturday. The forecast was for 7s and 8s on Swellmap, so our plan was to spend the day live-baiting for kingfish. We caught about 30 mackerel off Omaha then headed for 5 Mile Reef, Little Barrier and finally Horn Rock in search of that elusive monster. The only excitement we saw

involved getting busted off by some big sharks smashing the livies near the bottom. The kingfish weren't hungry so we had to settle for a by-catch of john dory and snapper for dinner. Hey, there's always next weekend!

Tight lines!





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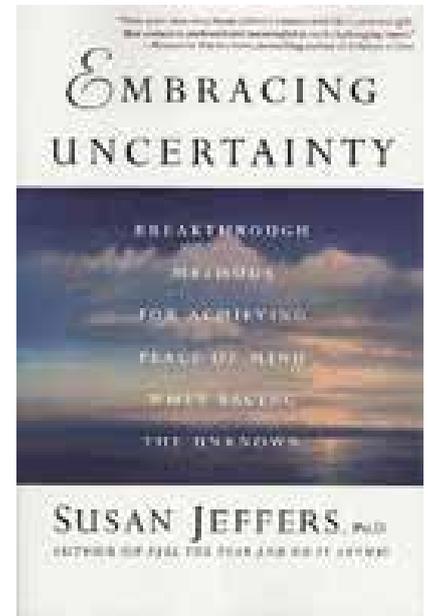
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millwaterbookofthemoth

“Embracing Uncertainty” by Susan Jeffers

This month, Millwater resident and book club member, Diana Lakin, reviews another book for us:

In a world that throws challenges to us every day it is important to have a “safety net”, to cope with such events. These challenges can cause a sense of loss, hurt or futility. This book gives the reader the ability to achieve peace of mind as they face uncertainty and the unknown. While this is not a new book, its words are re-affirming and great to have as a reference when life can seem overwhelming. It provides the reader with the means to choose to live a life with a sense of peace and possibility, rather than having ones thoughts in a chaotic rollercoaster of constant turmoil. Simply written and invaluable in today’s frenetic pace of life.



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What is Photography? Part 1

Definition: the art or practice of conceptualising, capturing and processing photographs.

You're up early and ready for a morning walk on the beach. It's an autumn morning, the air is crisp and fresh, you can hear the waves crashing on the shore and the smell of the sea is somehow soothing. The warmth from the rising sun, the slight breeze and the solitude on the beach at this time of the day is what we really love about early morning walks on the shore.



The view of the sun rising over the horizon is incredible! The gradient of blues in the sky, the saturated tones of reds, oranges and yellows are impressive and the way they reflect onto the surface of the water forces you to take out your smartphone and capture this gorgeous moment.

However, more often than not, after we click the shutter and review our photograph, it's never quite as we saw it. This is partly because there is more involved in that moment than just visual. We are trying to capture the emotions we are feeling,

the smells, the beautiful scene; ultimately, we are trying to capture and freeze that memory so that we can look back and experience the same emotions over and over again. The issue we often face is that the camera doesn't always interpret the scene the way we see and remember it.

In the next issue of the Millwater Mag, we take a closer look at the definition and the steps that are often missed; namely, conceptualising and processing. By introducing these steps into the process you can drastically improve your photography.

Lynda Kanji
PHOTOGRAPHY



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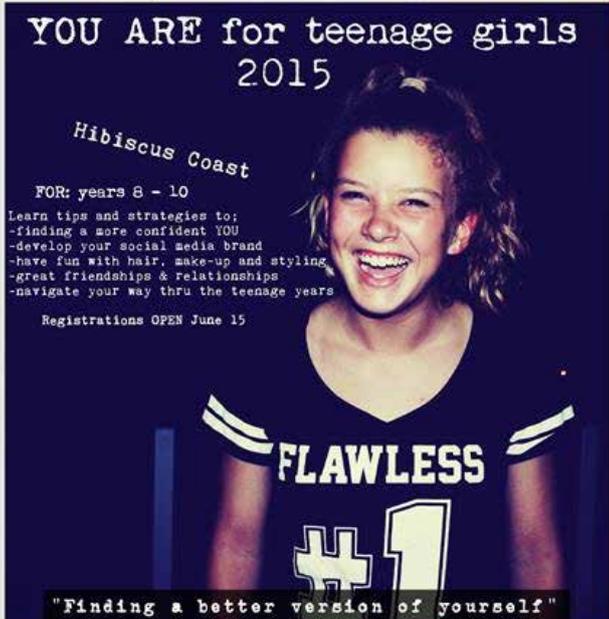
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Hibiscus Coast

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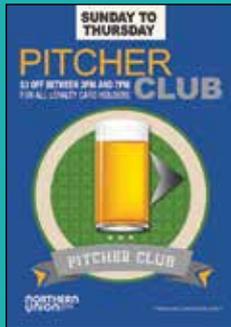
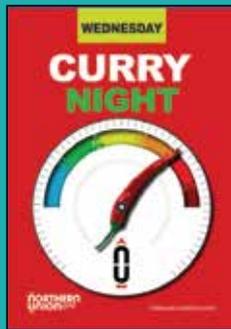
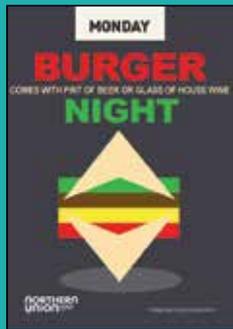
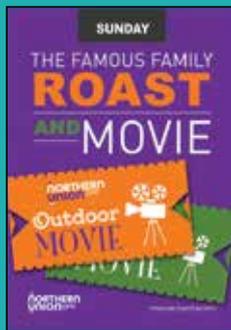
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Yellow is NOT the new Green

There was recently a piece on TV1's "Seven Sharp" highlighting the traffic issues at the intersection of Millwater Parkway, Bankside Road and Longmore Lane in Silverdale. This intersection has five schools and kindergartens within 500 metres of it.

During the peak hours of 8.30am to 9.00am and 2.45pm to 3.15pm, the traffic associated with the school drop-off and pick-up is causing traffic to back up at all four points of the intersection. Despite the great work of parents from Silverdale School, who give up their own time in the mornings to patrol the crossing and make it safer for the kids to cross, people continue to regularly drive through yellow and red traffic lights. Police have been going through a fact-gathering stage around the intersection and have observed between 12 and 18 cars and school buses turning contrary to the traffic signals during one half-hour period.

"We've working with Auckland Transport and have identified several issues at the intersection" says Constable Richard Byrne, Orewa Police.

"As a result of this partnership, we've already changed the light phasing at peak times, to give turning traffic longer to turn in to Longmore Lane in particular. This appears to have had quite an impact already on the traffic. More long-term resolutions are in hand" says Constable Byrne.

Orewa Police will continue to patrol the intersection in accordance with the road rules and drivers ignoring the lights can expect to be issued an infringement notice. We would like to

remind the public that it is an offence to drive through yellow lights as well as red lights. The Road Code States "a yellow signal means a driver should stop unless they are too close to the intersection to do so safely".

At the present time, there are only enough volunteers to man the crossings in the morning. If you have a bit of spare time in the mornings or afternoons and want to give a bit back to the local community, email richard.byrne@police.govt.nz and your details will be passed on to the right people.

Constable Richard BYRNE

PST Section 4 Orewa, New Zealand Police

P +64 9 426 4555 Extn: 96613 | RichardByrne@police.govt.nz

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CONNECTION



Are you, or someone you know, available for approximately 30 minutes on one or more afternoons per week immediately after school to assist with student pedestrian traffic?

We are a volunteer group of parents and friends of the general Millwater school traffic utilising the Longmore / Millwater Parkway / Bankside traffic lights providing a safe environment for the children to cross safely and without incident each morning before school.

We need volunteers to enable this important function to be provided to students in the afternoons as well.

Grandparents, concerned citizens and adults who have child safety on their heart and a bit of free time on their hands will achieve personal kudos and self satisfaction in giving time to this essential service.

If you are able to assist please contact Kerryn McPherson on kerryn.kerry@gmail.com for further information.

This is a community service, not attached to any one school and is the best way to ensure our children safely negotiate our very busy crossings directly outside our Millwater schools.

This advertisement is sponsored by **Grayson & Sarah Furniss**

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Mike Pero

Mike Pero Real Estate Licensed REAA 2008

Boost your immune system this winter - Part 1

Boosting our immune systems is the best way to avoid or reduce the effects of winter bugs. Our immune systems are beautifully created to ward off the dreaded lurgies, but, when our diets are lacking in certain nutrients, our immune systems are compromised and are unable to function as they were designed to. So; load up on some immune-boosting foods and ward off the nasties. Buying fruit and veggies that are in season is cheaper and they are fresher, tastier and have a better nutritional value.

Some winter veg to stock up on:

Beetroot; broccoli; Brussels sprouts; buttercup squash; butternut; cabbage; cauliflower; carrots; celeriac; celery; eggplant; fennel; garlic; kumara; leeks; lettuce; mushrooms; onions; potatoes; pumpkin; radish; rhubarb; salad greens; silverbeet; spinach; swedes; turnip; watercress and yams.

Winter fruit:

Apples; grapefruit; lemons; kiwifruit; mandarins; oranges; pears; persimmons; tangelos; tamarillos.

Nutrients that enhance our immune systems:

Vitamin C is important in helping our bodies fight infection. It is an antioxidant that protects our immune cells and enables them to do their job of destroying bacteria. The recommended daily intake for adults is around 45mg, but this varies with age and whether a woman is pregnant or breastfeeding. When we are unwell and our immune systems are working hard to fight off the infection, our requirements for Vitamin C are even higher. One orange contains 45mg of vitamin C, a boiled kumara contains around 30mg, ½ cup cooked broccoli 47mg and our lovely kiwifruit pack a powerful punch with a fantastic 85mg! Fortunately, vitamin C is water soluble, so, whatever the body doesn't need, it can easily eliminate and there is no danger of toxicity.

Vitamin A and its sidekicks, the **carotenoids**, keep the membranes of our respiratory system, our gastrointestinal system and our urinary system intact. Healthy membranes prevent bacteria from entering our bodies. This is our body's first line of defence against bugs. Good sources are: pumpkin, sweet potato, carrots, spinach, butternut squash, persimmons, cheese, milk, butter and of course the obvious one, liver.

Next month I'll continue with the list of immune-boosting nutrients.

You can find me on Facebook as NutritionSense, for regular posts on health related topics. Homemade soups are a wonderful way of upping your veg consumption; hearty, warming and nourishing. See my website for an awesome Pumpkin and Coriander Soup recipe; loaded with vitamins A, C and antioxidants.

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



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Legal Tips for Small and Medium Businesses

As a business owner, there are lots of different issues for you to consider. You have a lot to deal with in simply running your business. So; ask for help from experts such as your lawyers, your accountant, banker and insurance broker. Some of the important considerations from a legal perspective are:

Structure: Depending on the type of business, there are various ways to structure the ownership of that business. Individuals and companies are legal persons. Partnerships, joint ventures and trusts are (sometimes complex) legal relationships. It is important to get advice early on in respect of structure and ensure that the documentation behind the structure is suitable, correct and up to date.

Terms of trade: Terms of trade are essential documents, which set out the basis of your relationship with your customers. These should be kept up to date and sent out with each estimate or quote.

Personal property security interests: Your creditors may like to charge all your business assets as security for their trading accounts. This may not always be necessary, so review your creditor's terms of trade carefully. You may also like to consider obtaining security inter-

ests over your own customers. If you intend to do this, your terms of trade should be considered.

Employment agreements: Having an employment agreement for each employee is a legal requirement for a business.

Leases: A lease of premises is a valuable asset for many businesses. It is important to ensure that it is documented correctly.

Keep an eye on contract expiry dates: These could be your lease, licenses, insurance policies, contracts with major suppliers and so on. Diarise key dates and act in good time.

Succession planning: If you don't intend to maintain or build your business, then you'll need to consider your succession plan and your exit strategy from the business.

These are just some of the issues that are relevant to small and medium business owners. Simpson Western Silverdale can assist in these and other legal matters affecting businesses. Give us a call to see how we can help!

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Tracie Waterhouse, Barbara Wilkins, Greg Woodd, Sarah Martin, Teresa Heathcote and Katrina Simpson.

Speech and language between 13 and 18 months

It may seem as if, between 12 and 18 months, your child is concentrating their energy on refining walking and other motor functions. Language acquisition may be slow and consists of single words. As you well know, when the little ones get mobile, they start to explore their world and climbing soon follows steady walking.

Increased hand control can be seen in how your toddler is able to pick up and release objects. They can build a tower of 2-3 blocks, put together a simple puzzle and turn thick pages of a book. Your child is starting to discover what the true meaning or function of an object is and they find shape-sorter toys, nesting cups and boxes interesting. They start imitating what they see you do with objects; like sweeping with a broom or feeding a doll. That's why they like playing with real objects and seem to lose interest in their toys.

As you know, the 13-18 month old is highly egocentric. They recognise their own name and use it for thinking of themselves as apart from others. Around 16-18 months, most children begin vocabulary-building, by demanding names of objects in the environment. Your toddler may need to hear words over and over until they are able to use them meaningfully. They generally understand 50 words but may only use 10-20 to refer to things in the environment. Some children will acquire many label words before using them in phrases; others will use short phrases from 16 or 17 months. By 18 months, they have fairly good control of the tongue and use many short 2 word sentences like 'me up' and 'all gone'. They also realise that they can control adults and very soon temper tantrums start to occur.

It's a very intense time of learning and discovery; enjoy it together.

Tanya Collett
09 421 1337
021 949539
www.hearsay.co.nz



Are you protecting your eyes from Blue Light?

Recent studies show that the blue light emitted from smartphones, tablets and computers could be putting users at risk of early-onset macular degeneration.

Age-related macular degeneration (AMD) is a disease associated with ageing, which gradually destroys the sharp, central vision that is needed for seeing objects clearly and for common daily tasks such as reading and driving. Symptoms include a growing blurred area near the centre of vision, which can develop into blank spots. Objects may also appear less bright over time.

Our eyes need light for colour perception, clarity and sharpness of vision. In today's digital world, we are bombarded by harmful blue light from both natural and man-made sources. Some wavelengths of blue light can be harmful to your eye health and vision. Harmful 'blue-violet' light is emitted from the LED screens of devices such as smartphones and tablets and close proximity to the light makes the risk of damage worse, as well as contributing to eye fatigue.

Recent statistics about digital-user habits have been worrying, since people are spending more time on their gadgets, while at work or play, and children are increasingly being exposed to these electronics from an early age through their parents' lifestyle and the education system.

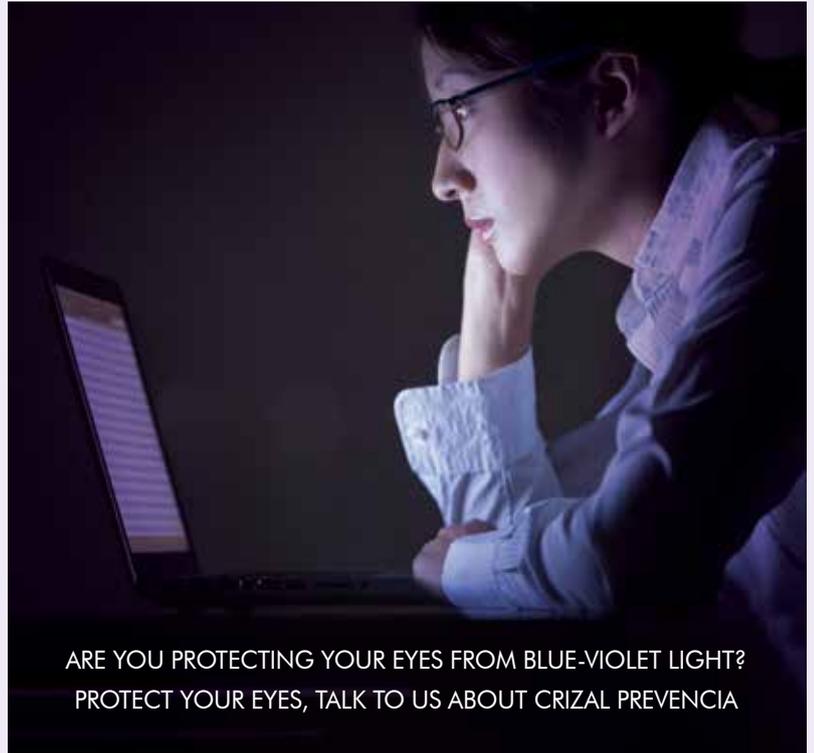
Because it is near impossible to avoid the use of digital devices, it is imperative to take preventive actions to counter its effects.

"Give your eyes a rest whenever possible and protect your eye health for the future by considering a new pair of Crizal Previncia coated lenses*."

Not only does Crizal Previncia help filter out the harmful blue-violet and UV light, it also makes it more comfortable for the wearer by cutting out the harsh glare from digital screens, thereby reducing strain on the eyes.

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millwaterpropertystats

Every month Mike Pero Real Estate Silverdale assembles a comprehensive spreadsheet of all the recent sales in the Silverdale area that reviews the full range of residential transactions that have occurred. If you would like to receive this full summary please email the words "full statistics" to grayson.furniss@mikepero.com. This service is free from cost.

	May 2014	April 2015	May 2015
Number of Sales	15	13	18
Median Sales Price	\$835,000	\$938,000	\$1,007,500
Highest Sale Price	\$962,000	\$1,450,000	\$1,850,000
Lowest Sale Price	\$720,000	\$843,000	\$860,000
Average % price to CV	21.29%	10.69%	12.25%
Average Floor Area (sqm)	239	236	290
Weighted Value Index	980	1111	1064

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

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

Phone Grayson on 09 426 6122 or 021 665 423

Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE

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millwaterpropertytalkwithGrayson

Wow, Millwater has joined the million dollar suburbs group, with the median sales price for May up to \$1,007,500 – a 20.65% increase over May 14. This is in line with the rest of Auckland, lagging slightly behind the 26% increase over the same time on the North Shore but ahead of the rest of Rodney at 14.5%. As always, these results are based on relatively low turnover and have a high margin of error. In particular, the mix of house sales has a large impact on these medians, with a disproportional number of larger house sales in May pushing the median and average up and causing a slight fall in the Weighted Value Index. It will be interesting to see what happens with these measures over the next couple of months.

There is a great deal of volatility in pricing in the current market. While we see continued general price increases and steady upward movement in the average sales price to CV, this hides an underlying unpredictability. In May alone, the results ranged from 40% over CV to 5% under; a 45% range that, if applied to the average CV (of properties sold) of \$968,667, would suggest a selling range of \$920,000 to \$1,356,000. This demonstrates the fallibility of using CV as a tool to approximate market value. If you want to understand where your property sits in the market, request an appraisal from a local licensed real estate agent.

An ongoing shortage of completed property in the Millwater market is continuing to put pressure on prices, with some buyers being prepared to pay a significant premium to secure a particular property. Conversely, we are also seeing many buyers who are struggling to justify Millwater prices and are now looking elsewhere. It would appear that, while there is still a strong contingent of North Shore residents who are seeing Millwater as a desirable destination, the concern

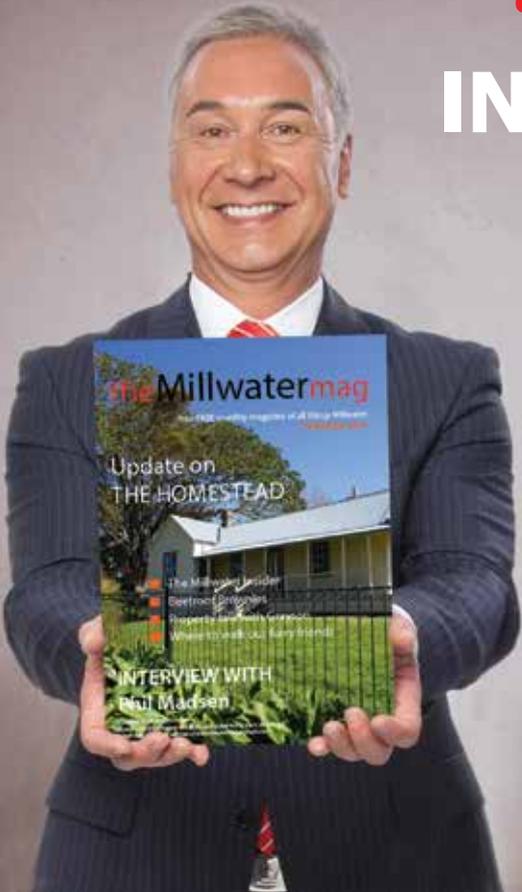
is that the median price in Millwater is now higher than that on the North Shore (\$946,000). Continued price increases in Millwater will be at least partly reliant on a healthy North Shore market, with some commentary coming through that there has been a slight slowdown of buyer activity in that area. The recent reduction in the OCR may put some additional inflationary pressure on prices; however, much of that reduction had already been included in retail fixed rates – so it is doubtful what impact it will have in the short term.

As always, if you want to discuss what any of this means for you and your properties please call us for a chat or obligation- and cost-free appraisal. I will even bring the biscuits!

Grayson

Mike Pero Real Estate, Licensed REAA (2008)





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From our vendors...

After successfully selling our house 2 years ago with a more than desirable outcome it only made sense to get Grayson back on the job this time.

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We found both Grayson and Sarah to be fantastic to deal with. They were always professional, reliable and kept us well informed throughout the entire process.

We certainly have no hesitation in recommending Grayson and Sarah to anyone wanting to list their home.

We would personally like to thank the two of you for your hard work and the passion you have for what you do. We are going to be hard pressed to find a real estate agent in Australia that has all the qualities you two have!

We wish you all the best with your new office and if you are ever in the Gold Coast track us down!

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millwaterbizbuzz

There are many resident businesses in Millwater and this month we feature Beauty Aspects Limited, owned and operated by Amelia van den Berg.

Originating from Johannesburg where she owned and operated Feminine beauty and slimming salon for 15 years, Amelia moved over to Auckland with her husband and daughter in 2008. Amelia opened Beauty Aspects in Torbay in 2009 before moving up to Millwater 3 months ago.

Fully qualified to internationally recognised standards and meeting every requirement of the most stringent health and hygiene rules, Amelia focuses on delivering total satisfaction to every client, on a strictly one-on-one basis. Operating from her home business at 41 Fennell Crescent, Amelia's two private therapy rooms are equipped to the highest standards, from where she offers a full range of beauty treatment, including but not limited to: facials; massages; manicures and pedicures; aromatherapy; reflexology; Indian head massage ...and more!

In addition to her more obvious pampering services, Amelia's sensitively applied corrective beauty therapy also deals with acne, skin pigmentation, scarring, age spots and unwanted hair.

Asked about her business philosophy, Amelia says "My passion is my clients, with client satisfaction a priority. I strive to supply excellent service in a relaxing environment, using world-leading cosmetics that not only enhance your physical appearance but also your mental wellbeing."

Offering the convenience of EFTPOS – or via her own personalised gift vouchers – Amelia can be contacted on 021 0297 2587 or at amelia.beautyaspects@gmail.com



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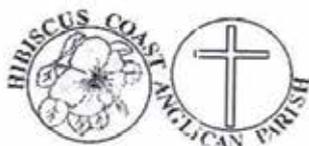
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Roasted Pork Belly

If not already done so, score the belly fat with a sharp knife.

Apply a liberal helping of sea salt and a generous drizzle of extra virgin olive oil.

Preheat your oven to its highest temperature.

Place the meat in a frying pan or griddle on a medium heat, fat side down, and cook for 5 minutes. Check after 3 minutes to ensure it's not burning. Place pork belly into a roasting tin and fill with milk up to the edge of the fat and place in the oven for 30 minutes.

After 30 minutes, reduce oven temperature to 180°C and top up milk if required. Add another generous sprinkling of salt.

Cook for 2 hours, checking the milk level every 30 minutes.

If required, finish off the crackling by turning on the grill.

Serve with cauliflower puree (cauliflower cooked in butter and garlic, then blitzed in a food processor), roast potatoes, steamed baby carrots and corn, a dollop of apple sauce and a thick gravy.

Paul Conroy
Millwater resident



Proper Yorkshire Puddings

1 x Cup of Eggs
1 x Cup of Milk
1 x Cup of Flour

Mix ingredients together, ensuring no lumps and chill in fridge for 30 minutes.

Preheat your oven to max temperature.

Place two tablespoons of cooking oil into each pot of a muffin tray, and place in oven to heat up. (If you don't have a muffin tray, cover the entire base of a roasting tin).

Once the oil is hot, take the muffin tray out of the oven and fill each muffin pot half way with the batter (If using an oven tray, just pour it all in).

Cook for 15 minutes.

To make Toad in the Hole, follow the Yorkshire Pudding recipe and then, when adding the batter to the oil, drop in some good quality sausages that have been half cooked.

Paul Conroy
Millwater resident



Won Ton Soup

Ingredients (To serve 4-6)

Mince Pork 500g
 20 Frozen prawns
 8 Shitake Mushrooms (dry mushroom)
 1 pack Won Ton Pastry

To make the filling

Soak Shitake mushrooms in warm water for 1 hour or until soft, remove stems and finely dice. Put aside the mushroom water as it will be used to cook the soup.

Defrost prawns and roughly dice.

In a large bowl, put mince pork, prawns and Shitake mushrooms, 1 tablespoon of soy sauce, 1 teaspoon of sugar, pinch of white pepper, dash of sesame oil. Mix well with a fork.

Add around half a tablespoon of corn starch; then mix the filling again with your hand, until the prawns release the sticky texture that will hold all the ingredients together.

Put the filling in the fridge for about 2 hours to rest.

(I usually do the above procedures in the morning or the day before)

To wrap Won Ton

You will need Won Ton pastry and a small bowl of water.

Put a spoonful of the filling onto the centre of the Won Ton pastry.

Use the spoon to lightly spread water around the edges.

Gently seal the pastry by sticking all the edges together, no need to be fancy as this is what the Won Ton should look like.

To cook

Boil water in a big saucepan.

Add Won Ton. When it floats to the surface, cook for further 1 minute.

In another saucepan, mix the mushroom water with some chicken stock to make the soup, season with salt and a dash of sesame oil.

Store unused pastry in the freezer.

You can always store raw Won Ton in the freezer as a fast meal. Simply sprinkle some corn flour before freezing, to avoid Won Ton sticking together.

Soy sauce is available at Silverdale Fruit World, where Won Ton pastry is sometimes available, or at the fruit shop next to Silverdale Mad Butcher.

Nita

Millwater resident



Taking Advantage of the Winter Property Market

With the cooler months of winter having arrived, the property market also has a tendency to cool off – with some sellers tempted to hold off until spring and summer to sell their property. However, there are some distinct advantages to selling your home during the winter months.



There are generally fewer listings on the market during winter and this can open your home to greater exposure. A lack of listings can also result in increased buyer competition. The colder conditions should filter out any tyre-kickers or nosey neighbours – instead attracting those who are serious buyers with the intention of making a purchase.

Here are some great ways to maximize the viewing potential of your home during the winter months.

Heating

By selling your home at the coldest time of year, you have the opportunity to showcase all of your winter warmers and demonstrate that they are working and ready for the purchaser to use. Buyers will ask themselves if it felt cold while looking through the house and they'll look for functioning hot water and heating systems. Heating is of particular appeal if you are selling an older house and it can be a pivotal factor when a buyer looks to make their home-buying decision.

Lighting

Winter brings colder temperatures, shorter days and less natural light. A lot of people who are thinking about attending an open home will often drive past the property in the evening and nothing looks better than a house lit up at night time. Therefore it's a good idea to set timers up for those night-time drivers.

like

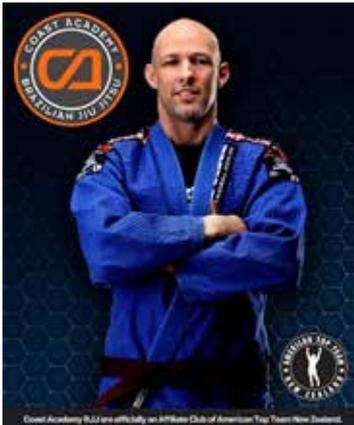


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Coast Academy Brazilian Jiu Jitsu is excited to announce that we are now officially an Affiliate Club of American Top Team New Zealand

American Top Team New Zealand, under the guidance of Master Ricardo Liborio and vision of Professor Steve Oliver, now provides a pathway for our elite and most talented Brazilian Jiu Jitsu practitioners, wrestlers and MMA fighters to train in elite facilities with world class trainers, while providing opportunities to compete in some of the largest and most prominent organisations in the world.



Matt O'Dea, Coast Academy BJJ Brown Belt Instructor, says: "This affiliation is a great opportunity to connect with New Zealand's and the world's leading MMA and BJJ clubs".

American Top Team NZ is looking to take more than 20 members to American Top Team's brand new, multi-million dollar training facility in Miami in late November. This is going to be an epic trip and learning experience for our New Zealand network of trainers and some of our top athletes. Coast Academy BJJ needs to fundraise \$3,500 per person for the ten-day trip; so, if anyone has any great ideas or would like to support us, we would love to hear from you.

The Coast Academy BJJ kids have been involved actively in this exciting new sport and most recently competed at the NZ Grappler Competition at the Waitakere Trust Stadium. Braiden Parks (Orewa) earned himself a gold medal; Jaden O'Dea (Red Beach) received a silver medal and Millwater's own Brooke Furniss received her first win with outstanding technical skills. Justin O'Shea, another up and coming athlete, showed grit, determination and awesome defensive skills. The future is looking bright for these young kids.



Coast Academy BJJ has recently relocated to the Nippon Judo Hall, 12 Hibiscus Highway, giving us over 200 square metres of mat space. With the additional space to grow and train, this facility will become the home of future champions.

Further details and information can be found on the website www.coastbjj.co.nz or give Matt O'Dea a call on 021 273 8212.



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Matt O'Dea - BJJ Brown Belt & Head Instructor invites all Millwater kids to come along and enjoy **FIRST WEEK FREE!**

Coast Academy BJJ
12 Hibiscus Coast Highway, (Nippon Judo Hall) Silverdale
www.coastbjj.co.nz



Coast Academy BJJ are officially an Affiliate Club of American Top Team New Zealand.

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Getting into the garden with Central Landscapes Silverdale



Best JULY Tip – July is Compost and Pruning month! Enjoy the crisp clear days in your garden



Return compost back into the soil with **LIVING EARTH ORGANIC COMPOST** available at Silverdale!

- Dig in Living Earth compost – return important organic matter into the soil for optimum growth come spring. Or, if you have your own compost, turn it regularly to help it continue to break down.

In the Veggie Garden:

Plant – Last chance to plant your garlic! Plant cabbages, caulis, spinach, peas, beet-root, onions, artichokes, broad beans, parsnips, rhubarb (crowns), silverbeet, carrots and cress for soups.

Veggies for small spaces – Baby beets and the smaller Japanese Huraikai turnip can be planted all year round in small containers – harvest the leaves for added colour and flavour to salads.

Harvest – Kale (packed with protein), spinach, Brussels sprouts (if yours are ready), parsley and coriander.



Garden Care

Get scented! Our Gardenias have been blooming intermittently right through until end of June. Lucky us! It is the scent that perfumers will forever try to replicate.

Plant for winter colour – the bright orange warmth of marigold, geranium, gerbera, dianthus and gomphrena. New to you? Take this list down to your local garden centre and ask them to point them out – they're beautiful and bright and will add beauty to your winter garden.

July is pruning month – a nice time to put your headphones on and prune to some classical music on a clear winter's day. It's what vineyards all across the country are doing – and you can join in too!

- Treat yourself to some good quality secateurs.
- Why prune?
 - Preserves the shape of the plant.
 - Restricts the size of the plant – although better to choose a plant for the space that best fits!
 - Encourages productive growth – more fruiting wood in the orchard or flowering shoots on roses.
 - Thins the canopy and allows more air and light to lower branches.

What to prune: Most deciduous (shedding leaves annually) fruit trees, roses, grape vines and ornamentals. Delay pruning spring flowers until they have flowered, otherwise you'll cut off blooms which are yet to come through.

How to prune:

- Cut just above the outward facing bud – encourages new growth in the direction you want.
- Lowest point of the cut should be even with the top of the bud and slanting upwards at 45 degrees.
- Large heavy branches should be cut back in stages to avoid unnecessary damage.



Mike Pero Real Estate - Official Opening Evening



After a very busy few months, we finally made it official with a formal office opening. Despite the near arctic conditions, we had a huge turnout and the office was bursting at the seams. We wish to say a warm thank you to our many colleagues, customers, clients and neighbours who turned out to help us celebrate our first office opening. A great night was had by all, with many new connections made; including a few vendors and purchasers getting together and sharing stories. When the last guests leave laughing 4 hours after the official end time, it is safe to assume they were having a good time. We feel very fortunate to live and work in an area populated by such wonderful people – it is always great to find an excuse to catch up and chat.

We'd like to thank especially Glenn Phipps and Northern Union for providing the tasty morsels for our guests, Paul Conroy our local Millwater photographer for providing some great pics of the occasion and Liam O'Reilly for making sure all night that everyone's glass was full.

Now to find another excuse...

Grayson & Sarah

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Student Council Community Group



So far this year Silverdale Primary has proven to be very strong on the field! We have a report from two of the students that participated in the interschool soccer.

Interschool Soccer

On Thursday 5 May, over 100 football enthusiasts from Silverdale, Wainui, Wentworth and Gulf Harbour School were met by a sunny sky at Sinclair Park for a Soccer festival. The day was organised by the Northern Football Federation and all of the schools that were there were supporting the Women's World Cup in Canada or the Under 20's Men's World Cup here in New Zealand. All the teams supported a Country or a Football Fern by dressing up, making banners and singing chants. The games were played in a 5v5 format and were self-refereed by the players which meant that honesty and fairness was the order of the day. With 8 games each and only one small break, the final whistle was a welcome sound. Everyone tried their best and it sure was an awesome day!

Kern & Taylor
Student Council

Tales of pests with tails

Since the weather started getting colder, there has been quite a bit of discussion in local forums about the number of mice and rats that are paying visits to the houses of Millwater, with many keen to see something done about them. In an amazing environment such as ours, introduced animal pests are not just a threat to domestic bliss but also to our native wildlife. This got some of our locals interested in gaining a bit more of an understanding of the pests in our neighbourhood and what we can do to enhance the special place we live in.

With support from Auckland Council's Local Parks and Biosecurity teams, 25 monitoring tunnels were set up around bush areas, green-ways and in Butler Stoney Park. Whilst monitoring tunnels don't give the absolute number of pests, they are a good indicator of pest densities. The results over just one night were quite revealing: mice, rats, possums, hedgehogs and possibly a stoat were detected. Our bush areas are a real haven for rats and possums, with rat densities particularly high. The grassy areas of our parks and green-ways appear to be the preferred habitat for mice but their distribution was patchy. Interestingly, a number of hedgehogs were also found in areas adjoining the estuary. Hedgehogs are often thought to be harmless, but can pose a real risk to the breeding success of ground-nesting birds in coastal areas.

The intention is now to use this information to identify options for pest control and look at avenues to resource this,

with updates on progress being reported though the Millwater Families' Facebook page. In the meantime, if mice and rats are causing a problem at your house, try setting traps around areas of long grass (including the ornamental kinds) and compost bins. Stopping mice before they get into your house is a good start. You can keep pets safe by putting traps inside an open ended tunnel. Used real estate signs are great for this! Mice also really like enclosed spaces.

Rachel Kelleher, Millwater resident



millwatermotors

A golden Holden is the treasured possession of Josh Alldridge, a well-qualified auto technician at the local Rodney Auto Centre in Silverdale. Josh, who hails originally from Taranaki, admits having had a love affair with automobiles from a very early age. "I've always been a car nut and, although I started a career in offset printing, my love of cars drove me to seek a more fulfilling employment – especially when the printing work started to dry up".

Josh has lived on the North Shore since he was about six years of age, so he used the local Yellow Pages to determine which auto centres interested him most. Needless to say, he applied to the Rodney Auto Centre and, after a three-month trial, owner Dean Aspinall agreed to take Josh on as an apprentice – thereby beginning a much happier road towards qualifications in the area that would give him enduring job satisfaction.



The tale of the car began when he expressed interest in finding a classic Holden and Dean happened to see one advertised on the Internet around three years ago. Josh went to have a look and found a very sad-looking motor car in Parakai, covered in unmentionable muck. Not a good beginning, you might think – but you would be wrong. Josh knew instinctively that, under all the mess, there was a decent car that just needed his special brand of TLC. The former owner produced a box of spares from the shed, which became part of the deal, as did the brand new carpet set that had been stored in the boot.

Josh stripped out the interior completely and treated the chassis with a rust inhibitor before fitting the new carpets, refurbishing the dashboard and re-upholstering the front seat in matching Holden material. This was followed by the new paintwork, bringing his 'baby' back to its gleaming and original golden Holden colour. A set of 18" JBW alloys now wear the new 'boots' that set the car off. Needless to say, the mechanicals are all in first-class condition.

Josh's 1975 Holden HQ Kingswood, still wearing its original plates, houses a Chevrolet 350 cubic-inch V8, pushing out 475 horsepower and 435 Newton-metres of torque. This is fed to the rear wheels through a turbo 350 transmission and a Salisbury limited slip differential – all lovingly put together by Josh.

This involvement in special motors brought up the subject of the most interesting car Josh has worked on – apart from his own – and he told us about the time he fitted a 350 cubic-inch Chevrolet V8 into a Nissan Safari and also added aircon to the same vehicle.



However, Josh's passion for his own special Holden shines through very clearly – so much so that, when we left him, he was still smiling with happiness and contentment that he already owned this very special, dream machine.

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Millwater Women's Group

Our meeting at Kings Plant Barn in Silverdale on Wednesday 20th May was well attended. We met at the café and had a delicious morning tea and then the lovely Manager Sheena showed us some of their more recent plants and discussed plants best-suited for our high wind zone in Millwater – and our clay soil. Everyone had loads of questions, so we all learned lots about plants, pests and we received great gardening tips.

We also enjoyed the Puhoi Cheese Factory on Wednesday 17th June, where Mark the Manager (Millwater resident) led us on a cheese-tasting odyssey – guess what my favourite treat was! We had all looked forward to this and as we enjoyed the 10% purchase discount on the day. I certainly stocked up on the lovely stuff!

Our July meeting is booked for 15th July at Silverdale Historical Village, 9:30am. The super folk there have offered their facilities to the group for \$5.00 per head and the chapel will be perfect to have a speaker. The village is going to supply a speaker for this meeting, so we will learn lots about the history of Silverdale and the work that is done at the village. We will then move down to the Manse for morning tea and a chat. I will organise tea, coffee and milk but will need a couple of volunteers to bring some morning tea for the group, please. We are privileged to have the use of this local venue and I am looking forward to learning more about the village and some local history.

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holiday destinations

Jennie Ready's Alaska

Alaska has some of the most amazing scenery on earth; with its emerald forests, snow-capped mountains, glistening glaciers and fjords. With more than 1,400 miles North to South and 2,400 miles East to West, and with national parks covering approximately 54 million acres, it is a perfect destination for nature lovers. Wildlife is abundant and there are humpback whales, orcas and soaring bald-headed eagles. Spotting a bear may be a little more tricky, but there's always a chance.

The best time to visit Alaska is from mid-May through to September and one of the best places from which to view the amazing scenery is on a cruise. From the ship's deck you can sit back, relax and look out in awe as the beautiful snow-capped mountain and glaciers pass by.

A range of ships visit Alaska – from small expedition ships to large luxury liners. The smaller ships are able to get up closer with nature; however, on the larger ships you can still get the experience as a wide variety of shore excursions is offered. Shore excursions will also allow you to see Alaska in a completely different light and include options such as sightseeing by helicopter or float plane, dog sledding, gold panning or a scenic rail trip. A number of the cruise lines have onboard guest speakers to give lectures on the region and wildlife.

If you want to get inland and experience more of the National Parks, such as Denali or Kenai Fjords, then cruise lines such as Princess Cruises® offer pre- and post-cruise land tours, which include staying at lodges inside the National Parks.

A number of cruises depart from Vancouver, which means you can tie it in with a trip to stunning Canada or alternatively there are also departures to and from Seattle and San Francisco.



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People with certain conditions including diabetes, Parkinson's disease and heart problems tend to have low levels of CoQ10 in their bodies. Researchers don't know if the disease causes the deficiency or if the deficiency appears first, causing cells to age faster and making disease more likely. CoQ10 also helps reduce the effects certain medications can have on the heart, muscles and other organs; such as cholesterol-lowering Statins, which block the body's natural production of CoQ10.

As we age, our body naturally produces less and less CoQ10; hence we need to top the levels up to keep us firing on all cylinders. It can be obtained from foods such as oily fish, beef, chicken, peanuts and some seeds; plus there are many supplements to choose from. CoQ10 supplements come in several forms – ubiquinone and ubiquinone (the dry forms), and ubiquinol. Whilst the cheaper 'dry' forms are fine, they must be taken with oil to make them available to the body – and most quality supplements are formulated this way. Ubiquinol is the purest, most potent form; particularly the Kaneka strain, which is reported as being up to six times as effective as the dry forms in increasing blood levels of CoQ10.

So: to rev up your engine, increase your energy levels, counteract medication side effects – or to future-proof your health – consider increasing your levels of 'CoQ10'.

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Tarakona - Ride, Fish and Dive

Life is too short to live it without passion and the latter is what Craig and Chris Taylor of Tarakona apply with gusto to all they do.

Keen bikers, divers and fishos, their combined experiences have taken them through the Middle East, Thailand and the Continental United States, manifesting themselves in the brand that is Tarakona.

The Maori dragon, Tarakona, is the overarching group name of their business, which encompasses the manufacture of motorcycle oilskins, scuba diver training and, more recently, fishing charters.

The association has its roots in Craig's deployment to East Timor, where his battalion adopted the mythical creature as its insignia. Since then, the brand is emblematic of the couple's pursuit of quality and excellence in all aspects of their business.



First and foremost in this is the range of Tarakona motorcycle oilskins, designed and produced by them. Wet weather gear fashioned along the lines of old drovers coats, leggings, vests, caps and hats, the oilskins are garments made for bikers by bikers, to suit cold and wet conditions. Made in New Zealand, Tarakona oilskins have undergone extensive testing, both here and in the USA.

PADI scuba diver training is the second strand of their business, providing boutique scuba instruction up to Divemaster from their Silverdale base. Registered with Worksafe, Tarakona fully complies with all statutory and regulatory requirements and complies with the Adventure Activity Operator legislation.

As part of the dive operation, Tarakona also runs a 6m dive boat, through which they can also provide fishing charters for up to four anglers – offering a unique, almost individual experience to keen fishermen and women.



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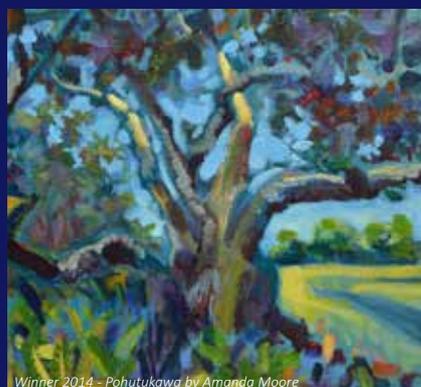
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Wed 01 July	00:12 0.7m	06:20 2.8m	12:36 0.5m	19:00 3.0m	Fri 17 July	01:53 0.5m	08:10 2.9m	14:10 0.4m	20:32 3.1m
Thu 02 July	00:59 0.6m	07:11 2.9m	13:23 0.4m	19:46 3.1m	Sat 18 July	02:38 0.5m	08:56 2.9m	14:53 0.4m	21:15 3.0m
Fri 03 July	01:47 0.4m	08:02 3.0m	14:09 0.4m	20:33 3.2m	Sun 19 July	03:21 0.5m	09:38 2.9m	15:33 0.4m	21:56 3.0m
Sat 04 July	02:36 0.4m	08:51 3.1m	14:56 0.3m	21:21 3.3m	Mon 20 July	04:03 0.5m	10:19 2.9m	16:13 0.5m	22:35 2.9m
Sun 05 July	03:26 0.4m	09:41 3.1m	15:44 0.3m	22:10 3.3m	Tue 21 July	04:43 0.6m	10:59 2.8m	16:53 0.6m	23:15 2.9m
Mon 06 July	04:16 0.3m	10:31 3.1m	16:33 0.3m	23:00 3.3m	Wed 22 July	05:24 0.6m	11:38 2.7m	17:35 0.6m	23:55 2.8m
Tue 07 July	05:08 0.3m	11:22 3.1m	17:25 0.4m	23:52 3.2m	Thu 23 July	06:05 0.7m	12:20 2.7m	18:19 0.7m	-
Wed 08 July	06:01 0.4m	12:15 3.1m	18:20 0.4m	-	Fri 24 July	00:37 2.7m	06:49 0.7m	13:05 2.6m	19:08 0.8m
Thu 09 July	00:46 3.2m	06:55 0.4m	13:11 3.0m	19:18 0.5m	Sat 25 July	01:22 2.7m	07:36 0.7m	13:55 2.6m	20:01 0.9m
Fri 10 July	01:42 3.1m	07:52 0.4m	14:10 2.9m	20:21 0.6m	Sun 26 July	02:10 2.6m	08:28 0.8m	14:50 2.6m	20:57 0.9m
Sat 11 July	02:39 3.0m	08:51 0.4m	15:12 2.9m	21:23 0.6m	Mon 27 July	03:01 2.6m	09:23 0.7m	15:48 2.6m	21:54 0.8m
Sun 12 July	03:38 3.0m	09:51 0.4m	16:14 2.9m	22:24 0.6m	Tue 28 July	03:57 2.6m	10:19 0.7m	16:45 2.7m	22:49 0.7m
Mon 13 July	04:37 2.9m	10:49 0.4m	17:13 2.9m	23:21 0.6m	Wed 29 July	04:54 2.7m	11:15 0.6m	17:39 2.8m	23:42 0.6m
Tue 14 July	05:34 2.9m	11:45 0.4m	18:08 3.0m	-	Thu 30 July	05:51 2.8m	12:07 0.4m	18:31 3.0m	-
Wed 15 July	00:15 0.6m	06:30 2.9m	12:37 0.4m	19:00 3.0m	Fri 31 July	00:33 0.5m	06:46 2.9m	12:58 0.4m	19:21 3.1m
Thur 16 July	01:06 0.5m	07:22 2.9m	13:25 0.4m	19:47 3.1m				High	Low



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 Every Tuesday Quiz Night at Northern Union
 Every Thursday Night Market • Silverdale Shopping Centre carpark
 Every Saturday Millwater parkrun 8am. See www.parkrun.co.nz/millwater for more details

3 July End of Term 2 for local schools
 9 July Neighbourhood Watch Meeting • Roberts Cafe, Millwater • 6:45pm
 12 July Millwater Ladies Night - Wine tasting at Northern Union • 7pm
 13-15 July 'YOU ARE for teenage girls' • Hibiscus Coast Salvation Army Church (see advert page 13)
 19 July RUN Auckland Series • Te Ara Tahuna Estuary Walkway • see The Insider for more details

If you know of any upcoming local events please contact Sarah at themillwatermag@gmail.com



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www.lyndakanji.com
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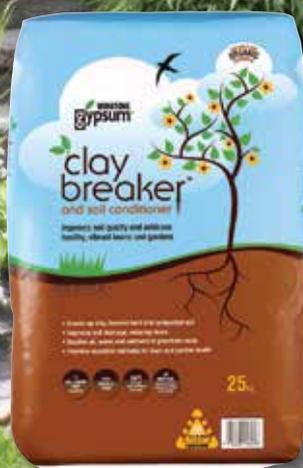
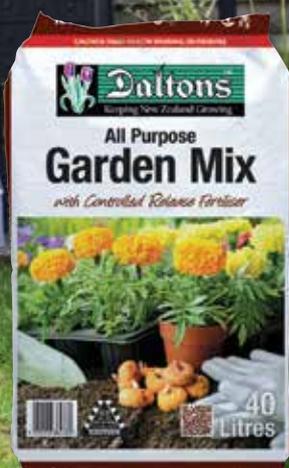
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