

theMillwatermag

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Your FREE monthly magazine of all things Millwater
March 2017



- 买卖房屋找Max，可为您带来优惠
- Avocado and Bacon Muffins
- Hibiscus Hospice Car Lottery
- Dan's Gardening Tips for March

Editor's note

How fortunate we were to have great weather for the Millwater Families' Picnic last month and how good to see so many new faces. Welcome to Millwater! The musical magic of Phil Madsen, plus the sausage sizzle and bouncy castle provided by Grayson and Sarah Furniss of Mike Pero Real Estate proved to be centrepiece attractions, as did the special Chinese New Year treats provided by Max Zhang and Emma Gong (Max is also part of the Mike Pero Real Estate, Millwater team).



Our great Millwater community is highlighted in the interview this month, with the very modest lady who initiated the 'Adopt a Family' success at Christmas. We are so fortunate to live in such a caring and sharing neighbourhood.

The wait for the motoring article, postponed from last month, has been well worthwhile and we enjoyed the passion for perfection that we saw in Dan Notley's very special Falcon XY GT replica. Next month will see a much older car grace the motoring page.

This month sees a couple of new contributors, plus the return of some other regulars: all are very welcome as they provide a balanced spread of subject matter, which is important to our multi-dimensional readership. Our regular fishing spot from Tim Lawrence brings a most unusual fish, one that sent me searching on Google for more information.

It is good to see the Stoney Homestead Community Hub being used regularly, by several Millwater social groups and clubs – all of whom help ensure its ongoing success. If you want to learn more, you will find details on Facebook.

Brian Mullan
Editor
March 2017

theMillwatermag

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themillwaterinterview

theMillwatermag



Following the hugely successful Millwater 'Adopt a Family' initiative before Christmas, we met up with Nicola Bernie to learn about her and the motivation behind her brilliant idea.

Nicola grew up in the caring environment of a Salvation Army family and was aware from a very young age of poverty and injustice. The welcoming family home in which she grew up was always a place where those most in need were provided with food and shelter. She recalled "There was always a lot of coming and going at Christmastime; of people who were not doing so well, whom mum and dad brought in for a meal and the warmth of a family home."

A Registered Nurse with a nursing degree from Hawke's Bay EIT, Nicola has worked in child health all of her adult life and joined Plunket in 2002. Some of the family situations seen as a Plunket nurse, where poverty was often horrendously stressful, remain as powerful memories. "Mum and dad work in South Auckland and it was they who inspired me," said Nicola, "They have been caring for families there who are struggling and I began to think of ways that we, who live in the lovely community of Millwater,

could do something to help."

Nicola and husband Leon practice in their everyday lives the concept of sharing and this includes teaching their three children that giving back is important, and that some of the pocket money they receive for housework comes back and is given to a charitable cause. Although not able afford to adopt a family themselves, Nicola and Leon sat down last year and discussed how to deliver a bigger package – one that would support more than just one family. They agreed that the best way was to launch an Adopt a Family appeal via the Millwater Families' Facebook page. Nicola put out the appeal, and now admitted to us "I was absolutely stunned by the huge response from this caring community – the sheer amount of food and gifts donated was humbling."

As a full-time working mum, Nicola needed help and Millwater local Nita Wong stepped up to the plate, to manage the administrator role. "I am really grateful for what Nita did," Nicola admitted, "I just couldn't have managed the process without her or had the success we achieved."

Millwater can be proud of Nicola Bernie and others like her, without whom many families would have struggled to put food on their tables, never mind think about buying Christmas presents for their children. Having witnessed the psychologically-damaging stress that poverty causes in many families, Nicola's aim was to ensure that the food and gifts donated were targeted at the neediest local families on the Hibiscus Coast and Whangaparaoa Peninsula. "Nita and I were grateful also for the support we received from Countdown Silverdale, Grayson and Sarah at Mike Pero Real Estate, and also Millwater Pharmacy."

"Was Christmas 2016 a one-off?" we asked. "Definitely not" was the immediate response. "Knowing now what we have learned from last year, we will start earlier in 2017 and hopefully see even more Millwater streets adopting families."

Nicola Bernie's humility, compassion and understanding of the needs of other less fortunate are landmark qualities that have been taken on board by many of us and we are all now part of the bigger picture of caring and sharing – but remembering that, without Nicola's initiative, many needy families would have gone without last Christmas.

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*conditions apply

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Planning for Mistakes



Raising a human being is a tricky business. Maybe you find it as easy as spreading melted butter on hot bread. For me, there have been those moments, but there have been moments when it's like spreading frozen butter on fresh bread and, try as I might, it ends up in a mess.

Like all mums, I did and do the best I can. I get some things right, others not so much. Like all mums, everything I did and

do, including my missteps, come from a place of Love.

Being a parent is the roughest gig going. We so want to get it right. To be a "Good Parent". I used to tell people that parenting is a job that we start and then 21 years later get to see how we did. After the good, the bad and the ugly of life, are they a responsible, kind, fun, generous, wise human being? Is that when I would know if I was a 'good mum'?

When my kids were just babies, I started planning for their 21st.

Not because I was wishing the years away. Just the opposite.

Nineteen years ago, when my eldest was born, I started a journal to record significant moments in her life. Family members who visited from overseas would write their impressions of her at that age and every adult who attended birthday parties would write a little message. Throughout the years, when things got messy, I would write as well with the hope that one day my adult child would read it and understand.

I see it as a Time Capsule that I will gift to my kids on their 21st.

It has become so much more than that. Today, 3 of 4 grandparents have passed away. But they will be at the 21st. Their handwritten words on the pages of the journal allow them to be present in my children's lives a way I could never have foreseen.

I'm not 100% sure it's a good idea, but I'm leaning on a yes. I'll know in 2 years when my daughter turns 21.

Rechelle McNair
sKids Kingsway



5 Riverside Rd, Orewa
(09) 426 5287

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

vetspeak

It Ain't Half Hot, Mum!

Although it hasn't been the best summer on record, the mercury has still been rising to levels that make life uncomfortable for your four-legged friends.

Cats tend to have fewer problems with the heat compared to dogs. Because of their more independent natures, they are unlikely to venture out in the heat of the day voluntarily and are more able to find shade. It is important to ensure an adequate supply of fresh water, changing it daily, as cats are very picky about what they drink.

Dogs are more exposed to the risks of the heat; from being left in parked cars to being taken for walks at the wrong time of day. The humidity of Auckland makes the problem worse, as most of a dog's cooling is done through evaporation during panting and, as humidity rises, it becomes more difficult for evaporation to occur effectively.

The temperature at ground level, and particularly on dark tarmac, can become unpleasantly hot – the recognised guideline is:

If you are unable to hold your hand against the ground for 5 seconds, it is too hot for your dog. Even over grass the



temperature at ground level is usually significantly higher than it is at adult head level. Aim to walk as early as possible in the morning and as late at night as possible.

Dogs with short noses, such as bulldogs or pugs, have a harder time keeping their temperature under control, as their airways are partially blocked by their tongues and soft palates.

Signs of heat-stress include panting heavily and without a break, drooling and a reddening of the gums and tongue compared to their normal pink. If you are concerned your pet is suffering from heat-stress, it is vital to seek emergency veterinary treatment immediately, but also to begin cooling as soon as possible. To do this, wet your dog as thoroughly as possible all the way through the coat to the skin and then drive to the clinic, either with the air conditioning on max or the windows down to maximise cooling.

Jemma Hedges



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Hibiscus Hospice Car Lottery



After raising an amazing \$48,010 in last year's inaugural car lottery, the fundraising team at Hibiscus Hospice will be out in force once again selling lottery tickets in support of the Hospice In-Patient Unit. This unit provides a vital service, and can only keep running with the support of our local community.

The In-Patient Unit specialises in symptom and pain management and care during the last days of life, as well as respite care in order to provide caregivers with a short break.

The Unit is open 24 hours, 7 days a week and supports the work of Hibiscus Hospice community nurses who visit people in their own homes.

This year's prize is a Ford Fiesta Trend 385 automatic, valued at \$26,240 including on road costs. The winner can pick their colour of choice and even upgrade if desired.

The team of dedicated staff and volunteers will be at local events around the Hibiscus Coast. Headed by Fundraising and Marketing Manager Clare Bridle, they hope to beat last year's very impressive amount. "We are so lucky to be living and working in this amazing community – the support we receive when we're out collecting is always positive. This year we hope to raise even more money, to ensure that we can continue to be there for our patients and their families".

Tickets can also be purchased at Hospice, Whangaparaoa and Orewa Hospice shops, Kensington Park Sales Office or by downloading an online order form from the website (www.hibiscushospice.org.nz).

The car lottery closed on 30 April 2017 with the draw taking place on 10th May. The winner will be announced in the Rodney Times on 16 May 2017.

We would like to thank North Harbour Ford for their continued support.

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Preventing Postural Strains

In our last article in [theMillwatermag](#), we talked about how modern technology is affecting our posture, how we get postural strains (iPad-neck for example) and what the symptoms of these strains are.

In this issue, we will talk about how to prevent these strains.

There are well-established guidelines about how we should orientate our bodies, chairs, desks and related equipment in our workplaces. The term for this is 'ergonomics'. Ergonomic guidelines can be very complex. The University of Western Australia has released a set of relatively simple steps to good computer-related posture, which I think are very useful (see illustration).

The key points to good computer-related posture are:

- **Monitor height** – most guidelines say your eyes should be level with the top 1/3 of the screen.
- Your neck should be in a neutral position, i.e. not looking down or with any rotation.
- Your lower back should be up against the back of the chair you are sitting on.
- Regular breaks – get up and move around once every 10-15 minutes.
- If using a laptop for long periods, use a riser, external keyboard and external mouse.

Often when we used iPads and iPhones it is away from a desk environment, so I find a couple of additional pieces of information important:

Hold your device up to eye level. This keeps your head and neck in a neutral position. Remember, from the last article: the further your head drops forward, the more stress goes on your neck and upper spine.



If possible, support your arms. Holding the device up to eye level can fatigue your shoulder muscles, so placing something under your arms (e.g. a cushion or pillow) will help to reduce this stress and hold your arms up.

If you have any further questions about anything in this article, please don't hesitate to contact the staff at Orewa Osteopathy on 426 7111 or at reception@osteopathy.co.nz

Are you in pain?

Maybe it's time to get on top of it!

Osteopathy is a popular form of manual therapy that can help with issues such as:

- Back Pain
- Neck Pain
- Tension Headaches
- Postural Strains
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Orewa Osteopathy

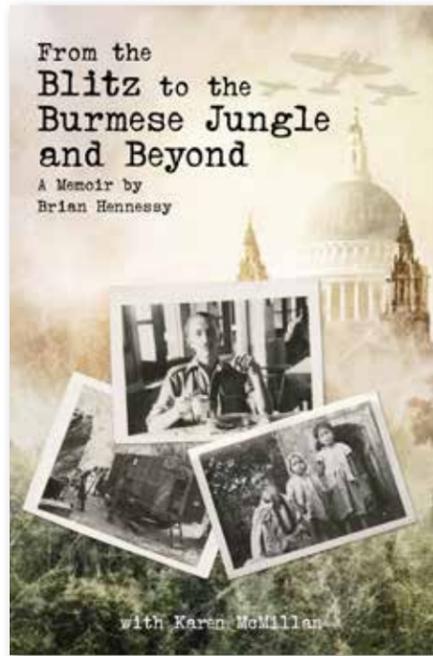
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millwaterbook of the month

From the Blitz to the Burmese Jungle and Beyond - A Memoir by Brian Hennessy

This month, author and guest reviewer Karen McMillan introduces another great read "From the Blitz to the Burmese Jungle and Beyond" - A memoir by Brian Hennessy



I had the privilege of ghostwriting this book and spent most Sundays for a year interviewing Brian Hennessy about his experiences during the Second World War. I would urge anyone who is interested in personal stories from World War II to read this wonderful memoir. It's truly a tale of adventure!

Born in Germany to English parents, Brian Hennessy came from a family who served in the army. He was seventeen years old and living in London when war broke out. Brian experienced the Blitz firsthand in his role as a volunteer 'roof-spotter', trying to establish if the planes flying over were German or English. Brian joined the British Army and, upon graduating, he became the youngest armament artificer. What follows is a true adventure story, as Brian journeys via South Africa to India and the remote jungles of Burma. Danger was always present, but this is a memoir that reveals Brian's love of nature and his interactions with the local people – stories that are sometimes humorous, at other times poignant. At the end of the war, he took advantage of the chaos at the time, and he boarded a ship and went to Japan. There he saw first-hand the devastation at Hiroshima.

Brian immigrated to New Zealand after the war and lived here until his death aged ninety-two, but he never forgot his extraordinary war adventures. This is his story, told for the first time.

Karen McMillan, author of The Paris of the West, www.karenm.co.nz

pharmacytalkorewa

How Healthy is your Heart?



February marked the Heart Foundation's annual appeal and Unichem Hickeys Pharmacy is proud to have supported their fundraising efforts.

The Heart Foundation raises money for New Zealand's biggest killer, heart disease. The statistics are very compelling. Every 90 minutes, a New Zealander dies from heart disease and this alone should be enough motivation to get a blood pressure and cholesterol test. These tests give you an indication of your heart health and can help you to manage this.

We have decided to extend our special for an extra month and offer FREE blood pressure checks to all Millwater Magazine readers. We also have a competition running until the end of May: when you get a blood pressure check and swipe your Living

Rewards card, you automatically go in the draw to win an Omron Blood Pressure Monitor. So: get in, get tested and swipe your card!

Now: what is blood pressure and what does it mean? Blood pressure is measured with two numbers ideally 120/80. The first number (120) is the systolic blood pressure, which is the pressure in your heart when it beats. The second number (80) is the diastolic pressure, which is the pressure in your heart when it is relaxed between beats. Having a high blood pressure consistently above 140/90 indicates that the heart is having to work harder to pump blood around the body and this can result in a condition called hypertension. Hypertension affects one in five New Zealanders and you have a high risk of cardiovascular disease if action is not taken to help lower your blood pressure.

There are many factors that can help to maintain your blood pressure within a healthy range. We can provide you with information on these factors such as: diet, weight management, alcohol consumption, regular exercise and stress reduction. If you would like to discuss any of these factors or would simply like to have a FREE blood pressure test, visit us instore today.

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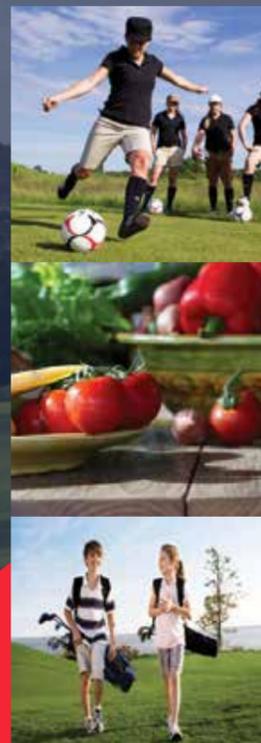
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themillwaterinsider

Jack Green

Jack Green, a 7-year-old Silverdale School student, visits his Nana 2-3 days a week in Millwater. Jack likes to do his bit for the community and can often be seen going out with his Nana on the mobility scooter to pick up rubbish, usually around the Timberland Drive area.

Jack says he enjoys doing this and it helps the community. He is amazed at how much rubbish there is. He usually finds enough to fill both baskets on the scooter in a short time. There is usually a lot of plastic bottles and cans, as well as paper and cardboard. The thing he hates picking up the most is polystyrene. He takes the rubbish home and most of it goes in the recycling. The rest goes in the general rubbish.

Millwater Families Picnic

On a beautifully sunny Saturday afternoon in February, many residents came together for an enjoyable afternoon in Butler Stoney Park. The children had so much fun playing in the Mike Pero bouncy castle and young and old enjoyed listening to live music by our very own Millwater star resident, Phil Madsen. We would like to thank Phil for giving up his precious time to entertain us. Tummies were kept full with the sausage sizzle and the delightful Chinese New Year treats, and a wonderful afternoon was had by all.



Citizens Advice Bureau Hibiscus Coast

Needing HELP or ADVICE?

Citizens Advice Bureau, Hibiscus Coast provides free and confidential advice from our trained volunteers. No booking is required, simply phone or call in.

Our bureau is located in Orewa Square, immediately next to the Orewa Community Hall.

Ph: 09 426 5338 e-mail: hibiscuscoast@cab.org.nz

Bureau hours are Monday-Friday 9am to 3.30pm and Saturday

10am to 1pm

A Justice of the Peace service is also provided at our bureau.

Silverdale Kindergarten, Bike-a-thon/Gala

On Saturday 18 March from 10am-1pm, Silverdale Kindergarten will be holding their annual Bike-a-thon/Gala. There will be food, games, entertainment, silent auction, pony rides, bouncy castle and much more. Call 09 426 9600 for more information.

Karen McMillan

Join bestselling author Karen McMillan at the launch of her new novel, Brushstrokes of Memory.

Date: Tuesday 4 April

Time: 5.30pm for drinks and nibbles, 6.00pm chat about the book and then book signing.

Venue: Millwater Bistro & Bar, 18/175 Millwater Parkway.

Books will be available for sale on the night, and every copy bought puts you in the draw to win an exclusive consultation and Aspect Dr skincare product worth \$950.00!

RSVP to Iain McKenzie, Publisher, McKenzie Publishing at imac5@xtra.co.nz

Holiday Home for Rent

A local resident has a holiday house for rent in Taupo. It is a newly renovated 3-bedroom, 1-bathroom house in the centre of Taupo. Discounted prices for Millwater residents.

Call Sandra 021 082 12632 or email sandraghill19@gmail.com

Millwater Family Meal Support Group

We are a group of volunteers who cook and deliver meals to Millwater families that are struggling to cook a decent meal due to sickness, injury, loss of loved one or arrival of new born etc. We are hoping to create a caring community by supporting each other during hard times.

Please join our group if you:

1. Are willing to cook a bit more on top of your meal once in a while, or you simply love to cook and share with others, and/or
2. Can help to coordinate between the cooks and recipient for meals requirements, visit and deliver meals to support the recipient (we need coordinators as much as cooks!)

Last but not least: if you know any family in Millwater that needs our support, please contact us and we are there to help.

Please find our group on Facebook or contact Nita Wong for more information. (nita.millwater@gmail.com)

Millwater 區內情報要點

Jack Green

Jack Green是Silverdale的學生，他每星期會到居住在Millwater的祖母家兩至三次。他很喜歡跟祖母外出散步順便收拾地上的垃圾，他們通常會在Timberland Drive附近散步。

他很喜歡幫助這個社區，但是這個社區的垃圾量實在讓他感到非常驚訝。他很容易便能夠找到足夠的垃圾填滿他祖母代步車上的兩個籃子。最常見的垃圾是塑料瓶、飲品罐、紙張及紙皮。他最討厭拾起保麗龍。他會把所有的垃圾帶回家分類至回收桶或當一般垃圾處理。

Millwater Families Picnic

這年的Millwater野餐日實在是天公做美，所有前來的居民都玩得非常開心。孩子們都很喜歡Mike Pero提供的跳跳彈床，而我們Millwater居民歌手Phil Madsen也提供了非常動聽的音樂給所有的朋友。非常感謝Phil Madsen獻出他的寶貴時間來娛樂我們；而除了燒烤香腸之外，我們也享用了中國新年吃的湯圓，實在是美滿的一天。



Citizens Advice Bureau Hibiscus Coast

需要幫助或諮詢嗎？公民訊息及支援局能為你提供免費及保密的訊息支援服務，我們的義工全部都經過訓練。你並不需要預約，只需直接致電給我們或前來我們的辦公室。

地址：Orewa Square, the Orewa Community Hall旁邊

電話：09 426 5338

電郵：hibiscuscoast@cab.org.nz

辦公室時間為每逢星期一至五上午9時至下午3:30。星期六上午10時至下午1時。

太平紳士也會在我們辦公室提供服務

Silverdale Kindergarten, Bike-a-thon/Gala

幼兒園嘉年華會日期是3月18日星期六早上10時至下午1時在Silverdale幼兒園舉行。到時會有食物攤檔、遊戲攤檔及各式娛樂、安靜拍賣、騎小馬、跳跳城堡等等。詳情請致電：09 426 9600

Karen McMillan

歡迎前來參加本區居民Karen McMillan的新書發佈會。

日期：四月四日星期二

時間：5:30茶點聚會，6時是發佈會及簽名會

地點：Millwater Bistro & Bar, 18/175 Millwater Parkway

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Holiday Home for Rent

本區的居民Sandra在Taupo有一間渡假屋出租。這間剛剛翻新的三房一廁房子位於Taupo市中心。如果是本區的居民入住能夠得到折扣。

詳情請致電Sandra 021 082 12632 或電郵sandraghill19@gmail.com

Millwater Family Meal Support Group

我們成立這個群組的目的是希望能夠幫助Millwater的患病、受傷或因其他問題而不能好好預備晚餐的家庭。

如果你能夠：

- 1) 間中多煮一點食物、或非常喜歡跟其他人分享你的巧手家常菜
- 2) 有興趣做家庭探訪，協調受惠家庭及提供食物的義工，把食物提取及送交受惠家庭

請參加我們這個群組，詳情請跟Nita Wong聯絡。電郵：nita.millwater@gmail.com

最後，如果你知道有任何家庭需要協助請與我們聯絡，我們務必會幫助。

謝謝！

Questions? Suggestions?

如有任何提議或問題歡迎用中文電郵至millwatermag@gmail.com聯絡Nita Wong。

Devilish fun in Orewa



Your local theatre Centrestage is about to transform into the small-town American home of three desperate housewives who fantasise about their ideal man over a heady brew of weak Martinis and peanut-butter brownies.

But when their longings for "all manner of man in one man" are made flesh in the arrival of one Darryl Van Horne, all hell breaks loose...

This devilishly funny musical "The Witches of Eastwick" follows Darryl's courtship of all 3 ladies, and it doesn't take long before he uses his charms to release their creative energy along with their inhibitions!

But hell hath no fury like three women scorned, and pretty soon

Alex, Sukie and Jane use their newly-discovered powers to teach their depraved seducer a lesson.

Running for a two-week season at Centrestage, The Witches of Eastwick is based on the novel and movie that starred Jack Nicholson, Cher, Susan Sarandon and Michelle Pfeiffer.

Director Alexandra McKellar has assembled an amazing cast of actors for this production, led by Ian Fenwick as Daryl Van Horne, and the three witches; Liv Garriock, Helene Holman and Amanda Burnett.

Musical Director Catherine Carr, and Choreographer Gemma Boswell complete the creative team, bringing a wealth of experience and energy to the musical numbers.

Local talent Claire Murphy also stars as Felicia Gabriel, the self-appointed First Lady of Eastwick who is not only a curse to everyone in the town, but becomes the subject of the witches' first attempts at putting a curse on her. Claire has had great fun rehearsing the results of the curses, which include talking with ping-pong balls in her mouth!

Three sexy ladies, one lucky devil and one hell of a musical... A fun night, not to be missed!

Tickets are available from www.iticket.co.nz or phone 426 7282.

The Witches of Eastwick, Centrestage Theatre, Centreway Rd, Orewa. March 10 to 25.

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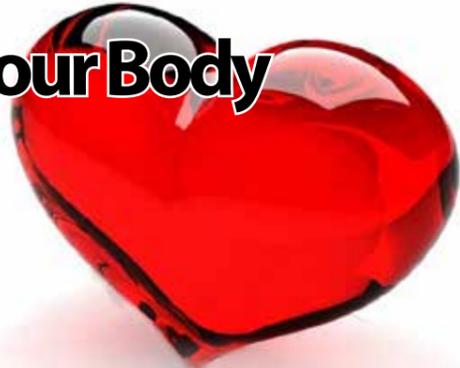
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Coenzyme Q10 (CoQ10) is a substance similar to a vitamin and is found in the trillions of cells that make up you. Your body makes CoQ10, and it is used to produce energy for cell growth and maintenance. It also protects the body from damage caused by harmful molecules. Without CoQ10, you would be in a bit of trouble health-wise. Much like a car without a spark plug.

Many studies have proven the benefits of supplementing with CoQ10 for health issues such as cardiovascular disease and high blood pressure, some neurological disorders, diabetes, high cholesterol, fatigue, gum disease, and age-related macular degeneration. CoQ10 also helps reduce the effects certain medications can have on the heart, muscles and other organs, such as cholesterol-lowering Statins that 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 ubiquinol (the dry forms), and ubiquinol. While 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.

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How do I get a blurry background in my pictures?



Bokeh (Bo~ka) is the technical term for how a lens renders the out-of-focus points of light.

This has got to be the most asked question I get from the students who attend my photography classes. The answer is surprisingly simple and can be achieved with most cameras and mobile phones. That said, higher quality lenses generally produce a better quality bokeh.

The key ingredients to getting a blurred background are threefold:

1. Maintain a good distance between your subject and the background. The further the background is from the subject, the further it will be from the focal plane, and the blurrier it will become. Also, try and avoid things

between the camera and the subject as they may interfere with the focussing.

2. Zoom in as far as your lens allows. Zoom lenses compress the background, effectively shortening the perceived distance to the subject, and therefore producing a smoother bokeh.

3. Use a wide aperture to produce a narrow depth of field. For those of you who are unfamiliar with manually exposing their camera, try switching to "Portrait Mode". If this becomes too hard, simply try and achieve the best results by using the first two steps.

If you have questions about photography that you'd like answered in the next edition of the magazine, please email them to paul@conroy.photo

Dedicated driving service for the Hibiscus Coast



Freedom Companion Driving Services is delighted to announce a dedicated service for the Hibiscus Coast, run by Nadine Broomhead.

"We support our local community by providing personalised transport and assistance to anyone who needs help getting from A to B. Customers range from senior citizens, those with injuries, children needing transport to and from school and sports and anyone else who needs temporary or ongoing transport," says Nadine.

Freedom provides a safe, friendly and reliable driving service for all kinds of appointments including:

- Medical – Hospital, Doctor, Dentist, Specialist, Diagnostic Labs,
- Physio visits... If needed, we'll assist at appointments, help you fill out forms, get your prescriptions filled...
- Shopping trips – we'll help you shop and even carry your groceries

- Personal – hairdressers, manicures, etc
- The vet – we are happy to transport pets
- Special outings to visit friends or relatives, sports clubs, etc
- Scenic outings and tours – we can take you out for a cup of tea and a chat to enjoy the weather if you'd prefer
- Airport pick-ups and drop-offs – we'll carry your bags and help you with your check-in

We cater for senior citizens, children and teens, ACC clients, pets to the vet, care facilities, special needs groups, school pick-ups/drop-offs and children's sport and after school activities.

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THE SECRET TO ACHIEVING YOUR BEAUTY GOALS

At Caci we understand that nothing is one size fits all, especially when it comes to our skin and body. That's why personalisation is key. Because at the end of the day, it's about you and getting the best results for your skin and body. That's where we want to help.



WHAT IS A CACI TREATMENT PLAN?

A plan containing your customised schedule of treatments chosen by you and our team of experts to target your specific concerns and deliver the best results.

WHY SIGN UP TO A TREATMENT PLAN?

BEST RESULTS

Just like how you won't see results after one gym session, the same goes with skin and body treatments. Regular treatments are important for achieving your skin and body goals. At Caci our plans provide a consistent schedule of treatments to ensure you get the best results that last.

PAYMENT OPTIONS

Caci clients are offered a range of payment options and plans to suit their lifestyle and budget. So if you're not in a position to pay for all your treatments up front, you can pay them off in weekly, fortnightly or monthly instalments. Whichever works best for you!

BEAUTY REWARDS

On a treatment plan, you will also enjoy all the other beauty services we have to offer. We reward our clients throughout the year plus give 20% off all beauty therapy treatments such as brow and lash tints.

WHAT TREATMENT PLANS ARE AVAILABLE?

SKIN- REFORMASKIN PLAN

We offer a range of skin-correcting treatments designed to address common skin concerns such as pigmentation, redness, scarring, uneven texture and tone. We customise the plan especially for you and you'll also receive a take home treatment accelerator kit to aid your results.

BODY- CHILLSCULPT PLAN

If you have a stubborn bulge that won't seem to go away even after diet and exercise, our award winning body shaping treatment, ChillSculpt could be right for you. Cryolipolysis technology is used to freeze your fat cells!

FINE LINES & WRINKLES- AMERASE PLAN

Soften lines and wrinkles, smooth away folds, add volume to lips and enhance your look with regular appearance medicine treatments. Caci are the largest appearance medicine providers in the Southern Hemisphere and our Registered Nurses have treated over 10,000 New Zealanders.

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At Caci, we have been offering laser hair removal (Variable Pulsed Light) for over 20 years. It is a safe, cost effective and long term hair removal solution for unwanted hair. We schedule your treatments to get the best possible result and offer an exclusive guarantee.

To find out if a treatment plan at Caci is right for you book a free consultation by calling **Caci Silverdale** on 09 212 6900 or visiting silverdale.caci.co.nz

Plus, until March 31 sign up to your own Caci treatment plan and receive up to a year of complimentary facials!

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*Promotional facial offer is valid until March 31 2017. Please see caci.co.nz for full terms and conditions.
**12 months no payments and no interest ("Payment Holiday") is available on Flexi Payment Plans. Minimum spend \$200. Account fees may apply. A \$35 Establishment Fee for new Cardholders (S3 PPSR - Q Card Only) and a \$35 Advance Fee for existing Cardholders will apply. Standard interest rate applies to any outstanding balance at end of Payment Holiday. Offer is ongoing. Lending criteria, fees, terms and conditions apply.

On the Friday before Waitangi Day, we decided to visit **The View Restaurant at Wainui Golf Club** for lunch – and it turned out to be a good decision, as they had just launched their new menu. Although I had been before, this was the first visit by my partner (aka Management).

The restaurant overlooks the most amazing vista of rolling hills and valleys, with close-cropped grass and golfers out enjoying the exercise and the challenge of what is reported by my golfing friends to be a superb all-weather golf course.

Choosing from the new menu what we were to eat wasn't easy, because it was all tempting. In the end, Management chose the Wainui wagyu burger and I opted for the Wainui mixed grill of fish, accompanied by a glass of Akaroa Rosé for Management and a Montieth's pale ale for me. The fish was so special that I will concentrate on that dish alone, which was as follows:

Pan-seared selection of 3 different fresh fish sourced daily, eggplant caviar, grilled fennel, local zucchini, sweet and sour tomatoes, saffron aioli and basil. The vegetables are seasonally fresh and mostly grown in Wainui's own garden. The dish had a certain Mediterranean feel to it, which I thought lent itself to a summer menu. It is quite light and easy to eat on a hot summer's day or evening. Yum!

Not realising the generous size of the portions, we also ordered a dish of hand-cut chips to share – most of which we had no room for! Management reported the wagyu burger also to be



excellent. To complete the meal, I had a long black coffee and we then reluctantly left the view at The View.

The above lunch for two was \$87, which we agreed was good value for such an excellent meal. Wainui head chef Darby Brooks can justly be proud of the high standards and quality of the fare in The View.

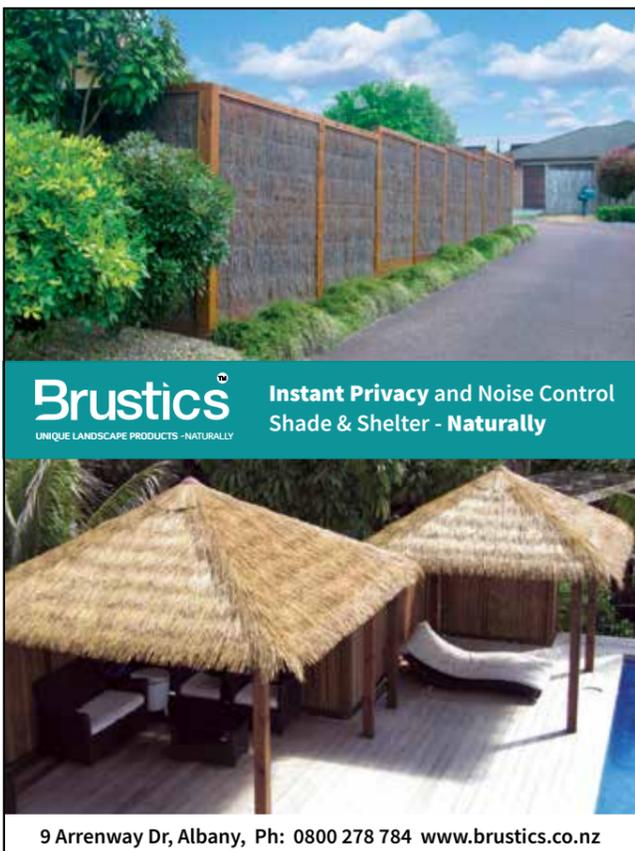
Millwater Women's Group

Millwater Women's Group met at the new Stoney Homestead Community Hub on Wednesday 14th February, when we were very privileged to have noted author Karen McMillan come to speak to us. Karen is a fantastic speaker; very engaging to listen to and so enthusiastic about what she does. It was wonderful to listen to her as she described characters from her books; it was a real insight into how an author's mind works, which was wonderful. Karen spoke of her research methods, which was very interesting to say the least. Thanks, Karen, for such an enjoyable morning and a glimpse into your world.

We are settling into our new home at the Stoney Homestead Community Hub. The facilities are wonderful and we feel very lucky to be there. Various group members have organised speakers for the next few months, so we have an interesting time ahead of us.

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 each month.

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Nice Glasses – but are you covered?



Hi, Millwater Readers, I am Tracy and I am the proud owner of the OPSM optometrists and sunglass store in the Silverdale Centre (Warehouse complex, next door to Walker & Hall).

We have the pleasure of looking after the eyes of many Millwater residents and take great joy

in helping people choose lovely glasses and sunglasses. Investing in good quality sunglasses/frames and lenses is a great investment and will ensure the very best vision and comfort, but have you insured them against loss or damage? On an almost daily basis we hear of all sorts of accidents/losses – here are a few of the most memorable:

“I was leaning over the boat and my glasses fell into the water and disappeared”

“I was doing PE and left them on the field and the lawnmower got them”

“My dog chewed them”

“My wife sat on them”

Some of them sound funny, eh? But not if you are not insured! Nowadays, we insure our cars, contents, phones, jewellery etc, but many do not take the time to ensure adequate cover for their glasses and sunglasses.

On most occasions, we find that our patients' home contents insurance policies will cover them for replacement, but then excesses and depreciation may apply. Many insurance companies have great add-ons for eye wear cover that can be cost-effective and give peace of mind to the wearer. We recommend giving your insurer a call, to check out what cover you have.

At OPSM Silverdale we are preferred suppliers for most insurance companies, so if you have any questions or indeed need help with broken/lost glasses, please do not hesitate to contact myself or one of our friendly team on 09 426 7902 or pop in and see us any time.

By Tracy Kendall-Jones

New Seasons Sunglasses!

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millwaterbizbuzz

Introducing Kerry Kingston Design Limited

Kerry Kingston-Sheehan and family moved to Millwater a couple of years ago and Kerry used her undoubted design talents on the blank canvas of their new home, producing a subtle yet stunning effect by using perfectly coordinated colours, fabrics and furniture. Originally from Nottingham in the UK, Kerry's family moved to Auckland in 1989 and she went to school in Torbay before graduating from university with a business management diploma. Her artistic eye is obvious in everything she has done, including her paintings and other art works that have appeared in Estuary Arts in Orewa.

Further study saw Kerry gain qualifications in PR before she worked as cabin crew with Air New Zealand – and she is obviously good with people. She told me “I wanted to develop my love for creative design, so I went back to study for two years and am very pleased that I was awarded an average A+ in the 12 NZQA papers I took.”

Turning this training and talent to practical use, we explored exactly what it is that sets Kerry apart from other interior designers. We soon came to realise that she is an attentive listener, and one who will follow your design brief and stay within your budget. She added “I focus closely on the practical issues, particularly what will work well within a home and not just a design that looks good on paper, and I also have a clear environmental approach to materials and up-cycling.” One example we saw in her home was the high quality of



window-furnishings that she completed herself and were a quarter of the ‘professional’ quote that she had received.

Kerry has a keen eye for design detail and offers a complete and competitive package that will suit any room, home and budget. “I can source everything for a home, help with furniture placement and colour schemes, storage organisation and make a house feel homely,” said Kerry. “If you’re not sure what you really want, I will shop alongside and advise you, helping you decide on your own unique interior design.”

Cohesive, coherent and cost-conscious – the whole works. You can find Kerry on Facebook at Kerry Kingston Design.

Tradie of the Month from Maddren Homes



Maddren Homes would like to congratulate Ian Hunter from Concrete Floors for being our February Tradie of the Month.

Ian and the team at Concrete Floors continually provide the highest quality of workmanship. Demanding time schedules given in a buoyant market have never affected the quality and service received from Concrete Floors, and this is a testament to their systems and team.

Maddrens would like to thank you personally, Ian, for the amazing communication we get throughout our jobs. It really is appreciated by all our project managers and staff.

ROWENAs

The January lunch outing for the ROWENAs (Retired Old Women Enjoying Nice Afternoons) was to the Riverhead Tavern. It was a lovely Thursday – warm sunshine and one of the rather scarce summer days that we have had in recent weeks.

Eleven ladies attended, and apologies are due for there being no photograph as the organiser (namely Margaret Mullan) forgot to take a photograph yet again.

We had a lovely lunch from the varied menu, and as usual the conversation flowed. We were outside on the large deck at the back, with the large screen blinds pulled down to shelter us from the sun and gentle breeze. It is a wonderful setting and, as a few of the ladies had never been there before, they took a gentle stroll down through the gardens to the edge of the river.

Selling Your Home? How To Improve Your Street Appeal



First impressions are crucial, especially when it comes to selling your home. If your home's street appeal is lacking, a few simple improvements on the outside can entice potential buyers to look inside.

Clean, green garden

The front garden is likely to be the first thing that a potential buyer will see, so make sure that your garden is well-manicured. It's a good idea to mow and water the lawns, prune any shrubs, trim overgrown footpaths and clear any weeds or rubbish. If your house is not maintained on the outside, then buyers may assume that this carries on into the home. If you don't have a garden, then you could add potted plants or planter boxes to your outdoor area. Herbs or perennial plants are good options and both add great colour to any space.

Fix the Fence

A fence is a welcoming feature to any home and it can be a great addition to consider when it comes to selling your home. A fence provides not only a sense of security and privacy but it also defines your property from the street.

If you already have a fence, then make sure it's clean and in good condition. If your fence is looking a little worse for wear then give it a bit of TLC – tighten loose latches, replace broken panels and give it a fresh coat of paint if necessary.

Freshen up the front door

The front door is the first thing that potential buyers will see when entering your home, so make sure your front door is warm and welcoming and makes a good first impression. Here are some easy ways you can update your front door with minimum effort.

Paint the front door and trim – glossy black is always a perfect and classic choice. Add a couple of potted plants to your porch to provide some colour and give it a fresh feel, or make sure that existing plants are well watered and pots are clean. A welcome mat says just that, 'welcome', so make sure to replace any worn mats with new ones for an instant boost. Polish the existing door hardware so that it gleams or update with a new fancy handle for instant glamour. And make sure that your door bell is working, or add some charm to the front door by adding a door knocker.

Love your Letterbox

Many potential buyers will drive by your property before viewing so don't forget to fix and paint your letterbox. It is also important to make sure that any surrounding garden is cut back and is tidy so that the numbers on your letterbox can be seen clearly from the roadside.

Add some outdoor lighting

Exterior lighting can make a big impact – it can not only complement your home but it can also showcase your property to prospective buyers who drive by at night-time. Strategically placed landscape lighting can also be used to illuminate walkways, emphasise key features of your garden and can add an overall charm to your home after dark.



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Mike Pero Real Estate Ltd Licensed REAA (2008)

Cnr of Millwater Parkway and Bankside Rd, Millwater

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.

	Jan 2016	Dec 2016	Jan 2017
Number of Sales	4	9	6
Median Sales Price	\$1,053,000	\$1,150,000	\$1,120,000
Highest Sale Price	\$1,305,000	\$1,515,000	\$1,475,000
Lowest Sale Price	\$960,000	\$851,000	\$1,055,000
Average % price to CV	20.40	42.04	36.96
Average Floor Area (sqm)	240	218	206
Weighted Value Index	1187	1477	1415
Average Days to Sell		57	60.8

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

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

Grayson Furniss
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millwaterpropertytalkwithGrayson

As I write this, contemplating the third straight day of rain and wondering what happened to summer, I reflect back on what has happened since the end of last winter. Summer seems to have never really started and the same can be said for buyer activity. Interestingly, we are now seeing higher listing numbers in Millwater than for the last 12 months, and with this there is usually a corresponding increase in buyer interest. This has already started, as February has seen open home visitors back to levels last seen in July and August 2016. We now have many people considering the move to Millwater once their existing properties have sold, which would point towards a fairly busy late February, March and April on the sales front. It would be expected that this is also going to firm-up prices.

At this point, it looks like this year is going to follow the trend of the last couple, with March to August the best months for selling. If you are considering selling, we would suggest avoiding the later months of the year. These have been difficult in each of the last three years and, with a September election this year, we see no reason for it to be different.

If you are looking to buy, now is as good a time as we have seen in Millwater for the last couple of years. There is a good range of options available in both new and resale properties, and vendors and builders are generally more negotiable than they have been. This is unlikely to continue! Many people are wanting to purchase before fixed interest rates go up any further and there is still a significant housing shortage in Auckland. Building costs continue to escalate, so we can expect the cost of new homes to increase further, which will

always drag the comparative prices of existing properties with them. If you are still sitting on the fence waiting for the perfect house to become available, make sure you are prepared to pay a premium, because it is likely that your perfect house (if it exists) is probably another buyer's perfect house, too. Long story short, make a decision or be prepared to miss out and have to pay more the next time.

As always if you are thinking about buying or selling, please feel free to use our knowledge; we are always happy to have a chat and help out.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

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28 Prospect Terrace, Millwater

- 196m² home on flat and fenced 564m² site
- open plan kitchen dining & living area with second lounge space adjacent
- spacious kitchen with stone benchtops, breakfast bar, gas cooktop and space for large fridge
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

This property is sure to attract strong interest. View this one ASAP.

www.mikepero.com/RX1036640

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Sarah Furniss 027 444 0044
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Silverdale 09 426 6122



STUNNING MILLWATER HOME WITH LEGAL SLEEPOUT 4+1

4+1 2 3

Walkthrough Video Online

49 Madison Terrace, Millwater

- This is a little bit different from your typical Millwater property. A well designed and built 4 bedroom, 2 living area family (217m²) home in a desirable street, PLUS a fully consented 20m² sleepout.
- great family layout with living dining and kitchen on ground level plus 1 bedroom and a bathroom
- 3 further bedrooms including master with ensuite, family bathroom and additional living room upstairs
- spacious and attractive ground floor living flows out to north western facing outdoor area
- stunning white and bright kitchen, large breakfast bar and ample bench space
- the consented sleepout sits at the rear of the house with spacious bedsit area plus small ensuite, its own deck and own entrance from the street if needed

www.mikepero.com/RX1037709

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SUPERB SINGLE LEVEL IN MILLWATER

4 2 2

Walkthrough Video Online

39 Manuel Road, Millwater

- This one has it all - location, great design, quality construction and its available now.
- 2 y.o. Universal Home on mostly flat and fenced 651m² site, plenty of room for kids or animals
- open plan kitchen dining living area flowing to outdoor patio
- separate lounge adjacent also flowing to patio
- stunning entertainers kitchen, island bench in engineered stone, gas cooktop, large fridge space with plumbing
- generous master bedroom with walk in wardrobe and ensuite
- balance of Master Build Warranty to transfer to new owner
- durable low maintenance building materials

www.mikepero.com/RX1038961

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STUNNING CAPE COD STYLE

4 2 2

Walk-through video online

17 Vera Court, Millwater

- four double bedrooms plus office, master featuring ensuite and walk in wardrobe
- two bathrooms (including ensuite) with three toilets, one on the ground floor
- open plan living, kitchen, dining and family room with easy flow to outdoors
- stunning, gloss white kitchen with integrated fridge freezer, 900mm wide induction cooktop and breakfast bar
- additional separate living room adjacent to open plan area, also with flow to outdoor area
- generous 226m² weatherboard home on a flat landscaped 533m² site
- large decked outdoor entertainment area with space for a spa and trampoline, all safely fenced off
- quiet cul-de-sac location, set amongst other quality homes

www.mikepero.com/RX1019251

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Silverdale 09 426 6122



STYLE, SPACE AND LOCATION

2 1 1

Walkthrough Video Online

2 / 5 Hogans Road, Glenfield

Wow, this place is great! Built solidly in the 1970's on a concrete block base with a vertical weatherboard upper, this home has been well loved and maintained by the current owner including a recent external paint. The rear unit of two, this is well away from the road with a large internal entrance garage and additional off street parking. The two bedrooms are bright, with the master bedroom having a sneaky peak of the water. Two living areas, both of which are generous, flow to an outdoor deck or patio. The centrally located kitchen makes efficient use of the current space available, however the astute buyer will note the option to increase this area and reap the rewards. This is a unit title however there is no body corporate levies, household insurance is the only shared cost. Competitively priced, this home has real appeal and will not be available for long.



Grayson Furniss 021 665 6122 grayson.furniss@mikepero.com
Vanessa Jardim 021 614 771 vanessa.jardim@mikepero.com

www.mikepero.com/RX1040471

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FOR SALE
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timlawrence Fishing Spot



Finally, the fish are getting on the bite, with warmer water and the weather settling down. Moon and tides have lined up perfectly, with some calm days making for some great fishing conditions last month. Both long weekends had great weather, so I'm sure you all enjoyed a day or two on the water chasing that big one.

Recently, I was lucky enough to fish the

Three Kings on Enchanter Cova Rose for five nights and this time the weather was amazing: under 10 knot winds and flat seas the whole trip. We fished a solid five days, with only a few hours sleep each day. These trips aren't for the faint-hearted: catching livebaits and squid into the early hours and three-hour shifts through the

night chasing swordfish. I didn't get more than four hours' sleep each day for the whole trip, but it was worth it.

We chased marlin from Mangonui to the King Bank, landing two striped marlin out from East Cape. We dived for crayfish while eight-foot mako sharks circled the boat (we divers didn't find out until we got out of the water!) We fished for trophy kingfish, releasing at least 20 that were 30kgs-plus before keeping enough for a feed on the third day, with the biggest weighing in at 38.5kgs. Sadly, I lost a monster kingi after getting railed and snapping my brand-new jigging rod. I managed to bring the fish to the boat on half a rod with only two eyelets before the deckhand lost the fish when the trace snapped bringing it into the boat. The fish was estimated around 40kgs and it took me half a day to get over losing it – but I still managed a couple more over 30kgs, so the day wasn't completely lost. We spent that last two nights of the trip chasing swordfish but it wasn't to be, with the only catch being an oilfish on duty on the second night on my watch. After a short fight we had the deep sea monster on board (see photo); estimated around 40kgs.

Back in Auckland, late summer and early autumn is best for exceptional fishing, so now is the time to get out if your fishing has been a bit average so far this summer.

Tight lines!

artspeak

March Art Madness at Estuary Arts

March brings a range of new exhibition; from drawings by Robert Brown to an international print exchange and a unique exhibition by Andrea Hammond who uses leaves as centre stage for her abstract compositions.

Term one art classes started with a bang in February and students are working busily on a range of mediums in preparation for their art exhibition/showcase, which opens on Saturday 18th March; so, if you are interested in taking a class, then this is the event to attend and meet the tutors and view the students' creative achievements.



offering fun introductory art classes for children aged 5 years and up.

To book into a class or find out more about the exhibitions, contact the Centre on 09 426 5570 or email manager@estuaryarts.org

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Estuary Arts Centre will be part of the annual Hibiscus Art Studio Trail, which is now in its third year and will be running on Saturday 11th and Sunday 12th March from 10am to 4.30pm daily, featuring the exquisite realistic paintings by Robin Midgley, who will also be demonstrating live in the Education Wing Foyer. Ruby Jude and the Hibiscus Coast Artists Inc. will also be involved in the event, showcasing their artwork and demonstrating their crafts.

The April School holiday programme runs from 17th to 28th April and the programme is available to view on the website,

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Estuary Arts Centre March 2017 Exhibitions

Student Showcase
 Artwork by current and past students
 13 March to 2 April

Andrea Hammond
 Mixed media - floral inspirations
 13 March to 2 April

Vie du Pacifique
 An International Print exchange
 13 March to 2 April

Robert Brown
 "Line Work" a drawing show
 22 March to 23 April

Estuary Arts Centre
 214b Hibiscus Coast Highway | Orewa | (09) 426 5570
www.estuaryarts.org
manager@estuaryarts.org



After tyre specialist Dan Notley repaired a puncture for me at Tyreworx in Silverdale, the conversation turned to some of the cars that we have featured in Millwater Motors. Dan suggested sharing his special motor with us and we just couldn't resist.

Dan is an avid sports fan, especially golf and soccer, and he said "I have had a deep, abiding love of cars since my early school days and I was greatly influenced by my dad, who had been a Ford mechanic since around 1966". By the time that Dan wanted to leave school and concentrate his career around cars, the family were living in Warkworth and his dad owned a tyre shop there. Moving to Tyreworx at Cranefield Motors in Silverdale about 9 months ago, Dan is very happy with the way his busy career is shaping up.



Now, to the car, which is a 1971 Ford Falcon XY GT replica (an original of the type that raced at Bathurst would be around \$500k), which started life as a standard 6-cylinder Falcon 500. Dan bought the car from Te Atatu in May last year and, although restored, it was an unappealing shade of green that Dan needed to change. The car was off the road for 6

months until just before Christmas, returning resplendent in the gleaming silver livery that had been lovingly applied by Darren Galloway at Snells Beach Panel and Paint.



The powerhouse is a Cleveland 351 cubic inch (5.8 litre) V8 with a genuine XB GT block that has had mild modifications to inlet and exhaust; and now delivers serious power via a shortened 9" diff and 4-speed manual top-loader 'box. Transferring the power effectively to the road are huge 18 x 11 inch highly polished rear wheels, wearing 305/30/18 tyres specially imported by tyre specialist Dan.

The Flowmaster exhaust system produces a delicious, goose-bump-raising growly sound and the GT interior is seriously impressive. Subtle shadow striping and orange side-lining on the gleaming metallic silver bodywork really make Dan's car stand out from the crowd and it certainly drew envious looks and admiring smiles alike from the folks we drove past on a demonstration run. We parted, with Dan confirming "This has been a dream of mine for some time and it really is everything I have ever wanted in a car."

Wi-Fi with Dougall from Total Security Group



Contrary to popular belief, Wi-Fi is not short for Wireless Fidelity; it is actually a made-up brand name that means nothing, and is trademarked by the Wi-Fi Alliance, an organization made up of leading wireless equipment and software providers.

modem by Wi-Fi. The more devices the slower the speed. Just because everything is Wi-Fi capable, it is not best practice to connect everything by Wi-Fi.

The general rule of thumb is: if it can be connected by a cable then do so, this ensures that your device can get a full speed connection. Leave Wi-Fi for the devices that can't connect by a cable, like phones and tablets or where it is impossible to get a cable.

But what about that low signal?

There are a couple of options. Relocating the modem to the living area can work well, but only if you have 2 sockets from the network cabinet as you need to be able to feed the signal back to distribute it to the other outlets.

You could use a powerline system. This is a plug-in pair of devices that carry the network signal from the modem to another room over the power cables. This however is generally an absolute last resort where no other option exists and in most cases can create more problems than solutions.

My preferred option is to turn the Wi-Fi off on the modem and connect a quality access point to do the job. This can give you whole house coverage and more reliable Wi-Fi with more devices connected than the ISP modem.

In a nutshell, it is a wireless networking technology that uses radio waves to provide high-speed network and Internet connections.

Why does it cause us so much pain?

In new fibre subdivisions like Millwater, the fibre is run into a metal network box, generally on the closest wall to the roadside and connected to the Optical Network Terminal. From this terminal the modem supplied by your Internet Service Provider (ISP) gets connected. The problem with this is the metal box. It severely reduces the distance the radio waves can travel, hence poor Wi-Fi within your home and living areas, which are generally quite some distance from the modem.

The other issue is the number of devices connected to the ISP

If you need some professional assistance getting your Wi-Fi running at its best, then give Total Security Group a call.



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Millwater ROMEOS



February's lunch of the Millwater ROMEOS (Retired Old Men Eating Out) was at the Hallertau Brewery and Restaurant in Riverhead, where an enthusiastic 12 arrived well before the 11.00am appointment for the brewery tour. Our knowledgeable host was Matt (pictured on the left here), who also expertly looked after our needs during our excellent lunch.

Brewing began 12 years ago on the site that had previously been a winery and

the name Hallertau comes from the region in Bavaria (home of BMW) where 25% of the world's supply of hops is produced.

The tour began in an area containing 4 large stainless steel vats; where barley, hops, yeast and rainwater are precisely combined. Prior to mixing, the barley is roasted in a similar way as coffee beans, with darker roasts producing darker beer – the roasted barley is now referred to as malt. The malt and hot water are

combined to become mash, which produces sugars and is then referred to as wort (it gets complicated, so we won't mention the lautering process.) Hops are then added to produce the bitter flavour and counteract the sugars. The resultant mixture is filtered and rapidly cooled, after which the yeast is added to begin the fermenting process, thereby producing alcohol and carbon dioxide – and that, basically, is it.

Hallertau produces 500,000 litres of beer a year, supplying it in casks and also in bottles using their bottling machine that can fill, cap and label 4,500 bottles an hour. They also produce whiskey and cider.

During lunch, as part of the tour, we were supplied samples of 5 different beers; creatively named as 1, 2, 3, 4 and 5 – with designated drivers responsibly holding back. Several of the group made purchases of their favourites before departing.

The outing was followed by coffee, cakes and conversation at the organiser's home.

holidaydestinations

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River cruising is a much more intimate way to see the world, and with SCENIC you will truly receive an all-inclusive experience.

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There are so many wonderful experiences waiting to be uncovered across Europe. Scenic's journeys are designed to inspire you, create moments that will last a lifetime and make every day different.

These majestic waterways span a spectacular region with so much to offer – from timeless villages that preserve traditions, to enchanting cities and architectural masterworks, or from rivers that flow through some of the world's most serene settings, to dramatic snow-covered peaks that take your breath away, Scenic Luxury Cruises bring Europe to life.

With Scenic Freechoice you will be able to choose from a range of activities at a pace that suits you. Whether you want to navigate a narrow cobblestone path through a village, shop at a local market with a chef or bike through the vineyards, the choice is yours. At the end of day, you can just sit back and enjoy the cocktail event and share your experiences of the day.

Scenic's most popular cruise would be the "Jewels of Europe" – a magical 15-day cruise from Amsterdam to Budapest, as you cruise through the hillsides and view the restored castles and tranquil villages.

Have a "Bordeaux Affair" and cruise through some of the most famous wine regions of France, sampling some of Bordeaux's most famous wines along the way.

For a completely different experience, consider South-East Asia and a cruise along the Mekong to experience Vietnam, Cambodia & Laos, through the floating villages, or the exotic scents of Phnom Penh and the beautiful Angkor Wat.

Whether you want to cruise wonderful Europe, experience magical Asia or journey through Russia's history, Scenic can offer you all these wonderful choices and more!!

If you are interested in exploring what Scenic have to offer, please contact me, Helen Baxter, your local Air New Zealand Holidays Travel Broker 021 684 770.



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How KiwiSaver Can Help You into Your First Home



Most New Zealanders are well aware that they are entitled to withdraw funds from their KiwiSaver account to help purchase their first home. An individual can make a withdrawal for this purpose if they have been with KiwiSaver for at least 3 years and do not own any substantial assets. The amount that can be withdrawn is only limited by the requirement that a minimum of \$1,000 remain in the account.

Fewer people are aware of the availability of KiwiSaver HomeStart grants. The government introduced these grants in 2015 to assist young New Zealanders with purchasing their first home. Under the initiative, an eligible individual

is entitled to a maximum of \$5,000 to assist in the purchase of an existing house, or up to \$10,000 for a new house. Couples are entitled to a maximum of \$10,000 for an existing house and \$20,000 for a new house.

On 1 April 2016, the government, in response to rising house prices, loosened the restrictions on eligibility for the HomeStart grants. To be eligible you must earn under a certain threshold. The income cap has been increased to \$85,000 for an individual and \$130,000 for couples. In addition, the house you are buying must be under a certain value. The house price cap in Auckland is now \$600,000 for existing houses and \$650,000 for new houses. The house price cap has also been raised in New Zealand's other major residential areas from \$450,000 to \$500,000 for an existing house and \$550,000 for a new house.

It is important when you use KiwiSaver to meet the strict deadlines in submitting your applications. Otherwise, your funds may not be released when you need them. It is best to contact your provider as soon as you start looking at property, so you can establish what you can withdraw, and when. If you sign an agreement to purchase a property you need to make sure that the timeframes under the agreement are suitable for KiwiSaver purposes.

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Red Packets

You might think I am a bit behind the times, still talking about red packets at this time of year, when Chinese New Year is quite a while ago. Yes, that's true, red packets are widely used during New Year time, given out by married to unmarried; however, red packets are still used in different situations all-year-round.

Examples are wedding ceremony, graduation ceremony and shop-opening ceremony. It is always wise to have it well prepared before attending such ceremonies. Amount of money must be an even number and always given out in a pair.

In older generations, they always have a few red packets on hand, just in case they bump into someone they know on the street and be introduced to their child the first time, so they can give a red packet to the child as a formal greeting. Nowadays, we only give out the packet when visiting a new-born.

In Hong Kong, when you arrange a moving company to move house, it is also common sense to give out red packets of tips to each team member after everything is unloaded, otherwise they may hang around and be reluctant to leave.

It is very impolite (or an offence) for the recipient to open the red packet immediately and check the amount in front of others, therefore nowadays some tradies would rather receive the tips without the envelope, so they can



negotiate the amount with you.

About 4 years ago in New Zealand, I had a Japanese student who came to babysit my older son while I was pregnant with the little one. I used to put the money into an envelope and pass it to her each time, until one day I ran out of envelopes. Embarrassingly, I had to hand the cash to her and apologise. Suddenly, we broke out in laughter and admitted putting cash into an envelope is a "very Asian" gesture. Of course, we have not used envelopes from that day onwards.

A few years ago, WeChat (similar to Facebook Messenger), which is very

popular in China) has introduced a feature called "red packet", where users can give out money digitally to family and friends as a gift. This year in Hong Kong one of the banks has launched a function on their mobile app, whereby its customers can send e-red packets and greetings digitally to their family and friends in a certain period of time during Chinese New Year. Seems like the red packet tradition will fade out in the digital world faster than we think!

Nita Wong
Millwater resident



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Millwater Parkway Pharmacy



A little about us...

Our pharmacist Joel has a Malaysian background and can speak fluent Mandarin/Malay and we would have to say his English is pretty darn good too! He moved to New Zealand in 2008 where he enrolled in Pharmacy School at University of Otago very soon after. With over 4 years of experience in pharmacy, he is quickly developing strong knowledge in the field. Joel is a community-focussed pharmacist and has a passion in voluntary work in his recreational time. He thoroughly enjoys working in this area and looks forward to servicing this friendly close-knit community further.

Rachel is a born-and-bred local to the area and has over 10 years' experience; she is also a qualified pharmacy technician!

Working as a team, we aim to provide fast, friendly and efficient service, to ensure our customers can leave happy and resume their busy, on-the-go lives.

A little history...

Before opening as Millwater Parkway Pharmacy in May 2015, we were originally located in the quaint little village in Silverdale on the main Silverdale Street and known to the community as ("the original") Silverdale Pharmacy. Silverdale Pharmacy serviced the area for over 14 years before moving onwards and upwards to become Millwater Parkway Pharmacy, who we are today.

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Peak Pilates (Physio + Pilates)
Millwater Medical
Millwater Vet hospital

And of course Jetts gym. If you are driving along Millwater Parkway, we are all situated on the top level of the Millwater central block, which you can access behind the building via Millwater Parkway and Bankside Road.



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Dental Work During Pregnancy – Safety

There's some exciting news in The Dental Suite team (!) that warrants a little information about dental care for pregnant women. Preventive cleanings and an exam during pregnancy are not only safe, but are recommended to help preserve your teeth and gums against its hormonal effects. Just let us know you're pregnant, or think you might be, when you come in for your appointment.

Dental Procedures During Pregnancy

Some women choose to avoid any dental work during their pregnancy, but, because of all the hormonal changes in your body, having a regular check-up is extremely important for your health. Pregnancy hormones put you at risk of swollen or bleeding gums, a condition called pregnancy gingivitis.

Routine procedures, like check-ups, can be done at any time during your pregnancy. The only thing to keep in mind is that lying on your back during the later stages can be quite uncomfortable!

Urgent procedures, like root canals or tooth removal, can also be performed at any time during your pregnancy. Elective procedures, like whitening, should be postponed until after the birth of your baby.

Before you make your dental appointment, check with your obstetrician to see if there are any special precautions

you personally need to take, and let us know about any medications you may be taking.

X-Rays

The routine x-rays we take during annual exams can usually be safely postponed until after you give birth. However, should an x-ray become necessary in order to perform certain procedures, especially emergencies, you can rest easy in the knowledge that we will use extreme caution and a lead shield to protect your baby from radiation.

Morning Sickness

To avoid damage to your pearly whites during morning sickness, avoid brushing your teeth for about half an hour after vomiting. If you'd like to freshen your mouth in the meantime, rub some fluoride toothpaste over your teeth with a finger, then rinse with water. This will help to wash away the damaging acids, and can also help re-mineralise your teeth.

Make sure you keep your dental visit on your to-do list in the hustle and bustle of pregnancy! Contact our friendly team today on 09 426 5262 and we'll help you with any pregnancy-related dental worries.

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Dan's Tips

March 2017

With the cooling of the season it's the perfect time plant out for Autumn, fertilise and mulch your plants and give some care to your lawn.

Growing Food

- Hardy plants like feijoas, grape and passionfruit vines produce better crops with moist soil. BLACKGOLD Mulch is great for keeping the roots cool.
- **Plant out for autumn:** Perfect time to plant brassicas, spinach, Florence fennel, beetroot and kohlrabi in rich well-composted soil. Cover the brassicas with netting to prevent white butterfly damage.
- **Place straw under pumpkins and melons as they ripen:** as the soil begins to cool, it will hold more moisture, which can cause ripening crops to rot off.
- Passion vine hopper is a small insect that devastates passionfruit vines and many other garden plants by sucking nutrients and leaving wounds on plants, where disease can enter. An effective spray is pyrethrum which is organically derived, but it must be done weekly for a few weeks to be effective. Spray in the evening when bees are not around.

Other Work

- **Seasonal top-up of fertilizer:** give the ornamentals in your garden a bit of a boost. That's camellias, rhododendrons and other acid lovers like daphnes, azaleas and magnolias. Sprinkle some acid based plant food around the drip line of these plants to feed them. And many other garden plants and hedges can be fed now by spreading Blood & Bone around them.
- **Plant spring flowering bulbs** – tulips, daffs, hyacinths and crocuses – if it's too early for your garden, they'll benefit from 6 weeks 'fridge time', stored in paper bags.
- **Free Hedge Plants:** Cuttings root best in a mixture of pumice sand and compost. Take the slightly brown wood of new shoots from the base of plants. Try cuttings of choisyas camellias, pittosporum, rosemary, photinia and corokia. Keep them in light sun to part shade. NB: Box plants are easy, get cuttings started in a trench of well composted soil in a semi shaded spot.



The Lawn

Perfect season to sow lawns – Living Earth Ultra Lawn, Prolawn seed range and Prolawn Turfmaster Starter are our best lawn growing combo!



Go for Gold in the late summer garden

There are many plants that reflect the seasonal change ahead and look good from now on – the leaves of maples and other trees begin to turn and a host of golden flowers such as rudbeckias, heleniums and some shades of daisy all reflect this.



Looking to redo your lawn or show it some love? Now is the time to do it!

With the cooler temperatures and more moisture in the earth, now is the time to show your lawn you care.

At Central Landscape and Garden Supplies Silverdale we have a wide range of grass seed, soils, fertilisers and lawn care products.

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Recipes from Millwater Residents



Avocado and Bacon Muffins

Good friend Jenni Palmer brought a plate of these home-baked muffins to a Millwater social get-together recently and everyone was so impressed that we asked her to share the Alison Holst recipe.

Ingredients

2 cups flour
4 tsp baking powder
½ tsp salt
1 Tbsp sugar
Pinch cayenne pepper
100g Tasty cheese
4 Spring Onions, chopped
3 rashers streaky bacon
75g butter
1 egg
1 cup milk
1 avocado
1 Tbsp lemon juice

Method

Sieve the first 4 dry ingredients into a large mixing bowl; add the cayenne pepper, grated cheese and chopped spring onion. Stir to combine. Finely chop the bacon and fry or grill until crisp – keep the bacon drippings.

Melt butter, add egg, milk and bacon drippings and beat to combine. Cut the avocado flesh into 6-8mm cubes and sprinkle with lemon juice to prevent browning. Add to the liquid mixture. Add the bacon to the liquid ingredients and fold both mixtures together. Stir only enough to dampen the flour.

Spray 12 medium muffin pans with non-stick spray. Put about ¼ cup in each muffin cup.

Bake at 200°C for about 10 minutes, or until the muffins spring back when pressed lightly in the centre.

Serve:

Always warm, with drinks – and they taste great served with fruit!

Shared by Jenni Palmer



Soy Sauce Chicken

1 whole oven-ready chicken (size 14)

Soy sauce

½ cup dark soy sauce
1 cup soy sauce
1 cup water
2 tablespoons Chinese wine
50g rock sugar
6 slices of ginger
3 bunches of spring onion
3 aniseed

Ginger Sauce

½ cup chopped ginger
1 cup spring onion
½ teaspoon raw sugar
½ tablespoon salt
1 tablespoon olive oil
½ tablespoon sesame oil

To Make:

- 1) Clean the chicken and remove any left-over feathers. Use a knife to pierce the meat underneath the skin (do not damage the skin).
- 2) In a big saucepan, bring water to boil, then soak the chicken and let it boil for around 12 minutes.
- 3) Remove the chicken from the saucepan, soak in tap water and let it cool down.
- 4) Put all soy sauce ingredients into a wok (or a similar shape saucepan), bring to boil then switch to medium heat, put the chicken into the sauce (the sauce should cover half of the chicken). Pour the sauce over the chicken with a ladle continuously for around 12 minutes. This process is to make sure the chicken is coloured evenly.
- 5) Turn chicken over and pour the sauce over the chicken with a ladle continuously for another 12 minutes.
- 6) Turn the chicken again and pour the sauce over for a further 12 minutes.
- 7) To test if the chicken is cooked thoroughly, use a fork to poke into the breast and thigh; there should be no water running out from the hole if it is cooked.
- 8) Remove chicken from saucepan, cool down. Brush chicken with sesame oil before serving.
- 9) For ginger sauce, combine all ingredients in a saucepan and bring to boil, remove from heat and cool down before serving.

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

Happy Cooking!
Nita Wong

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millwatermalt of the month



Not a single malt this month, but malting certainly played a very significant part in producing this innovative, modern Irish Whiskey.

There's nothing new in whisky/whiskey distillers maturing their products in pre-used port, sherry or other oak casks, but Jameson Caskmates has added a definitively new twist to this particular tale. The head brewer of the Franciscan Well Brewery in Cork, Shane Long, hit on the idea of using old Jameson whiskey barrels from the Middleton Distillery to age their stout, thereby producing an entirely new style of Irish stout. He then returned the stout-seasoned oak barrels back to Jameson, who finished some batches of their classic whiskey in them. The result is an entirely new style of Irish whiskey – Jameson Caskmates.

The fusing of stout-seasoned whiskey barrels and Jameson has added notes of cocoa, coffee and butterscotch to this classic Irish whiskey. Stalwart Jameson fans will find the taste is something new and different, but it is well worth "giving it a go!"

Nose: Crisp orchard fruits like green apples and pears, with mild pot still spices adding to a lingering hop influence.

Taste: Subtle touch of hops and cocoa beans, marzipan and charred oak.

Finish: Long and sweet, with milk chocolate and butterscotch adding to the complexity.

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dates for your diary

- Every Sat** Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
- Every Tues** Quiz Night at Northern Union
- Every Wed** Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details
- Every Thurs** 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** Ukelele Classes • Estuary Arts Centre from 7-8:30pm All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquires/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- Fri 24 March** Hibiscus Hospice Golf Tournament • 12pm with 12:30pm shotgun start • tickets available at www.hibiscushospice.org.nz • Tournament books up fast so don't miss out! We acknowledge and thank the support of our major sponsors - Helensville Golf Club, North Harbour Ford & Mazda, Cabra Developments and Hibiscus Funeral Services.
- Weds 1st, 15th and 29th** Orewa Lunchtime Toastmasters Club • 12-1pm • Gain confidence to speak in public • Venue- 117 Centreway Rd, Orewa. You won't be asked to speak as a guest • Tea, coffee etc at the end • No cost to guests Contact Sonley (09) 428 2424, 022-066-0764



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Thu 2 Mar	04:49 0.3 m	11:12 3.3 m	17:18 0.3 m	23:33 3.2 m	Fri 17 Mar	05:24 0.5 m	11:43 2.9 m	17:48 0.5 m	-
Fri 3 Mar	05:36 0.4 m	12:00 3.2 m	18:06 0.3 m	-	Sat 18 Mar	00:06 2.9 m	06:04 0.6 m	12:22 2.9 m	18:27 0.6 m
Sat 4 Mar	00:22 3.2 m	06:27 0.4 m	12:50 3.2 m	18:56 0.4 m	Sun 19 Mar	00:46 2.8 m	06:47 0.7 m	13:01 2.8 m	19:07 0.7 m
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Tue 14 Mar	03:21 0.4 m	09:40 3.1 m	15:48 0.4 m	22:07 3.1 m	Wed 29 Mar	02:54 0.4 m	09:13 3.2 m	15:20 0.3 m	21:38 3.3 m
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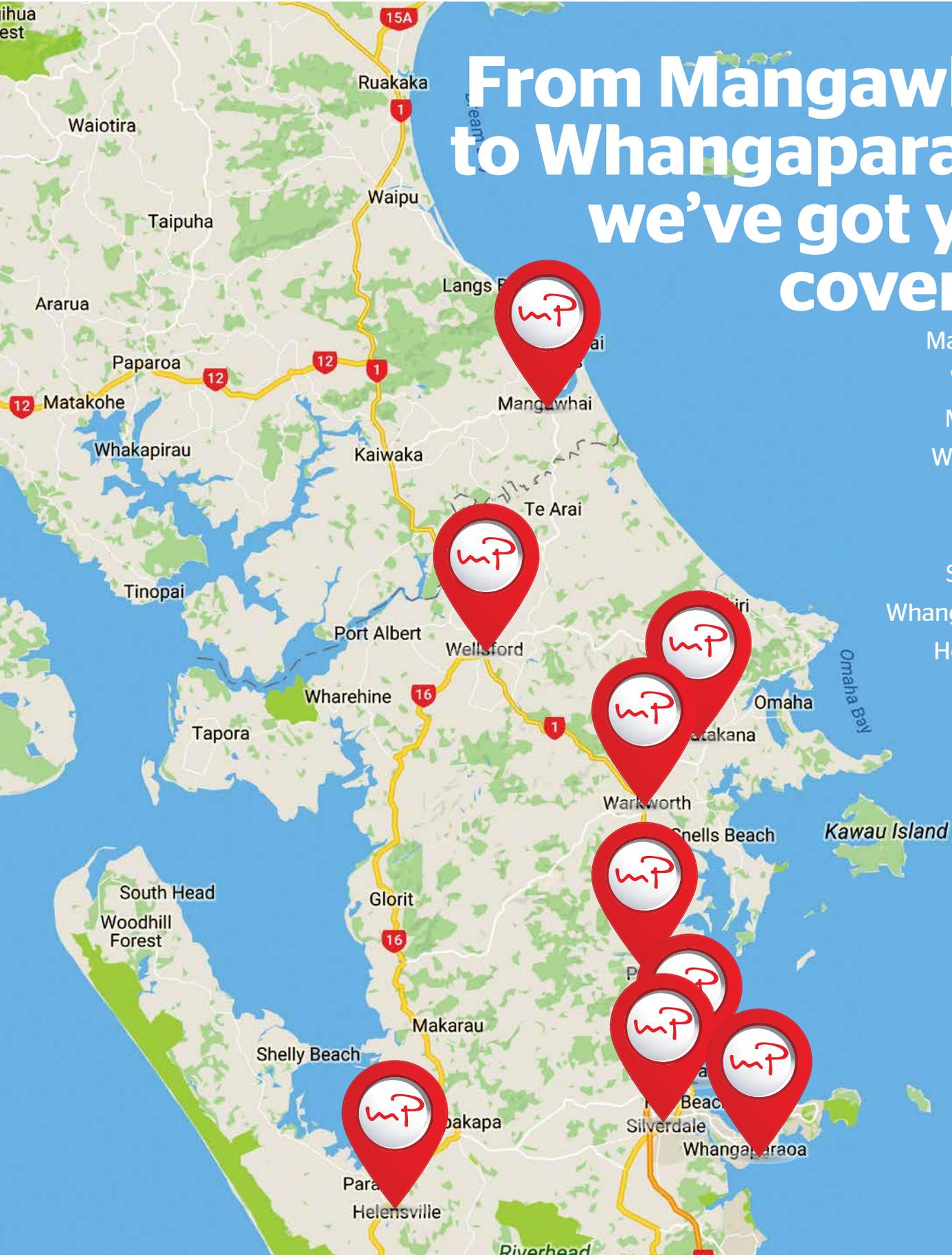
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