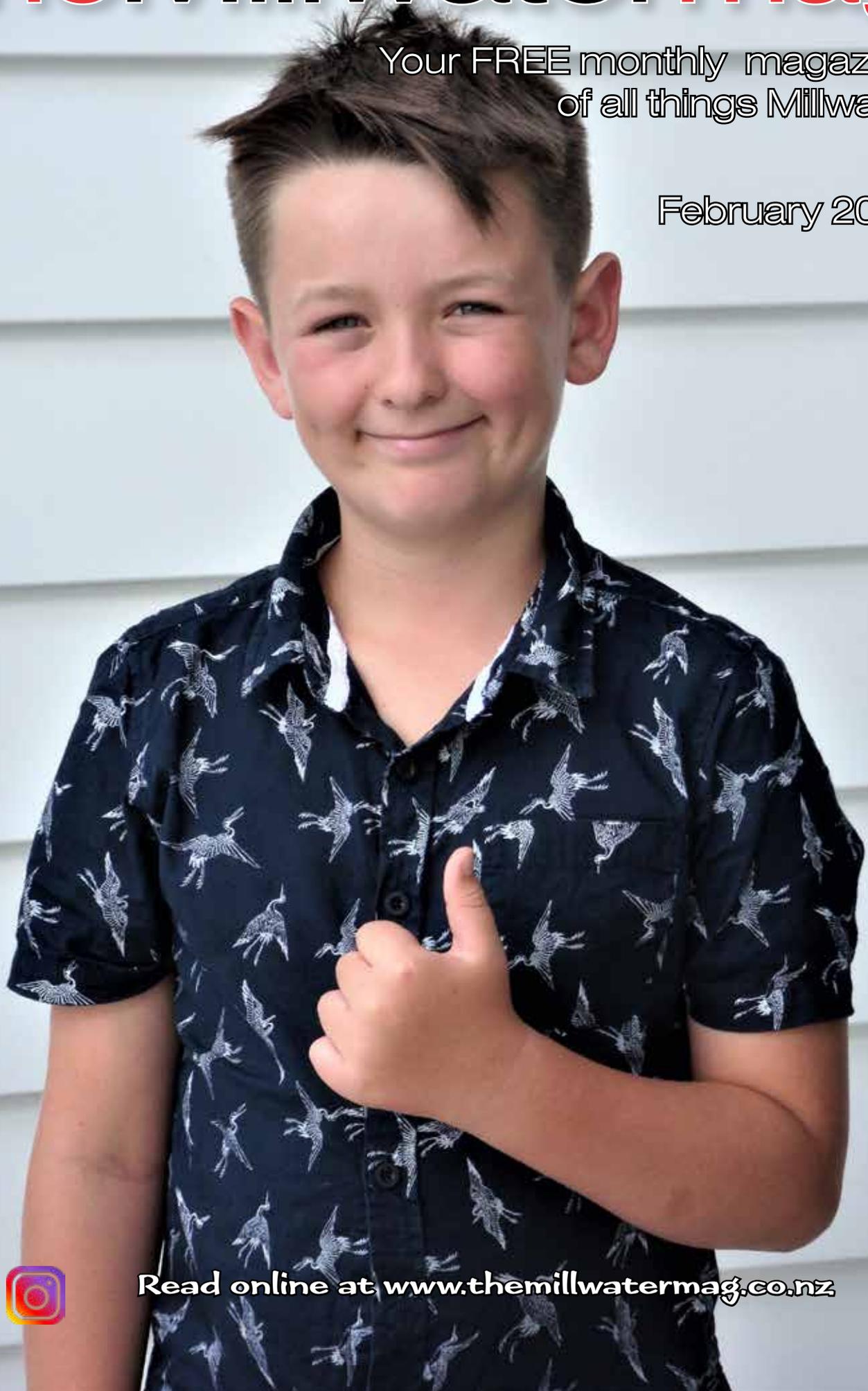


theMillwatermag

Your FREE monthly magazine
of all things Millwater

February 2019



Read online at www.themillwatermag.co.nz

Editor's note

2019 has started well, having left the worst of the miserably wet weather behind. Having said that, it was a delight to see the residents on the closed section of Millwater Parkway grab the opportunity to have a street party on one of the good December days. Yet again, the village atmosphere that inspires so many Millwater folk



came to the fore – and in front of the terraced home that won the Christmas decoration award in that category. Many congratulations to all the other worthy winners, and those who came close and will challenge next Christmas.

The waste water works on Millwater Parkway will continue for some time yet and we are pleased to see that Fulton Hogan regularly keep us all updated on progress, whilst also providing a clear line of communication back to them in the event that any resident has an issue with or a question about the works.

If you are looking for inspiration on how to meet more people in Millwater and be more involved in our great community, you have a great choice that includes, but is not limited to: book club, women's group, gardening group, Millwater ROMEOs and ROWENAs, your own local Rotary Satellite Club, sports groups – and more. Get in touch with the magazine if you need an introduction to any of these.

From all the team at theMillwatermag, we wish you a happy, healthy and peaceful 2019 – and look forward to featuring more stories of interest to you through our pages.

Brian Mullan
Editor
February 2019

theMillwatermag

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Front Cover: Young Millwater entrepreneur, Eli Mason Smit

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* conditions apply

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millwaterinterview



When we interviewed Dan Healey for the November magazine last year, he drew our attention to a young Millwater entrepreneur and suggested we meet him and learn about his amazing drive and determination to succeed. We're glad we did.

Eli Mason Smit is just 9 years old, but listening to his down-to-earth approach to business and how he makes a difference to other people's lives and the ecology of New Zealand, it would be easy to believe you were listening to a much older person. The family moved from Brown's Bay to Millwater and Eli started at Kingsway Junior School, where history and science are his favourite subjects. We asked about the move and his smiling response was, "Although I left a great number of friends behind at Brown's Bay when we moved, I have made many more new friends here and really love the area; especially with a play park almost on our doorstep."

Turning to his business interests, we asked Eli to elaborate. "Because I wanted to earn money for a trip to Utah, where some of my Brown's Bay friends now live, I considered a number of options: lawn mowing, weeding, house cleaning, podcasting, and

headlamp polishing. Last June, I started my 'Ground Breaking Podcast' business and in October I launched 'Get Mowed'. From each lawn I mow I get \$20-\$40, but I didn't want the money to be just for me so I donate \$10 each time to a charity called 'Trees that Count' and sponsor native trees to be planted across Auckland." Eli has a regular clientele for his Ground Breaking Podcast and Get Mowed businesses and you can read the easy-to-find amazing feedback on his website and Facebook pages.

Through his own Linked-In, Twitter, Instagram and Facebook accounts, Eli looks for entrepreneurs to approach. He looks for people whose business or social enterprise stories will inspire others. "With over 1,000 views already, I've just finished Season 1 and, now that my 2-month business break is over, I am back into full business mode and already planning Season 2," Eli added. "The people I interview for my podcasts vary in age, from around 12 to 65, including people needing help to get into higher education and university."

In his Get Mowed business, Eli uses a petrol mower, because he doesn't feel that battery mowers offer sufficient capacity. Clippings are collected and bagged mostly, or sometimes his clients arrange for their disposal. "Dad helps with the line-trimming but I do most of the actual mowing myself," said Eli. "I really enjoy the work and meeting people."

As a measure of success, we asked about feedback from the 20 people who feature in his podcasts and, although we won't mention names here, it is obvious that the feedback is good. "One of my clients gave me a quote – 'be humble and hustle hard' – and I have made up one of my own – 'keep on knocking on doors and eventually one will open'," said a very focussed young businessman.

Looking to the future, which sometimes can seem a long way off when you're 9, Eli sees himself getting further sponsorship for his podcasting business, gaining a university degree and then turning his inventive mind to the manufacture of back-yard play structures, especially making use of recycled plastics. He described a number of options, including inflatable items such as pirate ships with a pool in the middle.

Parents and grandparents are supportive role models, whom Eli greatly admires, and he believes that his best friend would describe him as humorous, happy, excited and determined. We couldn't agree more!

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what's on: hibiscus coast

February

Technology Classes at Orewa Library

7 Feb - Android smartphones/tablets

14 Feb - Apple iPhones/iPads

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

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

Pioneer Village - Children's Day Sun 3 March • 10am - 3pm • Free entry • Come and enjoy some old-fashioned games • devonshire teas all day • treats and treasure craft shop open • bring the family for a picnic in our beautiful gardens • come for a day and experience a lifetime
www.silverdalemuseum.org.nz, pioneervillage1968@gmail.com, 09 426 8272. Silverdale Pioneer Village, 15 Wainui Rd, Silverdale.

Dance Fitness Class - every Sat 9:30-10:30am & every Tues evening 7-8pm • Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available • Contact Richard 021 903 094

Orewa Library

Taichi Wushu Academy Trust Performance - Sat 9 Feb 12:00 - 1:00 • TO celebrate the Luna New Year of the Pig. Come and watch the non-profit organisation showing the health and therapeutic benefits of Taichi.

Special Mandarin Storytime - Celebrating Luna New Year - Fri 15 Feb 11 - 11:30am • Celebrating the Luna New Year • Special Storytime for the Year of the Pig • Storytime is ideal for children three to five years of age. 12 Moana Ave, Orewa. 09 427 3016.

regular local events

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mike Pero
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vetspeak

Microchipping

Most dogs in New Zealand now have microchips since it became a requirement for Council registration. However, it is not just dogs that can be microchipped; increasingly, many owners are now microchipping their cats, birds and horses. The microchip itself is a small bead approximately the size of a grain of rice, which, when read, contains a 16-figure digit unique to the animal into which it has been implanted.



pet is microchipped but not registered on this database, it is a simple, low-cost procedure to complete registration and gain peace of mind – and then, no matter where your pet may wander, once it is found you can be reunited.

Jessica Ashley VN | Millwater Vet Hospital

When animals have been found wandering loose in Millwater, they are frequently brought into the clinic for us to check for a microchip. In many cases they have a microchip and are registered on the New Zealand Companion Animal Register (NZCAR). This means that we can search their details on the database and give the owners a call straight away and reunite the family faster. However, if the microchip is only registered with the Council, the process is longer as the information that is held by the Council is less easily accessible.

If your pet is microchipped, it is important to have the microchip scanned; usually this is done at the annual vaccination check-up. Once the vet has checked the microchip is working, then the clinic can check if your pet is on the nationwide database (NZCAR) and that your contact details are up to date. If your

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mortgagematters

Help Your Children Buy A House – Part 1



If you're thinking about helping your kids get on the property ladder, here's the first part of everything you need to know.

As house prices across the country continue to head skywards, many parents are giving their children a hand to help them get onto the property ladder. In some parts of the country, deposit sizes can be around the \$100,000 mark – so it's no wonder parents want to help. If you're thinking about helping your kids buy property, here are the first few options to consider:

Gifting them a deposit

Gifting your children enough money for a deposit is the obvious option for many parents. However, unless you have tens of thousands of dollars lying around – finding the money can be tricky. For many parents, this means either selling existing investments like shares, or redrawing on the mortgage.

Most banks will accept gifted deposits; however, they require a portion of the deposit to be 'genuine savings'. This means at least five per cent of the deposit needs to have been in your child's bank account for a minimum of three months before the purchase. So; you can't just gift your children the entire deposit – they'll have to provide some of it themselves.

Lending them a deposit

Not all deposits have to be gifts – some parents want to loan the deposit to their kids and then have it paid back over time. This is also a popular option for parents who want to protect the deposit because the child is in a relationship with another person who also intends to live in the property after settlement.

For loaned deposits, the lender will require a written letter from a lawyer outlining the deposit is loaned – and the amount of any repayments that need to be made. The lender will then factor in these repayments when calculating whether your child can service the loan.

Next month in Part 2 we will look at deposits, acting as a guarantor and buying a house together.

For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz Ivan Urlich is a registered Financial Advisor specialising in Mortgages. His disclosure statement is available free of charge on request.



OREWA BOULEVARD ARTS FIESTA

a celebration of 'everything arts'

Saturday 16th Feb, 1pm to 7pm

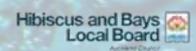
Moana Reserve and the closed HBC Highway, Orewa town centre

120+ market stalls * food trucks * amusement rides * entertainment * 2 stages

Sunday 17th Feb, 10.30am to 3pm

Moana Reserve and Orewa Square

Art stalls * live art displays * sculptors * body art * cultural performances



Surviving Teenagers



It's a wonderful time of life, the teenage years. So many things changing... changes in their body, in their mind and definitely in their attitude.

The once lovely compliant child becomes the headstrong, learn-it-the-hard-way young person. The tidy child who had to make sure everything was in its place, now lives in a room that looks like a F4 tornado has ravaged it. The grunts. The eyerolls. The dishes in the sink. The towels on the floor. And we haven't even touched on social media.

Ian & Mary Grant wrote a book years ago about this transition time in our children's lives, titled 'The White Water Rafting Years'. That makes it sound scary; but you know, also a little

fun and thrilling.

If you have ever been white water rafting or even seen it on TV you'll know, more than anything, the people in the boat are exhausted and soaking wet. It's a lot of work, not just to stay on course, but to stay alive! That's what the teenage years really feels like.

Like most of parenting, it's one of those things that, as much as people tell you about it, you can't really understand it until you've experienced it.

Here's the best advice I can give you: Stay the course. Yes, it's hard. Yes, you are going to feel like you are losing, gasping for air from a flood that seems to never stop. You'll see no change. You'll think it's not worth it. You'll be tempted to give in.

In that moment, know you are not alone. Others have been where you now stand. In that moment, let your love for your child override the anger and disappointment. Believe in yourself. Believe in your child. Build a tribe of people who believe in you and love you. In that moment when you want to stop trying... Hold the line. Stay the course.

Why? Because it's all worth it. The beauty of who your adult child becomes is made all the more beautiful because of those rough waters you both travelled through. Remember, they're learning. They won't tell you, but they are. They're learning who they want to be and what is worth fighting for by watching you. Now that's the scariest bit of all.

Rechelle McNair | sKids Kingsway

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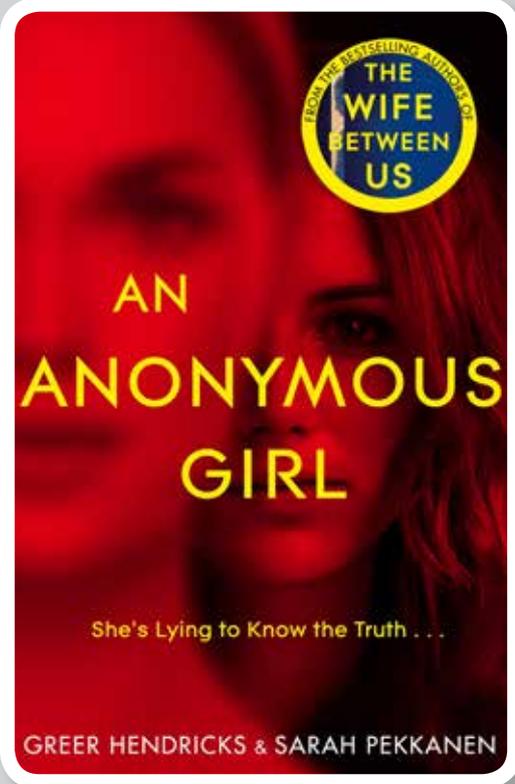
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millwater **book of the month**

An Anonymous Girl by Greer Hendricks and Sarah Peckanen



Jessica Farris signs up for a psychological study that seeks women aged 18-32 for a study on ethics and mortality. Jess needs the money and it offers a generous payment and anonymity is guaranteed, so Jess thinks this is an answer to some of her financial problems. Jess thinks she will just have to answer a few questions to collect her money and go. But, as Subject 52, she discovers this ethics study is much more intense, delving into her personal life, until the mysterious Dr Shields knows all her secrets intimately, including the guilt that has been part of her life since her younger sister Becky's accident. The sessions become so intense that Jess feels like Dr Shields can read her mind.

But, when sessions become outings in the real world, with Dr Shields telling Jess how to dress and act, and isolated from her family and friends, Jess becomes increasingly paranoid and worried about what and who she can trust in her life.

I love the by-line on the cover 'She's Lying to Know the Truth' as the more you read this thrilling book, the more you begin to understand what this means. But it doesn't take long for Jess to be caught in a web of deceit and obsession, and soon she is in very real danger.

An Anonymous Girl is a psychological thriller that is full of twists and turns, that is clever and page-turning. A class act, with great characterisation and true suspense. The authors also wrote The Wife Between Us, another fine novel, and I can't wait to see what they come up with next. They are proving to be masters of the intelligent suspense novel.

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



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THE GREEN SPOT - Eco Tip of the Month

Summertime! The season of jandals and water fights – two topics that can be extremely wasteful. The life of a jandal can be painfully short, so just think what a change we could make if we all purchased responsibly. There is a Raglan-based company called Soul Shoes, who make jandals out of leather that last for decades and they tailor-make them to your foot. They are comfortable, stylish and a great investment. Join their long list of happy customers by going to soulshoes.co.nz.

For your beach pair (as leather shouldn't get wet) buy from subs.nz who make jandals out of recycled plastic that has been retrieved from the ocean. For each pair you buy, you have removed half a kilo of rubbish from the sea! They're also extremely comfortable, well-priced and my pair has lasted over a year so far.

As for water play, there are some ghastly water balloons out there that have single use attachments for filling them. And even though some balloons can be made of natural rubber, the dyes that colour them are a pollutant and you end up with pieces of them all over your garden. Avoid this with reusable crocheted water balloons that are easily filled by just dunking them in water. My family agrees that they're more fun than traditional water bombs. They don't hurt on impact and if (or should I say 'when') you miss, there's no waste – you can just pick them up and go again. This genius product, shown in the photo, can be purchased through a local who sells them through her business 'Classic Cool'. Check her out on Facebook (or on Instagram under [classiccoolcrochet](#)) for more gift ideas, so that you can support locally-made products. Let the water fights begin!

Hayley Crawford



TRADIE OF THE MONTH Maddren Homes

It's been another excellent year for Maddren Homes and we couldn't have done it without our fantastic Subbies.

The winners of the 2018 Subbie of the Year awards go to:

FIRST PLACE: Alistair Watt Architectural!

Congrats to big (MegaWatt) Al and his awesome team. We can't thank you enough for constantly delivering exciting designs and high-quality plans and details... and at very short notice sometimes as well! Thanks again, we appreciate you all.

SECOND PLACE: Formation Earthworks!

Wayne and Andre – the expertise and advice you provide us is outstanding. Everyone in our trade knows how difficult earthworks can be, but you guys and your amazing operators make it look easy. Thank you.

To our Subbies of the Year and Tradie of the Month (TOM) winners in 2018 and every other tradesperson that's involved in crafting any one of Maddren's houses: we hope you had a good rest over Christmas because 2019 is definitely going to be a busy one!!

Tradie of the Month (TOM) will kick off again next month. Thanks again to ITM Western for all the support you have given us over the years and we're looking forward to developing our relationship in 2019.



pharmacytalk

Smoking Affects Everyone



Smoking not only affects you, but all of the people in your life. You're taking a positive step, both for yourself and them, by quitting smoking.

How Smoking Affects You

By quitting, you begin to lessen the large impact that smoking has.

Smoking decreases your:

Smell/taste
Energy levels
Lung function

Smoking puts you at greater risk for:

Lung disease
Cancer, especially lung cancer
Heart attack or stroke
Coronary heart disease

Smoking also speeds up the ageing process and drains your finances.

How Smoking Affects Your Partner and your Children

Your partner can stop worrying about smoking's long-term health risks.

It's likely that your partner will enjoy that you no longer have smoker's breath. Smoking also can lead to gum disease.



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You'll have some extra money for dining out or taking holidays together. You'll all benefit from the rewards of quitting smoking.

A recent survey found that 98% of children wished their parents would stop smoking, and nearly half said their parent's smoking made them feel ill.

Kids learn about the health dangers of smoking at school. They probably worry about your health.

If you smoke around your children, their health could be at risk too from passive, second-hand smoke.

Make Quit Smoking your new year's resolution for 2019

Giving up the ciggies has just been made that much easier, with Pharmacists now able to provide nicotine gum, patches and lozenges without a prescription, and it is 'fully funded' by the Government. Simply pay an initial dispensing fee of \$5.00 per nicotine product and also, for the month of FEBRUARY, the consultation fee will be FREE at Millwater Parkway Pharmacy. Each consultation, the pharmacist may provide a three-month's supply of each nicotine product in monthly dispensing to each person. We also offer professional advice, with an optional follow-up support programme if required. So, if you have been thinking this is something you want to give a go, come on in and speak to our friendly pharmacist.

Millwater Parkway Pharmacy

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Saturday: 9.00am – 3.00pm
Sunday: Closed

Millwater parkrun



Millwater parkrun has proven very popular over the festive season and into the New Year, with an average of 216 people completing the course. This has grown from an average of 128 people at the same time last year, as we welcome many new runners and walkers.

Two special events occurred over this period: on 22nd December we held our Christmas-themed tutu run, with many people dressing up for the occasion, some delicious food at the end, and some wonderful spot prizes donated by local companies. Millwater parkrun is held at 8am every Saturday of the year, but on New Year's Day (a Tuesday) we held an extra run at 9:30am. This was the first time we've held this run, so we had no idea how many people would turn up. Well, I was tail walker for that event

and came in at number 254! A record attendance, following our previous record attendance just before Christmas! It was an amazing atmosphere as 121 of those finishers had just completed the Western Springs parkrun at 7:30am and driven North to complete their second 5km of the day/year. That event finished with a barbecue, to complete a great start to the year.

Millwater parkrun is great for people of all ages and abilities. Currently, we have people ranging in age from 4 to 92, some



pushing younger ones in prams, others running with their dog, and times ranging from the speedy 17 minutes to over an hour. Whatever each person's goal is, we all come together as a community on Saturday mornings for a great start to the weekend.

If you want to find out more about parkrun, check out Millwater parkrun's Facebook page or go to parkrun.co.nz/Millwater.

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artspeak

Time for a Creative Bender

With over 21 tutors' artwork now on display for the month of February, this is a great time to meet the tutors and find out which class would be right for you. Meet the tutors and talk to them about their creative teaching programmes and view their work on Saturday 02 February 2019. Term One classes commence on the week of 11 February.

On Saturday 23 February we will be running a family-friendly fun Open Day from 10am to 2pm. Come on down and have-a-go at printmaking, throwing on a potter's wheel, making a kite, spin a painting or watch the fascinating process of Raku firing. The café with delicious treats will be open.



Other exhibitions on display in February include Wally Pritchard's moody and desolate "Unfrequented Landscapes" in Gallery Two, Kirsten Reid's "Earth Watch" of montage, mixed media and printed artwork in Gallery Three, and Lorraine Brown's Photo Art in the Foyer Gallery.

The Art Centre is located next to the Estuary on the Te Ara Tahuna Cycleway at 214b Hibiscus Coast Highway, with plenty of parking and an onsite café. The Centre is open 7 days a week, from 9am to 4pm. Visit us on Facebook or our website www.estuaryarts.org



Now on show during February at Estuary Arts Centre

Meet the artists on Sat 02 Feb 3pm to 5pm

- "The Art of Teaching" Staff and Tutor Showcase
- "Unfrequented Landscapes" Wally Pritchard
- "Earth Watch" Kirsten Reid
- "Rocks, Pyramids and Desert Sand" Photo Art by Lorraine Brown



Term 1
Art Classes
Begin 11 Feb 2019

Booking essential



214B Hibiscus Coast Highway, Orewa
09 426 5570, email: manager@estuaryarts.org
www.estuaryarts.org Find us on Facebook
Open 7 days a week, 9am to 4pm

Having Fun – Giving Something Back



Millwater has an amazing reputation for supporting the wider community and this spirit has made your local Rotary Satellite Club such a successful, integral part of Millwater and beyond. Inspired by the shared fun and the successes over its first 2½ years since being formed, eleven new members joined in 2018 alone. Unlike traditional Rotary Clubs, your local Satellite Club meets just twice a month for 1 hour maximum, at The Stoney Homestead; no meal and no speaker. Just a group of people having fun, planning enjoyable events that allow them to give something back. There are no obligations to attend every meeting, either – members only give some of the spare time that they do have and decisions are taken by the majority, not

from some obscure rule book. This is a NEW and refreshing type of Rotary.

Major successes included the inaugural RotarySwimarathon in March last year and the Greek Extravaganza in 2017 and 2018, with these being supplemented by many minor fund-raisers over the past 2½ years. Your local Rotary Satellite Club supported Hospice, Women’s Refuge, Love Soup, Orewa Sea Scouts, Youth in Transition, HBC Youth Centre, Red Beach Surf Life Saving Club, St John Ambulance in Silverdale, Foster Hope, Grandparents Parenting Grandchildren – and many more.

With over 50% of the membership female and an average age below 50, here is a welcoming opportunity for you to give just a little of your spare time and give something back. Membership includes couples, too. With event-naming sponsor Generation Homes providing major financial backing, the next big event that will involve all three HBC Rotary Clubs will be the 2019 Generation Homes RotarySwimarathon on Sunday 30 June at Stanmore Bay Pool & Leisure Centre – which is a fun event that invites teams of six swimmers to come along and have fun, raising funds for our two local Surf Life Saving Clubs, Orewa Sea Scouts and Hibiscus Coastguard. Other local charities are also invited to apply for a share of the money raised. The November 2019 Greek Extravaganza will again raise major funds for Hospice.

You really will enjoy being part of your local and very sociable Rotary Satellite Club. Find more information on Facebook by looking for Rotary Satellite Club of Orewa-Millwater.

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millwater **Romeos**

ROMEOS (Retired Old Men Eating Out), including a very new member, enjoyed a mildly competitive pre-Christmas 10-pin bowling session at Whangaparaoa, which included some stunning strikes and some even more stunning total misses. We split into two teams of 5 and one of 4 across three lanes. After the hour-long session, in which ribaldry and praise were handed out in equal measure, the highest score was matched exactly by two ROMEOS from adjoining lanes, seen here with their bowling balls – the actual scores will remain a closely guarded secret, however.

Well worth a repeat visit for great food.

As usual, most ROMEOS returned to the organiser’s home for cake, coffee and conversation – this time each taking a turn at painting in words a thumbnail sketch of their respective biography to date. From a wide range of personal and professional backgrounds, we are indeed a very cohesive group of active retirees.

Lunch at JACs Trading followed, where everyone enjoyed their individual choice and all commented very favourably on the quality of food and excellent service. We were not the only large group being served that day, yet delays were almost non-existent.

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THE VIEW OUTLET

Back to School – Is an eye test on the checklist?

With the new school term upon us, we all want the best for our children, including the best education to help them learn and develop. James Park, Optometrist at OPSM Silverdale is urging parents to be mindful of warning signs that may indicate your child is struggling to see clearly. Healthy eyes are critical to a child's development and success at school, so if problems are not identified early on, it could lead to permanent damage or hinder their learning and affect behaviour and results.

There are clear warning signs to look out for. "If your child squints often or tilts their head to read, then it would be worth investigating if there is an underlying eye problem," said Optometrist James Park.

Other signs to look for include:

- Holding books too close to their face
- Eyes that are watery
- Sensitivity to light
- Closing one eye to read or watch TV
- Poor visual tracking (ability to follow an object)
- Rubbing eyes
- Headaches during school or homework
- A lack of confidence while reading

Along with allergies and asthma, eye disorders are the most common long-term health problems experienced by children. By taking some regular, straightforward steps, parents can ensure their children's eye health is the best it can be.

1. Visit the optometrist at least every two years. Children should have their eyes tested regularly to monitor eye health

and ensure early detection of eye conditions such as myopia, which can affect a child's learning ability.

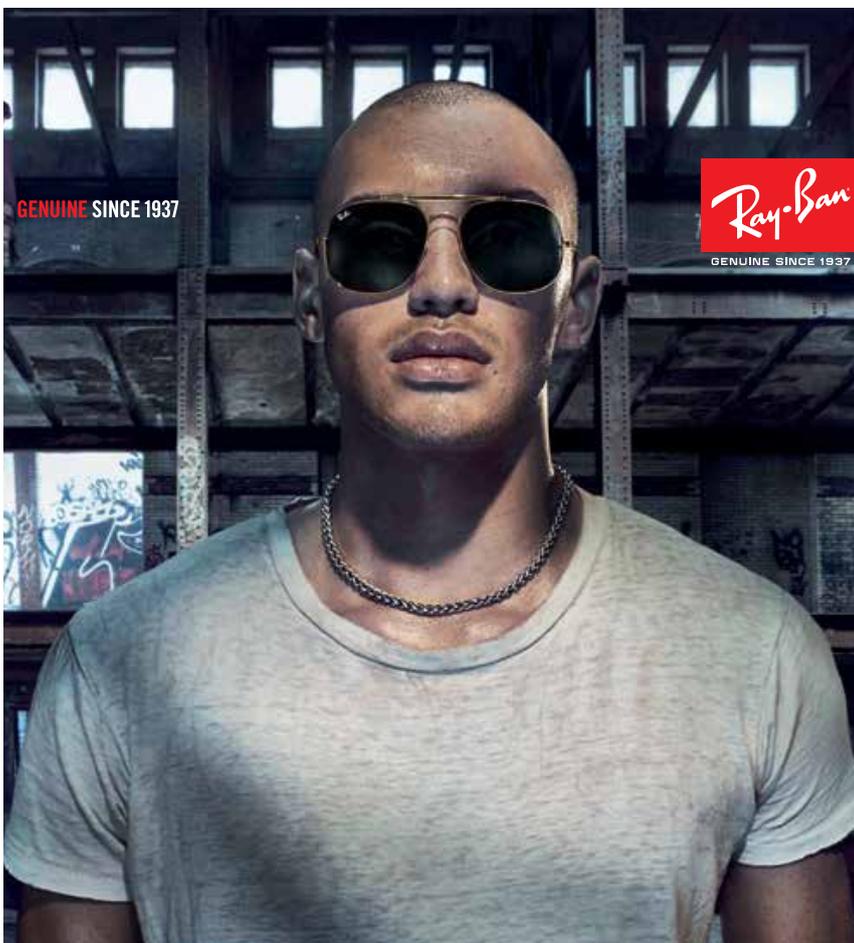
2. Ensure your child wears sunglasses and wide-brimmed hats in bright sunlight to protect the eyes from the impact of harmful UV rays, as eyes are more delicate than skin. Good quality sunglasses with 100 percent UVA protection are important.

3. Eat nutritious food. Make sure your child is eating foods rich in antioxidants and the right vitamins and minerals. A diet that includes plenty of fruits, leafy greens and eggs will ensure your child receives nutrients such as vitamin C, vitamin E, lutein and zeaxanthin – essential for healthy eyes.

4. Minimise strain on the eyes by ensuring there is **plenty of light** when your child is doing homework or reading. Also ensure they **maintain a healthy** distance between their eyes and the object they are looking at. Poor light conditions and focusing on things that are too close cause eyes to work harder than necessary.

5. Limit the amount of time your child spends using digital devices. Extended screen time can cause eye strain. Watch out for symptoms of eye fatigue such as squinting, rubbing the eyes and complaints of back, neck or head pain. Ensure your child takes regular breaks from reading, watching TV and using digital devices.

To make a booking with James, Priyal or Jessica, please call OPSM Silverdale on 09 426 7902.



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millwater **property management**

Quinovic

2018 has been very busy for landlords and property managers. There have been several major factors that we have had to deal with, in both the property and tax landscapes, in New Zealand during 2018.

Healthy Homes legislation has required landlords to be specific about what insulation is installed in the ceilings and under-floors of a property. This is made more challenging when an owner has just purchased a property without obtaining from the vendor the details of installed insulation.

Public consultation has been sought on further aspects of the Government's plans for rental properties. October saw the consultation on proposals for Healthy Homes standards in regard to insulation, heating, draught-stopping, ventilation, water ingress and drainage.

Also, in October the Government asked for submissions on significant reform of the Residential Tenancies Act in areas that include types of tenancy, notice periods, pets, frequency of rent increases, limiting no-cause terminations, and reviewing the general obligations of tenant and landlord.

At the same time, changes to tax policy started to take effect, 5-year bright-line rules and ringfencing of losses close to



coming into force, and the Tax Working Groups Interim Report causing both uncertainty and concern for many property investors.

This year looks like being even busier!

Craig Harrison | Principal,
Quinovic Property Management, Millwater

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Start the year with Great Communication



A great family relies on great communication. In order to communicate well with others, we first need to be well connected to ourselves. This is where Chiropractic loves to help.

Do you ever feel disconnected or like a clumsy klutz? Dr Heidi Haavik and Dr Kelly Holt explain how Chiropractic can help your body reconnect.

Klutz Syndrome

Chiropractic care plays a role in assisting those who display poor proprioceptive function, which has been dubbed 'Klutz Syndrome'. Proprioception means your brain's ability to know where all your body parts are when you close your eyes. You rely on this sense to be able to move without making mistakes.

If a subluxation alters your inner map, your proprioceptive function will be impaired. This may mean you may not accurately know where your arms or legs are when your eyes are closed, which means you are more likely to be clumsy and accident-prone. Recent research has objectively demonstrated that chiropractic adjustments can improve proprioception^{2,3} which means the brain will be better able to respond to sensory stimuli and control limb function and movement more accurately. To put it simply, chiropractic care improves the communication between the brain and body and results in better control of the core muscles during body movements, so that you are at less risk of injury.⁴ Research is showing that a single session of chiropractic care may improve core muscle activation and increase muscle contractions that are equivalent to those seen following three weeks of strength training.⁶

2. Haavik & Murphy. *Journal of Manipulative & Physiological Therapeutics*. 2011;34:88-97. 3. Holt et al. *JMPT*. Apr 2 2016. 4. Malliou et al. *Journal of Back and Musculoskeletal Rehabilitation* 17: 101-104 101 5. Marshall & Murphy. *JMPT*. 2006;29:196-202. 6. Niazi et al. *Exp Brain Res*. 2015;233:1165-1173.

Some tips to help keep your brain and body well connected:

Move – add a 30-minute brisk walk to your day, great for mind and body

Breathe – mindful slow breathing can decrease stress hormones in your body

Good posture - not only looks better, it has many health and cognitive benefits

Limit device time

Have a regular nervous system check up with your Chiropractor



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The Six Rules of Insurance



Drawing from our experience, here are six “rules” relating to insurances.

1. One size does NOT fit all!

Insurance needs are influenced by: age and stage in life, dependants (especially children), financial obligations, and whether you are in business. Protection plans need to be tailored for individual, family and business needs.

2. Insurance policies are NOT created equal!

There is often substantial variation in quality of cover and cost – so work with an adviser who has access to and knows the products and policy wordings available across the market.

3. All insurers have their specific “sweet spots”

It’s your adviser’s role to find the best “sweet spot” for you, in terms of: type, quality and amount of cover, as well as ensuring the cost is competitive and manageable.

4. Periodically review your insurances!

Over time your personal situation, risk exposures and protection needs can change. It’s essential to undertake a periodic “warrant of fitness” insurance review, to identify changed requirements and make appropriate adjustments. This is done via a free, no obligation review.

5. Be wary of insurances offered by banks!

Buying insurance through a bank means you get a choice of one (tied) insurance provider, one size fits all, and dealing with multiple people rather than one dedicated adviser. Who would you want to manage your claim – your trusted adviser or a random bank employee?

6. Once you’ve decided on your protection plan put it into effect promptly!

Don’t dither. An insurance plan is useless unless it’s in force.

Follow these 6 rules of insurance and you can expect to have a sound protection plan in place.

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

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“dogs leave paw prints on your heart”

Centrestage presents: "12 Angry Men"



Centrestage Theatre Company in Orewa is in rehearsals for a very powerful play, involving 12 men selected to sit on the jury of a murder trial. The personalities of each juror and their opinions come to the fore, and we see how hard they find it to make their decision of 'guilty or not guilty' when they leave the courtroom and retire to the jury room.

The play, written by Reginald Rosae, is in the talented hands of Reg Williams, who recently directed Centrestage's play "The Crucible"

He has cast 12 very strong actors who portray brilliantly their characters, and draw the audience into their challenges. They are: Juror 1, John Bower; Juror 2, Greg Stockwell; Juror 3, Nick Brown; Juror 4, Martin Rhodes; Juror 5, Adam Pomeroy; Juror 6, Scott Williams; Juror 7, Kieran Maskell; Juror 8, David Steadman; Juror 9, Andrew Maher; Juror 10, Scott Hayden; Juror 11, Zac Russell; Juror 12, Liam Fennell – and the Guard is Harry Sanderson.

Adding to this, Centrestage is introducing a new intimate performance area, as the play will be performed in the extension of the theatre, with the audience able to sit up close to the action. This will allow a whole different way to watch the performance as they argue for and against, in order to make a 100% decision.

"12 Angry Men" will open on February 12th at 7:30pm and run through to Saturday 16th, with a matinée on the Saturday at 2pm.

Such decisions, such passion; and the many twists and turns will take you on a journey in the jury room with "12 Angry Men"

Bookings are now open at Centrestage Theatre, and through the Centrestage Theatre website.

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Christmas Street Party



To prove there is an upside to every situation, residents of the 12 terraced houses from 277 to 319 Millwater Parkway literally went into the street for their annual block Christmas party this year, taking full advantage of the current road closure for wastewater tunnelling.

Usually held in one of the participating terraces' front courtyards, more than a dozen neighbours brought picnic tables and chairs out to the middle of the road and happily partied on in the absence of passing traffic. While the adults got on with the serious business of festive feasting, children and grandchildren performed circuits on bikes, scooters and hover boards and drew chalk pictures on the road.

The celebration was centred on No.313 to better appreciate the Christmas decorating efforts of Alan Geddes and partner Sarah Smith who, for the second year running, won the award for the best decorated townhouse in Millwater.



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millwaterbizbuzz



There are many great lawns around Millwater (and some maybe not so great). Given our local conditions, there is no question that tall fescue is the most successful grass type, and of those with tall fescue most have been installed by Woolgro. Many also have an inbuilt automated irrigation system and are the envy of their neighbours.

New Zealander Mike Titchener owns the local Woolgro franchise, having taken over from Regan Matthews, and he provides the same dedicated care and attention that guarantees your Woolgro lawn will be a success.

Mike has a Bachelor of Horticulture Science degree from Massey University and has worked in landscaping and irrigation overseas as well as here in New Zealand. "I saw great lawns in the USA and, when we returned from our OE in 2010, I was not impressed by what many New Zealanders called lawns," Mike said. "Then I discovered Woolgro and saw the great lawns created by Regan Matthews – and that decided me to become part of the Woolgro success story."

Mike stressed the importance of preparation. Your old lawn and weeds are killed off by spraying, including the use of organic products. Mike rotary hoes the surface, removes the debris and levels off by using a weed-free, sand-based loam. This surface is then covered by the Woolgro lawn mat and topped off with a layer of weed-free topping mix which helps keep it moist.

Woolgro mats combine the natural nutrients found in unscoured dag wool, with the moisture retention properties of natural recycled jute and paper fibres, with the best grass seed for your location locked in. The mat contains a range of natural nutrients, well-balanced to feed grass and the natural nutrients slowly release into the soil, resulting in thick healthy green grass with strong, deep roots. The recycled fibres hold approximately 60% of their own weight as water and this dramatically improves seed germination and reduces the amount of irrigation required.

"I guarantee your Woolgro lawn by returning regularly during the first 6 weeks, to ensure that you are entirely happy. By this time your lawn is about ready to receive its first mowing and it's then all yours to love and enjoy," Mike told us. "I am also a qualified irrigation specialist and can install an automated watering system at the same time as your lawn and I can recommend a reliable after-care specialist for on-going maintenance, too."

Mike Titchener can be contacted on 0800 Woolgro, 027 542 9773, or mike@woolgro.co.nz

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Shelley Newens





millwatermotors

When we learned that local Millwater man Peter De Jong owned a beautiful Indian Scout motorcycle, we just had to go and learn more.

Peter's parents emigrated from the bulb fields of Holland in the 1950s and he was born at home in Glenfield, where he grew up admiring the motorcycles and cars that his elder brother had. "When I turned 16, I had my very own first 'bike," Peter told us, "which brought an instant love for motorcycles that has endured through marriage and parenthood, when raising a family was our top priority."

When Peter turned 40, he returned to biking and bought a Suzuki SV650 and enjoyed trips with his brothers. "In 2015 I bought a Honda VFR1200 sports tourer, which was really quick and I was surprised at how soon I got used to its superlative performance," Peter said.

Classic motorcycles had always held their appeal for Peter, but he needed all the 'bells and whistles' of a modern machine. This led, in 2016, to Peter buying the beautiful new Indian Scout that you see here. We asked where his favourite roads were and Peter was quick to say, "All of New Zealand." Having met an American biker on an earlier NZ road trip and

then accepting his invitation to ride with him in the USA, Peter and wife Diane later returned the hospitality in NZ.

Indian Motorcycles began back in 1901, in Springfield, Massachusetts, but the original company ceased production in 1953. Several attempts, some more successful than others, were made to resurrect the Indian. Finally, in 2011, Polaris Industries took over and produced in August 2013 their first all-new Indian-branded motorcycles. The range now runs to 10 different models.

The 'bike you see here in Indian Motorcycle Red with the matching tan leather panniers is the Scout model – nowadays one of many variations of the 60-degree, liquid-cooled, 1133cc V-twin. Twin overhead cams, 4 valves per cylinder with graded tappets, closed-loop fuel injection, split dual exhaust with crossover and semi-dry dry sump are just some of the outstanding specification details.

We asked Peter if he was concerned about the image of leather-clad, middle-aged men riding grunty American motorcycles. His typically humorous response suitably concluded one of the most enjoyable interviews we have had: "You don't get cowboys riding Indians!"



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millwaterproperty

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

	Dec 2017	Nov 2018	Dec 2018
Number of Sales	15	16	13
Median Sales Price	\$1,130,000	\$1,125,500	\$1,200,000
Highest Sale Price	\$1,400,000	\$1,442,000	\$1,400,000
Lowest Sale Price	\$792,500	\$673,000	\$859,000
Average % price to CV	1.92	-1	0.75
Average Floor Area (sqm)	191	203	235
Weighted Value Index	1455	1399	1418
Average Days to Sell	82	62	81

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

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propertytalk

Welcome back and Happy New Year. We had the pleasure of a decent break this year, albeit that we missed the great NZ weather by heading somewhere decidedly cold, but it was nice to get away and see how some of the world is going.

Every month we compile the attached statistics from the raw data, which means we actually look at every sale in Millwater and compare it to others from the same timeline. It is always a worthwhile undertaking, as it inevitably throws up some interesting individual results. What is less interesting or at least less surprising is the aggregate data you see here. November and December 2018 continued on the general theme for much of the second half of the year; mostly stable pricing based on reduced sales volumes.

There seems to be a couple of causes for this. Buyers are showing some serious 'unable to make a decision' tendencies, with most nervous around the purchase and seemingly willing to wait for prices to drop or the perfect house to come along. On the other side of the equation, vendors are typically under no particular duress and as such seem reluctant to drop prices, particularly where offers have conditions to satisfy. The end result is the relative stalemate that we current endure.

We are anticipating that this will mean 2019 runs a little like 2018 and 2017. That is a slow but steady start to the year, with transaction volumes and prices picking up from late February, with a peak somewhere around the middle of the year. And for those of you doing a double-take right now and

wondering whether that was a typo: no, Millwater's top selling month for the last four years has been somewhere between May and August. Millwater certainly debunks the myth that spring and summer are the best times to sell. Unfortunately, very few people hear that and list their homes during that time anyway, creating the somewhat unfortunate situation we have now, with many houses for sale and a proportionately low number selling.

So, while we know many of our competitors are out there, encouraging vendors to list now, our current advice is to hold off if you can. This does come with some risk, so we would want to discuss that with you in depth before you make that decision.

The long and short of it is this: if you are thinking about selling your home in the next 12 months, then give us a call today. We are going to give you some honest feedback on your house, the market and the best way forward for you. We have a long-term focus towards doing what is best for you and the community, so we won't be recommending an immediate sale just because that suits us.

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- grand entrance flowing to spacious open plan living, kitchen, dining; 2.7m stud height and extra height doors
- second lounge area adjacent to living, fantastic for separation or inclusion via cavity sliders
- fully fenced, flat section - great for kids or dogs and plenty of space

www.mikepero.com/RX1676163



Grayson Furniss
021 665 423
09 426 6122

Sarah Furniss
027 444 0044
09 426 6155

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

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SOLD



STUNNING FREEHOLD TOWNHOUSE WITH VIEWS

4 2 2

255millwaterparkway.com

255 Millwater Parkway, Millwater

With high demand for this style of living in Millwater it won't be available for long. Offering a larger than expected (178m²) floor plan, generous living spaces and double internal garage, this is a great option for busy couples and families alike. A word of advice - move quickly for this one!

- Fantastic lock up and leave opportunity in a highly desirable location with views over reserve to Orewa estuary
- Sunny and spacious open plan living flowing to spacious north western facing outdoor courtyard
- Flexible living arrangement with additional media room / office convertible to a fourth bedroom
- Quality Horncastle construction, balance of master build warranty, freehold, no ongoing body corporate charges

www.mikepero.com/RX1675371



Grayson Furniss
021 665 423
09 426 6122

Sarah Furniss
027 444 0044
09 426 6155

grayson.furniss@mikepero.com

sarah.furniss@mikepero.com

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ELEVATION, SPACE AND LOCATION

4 2 2

www.23flavelldrive.com

23 Flavell Drive, Orewa

Only two years old, this single level home sits on an elevated 621m² site and offers four bedrooms, open plan living and excellent outdoor entertaining options. The fresh light décor makes the home appealing and the location is excellent. Our vendors are committed to their next move, so call us now to view.

- spacious kitchen with quality Bosch appliances, gas cooking and plenty of storage
- open plan dining and family room opens out to a generous deck and entertaining area
- separate second lounge
- balance of master build warranty

www.mikepero.com/RX1661575



Grayson Furniss
021 665 423
09 426 6122

Sarah Furniss
027 444 0044
09 426 6155

grayson.furniss@mikepero.com

sarah.furniss@mikepero.com

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WHAT'S BEHIND THE RED DOOR?

4 2

www.91manuelroad.com

91 Manuel Road, Millwater
Price by Negotiation

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



Grayson Furniss
021 665 423
09 426 6122

Sarah Furniss
027 444 0044
09 426 6155

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

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STUNNING FREEHOLD TOWNHOUSE WITH SEA VIEWS 2 1 2

www.36banksideroad.com

9 / 36 Bankside Road, Millwater

Better than new and ready for you! This stunning months-old townhouse is seeking new owners. Delightfully positioned on an elevated ridge, it takes full advantage of the two way views and the all day sun. With a wonderful outlook over the massive park across to Orewa, sitting inside your townhouse you have the sensation of having no neighbours - all you can see is the views.

- generous 150m² (approx) floor area
- two double bedrooms upstairs with additional media / study alcove plus main bathroom, master with ensuite
- beautiful open-plan kitchen, living and dining, additional guest WC on ground level
- spacious carpeted garage with room for additional storage



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



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

www.mikepero.com/RX1782596

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0800 000 525



MONOCHROME MAGIC ON MADISON TERRACE 4 2 2

www.48madisonterrace.com

48 Madison Terrace, Millwater

What a wonderful find! This superb single-level property embraces the essence of easy family living. Sitting as the true hub of the home, the light bright open plan lounge, modern kitchen and dining area offers practical living at its best. A second, separate lounge connects effortlessly to the casual living spaces and can be closed off for added privacy. Don't wait another minute - this wonderful home could be yours for the new year.

- flat north facing garden - fully fenced and oriented for all day sun
- four spacious bedrooms, master with ensuite, walk-in-wardrobe and deck access
- built by Mike Greer Homes, multi-award winning master builder and balance of 10-year master build guarantee



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



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

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LARGER, BETTER VALUE & AN UNBEATABLE LOCATION

6 3

www.16bartlettdrive.com

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

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



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

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

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CHARACTER AND CHARM WITH MODERN STYLE

5 2 3

www.4stellamarislane.com

4 Stella Maris Lane, Millwater

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

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



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

Sarah Furniss
027 444 0044
09 426 6155
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ULTIMATE FAMILY HOME

6 2 3

www.42millerrise.com

42 Miller Rise, Millwater

Nestled up a private right of way, this immaculately presented home impresses at every turn. From the six bedrooms, which offer versatile living options for a large family, to the enviable Millwater location - there is so much to love here! This is the perfect setup for a variety of family configurations - call us for more information.

- four double bedrooms upstairs with 2 bathrooms, 2 living areas and family-sized kitchen
- two double bedrooms on the lower level with open plan living, bar kitchen, bathroom and separate entrance.
- 300m² home set on 602m² (approx) elevated land with sea views
- double garage plus plenty off-street parking and room to park the boat.

www.mikepero.com/RX1665635



Grayson Furniss
021 665 423
09 426 6122



Sarah Furniss
027 444 0044
09 426 6155

grayson.furniss@mikepero.com

sarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 000 525



YOU'LL LOVE THIS LOCK UP AND LEAVE! FREEHOLD & VIEWS!

3 2 2

www.263millwaterparkway.com

263 Millwater Parkway, Millwater

If you've been looking for the perfect lock up and leave opportunity, then look no further. Set across two levels, this near new 3 bedroom with a study, 2 bathroom townhouse has been carefully designed to maximise space and privacy.

- Interior area 178m² (approx), built by by Horncastle with balance of 10 year build guarantee is transferable
- Block, brick and zincalume exterior construction
- Double garage with internal access plus additional storage

Contact Max for more information on this stunning property.

www.mikepero.com/RX1676198



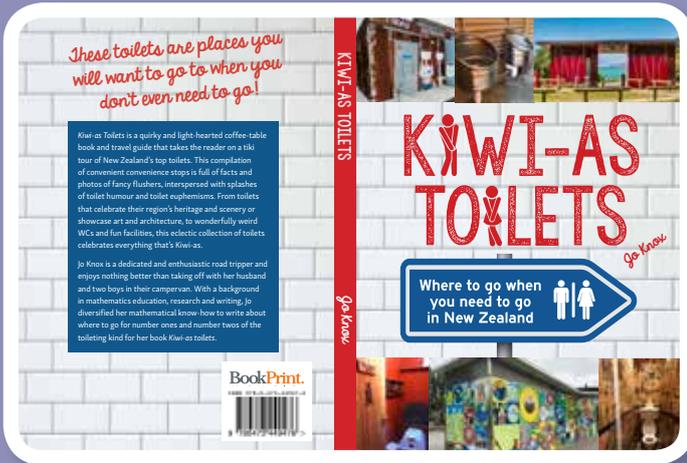
Max Zhang
021 521 888

max.zhang@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Kiwi-as Toilets



euphemisms, making the book an informative yet light-hearted read. While some toilets are in major tourist destinations, many, like the Jailhouse toilets in OngaOnga, Hawkes Bay (definitely one where you should take a 'cell-fie!'), are in lesser-known locations. A number of local loos feature, too, including Orewa's artistic Western Reserve public toilets and Stanmore Bay Park and Reserve public toilets. This tiki tour of New Zealand's top toilet stops will have you making pit-stop detours from better-travelled routes and add a touch of quirkiness, humour and surprise to your photo collection and memories of New Zealand.

This book is ideal for road-trippers, the 'Captain Slackbladders' amongst us, people looking for a unique coffee-table book (or book to read on the toilet!), or those seeking that uniquely different gift! Kiwi-as Toilets (\$29.99 RRP) is available from all good book stores, or can be ordered directly from kiwiasttoilets.co.nz.

Usually, when you go the toilet, it's because... well... you need to go! However, Hibiscus Coast author Jo Knox's book *Kiwi-as Toilets* is a compilation of convenient conveniences in New Zealand that deserve to be visited – even if you don't need to go! This quirky coffee-table book-cum-travel-guide takes the reader on a tiki tour of New Zealand's top toilets. From toilets that celebrate their region's heritage and scenery or showcase art and architecture, to the downright wonderfully weird WCs and fun facilities, this eclectic collection of toilets celebrates everything that's Kiwi-as.

Photographs and facts about each featuring toilet are interspersed with splashes of toilet humour and toilet



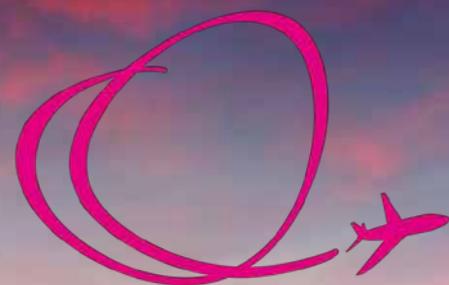
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Central's Tips

February
2019



It's summer and the veggie garden should be producing bumper crops - make sure you keep it watered and those pests under control! It's time to start thinking about planting out autumn seedlings like broccoli and cabbages and managing weeds on the lawn.

In the Veggie Patch

- **Watering** is your biggest ally in keeping the vegetable garden productive. Saving grey water from washing, showering and laundry activities helps keep potted edibles from wilting
- **Sow seeds of autumn vegetables in trays.** Broccoli, cabbages, bok choy and cauliflower are worth growing once the weather turns cooler
- Try using **organic pest deterrents** over your edibles to limit the damage done by green looper caterpillars whitefly, aphids etc - it's a safe option, just wash them well if your sprays are made from garlic, chilli or soap

The rest of the Garden

- **Appreciating shade** - during the hot summer months the shady areas of the garden become great relaxing spaces. Plant a mix of lush foliage interspersed with shade lovers that produce bright flowers such as impatiens, alstroemerias and begonias
- Spend a few relaxing hours on your lawn with a fork, trowel or daisy grubber, digging out entrenched weeds - **an organic means of lawn weed control**
- **Controlling rust** on the leaves of roses and other ornamentals - rust pustules are the bright orange spots on the backs of leaves and they quickly spread - causing leaf drop. A natural fungicide like copper will help, but clean up all infected foliage



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- Have a great craft idea

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

holiday destinations

New York Through a Kiwi's Eyes

If visiting New York isn't on your bucket list, your bucket list needs updating. New York is a busy, bustling city that is full of life and constantly thriving. It has a captivating energy and a new sight to see at every turn, which makes it a fascinating place to be for a tourist. The sights I saw whilst exploring this brilliant city were barely a fraction of what New York has to offer. The Empire State Building, Liberty Island, Times Square, Brooklyn Bridge, Grand Central Station and Central Park are some of the many famed New York attractions. From personal experience, I can tell you that each of these locations is most definitely worth seeing.

The Empire State Building, as the fourth tallest building, provides a breathtaking view of the city. From a height of 1,250 feet (381 m, excluding the antennae), the island of Manhattan can be seen, along with the Hudson River, the East River, Brooklyn Bridge, Central Park, Brooklyn, New Jersey, The Bronx, One World Trade Centre, and much more.

Another classic tourist attraction is Liberty Island, the small island containing the renowned Statue of Liberty. Visiting the island itself allows you to not only view and examine the statue, but to learn about its history and significance, as well as view a new perspective of the city skyline. Not far from Liberty Island, there is another attraction with great historical significance; Ellis Island. Once the United States' busiest immigrant inspection station, it has incredible history and cultural significance.

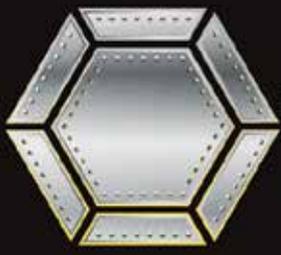
Brooklyn Bridge, as a National Historic Landmark and an icon of New York City, is a must-see landmark and an engineering masterpiece, completed in 1883. Our next stop is Grand Central Station, a stunning piece of architecture presented as a main line and subway station and adorned with many eye-catching details and intricate designs that, combined with the astrological mural on the roof, make it a stunning tourist attraction.

Times Square, nicknamed the 'crossroads of the world', is a major commercial intersection, entertainment centre and tourist attraction in Midtown Manhattan, filled with people, light, and the digital screens and billboards that adorn the buildings and help make Times Square so recognisable. Central Park is another iconic attraction in Manhattan, spanning 3.41km² (approximately 1.3 square miles) and containing many tourist attractions within itself, including Belvedere Castle, the Strawberry Fields, and Balto.

Despite only writing about these particular attractions, I have visited and fully recommend many others in New York City, including Radio City Music Hall, Top of the Rock, Madame Tussauds, the 9/11 Memorial, and many more. I strongly hope that, after reading this article, you have made the decision to one day visit the Big Apple and its many attractions.

Brooke Furniss, 14 years





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Fri 22 Feb	04:06 0.1 m	10:27 3.4 m	16:38 0.1 m	22:55 3.3 m
Sat 23 Feb	04:56 0.1 m	11:17 3.3 m	17:28 0.1 m	23:45 3.3 m
Sun 24 Feb	05:46 0.2 m	12:08 3.3 m	18:18 0.2 m	-
Mon 25 Feb	00:35 3.2 m	06:37 0.3 m	12:58 3.2 m	19:08 0.3 m
Tue 26 Feb	01:26 3.1 m	07:30 0.5 m	13:48 3.0 m	19:59 0.5 m
Wed 27 Feb	02:20 2.9 m	08:26 0.7 m	14:40 2.9 m	20:53 0.6 m
Thu 28 Feb	03:17 2.8 m	09:25 0.8 m	15:34 2.7 m	21:50 0.7 m



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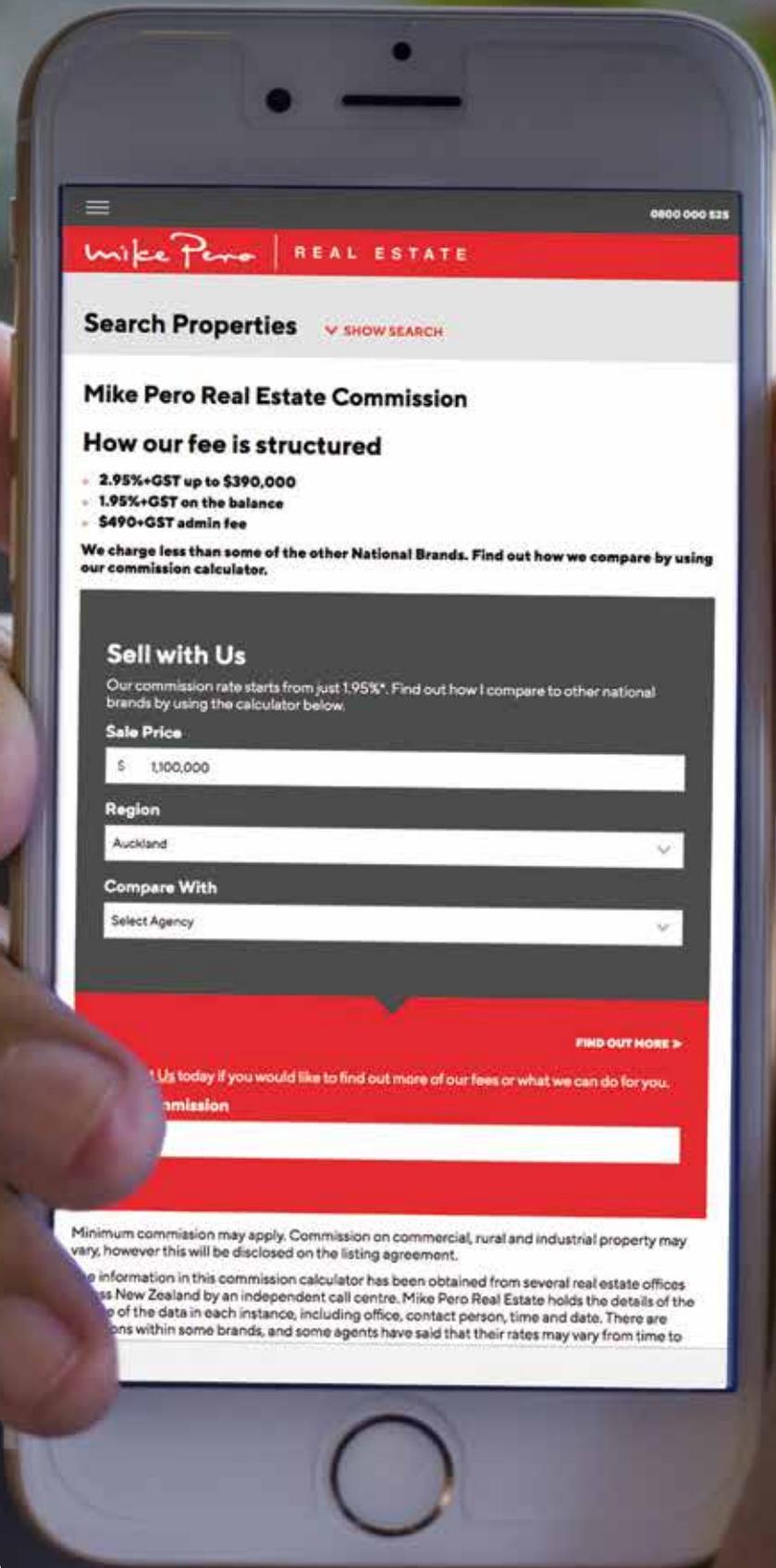


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Fishing has been a little more challenging since the water has warmed up to almost 24 degrees. The snapper have stopped feeding to breed in the shallower waters, including the inner harbour. Tactics are more important than ever during this period, with tide direction and the change of

light playing a more important role for bite times.

This summer I have been focussing on fishing at dawn, which requires 3.30am starts to ensure we are on the water and anchored up well before the sun rises. We take at least two burleys as the warmer water defrosts them a lot quicker in the summer months. After the sun rises and the bite starts to slow, we head for a local reef or bay to scuba dive for scallops or crayfish before heading to deeper water to fish while the sun is high in the sky. Another tactic we have been using is to catch live baits (yellow tail mackerel) before the sun rises and deploying them to the bottom with a 3oz ball sinker to catch John Dory. These are great eating fish and worth the extra effort catching live baits.

The good news is that recently there have been reports of work ups west of Great Barrier. If your boat is big enough to make the trip over, the fish are just south of the Fitzroy harbour entrance in about 35m of water. The other good news is that the fish will get back on the bite very soon, with late February and March being the best months to catch fish as the water starts cooling down. If you are using sliders out there and the bite is slow, a good tip is to put a little pilchard on the hook to attract the fish. The purist soft baiters will scorn reading this – but some of us are here to put fish on the table and aren't out there to look at the pretty scenery all day!

This summer is a great summer for boating and fishing, so get out there and slay some fish!

Tight lines!

Grayson Furniss
LICENSED SALESPERSON
FRANCHISE OWNER





P 09 426 6122
M 021 665 423
E grayson.furniss@mikepero.com
www.mikepero.com

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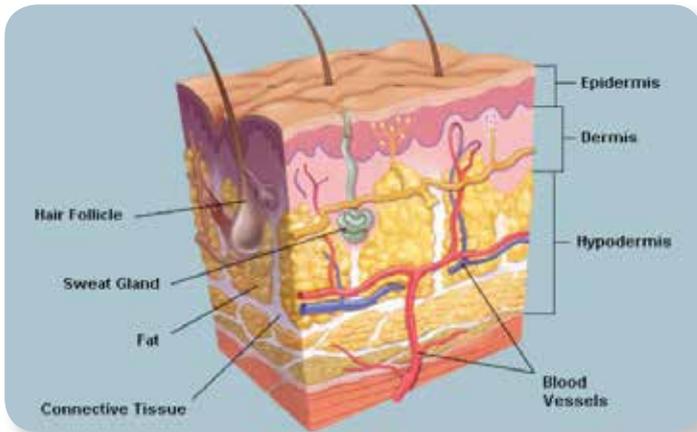
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Tips for Healthy, Glowing Skin



With summer in full swing, we tend to pay a little more attention to our skin. While sunscreen is one of the ways to care for it, perhaps there are a few more things we could consider.

Our skin is the body's largest organ. It measures about 2m² and weighs approximately 3.6kg in the average adult. It's more than just a waterproof outer covering; it contains blood and lymph vessels, sweat glands, nerves, hair follicles and immune cells. These help with temperature control; produce vitamin D when exposed to UV light (important for bone health); give us feedback about our environment through its many nerve endings; and play an important role in protecting us against pathogens.

It consists of three layers. Skin cells are formed at the base of the outer layer and flake off on the top layer about 28 days later. The blood vessels found in the middle layer feed the skin and remove waste. The inner layer is made up of fat and connective tissue, protecting the organs underneath.

The health of our skin is determined more by what we put into our bodies than what we apply topically. Considering that it's replaced every 28 days, a change in diet can produce quite rapid results. Several scientific studies have now confirmed that our nutritional status affects the condition of our skin – Mayo Clinic.

Some tips for healthy, glowing skin:

1. Reduce processed foods and excess sugar.

2. If you are struggling with certain skin conditions, try an elimination diet as certain food allergies or sensitivities may be the culprit.

3. Ensure that you are getting enough omega 3 in your diet – nuts and fatty fish like salmon, sardines and mackerel.

4. A well-balanced, whole-foods diet will provide the nutrients your skin needs to flourish. Here is where vegetables and fruits really shine.

5. Ensure that you are getting adequate sleep and monitor your stress levels.

6. Hydration is critical – water is always best. Smoking and alcohol dehydrate the skin.

If you would like help with creating new habits, and planning a nutritious way of eating, contact me at paula@nutritionsense.co.nz. You can find me on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

by Paula Southworth
 Nutritionist from NutritionSense
 (BSc Human Nutrition and Sports Science, Massey University)

www.nutritionsense.co.nz

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Fighting Mosquitoes, and Other Surprising Benefits of B Vitamins



Part One

We all know that taking sufficient vitamins and minerals is essential for maintaining good health and managing symptoms of deficiency including lethargy, depression, memory problems, and even nerve and muscle dysfunction. Vitamin B complex refers to the eight B vitamins – B1, B2, B3, B5, B6, B7, B9, and B12 – found in leafy greens, meat, and various fortified grains, but it's often difficult to consume the required daily amount from diet alone. Part Two follows next month.

It Fires Up Your Fuel Tank

You should think of B vitamins as the oil that keeps your machine running smoothly. They're absolutely essential for keeping a whole host of bodily functions working as they should. For example, Vitamin B-1, known as Thiamine, provides us with energy by helping to convert the food we eat into glucose. It also boosts our immune systems and helps protect the body from stressful conditions.

Our bodies require B-12 and B-6 to produce dopamine, serotonin, and norepinephrine. In other words, B vitamins are

directly responsible (in part) for your happiness.

It Helps Maintain Muscle

B vitamins can play a crucial role in how strong you are and how well you respond to exercise. Vitamin B-6 enables your body to maintain muscle mass and to make use of the energy in your muscles when needed, by allowing the release of glycogen stores during strenuous exercise. Without it, you wouldn't be able to pull anything from your main energy stores.

Vitamin B doesn't just help with gaining muscle for aesthetic or athletic reasons. It can also be incredibly beneficial for children that are affected by slow development. Vitamin B deficiency has been linked to developmental issues in infants and children, so taking a B-vitamin supplement can help ensure that children grow strong and healthy.

Whether you're a busy mom or dad or growing teenager, it's vitally important that you take enough vitamin B to support your body's needs. If you suffer any of the symptoms mentioned above, it's best to ask your health provider to run a blood test. If your doctor confirms that the culprit is, indeed, a deficiency of this super vitamin, supplementation may be all you need to start feeling like yourself again. The levels of quality and absorption are varied so come on in to Health by Logic to choose the right B Vitamin for you.



For further information
phone 09 426 4952
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St Chad's, Orewa
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Wednesday 9:30am

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Holy Trinity, Silverdale
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Happy 2019!



I hope you are re-charged and taking on 2019 with enthusiasm!

Do you make New Year resolutions? I don't anymore. Instead, I review lessons learnt in the past year and use that to re-focus the year ahead. I then assess my priorities and make changes as required throughout the year.

Family is always my priority, and within that is financial security for us. November to February is a financially-dehydrating period

in our household, as our spending soars due to birthdays, Christmas, summer activities, back to school expenses and, yes, even Chinese New Year! Fortunately, these are expenses we can anticipate and budget for.

What worries me are unexpected expenses, like in November when our son was diagnosed with a condition requiring surgery. Nothing life-threatening, but it has troubled him for the years it has gone undiagnosed. We are fortunate that our insurance will pay for the procedure, as he would otherwise have been at the bottom of the waitlist in the public health system. I am not at all criticizing the system. It has provided effective and efficient care for our family in more acute situations. However, as any mum would, I want this issue resolved and for my son to be well asap.

I wish you financial peace this year. What would that look like for you? If you would like, I can take you through quite a comprehensive approach towards planning for your 'Financial Zen'.

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

Join our Facebook Group Special Needs Planning Guidance.

Do any of these describe you?

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

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Truth is *Life happens...* and I can help you plan for the unexpected
When was the last time you reviewed your insurance?
Do you know what you have versus what you really need?



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?** Contact me, Valentina Pereira and we can chat over a coffee.
 † 021 627 802 | e valentina@mirockfs.co.nz | www.mirockfs.co.nz
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Setting your personal affairs in order



It is a new year, and perhaps you have decided it is time to put your personal legal affairs in order. Here are some points to consider:

Will:

Your will determines how your personal assets (estate) are distributed on your death. Without one, your estate will be distributed in line with legislative provisions, and the outcomes may not align with your wishes.

If you have decided to put a will in place, now is a good time to consider who you would like to act as your executor and among whom you would like to distribute your estate.

If you have executed a will some time ago, you may want to consider whether your executors are still fit to act and whether your intentions have changed.

If you have a will in place and are getting married, you should be aware that, unless your marriage is contemplated in your will, your current will becomes invalid upon marriage, and a new will is required.

Enduring Power of Attorney (EPA):

An EPA is executed with respect to your personal care and welfare or your property. It allows you to nominate a person, or persons, to make decisions on your behalf if you become mentally incapable. Without an EPA, family members will need to apply to the Family Court to make decisions on your behalf; this can be a costly process.

If you do not have EPA's in place, it is better to execute them sooner rather than later. An EPA is relevant at any age; you may be involved in an accident, or become unexpectedly ill and family members will need to make decisions on your behalf.

As you age, it is important to execute an EPA before your capacity, that is, your ability to make decisions and understand the implications of those decisions, becomes an issue. If your capacity is an issue at the time you sign your EPA, it may be vulnerable to contest by disgruntled family members.

If you have any questions or concerns, our approachable team in Silverdale are happy to assist. Please contact us on 09 486 3058.

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How to contact your local.....

Health & Well-Being, Fitness & Beauty

Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Skin Institute	09 426 0400

Chiropractor

Connected Families Chiropractic	09 421 1164
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Optometrists

OPSM Silverdale	09 426 7902
Orewa Optics	09 426 6646

Motoring & Boating

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

Real Estate

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

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437
Silverdale Village Market	09 426 4479
Northern Union	09 426 2651
Destination Orewa Beach	orewabeach.co.nz

Printing

Treehouse Print	027 4986 202
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Insurance / Finance / Accounting

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

Pets

Millwater Vet Hospital	09 427 9201
K9 Groomers	09 426 3274

Community

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

Florists

Fabulous Flowers	09 947 5920
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Medical & Dental

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

Dance

Fusion Dance Studio	09 428 3132
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Pharmacy

Millwater Parkway Pharmacy	09 959 0256
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Silverdale Artisan Market	info@silverdalebusiness.co.nz

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millwater**recipes**

Summer Cold Noodles

Ingredients

Udon/ Soba or any other noodles you like (in this photo I'm using Korean wheat noodles)

Egg

Ham

Cucumber

Fresh baby corn (or canned)

Ice

Sauce

Mix all these together for sauce, adjust to your own taste:

Half lemon juice

1 tablespoon soy sauce

1 tablespoon sesame oil

1.5 tablespoon rice vinegar

1.5 tablespoon water

1.5 tablespoon honey

Wasabi - optional

To make

1. Boil egg and remove shell, cut in half
2. Cut cucumber into thin and long sticks
3. Baby corn cut in half, boil and drain
4. Roll ham into flower shape
5. Cook noodles according to instruction on pack. Drain and rinse with cold water, until completely cool. Soak in cold water until being served.

To serve

1. Remove noodles from cold water, drain completely and put in a bowl



2. Assemble all other ingredients
3. Put as much ice as you like around the noodles
4. Pour sauce over and enjoy!

Happy Cooking!
Nita Wong

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will have fun giving something back.

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How to keep your teeth healthy this summer



Even during the lazy days of summer your oral health is important! You can enjoy the long afternoons while keeping your teeth healthy and safe. Aside from practicing regular oral hygiene, check out our summertime tips to help your chompers stay in good shape:

- Summer's a great time to get out and get active but, as with any sport, there is always a danger of an accident leading to cracked, chipped or even lost teeth. Wearing a mouthguard

can help reduce this risk and keep your grin safe all summer long – it's a great idea to invest in one!

- It's easy to forget your lips when applying sunscreen. The skin on your lips is thin and prone to sunburn, so keep a lip balm on hand with an SPF of at least 30. Reapply regularly to help prevent chapping, dryness and damage that can lead to skin cancer over time.

- Toothbrushes definitely have a limited life span. If your toothbrush is looking bushy and worn, summer is a great time to replace it. This will ensure that it's doing the best possible job at cleaning your teeth.

- Don't scream because of ice-cream this summer! A cold treat is a great way to cool down on a hot day, but if you suffer from sensitive teeth, ice-cream, gelato and cold drinks can be quite painful. A toothpaste for sensitive teeth can help limit the pain – try leaving it on your teeth after brushing, or applying afterwards. If you're still experiencing discomfort, book an appointment with us so we can help.

No matter the season, your oral health will always be important, so if you have any questions or concerns, contact us on (09) 426 5262, or email us on team@dentalsuite.co.nz.

Have an awesome summer!

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Happy New Year

Year of the PIG

Happy New Year everyone; hope you all had a great break and are geared up for 2019!

In February, we continue to celebrate New Year, because the 5th is Chinese New Year – and this is the year of the PIG!

The pig is sometimes described as lazy and dirty in Chinese culture, regardless of the fact that the pig is actually the cleanest farm animal. When we were kids, we found it funny to know some people were born in the year of the pig.

You may know there are 12 animals in the Chinese Zodiac, and pig is the last one in the cycle. Do you know the story behind this? Since the Zodiac is used for many, many years, there are quite a few versions of the story. This is the one I heard when I was a kid.

One day the Emperor decided to pick 12 animals for the Zodiac. He asked the animals across the river to line up in his palace the next morning, with the first 12 arriving to become the signs of the Zodiac. Obviously, pig is 'lazy' so he came last. The most interesting part of this story is why rat came first and there is no cat in the Zodiac.

According to the story, rat and cat were good friends and decided to cross the river together. However, both can't swim so they asked ox to give them a ride; ox agreed and they both jumped up on his back. As rat is always referred to as the wicked one in Chinese culture, he wanted to be the first one to arrive and would do anything to make it happen, even if it meant

betraying his friend. When ox reached the middle of the river, rat kicked cat into the water without letting ox know. Once ox landed on the dry ground, rat sneaked down and raced immediately to the assembly point, and became the first sign of the Zodiac.

From then on, rat and cat became enemies. Well... fair enough!

The Chinese Zodiac order is Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. Wonder why there is no Lion, the king of the jungle? (I always asked this when I was a kid). The answer is: there are no lions in China!

Happy Chinese New Year!

Nita Wong



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Clearing the Clutter



What am I going to wear? Yet you have a wardrobe filled with items... sound familiar?

With many of us so time-poor these days, it really makes sense to clear your wardrobe. A wardrobe that is clear of the clutter, clears the mind. It is the first step to getting organised and getting your life back in order.

Yet why do we struggle to clear things out?

Here are some stumbling blocks stopping you from getting your wardrobe cleared.

You spent your hard earned \$ on that, how can you possibly get rid of it?

You were given it as a gift and don't have the heart to let them know or let it go

It is sentimental

You might lose some weight and get into it soon

The mere fact that we only wear 20% of our clothes 80% of the time, indicates that we have far too many items cluttering our wardrobe!

How do we get over these blocks? I suggest trying everything on and asking yourself some honest questions:

- Does this flatter me?
- Does this colour suit me?
- Could it be dressed up and down?
- Can it be fixed or is it beyond repair?
- Does it suit my CURRENT lifestyle?
- Does it suit my personality?

Now that space is cleared in your wardrobe, it is important to organise it in a manner that you can visually see what you have, giving you an opportunity to wear everything you own, plus stopping you from purchasing duplicate items or items that you do not need. You will be amazed at how much time you save yourself in the morning, with one less thing to stress about.

Starting this process with your wardrobe, you will open yourself up to new opportunities elsewhere in your life. Feel the freedom!

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