

# THE MILLWATER MAG

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*August* 20  
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Millwater & the Coast



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# Editor's Note

What a sporadic and strange winter we've had so far. Tornadoes in Dairy Flat and Mangawhai; thunderstorms and downpours alongside ongoing water restrictions; highs of 17-18°C that see some hardy souls wandering around in T shirts and/or jandals. Despite the rain, we do of course still need to conserve water – which Auckland is doing well, with the average at the time of writing being 30,000m3 below the daily target. Let's keep it up! (Or down, as the case may be!)



As always, Hayley's tips in the Green Spot are here to help us make the other incremental long-term changes to improve our environment and our own health. I can wholeheartedly endorse the switch to loose-leaf tea, as it even tastes better without the packaging. I recommend GoodFor.co.nz for all sorts of package-free pantry and household deliveries to your door (and would love to see a Silverdale franchise someday soon).

I'm also looking forward to trying out the sourdough products from local Bread Nest, a new contributor to the Mag this month, as well as some of the new and improved cuisine and beverage options at The Millwater Bistro & Bar, the Northern Union Gastro Pub, and, of course, our very welcome newcomer The Beer Spot in Whangaparaoa.

I'm sure you will enjoy reading about these local businesses, and more, in this month's Mag.

Jessica Copping  
August 2020

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Front Cover - The Team from The Beer Spot Whangaparaoa

## Fishing Spot

The fishing has been a little tougher over the last month with water temperatures dropping as low as 13 degrees in the shallower water. Sliders and soft baits are a little bit hit and miss, while the trusty bait and burley combination has been producing enough results for a feed of fish.

Our first mission out was a long hard day with lots of ground covered trying to find the fish. We left from Gulf Harbour and caught some live baits before heading to Anchorite Rock to chase some kingfish. It was like a car park when we got there so we didn't stay long, choosing to head north to the squiggles (contours just south of Horn Rock). The fish were hard to find and, after a couple of hours drifting, we decided to fish Flat Rock after the change of tide. The burley certainly did the trick and we were pulling good sized snapper on board until the boat started moving. I looked forward at the bow and noticed the anchor rope was slack... we had lost the anchor. That was the end of our day and, with 11 fish on board, we headed back to Gulf Harbour without an anchor.

The following weekend we headed out on a mate's boat to scuba dive and search for the anchor. It was a magic winter's day with no wind and warm sun on our faces. It was the complete opposite in the water, which was a fresh 15 degrees. What made it worse was that I had left my wetsuit hood back at home, meaning I had an ice-cream headache for the first five minutes of the dive.

Descending down the anchor chain, I quickly realised it wouldn't be an easy mission with sheer rock faces dropping to 30m, caverns, and gloomy water. The



anchor proved to be harder to find than we thought and had to return to the surface empty-handed. Hopefully we'll find it next time.

See you in spring. Tight lines!

Tim Lawrence



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# Student Life in Lockdown

How COVID-19 has impacted students academically and socially

For this month's issue, I interviewed two Orewa College students to discuss how the changes this year have impacted their academic learning and social life.

Tyler Williams, a Year 13 student at Orewa College, shared his experience working online, his thoughts on NZQA changing some of their rules, and what this year has brought him as an Orewa College prefect. Tyler described his last year at school as "not what I expected", and that although lockdown at the start was hard and out of routine, "towards the end I did start to get used to it." Tyler is also very committed to sports. He expressed that, "I am invested in hockey so this year we had so much time off compared to last year and it's harder to get back into."

Even exams, those things that almost every student dreads, will be different. Lockdown has meant that students' schedules have been changed to work with the guidelines set by officials. Many students are concerned about how we have been disadvantaged because of the COVID-19 pandemic. However, Tyler said, "I think it was a good decision to give us more time in class to learn the criteria and standards and also to give us extra time to cool down and get ready for exams."

Besides our academic lives being switched to online, Year 13s have also had to deal with their social lives being so dramatically different. One of the main things that students were excited for was the school ball, which was cancelled only a couple of days out. Tyler shared that "People were excited about the first ball but then everything that's happened this year already, the ball is the last thing on people's minds".

Many students struggled with the lockdown. However, Adrienne Aston, a Year 12 student representative for Orewa College, felt lockdown was not all negative. "It was nice to recuperate," she said. Adrienne found other ways to socialise with her friends without physical contact. "I spent a lot of lockdown watching Netflix with my friends using Netflix party". Others connected with friends using other



apps such as Google Hangouts and social media. Practices for sports, music lessons and other team or individual activities were all transferred to online platforms like Zoom and House Party. Online lessons worked for many, but Adrienne added that some "students would have been disappointed with the change."

Mental health was and is still a rising concern for students. "I think there were times where we all would start to feel lonely and disconnected from other students," Adrienne said. There were undoubtedly times where students could feel so down that they could think "I have no friends," or "who is really there for me?"

With NZQA changing their standards to benefit students participating in NCEA, Adrienne thinks they are "helping not hindering our chances of success". NZQA is also now offering students Learning Recognition credits. Adrienne thinks "those extra credits will be helpful because some people might need that added amount of credits to push them along the line to pass."

Although staying in the same place 24/7 for weeks on end took its toll on everyone, including Adrienne, towards the end it did get easier for her. "I do feel in the last week or two things became a lot easier and you learn the rhythms of each class."

Both Tyler and Adrienne have different takes on lockdown but agree that after a while it was something they had gotten used to. If there is another lockdown in the future, Adrienne said, "I would set goals to go towards, little things that I would feel better doing afterwards." Tyler suggested he "would find a better way to contain my distractions." Both agree they would set small goals each day to achieve something without physically leaving their house.

Daniella Taylor  
Orewa College

# Vet Speak

## Senior Wellness Checks



as long as possible. It is no longer necessary for your pet to miss out on life because their joints ache or their heart has a murmur; there is a huge range of complementary and medical treatments available to give them relief and allow them to participate in family life again.

To help you have a clearer picture of your older pet's health, we have developed a day-stay package for dogs over the age of 10 and cats over the age of 12. Included in this package is a full physical examination from nose to tail, blood screening, urine sample, a screening x-ray of the chest, abdomen, or spine, and a flea and worming treatment. The cost of the package is \$325 for a cat and \$380 for a dog.

If you would like any further information please contact the clinic on 09 427 9201 for more details.

Jemma Hedges  
Millwater Vet Hospital  
[www.millwatervethospital.co.nz](http://www.millwatervethospital.co.nz)

The annual health check and vaccination for your pet is the equivalent of getting a WoF for your car; a check-over of the major wellness signs, and checking that hidden illnesses are not missed. Common conditions – such as heart or kidney disease, arthritic changes, dental disease, and some cancers – can be picked up by these examinations, but further tests such as blood and urine tests or x-rays may be needed to confirm the diagnosis or the extent of the problem.

As your pet ages, these annual checks become an important opportunity for these common diseases of old age to be picked up early and treated, reducing the impact on your pet and its lifestyle.

With pets living longer as a result of massive leaps in the quality of nutrition available and veterinary knowledge and therapies, early detection is the key to the most effective treatment for your pet, to give them the best quality of life for



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# Pharmacy Talk

## Can't Get No Satisfaction?



If you're finding it difficult to get or keep an erection, you're not alone. It's estimated around 300,000 Kiwi men have some form of erectile dysfunction (ED)\*. That's a lot, but when you consider the overwhelming reason for ED is due to an underlying health condition like diabetes, high blood pressure, high cholesterol, heart disease, anxiety, depression and even some medications, that number makes sense. The good news is that, like many health conditions, ED is treatable.

If ED is affecting your relationship, your first step is to talk to your partner about it. We know that's easier said than done but keep in mind that talking about such a sensitive topic probably won't be easy for your partner either. Try to normalise the conversation without personalising it and go easy on the accusations. It's not like either of you asked for ED. Also remember that ED is a relatively well-understood health condition, so do your research and get the facts not the fiction.

A good place to start is at [Viagra.co.nz](http://Viagra.co.nz). There you'll learn more about what causes ED and, importantly, your treatment options. When you've got the info you need and are ready to make the next step, see your doctor or pharmacist. They'll have a better understanding of what could be causing your ED and may prescribe a treatment like Viagra®.

For further product information see Consumer Medicine Information at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or [www.viagra.co.nz](http://www.viagra.co.nz) or from Upjohn New Zealand Limited, Auckland, ph 0800 343 716.

*\*Quilter M. et al. J Sex Med. 2017; 7:928-936. Viagra® (sildenafil citrate 25mg, 50mg, 100mg tablets) is an unfunded prescription medicine used to treat erection problems (impotence) in men. Viagra® has risks and benefits. Consult your doctor or pharmacist to see if it's right for you. Use strictly as directed. If symptoms continue or you have side-effects see your doctor or pharmacist. You will need to pay for this medicine and normal doctor's fees apply.*

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# Magnesium Deficiency



Magnesium is needed by every cell in the body including those of the brain.

Magnesium deficiency is often misdiagnosed because it does not show up in blood tests – only 1% of the body's magnesium is stored in the blood. Most doctors and laboratories don't even include magnesium status in routine blood tests. Thus, doctors don't know when their patients are deficient in magnesium, even though studies show that the majority of people in the developed world are deficient in magnesium.

That's quite disappointing when you consider that magnesium is the most critical mineral required for electrical stability of every cell in the body. Magnesium is needed by every cell in

the body, including those in the brain. Your heart, perhaps the most energy-demanding organ in your body, needs magnesium constantly!

A magnesium deficiency may be responsible for more diseases than any other nutrient. Now think about that when considering how many people eat a diet high in processed food. Also, elderly people face the challenge of declining levels of stomach acid so extracting minerals from food in digestion gets harder.

Millions of people suffer from magnesium deficiency daily without even knowing about it.

One of the reasons doctors write millions of prescriptions for tranquilisers

each year is the nervousness, irritability, and jitters brought on by inadequate diets lacking magnesium. Many pharmaceutical drugs drive magnesium levels into very dangerous low zones.

Now you'll see lots of magnesium supplements advertised and sold around the place. And you'll see cheap prices on many. But usually cheap product means cheap result. Poor absorption. Great laxative but a poor result.

So, to discuss the symptoms of magnesium deficiency and what really is a good absorbing magnesium that will give results, come on in to Health by Logic in old Silverdale Village.

**Come on in to Health by Logic.**

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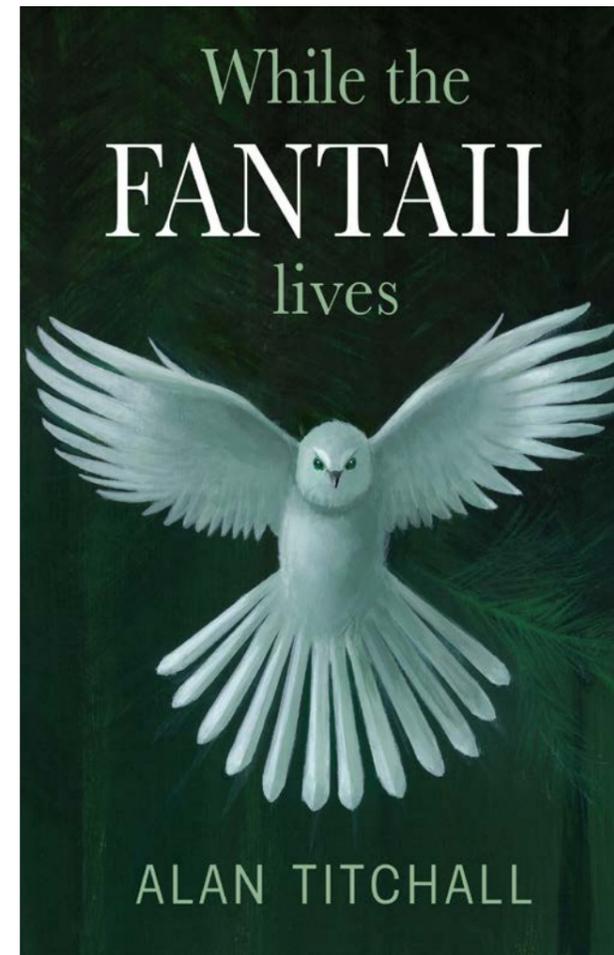
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# Millwater Book of the Month

## While the Fantail Lives by Alan Titchall



*While the Fantail Lives* is narrated by eleven-year-old Bob Smith on the eve of the Cuban Missile Crisis in October 1962. He lives in a small hydro village in New Zealand, with a colourful collection of local characters. There's his Nan, who is a great cook and even better storyteller, who is looking after him and his dad after his mother suddenly left. There's Kurt Smidt, who is teaching him German and telling him war stories. There is Mrs Poi, who is teaching him Māori. There's Frank, a young American, who turns up on his motorbike. And there's Ivan Volkov, a Russian with a terrible past. Young Bob is caught up in an adult world with troubling secrets and while he is nurtured by relatives and befriended by residents, we learn they have their own agendas.

What is worse, at the beginning of this fateful weekend, Robert finds an injured fantail, the bird associated with death. While nursing the fantail, Robert finds himself caught up in an unfolding drama that involves more than a nuclear threat, as an incident at the end of the War returns to shatter the village peace.

This is a beautifully written anti-war story, with a cast of characters that brilliantly come to life and leap off the page. I enjoyed the slow reveal of all the ways various villagers are linked to each other from their pasts. It's a literary read that celebrates New Zealand while weaving in a story of World War II. *While the Fantail Lives* is exceptionally well done.

Devon Media, RRP \$24.95

Karen McMillan, author of *The Paris of the East*, *Everyday Strength* and *Elastic Island Adventures*

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### Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!

Please get in touch with Sarah on 09 426 6155 or email [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# The Green Spot

## Eco Tip of the Month

We are certainly in the depths of winter now and for some of us that means a greater appreciation of a hot drink. Last month I surprised some of you by revealing the hidden plastic in receipt paper and this month I have more bad news – it may also be in your cup of tea.

Many teabags contain a thermoplastic such as polypropylene so that it can be sealed at the edges, and research has shown that steeping a single plastic teabag at brewing temperature releases approximately 11.6 billion microplastics and 3.1 billion nanoplastics into a single cup. And although the tealeaves inside are compostable, the bags aren't, so sadly they must be disposed of in landfill. An option is to cut open the bags so that the leaves at least can be emptied into compost, or you could purchase teabags that are instead sealed by



staples. Then the entire teabag can be composted, except for the staple, which would need to be removed. I find this a tricky process, including saving up my staples to bring to a scrap metal yard for recycling.

The best solution is to opt for loose-leaf tea and, although that seems less convenient, there are some cleverly designed tea infusers around to make it easy. My personal favourite is the floating basket – just spoon the tealeaves into the tightly woven mesh

basket, put on the buoyant lid and pop it in a cup of hot water to brew as it floats. I bought mine from Chapter Book and Tea shop (chapter.co.nz) where they give you a discount for bringing your own container, thus saving on packaging. But there are several specialty tea stores offering a wide range of flavours, from crème brûlée to jam brownie! So, pop the kettle on and enjoy a loose-leaf tea without the worry.

Hayley Crawford



## KingsWay Preschool's Vision



Darlene working at KingsWay is empowering the group of staff to teach at a level of excellence so the children can have the very best learning and development.



For this month's issue, I had the joy of sitting down with Darlene Fletcher to talk about the wonderful KingsWay Preschools and their connection with the community. KingsWay preschools are owned by the KingsWay trust and are a registered charity, which has been working alongside the community since 1983.



Megan Prentice  
Features Contributor

For extra information, you can head to their website [www.kwps.nz](http://www.kwps.nz). They offer all children from the community an opportunity to participate in their programme; you don't have to be part of a church or have a religious affiliation to attend. KingsWay pride themselves on their diversity, and believe children should learn at their own pace, unhurried, accompanied with lots of fun-filled free play!

There are three preschools spread out along the Hibiscus Coast with sites in Red Beach, Snells Beach, and Silverdale. They pride themselves on their combination of passionate and loving staff, fantastic facilities, and affordable options. There is a constant focus on strengthening their connection with the community and offering extra help to families in need.

Some of the helpful services they offer are providing meals and transport to families in need, family morning teas, social functions, and prayers. For Christmas Festivities, they organise a special production open to the community to enjoy, followed by a morning tea. Darlene told me they combine the NZ Early Childhood Education Curriculum with their Biblical curriculum for the purpose of giving children a holistic foundation to develop a love for learning. The highlight for

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## Coast Plaza Welcomes The Beer Spot

When The Beer Spot – Whangaparaoa celebrated a record opening weekend at Coast Plaza last month, it was an important milestone in an exciting journey for local owner-operators Ben & Tracey Kelsey and Craig & Claire Holt.

Ben and Tracey discovered The Beer Spot when it first opened in Northcote. They were living on the Shore and both working locally as school principals. “We loved the community nature of the place. It felt like home and the staff were all your mates. And it was such a great concept, putting money back in the pockets of local New Zealand businesses,” Ben says.



Ben & Tracey Kelsey, Whangaparaoa Owners

Their friend Craig, another North Shore school principal, was also a big fan. So, when the opportunity to run The Beer Spot – Whangaparaoa under a franchise model came up, they leapt at the chance. “We’d worked together before in a school so we knew we could do it,” says Ben.

The spacious, modern bar in the Coast Plaza is also the launch of The Wine Spot brand, doubling the options for local punters. There are 43 beers available on tap, all made by independent New Zealand brewers, and 46 New Zealand wines. Food is

provided by a different food truck each week.

The Beer Spot was founded by Jason Payn and Laurence Van Dam in 2016. The Whangaparaoa site is the fifth to open in Auckland. “We were aiming to open five branches in five years and put 200 taps in the market, and we did it in four and a half years,” Jason says.

The pair is on a mission to grow the market strength of our fabulous, independent New Zealand brewers. There are about 250, but they claim only seven per cent of the market share, with the rest going to three big players in the beer industry.

For Jason, opening on the Coast is a bit of a homecoming. His grandparents lived in Ferry Road on Wade River and were stalwarts of the Manly Bowling Club. “I spent many a school



Craig & Clare Holt, Whangaparaoa Owners

holiday running around the area.”

Whangaparaoa was the first place Jason and Laurence looked to open after launching in Northcote; however, it took a while to find premises. But the space in Coast Plaza is perfect, with enough room to offer an impressive range of beers and wines. “Choice is everything – it’s important for people to be brave



and try something new. Our staff are here to help them find something similar to what they already like,” says Jason. Those choices change frequently – once a keg or bottle is finished, it will be replaced with something else. But it will always be locally made. Supporting New Zealand businesses has become increasingly important to Kiwis in a post-COVID world.

The food truck model means the food on offer is also always changing. “There’s not many places where you get a new menu every week,” says Jason. “We love giving people a reason to keep coming back.”

For the Kelseys and the Holts, the dream is to make their family-friendly, dog-friendly bar an integral part of the local community.

Ben and Tracey have moved to Millwater, and Craig and Claire are contemplating a shift to the Coast.

“Running a business isn’t that different to running a school,” Ben says. “You are dealing with people. At school, we put the kids at the centre. Here, we put the community at the centre. If you do that you can’t go wrong. We want The Beer Spot to be a place where locals can hang out with their mates, have a chat, a few drinks and cruise home safely. People have told us it’s exactly what the Coast needs.”



## Events in August at Orewa Library



### Hibiscus and Bays Local Board Meet and Greet

Tuesday 4th August, 3.15 to 4.30pm

About the Local Board Plan’s 2020 phase two. Love local, get vocal and help shape your Local Board Plan 2020.

Our local board have come up with a three-year plan outlining the key initiatives we want to focus on to help our communities thrive and support the recovery from the impacts of COVID-19.

Now we need your help to check if we’ve got it right. Our 2020 Local Board Plan proposals are open for feedback from Monday 13 July to Thursday 13 August.

### Janis Grummitt - Author of “Sleep well to live well”

Wednesday 12 August, 12.00pm to 1.00pm

Janis will talk about the importance of sleep to improve your brain and body functions.

### CHILDREN’S SESSIONS

**Rhymetime:** Weekly

Tuesdays at 11.00am, for 18 months to 3-year-olds

Wriggle & Rhyme: Weekly, term time only

Wednesdays at 11.00am, for 0-2 year olds

**Storytime:** Weekly

Thursdays at 11.00am, for 3-5 year olds

**Japanese Storytime:** Weekly, term time only

Fridays at 11.00am, everyone welcome

### ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) GROUPS

Tuesdays, 21 July 2020 until 22 September (Term 3)

**ESOL Beginners:** 9.30am ‘Use your English’ drop-in session 10.45am to 12.00pm, facilitated by Yvonne Gray

**ESOL Adult Story and Discussion (New Session):** 1.00pm to 02.00pm, led by Lynn Williams

**ESOL Conversation Group:** 2.00pm to 3.00pm, facilitated by Lynn Williams

### WEEKLY SESSIONS

**Craft Group:** Thursdays, 10.00 to 11.00am

**Toastmasters:** Fridays, 1.00 to 2.00pm

### MONTHLY SESSIONS

**Bookchat:** First Wednesday of the month, 10.30am

Talking Poetry: Second Monday of the month, 12.00 to 2.00pm

**Hibiscus Coast Seed Savers Group:** Third Wednesday of the month, 10.30am

**Writers Group:** Third Saturday of the month, 1.15pm

**DNA User Group:** Fourth Thursday of the month, 1.00 to 3.00pm, facilitated by Veronica Storey

**DNA User Drop-In:** Fourth Sunday of the month, 1.00 to 2:30pm

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# Art Speak

## Estuary Arts Members' Creativity Shines this August



Fiona Ehn (left) with Judge Amber Emm at last year's award night



People's Choice winner Melissa Bell (right) receiving her voucher from Vanessa Grant (Orewa Framing Studio)

Coming out the other end of COVID-19 lockdown we have definitely seen a surge in creativity, so this year's Annual Members Awards should be a knock-out. Every year the artwork by our local artists gets better and better and this year is no exception. The Estuary Arts Members annual Members Awards showcases artwork in all media by our growing number of artists. This year we have more prizes on offer thanks to our generous sponsors. The overall winner will receive a prize package which includes art supply vouchers, an art magazine subscription, and a cash prize. There is also the People's Choice award whereby the public – yes, you, the viewer! – gets to vote on your favourite piece. This award is announced at the conclusion of the exhibition, which runs from 12 August until 6 September 2020.

Being a member of Estuary Arts Centre is easy and affordable, and opens up the doors to a vast array of creative opportunities. There are weekly art classes for adults (daytime and evening), after-school art extension programmes, and weekend workshops on offer, and members receive discounted rates on these classes. Local art suppliers and framers offer generous discounts to our members as well.

Term three art classes are already underway and, if you missed out on getting a place in a class of your choice, then do remember to enrol early for term 4. There will be classes and workshops in painting in acrylics, watercolour and oils. Ceramic hand building or wheel throwing to master that perfect cylinder or tea pot. The children's extension classes are kept small with no more than 10 students in each class.

Estuary Arts Centre is located at 214b Hibiscus Coast Highway, Orewa. The Centre is open 7 days a week from 9am to 4pm daily with a great onsite café and plenty of free parking.

For more details visit our website [www.estuaryarts.org](http://www.estuaryarts.org), our Facebook or Instagram page, or phone 09 265570.

## Why See A Nutritionist?



We are constantly bombarded with a plethora of information regarding nutrition and what is the latest dietary trend, nutrition breakthrough or superfood. How do we make sense of it all? What's true and what's not? Who can we trust? How do we navigate which trend or information we should adhere to?

This is where getting some advice from a trained professional with credible, high quality qualifications is so beneficial. You will be receiving unbiased information regarding what is the best eating strategy for your body and your family, strategies that will fit into your lifestyle, not the other way around. What works for one person does not necessarily work for another, so following the latest diet trend can be discouraging when we don't achieve the same results as someone else.

Health involves many aspects, from the bacteria in our digestive system to nutrients that support brain health and healthy aging, to optimal nutrients for young growing bodies.

Comments like "everything in moderation" and weight loss is about "calories in/calories out" don't really paint the whole picture. One can (330 ml) of cola soft drink is about 100 calories; on the other hand, 100 calories of broccoli is one-and-a-half heads of medium sized broccoli! Same calories, but nutritionally very different.

"Food is not just a source of energy or calories, it is information. It contains instructions that affect every biological function of your body. It 'talks' to your DNA and tells it what to do. The most powerful tool to change your health

is your fork. What you eat programs your body with messages of health or illness" – Dr Mark Hyman, M.D.

Nutrient density is an oft-used term that perhaps needs a little explanation. Nutrient density refers to the concentration of nutrients in a food that promotes optimal functioning of all the different systems in our body, so when we are looking at an eating strategy, nutrient density must feature prominently. The best eating strategy is one that is nutrient dense and can be maintained long term.

If you would like help with learn which foods promote health for optimal body systems

function, contact me at [paula@nutritionense.co.nz](mailto:paula@nutritionense.co.nz). Sign up for my Healthy Cooking and Lifestyle Workshop notifications and get in first to book a seat. I'm on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

**Paula Southworth**  
Nutritionist at NutritionSense

BSc Human Nutrition and Sports Science, Massey University

Member of the Nutrition Society of New Zealand

[www.nutritionense.co.nz](http://www.nutritionense.co.nz)

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# Revisiting Old Friends

## Keith and Enid Stoney

Over the past six years, the Millwater mag has featured many interesting locals in the regular Millwater Interviews with past editor Brian Mullan. We thought it was time to revisit some of these and update you on what these wonderful people are doing today. The Millwater mag interviewed one of the original families of the area, Keith and Enid Stoney. Keith and Enid still reside in Millwater, on Bankside Rd, and are enjoying their local community. Their daughter Heather no longer lives in Napier and resides close by.

The original families who farmed the land locally, prior to the Millwater development on which many of our homes are built, still retain strong roots in this area. In an earlier edition, we met Vera Bartlett and it was with great pleasure that I was able recently to meet Keith and Enid Stoney for an informal chat, when they also gave me a copy of their excellent historical booklet "Memories of Seaview". Copies of the booklet are available from Silverdale Historical Village.

Although the family's origins go much further back, our story here begins with the arrival in New Zealand of Major Henry Butler Stoney in 1860. Major Stoney had a distinguished military career and it was only following a period of ill-health that he retired in 1864 to the Wade (nowadays known as Silverdale). Prior to retirement, Major Stoney had bought a smallholding south of the Hibiscus Coast Highway Bridge – where PAK'nSAVE now stands. Henry's second son, Harry, also wanted to be a farmer, so in 1865 Henry purchased 104 acres north of Silverdale (including a block from a Mr Galbraith). This land overlooked the Orewa River and Beach and was appropriately named "Seaview". On this land was built the Stoney Homestead that is currently undergoing restoration. Other parcels of land were bought at various times in later years; including Arranhill, where Keith and brothers Des and Jim were

raised. Enid (nee Yeoman) came originally from Katikati and had followed a career as a primary school teacher, including Bible teaching. Following her marriage to Keith in 1977, Enid became keenly involved with the farm and all its attendant activities. There were dairy cows and sheep, then beef cattle. Jam and marmalade making, knitting and walking were, and still are, activities much enjoyed by Enid. Part of her walking takes her along Millwater Parkway, where she picks up rubbish on an all too regular basis. Enid has a justifiable pride in her environment and sets an example that others living in Millwater could follow, by helping keep the area clean and attractive.

Keith has followed his father's hobbies in being a keen cyclist and photographer, with both pursuits being enjoyed

similarly by their son, who is a Doctor in Christchurch. Keith and Enid also have a daughter who lives in Napier. Five grandchildren keep them young! Keith, always a keen gardener, has developed a recent interest in propagating pears and he also enjoys "pottering around" in the large shed, which adjoins the house that he built with timber he and brother Jim had milled in a sawmill that they bought and relocated to a site nearby.

Keith and Enid enjoy breaks away at their beach cottage in Oakura and visiting family in Napier and Christchurch. With so much of their personal input into their home, Keith and Enid have strong ties that keep them very content where they are. Their landholding may be reduced to just two acres nowadays – but their memories and family ties to the area are enormous.



## Silverdale Pioneer Village



### Open for Business

OPEN EVERY SATURDAY & SUNDAY 10am-3pm, 15 Wainui Road Silverdale

We are delighted to advise that we resumed normal opening days and hours from Saturday 4th July.

Group bookings for weekday visits with the option of morning or afternoon tea are now available, as are bookings for special events or family events. To make a booking contact us by email at [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com)



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# Millwater Romeos



The July outing for the Millwater ROMEOS (Retired Old Men Eating Out) was a visit to the Youth in Transition offices in Manly Village, to learn about the work of this local youth support charity. 16 ROMEOS enjoyed an interesting presentation from Tina

Jones, Executive Director of Youth in Transition and one of the inspiring forces behind this community group. The many questions that followed were indicative of the keen interest shown by the ROMEOS.

The group was set up 6 years ago in

response to serious youth welfare issues in and around Whangaparaoa and Orewa, resulting in an established system of counselling and support for young people aged 12-24 in our area. 399 young people have so far been supported by the unique programme; "Journey back to Awesome" which has significant support from community groups, schools, Police and Government agencies, and local health professionals. Millwater Women's Group help out by donating food parcels for the young people's group sessions, and gifts of furniture, appliances, graphic design and other needed services have been willingly donated by our community. An Op Shop now operates in Manly Village.

Altogether an inspiring and informative visit to learn about a much-needed local service before we enjoyed an excellent lunch at the warm and welcoming Arazo Restaurant in Manly Village. All then returned to the home of the day's organiser for coffee, cake and conversation.



## Central's Tips August 2020



Now is a great time to plant fruit trees like apples and plums, layer compost around shrubs and start sowing spring and summer vegetables. It's also time to plant potatoes so that they are ready for Christmas.

### In the Edible Garden

- **Plant celery, onions and peas.** Peas grow tall, so they need a climbing frame to reach full potential.
- Hardy herbs that can be planted include **rosemary, oregano, thyme and coriander.** It's too early for basil
- **Seeds to sow:** summer vegetables - tomatoes, capsicum, eggplant, cucumber and zucchini - do them in seed trays under cover
- Pep up the vegetable garden with our new organic fertiliser **Fertco Organic Boost.** Certified organic, it is a complete soil and plant food and will create good soil biology for a successful season of produce
- **Plant potatoes in frost free areas.** Try Rocket, Jersey Benne or Swift for varieties that will deliver potatoes for Christmas Day. Seed potatoes do need to have 2cm shoots on them

### Lawns

- **Sharpen the lawn mower blades** and set them at a high level. Mow frequently to encourage growth

### The rest of the Garden

- **Planting to beat summer drought conditions:** we recommend that all plants have **Aquaturf Max** applied in the planting hole, and that they are well mulched once planted. **Nutrasoil**, a blend containing Living Earth Garden Mix and topsoil, is great for planting new trees and shrubs with bigger root systems.
- **Collect up old blooms of camellias and azaleas** and other winter flowering shrubs
- **Layer compost** around roses and other shrubs to improve the soil and add nutrients

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## Degustation at the Northern Union Gastro Pub



and beef burger patties. Come and have a meal by the fire, or a Puhoi Cheese Platter and wine on the deck. They look forward to seeing you.

### Degustation Menu for 2nd September

#### MUSE BOUCHE

Braised shredded Wagyu beef brisket w- country potato salad, bearnaise sauce & crispy leeks

#### ENTRÉE

Rare seared Yellow Fin tuna tataki & crisp won ton stack w- wasabi crème fraiche, house pickled ginger & cucumber, nashi pear, crisp coriander, sticky soya glaze

#### SORBET

Orange & Cointreau

#### MAIN

Light smoked & roasted South Island Salmon fillet crusted w- prawn mousse on a smoked fish hash cake, crispy cauliflower, Champagne & chive beurre blanc

#### DESSERT

Roasted Pear & Almond Pithivier: Caramelized pear & almond frangipani, oven baked in flaky pastry served w- nougatine glaze & crème anglaise

#### TO FINISH

Cheese Platter: French brie & Puhoi Matakana blue w- housemade honey comb, walnut & apricot biscotti

**For your Private Dinner Parties, Outcatering, Grazing Tables or Business Lunches, go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) or [www.facebook.com/culinarylane](http://www.facebook.com/culinarylane).**

Let's face it, if you want a degustation menu, you need to go to the city, and it's a long way to go. Northern Union Gastro Pub in Silverdale is hosting Executive Chef, Mark Lane of Culinary Lane, on the first Wednesday of each month for a different Six Course Degustation Menu each time. The first Degustation evening on the 5th of August sold out in a week. With only 30 seats available for \$120pp, the next Degustation Menu is on the 2nd of September at 7.00pm (see the menu to the right). There will also be some great wine matches with the Degustation Menu on offer. To avoid disappointment, phone Northern Union on 09 4262651 to reserve your seat.

Mark also designed Northern Union's new winter menu, and it is getting rave reviews from regulars and new diners alike. With new Tapas, Kids' Meals, Entrées, Pub Favourites, Mains, Pizzas, and Desserts on the menu, there really is something for everyone. They are even making their own hand-cut fries

# MATAKANA GALLERY MOVES TO OREWA BEACH

Marshall Gallery  
OREWA BEACH

Previously 'Matakana Gallery' in the Village, but now with a new name and address, the 'Marshall Gallery' is open now at 12 Florence Ave, Orewa Beach.

A unique, inspirational portfolio of art and interiors exhibiting a curated selection of works from many of New Zealand's most recognised and talented artists, coupled with a beautiful range of interior design pieces. A totally unique and exciting new creative concept, open now at Orewa Beach.

**Marshall Gallery. Orewa, you've waited long enough.**

## Feeling Your Style



Ask yourself:

Does this reflect me?

Does this speak to the world about who I am?

An outfit can be the perfect fit, perfect colour, but if it does not reflect you, or make you feel good, then it cannot offer you the joy it is intended to.

How we feel is more important than anything else. Every day, we need to do more of what makes us feel good, whether it's taking 5 minutes for yourself, a walk along the beach, or listening to music – this is also true for the clothes that we choose and how they make us feel.

Did you know that our Style can be divided into personality categories?

- Classic
- Elegant
- Feminine
- Natural
- Sexy
- Creative
- Urban

We all have a dominant category and a sub-category, and of course we have touches of others by which we have been influenced through work, family, culture, or lifestyle.

Style is so much more than what is found in fashion, or the latest trend must-have! Style is personal; it is an opportunity to express your true self without saying a word.

Take a moment to see how you feel in your clothes. It is not just putting on a cute garment for the day, it is a chance to help improve your mindset. Step back, take a moment, and feel.

Discovering this as part of your Personal Style will shed so much light on why the items you wear and love so much can make you feel good and confident.

Going through a style journey is not selfish, it is a necessary self-exploration to help you uncover your truth. As we all grow and change it is important that we get this and stretch ourselves and feel confident in ourselves and our choices.

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# Millwater Property



**Grayson Furniss**

**Franchise Owner  
MILLWATER**

## Sales Data

Number of Sales  
Median Sales Price  
Highest Sale Price  
Rolling 12 Month Average  
Average % Price to CV  
Average Floor Area (sqm)  
Average Days to Sell

### June 2019

17  
\$1,115,000  
\$1,330,000  
\$1,134,812  
-2.07  
235  
97

### May 2020

8  
\$1,168,000  
\$1,300,000  
\$1,140,946  
3.03  
227  
68

### June 2020

16  
\$1,071,500  
\$1,400,000  
\$1,135,375  
1.34  
182  
74

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.

## Property Talk

It was nice to see the expected jump in sales activity for June become a reality. Volumes are strong, back up to the highest level since last year. Average and median selling price are down; however, this is a reflection of a higher percentage of townhouses and apartments selling this month. Indeed, at 44% of sales volume this is significantly higher than we have seen previously, so it will be interesting to see if this remains a trend. Excluding those sales, the numbers look much brighter with some great sales and premiums being obtained over this time. In particular, larger single-level properties have been going very well, and there is now a real shortage of those available with high numbers of buyers wanting them.

Another key statistic is the days to sell. This has been creeping up all year from record lows (49 days) at the end of last year and, while this is mostly property that was sitting over lockdown and subsequently selling, it would be a shame to see it blow out to the lengthy process (104 days) of mid 2019.

Overall, the market is currently in a healthy state. There are definitely buyers out there and they are decisive when they see the right property. Sales volumes are being restricted by the lack of options for buyers, and we have seen this result in upwards pressure on prices. There seems to be a lack of enthusiasm from local home owners to consider selling at this point and this will keep supply low for the immediate future. This is probably a good thing, as it ensures a stock shortage and means that those that do need or want to sell are more likely to achieve a great outcome.

On the demand side of the equation, while the next couple of months look to be relatively buoyant, we are still expecting there to be some issues in the medium to longer term. The real economic impact of COVID-19 is likely to kick in around September or October, and this falls right upon election time, which always creates uncertainty until the Government is finalised. We would expect that this will have a negative impact on housing demand leading into Christmas. With December and January traditionally very poor months for selling, our advice to vendors currently stands as this: if you are thinking of selling anytime in the next 6 months, then take advantage of the current market and sell now. Do not wait for spring, as the other influences on the market are going to be much stronger than the impact of longer days and some warmth.

We have recently compiled an information sheet highlighting some of the mistakes we see vendors making this year. If you would be interested in receiving this, free of charge, please email me at [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com).

**Grayson | 021 665 423 | [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
<https://millwater.mikepero.com/>  
Mike Pero Real Estate, Licensed REAA (2008)**



## SINGLE LEVEL ENTERTAINERS DELIGHT

4 2 2

[millwater.mikepero.com](http://millwater.mikepero.com)

### 50 Timberland Drive, Millwater

This sunny, warm home feels spacious with four bedrooms, a study, generous open plan living and a large designer kitchen. Add to this the large butler's pantry and you've got an entertainers dream! Single level properties are always in demand and this one will be no exception.

- 4 yr old Generation 200m<sup>2</sup> (approx) home on a 560m<sup>2</sup> fenced site with balance of Premium Master Build Warranty
- Stunning bench top bi-fold windows opening to BBQ area, study near front door for easy access
- Fully ducted heating/airconditioning system to all rooms, LED lighting throughout
- Small boat/ trailer parking

[www.mikepero.com/RX2387345](http://www.mikepero.com/RX2387345)

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## ENTRY LEVEL DELIGHT

4 2 2

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### 19 Prospect Terrace, Millwater

This desirable Universal Homes built property in a well established street, in popular Millwater, is a great option for a variety of buyers. Investors will love that it has an existing long standing tenant (wishing to remain). With significant new development bringing jobs to the area, this could be a great addition to your portfolio.

- quality low maintenance split level home with 4 double bedrooms incl master with ensuite and walk in wardrobe
- fantastic open plan living / dining and kitchen area flowing to large decking area
- separate lounge space with extra high ceilings
- mature street of quality homes with outlook to established reserve

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3 2 2

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**365 Millwater Parkway, Millwater**

Well built and set back from the main road, hidden behind established bush on a residents only street, this immaculately presented 3 bedroom home has been designed with the very best of family living and year round entertaining in mind. This is a great part of the world to live - if you know the area you will know that you need to move quickly to secure this quality property.

- Single level home with spacious open plan living area, stunning kitchen and office space or third living area
- Set well back from the main road, on private residents only street in a highly desirable part of Millwater
- Fantastic off street parking with room for a boat / caravan



**Max Zhang**  
021 521 888

[www.mikepero.com/RX2364823](http://www.mikepero.com/RX2364823)

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Mike Pero

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**THE ULTIMATE FAMILY HOME?**

5 2 3

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**10 Sibling Court, Millwater**

If you're in the market for a larger home, with size and quality included, then this should be on your must see list. In an ideal location for those with younger children, it is up a long, sole-use driveway on a stunning quiet cul de sac - its one of those roads where the kids still play in the street or the driveway.

- 310m<sup>2</sup> (approx) home on 786m<sup>2</sup> (approx) site, just 4 years old and in fantastic condition
- one ground floor bedroom plus 4 on second level with large open plan living space and massive kitchen
- impressive kitchen includes large island bench gas cook top, double fridge space, double dishdrawers
- second separate lounge area, set up as theatre room



**Grayson Furniss**  
021 665 423  
09 426 6122

**Sarah Furniss**  
027 444 0044  
09 426 6155

[www.mikepero.com/RX2336490](http://www.mikepero.com/RX2336490)

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**A HOME OF SUBSTANCE**

4 2 2

[www.66grovenordrive.com](http://www.66grovenordrive.com)

**66 Grovenor Drive, Orewa**

Elevated and sunny with views across Orewa, this low maintenance GJ Gardner home is spacious and welcoming. A quality build in low maintenance materials, this is going to be the dream home for some lucky family. Be in quick to view this property!

- 273m<sup>2</sup> (approx) quality GJ Gardner build set on a 709m<sup>2</sup> site with separate off street parking for caravan or boat
- extra large garage with workshop and separate toilet
- generous living spaces including two living areas plus separate dining, covered outdoor entertaining area
- four double bedrooms including master suite plus study



**Grayson Furniss**  
021 665 423  
09 426 6122



**Sarah Furniss**  
027 444 0044  
09 426 6155

[www.mikepero.com/RX2272526](http://www.mikepero.com/RX2272526)

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# Behind Closed Doors



Yes, the Citizens Advice Bureau doors were closed, but behind the scenes we were still working.

Our volunteers took it upon themselves to keep our service going by working from home, taking both emails and phone calls from all over NZ. As you can imagine, the issues were many and varied. Every day, problems were complex, some taking hours of homework to resolve.

The COVID-19 lockdown has brought out some amazing stories, and the local

CAB is just one of them.

People were struggling with huge issues, for instance, what to do when an employer asks you after the 4 week subsidy payment to either take annual leave or a pay cut. Can they legally do this?

Or, what to do if your firm decides to go into liquidation due to lack of business?

What rights do we have as tenants living in a garage?

Unfortunately, some of the hardest problems to deal with were family and marriage breakdown issues.

It was inevitable that rocky relationships would be hardest hit. Our volunteers dealt with many cases like that, trying to ease the stresses these situations caused.

Tenancy was another complicated issue, both for tenants and landlords, so our advice was always welcome.

But, on a lighter note, our volunteers were also involved in a scheme at the request of the Ministry of Social Development, where we were given lists of older residents who might need assistance. It turned out that most were very happy to have contact from a caring voice.

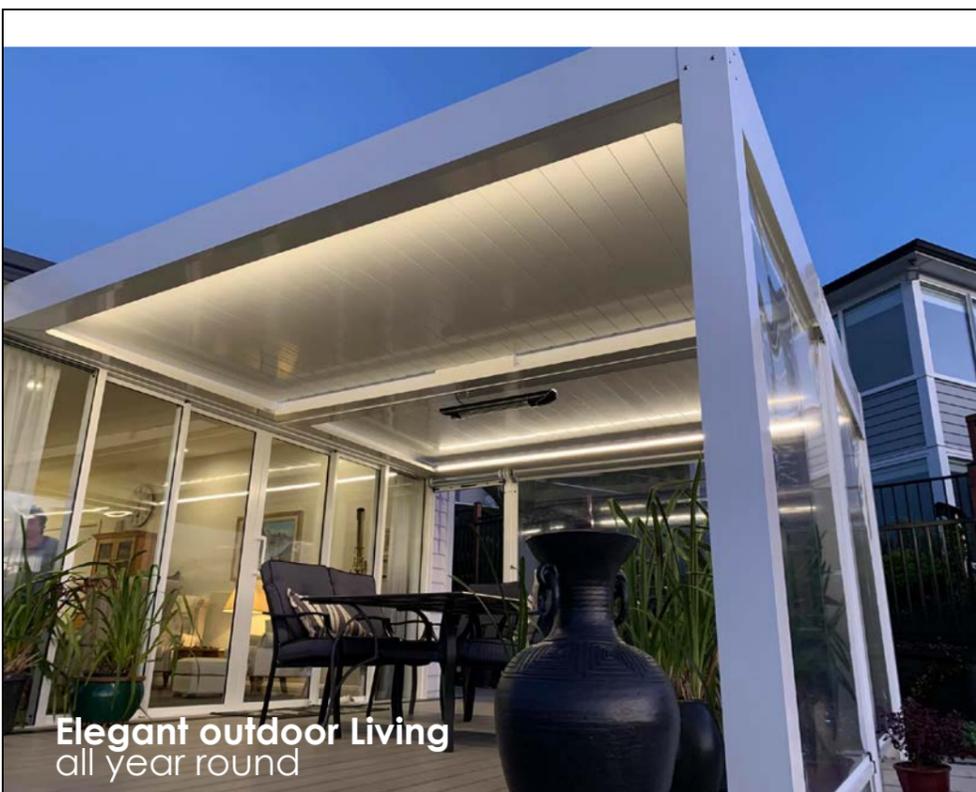
If you have issues like these, or any other concerns that you need help with, ASK US. Come in to our bureau, which is now open again in Orewa Square next to the Community Centre; phone us on 094265338; or visit the website [www.cab.org.nz](http://www.cab.org.nz). Our hours have slightly changed since COVID-19, and are now Mon-Thurs 9am to 3.30pm, and Fridays 9am to 3pm.



## Our sustainable, NZ made JakMat will get you out of the mud!

Muddy paths and driveways are a thing of the past when you lay these quality, heavy duty mats made from recycled plastic. Fill with your choice of decorative pebbles for a great landscaped look at your property.

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# Making Your Digital Footprint Work For You



You've invested hours into polishing your covering letter and CV for a job application; but have you thought about checking whether a photo showing a less-than-desirable circumstance still exists on social media? You may be surprised how commonly recruiters, employers, and business people use the internet to learn about you, rightly or wrongly.

Have you tried to Google your name? See what results you get. If your name is more common, add "NZ" and watch the results narrow down. Your online footprint may not be a true reflection of who you are, but it can influence how you are perceived both socially and professionally.

It's easy to forget that our online footprint doesn't simply disappear over time. Is your post on a community page from years ago a true reflection of who you are today? Does that infamous photo of you shared by a friend on Facebook still exist? Recruiters and the general public that come across your online profiles will make a judgement based on what they see, whether we like it or not. In a competitive world, it's in our best interests to put our best foot forward both in person and online. Having worked with recruiters on projects, I know completing due diligence on social media platforms and LinkedIn is a common part of the process.

If you are seeking a new job opportunity, I suggest taking a moment to create or update your LinkedIn profile. Add a professional photo (a smartphone camera is often sufficient), preferably a head and shoulders photo - this especially helps when someone is about to meet you for the first time for a job interview or a business networking event. Use your headline text, which sits directly underneath your photo, to highlight your skillsets in everyday layman terms. For example;

Too technical: "Five years of experience using Alteryx and PowerBI."

Easier to relate: "Using data to help businesses identify key retail products to meet current and future market demands."

For first-time job hunters, consider highlighting what makes you stand out from the crowd. Is it your ability pick up new

skills quickly, which could be sought after by a retailer? Or your ability to speak multiple languages, which may grab the attention of a recruiter seeking translators for a medical setting?

These are just a few of my personal tips. Our homes need constant upkeep to look and perform at their best; our online footprint is no different.

Robbie Chui | Millwater resident | eLearning Specialist | 021 055 4065

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### WAINUI BURGER NIGHT

Friday, 7th Aug  
5:00 p.m. - Close  
Reservations Essential

### WAINUI RIBS NIGHT

Friday, 28th Aug  
5:00 p.m. - Close  
Reservations Essential

Wainui Burger \* Jalapeno Cheese Burger \* Hawaiian Birdie Burger  
Lamb Burger \* Vegetarian Burger Incl Curly Fries & Slaw \$22.5

Baby Back Ribs with Bavarian Potato Salad and Cabbage Slaw 1/2 Rack \$29.5 Full Rack \$39.5

Wainui  
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Take the northbound #396 Millwater exit stay on Wainui Road for 5 minutes turn left to 35 Windmill Dr.  
Tel (09) 444 3437  
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# Local Produce Thriving at Silverdale Markets

In 2013, our family moved from Bulgaria to New Zealand in pursuit of a quieter, simpler life. We fell in love with the kind and friendly Kiwis and the surrounding nature. At first, we lived in sunny Otaki, where we created our sourdough starter (it has been 'alive' since then) and we made sourdough bread for the Wellington market. In 2014, we moved to Auckland, where I was wholeheartedly accepted by the Silverdale village and Takapuna market communities.



digestible. Staying moist and fresh naturally is what makes this bread the game-changer you did not know you needed.

Due to the request of our customers, now our products are available for online orders and deliveries at [www.breadnest.co.nz](http://www.breadnest.co.nz).

Having said that, you will keep seeing us at the weekend markets (Silverdale, Takapuna) because we love them. They are a place for people to share their thoughts and knowledge. A place where the producer-customer relationship is strong and thriving.

My knowledge and long-term experience in sourdough breadmaking were put to the test by the different taste of the locals. Thanks to their responsiveness, and the year-round support of our Silverdale customers, we improvised and adapted the shape, some ingredients, and weight of our products to the locals' preference. This has resulted in a wide variety of sourdough bread products, including pies with handcrafted sourdough pastry.

We believe that bread symbolises the human soul, hope, honest toil, wealth, and well-being. We make it the 'old-fashioned' way, used since at least 1500BC. We keep it local, searching the local farmers markets for quality New Zealand produce. Then, we keep it simple – no additives, no preservatives. Finally, we don't rush, letting the dough ferment for at least 12 hours before we even think of baking and making it edible.

Sourdough bread is more digestible than standard loaves, and more nutritious too. The long fermenting make the vitamins and minerals in the flour more available, and the gluten more

We love you New Zealand! We are blessed to be here, and it is a true gift that our family has found something to do that brings so many smiles to our customers.



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SCAN ME

# Kids Corner

## The Ocean



### Wavy Word Search

- Coral
- Current
- Fish
- Moana
- Ocean
- Octopus
- Reef
- Sand
- Shark
- Shell
- Surfing
- Swimming
- Tide
- Wave
- Whale

N	G	S	O	C	T	O	P	U	S
A	S	I	U	H	I	V	F	K	W
E	T	H	J	G	D	I	E	D	I
C	O	R	A	L	E	Q	L	M	M
O	U	D	P	R	A	N	A	O	M
J	D	R	X	N	K	Z	H	S	I
F	K	H	R	E	V	A	W	H	N
I	N	W	R	E	E	F	D	E	G
S	U	R	F	I	N	G	S	L	H
H	L	S	A	N	D	T	B	L	P

### Sea Word Scramble!

Unscramble the words to find a hidden sea creature!

1. RLOAC =
2. NOPIHDL =
3. LUTTER =
4. FSEHLHILS =
5. BLEROTS =

### Sand-tastic Facts!

1. Around 70% of the Earth's surface is covered in the ocean!
2. The name Pacific Ocean means peaceful sea.
3. The Great Barrier Reef can be seen from the moon!
4. We have only explored about 5% of the world's oceans.
5. About 70% of the oxygen we breathe is produced by the ocean!

### Salty Jokes

Q. What does a whale say when she's confused?

A. Can you be more pacific?

Q. Who keeps the ocean clean?

A. The mermaids!

Q. Why are there fish at the bottom of the sea?

A. Because they dropped out of school!

Q. Why do seagulls fly over the sea?

A. Because if they flew over the bay, they would be called bagels (bay-gulls)!

Q. How do lobsters get to the ocean?

A. By shell-icopter!

Assembled by  
Elissa Copping, aged 9



# Millwater Bistro & Bar

Hello again from your local!



Wow - what a great month and a bit it has been! Here are our highlights.

## 4-Course Wine Dinners @\$75pp

We wrapped up June with a banger of a week - our Indian fusion wine dinner was a welcomed change from the norm. We had an amazing 4-course set menu which included the infamous Sweet Corn Soup, Braised Lamb with Pineapple Rice, Raw Papaya & Kimchi Salad and, to finish off, a delectable Deep-Fried Ice Cream served on a Sago Pudding. Each course matched with wines that Corey had handpicked.

Our next wine dinner will be held on Thursday 27 August, and this time around we will be highlighting Greek Cuisine. We would love to see more of our locals joining us, meeting other locals for a night of wining and dining. A four-course meal served with matching wines for only \$75pp. Details for booking below.

## Themed Brunch Specials @\$19.50pp

As you may be aware, we have increased our hours to include breakfast and brunch on weekends, by popular demand. We are open from 7am-3pm on Saturdays and Sundays. We have recently started offering themed brunches in addition to our normal menus. In July, in honour of Bastille day, we are serving variations of the classic French Toast, with both Sweet & Savoury Options - a sheer treat at any time!

August will highlight the South Indian Brunch, with an equally delicious menu featuring the infamous Dosa (Indian rice and lentil based crepe), Idli (fluffy and soft steamed rice cakes) served with chutneys and Sambar (a sweet, tangy, and spicy lentil based dipping sauce) along with Chow Chow bath (a platter comprising of 2 dishes made from semolina, one savoury and the other sweet).

In addition to this, we are having a special promotion of a FREE hot drink with the purchase of a full breakfast.

## Private Events

Do you have a special event to organise? We would love to help! Did you know that our venue can be booked exclusively for a private event? We are happy to work with you and tailor the menu for your occasion, based on your budget and/or preferences, for you and your guests. Contact us to discuss all the options we have available.

Contact The Millwater Bistro & Bar by phone at 09 777 6008 or email [dine@xeniagroup.co.nz](mailto:dine@xeniagroup.co.nz).



**Millwater**  
Bistro & Bar

## MILLWATER BISTRO & BAR

Your local is now open for **Breakfast & Brunch 7am-3pm**  
We also have exciting events such as our monthly **Wine Dinner & Curry Club** nights which will surely delight you.  
Call or email us for further information or to make a reservation **09 777 6008 / [dine@xeniagroup.co.nz](mailto:dine@xeniagroup.co.nz)**



# Millwater Property Management

## Non-Deductible Healthy Homes Costs (Part 2)



Some of these non-deductible items could be depreciated, although that is fairly limited, which includes electric panel heaters, some heat pumps, through-window extractor fans, window stays, door openers and stops, external door draught excluders, and devices for blocking fireplaces or chimneys.

## Summary

The IRD's attitude is pretty much that any expenditure is more than likely to be capital unless it is repairing an existing asset or of a very minor nature. They have noted that in the context of insulation, one example of an expense that is still revenue in nature even though it represents a replacement with a superior product is where you are conducting a patch replacement of foil insulation (now banned under the Building Act) with a compliant product.

In my view, the IRD's approach is disappointing, given the mandatory nature of the work. It would seem to make more sense to incentivise landlords to meet these standards through the allowance of a deduction for expenses - rather than effectively penalising them.

Craig Harrison | Principal, Quinovic, Millwater  
<https://www.quinovic.co.nz/millwater/>

Last month we had a look at the Deductible Healthy Homes costs, but there is also long list of costs that will not be deductible as repairs and maintenance, including:

- 1) Wired-in smoke alarms, or more than minor additions of battery powered alarms
- 2) Installation of new insulation
- 3) Ducted or multi-unit heat pumps
- 4) Flued fires (wood or gas)
- 5) New or replacement openable windows
- 6) New exterior doors
- 7) Most extractor fans or rangehoods
- 8) Ground moisture barriers
- 9) Stormwater drainage, gutters and downpipes
- 10) Underfloor vents

**Waggly Trails**  
Dog Walking Services

021 402112 | [wagglytrails.co.nz](http://wagglytrails.co.nz)

## Annual Members Merit Awards Exhibition

12 Aug to 06 Sept 2020  
**Award Presentation**  
Friday 14 Aug 6 - 8pm

**\$1000 Cash Premier Award and Merit prizes**

Members 2019 winners

estuary arts centre  
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Ph: 09 426 5570 Web: [www.estuaryarts.org](http://www.estuaryarts.org)  
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# Your Local Tides

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Sat 1 Aug	04:47.2	11:05.0	17:32.2	23:34.0
Sun 2 Aug	05:46.2	12:02.0	18:25.3	-
Mon 3 Aug	00:29.0	06:41.2	12:54.0	19:14.3
Tue 4 Aug	01:20.0	07:32.2	13:41.0	20:01.3
Wed 5 Aug	02:07.0	08:20.2	14:24.0	20:46.3
Thurs 6 Aug	02:52.0	09:05.2	15:04.0	21:29.3
Fri 7 Aug	03:33.0	09:47.2	15:43.0	22:11.2
Sat 8 Aug	04:13.0	10:27.2	16:21.0	22:51.2
Sun 9 Aug	04:52.0	11:06.2	17:01.0	23:31.2
Mon 10 Aug	05:33.0	11:45.2	17:44.0	-
Tues 11 Aug	00:11.2	06:15.0	12:28.2	18:31.1
Wed 12 Aug	00:53.2	07:00.0	13:14.2	19:23.1
Thurs 13 Aug	01:38.2	07:48.1	14:08.2	20:17.1
Fri 14 Aug	02:28.2	08:41.1	15:07.2	21:13.1
Sat 15 Aug	03:23.2	09:37.0	16:06.2	22:08.1
Sun 16 Aug	04:21.2	10:34.0	17:01.2	23:03.1
Mon 17 Aug	05:18.2	11:30.0	17:53.2	23:57.0
Tues 18 Aug	06:12.2	12:22.0	18:42.3	-
Wed 19 Aug	00:50.0	07:05.2	13:12.0	19:30.3
Thurs 20 Aug	01:41.0	07:56.3	14:00.0	20:19.3
Fri 21 Aug	02:31.0	08:47.3	14:48.0	21:09.3
Sat 22 Aug	03:20.0	09:37.3	15:36.0	21:59.3
Sun 23 Aug	04:09.0	10:27.3	16:26.0	22:50.3
Mon 24 Aug	04:59.0	11:17.3	17:19.0	23:41.3
Tues 25 Aug	05:51.0	12:10.3	18:16.0	-
Wed 26 Aug	00:33.3	06:46.0	13:06.3	19:16.0
Thurs 27 Aug	01:28.2	07:44.0	14:08.2	20:18.0
Fri 28 Aug	02:27.2	08:45.0	15:12.2	21:20.0
Sat 29 Aug	03:29.2	09:48.0	16:16.2	22:20.0
Sun 30 Aug	04:32.2	10:49.0	17:14.2	23:18.0
Mon 31 Aug	05:32.2	11:46.0	18:07.2	-

## Auckland Heritage Festival at the Silverdale Pioneer Village



### Eccentric and Notorious People & Events of Early Silverdale

Robin Grover, local historian, author of *Makers of the Wade* and a former president of the Silverdale and Districts Historical Society, tells stories of prominent, eccentric and notorious people and events of early Silverdale (formerly known as the Wade).

**Venue:** The Old Chapel, Silverdale Pioneer Village, 15 Wainui Road, Silverdale

**Date & Time:** Saturday 26 September, 11am-12pm

**FREE ENTRY**, gold coin donation appreciated. However, **bookings are essential**, so phone Sue on 021 630 520 or email [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com)

The Silverdale Pioneer Village will be open all day from 10am-3pm with the Children's Game Room operating, historical exhibitions in all buildings, and Devonshire Teas being served in the Old Parsonage for only \$6.

Come for a day and experience a lifetime.



For further information  
phone 09 426 4952  
or [chadorewa@gmail.com](mailto:chadorewa@gmail.com)  
<http://hbcanglicanparish.nz>



Join us for services throughout the month:

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

**Christ Church, Waiwera**  
1st Sunday 11:15am

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

# A Haven in Huapai

38 Vinistra Road, Huapai / 162m<sup>2</sup>



Maddren love the fact that everyone is different. That's what inspires them to continually create original designs and details. You won't find standard design booklets at Maddren, because they don't work to standard plans or cookie-cutter concepts. On the contrary; they would rather get to know you, your dreams and your design ideas, to develop a unique home that works for you and your family, your lifestyle, your site and your budget. The end result is a home you'll be proud to call your own.

You'll see that dedication to design and detail in Maddren's latest showhome in Huapai. Come and discover where urban family dreams are realised. Ultra-modern and

ultra-comfortable, this surprisingly spacious 3-bedroom, 2-bathroom home promises and delivers. Warm timber pavilions invite you inside this light-drenched, architecturally designed home. High raked ceilings add elegance and space to the combined kitchen and living area. A wrap-around

hardwood deck offers indoor-outdoor flow and connects with the master and secondary bedroom. Despite its modest budget, Vinistra boasts premium black detailing and fixtures that put it a class above. This beauty has the extras and all the conveniences for easy family living. Discover the style of Vinistra.

[www.maddrenhomes.co.nz/showhomes](http://www.maddrenhomes.co.nz/showhomes)



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Discover our latest showhomes including Vinistra in Huapai and Wainui Cove in Millwater.



A relaxing day fishing was planned, until I discovered the 4 week old burley bag in the bait bin. No more nasty surprises with our fully fitted pricing.



# Looking to Buy a House?

Four key things first home buyers should be thinking about

Buying your first home is an incredibly exciting time; however, it can also be overwhelming with a lot to learn and think about. Luckily, we've narrowed it down for you with a few tips to consider when looking to buy your first home.



## 1. Due Diligence Condition

Including a due diligence clause in your Sale and Purchase Agreement is a smart move if you like a property but have not had a chance to do all of your homework before putting in an offer. A due diligence condition essentially acts as 'safety net' giving you the ability to get out of the agreement should something crop up later when investigating the property. Agents don't necessarily like these, but they are essential if you have not done your homework!

Be careful with how narrowly these clauses are drafted as this may limit their protection. We can provide you with the right clause if needed.

## 2. Kiwisaver

First home buyers often rely on Kiwisaver to help fund their purchase, so it is important to check your eligibility.

Timing is also key, as it can take up to 15 working days to access the funds, which is especially important if you intend to

use it to pay your deposit.

## 3. Who is buying?

It is important early in the process to consider how you want to structure the ownership of your home. Will you buy it yourself? Use a company or trust? Own it as a joint owner or tenant-in-common? There are many options which we are happy to discuss with you.

## 4. Most importantly, drop us a line before you sign!

It can be tempting to sign a Sale and Purchase Agreement as soon as you

think you've found the perfect home. However, we recommend you get a lawyer to review it first. By coming to us early, we can help ensure that your purchase goes smoothly and nothing is overlooked.

If you are looking to buy a home, give our team a call on 09 421 0559, or pop in and see us in Silverdale.

**Melanie Baker-Jones**  
Solicitor  
Simpson Western

# Dealing with Breast Cancer: Angela's Story



Recently, one of my clients, Angela, a single parent with two teenage boys, was sadly diagnosed with stage 3 breast cancer.

I had reviewed her insurances 18 months previously, and – being on a tight income – I recommended that she at least take up Life, Trauma and Mortgage Repayment cover. As she was soon to undergo rectocele surgery, the insurer did not offer the Mortgage Repayment cover. To compensate for the non-availability of the mortgage cover, I strongly recommended that she double her trauma cover – a recommendation which, thankfully, she accepted.

Just last month, Angela called me to inform me of her cancer diagnosis and I immediately undertook management of her trauma claim. The lump-sum claim was paid promptly and in Angela's own words:

*"Thank you very much for assistance with this claim. I do appreciate all you have done. I am very hopeful that this journey will not be too long! This will definitely take a load of stress off me as I conquer this journey. Yes, very unexpected and luckily the extra Trauma cover was in place instead of the Mortgage Protection cover. Strange how things pan out isn't it?"*

Being a single parent with two teenage boys and no other financial support, Angela was delighted that she had taken my advice to double her trauma cover. The larger trauma lump-sum payment has given her a financial buffer so that she doesn't need to worry about her immediate financial situation and can concentrate on her imminent surgery and rehabilitation.

Again, I'm pleased and humbled to have been able to help Angela through putting in place a protection plan which provides financial relief at such a testing time, as well as executing the claim on her behalf.

It's what we do.

**Theo Simeonidis FNZIM & Cristina Simeonidis**  
UProtectNZ Insurance Services

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

<sup>1</sup> Name has been changed for privacy reasons.

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# Millwater Malt

## Ballantine's Finest Blended Scotch Whisky



1938 the company received its Grant of Heraldic Arms. This recognised George Ballantine & Sons as an 'incorporation noble on the Nobleness of Scotland'.

**Colour:** Pale gold. The spirit appears unusually oily for a blend, which promises good things.

**Nose:** Unexpectedly complex for a blend. Fruitcake, glazed cherries, woody and spicy notes.

**Palate:** Smooth, with a nicely and significantly full body. Flavours of Christmas cake, dried fruit, muscovado sugar. There are some hints of peat and smoke.

**Finish:** The finish is truly brilliant. Long and lingering, Ballantine's Finest ends in notes of spice, ginger and creamy fudge.

**CONCLUSION:** I was blown away by Ballantine's Finest. Jim Murray's 2020 Whisky Bible awarded it 96/100 – I never expected that what is an essentially budget blend would achieve (or deserve) such high ratings. This one is super smooth and full-bodied. Rich and complex, Ballantine's Finest is so easy-drinking that you will reach for a second (and maybe third) glass.

1000ml, 40% ABV, target price around an amazingly economical \$40!

Ballantine's Scotch whisky dates back to 1827, when George Ballantine began supplying selected, blended Scotch whiskies to noted customers from his grocery shop in Edinburgh. Sales were good and Ballantine employed his son, George Jr, to help with the expansion. They soon began exporting to Europe and the business went from strength to strength.

In 1895, Queen Victoria awarded George Ballantine & Son a Royal Warrant – the greatest endorsement of the company's prestigious reputation. In

## Why Choose Mike Pero Millwater?

### Testimonial

Our experience with Grayson and Sarah, I would have to say, was exceptional.....



Our experience with Grayson and Sarah, I would have to say, was exceptional. From the appraisal which was very accurate, to the photoshoot under Grayson's direction, great photography, quick and efficient sign up and marketing started – all was excellent. After only one open home a Sale and Purchase was presented and another followed not long after, with excellent success. Grayson and Sarah have done themselves, and the Mike Pero brand, a great credit.

**Ross & Jill Blair**  
Vendor: 11 Outlook Terrace

# Millwater Asian Corner

## Natural Remedies



Back in the old days, we collected fruits from the kumquat tree after Chinese New Year. Kumquat is a kind of small citrus tree and was a key decorative element for the season (similar to a pine tree for Christmas). Mum would put the fruits into a jar, fill it with salt and let it set aside in a shadowy place for a year or even more; it then turned into the best sore throat remedy. While kumquat is not available in New Zealand, we did try the same recipe with lemon, but the taste wasn't quite as good.

Talking about natural remedies, there is one we have always talked and joked about since we were kids, but never give it a go because it sounds extremely hilarious. It is suggested that, if a fish bone is unfortunately caught in the throat, put an empty bowl on the head with the concave side up, vigorously strike the middle of the bowl with a pair of chopsticks, then the bone will be swallowed down.

Well, maybe one day the MythBusters can bust or confirm this. Until next month, stay warm and dry.

**Nita Wong**  
nita.millwater@gmail.com

It's the time of the year when the household is mostly occupied with runny noses, sore throats, or coughs. I myself went to bed early for a few nights to recover from early cold symptoms. While resting is probably the best natural remedy, some good warm drinks can also relieve the body from the sickness.

For instance, lemon honey is the most common drink I am sure you would have heard of or tried. But when I was a kid, I would long for Mum to boil me some Coke with lemon. Yes, that's right, boiled Coke! In our culture we believe boiled Coke is a natural cold remedy, don't ask me why, but as a kid with a restricted sugar intake this was such a treat. The myth is that the formula in Coke contains some sort of spice that is good for relieving colds. It does taste good, all the fizziness is gone, and the remaining flavour matches well with the sourness of lemon.

## OREWA OPTICS

10 Bakehouse Lane  
(opposite Dear Coasties)  
09 426 6646



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# What's On Hibiscus Coast

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

**1st Sat of every month St Chad Market** • 117 Centreway Rd, Orewa • white elephant, arts, crafts, plants etc Stalls \$15 & tables if required (\$5) • bookings call Andrea 02108310745 or John 09 4267645 (If it's wet it will be inside).

**Every Sat Millwater parkrun** 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details

**2nd & 4th Tues of every month Rotary Satellite Club of Orewa Millwater** • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale Contact Secretary Caroline 027 748 0512

**Every Weds Hibiscus Coast Mid-Week Badminton Club**  
9am-noon • (Club Nights Tues & Thurs 7-9pm) • All welcome 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 Donna 021 024 3064

**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](mailto:hibiscuscoast@zonta.org.nz) or 027 577 1888

**Every school term Tuesday Ladies Crafts Group** • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 9am - 12pm • \$2 for morning tea & craft • creche provided

**Every school term Friday Arts Group** • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 9am - 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](http://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](mailto:pioneervillage1968@gmail.com)

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

**Every Mon Whangaparaoa Indoor Bowls Club** night at the Whangaparaoa School Hall from 7pm • all ages, beginners welcome and coaching provided • contact Geoff 09 428 5915 or Owen 09 426 8476

**Every Thurs evening Silverdale Ballroom Studio**  
Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 527 5542 for further information

**4th Sun of each month - Kiwi Club** • Social Dance 5-8pm All welcome • Silverdale Hall

**Every Fri Toastmasters** • 1:00 - 2:00pm • Orewa Library

**2nd Weds 7-9pm & 4th Thurs 10am - Noon Hibiscus Coast Embroidery Guild** • Meet at Hibiscus Coast Community House (behind Estuary Arts, Orewa) • Contact Jan Adams 09 426 5851, [janadams49@gmail.com](mailto:janadams49@gmail.com)

**Every 2nd Thursday Puhoi Celtic Sessions** • Orewa North Primary School • A sing-around/play-around event where everyone can join in. Contact Alan [alanthewag@outlook.com](mailto:alanthewag@outlook.com)

**Every Tues & Weds 9am - 12 and Sun from 1pm Hibiscus Petanque Club** • 214 Hibiscus Coast Highway, adjacent to the Orewa Bowling Club. New players always welcome, free coaching available. Ph Club Captain Charles on

**Every Sunday Rise with the Sun at Orewa Beach**  
10 mins prior to sunrise • hosted by Natural Wellthly with Alison Davis • Contact Alison on 021 27224378 or visit event page [https://www.facebook.com/alisondaviswellness/?modal=admin\\_todo\\_tour](https://www.facebook.com/alisondaviswellness/?modal=admin_todo_tour)

**Friday 21 August Citizens Advice Bureau Hibiscus Coast AGM**  
1.00pm In the Catholic Church Hall • 180 Centreway Rd, Orewa ALL WELCOME

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

## Medical & Dental

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Silverdale Family Dentists 09 972 1406  
Orewa Medical Centre 09 426 5437  
Millwater Dental 09 972 1518

## Pharmacy

Millwater Parkway Pharmacy 09 959 0256  
Life Pharmacy Orewa 09 4264087

## Insurance / Finance / Accounting

Wayne Henry Mortgages 0800 WHENRY  
UProtectNZ Insurance Services 027 248 9320

## Legal

Simpson Western 09 421 0559  
Heathcote Legal 09 475 5916

## Property Management

Quinovic Millwater 09 444 5753

## Fashion / Retail / Gifts

Silverdale Village Market 021 030 3273  
Estuary Arts 09 426 5570  
Marshall Gallery 021 244 7220

## Child Care / Education / Classes

Northern Arena 09 421 9700

## Landscaping

Zones Landscaping 0800 00 60 31

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## Counselling / Parental Support

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## Millwater Recipes

### Korean Stir Fry – Sweet Potato Noodles (Glass Noodles)

#### Ingredients

*Note: The following are available in Korean shops*

- 250-300g sweet potato noodles
- 5 shiitake mushrooms
- Handful of Korean fish cake (or replace with beef/pork)
- 250g Pork Galbi marinade sauce
- 1 carrot
- 3 stalks celery

#### Method

1. Boil noodles until soft, rinse under tap water, drain
2. Cut fish cake, carrot and celery into thin strips
3. Soak shiitake mushrooms in warm water until soft, squeeze water out and

cut into thick slices

4. In a large saucepan, heat up sesame oil at medium heat, then add above ingredients. Stir fry in high heat until carrot and celery start to turn soft
5. Add approximately 1/3 of the sauce and stir thoroughly
6. Add noodles, stir with other ingredients, add more sauce a little at a time until all sauce is used
7. Add more sesame oil to taste, mix well and remove from heat
8. Garnish with spring onion

Happy cooking!  
Nita Wong  
[nita.millwater@gmail.com](mailto:nita.millwater@gmail.com)

#### Your baking notes

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### Country Style Chicken Liver Pâté

#### Ingredients

- 250gms x fresh chicken livers (cleaned as per demo)
- 20mls x canola oil
- 20gms x butter
- 3 x cloves finely chopped garlic
- 2 x small finely diced brown onions
- 2 x rashers of streaky bacon (diced)
- 5gms x picked fresh thyme
- 100mls x port wine
- 10gms x castor sugar
- 60gms x cold diced butter
- 70gms x cream cheese
- Salt and pepper

#### Method

In a heavy bottomed frypan, preheat to a light smoke on a medium-to-hot element. Add the oil and then add the chicken livers, season and cook on each side for approximately 2 minutes or until medium rare, don't move the pan so you keep the heat in the pan high (don't overcook the livers as this will turn the pâté grey).

Remove the cooked livers from the pan into a strainer to drain the chicken livers from the oil. Place the fry pan back on the heat and add the 20gms of butter to melt on a medium heat. Place in the garlic and diced onion and sweat till soft but without colour. Add the diced bacon, thyme and sauté for 3-4 minutes. Then deglaze with the sugar and port and then reduce by ½. Add the chicken livers back to the pan for a further 30 seconds, check the seasoning and then remove from the heat.

Allow to cool for 5 minutes only and then place into a kitchen whizz and blend till puréed, but slightly coarse. Slowly add the cold diced butter while the kitchen whizz is still on and then the cream cheese until just combined. Place into a terrine or appropriate mold. Wrap in cling film and refrigerate until set. This should take around 2 hours. Serve with warm crusty bread & fig chutney or a similar sweet chutney.

Mark Lane | Culinary Lane  
[www.culinarylane.co.nz](http://www.culinarylane.co.nz)

**Editor's Note:** a **terrine** is a deep rectangular straight-sided dish with a tightly fitted lid.



# Home Improvements

## Landscaping - what to do and what not to do



Following on from my previous articles about what improvements to your home are worthwhile and what possibly aren't, this month we will have a look at one of our favourite areas for improving value – landscaping.

This is possibly the hardest option to quantify, yet the one that may achieve the highest return on investment when it comes to increasing the value of your property. The beauty is that you can do much of this work yourself, potentially saving a lot of money. However, we suggest that having a good plan for what you want to achieve, and how, is important. If you don't know what to plant or where to use hard landscaping, it is probably worth getting a plan put together by a professional. The other serious consideration for landscaping is starting the process early enough. While it is possible to make some improvements in a short time, to make significant changes to the appearance of a property you will need to think longer term. Most high quality outcomes take 3 or more years to reach some level of maturity, so while spending a lot of money on immature plants in the month before sale may improve things, you may not see the full benefit of it in the final sales price.

So, what is worth doing? We have previously covered the value of landscaping in street appeal; however, it is worth reiterating that this is hugely important and should probably be your first area for attention. Creating an inviting entrance for the house will ensure people at least get through the front door, so look at using hard and soft landscaping to improve your street appeal. Creating a break from the street, softening hard edges, adding colour, and improving privacy can all be assisted with landscaping.

Once you have sorted out the bit between the street and the front door, the other key areas to consider for adding value are as follows.

Grass play areas – this is huge. Getting a quality lawn looking good is a sure-fire way of improving your value. Ideally, it will be a flat area so that families can envisage their kids running and playing; however, any nice area of green will generally be well received. A ratty, patchy lawn is a turn-off for buyers; it can make them think of maintenance needing to be done. This is an area where you can achieve a quick turnaround with 'ready lawn', meaning you can get a great result in a few short

weeks; it just needs more investment. It will look even better if bedded-in for a few months prior to selling.

Privacy – with generally smaller sections we see the neighbours getting closer. While in many cases privacy is achieved by fencing, a long term planting plan will significantly increase the feeling of seclusion and quiet that many buyers are looking for. Most buyers would rather look at a nicely planted line of trees that extends beyond the top of the fence, rather than see the neighbour's roof. In some cases, there is a real privacy issue, with outdoor areas opening towards each other or sightlines into or from bedrooms, etc. While planting larger tree species may alleviate some of this over time, a quicker solution can be some form of hard landscaping. Screens, ornaments, pergolas, or other structures can be used to make a hard break, possibly while you wait for the longer-term planting to come to maturity. The importance of this can be difficult to grasp, particularly when you have lived in the house for a while and know the neighbours, so don't mind a chat with them on your way to the spa pool. However, rest assured that most buyers will see that type of interaction as a negative, so it may help to get someone independent to have a look.

Next month, we will dive into a couple of the higher cost areas: swimming pools and outdoor areas. In the meantime, if you are unsure about the likely value of any improvements that you wish to make to your property, feel free to contact us. We are always happy to have a look at your property, discuss your thoughts and make some suggestions with the benefit of some data and local knowledge.

Grayson Furniss  
Mike Pero Millwater | 021 665 423



## Your Teen's First Heartbreak

So your teenager is in a relationship, and it's as serious as it gets at age sixteen. Recently, you've noticed that your young person is angry at everyone (including the cat). They've changed their lock screen photo – it used to be Dave. Dave has been axed from her screen forever. In place of Dave's baby face is a quote, which reads, "Men are like trees, they take forever to grow up."

Your parent antennas go up. You put together the cat thing, the quote thing, and the fact that it's been almost two months since the relationship started. The only logical conclusion to come to is that the relationship has ended. Stupid Dave.

How can you helpfully talk to your child about all of the emotions that going through a break up can invoke?

### Let them know that you are there for them

Here are some ways you can say this:

"If you need to talk, I can listen."

"You can talk to me about anything."

"Even if you feel bad about something that you've said or done, you can tell me."

"I got dumped heaps of times so I know how it feels."

"Want me to get a tub of ice cream and some spoons?"

### Acknowledge their feelings

It can make all the difference to know someone gets what's going on with you, especially when you're feeling things you've never felt before. Chances are, your child won't have the words right away to describe how they feel. They just know Taylor Swift lyrics make a lot



more sense now.

If they do string together a couple of sentences about it, and you're ever tempted to say, "You don't need to feel like that," swap it out for a "Mmmm" (or any other type of empathetic sigh). Ask how they feel, acknowledge it as a valid feeling, and give them space to take the lead from there.

### Let them talk

When they are finally ready to let the floodgates open, let that water flow freely. Let them explain how Dave messaged Sarah about Chloe, but she screenshotted it and showed Chloe, who then unfriended Dave, and then he made a group chat without Sarah. It might seem trivial and hard to follow but the aim here is to let them talk it out with you. You may find that they aren't heartbroken once they work their way through what's happened.

You definitely don't need to rush in with your adult perspective on their break up. It's likely your child already knows that the pain isn't going to last forever. They probably already know that they are a strong independent teenager who don't need no one. Their friend Charlie has already sent them numerous encouraging gifs to that effect. The key here is this: listen to understand, not just to respond.

What teens often need, is simply to be listened to, and listened to well. You might have a myriad of advice to give your kid about break ups, but the way that the advice will be most listened to is if it asked for. If you want them to ask for your perspective, you have to listen to their perspective first.

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