

theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
November 2017



**MILLWATER ADOPT A FAMILY FOR
CHRISTMAS - see page 38 for details**

- Blueberry Yoghurt Muffins
- Millwater Property Talk with Grayson
- Gardening Tips for November
- Safer Communities - Who are you going to call?

Editor's note

With Guy Fawkes on November 5th, there will be some opportunities to enjoy fireworks. However, as advised in Vet Speak, please be considerate and mindful that pets won't enjoy them at all.

Writing this intro in mid-October, and with fingers crossed, I am predicting that summer will have arrived by the time you read this. It's certainly long overdue!

The Pioneer Village in Silverdale is an important heritage asset for this area and provides a genuine insight into what life was like in the Silverdale area for those early settlers. Murray Sampson, President of the Pioneer Village Committee, is building up this great hands-on experience and he is interviewed on the page opposite.

It is disappointing to see how badly some of the berms and public grassed areas are maintained (or not, as the case may be). The weather has been poor, I know, but it is to be hoped that our once-tidy Millwater gets the attention it deserves – both from Council and private homeowner lawnmowers.

The generosity of those who donated prizes and special events for the Silverdale School Country Show Day once again shows what a great community we live in. There are many vibrant social groups within Millwater, including many who meet at the Stoney Homestead Community Hub, so there is something for everyone. The energetic Rotary Satellite Club of Orewa-Millwater is one of these, last month raising over \$1,000 for the Pink Ribbon Appeal and over \$500 for Rotary's End Polio Now appeal, by running sausage sizzles at PAK'nSAVE Silverdale, who donated the 800 sausages and everything else needed on the two days.

Brian Mullan
Editor
November 2017

Published by The Millwater Mag Limited

Circulation is 2800 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz
* conditions apply

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Millwater Mag Ltd.

theMillwatermag

November 2017 Issue

- 4 Mortgage Matters
- 5 Vet Speak
- 6 Rechelle McNair - Futility & Frustrations
- 7 Headaches with OsteoMe
- 8 Millwater Book of the Month
- 9 Pharmacy Talk Orewa - Migraines
- 10 The Millwater Insider
- 12 Pharmacy Talk Millwater - Are you leaving your health to chance?
- 16 Millwater In Focus with Visual Voice
- 18 Safer Communities - Who are you going to call?
- 20 Baby Bliss Advice
- 22 Millwater Biz Buzz
- 25 Millwater Property Talk with Grayson
- 26 Millwater Property for Sale with Mike Pero
- 32 Financial Security Part 3
- 33 Millwater Motors
- 34 Tim Lawrence Fishing Spot
- 35 Millwater Malt of the Month
- 36 Art Speak with Estuary Arts
- 37 Millwater ROMEOS
- 40 School Lunches with Nutrition Sense
- 42 Your Will with Simpson Western
- 43 Millwater Asian Corner
- 44 Millwater Recipes
- 45 Doting on your dentures with The Dental Suite
- 46 Gardening Tips from Central Landscapes
- 48 Dates for Your Diary
- 49 How to contact your local
- 50 Weiti River Tide Chart
- 51 Your Enterprising Community Zone

Front Cover: One of our most treasured residents; Colin Roberts - organiser of many a fabulous Millwater Community Event!

themillwaterinterview



It is important that we hold onto our New Zealand heritage from times gone by. We met the new President of the Silverdale Pioneer Village, Murray Sampson, to find out what is being done to ensure that this is maintained and remains available for current and future generations.

Murray's father's family came to New Zealand in 1842; his mother's family in 1865. "I call myself a true Pakeha," Murray declared. His family were dairy farmers in Taranaki, where Murray grew up before graduating as a Veterinary Surgeon from the University of Queensland in 1965 (there were no veterinary schools in New Zealand at that time). Part of the deal was that he then had to return to New Zealand to practice veterinary medicine for 5 years, and he worked as a vet in Raglan and Warkworth. Murray returned to University Vet School in NZ to get his post-graduate diploma before he and wife Lorraine headed off to England on their OE in 1972.

Returning to NZ in 1974, they built their house and vet practice in Silverdale. "This was a sort of compromise between country and city," Murray told us. Of course, nowadays, the city has come to the country! "Dealing with other people's grief and

their apparent inability to accept that animals live and animals die eventually took its toll, so I decided to retire from practice in 2003," Murray added.

Murray Sampson is a founder-member of the Rotary Club of Whangaparaoa and was its 2nd President in 1989-1990. He served a further term as President 5 years ago. The motto of Rotary is "Service above Self" and Murray has taken that precept to heart by becoming the new President of the Silverdale Pioneer Village.

Murray realises that the actual buildings, more so than the contents, are what need preserving. "The 16 buildings in the Silverdale Pioneer Village show what the houses, schools, churches, barns – and even the dunny – were like in New Zealand a hundred or more years ago." Modern facilities like electricity, heating and alarm systems are the only real additions.

"The volunteers that we have in the Pioneer Village have a great depth and breadth of knowledge about everything here, and part of my job is to ensure that these memories are written down and preserved in an enduring way for future generations," Murray added, "so it's important that I work with them effectively as part of my aim that this heritage facility remains intact for the next 100 years and more."

We asked Murray about the challenges he foresees. "Maintenance is obviously a key priority. The Silverdale Pioneer Village is a listed Heritage Place in the Unitary Plan, so nurturing the good relationship we have with the Local Board and Auckland Council is vital," he said. "We really need a more effective entrance to the Pioneer Village, so we are hoping to gain permission to take over the old Red Cross building and develop that as the main gateway."

Murray has controlled energy and is an excellent planner; one who is capable of devising effective short, medium and long-term strategies, but he needs more volunteers who are willing to give a little time – even just to be there and welcome the visitors who come to trace what life was like for their forebears in New Zealand. We wish success to Murray and all the volunteers at the Silverdale Pioneer Village, and encourage our readers to support them in any way they can.

Urgent Care Doctor Red Beach

Open 7 days 8am - 8pm

No appointment necessary.

FREE ACC visits for under 13 year olds

Ph (09) 427 9130

Red Beach Shops,
Red Beach Road

coastcare
accident + medical centre



mortgagematters

Are Mortgage Advisers worthwhile?



(when it comes to rates).

Most of the responses mentioned interest rates as being the main reason for using a broker (we prefer the term Mortgage Adviser). Some of the responses – particularly from those who are advisers, worked for advisers or had advisers – conveyed the message that the value is not all in the interest rate. Interestingly, the poster had specifically mentioned that he had good rates; his main concern was his bank's inflexible attitude. He understood that banks have different offerings, he just wasn't familiar with Mortgage Advisers.

I don't know whether the poster contacted a Mortgage Adviser. I hope that he did, and I hope that he received advice and service that was of value to him.

A good Mortgage Adviser can be a valuable point of contact, and can offer advice on a range of issues. There are many local Mortgage Advisers (including this one) with substantial finance industry experience. Mortgage Advisers are also able to offer advice relating to various banks' policies and products, whereas a bank mortgage manager is likely to recommend their employer's products.

Mortgage Advisers generally offer free advice. And if you discover that it doesn't work for you, you don't have to engage their services. What have you got to lose?

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

Not long ago a Millwater local posted on Facebook, seeking feedback on Mortgage Brokers. I followed the thread and was surprised with some of the responses.

Many of the responses were favourable, with respondents recommending and endorsing Mortgage Brokers. Others were less favourable, and made me wonder how people had come to their conclusions. One suggested that the original poster talk to a bank mortgage manager as they are more experienced. Another advised that the bank will always undercut a broker



Specialist Mortgage Advisers

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

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





Wayne Lawrie Morgan Moore Jo Hook

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

vetspeak

Fireworks and your pet



We are getting to that time of year where we celebrate Guy Fawkes with parties, music – and, of course fireworks!

Fireworks are fun for us but our pets find them very scary. There are bangs, bright flashes and other noises that are unpredictable. Our fascination with this time of year means we don't just celebrate on the one evening; fireworks are regularly heard until New Year's.

If you own a pet who finds this time of year stressful, there are

many things we can do to ease their worry over this time.

Make sure your cats are inside before it gets dark. Cats love to hide when they are scared, so make 'hiding holes' for them around the house. Even a simple cardboard box with a cosy blanket inside can be a wonderful retreat for a cat who is frightened.

Walk your dogs early when it is still light and once home shut the curtains, and put the TV on or just play them some music. A covered, comfy crate can help your pooch just like your cat.

If you find your furry friend is still worrying about the noises coming from outside, then please come and talk to us before it gets too bad. Products like Feliway and Adaptil are pheromones that help your pet feel more relaxed and secure – not just for visits to the vet, but even in their own home.

Preparing your house in advance will help your pets. Pay attention to where they enjoy spending time and put a crate or box around that area. Encourage them to use it by rewarding them with treats.

If you would like more information on these products see their website at www.feliway.co.nz or www.adaptil.co.nz or if you would like to discuss the needs of your furry friend, please pop in to the clinic or phone us on 427 9201.

Jessica Ashley VN



Millwater

VET HOSPITAL

'Caring for your pet's health 24/7'

Corner Bankside Rd and Stables Lane, Millwater Central

Available on (09) 427 9201 24hrs / 7 days

www.millwatervethospital.co.nz

Our other clinic remains at-

Orewa

VET HOSPITAL

19 Moenui Ave, Orewa
(09) 426 5407
www.orewavethospital.co.nz





hibiscusmats

CARPET OVERLOCKING • HOME INTERIORS • MARINE • AUTO

NEW CARPET? Bring your new carpet remnants to Hibiscus Mats Carpet Overlocking to have them cut, gripped & overlapped with a durable, professional edged finish to create high quality, custom made mats at cost effective prices.

VISIT www.hbcmats.co.nz for readymade mats for sale
PHONE 021 909 458 EMAIL renee@hbcmats.co.nz
FACEBOOK hibiscus mats INSTAGRAM hibiscus_mats
ADDRESS 54 Duncansby Road, Stanmore Bay, 0932
HOURS Tue-Fri, 9am-5pm (flexible)



Fleurette

Florist



Shop 16, on Central Boulevard, Silverdale
Phone 09 421 0505 sales@fleurette.co.nz www.fleurette.co.nz

Futility and Frustrations



Experienced this? You? Your kids? I've worked with kids for over 30 years and I've noticed an increase in what is commonly referred to as 'anger issues'.

I attended a one-day seminar recently, titled: "Why are our kids so angry?" It was 8 hours of content delivered by an expert clinical psychologist who specialises in dealing with 'anger issues'. He suggested it's not really anger that is being expressed, it's aggression which has its roots in frustration. He said, "Anger is thoughtful and it's a choice. Frustration is primal and we all experience it."

The presenter went on to share fantastic images, to help us lesser mortals understand.

We all feel frustration. If you are a parent, you know this is true.

I have yet to meet a parent who has not been frustrated. So, why are we not all turning to mass destruction? Because most of us take an exit out of the Frustration roundabout before we get to the Aggression exit.

The first exit is Change. At this exit we make a choice to change either ourselves, our perspective, or our situation. These changes allow for the frustration to be felt and dealt with.

The second exit is Adapt. At this exit we make positive changes in ourselves that allow us to adjust to the conditions and therefore overcome the frustrations felt.

The last exit is Aggression. If we fail to or decide not to take a previous exit, this is where we end up.

Seems simple, and yet the complexities at each 'exit' are vast. One of the roadblocks along the way is the gate that we must pass through before we can take the first exit. That gate is Futility. We must truly understand that there are some things in life that don't make sense, things we cannot change or control.

I need to understand how these principles apply to me first; only then can I begin to understand and apply them to the children in my life.

The biggest take-away for me was to learn to embrace Futility. Let it be felt and expressed in non-violent ways. It must be felt or we will eventually end up at Aggression.

Eight hours don't make me an expert. I hope that starting a conversation and sharing what I have learned is helpful.

Rechelle McNair, sKids Kingsway

Headaches

Headaches are the most prevalent neurological disorder and amongst the most frequent issues seen in general practice. They are extremely common: 50% of the population will suffer a headache during any given year, and more than 90% of people will suffer a headache in their lifetime (International Association for the Study of Pain, 2011). Headaches are more commonly suffered by woman than men, at a ratio of about 2-3 to 1. This female preponderance of headaches begins at puberty, where a cyclical increase in secretion of female hormones predisposes them to headache events such as migraines.



There are many, many different types of headaches, with many different origins and mechanisms. As Osteopaths, we

see two very common types of headaches that arise from the musculoskeletal system: they are tension headaches and cervicogenic headaches.

Tension headaches most commonly arise as a result of poor posture and postural strains, although many people note stress as a factor in these headaches. Tension headaches generally present bilaterally (on both sides) at either the base of the skull/top of neck; around the forehead and front of the head; or both. The pain in these headaches arises from over-working of neck and shoulder muscles, causing both the muscle and its attachment onto the cranium to become irritated.

Cervicogenic headaches are one-side headaches and arise from referred pain from structures in the upper neck – often this is a joint or structure related closely to the joint. These headaches can come about from a knock to the head/shoulder, a strain in the neck, an injury below the neck causing a compensation pattern, or it can be part of a postural strain.

Often, in both tension and cervicogenic headaches, movement of the neck is preserved and relatively pain-free. However, there are certain tell-tale signs that we look for when diagnosing these headaches in both a patient's examination and history. The good news is that, once a diagnosis of one of these headaches is made, they are relatively simple to relieve, often only needing 2-3 treatments.

**Hamish Syrett
Osteo Me**

The GOLDSMITH Manufacturing jeweller since 1978
NOW OPEN IN MILLWATER!
www.thegoldsmith.co.nz

QUALITY HANDMADE JEWELLERY MADE BY OLD SCHOOL JEWELLER AT THE BENCH ON SITE

- Custom Design • Diamond Specialists • Repairs • Stone Replacement • Alterations
- Insurance Work • Watch Service and Batteries

SHOP 3, 177 MILLWATER PARKWAY, SILVERDALE • 09 427 5072 • 021 455 812 • GEOFF@THEGOLDSMITH.CO.NZ

OsteoMe
 REGISTERED OSTEOPATHS

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

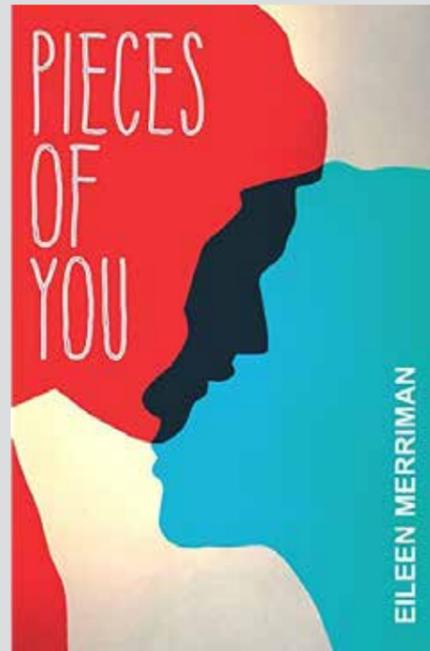
- Back Pain • Neck Pain • Tension Headache
- Postural Strains • Shoulder Injuries
- Sports Injuries

At OsteoMe, we have staff trained in:
 Acupuncture, Pilates and The McKenzie Method.
CALL US TODAY TO MAKE AN APPOINTMENT.
0508 OSTEOME

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

millwater **book of the month**

Pieces of You by Eileen Merriman



Pieces of You is a page-turning and compelling young adult novel that I hope every teenager, and their parents, will read. Fifteen-year-old Rebecca McQuilten moves with her parents from Dunedin to Auckland. She desperately misses her old friends and feels very lonely. When she accepts an invitation to a party in an attempt to fit in, she feels even more lonely. And when she leaves the party early, things go from bad to much worse. It's only when she meets her outgoing sixteen-year-old next door neighbour, Cory Marshall, that she can begin piecing her life back together again – before the unthinkable happens.

This is a novel that sets the bar very high. Eileen has the right amount of teenage angst and emotion, while at the same time exploring some very difficult topics in a very sensitive way. Through her main characters, Rebecca and Corey, the author examines low self-esteem, self-harm, rape, teenage mental health, and suicide. But she does it in a way that gently sheds light on these subject matters, and shows how people can find better ways of coping with some of the serious things that can happen in life, through opening up to other people: friends, parents, and therapists.

Don't be fearful that this is a novel that is too heavy, however. There are some moments that may make you cry – and, certainly, the climax of the book is heart-wrenching – but there are many enjoyable moments along the way, and I particularly liked Rebecca and Cory's love of poetry and literature, something that permeates the novel. This is a superb novel with wonderful characterisation at its core, and even if the storyline is hard to read as a plot, it also has a sense of hope. It was wonderful to read this debut novel by this talented New Zealand writer. I certainly look forward to future books from her.

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

Wainui.

35 Windmill Dr
Wainui, Auckland 0992
Tel (09) 444 3437

wainui.online

EAT. PLAY. MEET

Choose Wainui for your next occasion. The locals choice for great food, great golf, and better memories.

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.

Better weather and longer daylight hours will allow all a chance to get outside and enjoy the Kiwi countryside. No better time for family, friends, and kids of all ages to enjoy an activity on the Orchard 9, Wainui 18, or Tennis Courts.

Make Wainui your family playground!

PUBLIC WELCOME

pharmacy **talk** orewa

Migraine



A migraine is a type of headache where the pain is severe and can last for several hours or even days. Migraines can affect people of all ages, including children.

No one knows the exact cause of a migraine. However, there are thought to be several factors that trigger a migraine. Triggers include dehydration, missed meals, too little or too much sleep, head and neck pain, hormonal changes, stress, loud noises, certain foods, alcohol, flickering or bright lights.

Signs and symptoms: Some people get no warning that a migraine is about to come on and others experience such things as dulled senses, irritability and difficulty talking. A small number of people experience what is known as "aura" where they see flashing lights or zigzags in their vision or even lose sight from one or both eyes. A few people also get pins and needles in their hands.

The headache associated with a migraine has a throbbing pain and is quite severe. The pain is usually felt on one side of the head and can last from 4 hours to 3 days.

Some migraine sufferers may also feel sick and in some cases actually vomit. Most migraine sufferers are very sensitive to bright lights, noise and movement when they have a migraine and find a dark, quiet room to be helpful.

Treatment: There is no cure for migraines but you can get relief from taking pain relievers such as Ibuprofen, Paracetamol or Aspirin. Sometimes a combination of these medicines or the addition of Codeine is needed. Treatment needs to be started as soon as a migraine begins. There are several Pharmacist-only medicines that can be helpful and we recommend coming to discuss these with us.

We also recommend that you drink plenty of fluids and eat regular meals, to keep blood sugar level steady.

Esther Butt
Dispensary Manager
Unichem Hickeys Pharmacy

Unichem
Hickeys Pharmacy



Unichem Hickeys Pharmacy

Unichem Hickeys Pharmacy

16 Moana Ave, Orewa

Ph: (09) 426 5659

Email: dispensary@hickeypharmacy.co.nz

Store Hours

Monday - Friday 8:30am - 6:00pm
Saturday 9:00am - 4:00pm
Sunday 9:30am - 3:00pm

Lose a Dress size with the NEW Katherine Daniels body treatments 8 sessions over 4-6 weeks Hourly sessions Get your body ready for this summer \$135 each \$65 slimming cream for home care




Beauty Aspects

Your local beauty salon offering all aspects of beauty

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

[facebook.com/beautyaspectsltd](https://www.facebook.com/beautyaspectsltd) for all up to date specials

themillwaterinsider

Stoney Homestead Community Hub

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

It's here again! Annual European Christmas Market

Sunday 19th November, 9am to 2.30pm, Silverdale Hall in Silverdale Village. A great range of gifts and food from European countries and NZ. Something for every taste and a great range of Christmas Gifts. The PAK'nSAVE lucky shopper raffle will be drawn at 2pm on the day.



All welcome – so come and enjoy!

Enquiries to Helene 021 913 488 or helene@sailaway.co.nz

Sponsored by Silverdale Village Group, this year's charity is St John Ambulance in Silverdale.

Millwater Mud Grass Rally

A massive shout out and thanks to Colin Roberts for organising the Mud Rally last month. This was a truly great event, with fantastic participation from Millwater residents. The standard of entries was varied, a little like the quality of the pilots; however the enjoyment of those involved and spectating was consistently high. Some spectacular spills were seen (and recorded) as well as some interesting choices of attire. The gauntlet has now been laid down for next year, so let's see some more carts built, more families involved and more great moments to put in the memory (and photo) banks. Please see the images page 13 – kindly supplied by Paul Conroy of Visual Voice Photography in Orewa.

Who you gonna call?

No, not Ghostbusters, call the Police. There have been numerous complaints about various infractions of the law being posted on Facebook. Sure; jump on there and let the community know, but after you have called 111 and let the Police know what's going on. The Police want to hear from you: please refer to the article on page 18 from Community Constable Mike Brown. If, as a community, we don't let them know, nothing will change. So; pick up your phone before you hit the keyboard.

Recycling

How many people put their empty medication containers into the recycling; or, worse still, put them in the waste bin? Most are recyclable, certainly, but there is more than one way to recycle. After checking with Hickeys Pharmacy, it is clear that we should all be reusing the plastic containers for our repeat medications. Simply peel off the old labels, wash them out and dry them. There is no reason why your pharmacy should refuse to refill your clean meds containers – again and again.



Yes, you too are responsible!

Following on from the above about calling the Police, can we all have a good long hard look in the mirror and maybe the other people in our houses, and have a think about the way we are driving around the streets of Millwater. We consistently see people speeding, talking on phones or generally not paying attention to what they are doing. You only have to look at the comments on Facebook recently to understand that this is going on in our area. Petty stupidity seems to be on the rise and unfortunately the finger is being pointed at some of the youth living in this area. We know that three animals have been hit in one week recently, and it is only a matter of time until that is a person. Let's all slow down, be more considerate and also have a chat with all the younger members of our family who are on the roads.

Millwater 區內情報要點

Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊
地址：12 Galbraith Greens, Millwater
电邮: info@stoneyhomestead.org.nz，聯絡電話：021 0267 9111. Facebook @StoneyHomestead

It's here again! Annual European Christmas Market

11月19日星期日上午9时至下午2时30分, Silverdale Village的 Silverdale Hall有来自欧洲国家和新西兰的各种礼品和食物的市集。绝对能满足各种不同的喜好，而且是选购圣诞礼物的好地方。另外PAK'nSAVE幸运彩券将于当日下午2点抽签。

欢迎各位来享受节日的购物气氛！

查询请电联Helene 021 913 488或电邮helene@sailaway.co.nz

由Silverdale Village Group主办，今年的慈善团体是Silverdale的圣约翰救护队。



Recycling

有多少人将空的药物容器放入回收利用桶中？还是更糟的把它们放在垃圾桶里？当然这种容器大多数是可回收的，但原来还有另一种回收方式：在与Hickeys Pharmacy联系后，发现原来我们可以使用同一个药物容器来装入重复的药物。您只要剥掉旧标签，将其清洗干净，在配药时交给药房便可以了。药房会很乐意重新填充您已清洁好的药物容器。

Millwater Mud Grass Rally

非常感谢Colin Roberts上个月组织了泥潭赛事。这是一个真正盛大的活动，吸引了Millwater居民精彩热情的参与。虽然比赛车辆规格不一，然而，参与者和观众的乐趣及情绪都很高涨。大家都看到（并记录了）一些壮观的演出以及一些有趣的变装。这个活动已经决定明年会再举行，希望明年会有更多的车、更多的家庭参与，打造更多美好的回忆及令人回味的照片。活动当天的图片请看第13页 - 照片由Orewa的Visual Voice摄影公司的Paul Conroy提供。

Who you gonna call?

最近有很多居民在Facebook上发布各种违规的投诉，当然，在遇到这种事的时候要社区知道，但首先要做的应该是打111让警察知道发生了什么事。警方希望我们能直接跟他们联络，好让他们可以尽快处理。这样我们的社区问题才能够改善。所以，在打键盘之前先拿起你的手机通知警察。

Yes, you too are responsible!

继续上述关于打电话给警察的议题，让我们都一起来反省一下自己、及家里其他人的开车的方式。我们经常看到人们超速、用手机、或注意力不集中。你只需要看看Facebook上最近的讨论，便可以了解到危险驾驶在我们这个区域正在发生。随着越来越多愚蠢的驾驶态度引发的事件，以致很不幸地茅头纷纷指向生活在这一地区的一些青年。我们知道最近在一个星期内有三只动物被撞倒，我们非常不希望有人被撞而受到伤害。让我们放慢车速，更加体贴一些，并且和我们家中所有的年轻人讨论一下如何做一个负责的驾驶者。

pharmacytalkmillwater

Are you leaving your health to chance?



Many men are leaving their wellbeing to chance. According to research, men are far less willing than women to access health services. A UK study has found that men are much less likely than women to take advantage of primary care services, including community pharmacies. They are also unwilling to consult a pharmacist face-to-face or seek treatment when sick. The survey found that, on average, men visit a pharmacy four times a year compared with 18 for women.

More men than women admit that their understanding of medicines is poor, and they are twice as likely to take a new prescription medicine without first reading the patient information leaflet or seeking professional advice.

The survey suggested that employment patterns could have a bearing on men's attitudes to health services. Men are twice as likely as women to have a full-time job and are more than three times more likely to work over 45 hours per week, making getting to a medical centre or pharmacy more difficult.

Men's health can benefit greatly from regular check-ups and screening exams for cholesterol, blood sugar, prostate disease, and colon cancer. Men and healthcare professionals can also get together on healthy lifestyle issues like smoking and drinking, good nutrition, diet, exercise, and stress reduction.

For more health advice or any concerns, please speak to our pharmacist.

Millwater Parkway Pharmacy



On behalf of the Millwater Community, thank you Colin Roberts!



love life everyday!



sign up FOR THE

SILVASTA™ LOYALTY CARD PROGRAMME

No more than 12 tablets can be provided on any single occasion.

SILVASTA™ (sildenafil) 25 mg, 50 mg, and 100 mg tablets are a Prescription Medicine, except when supplied by a pharmacist who has successfully completed the approved training programme, used for the treatment of erectile dysfunction of males aged 35-70 years. A pharmacist is required to contact the patient's GP with the option for the patient to opt out. Silvasta™ is not suitable for all males with erectile problems. Ask your pharmacist or doctor if Silvasta™ is suitable for you. Do not take Silvasta™ if you are taking any nitrates medication (used to treat angina and other heart conditions). **Do not take if you have:** heart or blood vessel problems and have been advised to avoid sexual intercourse; had a heart attack or stroke in the past 6 months; a severe liver problem; certain eye conditions known as non-arteritic anterior ischaemic optic neuropathy or heredity eye disorders; unusually high or low blood pressure. **Tell your pharmacist or doctor if you have:** heart or blood vessel problems; other disorders of the penis; cancer of the blood or bone marrow; blood disease known as sickle cell anaemia; kidney or liver problems; diabetes; or are taking any other medicines. Silvasta™ may affect your ability to perform skilled tasks. Be careful driving or operating machinery until you know how Silvasta™ affects you. **Medicines have benefits and some may have risks. Always read the label carefully and use strictly as directed. Possible side effects include:** headache, flushing, indigestion, nasal congestion, abnormal vision, urinary tract infection, diarrhoea, dizziness, and rash. Serious side effects requiring urgent medical attention include: chest pain; sudden decrease or loss in hearing; fits; painful or persistent erections; sudden loss of vision. If symptoms continue or you have side effects, see your health professional. **Full Consumer Medicine Information (CMI) is available**

on the Medsafe website www.medsafe.govt.nz. For further information, ask your health professional. Silvasta™ is an unfunded medicine. You will need to pay for this medicine. A charge may apply. Marketed by Douglas Pharmaceuticals Ltd, Auckland. Silvasta™ is a trademark of Douglas Pharmaceuticals Limited. © Douglas Pharmaceuticals Ltd 2015. TAPSNA8296 BGA160317



Millwater Parkway
Pharmacy

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

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

Mike Pero
REAL ESTATE

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

Mike Pero Real Estate Ltd, Licensed REAA (2008)

L-Theanine



alertness, similar to what is achieved through meditation. Second, L-Theanine is involved in the formation of the inhibitory neurotransmitter, gamma amino butyric acid (GABA). GABA influences the levels of dopamine and serotonin, producing the key relaxation effect.

The brain emits weak electronic impulses (brain waves) that can be measured on the surface of the head. These brain waves correlate with four different types of mental states and activities. (Alpha, Beta, Theta and Delta). It is well known that Alpha brain waves are generated during a relaxed state and therefore Alpha waves are used as an index of relaxation. In one study of mental responses to L-Theanine, brain wave topography showed that Alpha waves were observed from the back to the top of a person's head within approximately 40 minutes after the subjects had taken 200mg of L-Theanine.

The debilitating effects of stress and anxiety in our modern world upset the balance of our hormones, impair the immune system, significantly inhibit our ability to concentrate and relax, and can cause depression. People under stress can mitigate many of the harmful effects of stress with L-Theanine, without becoming sedated or drowsy in the process.

L-Theanine is extremely safe to take. So, for assisting with issues of mental stress, anxiety, memory and learning ability, ADHD, and just bringing some general calmness when needed without drowsiness, L-Theanine is certainly worth a try.

Health by Logic

L-Theanine is an amino acid. Hundreds of studies have highlighted its many health benefits, particularly its calming and unique anxiety-reducing effects whilst enhancing mood and increasing Alpha waves and alertness.

Wow! Sounds good, right! "Give me a bucketful," so to speak! Research in human volunteers has demonstrated that L-Theanine creates a sense of relaxation in approximately 30-40 minutes after ingestion via at least two different mechanisms. First, the amino acid directly stimulates the production of Alpha brain waves, creating a state of deep relaxation yet mental

"Pastyme With Good Company"



Hibiscus Coast Singers will be presenting a lively variety of music in their concerts on Sat. Dec 9 at 7.30 pm and Sun. Dec 10 at 2.30 pm at Red Beach Methodist Church. This will be the last concert conducted Norman Firth, who has been the choir's popular Musical Director for the past 17 years. The choir will be doing its best to make this concert a memorable occasion to farewell and thank Norman for his many years of service.

"Pastyme With Good Company," the concert title is the name of the opening song, composed by King Henry VIII. Full of the joy of living, it sets the mood for the programme. There are love songs, sacred favourites and a New Zealand flavour in songs by John Wells.

"A Christmas Cantata" by English composer Geoffrey Bush is the major work, which weaves together a melodious selection of carols, accompanied by hauntingly beautiful oboe and piano playing.

The oboe soloist is the talented young Felicity Hanlon, and the piano accompanist throughout the concert is the highly-acclaimed Janet Gibbs.

The concert is rounded off with an upbeat version of "The Twelve Days of Christmas" by Bob Chilcott, with many delightful touches and a chance for audience participation.

Remember: this is the last occasion to appreciate Norman Firth in front of the choir with his baton. Audiences can be assured that they will enjoy passing some time in such "good company"!

Hibiscus Coast Singers
Pastyme with Good Company
 Saturday 9th Dec 7:30pm | Sunday 10th Dec 2:30pm
 Red Beach Methodist Church, 76 Red Beach Road
 Featuring: Janet Gibbs & Norman Firth
 Introducing: Felicity Hanlon, Oboist
 Adult: \$25 | Senior/Student: \$20 Children under 12 free
 Tickets available from choir members or ph: 09 424 1923
 email: hbcmusicsociety@gmail.com | www.hbcsingers.com

ROD HARMAN MOTORS LTD
 Automotive Repairs • Servicing
 WOF Testing
 1/8 Curley Ave, Silverdale
 Ph (09) 426 6066
 Fax (09) 426 1066

HEALTH BY LOGIC
 your specialist local health store
 where good health comes naturally

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

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

TOTAL SECURITY GROUP
 Sales | Installation | Service

ALARMS & MONITORING
T.V. AERIALS & SATELLITE DISHES
NETWORK DATA & WIFI
FULL AUDIO-VISUAL INSTALLATIONS
DIGITAL DOOR LOCKS
CCTV

YOUR LOCAL TRUSTED SECURITY, AERIAL & AUDIO-VISUAL SPECIALIST

021 **2SECURE** (021 273 2873)
 Ph (09) 947 5992
 www.totalsecuritygroup.co.nz

Summer Shooting Tips



shoot or the camera on your phone, here are some tips that will help you get better photographs this summer:

Get Down Low

Whether you're photographing kids, adults or pets, do it from their eye level. Shooting down towards a smaller subject brings the floor closer and you lose any chance you had of having them stand out from the background. You also don't get to capture their entire face and subsequently will miss a lot of the expression on their face.

Sun in The Eyes

Having your subject face into the sun will often result in them squinting, and we really need to see their eyes. If there's no suitable shade, have the sun over the subject's shoulder and use the flash to fill in the shadows on their face. Most cameras will do a reasonable job of

setting the correct flash exposure, but it's always good to know how to adjust to power output of the flash.

Keep the Background at A Distance

Turn your subject so that the background is as far away as possible. This creates a level of separation that helps the subject stand out in the picture.

Take Your Sunglasses Off

Great pictures of people and animals always have the eyes clearly visible and in focus. We read a lot into people emotions from looking at their eyes, so having them covered takes a large part of the message out of the picture. Peaked caps can also cast a dark shadow over the eyes, so it's best to remove these too.

Paul Conroy
Visual Voice Photography

DEALING WITH BREAST CANCER

A client's story

Late one rainy afternoon in October 2016, I received a phone call from a distressed client who had just been diagnosed with breast cancer. After shedding some tears, Claire* thanked me, in her words, for my foresight in "putting in place the best insurance plan ever". As a single parent of a teenage daughter, with a substantial mortgage, she knew that her protection plan would help her immensely.

Claire had a comprehensive protection plan: Life (\$707,000), Trauma (\$202,000), Total Permanent Disability (\$202,000), Mortgage Repayment (\$3,302 per month), Private Medical and Premium covers.

The Private Medical Cover enabled immediate, detailed pre-surgery diagnostic tests to be completed and, within a week, the breast surgery and reconstruction was done. Following a period of recovery, a further course of chemotherapy and additional preventative treatments were covered by the medical insurance. Claire's Trauma claim of \$202,000 was also promptly paid, providing financial relief so that she could concentrate on treatment and rehabilitation.

While Claire's Mortgage Repayment Cover (MRC) was based on an 8-week wait period, and 2-year benefit payment period, the Partners Life MRC cover includes a great inbuilt Critical Illness Benefit. This benefit means that the wait period will be waived if the illness is one of 11 named conditions – cancer being one. Thus, the monthly mortgage repayment benefit commenced being paid from the date of diagnosis, with no wait period! How good is that?

But it gets better! Because Premium cover is inbuilt into the Mortgage Repayment Cover, Claire's total premiums for the entire period that she has been incapacitated – 12 months to date, and counting – have been waived by the insurer. She hasn't had to pay a bean over this time!

Claire has been in a very good space, financially, throughout this trying breast cancer episode and being able to concentrate on her treatment and rehabilitation. Her positive approach to battling her breast cancer has been absolutely inspirational.

I'm pleased and humbled to have been able to help her through putting in place a robust, high-quality protection plan with an exceptional insurer and executing the claims on her behalf.

It's what I do.

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.

For assistance on any personal or business insurances, Theo can be contacted on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis.

Theo's disclosure statement is available free of charge on request.

**(Name changed for anonymity)*

Tradie of the Month with Maddren Homes

Going the extra mile is nothing new for Brooke from Hydrotech, but this month it's earned her Maddren Homes' Tradie of the Month. When an urgent CCTV drainage investigation was needed she was right onto it; proactively completing the job in under 24 hours, which meant it was submitted to Council on time and kept the building project on track. Recognising exceptional work creates a positive culture among the hardworking tradespeople, something that both sponsors Western ITM and Maddren Homes are proud to call an industry first. Well done Brooke and Hydrotech; keep up the great work!



VOLUNTEERS WANTED

Hospice care changes lives – without our volunteers we couldn't do what we do.

At Hibiscus Hospice we rely on our army of volunteers to keep our organisation running. If you would like to make a difference in your local community and meet new people, please get in touch.

We currently have the following positions available:

- Shop volunteers
- Kitchen helpers
- Warehouse assistants
- Community visitors

If you would like to come and work with us, please call Sandra on 09 421 9180 or email volunteer@hibiscushospice.org.nz



ILLUMINATE CHURCH

ALL WELCOME

It is entirely worth checking out...
Every Sunday 10:15am

The Events Centre
Kingsway School,
100 Jelas Road, Red Beach

www.illuminatechurch.org



Hibiscus Coast Nannies
For all your Childcare Needs

Silverdale
022.4233229

hibiscuscoastnannies.co.nz
coastkids01@gmail.com

Theo Simeonidis

FNZIM, B.For.Sc (Hons.), MPP
Registered Financial Adviser

Millwater's insurance specialist
- serving our community



UProtectNZ Insurance Services

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

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

safercommunities

Who are you going to call?



One of the most common discussions I have is: when to ring the Police and what number to call. We want to know what is happening in our Police district and the quality of our service relies on the quality of information we receive. Police need all crime to be reported. Unless Police are told, we cannot react efficiently to catch the offenders and prevent further offending.

The most important number to know is 111 – the number to be used when you need immediate police response.

- Crimes happening at the time;
- To report suspicious behaviour happening at the time;
- If you are fearful or intimidated by something at the time;
- Have just been involved in a car accident when someone is injured.

If you are sitting at home worrying about something that is happening at the time, ring 111. Our highly trained operators will be able to decide on the right response. This could be sending a police car to the location immediately or offering the caller practical advice.

To report a crime that police don't need to attend or report a historical event that is non-urgent, phone 0800 191 115 019. This is the CRL phone number. CRL = Crime Reporting Line.

The CRL call-taker will be able to take your complaint and provide you a Police file number at the time.

For Both 111 and CRL speak clearly and answer all questions with as much details as possible.

The operator will want to know:

You name
Date of birth
Contact phone number
Your location
The location of event
Details of the event
Your involvement
Details of others involved

Please be patient: the operator needs all this information to make sure that the best response is given.

To report Traffic incidents Ph *555

Suspected drunk drivers
Erratic driving behaviour
Debris on the road
Road blockages

For Anonymous information that you want to pass on, ring the Crime Stoppers phone line 0800 555 111

Contacting Local Stations

If you have a problem that you want to discuss at local level, contact your local Police station. The watchhouse-keepers will be able to offer the relevant advice or put you in touch with the right person to help you.

Orewa Station Ph. 09 426 4555

Mon-Wed: 8am -5pm
Thur-Fri: 8am-7pm
Sat-Sun: 8am-5pm

The area stations for Rodney are open Mon-Fri 8am-4pm

Whangaparaoa Ph 09 424 6500
Warkworth Ph 09 425 8109
Wellsford Ph 09 423 8228
Kumeu Ph 09 412 7726
Helensville Ph 09 420 8967

Facebook

Please check out our Facebook page at Waitemata Police for what's happening in our district. There are loads of useful tips and links that may help you with any queries.

Working together

Often the public see and hear things before incidents come to Police attention. To enable the Police to provide the best service possible, we need to be told when it happens. Waiting until the next day to report something is very much like shutting the gate after the horse has bolted.

So, **remember:** help is only a phone call away.



Constable Michael Brown
Orewa Community Constable
Orewa Police Station | 4 Riverside Road | Orewa
P 09 426 4555 | E MBX747@police.govt.nz

FOCUS HEARING

We Focus on Your Hearing

Free
Check

Free
Consult

Free
Fit



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

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

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

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

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



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



Comprehensive Committed Dentists

Caring & Affordable

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

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

Please check our conditions/policy regarding our services.

Situated in the Silverdale Medical Centre

7 Polarity Rise, Silverdale
Ph (09) 972 1406

Open on Saturdays and late nights

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



Silverdale
Family
Dentists

BABY BLISS ADVICE

Skin-to-skin Contact: Why it is so Important?



your baby's physical state, by regulating their temperature, breathing, heart rate and even keeps their blood sugars stable. It also strengthens their immune system as your baby becomes colonised with the bacteria on your skin. Your breast milk then produces antibodies in response and makes your milk specifically protective against that bacteria.

Skin-to-skin also plays a very important role in breastfeeding. At birth, you and your baby have extremely powerful pheromones that attract you to each other. There is a beautiful video put out by UNICEF showing how your baby can use their senses and new-born reflexes to smell, crawl, lick and latch onto the breast. Using skin-to-skin regularly throughout those early weeks has been shown to help build a very efficient milk supply.

Skin-to-skin can be practiced throughout your baby's first few months. Other lovely ways of doing skin-to-skin is having a bath with your baby or by giving your baby a lovely massage. It also works really well to settle an unsettled baby because it replicates the security that your baby felt from being in your womb.

Elysia Gobbie
Baby Advisor
Dip HSc (Midwifery) BHS (Nursing)

021 428 500
elysia@babybliss.kiwi.nz
www.babybliss.kiwi.nz

Skin-to-skin contact is one of the most natural and beautiful experiences that you can share with your baby. It plays an important role in the bonding process, is an integral part of successful breastfeeding and assists your baby in the transition to their new life, both physiologically and emotionally.

Immediately after delivery, your baby can be placed on your bare chest. This time is referred to as the 'Magical Hour' and is a very precious time for the early stages of the bonding process to occur. It helps fulfil the need that your baby has instinctively for touch and human contact, giving your baby security and reassurance, and a lovely gentle and calm transition into their new world.

Having your baby skin-to-skin also has a powerful effect on

millwater **malto** of the month



Another Speyside single malt this month, offering decent quality at an advantageous price. Like all things in life, you get what you pay for, and the Glen Grant 10-year-old is worth every cent that I paid. The 2016 Jim Murray Whisky Bible raved about it and awarded it 95/100, giving it the accolade "Single Malt of the Year – Multiple Casks"

It's certainly good whisky, matured in ex-bourbon casks, but perhaps not quite that good.

Colour: Pale gold

Nose: Gentle vanilla, ripe orchard fruits and green grapes, a hint of cereal.

Palate: Fruity sweetness, vanilla, gentle peat and malty cereal. A very tiny drop of water intensifies the enjoyment – but be careful not to add too much water.

Finish: Medium length, hazelnuts, sweetness fading to a slightly sharper, peppery note.

Conclusion: Excellent value for money – definitely one to buy if you're relatively new to single malt Scotch whisky

ABV 40%, 700ml, target price below \$60 online including courier delivery.

STUNNING NEW HOMES IN MILLWATER

Prices Reduced on New Homes in Millwater and East Park. VISIT OUR SHOWHOME: 211 Wainui Road, East Park

<p>\$1,130,000 NOW \$1,069,000</p>  <p>4 3 2</p> <p>MILLWATER Lot 180 - 25 Ormonde Drive</p> <p>CONTACT: Maryanne Bawden: 021 837 002 Maryanne Sikora: 027 501 0876</p> <p>Land: 655m² House: 193.5m²</p>	<p>\$1,095,000 NOW \$1,045,000</p>  <p>4 2 2</p> <p>MILLWATER Lot 324 - 8 Vue Terrace</p> <p>CONTACT: Maryanne Sikora: 027 501 0876 Maryanne Bawden: 021 837 002</p> <p>Land: 526m² House: 190.2m²</p>	<p>\$1,100,000 NOW \$1,060,000</p>  <p>4 2 2</p> <p>MILLWATER Lot 395 - 94 Colonial Drive</p> <p>CONTACT: Maryanne Bawden: 021 837 002 Maryanne Sikora: 027 501 0876</p> <p>Land: 400m² House: 205.32m²</p>
<p>\$1,105,000 NOW \$1,065,000</p>  <p>4 2 2</p> <p>MILLWATER Lot 296 - 58 Ormonde Drive</p> <p>CONTACT: Maryanne Sikora: 027 501 0876 Maryanne Bawden: 021 837 002</p> <p>Land: 507m² House: 198.8m²</p>	<p>\$1,085,000 NOW \$1,045,000</p>  <p>4 2 2</p> <p>MILLWATER Lot 327 - 14 Vue Terrace</p> <p>CONTACT: Maryanne Bawden: 021 837 002 Maryanne Sikora: 027 501 0876</p> <p>Land: 536m² House: 194.2m²</p>	<p>\$1,095,000 NOW \$1,045,000</p>  <p>4 2 2</p> <p>MILLWATER Lot 328 - 16 Vue Terrace</p> <p>CONTACT: Maryanne Sikora: 027 501 0876 Maryanne Bawden: 021 837 002</p> <p>Land: 528m² House: 197.2m²</p>
<p>\$845,000 NOW \$825,000</p>  <p>4 2 2</p> <p>EAST PARK / SILVERDALE Lot 51 - 67 Andrew Jack Road</p> <p>CONTACT: Maryanne Bawden: 021 837 002 Maryanne Sikora: 027 501 0876</p> <p>Land: 180m² House: 158.2m²</p>	<p>\$840,000 NOW \$825,000</p>  <p>4 2 2</p> <p>EAST PARK / SILVERDALE Lot 28 - 35 Andrew Jack Road</p> <p>CONTACT: Maryanne Sikora: 027 501 0876 Maryanne Bawden: 021 837 002</p> <p>Land: 180m² House: 156.1m²</p>	<p>\$850,000 NOW \$829,000</p>  <p>4 2 1</p> <p>EAST PARK / SILVERDALE Lot 45 - 55 Andrew Jack Road</p> <p>CONTACT: Maryanne Bawden: 021 837 002 Maryanne Sikora: 027 501 0876</p> <p>Land: 184m² House: 159.1m²</p>



Millwater resident Roy Crane owns a thriving helicopter training and tourism business at the North Shore Airfield, so we went there to find out more about the man and his successes.

Originally from Hastings in the UK, Roy developed his love of aviation through his grandfather, who opened a gliding club there. "I spent many happy weekends at the gliding club," Roy recalls. Management training began at Sainsburys in the UK and then progressed to senior level in the finance and insurance sectors before Roy took a year off and came out to NZ. From never having been in a helicopter, Roy obtained his NZ private pilot's licence here and met

many people in the helicopter business before returning to the UK. Later, having met some Canadians on a Cuban holiday, Roy visited Canada and decided he would move there – but fortuitously took a detour through New Zealand on his way and renewed friendships in the helicopter business here.

Time in Canada saw Roy obtain his Canadian commercial pilot's licence – but he was soon afterwards approached by local helicopter owners in Orewa, who invited him to buy into their business. Returning to Auckland, Roy obtained his NZ commercial pilot's and instructor's licences before buying half the business in 2004, then taking it over 100% in

2006. Despite the hardships of the global financial crisis of 2008 and beyond, Roy was able to grow his business and obtain NZQA Accreditation.

From 2013, the company started to offer two Diplomas in Aviation; and then Ministry of Education recognition in 2014 allowed selected students to fund their commercial licence through the student loan scheme. In addition to being an instructor and flight examiner, Roy has had extensive experience as a charter pilot flying scenic tours, executive charters, VIPs – and he organises helicopter safaris around New Zealand, with up to 12 helicopters at a time.

Roy's entrepreneurial abilities stretch beyond aviation. He also imports and distributes Canadian weatherboard products that claim to be better than most of what is currently available on the NZ market. "Over 90% of Canadian and 40% of American homes have been installing these products for decades but Kiwi builders seem so far behind the times. These products offer superior insulation qualities and are faster and more economical to apply than almost anything else," Roy told us, "...and they never need painting."

Being a Millwater man, Roy supports local people by donating helicopter flights as prizes for selected local schools and charities. Likeable and friendly, Roy is shown here with two of his training aircraft. Services that are on offer and Roy's contact details are online at www.helittraining.co.nz



New Show Home Now Open in Millwater At 12 Old Mill Road, Millwater, Silverdale.

Our new show home in Millwater is long awaited and excitement has been building. We opened the doors for the first viewing on Saturday October 7th, visitors loved it. Based on the stunning Mayfair plan from our Core Series Range, this home offers over 370sqm of spacious luxury family living with four bedrooms upstairs and a self-contained guest room on the ground floor. Come and take a look at the best of Stonewood design and quality, we believe no housing company offers better value for money.

Currently for Sale in Millwater



New House and land packages coming soon to

- 428 Colonial Drive - Suitable for a single level home, elevated site
- 466 Colonial Drive - Suitable for single or 2 storey home
- 467 Colonial Drive - Suitable for a single or 2 storey home

"Prefer to design your own home? Speak to one of our experienced sales consultants at the show home or our sales centre at 8 Keith Morris Lane in Orewa. see website for opening times."

"Worried about financing your new home? Don't be. We have experts who understand construction lending and low deposit turnkey financing. Just ask us."



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



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



Call us on 0800 696 234 or check out our plan range
www.stonewood.co.nz

STONEWOOD
HOMES

House Matters with Mike Pero Real Estate



Whether you have a porch, patio or pool, there's plenty you can do to improve your outdoor experience at home and add value when it comes time to sell.

Take a Seat

It is time to liberate your outdoor furniture from storage, and make any necessary repairs to torn upholstery and treat fading wooden pieces to a moisturising coat of oil. If your outdoor furniture has seen better days, it may be time to give yourself an early Christmas gift and invest in a new set. Think carefully about how you use your outdoor areas. Consider a table and chairs for al fresco dining, sun loungers for beside the pool, outdoor bean bags made from quality nautical fabric, and occasional stools and coffee tables for relaxing in the shade. Then consider the various configurations that best allow for high traffic areas, and designate different zones with an outdoor rug.

Clear the Decks

Attending to maintenance at the beginning of the season will stand you in good stead for the rest of summer so you can fully enjoy the good life at home. If you have a timber deck or porch, a fresh lick of paint or stain will revitalise these spaces. Hiring a water blaster from your local home depot is an easy and effective way to refresh concrete patios, driveways and paths. If you have a pool, now is the time to ensure all the pumps are working and the pool chemicals are balanced.

Green Fingers

It's that time of year to get planting and re-potting, to create

the ultimate lush outdoor oasis. Potted plants, shrubs, herbs and flowers can add a burst of colour to otherwise unadorned spaces and, if space is at a premium, walled or vertical gardens can be created with relative ease to camouflage unsightly fences. Hang trailing plants in baskets or woven macramé hangers to add interest and soften architectural features.

Keep an immaculate lush lawn all year round with a smart automated mowing system, or for smaller areas consider laying artificial grass, which looks as good as the real thing, with no maintenance or watering required.

Entertainer's Dream

For more substantial, long-lasting additions that will completely transform your outdoor living spaces, you may wish to enlist the services of a seasoned landscape architect. Choose a company that offers the complete design package, from plant selection, to hardscaping, to installation of pergolas, louvres, swimming pools, built-in barbeques and outdoor fireplaces. Or, for the Kiwi DIY approach, there are fabulous design blogs to browse where you'll find endless inspiration to spark your creativity.

Mike Pero Real Estate Ltd
Licensed REAA (2008)



FROM SMELLY DOGS TO HEART THROBS

Washing | Grooming | Dog Wash

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

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

Thinking of selling?

We could save you thousands.....
2.95% to \$390,000, thereafter 1.95%+ admin fee + GST.
And we will feature your home on National TV FREE !
Call now and EXPERIENCE THE DIFFERENCE

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

"We were very impressed with Max and in particular his willingness to help us organise a few bits and pieces prior to settlement. Nothing was too much trouble and we felt Max was very genuine in his dealings. Max is a great asset to your business and we will recommend Max in the future. Thanks again." - Mike & Claire Stirling

Mike Pero Real Estate Ltd Licensed REAA (2008)

millwaterpropertystats

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

	Sept 2016	August 2017	Sept 2017
Number of Sales	8	14	12
Median Sales Price	\$1,161,500	\$1,135,000	\$1,174,250
Highest Sale Price	\$1,528,000	\$1,688,000	\$1,408,000
Lowest Sale Price	\$775,000	\$850,000	\$650,000
Average % price to CV	36.33	33.15	41.29
Average Floor Area (sqm)	285	241	236
Weighted Value Index	1308	1391	1363
Average Days to Sell	87	81	72

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

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

Grayson Furniss
Franchise Owner
MILLWATER

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



Mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

millwaterpropertytalkwithGrayson

While many media sources and commentators have been reporting that the market was slowing and a correction was imminent, in Millwater we have seen that this has already happened through the winter months of this year. Indeed, the statistics for Millwater are showing that, while during the winter months sales values and numbers dropped away from the heights of last year, they have now plateaued at a level around what we experienced this time last year.

The September statistics indicate a return to reasonable sales volumes, along with some price stability. This seems to have been achieved on the back of lower listing numbers through August and September, as well as some recent coal-face indications that buyers are becoming more active again. We have certainly seen a sell-off of some of the older stock in the market, where vendors have either finally accepted the reality of the market and sold at prices lower than their initial expectations, or they have decided not to sell at all and withdrawn the property. This is now reflected in a lowering of the average days to sell, while the median days to sell are now at its lowest level for a year.

This stated, the local market retains a fragile equilibrium. This could easily be broken with a sudden surge of property brought to market, or by further non-market influences such as a significant change in Government policy around immigration or taxation. We believe that some of the potential influence of these policy changes has already been priced into the market, however the ongoing uncertainty is definitely having an impact on buyers' decision-making. Once stability returns to Government and the full implications of the various trade-offs between the parties becomes clear, we expect that some of this uncertainty will fade and that buyer activity will likely increase.

Our short-term prediction remains similar to the last few months – slightly muted sales volumes for the remainder of this year, with pricing remaining static. As is always the case in slower markets, well-presented and -priced property will continue to sell well, whereas those houses that are not ideal or are over-priced will struggle to attract buyers. The longer term remains more uncertain and is bound to be more influenced by Government and Reserve Bank policy. It is conceivable that we may see a slight increase in buyer activity prior to any of these changes, as those impacted try and beat the deadline. Unfortunately, we will have to wait and see what those changes, if any, may be.

As always, if you want to better understand where your property currently sits in the market or even just debate my thoughts and predictions on the market, please give me a call.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

0800 000 525



STUNNING OPTION FOR A SIMPLE LIFE 3 1 2 www.19blakegreens.com

19B Blake Greens, Millwater

- Are you looking for a low-maintenance, comfortable and modern home? Then look no further!
- Spacious 145m² (approx) apartment (incl balcony)
 - Three well proportioned bedrooms with double wardrobes
 - Master ensuite and walk through wardrobe
 - Stunning kitchen fitted with quality appliances, ample storage, and generous breakfast bar
 - Massive loft space with pull down stairs offering even more storage
 - Carpeted single internal access garage with additional storage space plus additional OSP
 - Balance of 10 year masterbuild warranty

www.mikepero.com/RX1276406



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



SUPERB SINGLE LEVEL SICATO 4 2 2 20madisonterrace.com

20 Madison Terrace, Millwater

- If you've been through a Sicato home previously you will realise why they are known as a multi-award winning builder of quality homes. This wonderful four year old property is no different, well located, designed and built and it is now available for another family to own.
- 198m² single level Sicato home on flat 527m² (approx) site
 - balance of Master Build warranty to transfer to new owner
 - large open plan living flowing to north west facing outdoor entertaining areas
 - stunning kitchen with engineered stone island bench, 900W cooktop and significant storage
 - adjacent yet separate lounge / double internal access garage with separate laundry

www.mikepero.com/RX1276486



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



LOCATION, OUTLOOK AND SINGLE LEVEL 4 2 2 www.17waltercres.com

17 Walter Crescent, Millwater

- spacious 204m² four year old GJ Gardner home on 650m² (approx) site
- mature and sought after Seaview location, close to schools and shops
- voluminous open plan living, dining and kitchen area with extra stud height
- stunning entertainers kitchen with massive island bench & 900w freestanding stove
- large decking wrapping around house from lounge to master bedroom
- balance of warranty to transfer to new owners
- master bedroom with ensuite, walk in wardrobe and deck access
- a bedroom adjacent to front door, ideal for working from home

www.mikepero.com/RX1255665



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



SINGLE LEVEL LIVING AT ITS BEST 3 2 [See online for more details](#)

80 Madison Terrace, Millwater

- The epitome of style and comfort, this beautifully crafted Mike Greer Home would be ideal for those seeking any easy care lifestyle with enough room to entertain in style.
- stunning 2 year old 196m Mike Greer Home on 522m site
 - balance of Master Build warranty to transfer to new owner
 - three double bedrooms including master with ensuite and walk in wardrobe plus own deck access
 - spacious open plan living space including dining, living and kitchen opening to outdoor living
 - stunning and large kitchen with engineered stone island bench, 900W gas cooktop and massive walk in pantry
 - separate lounge / media room opening to another deck

www.mikepero.com/RX1248748



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Millwater - 80 Ridgedale Rd 4 2 2

Where the living is easy

Want the benefits of a near new home, and the community lifestyle Millwater offers? It doesn't get any better than this immaculately presented property.

- Two year old GJ Gardner home
- Family friendly layout with excellent flow
- Stunning polished concrete floors
- Large deck and level, easy-care section
- Butler's pantry and separate laundry
- Balance of Master Build warranty

This stylish family home is ready for you to move in and enjoy.

Web mikepero.com/RX1235422



Vanessa Jardim
021 614 771
vanessa.jardim@mikepero.com



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



Millwater- 2 Whares Court 4 2 2

Better than new!

This beautiful six year old Fletchers built property is perfectly positioned in one of Millwater's most desirable streets. Immaculately maintained and landscaped, this executive home features high-quality materials and fittings, and you will soon discover that this is a home of both substance and style. The current owners have added a long list of extras and improvements, including a stunning outdoor entertainment space with seamless indoor/outdoor flow, designed to meet today's expectations for a relaxed and easy lifestyle.

Web mikepero.com/RX1227501



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



Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com



Millwater- 11 Whaley Greens 4 2 2

Single Level and Elevated With Views

If you have been looking for the 'one', this wonderful Millwater property could well be it. North facing, warm and sunny, elevated with views and single level.

- 2 year old GJ Gardner home
- Warm and sunny master suite with ranch slider
- North/west facing outlook over rural areas
- Stylish kitchen including butlers pantry
- Separate lounge
- Fully fenced with large side access gate

Web mikepero.com/RX1176765



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



Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com



Millwater- 7B Blake Greens 3 2 1

Lock Up & Leave, Stay Home & Relax!

- Spacious 145m² apartment (incl balcony)
- Three well proportioned bedrooms with double wardrobes
- Master ensuite and walk through wardrobe
- Stunning kitchen fitted with quality appliances, ample storage, and generous breakfast bar
- Massive loft space with pull down stairs offering even more storage
- Carpeted single garage with additional storage space plus additional OSP
- Balance of 10 year masterbuild warranty

Web mikepero.com/RX1258472



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



Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com



MILLWATER SHOW STOPPER!

4 2 2

www.24laurajane.com

24 Laura Jane Drive, Millwater

Offering timeless design and quality throughout, this four bedroom family home is now looking for a new owner to enjoy all it has to offer. Clear your diary - this property is a must see opportunity!

- 245m² (more or less) weatherboard home with separate additional multi-purpose building (workshop/office)
- Underfloor heating in bathrooms, a gas fireplace and heat pump for those cooler mornings and evenings
- Large ceiling storage space with easy access plus multiple other storage areas
- Stunning views of the estuary and the ocean with a private, covered deck
- Private master suite incl walk in wardrobe and ensuite (with bath) on its own level plus views

www.mikepero.com/RX1264050

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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



Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com



SINGLE LEVEL ENTERTAINERS DELIGHT

4 2 2

www.50timberlanddrive.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!

- 2 year old Generation 198m home on a 560m fenced site
- Balance of Premium Master Build Warranty
- Stunning bench top bi-fold windows opening to BBQ area
- Small boat or trailer parking / study near front door for easy access
- Warm and sunny master suite with ranch slider to outdoor area
- Fully ducted heating/airconditioning system to all rooms / LED lighting throughout

www.mikepero.com/RX1273158

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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



Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

0800 000 525



WALK-THROUGH VIDEO ONLINE



YOU'LL LOVE, LOVE, LOVE THIS LOCK UP AND LEAVE!

2 2

www.4stableslane.com

5 / 4 Stables Lane, Millwater

- If you've been looking for the perfect lock up and leave opportunity, then look no further. Set across two levels, this brand new 2 bedroom, 2 bathroom apartment has been carefully designed to maximise space and privacy.
- Interior area 98m² / block, brick and zincalume exterior construction (desireable end unit)
 - Built by Broadway Property Group / 10 year Stamford Building Warranty
 - Two secure underground carparks plus additional storage
 - Balcony & gated courtyard - perfect for entertaining
 - Laundry cupboard located under stairs
 - Whole living area and kitchen with tiled flooring and under tile heating to keep you warm

www.mikepero.com/RX1276340

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



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

Vanessa Jardim
021 614 771
vanessa.jardim@mikepero.com

Mike Pero

0800 000 525



SEE ONLINE FOR MORE DETAILS!



INSTANT STREET APPEAL!

4 3 2

www.10vueterrace.com

10 Vue Terrace, Millwater

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

www.mikepero.com/RX1266008

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

0800 000 525



CAN'T BEAT CLASSIC BRICK & TILE

3 2 2

Walkthrough Video Online

23 Bankside Road, Millwater

Only five years old, this classic single level brick, tile and weatherboard home offers three double bedrooms, two bathrooms (one of which is an ensuite) plus a separate laundry and functional open plan living area flowing out to a sunny, north facing patio. Set well back from the road with a large internal access garage and workshop, ample off-street parking plus space for the family boat and trailer - this is ideal for the savvy investor, empty nester or young family looking for a quality home in Millwater. Conveniently located in Bankside Road, close to the local primary school, shops, cafés and restaurants of the bustling Millwater community.

Buy with confidence knowing this brick and tile beauty, built by Sentinel homes, will stand the test of time.

www.mikepero.com/RX1237402

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



Vanessa Jardim
021 614 771
09 426 6122
vanessa.jardim@mikepero.com

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



OPSM SILVERDALE OFFERS FREE EYE TESTS TO ALL SOUTHERN CROSS HEALTH SOCIETY MEMBERS[^]

Southern Cross Health Society members can also save 15%* on a wide range of quality prescription glasses, non-prescription and prescription sunglasses.

OPSM Silverdale
Silverdale Centre Shop 11B
61 Silverdale St
Silverdale, AUK 0932
Tel: (09) 426 7902



opsm.co.nz



[^] Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes contact lens examinations. Offer only available once per eligible member every two years. Offer is not transferrable to another person. *Excludes eye tests and contact lens consultations and designer brand frames and sunglasses by Chanel and Maui Jim products. Health fund discounts are not available in conjunction with any other offer, discount or benefit other than the Southern Cross Health Society Easy-Claim.

Financial Security - Part 3



There is no definitive "dollar value" that determines financial security. Instead, it is being in a position where a financial "crisis" does not significantly impact your lifestyle. The 3 basic principles are:

1. Covering your current expenses
2. Being prepared for significant unplanned expenses or financial loss
3. Setting yourself up for retirement

In this final article of the 3-part series on financial security, I present my thoughts on being prepared for retirement – we all want to retire financially secure and worry-free.

The Statistics New Zealand's calculator suggests the average life expectancy of New Zealand women currently in their 50s is approximately 85 years. Assuming the retirement age remains at 65, she will need to support herself for another 20 years post-retirement. The current superannuation rates are insufficient to cover the living costs of the average retiree; hence, we will need to supplement this with our own funds, to maintain our financial independence.

In my opinion, we can build a significant "retirement nest" by focussing on the following:

Savings Fund. As a start, everyone should contribute towards KiwiSaver as the primary long-term savings plan. In addition to the Government's contribution, your employer's contribution will further compound the growth of your savings. Depending on your age and appetite for risk, the returns on this investment will be determined by the provider and the fund selected.

Retire mortgage-free. A well-structured mortgage can help us be mortgage-free prior to retirement, which means we will not be using our retirement fund to pay off debt. Alternatively, downsizing might be another way of retiring debt-free. Either option would reduce the pressure on our retirement savings.

Passive income stream. Investments in assets such as shares, rental property or commercial activities could generate a passive income stream. It is important that pre- and post-retirement investments are managed to ensure a continued, reliable source of passive income through our retirement.

We have covered only some of the many strategies we can apply to what I consider are the 3 main areas that will determine your financial security. These should be considered within the context of where you are in your journey through life – and along the way there will be critical changes that will prompt a re-evaluation of our aspirations and these strategies. Eventually, the small steps taken today will lead you to financial security and sleeping easy in the future.

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

1950's Retro furniture
If you are looking for the highest quality commercial grade, American made diner and kitchen furniture... you have come to the right place!

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

American Retro FURNITURE
Made in USA

Phone: 022 190 3354
23b Foundry Rd, Silverdale, Auckland
www.americanretrofurniture.co.nz

Do any of these describe you?

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

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

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



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

MiRock
FINANCIAL SERVICES

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

millwatermotors



The 2007 second generation Porsche Cayenne Turbo introduced the new 4.8 litre twin-turbocharged V8, as opposed to the earlier 4.5 litre, but this relatively small increase in engine size brought a more significant power increase; from 450hp to 500hp. Combined with a torque of 700Nm, the Cayenne Turbo is very much a wolf in sheep's clothing. This amount of power under your right foot means that you need to tread lightly if you want to keep your driving licence!

We met up with Millwater local, Cameron Knapp, who revealed that it was actually his wife Emma's car and that he drives a 'sensible' Camry hybrid company car as he goes about his business as a Kiwi Bank mobile mortgage manager. "The Porsche works superbly well as a practical family car," Cameron said, "with loads of room for the four of us and all the luggage we would need – and it also ticks the box as

a seriously quick sports car – not that we exceed the speed limit, of course!"

Cameron and family moved from Brown's Bay into Millwater in August last year, and he has already helped local folk buy their homes here. "I've been into cars from a young age and always dreamed of owning a Porsche," he told us. "I had an Audi A4 Quattro turbo wagon before I got the company car, and had previously owned a Subaru WRX STi when I was younger and before we did our OE." When he was 18, Cameron owned a Skyline GTS4 that he used to take drag racing at Meremere and, in 2001, his brother had owned the fastest Primera in New Zealand at that time: 12.4 seconds for the quarter-mile. We began to get the message that Cameron's blood is mixture of petrol and adrenaline...

Motoring facts: 2007 Porsche Cayenne

Turbo; twin-turbocharged 4.8 litre overhead-cam dry-sump V8; and an astounding 500hp and 700Nm of torque. The Porsche Traction Management (PTM) system in a normal driving situation distributes all that power between the rear and front wheels in a ratio of 62:38. But when push comes to shove, the multi-disk clutch can direct up to 100% of drive traction to the front or rear as required – a system more advanced than many modern-day rally cars! Flowing through a six-speed Tiptronic S transmission, that power feeds all four wheels and propels the five-passenger sports machine from a standing start to 100 km/h in just 5.1 seconds. Top speed (on the test track) has been recorded at 275 km/h – all of which would seriously embarrass most 2-seater luxury sports cars!

"Although we're not actively looking to replace the Porsche just yet," Cameron said in conclusion, "we might consider a younger V8 Audi Q7 in the future. Meantime, the Turbo Cayenne fulfils all of the family needs for practicality, fun and (legally) quick motoring!"

Vehicle Servicing, Repairs & Maintenance

For all your automotive requirements & WOF's.

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

**Rodney
AutoCentre Ltd**

Automotive Repairs, Servicing & WOF

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

www.rodneautocentre.co.nz



timlawrence Fishing Spot



The next morning, we woke up to glassy water and mist over the hills – what a beautiful spot to wake up in! After a big breakfast, we packed up and headed for a scuba dive for some scallops and were about to get in the water when the phone rang; it was Jim who had headed back in the night before. They had launched at Hatfield's Beach and managed to bog a brand-new Nissan Pathfinder that belonged to my fishing buddy. It turns out they were there until 3am trying to get the vehicle out and ended up with salt water through the whole car. It was a write off and it didn't take long for some new nick names to get created. Jim was already known as Jim Bob so it was quite fitting to change it to Jim BOG and of course we couldn't look past Scott STUCK. They are only just seeing the lighter side of the saga now...

November is when things really start to heat up on the Hauraki. We will have some good moon phases from the 19th to the 25th and the snapper will be well on the chew with the water warming up. Our last few trips out have been a bit patchy, chasing the birds and being plagued by kahawai. We have done alright though, catching enough for a few feeds. I shouldn't really complain when you hear about people coming home with a couple of fish for a day's work.

Our Northern Union fishing trip last month was a blast. We steamed from Gulf Harbour to Kawau Island on Friday night, fishing along the way and chatting with the two other boats that came with us. One crew with The Skipper (Jim) and Gilligan (Scott) had to return home around 11pm while the rest of us stayed in a bach just up from School House Bay, having a few night caps until the early hours.

My next trips are to the Coromandel for three days and an overnigher to Great Barrier later in the month.

Have fun out there – tight lines!

For Artistic Excellence



5 Riverside Rd, Orewa
(09) 426 5287

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

Get results

ENJOY A SMOOTH, WRINKLE REDUCED LOOK WITH CACI'S BOTOX® TREATMENT PLAN

Have a free consultation by November 30 and receive a complimentary skincare gift*

WE'RE FOR YOU

CACI.CO.NZ

caci

Caci SILVERDALE
2 Milner Ave Silverdale
092126900
silverdale@caci.co.nz



VOTED NEW ZEALAND'S BEST BEAUTY DESTINATION

*One gift per person, while stocks last. Offer available only for completed appearance medicine consultations only until Nov 30 2017. BOTOX® is a Prescription Medicine containing 100 units of botulinum toxin type A for injection. It is used for the treatment of frown lines, forehead lines and crow's feet. It should be administered only by trained medical professionals. Talk to your specialist about the benefits/risks of this procedure in appearance medicine. Cautions: People with defective neuro-muscular transmission disorders, infection at site of injection, glaucoma, pregnancy and lactation. Possible side effects include headaches, pain, burning/ stinging, bruising, swelling or redness at the injection site, local muscle weakness including drooping eyelids/eyebrows, swollen eyelids, skin tightness, tingling sensations, itchiness, nausea and flu like symptoms. If you have any side effects or concerns speak to your doctor. You will need to pay for this medicine. Normal Doctors visit fees apply. Note: BOTOX® treatment lasts about four months and after this time further courses of treatment may be necessary. Speak to your specialist about your own situation. Allergan, Auckland. NA 9482

November Artspeak with Estuary Arts Centre

Four Exhibitions for you to view; from printmaking, weaving, resin and paint to drawing. The November line-up of exhibitions runs from 04 November to 26 November.

In the main Gallery, **"You've got to go out on a limb"** – you need to believe in yourself and never give in are the words that inspired Jodie Wilson's new body of work. Jodie only began weaving in 2016 and her exquisite detailed work includes unique, tactile and botanical-inspired wall hangings. "Expressing my love of both nature and weaving into pieces of art has definitely been a challenge; it's taken a lot of courage – it's scary" says Jodie.



Luker on Saturday 4 and 11 November. Great to make small and unique Christmas gifts.

If it is a class or workshop that you are interested in, please visit the website on www.estuaryarts.org to view the full range of offerings, or pop into the Centre. We are located on the Western Reserve, 214B Hibiscus Coast Highway.



Samantha Skovlund, a 17-year-old high school student who won the Youth Award at last year's 2016 Hibiscus and Bays Art Awards, will be having her first solo show called "Fantasy." Sam draws inspiration from seeing a sense of beauty in anything, from the macabre to the mundane.

Shirley Oxborough is known for her sumptuous smooth colours and shiny resin work. "Feathers and Things" will not disappoint as Shirley explores fibres, crystals, gold leaf, foils and glitter to embellish her painting.

Lastly, "Diversity" is a group printmaking exhibition featuring the work of Barbara Croft, Bev Head, Deborah Martin, Gillian Carlsson, Kerrie Cleverdon, Lianne Timlin, Lesley Gager, Michael Colegrove, Merryl Houghton, Nichola Holmes and Val Cuthbert.

There will also be some weekend workshops on offer. Join Val Cuthbert's Drypoint printmaking workshop on Saturday 21 October – only \$40 per person; or Christmas Mosaics with Jo

estuary arts centre



04 - 26 November

"Out on a Limb"
Jodie Wilson

"Fantasy"
Samantha Skovlund

"Feathers n' Things"
Shirley Oxborough

"Diversity"
Printmaking group show

**Term 4
Art Classes**
For Adults and Children
Starting week 24 October

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

Millwater Women's Group

Millwater Women's group met at the Stoney Homestead on Wednesday 20th September. Kathryn Tyrell, our own local cardmaking expert, came and ran a session for those of the ladies who were keen to explore this type of crafting. From all accounts, the ladies enjoyed themselves and produced some great work.

In October, we had a joint morning tea with a group of Millwater Chinese ladies. The two groups are keen to get together periodically and enjoy sharing morning tea and our experiences of living in Millwater. This follows on from a small cooking demonstration run by Diana Lakin and Marj Noble, put together by Nita Wong, where much fun was had cooking and then sharing a morning tea with these ladies. We are looking forward to the next one, where the Chinese ladies will be the cooks!

Please contact me if you would be keen to speak to the group. Our interests are varied and wide. We meet on the third Wednesday of the month.

Marj Noble 021 711 540

Millwater ROMEOs



Many of you will have noticed the very large warehouse being constructed for Mighty Ape in the Highgate commercial area adjacent to Millwater. The Millwater ROMEOs (Retired Old Men Eating Out) decided that we would find out more about our soon-to-be neighbour.

Many of you may have known and used the services of New Zealand's first online retailer. They started back in 1987 in Symonds Street, then moved to Dominion Road. Their current warehouse in Rosedale, Albany is about half the size of their new one in Highgate. Around mid-January, after the Christmas rush, they will make the move over one weekend, when about 40 containers will be moved. The current staff level is around 120 and it is anticipated that this will increase.

Mighty Ape sells a huge range of items, all of which you can see if you look at their website. Customers come from New Zealand, Australia and China, amongst others.

The founder of the company, Simon Miller, lives in Waitoki and his sister Rose in Red Beach, so they are looking forward to enjoying much shorter commute times. Simon Miller decided on Mighty Ape as the name for his business because of his early fascination with "King Kong". Rose is shown alongside the ROMEOs and, of course, a Mighty Ape!

The ROMEOs enjoyed an excellent lunch at the Dark Horse on Constellation Drive (the ribs were HUGE!) before returning to the organiser's home for cake, coffee and more chat.

**Gentle Chiropractic care
for the whole family**

healthy body, healthy mind, healthy soul



Checking your spine for misalignment can prevent problem areas from turning into more major issues over time. If you leave areas that aren't functioning correctly for a period of time, there is a high likelihood that they will develop into areas of pain and malfunction.

By identifying, and correcting these misalignments early on, you will prevent deterioration as you age!

Dr. Kimberly Harpur
(B.Chiro, B.Sc.Sp.Sc, D.C.C.P)

Harpur Family Chiropractic

027 296 6179
(09) 9475823

\$50 off an initial consultation with Dr Harpur, Normally \$80 - NOW \$30

Come home after a busy day to a clean home and tidy driveway

HOUSE WASHING AND CONCRETE CLEANING

Have me work on your home so you can enjoy more of what you want to do in your home.

As a local resident, let me do the hard work so you can relax and enjoy summer.

Call Andrew for a FREE Quote

021977018



Millwater

ADOPT A FAMILY for Christmas

Join 'Adopt a family' and help Millwater give back this year.

Last year Millwater united to support families living in poverty, join us again this year to make dreams come true. The idea is that each street in Millwater adopts a family and we donate to give some deserving families a Christmas to remember. This year the hampers will be passed to the families via Salvation Army, Steps Forward, Love Soup and Kingsway Preschool.

How does it work?

We have around 30 volunteer coordinators around Millwater

They have details of their family in need and will let you know what items are needed. You donate the items and together we give a Christmas to remember.

* Gifts or Food, and must be New



For details of your closest coordinator

Nicola Bernie: ozbernies@gmail.com

Nita Wong: nita.millwater@gmail.com

Follow the Millwater facebook page for more details



MILLWATER DENTAL

Ph: 6008601 | Unit 21, Millwater Central, 175 Millwater Parkway, Silverdale

- Free for school students under 18 (GDB)
- Panoramic and Digital X-Rays
- Extractions (including Wisdom Teeth)
- White Fillings
- Dentures
- One Visit Crowns
- Specialist Orthodontics
- Preventive Dentistry
- Teeth Whitening
- Mouthguards
- Root Canal Treatment
- Crown and Bridge

SPECIALS: *Terms & conditions apply

FREE consultation and 2 bitewing X-rays for new patients

FREE Specialist Orthodontist consultation for the month of November



Who can you trust with your smile?

Choose an orthodontist.

Orthodontists have the knowledge and training to advise on the full range of orthodontic treatment options. An orthodontist is a registered dentist who has gone on to do 2-3 years full time university study specialising in orthodontics.

An orthodontist specialises in straightening teeth, making them bite together properly and creating a great smile that will last a lifetime.

Be confident you're in the care of a specialist.

www.orthodontists.org.nz

Dr Sanjay Namburi
Specialist Orthodontist

BDS, NZDRex, FDSRCS(UK)
MDS(Ortho), NZDSpiRex, MOrthRCS(UK)



School Lunches



School mornings can be a real headache for us parents as we try and hurry everyone to get ready on time; make sure they've had a healthy breakfast; get them to brush their teeth; not fight with their sibling and then... we have to pack their lunches. Help! No wonder some of us feel frazzled by nine in the morning.

What do you put in their lunchboxes that's quick and easy, but you also want it to be nourishing and filling? Most of all, will they actually eat it?

Children have very high nutrient needs, as their bodies are growing so rapidly. They are also very susceptible to advertising that encourages unhealthy food choices. Whilst we don't want to label foods as 'good' or 'bad' - as this can lead to skewed views of food, eating, body image and potentially disordered eating - it is necessary to educate children about healthful food choices.

Calcium and iron are two of the nutrients that children have a higher demand for as their bones and bodies rapidly increase in size. Choosing foods that support their growth during this time is crucial, especially for brain development.

Some tips on how to encourage children to eat more nutritious foods:

Stocking the fridge with fruit and vegetables that are already cleaned and cut into easy-to-eat sizes makes it easier to quickly pack a healthful lunch.

Try new foods at home before trying it in their lunch box.

Plant a few vegetable plants with your children. Encourage them to pick and taste the veggies when they are ready. They are much more likely to try something if they've had a hand in growing it.

Take them veggie and fruit shopping with you - to farmer's markets or fruit and veggie shops and let them choose some things - get their buy in.

Some children need to be offered a new food numerous times before they accept it, so don't give up - but don't make a battle of it either.

If you would like help with planning healthy, nutritious school lunches, you can contact me at paula@nutritionssense.co.nz.

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

You can count on us every step of the way

Forrest
FUNERAL SERVICES

EAST COAST BAYS | HIBISCUS COAST

Because the time you have to celebrate a life is precious.

Caring professional staff
 Onsite chapel
 Prearranged funeral plans
 Prepaid funeral options
 Monumental and Headstones

39 Riverside Rd, Orewa. Ph (09) 426 7950
www.forrests.co.nz

Have you started thinking about your... **Christmas** advertising yet?

BOOK YOUR DESIGN NOW TO GET 20% OFF...

Be prepared for the Silly season and... **Call Me...**

022 038 2644

MichelleThomasCallmeDesigns@gmail.com

POSTERS BANNERS MAILERS

BILLBOARDS ADVERTISING POINT OF SALE

WEBSITES DIGITAL BANNERS FACEBOOK POSTS

.....PLUS HEAPS MORE

Early bird special applies to bookings made before October [min 2 hours charge]

The Millwater Mag: Graphic Designer [2017]

FUCHSIA HAIR DESIGN

Fuchsia Hair Design is a premium boutique hair salon providing unparalleled excellence to men & woman alike. Located inside of a converted barn within Kings Plant Barn Silverdale. The salon is surrounded by soothing water gardens that contribute to its relaxed and calming setting. The vibe inside is always professional and relaxing making for a tranquil hidden haven from the outside world.



New **STYLIST**

What's happening at Fuchsia?

Fuchsia Hair Design is forever expanding and we are super excited to be welcoming Steph Springer (Senior Stylist) to the team.



To celebrate Fuchsia flourishing

ALL NEW CLIENTS RECEIVE **25% OFF**

your 1st visit and a \$50 Gift Voucher if you spend more than \$100.
T&Cs apply - Valid in Nov 2017 only.

OLAPLEX

Have you heard about Olaplex? **Why Use Olaplex?**

Olaplex is the original and patented in-salon treatment that repairs broken bonds in your hair caused by colouring, heat styling and environmental stresses. In other words, it literally repairs the hair from the inside.

- ~ Olaplex gives you the ability to colour or lighten hair while minimizing the risk of breakage.
- ~ Olaplex increases elasticity & can restore hair back to its natural texture & start to improve manageability.
- ~ Olaplex makes colour last longer & prevents colour fading by reducing the porosity of your hair



OLAPLEX SPECIAL

15% OFF

Olaplex No.3
 Take Home if you have any in-salon Olaplex service.

(October / November)



SALON

Open Monday – Friday 8.30am -5pm, Saturday 8.30-3pm. Ph-09 426 3714
 Em info@fuchsia.nz www.fuchsihairdesign.co.nz

Your Will



Your will is a very important document. It comes into effect when you die and it sets out your wishes of what you would like to happen after you die.

Along with providing for how your money and belongings are to be distributed amongst your family (or friends or charities), if you have young children it can also set out your wishes regarding the care of those children. You can also express your wishes in respect of your funeral or burial arrangements. It is important that you consider the wider picture when you are drafting your will. Many family members could potentially have the right to make a claim against your estate and it is important to consider any potential claims, to minimise heartache for your family down the track.

In your will, you need to appoint an executor of your estate. The executor has the job of dealing with the administration of your estate and ensuring that your wishes are carried out. To deal with your estate, the executor must apply to the High Court for probate. This is when the High Court approves the will as valid and approves the executor to deal with the estate.

If you do not have a will, your property will be distributed according to laws of intestacy set out in the Administration Act 1969. This also means that where your property or money goes is decided by the Government, as set out in the Administration Act, and not you. Many people assume that, if they die without a will, their spouse will inherit everything - but this is not always the case. There are rules of intestacy that determine who is entitled to what.

Although some people think that it is just easier to not have a will, it is actually very important to have one in place. By not having a will, or by having a badly-drafted will, you potentially could cause more stress for your family at a time where emotions are already running high.

If you would like assistance having your will drafted, do not hesitate to contact the friendly team at Silverdale on 09 421 0559. We are happy to provide an initial 20-minute consultation free of charge, so do get in touch.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

Whatever your legal issues or aspirations, we can expertly champion your best interests, whether you're an individual, a small enterprise or a business of scale. **We're on your side.**

SIMPSON WESTERN



TRUSTED ADVOCATES

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

simpsonwestern.co.nz



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

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

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

Terms, conditions and lending criteria apply.



millwaterasiancorner

Gift and Give



My little one help to deliver collected food from his birthday party

You may think I am a cruel mum, but, whenever my boys have their birthday party, we always ask people not to bring any gift for them.

My husband and I are from a city which brands itself as 'Shopping Heaven', that later returned to China – which has the name of 'the world's factory'; plus, the trendy-stylish Japan and Korea are just a few hours' flights away. It is easy to develop a habit of shopping in these places; you shop when you are happy, feeling down or just bored. There is a very popular phrase "I have been working so hard, I need to buy something to reward myself." Some say shopping is a therapy to cure a bad mood or high life pressure, believe it or not!

I have seen many examples of this scene; in a tiny apartment, toys have occupied most of the floor space and piled up in storage boxes right up to the ceiling, while the kid is still whining to his parents that he wants the latest-released toy.

Alas, I don't want my kids to be like this. I want them to appreciate what they have, and I don't want them to take everything for granted.

Because of this, my boys never experienced being surrounded by piles of gifts on their birthday or Christmas, but this is not the

end of the story. They have a more important mission; instead of a gift, we ask guests to bring a grocery item to the party – which can be a bag of dry pasta or a can of tomatoes. We can easily collect a full box of foods after the party, and the boys are responsible for delivering them to Food Bank the following day.

Throughout the years, our birthday guests have helped to teach our boys a very important lesson in life: appreciate what you have, and help people in need.

I am very proud of my boys. They never question our 'no gifts' rules. Instead, they love to help in the Food Bank, and have a big heart of helping others.

If you would like your children to get involved, it is never too late! This year, Millwater is getting together again to collect gifts and foods for less fortunate families. It is a good chance to discuss with them about poverty. Bring them with you to shop for people in need, and help deliver to the area coordinators.

Let's hope Millwater can help more families to get through the hardest time of the year, and give them a Christmas to remember. Blessings.

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



Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life.

Call us 09 412 1000 or visit www.maddrenhomes.co.nz



Grayson Furniss
LICENSED SALESPERSON
BRAND & TERRITORY OWNER

Mike Pero
REAL ESTATE

P 09 483 9693
M 021 665 423
F 0800 FAX MPRE
E grayson.furniss@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
Auckland

Recipes from Millwater residents



Gluten Free Blueberry Yoghurt Muffins

Adapted from thedishonhealthy.com

Servings: 12 large or 24 minis

Time: 45 mins

Ingredients

2.5 cups of Bob's Red Mill GF flour
1.5 cups of fresh blueberries or ANY berry of your choice
1 cup dairy-free coconut yogurt (I used Raglan Coconut Yoghurt, Blackcurrant and Heilala Vanilla Yoghurt)
2 large eggs
1 and 1/3 cup coconut sugar (or 2/3 cup maple syrup)
2/3 cup of coconut oil (or any healthy oil of your choice)
2/3 cup of almond milk
1 tbs of pure vanilla extract
1 tsp of baking powder (gluten-free)
1 tsp almond extract
1/2 tsp of sea salt

Instructions

1. Preheat your oven to 375°F (190°C) and line your muffin pans with paper cup holders OR grease with a little coconut oil (I recently started baking with silicone moulds & love them!)
2. In a large bowl, whisk together the flour, the sea salt and the gluten-free baking powder. Give it a good whisk!
3. In another large bowl, throw in your sugar. Add the yogurt, milk, eggs, vanilla, almond extract, and mix well until fully integrated.
4. Integrate the wet ingredient bowls into the dry ingredient bowl and whisk into a smooth batter. Be careful not to overmix, either. I like to mix my muffin batter by hand, for better texture.
5. Gently fold in the blueberries, making large circular loops (circles) around the edges of the bowl and back into the batter. Folding does not mean whisking away or mixing in circles as we did previously.
6. Scoop out some batter and fill muffin cups 2/3 of the way. Bake for about 30-35 minutes, all ovens vary. Insert a toothpick in the centre to check if it comes out clean.
7. Allow them to cool and then enjoy! These are always a good idea.

Claire Cameron



Lamb Racks and Orange Salad with Japanese-style Dressing

Lamb racks ingredients and to make:

2 full lamb racks marinated with the followings for at least an hour
1 tablespoon minced garlic
2 tablespoon sesame oil
1 tablespoon soy sauce
1 tablespoon raw sugar
1 tablespoon rubbed rosemary

Set oven to 220c, fan grill. Roast lamb rack with bone facing up for 12 minutes, turn and grill for 4 minutes. Remove from oven, rest for 8 minutes before cutting into slices, serve immediately.

Note: time may vary between oven and thickness of the meat.

Orange salad ingredients and to make:

2 oranges, cut into Suprêmes (please Google for more information)
1 celery stick, cut into thin slices
1 cos lettuces, wash, cut and drain

Mix the following together to make the dressing:

1 tablespoon sesame oil
1/2 tablespoon soy sauce
1/2 tablespoon rice vinegar
Juice of half lemon
Roast sesame
A dash of maple syrup or honey
Chilli flakes (optional)

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

Happy Cooking!
Nita Wong

Doting on your Dentures



Dentures are a wonderful appliance, but, like any device connected to the body, they require a little special care to last as long as possible and help keep your mouth healthy.

Like teeth, dentures should be brushed daily. Rinse your dentures with cool water - hot water can warp their shape. Then, using a soft-bristled brush, gently remove any food deposits and plaque. It's important to clean dentures carefully, to avoid bending any attachments or damaging them.

Avoid regular toothpastes. They're far too abrasive for dentures. Instead, always use products specially formulated

to clean dentures, which we call denture cleansers. We recommend cleansers in tablet form; just drop them into a glass of warm water, and keep your denture in the solution overnight. It couldn't be easier!

Doing this has another practical benefit - it will prevent your dentures from drying out and changing shape. If you prefer cleaning your dentures in the morning, make sure to still keep them in a glass of water at night to prevent dryness - and keep them well out-of-reach of your dog, as many of our patients will warn you!

Fit is important with dentures. We recommend regular dental check-ups to make sure your dentures still fit well, without any sore spots or loose areas. If you are unhappy with the fit of your dentures, please contact us, as this is easy to fix and not worth suffering through. Occasionally, denture wearers may like to use adhesives. These products come in many forms, so the type you choose is based on personal preference. We can also recommend appropriate cleansers and adhesives for you, so please don't hesitate to contact us if you'd like some advice.

If you have any questions about your dentures, or you'd like more information on the care of these amazing devices, contact us on 09 426 5262, and we'll be happy to help you out!

The Dental Suite

EXPERIENCE THE DIFFERENCE



THE DENTAL SUITE
SILVERDALE

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



Dan's Tips

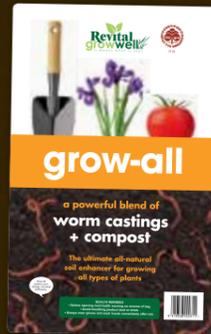
November 2017



It's warming up - time to plant beans, basil and corn and start protecting those yummy berries from the birds.

It's also a great time to mulch to help retain moisture over the warmer months.

Got worms in your garden?



Enhance your soil with **Grow-all**: a compost product packed with worm castings that will really feed your soil!

Look for the eye catching bags now available in our yards.

Growing Food

- **Let's hear it for the bees:** plant lots of flowers in or around the veggie garden; around the world there's concern that bees are being decimated by the varroa bee mite or 'disrupted' by the new generation pesticides known as neonicotinoids.
- **Plant beans, basil and corn.** Where? Beans need a climbing frame or training against a sunny wall; basil is best in full sun (under tomatoes) and corn performs well when laid out in blocks for pollination.
- **Protecting the berries:** all berry crops are attractive to birds; there are some great bird proof 'tents' available to protect your prized crops, or you can apply bird netting as berries grow.
- **Pest treatments:** It's annoying when healthy-looking vegetable seedlings collapse; in warmer weather it's not just the beneficial predators that multiply quickly, but also whitefly, young snails, aphids and beetles. Squash the ones you see, leave the ladybirds in place, but if the infestation is heavy, spray with an organic oil.



We need bees and they need you!

Help our little pollinators and honey makers by planting lots of flowers.

Not only will you feed them but they'll help pollinate your flowering fruit and veges.

The Rest of the Garden – two basic rules ahead of summer heat

- **Clean up fallen blooms:** fallen petals and foliage lie on the soil around prized plants and this can spread disease, especially fungal spots that develop in wet spring seasons.
- **Mulching:** apply mulch around the base of plants because this has so many benefits: moisture retention, less hosing, weed suppression and it looks fantastic!

And our Pro-Lawn expert says

- **Prolawn Aquaturf** is going to be the most beneficial way you can assist your lawn to adapt from the rainy season that extended through winter and spring. Apply it over lawns and new gardens to aid water distribution as we head into the dry season.



Digging in clay?

The best kept secret when it comes to compacted clay soil: Our drainage spades are awesome – get yours now.



Turn our rainy season into a win for the garden!

Lock all that moisture in and keep down weeds by spreading mulch from our great range. With summer approaching your plants will love you for it!

At Central Landscape & Garden Supplies Silverdale we have a wide range of mulches, fertilisers, composts and barks so come talk to our friendly staff about your garden needs.

We're back with the Garden Competition in the New Year – letting us all recover after the wet season.

dates for your diary

- Every Wed** Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See
www.parkrun.co.nz/millwater for more details
- Every Thurs** New to NZ? Orewa Library hosts
a very informal conversational English group for
new immigrants, every Thursday from 3.30 – 4.30pm
in term time. This is a free session with a qualified
ESOL teacher. We chat about Kiwi customs, health,
shopping, neighbours... all kinds of things which
are relevant to our daily lives. Children are welcome!
Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney
Homestead Community Hub, Galbraith Greens • 1st
Weds every month 6pm • 3rd Thursday every month
7pm
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am
noon • Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm
All welcome - classes for beginners to advanced so
just turn up and bring your uke for a night of com-
munity fun! Enquiries/book a spot, call Avon
Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of
each month** HBC Grandparents Parenting Grandchildren
support group • 11am - 1.45pm • Red Beach
Methodist Church • Free group offering support,
friendship, guest speakers and lunch • Further
details contact Sonia 0274 802 287
- 4th Tues of
each month** Zonta Club of Hibiscus Coast, not-for-profit ser-
vice club • Dinner meetings with guest speaker
The Wade Hotel, 2 Tavern Road, Silverdale •
6.00 pm • Visitors are most welcome • Contact
hibiscuscoast@zonta.org.nz
- Every school
term Tuesday** Crafts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 12pm • \$2 for morning tea & craft
creche provided
- Every school
term Friday** Arts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 1pm • \$2 includes morning tea •
suitable for beginners
- Every Tues** Hibiscus Coast Rock & Roll • Whangaparaoa Hall •
7pm lessons • 8pm general dancing • Wear soft sole
flat shoes • Wear layers as you get extremely hot
dancing • Further info on our website & Facebook.

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



Join us for services throughout the month:

St Chad's, Orewa
Sunday 8:00am and 9:30am
Wednesday 9:30am

Christ Church, Waiwera
1st Sunday 11:15am

Holy Trinity, Silverdale
2nd & 4th Sundays 9:00am

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

**SILVERDALE
FURNITURE RESTORATIONS**
09 426 2979

**COUNTRY CHARM
FURNITURE**
2008 LTD

Timber Furniture Specialists
with quality workmanship guaranteed

*Specialising in Antique, New Furniture
and all other timber surfaces*



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

Phone Grant or Lesley
23b Foundry Road, Silverdale
09 426 2979
www.silverdalefurniturerestorations.co.nz

09 426 8412
www.countrycharm.co.nz

Look for our pages on www.facebook.com

How to contact your local....

Health & Well-Being, Fitness & Beauty

Caci Clinic 09 212 6900
Health by Logic 09 421 1273
Beauty Aspects 021 02972587
Fuchsia Hair Design 09 426 3714

Optometrists

OPSM Silverdale 09 426 7902

Osteopath

OsteoMe 0508 OSTEO ME

Motoring & Boating

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

Florists

Flowers by Joanne 09 426 5287
Fleurette Florist 09 421 0505

Real Estate

Mike Pero Real Estate, Millwater 09 426 6122

Food, Entertainment & Recreation

Estuary Arts 09 426 5570
Wainui Golf Club 09 444 3437
Northern Union 09 426 2651
Hibiscus Coast Singers 09 424 1923

Printing

Treehouse Print 027 4986 202

Community

Hibiscus Coast Anglican Parish 09 426 4952
Illuminate Church 09 929 7824
Forrest Funeral Services 09 426 7950
Hibiscus Hospice 09 421 9180

Insurance / Finance / Accounting

MiRock Financial Services 021 627 802
MTF Vehicle Finance 09 421 0335
UProtectNZ Insurance Services 09 528 872

Pets

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

Child Care

Hibiscus Coast Nannies 022 423 3229

Mortgage Adviser

Mortgage Studio 09 428 2223

Medical

Coastcare Urgent Care, Red Beach 09 427 9130
Focus Hearing 09 533 6463
Orewa Medical Centre 09 426 5437

Dental

The Dental Suite 09 426 5262
Silverdale Family Dentists 09 972 1406
Millwater Dental 09 972 1518

Dance

Fusion Dance Studio 09 428 3132

Pharmacy

Hickey's Pharmacy Orewa 09 426 5659
Millwater Parkway Pharmacy 09 959 0256
Life Pharmacy Orewa 09 426 4087

Home & Garden

Central Landscape & Garden Supplies 09 421 0024
Silverdale Furniture Restoration 09 426 2979
Total Security Group 09 947 5992
American Retro Furniture 022 190 3354
Hibiscus Mats Carpet Overlocking 021 909 458
House Washing & Concrete Cleaning 021 977 018

Legal

Simpson Western 09 421 0559

Photography

Visual Voice 09 391 4444

Housing

Maddren Homes 09 412 1000
Stonewood Homes 0800 696 23
Universal Homes 027 501 0876

Jeweller

The Goldsmith 09 427 5072
Jeanco Jewellers 09 424 2299

Chiropractor

Harpur Family Chiropractic 09 420 5482

Graphic Design

Call Me Designs 022 038 2644

Advertise in The Millwater Mag and feature here for free!

Mike Pero
REAL ESTATE

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

Mike Pero Real Estate Ltd, Licensed REAA (2008)

weirivertidechartNovember

Proudly sponsored by



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



Wed 1 Nov	05:23 2.6 m	11:38 0.7 m	17:54 2.7 m	-	Thu 16 Nov	00:19 0.5 m	06:38 2.8 m	12:42 0.5 m	18:54 2.9 m
Thu 2 Nov	00:04 0.6 m	06:20 2.7 m	12:30 0.6 m	18:44 2.9 m	Fri 17 Nov	01:09 0.4 m	07:29 2.9 m	13:30 0.5 m	19:42 2.9 m
Fri 3 Nov	00:54 0.4 m	07:12 2.9 m	13:19 0.4 m	19:34 3.0 m	Sat 18 Nov	01:54 0.4 m	08:15 2.9 m	14:13 0.5 m	20:27 2.9 m
Sat 4 Nov	01:44 0.3 m	08:03 3.0 m	14:07 0.4 m	20:23 3.1 m	Sun 19 Nov	02:37 0.4 m	08:58 3.0 m	14:55 0.5 m	21:09 2.8 m
Sun 5 Nov	02:32 0.2 m	08:52 3.2 m	14:55 0.3 m	21:13 3.2 m	Mon 20 Nov	03:16 0.4 m	09:38 3.0 m	15:35 0.5 m	21:50 2.8 m
Mon 6 Nov	03:21 0.1 m	09:40 3.3 m	15:45 0.2 m	22:04 3.2 m	Tue 21 Nov	03:54 0.4 m	10:16 3.0 m	16:14 0.5 m	22:29 2.8 m
Tue 7 Nov	04:10 0.0 m	10:30 3.3 m	16:35 0.2 m	22:56 3.2 m	Wed 22 Nov	04:31 0.4 m	10:54 2.9 m	16:54 0.6 m	23:07 2.7 m
Wed 8 Nov	05:00 0.1 m	11:21 3.3 m	17:28 0.3 m	23:48 3.2 m	Thu 23 Nov	05:08 0.5 m	11:32 2.9 m	17:35 0.6 m	23:46 2.7 m
Thu 9 Nov	05:51 0.1 m	12:13 3.2 m	18:24 0.4 m	-	Fri 24 Nov	05:47 0.5 m	12:12 2.8 m	18:17 0.7 m	-
Fri 10 Nov	00:42 3.1 m	06:44 0.3 m	13:09 3.1 m	19:22 0.4 m	Sat 25 Nov	00:26 0.6 m	06:27 2.6 m	12:54 2.7 m	19:02 0.7 m
Sat 11 Nov	01:39 3.0 m	07:41 0.4 m	14:08 3.0 m	20:23 0.4 m	Sun 26 Nov	01:09 2.6 m	07:11 0.7 m	13:40 2.7 m	19:50 0.7 m
Sun 12 Nov	02:38 2.8 m	08:43 0.5 m	15:08 2.9 m	21:26 0.5 m	Mon 27 Nov	01:55 2.5 m	08:01 0.8 m	14:29 2.6 m	20:41 0.7 m
Mon 13 Nov	03:40 2.8 m	09:48 0.5 m	16:09 2.9 m	22:27 0.5 m	Tue 28 Nov	02:46 2.5 m	08:57 0.8 m	15:22 2.6 m	21:35 0.7 m
Tue 14 Nov	04:42 2.7 m	10:52 0.6 m	17:07 2.8 m	23:25 0.5 m	Wed 29 Nov	03:43 2.5 m	09:57 0.8 m	16:17 2.7 m	22:31 0.6 m
Wed 15 Nov	05:42 2.8 m	11:50 0.6 m	18:02 2.8 m	-	Thu 30 Nov	04:43 2.6 m	10:57 0.7 m	17:12 2.8 m	23:26 0.5 m

your enterprising community zone

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

PHOTOGRAPHY

Photography - Selling your home?

Simone Rinke - 027 456 2333
Available evenings and weekends
www.blakflash.com

CHILD CARE

Porse Registered - Home Educator

Qualified Experienced 30yrs Child Care
Amanda 021 2666615

EDEN Childcare Homebased Educator

Trustworthy, experienced homebased educator. ECE, WINZ subsidies available. I have spaces now. Contact Serene: 021 02527471

CLEANING

Paula's Home Cleaning

General home cleaning and household chores, regular or one-off service, great eye for detail with references available. Call Paula 027 202 1410

Big Green Carpet Cleaning

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

TRAVEL

Jennie Ready - Fine Travel Consultant

Flights, cruises, packages, tours. I would love to assist you with all your travel requirements. Ph: 09 959 0414

HOUSE CARE

www.totalsecuritygroup.co.nz

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

HOME WARES

www.creativegiftbaskets.co.nz

For beautiful gift ideas. Pick-ups arranged by appointment. Phone 09 421 1267

Retro Records

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

BABYSITTING

Experienced Babysitting

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

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

BEAUTY / HEALTH & WELL-BEING

Beauty Aspects Ltd

Offering all beauty treatments
Contact Amelia on 02102972587

K.T.'s Colours, Cuts, Treatments

Katie Hodgson - 021 189 3672
Mobile Hairdresser that comes to you for all your hairdressing needs.

Classical Homeopath

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

Hear Say Speech and Language

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

Optometrist - Mobile & Holistic

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

Nutritionist and Health Coach

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

Mobile Counselling Service

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

The Urban Escape - Nails & Beauty

Home-based salon in Totara Views offering acrylics, hard gel, gel polish, manicure and pedicure • Mandy Bennett • Qualified Nail Technician. www.theurbanscape.co.nz

Stand Tall Physio

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

Experienced Avon Representative

More than makeup, shop online or request a brochure. Affordable, 90 day money back guarantee.
Melissa Clay 027 2358210

Naturopath & Medical Herbalist

NZ Bachelor of Natural Medicine Qualified. Specialises in Food Intolerances and Gastro Intestinal disorders.
Carlene Arnold • jcgarnold@yahoo.co.nz

Natural Style Ltd

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

BUSINESS SOLUTIONS

OnTrack Business Solutions

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

Website Design

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

Digital Marketing and Social Media

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

INSURANCE

UProtectNZ Insurance Services

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

OTHER SERVICES

Pauline's Sewing Services

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

Music lessons - saxophone, clarinet, flute

Experienced registered teacher. Provide music for your event or concert. Woodwind instrument repairs.
Stephen Thorne 09 6001002

TAGNZ: Portable Appliance Test & Tagging

Compliance with new Health & Safety Regulations • Testing to AS/ NZS 3760 standards • Servicing all workplaces.
Chris 021 251 0088

Celebrant - Experienced & Professional

Weddings, Funerals, Naming/Dedication, Renewal of Vows & more • Kaye Mooney • 0212776222

Proof Perfect - convenient Millwater location

Comprehensive, confidential & affordable copy editing & proofreading services for documents, manuscripts & website contents. Renell Judais 029 1230 158

Quilting / Patchwork Classes

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

**“FREE ½ PAGE AD
IN THE MILLWATER
MAG IF YOU LIST
WITH US!”**

Plus

- A Free Tv Ad
- Lower Fees
- Proven Top Quality Results

Give us a call now on (09) 426 6122 and find out more about the benefits of listing with Mike Pero Real Estate. Experience the difference.

Mike Pero
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)

Mike Pero
REAL ESTATE

The Community Zone is sponsored by Mike Pero Millwater

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

Mike Pero Real Estate Ltd, Licensed REAA (2008)

We try harder.

“We’ll go to **great** lengths to sell your home for **more**, in **less** time and with **lower** fees.”

0800 000 525
mikepero.com



FOR SALE

Mike Pero
Real Estate
Licensed REAA
2008

0800 000 525
mikepero.com

