

theMillwatermag

Your FREE monthly magazine of all things Millwater
June 2015

- Fiery Lamb Shanks
- Millwater Book of the Month
- Millwater Property Talk with Grayson
- Out to Local Lunch - restaurant review

'Karate Kid' aiming for Las Vegas -
INTRODUCING ALEX MCAULEY

Editor's note

With our very own motorway ramps open at junction 396, the new SH1 signage means that the Millwater name will now be seen even more publicly. This should attract more residents and it is to be hoped that, as the local commercial areas also become developed, we will see the addition of ramps from and leading to the North. Heavy commercial traffic via Arran Drive and the Millwater Parkway might otherwise become somewhat problematic.



June is one of my favourite times of the year, bringing as it does pleasant thoughts of the Kiwi mid-Winter "Christmas" – for which we have a number of excellent recipes that will be ideal this month. If you ever find that you have baked too much, or made too much jam, then the lovely volunteers at Ronald MacDonald House down at Starship Hospital will be more than pleased to receive the surplus. Please let us know if you need contact information.

Looking around Millwater, it is refreshing to see that there are now very few berm trees with the destructive grass 'volcanoes' around them. Letters from the Council to residents on this subject have obviously been read and acted upon. I wonder if there might be a chance that those trees, killed by too much grass clippings piled around them, might be replaced...

It was a very pleasant change to meet and interview a younger person this month, although Silverdale pupil Alex proved to be refreshingly mature for his age. We wish him well for his future success as a Kenpo Karate contestant in Las Vegas later this month.

In an effort to present something new for our readers, this month we have a couple of restaurant reviews and also the first in a series of book reviews. Look out for more of both in the coming months.

Our words last month about road safety and monitoring speeds around Millwater were well received by the Police, from whom we have received the comment that they wished the mainstream press would treat the subject of speed with the same sensitivity and directness shown by the Millwater magazine. Praise indeed! We certainly need not hold back from reporting inappropriate driving around Millwater.

The motoring emphasis this month is on a lovely red Chevrolet Impala, owned by local Millwater man Kerry McPherson. There is no doubt that he will produce another special vehicle for a future edition. I wondered if maybe there was a special motorcycle out there, by way of a two-wheeled change for the motoring section...

Despite the onset of the cooler weather and darker evenings, it looks likely that we will not see an over-Winter break in the fishing column. Not only does Tim Lawrence continue to go fishing, he is also something of a gourmet seafood chef! The Coastguard column will resume in springtime.

Enjoy your mid-Winter "Christmas" – the lighter nights are just around the corner!

Brian Mullan
Editor
June 2015

theMillwatermag

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themillwaterinterview

'Karate Kid' aiming for Las Vegas

Before meeting Silverdale School pupil Alex McAuley, I must admit that I knew very little about Kenpo Karate and it came as a complete surprise to learn from him that, among other luminaries, the legendary Elvis Presley had been a black belt in the discipline. So: what is Kenpo 5.0 Karate and why does it attract youngsters like Alex, from as early as 4 or 5 years of age?

Alex became 'bitten by the bug' at an early age, through watching Teenage Mutant Ninja Turtles and Kung Fu Panda films, which so inspired him that he made enquiries as to how he could learn karate. From the age of five, he began to learn and practice the art of Kenpo, rising through yellow and orange to his current purple (advanced) belt. He modestly showed me the five trophies and two medals that he has already earned for his expertise in Kenpo.



Many mistakenly believe that karate is an offensive martial art – it is not: Kenpo, as a mixed martial art (MMA) version of karate, is first and foremost a self defence system. Nor is it limited to boys and men – girls and ladies will also benefit from learning the best way to defend themselves in the event that they encounter unwelcome physical attention.

To become street-wise in self defence, Alex has had to understand and master the concepts and principles of motion; such as physics, geometry and mathematics. All this is undertaken in a training atmosphere and environment of mutual respect, leading to improved self-esteem through students gaining confidence in their strengths and abilities. Other key elements are discipline and teamwork.

Alex trains at Bays Kenpo which operates from Torbay School (www.kenpo.co.nz), where Shane Rynne (4th degree, black belt) is senior chief instructor and Allister van Mil (3rd degree, black belt) is chief instructor. Kenpo started in the USA and is an international organisation, with New Zealand having an additional three training centres in Auckland, plus Cambridge and New Plymouth.

Asked about his plans to continue Kenpo Karate as he matures, Alex was calmly enthusiastic about progressing through teens to adult grades, with his mind firmly set on achieving the highest degree of black belt that he can attain. It was seriously impressive to talk to an 8 year-old who has such obvious maturity and calm self-confidence.

For the immediate future, Alex's family are fund-raising so that he can take part in the 20th Anniversary Kenpo World Cup Championships in Las Vegas, 25-28 June. In just three years of training, Alex has developed to such a degree that he already has the ability to represent NZ and compete at that level. He has even begun assisting Kenpo instructing and learning routines at the school where he trains.

There can be no doubt that becoming involved with Kenpo has given this young man a huge amount of maturity, calm confidence in himself and respect for others. However, he's not the sort of guy you would tackle and expect to remain upright!

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mortgagematters

Looking to sell and buy? What finance options do I have?

Below are two possible options:

1) Sell your current property and buy a new one, with a small overlap between the two settlements.

This is called “**closed bridging finance**”. This basically means that both agreements are unconditional and therefore “closed”.

Remember: for a while you would be paying two mortgages at the same time, so make sure you budget for this. Your lender will want to see that you have enough income and savings to make this work.

(There could be extra legal and banking fees, so please get advice).

2) Seek a pre-approval from the lender, based on the scenario of you buying a new property and renting out the old one out.

This is called “**open-ended bridging finance**”. As there is no set date to sell your old property, the bridging is considered “open”.

You have to show that there is enough equity, income and rent, to hold both properties for an infinite time.

This option makes it easier to place quick offers and go to auctions.

The above are just two options to be explored. Before placing any offer, please consult your mortgage adviser and solicitor.

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

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



lettertotheeditor

A huge thank you to all the people of Millwater who have helped and supported me over the last 6 months; it has not been an easy time for me and I have been overwhelmed by the help and encouragement from so many people in the area. It was so lucky that we moved here two years ago, as I would never have had such kindness anywhere else.

Again a very big thank you – I just hope I can return some of your kindness in the future.

Sincerely,
Anne Mahon

brett the vet

Microchipping your pet

First of all – thank you for all the fantastic support we have received from the Millwater community since we opened the hospital at the beginning of April! It is much appreciated!

Over the last ten years, microchipping has become more common. In New Zealand, the use of microchips obviously increased when it was made compulsory to microchip all new pups, as a way of addressing an increase in dog attack cases (as to how a microchip stops a dog attack I don't know; ask a politician – not me !!)

However, what that did do was raise the awareness of people to microchips and their use has greatly increased, which is a very good thing.

We recently have started funding the Pet Patrol on Times FM, which helps reunite lost pets and their families. This is made soooo much easier if your cat or dog is microchipped.

One other recent benefit of microchipping is the advent of the cat doors that are activated by the microchip on your pet, which allows free access for your pet but stops other cats entering your house. It can also keep your cat in your house at designated times, which can help protect your cat from fights or cars!

We recently had a wonderful reunion of pet and owners, which highlights the benefits of microchipping:

"Opal became separated from her owners during a trip from Rawene to Auckland, when she escaped from the car during a stop-off ONE YEAR AGO. She was brought into the clinic as a stray with a sore eye. Luckily, she had a microchip and we were able to track down her owners, who were over the moon to be re-united. They think their luck was fuelled by the threat of getting a new cat last weekend!"

Brett the Vet



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www.orewavethospital.co.nz

www.millwatervethospital.co.nz



Open 7 days

Available 24 hrs/7days

safercommunities

Millwater Snap

You may have seen in the news that Rodney Police have recently recovered thousands of dollars worth of stolen property at an address in Dairy Flat. Reuniting the items with their owners has been a huge but rewarding task, but it has highlighted the importance of recording serial numbers or distinctive markings on your belongings.

For example, recovered was a number of nail guns that were the same make and model. Without having an identifying marking or serial number, it's very hard for Police to be able to figure out which nail gun belongs to which owner.

There are various ways to protect your property ranging from identifying and marking your valuables including Operation SNAP, a project run by the NZ Police and community partners designed to reduce burglaries.

Operation SNAP enables everyone to record serial numbers and any other unique identifier of their valuables on an electronic database. The four key purposes:

- enable quick and easy retrieval of your stolen property by Police.
- help Police catch and identify burglars
- deter burglars from entering a property displaying a SNAP warning sticker
- assist you in identifying your missing items and processing your burglary with the Police

To sign up visit the SNAP website www.snap.org.nz, click "Log On" on the home page and follow the instructions.

Finally, if you know any information but want to remain anonymous don't forget about the CrimeStoppers phone line. This is an independent organisation that encourages people to call anonymously to pass on information about crime and criminals to law enforcement agencies. CrimeStoppers 0800 555 111



Constable Antony SEARLE

Orewa Community Constable | Rodney | New Zealand Police

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

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

Safer Communities Together



Out to Lunch

In this, one of an occasional series of reviews, we look at places to go for something different in the way of a quick lunchtime treat and somewhere that offers an additional dimension – like being dog-friendly, for one.

The **Provenance Matua Valley eatery at 791 State Highway 16 in Waimauku** was very welcoming and comfortable, with well-spaced tables and great outdoor areas with huge bean bags for the kids. They even have their own veggie garden that provides all their fresh salad bits. Well-behaved dogs and owners were much in evidence and the friendly staff made us feel at home. My partner had the special beef burger (shredded beef, not mince) and I opted for the tarahiki fish of the day. We both had the home-cooked chips, which we agreed were the best we had tasted for a long time. I had the Awa Valley single vineyard merlot and my partner had the Cooper's Creek Rosé, with a final long black for me.

Good food and plenty of it, in a friendly atmosphere with lots of conversation going on. Lunch for two was \$71. The only, slightly adverse comment is that the car park approach surface needs a bit of work. Otherwise: recommended.



the millwater insider

Wainui Road On/Off Ramps

These are now open and functioning fully. Opened on 13th May, this has had an immediate impact on traffic flows; with a decrease in heavy transport flows up and over Bankside Road. Judging by the queue trying to get across to the Whangaparaoa Peninsula in the evening, there may be some people avoiding the Silverdale off-ramp and using Millwater as a through track. The remainder of Wainui Road should be open within a couple of months, further reducing traffic flows through Millwater.



Millwater Central

It's great to have Mumbai Central up and running (check out the review on page 21) and making good impressions on many. A number of other businesses are getting very close to opening; we will keep you informed as they do.

Red Light Runners

Congratulations to all those hardworking parents who continue to put in the effort each day, to keep all out children safe from harm. It was interesting to see the problem highlighted in the media recently. However, it is disappointing to hear that, despite this and an increased police presence, there has been no significant improvement in behaviour around the lights. There is some sign that children are becoming more aware of the danger, but the largest portion of the problem still appears to be parents themselves running red lights to get into Longmore Lane. Let's have a look in the mirror to see if we can improve.

You will see an ad in this magazine for additional helpers, so, if you can donate some time either before or after school to help out, please contact the organisers.

Metro Park

Initial preparations have begun on the site for the Hibiscus Coast Hockey grounds at Metro Park East. We will have more details for you next month on the scope of works and timelines.

Consents and Covenants

Thank you to all who attended the recent discussion on the peculiarities of the District Plan and covenants. It would be a stretch to say that it clarified all the issues for those that were there, but it highlighted some avenues for people to investigate further. The long and short of the discussion is that you should probably seek expert opinion, or at least consult the Council, before undertaking any construction or earthmoving on your property. A big thank you to Alistair Dodds, our local architect, and Hannah Thompson from Planning Plus (ad on page 16), for providing the expert knowledge.



Millwater Families' Facebook Page

Are you on Facebook? If so, hopefully you have joined the Millwater Families' Facebook Page. If not, read on.

When you ask to join, you will receive a message asking you to confirm your identity and address. This is to protect the privacy of our members. Please check also your 'other' or 'junk' or 'spam' folder for this. This group is open to Millwater and Totara Views residents and property owners only.

This group belongs to the families living in Millwater, Silverdale. It is a group for sharing and creating events, sharing of information and asking/answering questions. The group is not designed for business advertising, and should this become excessive, then all advertising will be removed. Advertising is strictly limited to once a month and is only for local businesses and the businesses of Millwater residents.

timlawrence Fishing Spot



After the cold snap early in May, the temperature has settled down and once again the Hauraki has turned on some really nice days to get out there and catch some good-sized fish.

I have been keeping in contact with other keen fishos in the area and there have been some good catches lately. We thought we had a good haul a couple of weeks ago – only to be sent an image showing another catch consisting of 3 kingfish, lots of snapper, a john dory and 4 crays!!!

We still prefer dusk fishing but, with the shorter days, we are having to get on the water a lot earlier to catch the change of light. Kawau Island has been really patchy for us so we have been heading out to Little Barrier Island, where we have always done well for a feed of snapper (plus the odd kingfish from time to time). Our last trip was after work on a Friday night; we didn't leave home until about 6.30pm and it was already dark when we arrived at the Omaha ramp. Launching was easy as it was three days before full moon and the sea was like a millpond – this was one of the best nights out we have had this year. After finding some good sign on the sounder, we set up in the current with the outgoing tide (sorry, no hints as to where we were). By 10.30pm we had our limit, with about six of them over 5 pounds. This just goes to show you that, even in the cooler water, you can still line up a bin-full of fish.

If you are running out of fish recipe ideas, we use panko crumbs and fry fillets, which are then made into fish wraps or fish burgers – our kids love these. We have also just started making green curries using a green curry sauce then adding canned bamboo shoots and fresh coriander (with extra chilli, of course). My new favourite is ceviche. The fish is sliced thinly and then cooked in lime juice in the fridge for about an hour. I next add salt, pepper, fresh coriander and chilli. The dish is then served with a bit of wasabi sauce on the side. Trust me – it tastes great.

Driving around Millwater I can see that some of you own some real fishing weapons and I hope they are more than driveway ornaments. Winter is no excuse for not getting on the water; there are plenty fish to be caught in the cooler months and the water is clearer if you are into scuba diving.

Get out there. Tight Lines!

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PRESBYOPIA – Is reading getting harder?

Are you noticing that you are finding it harder and harder to read fine print? Does the print menu at your favourite cafe/restaurant seem to be getting smaller or perhaps those text messages are getting harder to read?

Once we reach our 40's (sometimes earlier), we go through a process called Presbyopia. This is due to normal changes that occur in the lens of the eye and it can become more difficult to focus on near tasks. Traditionally, the only solution available was a pair of reading glasses or multi-focal glasses. However, the last couple of years have seen some amazing new contact lens options come to the market that allow clear vision both close up and in the distance, with little or no need for glasses throughout the day. The great thing is, no on and off with your glasses or riffling through your bag or pockets to find them.

Multi-focal contact lenses are designed somewhat like spectacle progressives (multi-focal lenses), with a gradual change in strength across the lens surface, to incorporate both far and near correction. Most lenses are soft designs, which can be comfortably worn daily (full-time) or part-time for weekends or special occasions.

After a couple of appointments with an Optometrist (to find the right lens for you and to teach you how to use them), most

people find wearing contact lenses a breeze and love the freedom it brings.

Zaria Burden B.Optom TPA Endorsement NZAO Optometrist



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[^] 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.

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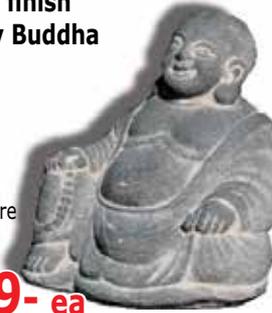
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Do Raw Diets need **Supplements Added?**

We are often asked whether dogs and cats on a raw diet require supplementation.

With a few exceptions, the answer is "No!" – if you follow these guidelines...

- The diet is well-planned;
- The diet is species-appropriate: It consists of whole carcasses, or a selection of raw meat, bone, organs and tripe;
- A variety of prey-sources (at least three different ones over a week) is offered; and
- The prey-sources are high quality – the wilder the better (rabbit, wallaby, possum and hare are great).

The levels of nutrients that cats and dogs need for survival differ from the levels needed for optimal health. A carefully planned, prey-based diet will provide them with the correct nutrient proportions, in the most readily absorbable and utilizable form.

An inappropriate raw diet could lead to serious deficiencies. The diet must be well-planned! We recommend feeding a

reputable processed diet, rather than a poorly-planned raw diet.

So, what are those exceptions we mentioned earlier? Many pets are changed to a raw diet in an effort to address existing health issues. Some of these pets may benefit from some supervised, short-term supplementation such as Omega-3 oils, to help bring inflammation under control, and Probiotics to re-establish healthy gut flora.

Omega-3 fatty acid (O-3FA) oils are popular for their anti-inflammatory effects. An effective source of O-3FAs is high-quality fish oil. Fish oils contain O-3FAs in a form that your dog and cat can readily use – unlike flaxseed oil. The O-3FAs in flaxseed oil need to be converted before they are of any use – and cats and dogs are very inefficient at this conversion.

We are here to help you get the very best out of raw-feeding, and to increase awareness among pet owners that optimal health can be achieved through the right diet.

Raw Essentials, Silverdale Village



We are enrolling new patients now and welcome new families to the Hibiscus Coast

We also see casual patients if your Doctor is closed or may not be able to see you

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7 Polarity Rise, Silverdale

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Opening hours:

Monday - Friday Service: 8am - 7pm
Weekend Service: Sat - Sun 9am - 1pm
Public Holiday Service: 9am - 1pm

Silverdale Medical is opening in Millwater Central soon!
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Orthodontist
Consultation,
X-rays & Records

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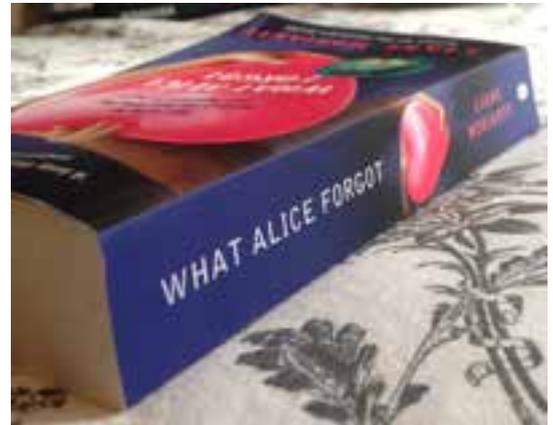
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Unit 21, Millwater Central, 175 Millwater Parkway, Silverdale

millwater**book**of**the**month

“What Alice Forgot” by Liane Moriarty (soon to be made into a Film)

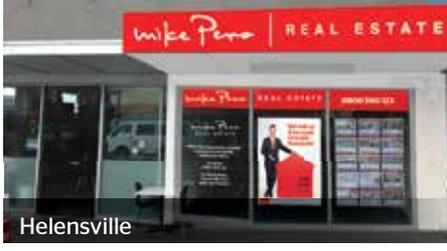
This month sees the first in a series of brief book reviews, by Millwater resident Diana Lakin. Diana is part of a small, local book club that meets monthly to review books of interest to them.



A well-written tome with believable dialogue, written by a gifted writer. A thought-provoking story about Alice Love, who awakes to find she has been injured in a gym (she hates gyms). Her first concern is for her unborn baby. Her temporary amnesia mistakenly transports her back ten years earlier in her life, when she is besotted with her husband Nick and is pregnant with their first child. In actuality, she is now 39 old with three children and in the throes of a nasty divorce. Alice must painfully reconstruct the events of the last decade to unravel the puzzle of her present predicament i.e. children she doesn't remember, a husband who loathes her, etc, etc. The book is filled with rich characters and is an insight into what can happen to couples who lose sight of “themselves”.

Mike Pero

Mike Pero Real Estate Ltd Licensed REAA (2008)

 Point Wells	 Puhoi	 Whangaparaoa
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 Kumeu	 Silverdale	<p style="color: red; font-weight: bold; font-size: 1.2em;">At Mike Pero Real Estate, we've got Rodney covered.</p> <p>If you are in Silverdale give Grayson & Sarah a call to experience the difference.</p> <div style="text-align: right;">  <p style="font-weight: bold; color: red; font-size: 0.9em;">Grayson & Sarah Furniss</p> <p style="font-size: 0.8em;">Tel: 09 426 6122 Mob: 021 665 423 grayson.furniss@mikepero.com</p> </div>

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What's so amazing about nuts? - Part 2

Hopefully you've had an opportunity to read last month's Part 1 about the benefits of nuts, so this month I'm going to pick up where I left off. The full article (parts 1 & 2) is available on my website and Facebook page.

Nuts are also a great source of:

- Magnesium – for healthy bones and proper muscle function. Brazil nuts, cashews and almonds contain more magnesium than other nuts.
- Potassium - an electrolyte which helps the proper functioning of all cells in the body and is especially important for healthy heart and muscle function. Pistachios, hazelnuts and almonds contain higher amounts than other nuts.
- Calcium - for healthy bones and teeth; with almonds containing the highest amounts and Brazil nuts and hazelnuts coming a close second.

Unroasted, unsalted nuts make a healthy, satisfying snack. A small handful (30 grams) of mixed nuts four to five times per week has been found to provide beneficial effects and is recommended by the Heart Foundation. It is one of nature's ultimate 'fast foods'! Keeping a small bag on hand will help to satisfy those hunger pangs when you are out and about, preventing you from driving to the nearest fast food outlet or buying a chocolate bar or bag of crisps to tide you over. Although nuts are high in fat, it is the good kind of fat and keeping serving sizes to the recommended amounts ensures that it doesn't affect body weight. Studies have shown that people who eat nuts are less likely to be overweight.

Nuts must be chewed well for our bodies to be able to absorb the nutrients properly - otherwise they will just pass through our digestive system without all the nutrients being extracted. One way around this is to finely grind the nuts and in this way they can be added to smoothies, yoghurt, baking, soups, curries, casseroles and even sprinkled over cereal. If eating raw nuts is not appealing, try gently roasting them in a pan for a few minutes without any added oil, to enhance their flavour. Only roast the amount you will need for a couple of days because, once the oils in the nuts have been heated, they go rancid quite quickly and develop an 'off' flavor. Rancid oils don't have a positive effect on our health.

All in all, nuts are a pretty amazing food! Unless you are allergic to them, try including some into your diet every day.

Bin Inn (326 Hibiscus Coast Highway) stocks a wide range of raw nuts and of course all our local supermarkets stock them too.

By Paula Southworth
Nutritionist & Health Coach
 (BSc Human Nutrition and Sports Science)
www.nutrition sense.co.nz



Join us for services throughout the month:

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area **property** stats

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

	April 2014	March 2015	April 2015
Number of Sales	4	20	13
Median Sales Price	\$802,000	\$900,500	\$938,000
Highest Sale Price	\$845,000	\$1,210,000	\$1,450,000
Lowest Sale Price	\$780,000	\$815,000	\$843,000
Average % price to CV	26.42%	8.29%	10.69%
Average Floor Area (sqm)	208	239	236
Weighted Value Index	1055	1094	1111

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

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

Phone Grayson on 09 426 6122 or 021 665 423

Grayson Furniss
Brand & Territory Owner

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millwater **property** talk with Grayson

Up, up and away seems to be the recurring theme when talking about the Millwater property market. We can now see some concrete evidence of sustained price increases. The entry level into the free-standing market is now comfortably into the \$800,000's – with the average property selling well into the \$900,000's.

Our weighted value index has now moved over 1100. This is a measure of the comparative values of properties, taking into account the land and house sizes. So, whilst we can see that the average house size sold has increased from 208m² to 236m² in the last 12 months, we also know that this is not the sole reason for the increases in prices.

The current market is providing some incredible results for vendors – at least in part because of the very low numbers of houses currently available for sale. This is a truly great time to be selling; with large numbers of cashed-up buyers seeking homes to occupy now. This is reflected in a significant improvement in the days to sell, with this falling to 65 days – still higher than the Auckland-wide average, but improving. We expect to see some balance come back to the market in the medium term, as some new homes near completion.

It will be interesting to see what impact the new changes in lending requirements for investors imposed by the Reserve Bank and will have on investment in the area. The new rules around speculative trading may also have some effect; whether it is enough to slow the

price growth in the market is yet to be seen.

As always, if you are thinking about a property transaction, please let us know. We have access to a range of information that may assist you in making a better-informed decision.

Grayson

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Mike Pero

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Property Details

Land Area: 523m² **Building Size Area:** 208m²

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Grayson Furniss
021 665 423
09 426 6122

grayson.furniss@mikepero.com



Sarah Furniss
027 440 044
09 426 6155

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Grayson & Sarah Furniss

30 Galbraith Greens, Millwater

From our vendors...

What a team!

If you're thinking of selling, Grayson and Sarah are an obvious choice.

Their friendly, honest approach meant we were kept informed throughout the selling process.

Their marketing was superb and every interaction was highly professional, without losing the feeling that they really cared about getting us the best result.

Great feedback and follow up meant every question was answered promptly.

Highly recommend them as local agents.

Thanks Grayson and Sarah!

Emma & Ian Coupe

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26 Beachwood Dr, Hatfields Beach

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30 Galbraith Grns, Millwater

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2 Vivian Rd, Millwater

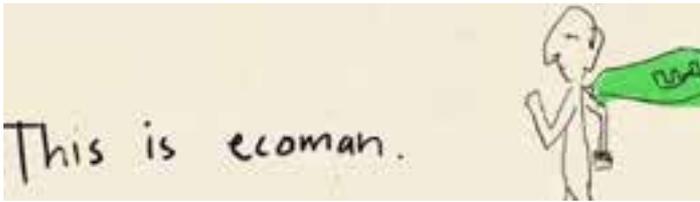
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Battle, Bargain & Brains



The other morning, I had the privilege of listening to Malcolm Rands, Founder of the EcoStore. He's a very likable guy and I love the way he shared the journey of the EcoStore via a story. He began with telling us how one of his daughters, as a gift to him one Father's Day, made a comic book of his journey. In the opening frames, she tells the story of how her Dad Battled, Bargained and used his Brains as he established his business...

Malcolm's story of "making it easy to make a difference" is inspirational. As business leaders, we need to remind ourselves that the path to success is uphill. As I thought about the three B's – Battle, Bargain, and Brains – a number of thoughts started to form.

Battle. If we are going to win in a battle it means that we need to understand what we are standing for, what we are fighting for. Both the What we are wanting to achieve and the Why we want to do it must be clear in our minds. That brings into play a whole bunch of character traits: resilience, discipline, management of limited resources – time, energy and finance. Each of these presents its own kind of battle for us. Perhaps you've won the battle with some of these; perhaps you're recovering from wounds received. A strong sense of purpose, remembering 'the what and the why', will spur you back into the fray.

Bargaining. The ability to negotiate and think win-win is crucial. Building great working relationships with clear communication is vital for business today. Establishing a team that will work with you to achieve a shared vision requires negotiation, compromise, clarity and quite possibly talking to some 'big people' for the first time.

Brains. It starts by understanding ourselves; knowing our strengths, passions and skills and playing the game of business according to those. Listening to Malcolm, one thing was clear: he is passionate about the environment. Everything he does in business is birthed from a sincere desire to do the best he can for the planet and to make it easy for you and me to do the same.

I love this quote from Malcolm; "Success in business is to create the kind of environment you want to live in. Imagine the future and do it now."

Let's do that. What are you waiting for? Need someone to talk to? Bounce ideas off of? Give us a call 09 421 9020 and we can chat over a great coffee made with Free Trade coffee beans, served in a reusable cup!

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Out to Local Lunch

There is a brand new eatery in Millwater and it could be all too easy to dismiss Mumbai Central as 'just another curry house' – it definitely is not! The genuinely warm smile of Rakhi made us feel immediately welcome and, soon after we were seated, we explored with her a little of the philosophy behind this new restaurant venture. Clearly, there is an interesting story here. We will plan in a future edition to return, to explore in greater depth the people in front of and behind the scenes of Mumbai Central.



They opened less than 24 hours before we arrived and their liquor licence was still awaited, but the chilled water was welcome. We chose their Dabbawalla Special Lunch, which is an authentic lunchbox meal, served exactly as it is in Mumbai. The top section of the lunchbox contained the Chicken Tikka starter (2 pieces); then the dhal, curry and rice separately in the three lower sections. You can choose to eat directly from the lunchbox, Mumbai-style, or decant onto the warm plate provided.

From the five options, my partner decided on the Butter Chicken curry (mild) and I chose the Beef Meatball curry (medium). Included with each meal is a large, freshly-baked naan bread, with a delicious Gulab Jamun dessert (milk, powdered dried fruit, fried in oil and dipped in sugar syrup) rounding off a very enjoyable meal. Just \$30 for two special lunches, for which we both agreed that 'highly recommended' was the only rating we could give.



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

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

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

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

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

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

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Mike Pero

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Yoghurt Pancakes

Who doesn't like pancakes with fresh fruit for breakfast! Here is a recipe that I have recently discovered that is healthy and very quick and easy to make.

Ingredients:

1 cup flour
 1 teaspoon baking powder
 ½ teaspoon baking soda
 1 cup yoghurt (any yoghurt will do, even those with fruit bits)
 1 egg
 2 tablespoons milk

Method:

Mix yoghurt, egg and milk together. In a separate bowl, mix the dry ingredients together. Pour the wet mixture into the dry ingredients and mix well. The batter is quite thick and not runny. Heat a little bit of butter in the frying pan.

You can make any size; but remember to turn and try to flatten the pancakes as much as possible – especially the bigger ones – so that they cook through and aren't doughy in the middle.

Serve with fresh fruit, bacon and some maple syrup.



Corli Husselmann

Carrot Cake (microwave version)

1 cup sugar
 ¾ cup vegetable oil (any oil fine - I use whatever happens to be in the cupboard)
 1 tsp baking soda
 1 cup self raising flour
 1 ½ cups grated carrot
 ¾ cup crushed pineapple (after liquid largely removed)
 ¾ cup chopped walnuts (optional)
 2 No.7 eggs
 ¼ tsp salt
 1 tsp cinnamon

Mix together sugar, eggs, oil and carrots

Add pineapple and walnuts

Add all other sifted dry ingredients and mix well

Pour into lined and well-greased circular microwave cake tin with hole in centre (only the bottom needs to be lined - I draw around the upside down tin on paper along with the hole in the middle and then cut out the shape, increasing the hole shape to fit. Grease under and over the paper, making sure the side of the hole centre is also done)

Elevate in microwave and cook on high for 13 minutes (1000w+ microwave)

Turn onto baking rack and peel off lining paper - this is now the "top" of the cake, ready for icing when cold.

85 gm cream cheese

1 cup icing sugar

Crushed walnut pieces for garnish (optional)

This will cover the top of the cake. If you wish to do sides, just increase proportions of cream cheese and icing. Make sure the cake is cold first or the icing will become runny.

Penny Howard



Fiery Lamb Shanks

For the shanks

4 lamb shanks
olive oil
2 carrots - peeled & sliced
1 brown onion - peeled & thickly sliced
2 bay leaves
1 bottle of red wine (I would recommend Shiraz)
500ml chicken stock
handful of mint leaves

For the marinade

1 - 2 green chillies - sliced (can be deseeded)
1 - 2 red chillies - sliced
2 teaspoons smoked paprika
2 teaspoons dried oregano
1 teaspoon cumin seeds
2 cinnamon sticks snapped in half
3 garlic cloves - peeled, crushed & roughly chopped
olive oil
sea salt
ground black pepper

Method

1. prepare the marinade; mix the chillies, smoked paprika, oregano, cumin seeds, cinnamon sticks, garlic, 1 tbsp olive oil and salt and pepper together. Rub this mixture into the lamb so that it is well flavoured. Cover and leave to marinade for at least one hour or even over night in the fridge.

2. Preheat the oven to 160 degrees celsius

3. Heat a large casserole dish on the stove top and add a couple of tbsp of olive oil. Brown the lamb in it for about 6 minutes until coloured on all sides, then add the chillies and cinnamon from the marinade

4. Add the carrots, onion & bay leaves to the casserole dish and brown for a minute or two. Lift the lamb so that it is resting on top of the onions and carrots. Add the red wine to deglaze the pan, scrapping up the bits from the bottom then bring to the boil and cook for 7 - 8 minutes to reduce the liquid by half. Add the chicken stock, bring to the boil then transfer uncovered to the preheated oven. Cook for 3 hours until meat is very tender and the sauce is reduced. (If the tops of the shanks look like they might be drying out, just baste and occasionally turn them)

5. Remove the cooked meat from the oven and served garnished with torn mint leaves and the cooking juices spooned on top. Best served with cous cous or creamy mashed potato.

Lynda Kanji



Zucchini Slice

375 gm grated zucchini (approx 3 reasonable size - approx weight only)
1 large onion - chopped
3 rashers bacon - chopped (more is fine too)
1 cup grated cheese
1 cup self raising flour
cup olive oil
4 eggs
Salt and pepper

Put all ingredients into mixing bowl and mix well (I sometimes add half or more can of creamed corn to mixture)

Place into greased lasagne dish and garnish with grated cheese

Bake at 180°C for 30 minutes or until golden

Serve with salad, on its own or with steamed vegetables. Goes with everything

Any leftovers taste great the next day, hot or cold.

Penny Howard



NZ Sign Solutions wins Gold Award for Matakana School Pencils



At the recently held 19th New Zealand Sign & Display Awards, held in Rotorua, local Silverdale company NZ Sign Solutions was awarded a medal. Sign Solutions entered the Matakana Schools Staedtler Values Pencils under the Three Dimensional Signs category, which won them Gold.

The New Zealand Sign and Display awards were created to encourage and promote high standards of design and execution in all aspects of sign-making and attain excellence in production.

The first thing that judges look for is "eye appeal"; how well the entry has been presented and the subject matter.

There are seven judging elements that apply to all categories:

- Basic Good Design – it goes without saying that this is the keystone to all signage;
- Readability – having excellent impact and still be read well;
- Creativity – people see not just with their eyes but with their intellect;
- Originality;
- Competency – quality of finish;
- Innovativeness – ability to use the environment and identify with it; and
- Commerciality.

Judging is on merit – the judges have no obligation to award a gold, silver or bronze. Keith Browne, Director of NZ Sign Solutions, said "There are 18 categories and only 13 categories this year were of a sufficient standard to have a Gold awarded, so we are very pleased that we received the highest possible award for our work".

The Awards, over many years now, have set the benchmarks and standards.



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June gardening with Central Landscapes Silverdale



Best June Tip: Tread lightly – the garden is becoming wetter and colder, so walking over soil will only compact it.



What to do in the veggie garden in June

- Plant garlic – garlic is easily grown in containers or in a sunny, well-drained part of the vegetable garden. Garlic from the garden centres is free of imperfections and will grow a healthy crop. Gently separate the cloves out without damaging, (or plant the whole bulb) pointed end up, 5-10cm deep.
- Bright spot – coloured chard or silver beet looks amazing in winter and you can still plant now. Even the stalks are great to eat!
- Winter herbs – bushes of rosemary, bay and plants of winter savory or culinary thymes can be planted. These are hardy perennial herbs that add flavour to winter dishes.
- Edible colour – a winter favourite for the garden is calendula – flowers of bright yellow and orange.



The flower garden, cheap and cheerful – it's bargain plant time!

- Free plants – lift and divide large clumps of hardy, now dormant, perennials such as hostas, delphiniums, stocks and perennial grasses and replant, making sure you have a good root section on each division.
- More free plants – check your garden for new seedlings of hellebores, euphorbias, honeywort etc and make sure you plant them in a desired situation, avoiding something growing beautifully in the wrong place next summer!
- Still bulb time – you haven't missed out – raid the half-price bulbs bins at the local garden centre and chuck tulips and hyacinths in the 'fridge for a few weeks. Being in the warmer part of New Zealand, you can have a bulb planting fest on Queen's Birthday weekend!
- Potted colour at around \$1-\$2 a plant is pretty hard to beat. Now is perfect for planting primulas, polyanthus and baby cyclamen.



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New Zealand Company Directors

Are you in business? Are you aware of the new rules about New Zealand company directors?

By the end of this year, all New Zealand companies must have at least one director living 'down under' in New Zealand or Australia. In case you haven't heard anything, the new requirements are summarised below.

New Companies – From Friday 1 May 2015:

New companies incorporated from 1 May 2015 must have at least one director who lives in New Zealand or in Australia. A director who lives in Australia must also be a director of an Australian company.

Existing Companies – By 28 October 2015:

All existing companies have until 28 October 2015 to find themselves a director living in New Zealand or Australia.

However, if your company files its annual return between 1 July 2015 and 28 October 2015, you must comply earlier; by providing evidence of the date of birth and place of birth of all director(s) when submitting that return.

If your company fails to comply with these requirements, the Registrar may remove it from the Register. This means that your company will have no legal identity and would be unable to enter into contracts or own property.

Simpson Western Silverdale are able to assist if you have questions about this topic, or other legal matters.

Please contact us or send us an email to sarahm@simpsonwestern.co.nz if you would like to discuss how the changes may affect your business.

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

localartist

Acrylic paint by local resident, Colin Holt.
Colin wished to capture the view of the farm at the top of the hill from his property in Old Mill Rd before it disappears.





Student Council Community Group

Hello Millwater! We are the Silverdale School Student Council. We would like to take this opportunity to introduce ourselves and to inform you of the work that we do; in our school and in the community. We are a group of Intermediate student leaders, organised into smaller groups called sub-committees. These sub-committees are designed to contribute smoothly to our school and our community. We have four sub-committees: Fundraising, School Activities, Community and Promotions – each responsible for different projects.



Our AMAZING Principal, Mr Lockie, came up with an idea that we know you will love. He noticed that lots of parents were missing out on our AWESOME assemblies, because of work and other commitments, so from now on the community group is going to film and put together digitally the assembly, for parents who really want to see their children receiving awards but are too busy, so that they can watch it at home.

We are happy to announce that our fundraising group has had a massive success at The Silverdale School Fun Food Fiesta. The stall had many yummy cakes and sweet treats. They managed to raise \$269 for the School's Parent Teacher Association, but this couldn't have happened if it wasn't for YOU! Yes – thanks to you, we have \$269 dollars that can go towards our school.

We have been working hard to bring fresh ideas, not only to the school but to the community too. We would like to thank you for supporting us from the beginning. We are so lucky to have a community that helps us so much.

Thank you from the Silverdale School Student Council Community Group:
 Tayla Gemmell, Payton Holder, Christine Li, Jemma Davis & Kern Platts-Mills



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When Don McLean wrote and sang "American Pie", he made sure that the Chevrolet (Chevy) name would remain forever in everyone's subconscious. Recently, we had the pleasure of being alongside a very special Chevy – a 1966 Chevrolet Impala that has been owned since 1991 by local Millwater man, Kerry McPherson.

Kerry hails originally from West Auckland and began his career as a panel beater. When we probed about the way in which he first got involved with the car repair trade, Kerry admitted "Just after getting my driver's licence at the age of 15 I crashed my Dad's car, which then had to go to the body shop". Following that, and drawing on his success at metalwork in school, he took day-release courses with a local panel beater and then underwent a five-year apprenticeship before spending a further two years as a qualified panel beater.



Kerry moved from panel beating to become a locksmith in 2001 and, after nine years, he and wife Kerryyn decided to move the family to Millwater. They absolutely love being here and a big motivator to move North was because Kerryyn was commuting daily from their Titirangi home to Orewa for her work. This move also brought the opportunity for Kerry to start afresh and establish his own successful locksmith business, Auckland Mobile Locksmiths Limited.

Kerry found the '66 Chevy in a wrecker's yard in Panmure; up on blocks, looking very sad and unloved in a pastel shade of green. With just one owner from new, but after losing a mechanical argument, the Chevy ended up in the wrecker's yard, whose owner had started work to get it roadworthy again. Kerry appeared on the scene and, for just \$4000, ended up as the car's second actual owner.

With Kerry's panel beating and other undoubted mechanical skills, the Chevy was stripped down and restored; including new wheels and a great paint job that improved the original pastel green to the gorgeous Fireglow red that we see today.

The original engine has been replaced by a larger, but still original, Chevrolet motor. Having the 327 cubic inch (350 hp) V8 under that long hood and enough space in the even longer trunk for a weekend of fun, it's no wonder that Kerry and Kerryyn love their Chevy! Not content to rest on his laurels, Kerry has plans for a cosmetic upgrade to his Fireglow red lady, whilst at the same time working on another vintage vehicle that we hope will feature in Millwater Motors in the future.



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Millwater Women's Group

On Wednesday 22nd April, the Millwater Women's Group met at Roberts Coffee Bar for a relaxed morning tea and get-together. We had a lovely time and, as usual, it was great to meet some new local ladies and catch up with those we already know. The following week, we held the second mini-event at Tayla'd Styling, Silverdale. I have to say, the second was just as much fun as the first. Again, we enjoyed a glass of bubbles and some nibbles that were supplied by Countdown Silverdale. We will do this again in a few months, when we are all sick of winter and need some hair-styling tips to lift our spirits.

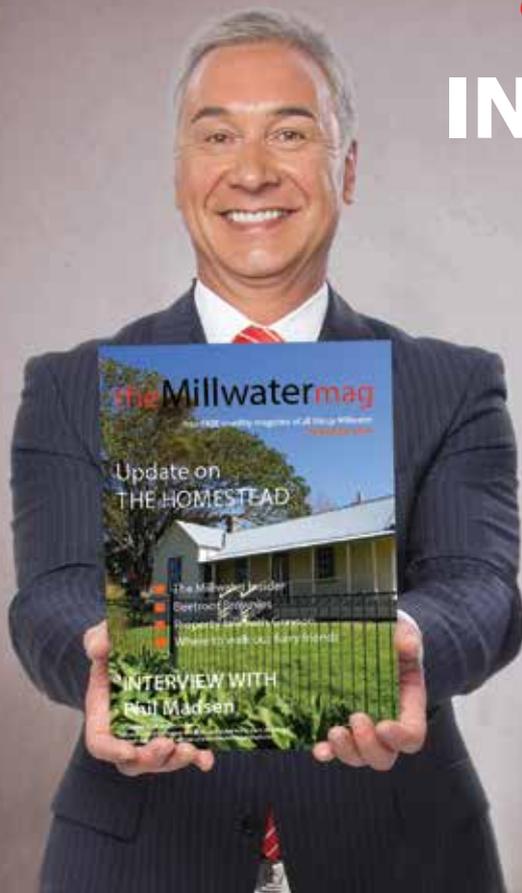
Next meeting is at Kings Plant Barn in Silverdale, on Wednesday 20th May; meeting at the Café at 9:30 for a coffee and catch-up. Kings will then take us on a walk through the garden centre, showing us new and interesting plants and there will be an opportunity around the potting table to ask questions of their gardener and to get advice on how to keep our gardens healthy throughout the winter months. Note: Kings will offer a 10% discount on plant purchases on the day (Gold Card holders already enjoy this discount, so the rest of us can also access this on plants not already on special on the day).

For your diary, the following meeting is at the Puhoi Cheese Factory Café, at 10am on 17th June. I will put the final details of this on the Millwater Woman's Group Facebook page nearer the time, but we will meet at the Café there for morning tea and a cheese-tasting. There will be a small cost to participate in this, but it will be a great opportunity for us to extend our cheese knowledge.

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Island night is a must – full of colourful vibrancy! Most of the larger resorts have their own Island night with traditional music, food and dancers. Another popular option is Te Vara Nui, which is an overwater performance followed by dinner. If you want a more authentic cultural experience, there's the award-winning Highland Paradise.

The Saturday Punanga Nui Market is definitely worth visiting and is a great place to pick up a souvenir. The market has fresh local produce, drinking coconuts, arts and crafts, carvings, jewellery and there's usually a cultural display.

It only takes 45 minutes to drive around the entire island, so it's easy to explore by hiring a car or scooter. Another benefit is that the Cook Islands use the NZ dollar, so you don't need to worry about exchanging currency.

The best time to travel to the Cook Islands is between May and October. However, it is a popular destination, so definitely worth booking well in advance (particularly during school holidays).

Break free this winter and indulge in Rarotongan paradise.

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Coconut oil, a saturated fat, is chock-full of health-promoting properties and is not responsible for high cholesterol, obesity, heart disease and the bad effects you've been led to believe. Modern medicine and science are finally starting to realise the fundamental truth; that the body needs good saturated fat to function.

Coconut oil has been shown to protect from viruses, bacteria and skin infections; to aid thyroid, brain and heart function; to increase energy, beautify your skin and even burn body fat!

It may sound too good to be true, but mountains of research proves coconut oil can do wonders for your health!

Back in the 1960s, it was claimed that all saturated fats like coconut oil were dangerous to consume. **Nothing was further from the truth!** But this 'health scare' was enough to push the public away from saturated fats and instead towards refined, chemically-enhanced and cheaper vegetable oils. It wasn't long before Western-style diets made their way to the islands and the old ways were forgotten. Mass-produced hydrogenated foods replaced traditional foods, like the versatile and all-healing coconut oil that had kept the islanders healthy for generations. Over four decades, healthy sources of fats were replaced with vegetable oils that were thought to be 'better for you'. We now know they've done more harm than good.

Not all coconut oils are created equal – some are better than others. There is a lot of refined coconut oil in circulation. The more processed the oil, the less health benefits it possesses – and it often taste awful. **Make sure you choose only virgin, cold pressed, un-hydrogenated coconut oil.**

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Mon 01 Jun	06:06 2.7m	12:22 0.7m	18:46 2.8m	-	Wed 17 Jun	01:23 0.5m	07:40 3.0m	13:45 0.3m	20:08 3.1m
Tue 02 Jun	00:43 0.8m	06:53 2.7m	13:05 0.6m	19:29 2.9m	Thu 18 Jun	02:12 0.5m	08:30 3.0m	14:32 0.4m	20:55 3.1m
Wed 03 Jun	01:27 0.7m	07:39 2.8m	13:49 0.5m	20:12 3.0m	Fri 19 Jun	03:00 0.6m	09:18 2.9m	15:16 0.4m	21:40 3.0m
Thu 04 Jun	02:12 0.6m	08:25 2.8m	14:32 0.4m	20:56 3.0m	Sat 20 Jun	03:46 0.6m	10:04 2.9m	16:00 0.5m	22:24 3.0m
Fri 05 Jun	02:57 0.6m	09:12 2.9m	15:17 0.4m	21:41 3.1m	Sun 21 Jun	04:32 0.7m	10:48 2.8m	16:42 0.6m	23:07 2.9m
Sat 06 Jun	03:45 0.5m	09:59 2.9m	16:02 0.4m	22:28 3.1m	Mon 22 Jun	05:16 0.7m	11:31 2.7m	17:25 0.7m	23:50 2.8m
Sun 07 Jun	04:34 0.5m	10:48 2.9m	16:50 0.4m	23:17 3.1m	Tue 23 Jun	06:01 0.8m	12:14 2.6m	18:11 0.8m	-
Mon 08 Jun	05:25 0.5m	11:38 2.9m	17:41 0.5m	-	Wed 24 Jun	00:34 2.7m	06:47 0.8m	13:00 2.6m	18:59 0.9m
Tue 09 Jun	00:09 3.0m	06:18 0.5m	12:31 2.9m	18:36 0.6m	Thu 25 Jun	01:19 2.6m	07:34 0.9m	13:48 2.6m	19:51 1.0m
Wed 10 Jun	01:04 3.0m	07:14 0.5m	13:27 2.8m	19:35 0.6m	Fri 26 Jun	02:06 2.6m	08:23 0.9m	14:41 2.6m	20:46 1.0m
Thu 11 Jun	02:01 3.0m	08:11 0.5m	14:27 2.8m	20:38 0.7m	Sat 27 Jun	02:54 2.6m	09:14 0.9m	15:36 2.6m	21:41 1.0m
Fri 12 Jun	02:59 2.9m	09:10 0.5m	15:29 2.8m	21:41 0.7m	Sun 28 Jun	03:45 2.6m	10:06 0.8m	16:30 2.6m	22:33 0.9m
Sat 13 Jun	03:58 2.9m	10:10 0.5m	16:32 2.9m	22:41 0.6m	Mon 29 Jun	04:36 2.6m	10:57 0.8m	17:22 2.6m	23:23 0.9m
Sun 14 Jun	04:56 2.9m	11:07 0.4m	17:31 2.9m	23:38 0.6m	Tue 30 Jun	05:28 2.6m	11:47 0.7m	18:12 2.7m	-
Mon 15 Jun	05:52 3.0m	12:03 0.4m	18:26 3.0m	-					
Tue 16 Jun	00:31 0.5m	06:47 3.0m	12:55 0.3m	19:18 3.1m				Low	High



dates for your diary

Every Saturday
 Every Tuesday
 Every Thursday
 Every Saturday

Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
 Quiz Night at Northern Union
 Night Market • Silverdale Shopping Centre carpark
 Millwater parkrun 8am. See www.parkrun.co.nz/millwater for more details

Fri 5 June

Talk at Pioneer Village, 15 Wainui Rd, Silverdale • Entry gold coin donation • Speaker Caryl Haley - "On the back of a Sheep" - how the Medieval Monks of England made their wealth from wool & influenced language & customs around the world • visitors welcome

Wed 10 June

Pioneer Herb Society Meeting at Silverdale Pioneer Village • 10am • Herb of the month, Demonstration of odour free socks (bring socks) & soup lunch • Ph 09 426 1500 for more details

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

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