

# theMillwatermag

Your FREE monthly magazine of all things Millwater  
October 2015



- Millwater 華語專頁
- Homeopathy for Headaches
- Millwater Biz Buzz - Spicehouse Silverdale
- Rhubarb, Raspberry and Apple Ginger Crumble

## Millwater Gardening Competition

# Editor's note

Last month, during New Zealand Cleanup Week 14-20 September, one of the very newest residents in Millwater, Amber Holah, took the initiative to involve local residents in the latest clean-up of our great neighbourhood. Such immediate community involvement, so soon after moving to the area, is typical of the warmth of our local Millwater people – well done, Amber, for arranging this via Facebook and getting Auckland Council to take away the rubbish collected!



Another inspired neighbourhood initiative is the ongoing and proactive involvement of local parents and friends in the shepherding of the school children across the busy Millwater Parkway junction with Bankside. This month's cover shows two of the regular volunteers (Kerryn McPherson and John), a parent (David Kayes) and many of the children. We don't forget our local Police, who are also a regular part of keeping our area safe under their watchful eye.

The annual gardening competition will soon be upon us, with the closing date for applications at the end of this month. There are some fab gardens in Millwater, so don't delay in getting your nomination registered. There are some truly great prizes again this year, thanks to Central Landscapes and Garden Supplies; so the more entries we get, the better.

This month's interview focuses on the Principal of our Silverdale Primary School, Cameron Lockie, who is surely one of the most approachable people I have met lately and is also an inspiring leader of our excellent local school. You will read elsewhere in the magazine about the forthcoming annual Country Show Day that is on 31 October – yet another great initiative that is well worth supporting; either by sponsoring or attending – or both!

The tsunami alerts last month are a timely reminder to us all. Have you made your plans and assembled your emergency kit, so that you are ready for immediate action in the event of such an emergency? Do you know what to do, where to go, what radio stations to tune-in to, and so on? You might not have much time to act; so make sure you have the latest Civil Defence app downloaded on your mobile phone and stay safe.

Finally: many thanks to Nita Wong for her Chinese-language initiative. This welcomes our great Chinese neighbours as important members of the Millwater community. No matter from where we came, we are all proud to be part of this great neighbourhood.

Brian Mullan  
Editor  
October 2015

# the Millwater mag

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# themillwaterinterview

## Introducing Cameron Lockie



Most of us will have read and been impressed by the articles in this magazine that were submitted by Student Council pupils of Silverdale Primary School. Now we have the pleasure of meeting the Principal, Cameron Lockie, under whose leadership the school is undergoing beneficial and evolutionary changes.

Cameron Lockie hails originally from Melbourne in Australia, where he obtained his university Diploma in Education – but at a time when Australian jobs in teaching were in short supply. Not wishing to waste time or talent, Cameron left for the USA and worked in summer camps before moving on to London as part of his OE. Here, he met the New Zealand lady (also a teacher) who was to become his wife and with whom he came back to West Auckland in 1996.

Cameron's first job after arrival in New Zealand was as a Scale A teacher for a year in Blockhouse Bay Intermediate, before moving in 1997 to Ponsonby Intermediate. This is where Cameron also began his leadership training before moving in 2002 to Parakai Primary as Deputy Principal. Just two years after that, in 2004, he moved to Warkworth Primary as Assistant Principal and gained further valuable leadership skills for the next five years. In 2009, Cameron moved to Kaipara Flats School as a very 'hands-on' Principal, in a small school of 85 pupils and 4 teachers, but in an area where the school was the heart of a hugely supportive community.

After five years at Kaipara Flats where he was obviously very popular, Cameron left with many happy memories, including a photo-board and reminder mini road-sign, and took up his current position as Principal of Silverdale Primary. Stepping up to the larger school, where there are 575 students and a large staff, was a career move that Cameron wanted and obviously enjoys. He has risen successfully to the bigger challenge of getting to know many more students and their parents and to managing much larger staff numbers.



"One of my greatest assets is my excellent leadership team; starting with Deputy Principal Gareth Jones" says Cameron. "My diary is managed very effectively for me and I am able to continue enjoying moving around the school and being a hands-on Principal, including being involved directly with rugby coaching." A short but inconclusive discussion on the likely outcome of the Rugby World Cup ensued; with an Australian and an Irishman agreeing amicably to differ!

Silverdale School has plans approved for a further 8 classrooms, which will increase the school's capacity to the mid-700s over the next five years. These 8 classrooms should be completed by the beginning of 2017. Cameron then talked about the school's move to e-learning and collaborative learning spaces, describing the clear advantages that are being gained by pupils learning independently how best to plan and be creative with their own education. This also includes gaining the buy-in of parents and the teaching staff, leading to the gradual integration into collaborative learning spaces within the school, whilst at the same time providing professional development opportunities for his staff.

As we were nearing the end of the interview, Cameron suggested we go and meet some of the pupils in the Year 0 group. Sitting down beside a small group of these students, it was immediately obvious that Cameron Lockie is a welcome and regular visitor throughout the school. The responsive warmth from all of the pupils left me in no doubt that Cameron Lockie is and will continue to be a strong and very effective hands-on Principal in what is unquestionably an excellent primary school.

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# mortgagematters



## Re-fix or Re-think?

As you will be aware, rates are at an historical low – which is great for borrowers. Discussions naturally focus around “what rate is best for me”, but there are other big questions to be answered.

I’m a big believer that a re-fix is a great time to “re-think” and double-check your loan structure against your short-, median- and long-term goals.

Things to consider before fixing your loan:

- 1) Are you thinking of selling your house in the next 1-5 years? If you plan to sell, look to align your fixed rates to fall off around the expected time to sell. This gives you some flexibility of lender for the next move and avoids any expensive break costs. Some clients choose to float their loan, to provide greater flexibility.
- 2) There may be times when interest-only will suit your strategy. Interest-only is where you pay only the interest of the loan and not the principal (you will need to have at least 20% equity in your home to qualify for this). If you are looking to get the house ready for sale, interest-only will provide some extra cash in the budget.
- 3) Are you expecting to make regular lump sum payments on the loan? Has your income gone up, allowing you to increase your repayments? Remember – every extra dollar counts.
- 4) Are you likely to make a large lump sum payment in the near future? e.g. selling another asset or business?
- 5) Would you consider keeping the payments the same, or above the minimal? Some clients choose to keep their repayments at the minimal. Long-term, this is not advisable, due to the increase in long-term interest paid. However, if you are expecting to be on one income for a short period, this could help.

Please note that bank criteria and market conditions are subject to change.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan@ivanurlich.co.nz](mailto:ivan@ivanurlich.co.nz)  
Ivan Urlich is a registered financial adviser specialising in mortgages. His disclosure statement is available free of charge on request.



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- Sat 31 Oct 8am: 3rd v 4th Playoff

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# vetspeak

## A Happy and Healthy Old Age

The annual health check and vaccination for your pet is the equivalent of getting a WoF for your car, a check-over of the major wellness signs, but hidden illnesses can still sometimes be missed. Common conditions such as heart or kidney disease, arthritic changes, dental disease and some cancers can be picked up by these examinations, but further tests such as blood and urine tests or x-rays may be needed to confirm the diagnosis or the extent of the problem.

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

With pets living longer as a result of massive leaps in the quality of nutrition available and veterinary knowledge and therapies, early detection is the key to the most effective treatment for your pet, to give them the best quality of life for as long as possible. It is no longer necessary for your pet to miss out on life because their joints ache or their heart has a murmur; there is a huge range of complementary and medical treatments available to give them relief and allow them to participate in family life again.



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

This package will be available at our Millwater Clinic from October for \$175, so please contact the clinic on 09 427 9201 for more details.

**Anna Day B.V.Sc MRCVS**  
Millwater and Orewa Vet Hospitals



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# safercommunities

The Rodney Police are concerned regarding an emerging trend of burglaries and thefts from local building sites. Although numbers are low, this is a consistent theme in reported offences.

These incidents are varying between the theft of large, expensive white-ware items from near-finished homes, to the theft of tools and equipment from building sites.

Thieves are also targeting vehicles parked in both busy car parks and quiet cul-de-sacs.

It is important that the public take steps to store their valuables securely and out of sight from opportunist thieves.

The public can assist Police by reporting any suspicious activity in these areas to Police on 111 or contact Crimestoppers on 0800 555 111 with anonymous information.

When contacting Police, it is imperative to provide as much information as possible, so that a comprehensive report can be taken. Almost all items of value have a stamped serial number or unique identification numbers that should be recorded.

Digital cameras now provide an easy means of photographing household items and the purchasing receipts, not only for insurance purposes but also to help Police reunite recovered property with genuine owners.

Please visit [www.SNAP.org.nz](http://www.SNAP.org.nz) for a great initiative, to create and store an asset list of property serial numbers for free! If an item is lost or stolen, you can access this secure online serial number list, from anywhere, at any time. Recording serial numbers in advance offers peace of mind if a burglary occurs. It can assist the Police and your contents insurance claim, and makes it easier to track your stolen property.

Protect your property now!



**Constable Michael Brown**

**Community Constable**

Orewa Police Station | 4 Riverside Road | Orewa | PO Box 50 | Orewa

P 09 426 4555 | E [MBX747@police.govt.nz](mailto:MBX747@police.govt.nz)



## Keep An Eye On What You Fry

Hi everyone! This month I want to chat briefly about the dangers of cooking and alcohol consumption. Alcohol is involved in 50% of all fatal house fires.

The following are some tips from the New Zealand Fire Service.

- If you have been drinking and/or have been taking medication that could make you sleepy, please don't attempt to cook on a stove top. Use the microwave to reduce the risk, or order a takeaway to be delivered.
- Regularly clean your stove, to prevent build-up of fats and burnt food residue.
- If you have a range-hood, their filters need to be cleaned on a regular basis. The dishwasher does a great job of cleaning most of these.
- If a fire develops on your stove top, NEVER throw water on it; throwing water onto fat or oil will simply make the fire explode, spreading the fire into the kitchen and possibly burning you.
- Oil or fat does not take very long to burst into flames, so never leave unattended (turn off or remove from the heat), even to answer the door or txt a friend. KEEP AN EYE ON WHAT YOU FRY.
- It's always a good time to check and maintain your smoke alarms. There are test buttons on most smoke detectors, so make it a ritual to check these often. Also, the next time you're vacuuming, give the smoke detector a quick clean.
- Photoelectric smoke alarms are cheap and easy to install.

If you need help or assistance, then please ring your local Fire Brigade.  
Stay safe!

**Station Officer Dave Lattimore**  
**Silverdale Volunteer Fire Brigade**



# the millwater insider

## Stoney Homestead

Work continues on developing the Stoney Homestead into a community facility. Currently, there is a great deal of design, tendering and consent process-type work happening, which will hopefully lead into more physical progress shortly.

## Hibiscus Coast Bus Services

The long-awaited upgrade to the Hibiscus Coast bus service starts from 18 October 2015. The two big news items for local residents are: the improvement in Northern Express services and the inclusion of a feeder service terminating at the Hibiscus Coast Station. The services on the Northern Express will now be increased to every 15 minutes during peak hours (6am-9.30am to City and 3pm-6.30pm from City) and every 30 minutes between 7am and 10pm, 7 days a week.

The inclusion of an hourly service from Orewa to the Hibiscus Station via Millwater and Silverdale will no doubt be great news for those currently driving and (struggling for) parking at the station. The route sees a bus running from Orewa, down Arran Drive, turning right into Millwater Parkway, then left into Bankside, right into Millwater Parkway again, then via Silverdale to the Hibiscus Station. A full network route plan can be found at <https://at.govt.nz/media/1232844/hibiscus-coast-new-network-oct-2015-map-v2.pdf>.

## Country Show Day

One of the really big local events is coming up at the end of the month and, if you haven't been along before, we recommend that you check out this great day's entertainment and help out Silverdale School at the same time (see article on page 18).

## Respect and Tolerance

Just a gentle reminder for everyone, please, to show a little respect and tolerance for residents and visitors to our wonderful little slice of heaven. This is a lovely safe and quiet suburb and, despite the fact that most generally want it to remain that way, occasionally some people are going to want or need to make some more noise. We live close together, so please remember that someone will probably be affected by your noise. How we react to that speaks volumes about who we are. Social media is not the place to vent your anger; if it is a serious problem, please talk to the person involved and, if that doesn't work, call Noise Control.

## Millwater Garden Competition

Entries close end of October, with judging in November. Please get behind this; the competition sponsors and publishers of this magazine are keen to see your entries. **Remember: every entry receives a goody bag.** Details can be found on pages 36-37.

## Silverdale School Fathers' Day Raffle

Thank you to all who purchased tickets in the recent Fathers' Day Raffle. The school raised a well needed \$1320. Congratulations to Sean McLaren, who was the lucky winner of the Greg Murphy Hot Laps experience, kindly donated by Grayson & Sarah Furniss of Mike Pero Real Estate Silverdale.

## Community Notice Board

There is now a community notice board set up in Millwater Central, beside the stairs leading from the lower to upper level. If you have a community notice to place, please contact Sarah on [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz) or (09) 426 6155.

## Millwater Clean-up Day

On Sunday 20th September, inspired by new Millwater resident Amber Holah, the clean-up was a huge success and we were lucky with the weather. Well done, everyone who helped pick up rubbish and recyclables, which Auckland Council took away on Monday 21st.

There was one disturbing note, however: the volunteers who cleaned up on Blake Greens reported that the lovely green reserve in the middle was being used by some local residents as a dump for their grass clippings and garden rubbish. Please, if this was you, stop dumping garden rubbish in the central reserve.

We all now know that piling grass clippings around the berm trees actually kills them, so it's good to see that this bad practice has now stopped.



## From the developers

New sections in the Bonair precinct should be released soon. As always, speak to Nick Hornby at WFH early if you are interested. It appears that work is on track for the release of Arran Point sections in mid-2016.

There are as yet no confirmed dates for the completion of the Ridgedale playground, with other works now determining this outcome. It's a similar situation with the re-opening of Wainui Road, with no set date as yet – other than soon.

# timlawrence Fishing Spot

Spring is here, the water is warming up and the work-ups are starting to happen. Reports coming in are telling us that there are snapper finally under those work-ups – all we need now is the wind to go away.

The weather gurus are talking about this summer being one of the strongest El-Niño weather patterns in years. This means we will see strong winds this spring and a dry summer for the East coast. Learn to read the forecasts well and pick your weather windows. I think it will be a tough summer for getting out wide – or maybe it's a summer to get that bigger boat to get out wide (might have trouble getting that one past the wife...)

Once again we struggled to get out a lot due to the weather this month, with both of us getting cabin fever. A couple of weeks ago, we decided to head to Little Barrier first thing in the morning.

At 02:48 on Saturday morning, Mike texted me to see if I was awake – I wasn't – thanks, Mike! We left home at 03:30-ish and arrived at Little Barrier just after 05:00.

The fishing was slow and we moved around a bit looking for the bite as the sun came up. A few snaps were landed, along with some blue cod and tarakihi. We decided to move to another spot where we had done well in the past but that wasn't firing either, so we went back to the first spot and pumped the burley to bring the fish around. After about 5 hours' fishing, we left with 2 blue cod, 3 snapper and 14 tarakihi. Although it was slow fishing, we ended up with a few feeds for our families.

October is where we will all see some better fishing. The whole month is riddled with good fishing days, with excellent bite times. Luckily, they are later in the week and on weekends – so there is no excuse for you to not catch any fish this month. Basically, all you need to do is fish the last three weekends of October, early in the morning, to catch the change of light and the excellent bite times (that means get out of bed and be in your fishing spot by 06:00!)

Have fun out there – tight lines!



## Discover the perfect lifestyle or investment opportunity with Metro Terraced Townhouses and Apartments.

Metro has been designed to cater for modern life, to maximise space and minimising demands on our time.

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The Metro offers something for everyone. Choose from a fantastic range of 2, 3 and 4 bedroom residential living options that form this development alongside Millwater Central's group of specialty retail, cafes, eateries and work spaces.

**For more information** on Metro Terraces, visit [metroterraces.co.nz](http://metroterraces.co.nz) or visit the Horncastle Homes Display home at 259 Parkway Terraces, Millwater.



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# The College Years- which examination system best suits your child?

In New Zealand, secondary schools have choices about which curriculum and assessment system they choose to teach their students: NCEA, Cambridge International Examinations (CIE), International Baccalaureate or combinations of them all.

So: how do parents know which is best for their child?

Some students' learning styles benefit from the NCEA system of internally-assessed examinations and working in blocks of work. Others prefer the Cambridge examination system, where the emphasis is on academic rigour, assessed mainly through external examinations. Six years ago, Wentworth College chose to offer their students both NCEA and CIE. The majority of Wentworth students opt for CIE.

CIE enables students to compete internationally. Cambridge University provides percentage grades, which give clarity about students' performance within the school, the country and the world. In recent years, Wentworth students have placed first in NZ in CIE Drama, Music and Art Design.

What also appeals to many students is the wide range of subject choices offered by CIE. Subjects like Psychology and Computer Science are popular choices and, in 2016, Marine Studies will be introduced. Wentworth students also undertake a Critical Thinking programme in the junior school, which helps prepare them to formulate reasoned arguments and apply that knowledge to new situations.

Another advantage of CIE is that University Entrance can be achieved in Year 12. 70% of Year 12 Wentworth students achieved this last year. However, the majority decided to return to school to add to their points, in order to enter specialist university courses with higher entry requirements. With CIE being an international qualification, a number of students have found it easy to gain entry to prestigious universities around the world.

How do parents know which examination system will best suit their child? The answer is to question the school about why they use the systems they do, and what are the results for their students.



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# Student Council Community Group

This year, our younger students from Team Kiwi have been enjoying fun activities on Wednesday mornings. They have been participating in an entertaining activity called PMP – Perceptual Motor Programme.

On Wednesday mornings, new-entrant children from Team Kiwi go down into our School Hall to do some activities that require good listening skills, teamwork and cooperation. The children take part in activities ranging from putting their skills to the test on the balancing beam to tweaking their expertise in accuracy by throwing beanbags into a hoop. All of these exercises are designed to prepare children for learning and help avoid frustrations and feelings of failure, which can lead to low self-esteem later in their school lives.

## We decided to ask four students what they thought of PMP.

“What activity do you enjoy doing at P.M.P. and why?”

### Room 7

**Olivia:** “The spinning top, because I like going around in circles.”

**Cooper:** “The moon hoppers, because you can bounce and you can bounce really high.”

### Room 9

**Rebecca:** “The spinning top, because it’s really fun you get to go around and around.”

**Jack:** “The trampoline because you get to bounce and bounce.”



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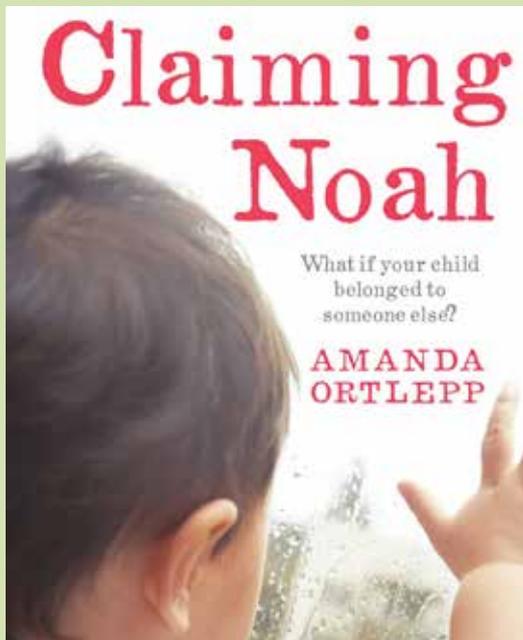


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## Millwater book of the month



*“Claiming Noah” by Amanda Ortlepp*

Embryo donation is the central plot of this story, which presents a myriad of moral and ethical dilemmas.

The two central couples of the story are Catriona and James and Diana and Liam. Catriona and James have embarked on several gruelling rounds of IVF treatments, with the hope of falling pregnant. When Catriona finally falls pregnant, she and Liam decide to donate their last remaining embryo anonymously.

Diana and Liam, who are also unable to conceive, are the lucky recipients of this embryo. This is just the beginning of tragic train of events, which neither of the couples could ever have imagined happening; tragic events that cause heartache for all concerned and at the heart of the story is an innocent child, Noah.

*Do you have a great read to share? Email a review to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)*

## Millwater ROMEOs – Second outing

8 Millwater ROMEOs met on a very rainy Thursday September 10th and set off at 10:00 for the Museum of Transport and Technology (MOTAT), arriving about 30 minutes later. MOTAT had all our details from prior email and phone bookings and we were admitted cost-free. The various exhibition halls were very interesting; especially the old-time exhibits – some of which were, in our younger days, the latest thing in technology.

We then headed to Sir Keith Park’s Airfield and hangar via an old Melbourne tram that runs around the site. We enjoyed the many and historic aircraft on display, including a Lancaster bomber from WWII and a Short Solent flying boat of TEAC Airways from the early 50’s (now the only one in existence). Outside the hangar stood an even more exciting aircraft – a Sunderland flying boat from WWII. Upkeep and restoration of all exhibits is financed by donations only as, sadly, the museum receives no government funding.

After returning to the main entrance via the old tram, we headed to our lunch venue, just a five minute drive away. Nomad’s restaurant was a very pleasant surprise and all enjoyed the brunch/lunch menu, which was good and quite extensive for all tastes. Afterwards, we returned to organising ROMEO David Ellis’s home in Millwater at 14:30, for coffee/tea and a chat about the day. Everyone had enjoyed the outing and thanked organiser David for a job well done in planning the day.

## Millwater ROWENAs – Success

Well done to the 11 new ROWENAs (Retired Old Women Enjoying Nice Afternoons) who came to their first meeting with Margaret Mullan, who instigated the idea of a ladies’ lunch group in last month’s magazine. This ROWENA group is in addition to the excellent Millwater Ladies’ group that is organised by Marj Noble, which is open to all adult age groups.

On Friday 11th September, all 12 got together with Margaret over tea/coffee and a biscuit, to enjoy planning their monthly lunches. A number of the ROWENAs are partners of Millwater ROMEOs (Retired Old Men Eating Out), which is great.

The collective agreement reached is that the ROWENAs will meet for lunch on the last Thursday of each month and have already agreed to have lunch at The Wade for September, Puhoi Cheese Factory for October and Walnut Cottage for November. Consensus is that they will keep their lunch dates local, with occasional ancillary activities such as walks or movie trips. We look forward to reading in next month’s issue about their lunch outing to The Wade.

# Caci is now open in Silverdale

*Your skincare and appearance experts for over 21 years.*



Lisa

Caci is New Zealand's most trusted skin treatment and appearance medicine provider, and we are excited to announce that local owner Lisa Russell has proudly opened the doors to our brand new clinic situated in Milner Ave, Silverdale.

"I always wanted to own my own clinic, and Caci are a great brand with proven results" says Lisa. Having previously worked with the Caci support team, managing the National Caci Training Academy, and with 20 years' experience in the beauty industry, I jumped at the opportunity to open my own Caci."



Jo

Lisa has a passion for skin corrective treatments, and along with her team; Karen Brooke, Senior Beauty Therapist with 15 years experience, Appearance Medicine Registered Nurse, Jennifer Darling with over 20 years' experience, and Jo Phillips our passionate Treatment Coordinator, is ready to welcome you.



Karen

Caci Silverdale specialises in treatment solutions, to help you feel confident in your skin. "We help make such a difference with our client's confidence, it really can be life changing."

At Caci, we offer interest free payment solutions, so you can pay for your treatments either weekly, fortnightly or monthly.



Jennifer

Caci Silverdale has a fantastic team who are passionate about getting results, and helping you to look and feel your best.

The team at Caci Silverdale are all very excited to welcome you into to the new Caci clinic!

## *Special Opening Offer:*

Be one of the first 20 customers to sign up to a treatment programme at Caci Silverdale and receive:

- **10% off your Treatment Programme**
- **Discounted skincare product all year!**

Caci Silverdale, First Floor, 2 Milner Ave

Call 09 212 6900 or email [silverdale@caci.co.nz](mailto:silverdale@caci.co.nz) for your free consultation.



T&Cs: Offer is only valid for the first 20 customers to sign up to a 12 month treatment programme at Caci Silverdale only. 10% discount off Murad skincare product applies while treatment programme is valid. Not to be used in conjunction with any other offer.



**NEW ZEALAND'S LEADING  
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caci.co.nz**

**Caci are New Zealand's leading skincare and appearance medicine provider with over 20 years' experience and 30 locations nationwide –**  
you can trust that at our newest location in Silverdale,  
1<sup>st</sup> floor-2 Milner Ave, you are in good caring hands.

At Caci Silverdale our team tailor solutions to suit our client's concerns, their lifestyle and to achieve the best possible results. We are experts in:

- Appearance medicine
- Skin rejuvenation
- Laser hair removal (using variable pulsed light – VPL)
- Body shaping (using fat freezing technology – cryolipolysis)
- Plus all your beauty therapy needs

*From the moment you step into Caci's modern new clinic in Silverdale, you'll be greeted by experienced and passionate staff including beauty therapists and registered nurses.*

At Caci we focus on:

- **Making beauty treatments simple and accessible:** By offering free consultations, interest free payment options and tailoring treatment programmes.
- **Delivering results:** Treatments are developed to ensure clients get the best results. Caci is the leader in skin treatment technology and we invest in research to remain at the forefront of this industry.
- **Sharing our expertise:** Ensuring all treatment providers are trained to the highest standard and have the skills to recommend the best treatment options.

Caci Silverdale are really excited to be part of the Millwater community, and dedicated to education in all things Beauty.

As part of our Skin Care 101 education Caci Silverdale will be publishing a series of editorial piece's on skincare & beauty for Millwater Magazine readers, with a focus on treatments, products and top tips for the season. We hope you enjoy the articles and the fantastic special skincare offers for our Millwater readers.

## **Skincare 101**

### **Cleansers – Why they are so important?**

Using a cleanser (as opposed to soap and water or even just water alone) is vital to ensure the protection of the skin's natural barrier and to ensure make up, excess oils and impurities are properly removed. Using the right type of cleanser is important too; the incorrect product for your skin type can leave your skin unable to protect or maintain itself.

Make sure to consult with a professional who can assess your skin (and many other relevant factors) and then advise on what is best for you. You should cleanse both in the morning and at night as certain physiological changes happen at night as opposed to during the day.

#### **In the evening...**

DNA repair and cell detoxification occurs at night. This requires oxygen, which your skin simply won't be getting enough of if you have not cleansed properly before bed. It will also block the skin's natural exfoliation process, resulting in a dull, lack lustre surface to your skin.

Blood flow increases while we rest, increasing absorption of product ingredients (and impurities) so by not cleansing before bed you are missing an opportunity to apply products that help fight ageing, dehydration, acne- all while you sleep!

#### **In the morning...**

At night the skin renews and repairs itself. This in turn leaves dead skin cells and excess oils on the surface that need to be removed the next morning. If you don't remove those oils and dead skin cells your pores will become blocked and your makeup won't have a lovely clean fresh surface to sit on this can highlight lines, wrinkles and blemishes rather than disguise them.



Here at Caci we have a gorgeous range of Murad cleansers available for many skin conditions and concerns. Here are a few of our top faves!



**Murad® White Brilliance® Refreshing Cleanser**

Achieve an even, luminous complexion with Murad's revolutionary 3X White™ technology. This moisture rich formula gently cleanses and lifts away impurities to prepare the skin's surface for maximum absorption of brightening agents. *Perfect for addressing uneven skin tone, discoloration, dark spots, large pores and wrinkles.*



**Murad® Age Reform® Refreshing Cleanser**

Removes oil, dirt and surface impurities on contact. Gentle enough for everyday use, this non-drying, foaming cleanser is lightweight and ideal for removing makeup. Designed to reveal younger looking skin, this scientifically advanced anti-aging formula diminishes fine lines and wrinkles, restores resilience and firmness, while refining texture and improving tone. *If your skins a little oily or your battling with T- zone oil, this ones for you.*



**Murad® Pore Reform® Daily Cleansing Foam**

A dual-action foaming cleanser that exfoliates away dirt, oil and pore-clogging impurities. This formula uses Alpha Hydroxy Acids and antioxidant-rich pomegranate extract to tone and tighten pores, leaving skin clear, soft and smooth without stripping skin of essential oils. *If you have a slightly oily skin and are prone to black heads then this one is perfect!*

**Local Millwater residents can receive the following exclusive offers at Caci Silverdale:**

**The Millwater Microdermabrasion | 45min**

Usually \$136 – Millwater Price: \$69

Includes:

- Full skin consultation
- Firming eye mask
- Microdermabrasion facial
- Murad skincare prescription



Microdermabrasion gently resurfaces the skin using mineral crystals to promote cell renewal and encourage circulation, revealing a more vibrant and glowing complexion. Regular non-invasive Microdermabrasion treatments are an effective way to maintain healthy skin that feels as good as it looks. It is definitely one of our favourites at Caci!

**The Parkway IP5 Illuminating Facial | 75min**

Usually \$180 – Millwater Price: \$130

Includes :

- Full skin consultation
- IP5 Illuminating facial
- 15 minute facial massage
- Glycolic Peel
- Firming eye mask
- Murad skincare prescription



This intense facial dramatically resurfaces, brightens, firms, plumps and deeply hydrates. It also includes an instant eye-lift that plumps deep wrinkles while increasing skin firmness by up to 75% in just 15 minutes. Our most comprehensive and advanced anti-aging facial - recommended for dehydrated skins and is also perfect in preparation for an upcoming special occasion.

Contact Caci Silverdale today to book one or more of these fabulous treatments on (09) 212 6900 or silverdale@caci.co.nz

Terms and conditions: This offer is valid until 30<sup>th</sup> November 2015 at Caci Silverdale only and cannot be used in conjunction with any other offer. Proof of residential address will need to be provided at time of consultation.

# communityclubs

## Silverdale Tennis Club

Silverdale Tennis Club on the Hibiscus Highway, in the beautiful War Memorial Park (next to the Rugby Club) is open for business – in fact, we never close! We are a small, friendly club with 4 Astroturf, floodlit courts and modern facilities and a safe play area for children.

A very successful open day was held at the club last month; for kids to play some tennis, meet the coach, enjoy a sausage sizzle and take registrations. First Saturday for juniors at the club is October 17. Come along at 9.30am and the coach will assess your ability and place you in groups for future Saturdays. We are very keen to get a few more experienced players who would like to play inter-club. Any queries to Sarah Platts-Mills [marcuspm@clear.net.nz](mailto:marcuspm@clear.net.nz) – or phone 09 426 1412, 021 910 511.

Senior midweek and weekend tennis is all go also, with the midweek club meeting on Wednesday mornings from 9.30am and senior mixed club on Sunday mornings from 10.30am. All ages and abilities are welcome to 2 free sessions. There is also a twilight session on Wednesday evenings from 6.30pm. Men are also welcome to Wednesday club days. Contact Rob Hale [rob@logisticsoftware.co.nz](mailto:rob@logisticsoftware.co.nz) – or phone 09 443 2708, 021 396202 – or check out the website [www.sportsground.co.nz/silverdaletennis](http://www.sportsground.co.nz/silverdaletennis). Registrations can be made online. New members are most welcome.

We look forward to seeing you there!

## Orewa Surf Club

Orewa Surf Life Saving Club will be holding its annual registration days at the Orewa Beach club on Sunday 11th October at 10am-12pm.

We cater for groups starting as young as 3 years old teaching water safety and confidence right through to Masters for Surf Sport competition and becoming a beach lifeguard.

Come down and meet us. Club uniforms and merchandise will be on display.

For more info or queries check out the website [www.oslsc.co.nz](http://www.oslsc.co.nz) or email [orewaslsc@xtra.co.nz](mailto:orewaslsc@xtra.co.nz)

## Girl Guiding Orewa - we need your help!

### Shed please

Girl Guiding Orewa has a big shed. Sadly, the ocean spray, wind and weather has eaten some of that shed and now we do not have a good shed; we have a rusty shell. The kind folk at Gubba Sheds have offered us a really lovely wooden shed at an amazing price – but we need help to raise the funds for this and for the concrete pad we would like to sit it on. We hold a lot of equipment in our shed; chairs and tables for community events and other large and small objects that do not fit in our Den. We are very keen for our Den to be a community asset that all can enjoy. We want our chairs and tables to stay healthy and not get eaten by the weather. Please let us know if you can help; any and all donations are most welcome. Please call Karen at Orewa Guides 0274 572 569.

### Leader needed

There is an awesome opportunity right here in your neighbourhood to get involved with a fabulous organisation, gain amazing child care and budgeting skills and gain a sought-after reference. Girl Guiding Orewa needs your help. We are teaching our local girls independence, self-worth, community-mindedness, sharing, ingenuity, togetherness and more. Our volunteers are fun, fabulous and caring and I cannot say enough good things about them. However, we do not have enough of them and now have a waiting list of young 5-7yr old girls wanting to join us.

Do you love working with kids? Do you need a reference that shows you can plan and implement weekly lessons, budget and work safely with up to five 5-7yr old girls? Are you a team player that is caring, happy and welcoming? If yes, then please contact Karen at Girl Guiding Orewa 0274 572 569.

We would love to hear from you.

# Millwater wine review

As a lover of wine, I select wines that over-deliver for what you're paying; that's the point of my job, otherwise I would be working in a grocery store where all that's sold is by brand. Wines change year to year and the reason for that is Mother Nature. Some years she is kind to the grape grower and some years not so. The wine you thought was amazing one year may not be so the next and that's where I come in; by trying and researching what's in the market, I find what over-delivers. Some labels we'll be reviewing you'll recognise and some you won't, but the key point to remember is that these all over-deliver!

Sileni The Triangle Merlot 2013 from Hawkes Bay is choc-a-bloc full of 5-star reviews and gold medals. Just recently, it was awarded a gold medal and trophy for Best Merlot of the Show at the Spiegelau Wine Show, which is the 2nd biggest wine show in NZ – not bad at \$23.99!

From the phenomenal 2013 vintage, it has ripe and concentrated plum, dark berry and liquorice flavours, with hints of dark chocolate on the finish. Soft and velvety tannins provide the backbone for a rich wine that will cellar comfortably for a decade. This wine is a 'must' with roast lamb while the nights still have a little bit of chill.

We hold wine tastings in-store every week, from Thursday to Saturdays, 4pm - 7pm, or like us on Facebook and keep updated on our wine degustation evenings. We would love to see you!

Regards  
Ivan (Millwater Resident)  
Manly Liquor



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# Silverdale School - Annual Country Show Day

Silverdale School's annual Country Show Day is taking place on Saturday 31st October, from 10am – 2pm at the school on Longmore Lane, Silverdale.

Come along, bring your family, friends and neighbours and enjoy all that Silverdale School's biggest fundraiser of the year has to offer..

Amusements this year include:

Haunted House	Paintball/Archery	Smash a Plate
Ball Tombola/Lucky Dip	Duck Fishing	Bottle Fishing
Big Dig	Tree Slide	Tarp Throw
Obstacle Course	Animal Riders	Pirate Ship
Coin Drop	Quick Fire Raffle	

Enjoy bacon and egg rolls for breakfast. There will be plenty of food in the café. You'll also find a sausage sizzle, nachos and a huge cake sale. Try your luck with the Live Auction and Silent Auction items.

All proceeds from this year's Country Show Day will go towards expanding device capability for the School.

"We are extremely grateful for the support of so many local businesses, to help us make our fundraising event such a success for our children", PTA Chairperson Dani Boyd says.

If you're a local business and would like to support this wonderful school and its children, by donating goods or services to be auctioned off at our Country Show Day, please contact Rachel Valentine at [rachel@mukme.co.nz](mailto:rachel@mukme.co.nz)

Generously donating goods or services for this annual event is a great way of demonstrating commitment to your local school and expanding community!

Silverdale School is extremely grateful to all its sponsors.



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# Homeopathy for Headaches

Headaches can be caused by a multitude of factors. They can be related to stress, sun, hormonal imbalance, hangover or a fall. Headaches can also be caused by a serious health issue and it is therefore important to have them checked out by your doctor and possibly have an MRI.

Headaches can be very debilitating. In a great number of cases, the headache indicates that your stress levels are too high. It serves as a warning sign that you need to make changes in your lifestyle. Maybe you need to take time out, change your diet or reflect on personal, home or work conflicts.

Depending on the symptoms and causes, there are a number of remedies that can help with headaches.

A headache caused by stress due to overwork, anger or anxiety may be alleviated by Nux Vomica. Usually this person is hard working, irritable, impatient, bossy and fastidious. The headache is accompanied by a general sick feeling and by digestive upsets, which could result in vomiting, gas, or sour or bitter taste.

A headache caused by too much sun may be alleviated by Belladonna. This headache gets worse after 3pm, for light, noise and jarring. It is better to apply a cold flannel on the forehead and rest in a dark room.

A headache that is related to hormonal imbalances may be alleviated by Pulsatilla. The person who responds to this remedy is better in fresh air, in company and when being consoled. The pain is on the forehead or on one side and is changeable.

Headaches due to a fall or hitting the head can be relieved by Conium. Constant headaches might be accompanied with dizzy spells and constipation.

These are only a few remedies that can be used for headaches. Always remember to consult a registered homeopath for chronic health issues.

**Ute Engel, Millwater Resident**  
Registered Homeopath (DipHom RCHom)  
[www.homeopathyorewa.co.nz](http://www.homeopathyorewa.co.nz)

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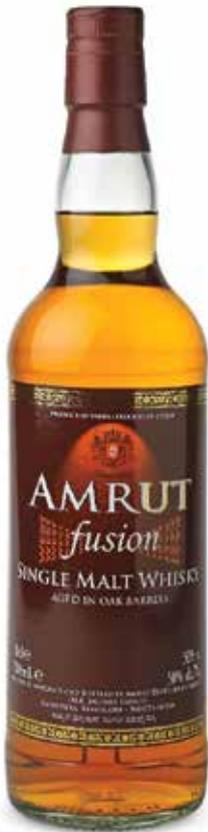
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Call or txt for an appointment, or see website for more details.

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e: [leighton@neotouch.nz](mailto:leighton@neotouch.nz)  
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**BY APPOINTMENT ONLY**

# Millwater Malt of the Month



Malt whisky, from any of the dozens of countries where it is made, is always worth tasting and discussing. Some purists try to claim that only Scotland can produce fine single malt whiskies, but they would be very wrong. In fact, this series of articles will set out to show that great whiskies do come from some of the most unexpected countries.

This month, we will start with something completely different – a top quality single malt whisky from India. Amrut Fusion single malt is unexpectedly good – great, even, according to many reviews.

**Nose:** Heavy, thickly oaked and complex; some curious barley sugar notes here, shrouded in soft smoke. Big, but seductively gentle, too.

**Taste:** The delivery, though controlled at first, is massive! Then, more like con-fusion as that smoke on the nose turns into warming, full-blown peat, but it far from gets its own way as a vague sherry trifle note (curious, as there are no sherry butts involved) – the custard presumably is oaky vanilla – hammers home that barley – fruitiness to make a bit of a free-for-all; but for extra food measure the flavours develop into a really intense chocolate fudge middle, which absolutely resonates through the palate. Adding a little spring water enhances the experience enormously.

**Finish:** A slight struggle here as the mouth-feel gets a bit puffy with the dry peat and oak; enough molassed sweetness to see the malt through to a satisfying end, though. Above all, the spices, rather than laying down and accepting their fate, rise up and usher this extraordinary whisky to its exit.

**AMRUT FUSION, 50% ABV, bought from The Liquor Spot, 1F Polarity Rise, Silverdale**



## How hair is meant to be

ID has been established in the area for 10 years. Their talented team of hairdressers specialize in precision hair cutting, creative and beautiful styling.

We are conveniently situated in Silverdale Village opposite the new and recently refurbished 'Village Depot' and there's plenty of parking.

Come in for a FREE consultation and if you book in before December 2015 we are giving away free mini shampoos and styling products - just mention this ad.



ID  
Shop 2, 3 Silverdale Street, Silverdale.  
Phone: 09 426 9030  
[www.idhair.co.nz](http://www.idhair.co.nz)

# Have you been suffering from glare?

Glare is when you experience difficulty or discomfort seeing in bright light, either with direct light sources such as car headlights and computer screens, or reflected light that comes off the road, water or glass.

There are two types of glare that you may experience: discomfort and disability glare.

Discomfort glare is what causes you to instinctively look away from the bright light source because of its intensity; and

Disability glare is the type that impairs our ability to see properly.

People often experience a combination of the two and there are different situations during which people might experience a glare sensation. During the daytime, sunlight can reflect off many different surfaces, intensifying the brightness of the day. Sunglasses are key to helping us manage this level of brightness. Polarised lenses are particularly effective in this, as they are specifically designed to block the light that is reflected off horizontal surfaces such as the pavement or road, the ocean, the snow – or even your glossy book when reading outside! With summer just around the corner, a pair of polarised sunglasses can be a huge benefit for your vision, as well as providing important UV protection for the delicate eye area.

Interestingly, many individuals describe suffering from glare at night time as well, particularly with on-coming car headlights when driving. An anti-reflection coating is a surface treatment that can be put on a pair of glasses in order to reduce the glare and provide clearer vision. This same anti-glare coating is also very helpful for indoor glare from fluorescent lighting or computer screens. Many of us spend large portions of our day in an office environment and there are multiple sources of glare that can strain the eyes throughout the day. The computer screen emits a lot of light, and particularly high amounts of blue-wavelength light, which can cause eye strain after extended exposure. There is a range of different anti-glare coatings that are available for your glasses, which allows us to select the one that best suits your lifestyle.

If you think you may have been suffering from glare and are interested in whether there is an option to help you see more comfortably, please feel free to contact Zaria on 09 426 7902 or come see us at OPSM at the Silverdale Centre. We have a great range of polarised sunglasses in store and are happy to help you find the best solution to optimise your vision.

**Zaria Burden**  
BOptom TPA Endorsement



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<sup>^</sup> 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.

# Vitamin D – the sunshine vitamin

Isn't it lovely to feel the warmer weather slowly encroaching upon us? Getting out of bed without your toes freezing is certainly a plus, and the thought of all the delicious summer fruits to come... yum! Leaving behind all the comfort foods of winter and embracing the delights that spring has to offer. I'm looking forward to being able to be outdoors more, enjoying the warm sunshine and getting my veggie garden planted for summer. While many of us are aware of the dangers of over-exposure to the sun, less well known is the fact that exposure to the sun is one of the primary ways our bodies obtain vitamin D. Our skin has the ability to produce vitamin D when exposed to UVB rays. Vitamin D is crucial to the health of our bones, as it helps our bodies absorb the calcium from our food that our bones need to maintain their strength. It's also important for healthy muscle function.

Unfortunately, there aren't many foods that contain vitamin D and those that do only have small amounts. Some of these include oily fish such as canned tuna and salmon, eggs, dairy and liver. Who remembers being given cod liver oil as a child? Severely low levels of vitamin D can cause rickets (a bone softening condition, causing bow legs and knock knees) in children, osteomalacia (soft but easily broken bones), osteoporosis and bone and muscle pain in adults. Rickets is very rare these days, as most of us get enough vitamin D to prevent it, but according to the NZ Nutrition surveys, about one third of the population has less than the recommended levels of vitamin D. So: we're doing a great job of 'slip, slop, slap', but a little exposure to the sun each day, without sunscreen on, is important – 5 to 15 minutes may be all that you need. Unfortunately, sitting by a sunny window doesn't do the job as glass stops UVB rays, so enjoy the outdoors before 10am and after 4pm this spring (Cancer Society recommendation) and top up your vitamin D levels.

You can find me on Facebook as Nutritionsense, for regular posts on health related topics and recipes.

By Paula Southworth

Nutritionist & Health Coach

(BSc Human Nutrition and Sports Science)

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

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**HIBISCUS COAST**  
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**Upcoming events this summer**  
**at Hibiscus Coast AFC**

September school holiday programme (ages 5 to 12 years)  
Junior summer soccer Monday nights (starts mid-October)  
Senior summer soccer Friday nights (starts late-October)  
Elite Academy training Term 4, 2015  
Coerver Academy Term 1, 2016

For more information, visit [www.hbcafc.org.nz](http://www.hbcafc.org.nz)  
or call Mauricio Rojas (Technical Director of Football)  
on 021 247 3546 or email [mauricio@hbcafc.org.nz](mailto:mauricio@hbcafc.org.nz)

Hibiscus Coast AFC would like to thank the following community sponsors for their continued, generous support during the 2015 season and beyond!



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Further, a huge thank you to the numerous volunteers, kit washers, coaches, managers, orange suppliers, and taxi drivers who all make the season enjoyable for the kids and supporters alike!

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# Growing Feet

Children are unique; they each come with their own character, charm, cheek and personality. We often pay attention to our children's teeth, eyes and other parts of the body, we teach them how to brush their teeth, wash behind their ears – but how often do we look at our children's feet?

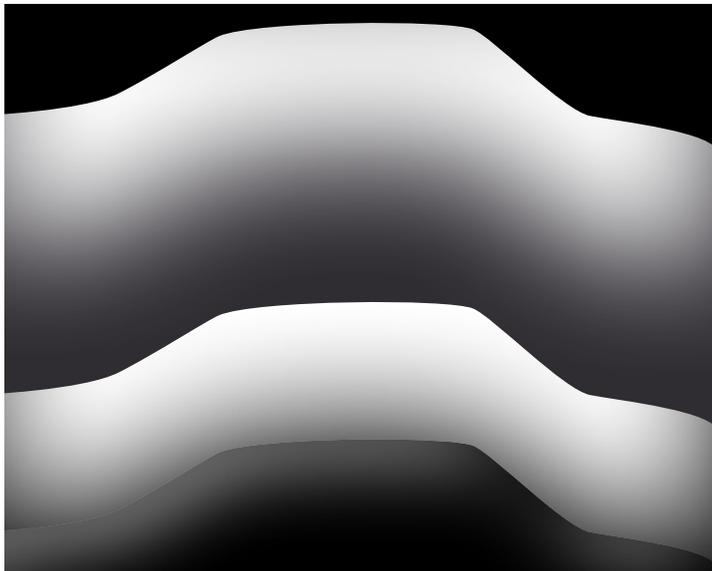
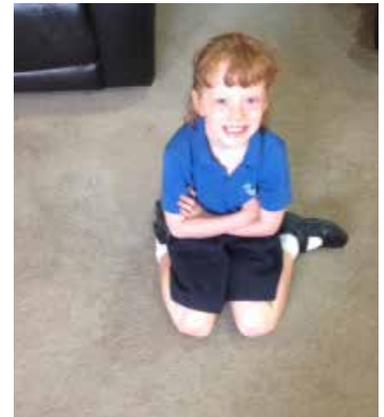
With 26 bones, 33 joints and over 100 muscles, ligaments and tendons, it is easy to see that the foot is one of the most complex structures in the human body. With its own unique design, the function of the foot may change from time to time.

Children's feet are developing and growing rapidly day to day. They are often very flexible and pliable – much different to those of adults. Children will often have the appearance of having flat feet and a low arch, or possibly none at all. Now the important piece of information is that; this is ok.

The rate at which a child's foot grows and changes is enormous and there are some important facts that we need to be aware of. Through development and milestones, a child will often appear to be either knock-kneed or pigeon-toed. These can be normal stages of development. However, if you have any concerns, there is pain, or a lot of tripping, it is advisable to seek expert advice from a Podiatrist.

Some simple tips to remember: when a child is sitting on the floor, get them to sit cross legged or with their legs out in front – **never in the W position as shown here.** Shoes should be well-fitting, but not too tight – this can have an effect on the development of the foot. Barefoot is great! When kids are walking around inside, allow them to be barefoot and experience natural surfaces.

For more information, like us on Facebook – Functional Feet.



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# What is Auditory Processing Disorder?

Children who struggle with an Auditory Processing Disorder can't process the information they hear in the same way as others. It is as if their ears and brain don't fully co-ordinate. Something adversely affects the way the brain recognises and interprets sounds, especially speech sounds. These children do not recognise subtle differences between sounds in words, even when the sounds are loud and clear enough to be heard. They find this especially challenging in the presence of background noise, which is a natural listening environment. This is different to a hearing loss; in that these children can hear well in optimum conditions (a sound-proof booth), such as would occur during a hearing test.

So, children with APD have the basic difficulty of understanding speech signals presented under less-than-optimal conditions. A speech therapist can help children with the problems listed below, but the diagnosis is made by Audiologists after the age of 7-8 years.

- 1. Auditory Figure-Ground Problems:** when a child can't pay attention if there's noise in the background. This makes noisy, low-structured classrooms very frustrating for the child to be in.
- 2. Auditory Memory Problems:** when a child has difficulty remembering information such as directions, lists, or study materials. It can be immediate ("I can't remember it now") and/or delayed ("I can't remember it when I need it for later").
- 3. Auditory Discrimination Problems:** when a child has difficulty hearing the difference between words or sounds that are similar (COAT/BOAT or CH/SH). This can affect following directions, reading, spelling and writing skills, among others.
- 4. Auditory Attention Problems:** when a child can't stay focused on listening long enough to complete a task.
- 5. Auditory Cohesion Problems:** when higher-level listening tasks are difficult. Auditory cohesion skills — drawing inferences from conversations, understanding riddles, or comprehending verbal maths problems — require heightened auditory processing and language levels. They develop best when all the other skills (levels 1 through 4 above) are intact.



**Tanya Collett**  
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# millwaterpropertystats

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

	August 2014	July 2015	August 2015
Number of Sales	12	30	17
Median Sales Price	\$867,500	\$1,057,500	\$1,069,000
Highest Sale Price	\$1,060,000	\$1,430,000	\$1,585,000
Lowest Sale Price	\$750,000	\$870,000	\$639,000
Average % price to CV	23.69%	16.86%	17.87%
Average Floor Area (sqm)	249	249	240
Weighted Value Index	1000	1161	1205

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

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



## millwaterpropertytalkwithGrayson

I have received a number of requests recently to polish my crystal ball and predict what is going to happen in the real estate market over the next few months. There are far more intelligent people than I who get paid to do this full time and still get it wrong, so it is very hard to make any definitive statements around this. What we can share is some information that may lead you to draw your own conclusions.

Perception is reality – well, actually, perception becomes reality. If the market (buyers and sellers) believes that we have reached the peak in terms of price then two things happen. Buyers become reluctant to pay an extra premium for any given property because they no longer have confidence that it will be worth more tomorrow. Sellers, or potential sellers, who have been waiting to hit the top of the market, then decide to sell; increasing the supply of property in the market. This is even more pronounced when we see a substantial difference in pricing between the local market and other parts of the country, when there is a reward available for cashing up and moving on. The end result is more local supply for the same buyer pool.

The Reserve Bank is having an effect. The changes in lending rules for investors and non-residents are already having an impact. We have seen both ends of this spectrum, where investors have wanted to get in prior to the laws coming into play and a number of potential buyers wanting to hold off making a purchase until afterwards.

Supply is increasing. Building consents are up, with Special Housing Areas popping up all over Auckland and the building companies increasing their construction capacity. There is a definite possibility of this supply overshooting demand at some point. The balancing factor when this happens is always price, as supply quantity takes nearly as long to slow

down as it does to increase.

Net migration is steady and, in the key areas of residency and work visas, the numbers are constant-to-falling. This is only showing a very small change at this point so is unlikely to be a large concern. However, the trend now seems to be away from net migration growth.

Incomes are steady at best and business confidence is down overall. While interest rates are at incredibly low levels, the lack of any real wage growth means that the real borrowing capacity for the majority of purchasers has not increased significantly for some time.

So, draw your own conclusions. I would be very keen to receive your thoughts and feedback so please feel to call or email me.

*Grayson*

Mike Pero Real Estate, Licensed REAA (2008)



*Mike Pero*

9 Cottage Court, Millwater

Mike Pero Real Estate Ltd Licensed REAA (2008)

**SOLD**



**Grayson & Sarah Furniss**

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*Mike Pero*

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Mike Pero Real Estate Ltd Licensed REAA (2008)

**SOLD**



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# Mike Pero

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# Millwater 華語專頁

您們好！在此代表Millwater月刊歡迎各位來到Millwater這個大家庭。相信大家都跟我們一樣非常享受住在這個美麗又親切的社區吧。

Millwater住了各種國籍的家庭及有不同的文化滙聚其中，為了讓這本月刊更多元化及照顧到您們的需要，我們非常渴望能得到您們的意見及感想；因此，成立了華語意見電郵，如您對本刊有任何提議、或可改進的地方、又或者希望我們能用華語替大家刊登什麼有用的文章、資訊等，都歡迎用中文電郵至millwatermag@gmail.com聯絡Nita Wong。期待您們的寶貴意見！

您知道嗎？

在Facebook 有一個Millwater Families-Silverdale 的群組，您可在那兒看到區內最新動向及活動，並一些有用的生活資料可供參考。您需要按“join”，然後admin會傳訊息詢問您的地址以確認您是Millwater的住戶，確認後您便可以開始瀏覽及留言。

## English translation

Hello and welcome, on behalf of theMillwatermag, we would like to warmly welcome you to join our Millwater families. We believe you must be enjoying the wonderful and friendly neighborhood as much as we do.

In Millwater there are many families with different nationalities and cultures, that's why we do value your comments and thoughts to make us understand your needs, even if you do not speak English, we are still here to listen.

If you have any suggestion of how our magazine could provide more information about the neighborhood, and what you would like to see in the magazine in your language, feel free to contact **Nita Wong by email millwatermag@gmail.com**

Looking forward to hear from you soon!

## DO YOU KNOW?

There is a "Millwater families- Silverdale" Facebook page, where you can find useful information and latest activities in Millwater. Simply click "join" button and admin will ask you for address in order to approve, once confirmed you will be able to access to view and comments on the posts.

You're invited to the...

# Millwater SPOOKY TOUR

**HALLOWEEN NIGHT**  
**Saturday 31st October 6-7pm**

Come along for a Halloween tour of the estuary bush track, starting on Millwater Parkway, opposite the end of Blake Greens. Prepare to be spooked, have a scream or a laugh but most of all have fun!

Brought to you by your community for a bit of Halloween goodness. Disclaimer: Suitable for brave, spooky-loving big and small kids. Children under 10 must be supervised by an adult.

Gold coin donation appreciated. Weather permitting - slight rain still on; if torrential, rain date will be Sun Nov 1st.

Updates on Millwater Families Facebook page.



If you'd like to volunteer to help out on the night please email emma@coastpetandhomecare.co.nz

Special thanks to Mike Pero Real Estate, Roberts Coffee Bar, Coast Pet and Home Care and the very generous Millwater residents who've donated time and money to make this happen.

# Don't let your workstation become a pain in the back!



Establishing correct posture enables your muscles and joints to function in their optimum position, minimising unnecessary load and tension. Here are a few key tips for setting up your home or office desk:

Your elbows need to be resting at your sides and your hands falling onto the desk at

about a 90-degree angle;

Your keypad should be at the edge of the desk, so that your wrists rest with the fingers extending onto the keyboard;

Keep the mouse close, so that you are not reaching for it;

Move your buttocks into the back of the chair. There should be a gap between the back of your knees and the seat-edge of about 3 fingers. In this position, you should be able to touch your monitor. The top of the screen should be level with your eyes. This helps stop the head drifting forwards;

Adjust the height of your chair so that your hips are slightly higher than your knees. Your hip angle should be somewhere between 90 and 130 degrees. Your feet need to be firmly on the floor – use a footrest if you're on the short side;

Your pelvis should be in neutral i.e. slightly tilted forwards and the bottom of your back is concave. Find this position by rocking back and forth on your sit bones until you feel like you are balanced on top of them. If your chair does not have adequate lumbar support, use a cushion to assist this. If the lower back has correct support, you should be able to relax completely and still be held in a fantastic position; and

The top of your back should be in a slight slouch; this is normally achieved by simply leaning back against the back rest.

Take any opportunity you can to get up and move around for regular breaks.

**Melanie Bennett is a Physiotherapist at Peak Pilates & Physiotherapy – Millwater Central.**

**For more information, contact Melanie on 09 9590211.**

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**Peak Pilates Millwater Central**

Shop 22, 175 Millwater Parkway, Silverdale.

Ph 09 959 0211 [millwater@peakpilates.co.nz](mailto:millwater@peakpilates.co.nz)

# millwaterbizbuzz

## Spicehouse Silverdale

Two enterprising Gujaratis from Ahmadabad, Hitesh and Chetana Patel arrived in New Zealand in 2003, determined to carve a new life for themselves and their family. With New Zealand not recognising his computer engineering qualifications and needing to manage family financial commitments, Hitesh first worked for a year at a spa pool company in Glenfield, then as a bus driver for the second year on the North Shore – all the while planning to start their own family business.

Their first venture was a liquor store in Kerikeri, which they sold when they moved to Orewa in 2008. Hitesh and Chetana then started building their portfolio of businesses and currently own Hilltop Super Liquor and Red Beach Liquor.



With the growing numbers of people from the Indian sub-continent and the lack of a quality spice provider on the North Shore, they saw the need for a specialist supplier of top quality, freshly-imported spices and foodstuffs. This led to them opening The Spice House at Unit 3, Keith Hay Court in Silverdale on the 1st of July. Their specialty retail grocery business also serves an increasing number of Indian restaurateurs, who seek freshness and quality above all else. A wide range of Asian and South African delicacies is also stocked.

You will receive a very warm welcome at The Spice House, where this successful family is now very much part of our local business community in Silverdale, but serving also a wider area up to and including Northland. Community involvement includes Hitesh playing cricket for the 5th season at President's Grade with the Hibiscus Coast Cricket Club, where his son is an excellent all-rounder.

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# Pork Skewers

This easy-to-prepare recipe is our family all-time favourite; kids and grown-ups both love it!

## Ingredients

500g Pork scotch slices, roughly diced into 3x2cm

Lemon pepper (optional)

Seasonings

1 tablespoon crushed ginger

4 cloves garlic, finely diced

2 tablespoons soy sauce

\* To save time, prepared crushed ginger and garlic sold in retail stores are just fine

## Method

1) In a bowl, mix diced pork and all seasonings together

2) Assemble the pork into skewers, around 4 pieces per skewer. Use fingers to gently press the pork in order to achieve similar thickness across the skewer

3) Ideally, let it marinate for at least an hour. I usually prepare them in the morning and pop them into the oven before dinner time

4) Heat oven to 220c, grill setting

5) On an oven tray, put skewers on a grill rack without overlapping each other

6) Grill for 5 minutes, remove from oven. Pork should release juice on the oven tray. Soak this away with kitchen paper, otherwise the meat juice may cause lots of smoke during further grilling

7) Turn the skewers onto the other side, lightly season with lemon pepper or just salt

8) Grill for another 2-3 minutes



Serve with some vege (pan fry broccoli and mushroom with butter in photo). Goes well with pasta or rice, white wine and beer!

Nita Wong

# Rhubarb, Raspberry and Apple Ginger Crumble

## Ingredients

4 green apples

500g rhubarb

500 grams frozen raspberries

Half cup sugar

Tablespoon vanilla

Juice of an orange

Peel and slice apples, dice rhubarb and put in saucepan with half a cup of sugar and a tablespoon of vanilla essence, squeeze orange over this and cook until soft.

## Crumble:

1 packet gingernut biscuits processed to coarse crumbs then add the following:

1 cup SR Flour

Half cup sugar

1 teaspoon ground ginger

1 teaspoon cinnamon

150 grams softened butter

Blend well, place apple mix in a greased 2 litre dish add frozen raspberries and then sprinkle the crumble mix over the top. Bake in 160 c fan oven for 35 minutes.

Serve with cream, custard or ice-cream – or all three!

Val Owles

Do you have a recipe you'd like to share with Millwater? Email your recipe to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# Tips for Selling Your Home When You Have Children



Selling your home can seem like a daunting task, but, when you add your kids into the mix, the job can become a lot more stressful. Here are a few ways to take the stress out of selling your home when you have kids.

De-cluttering is essential when selling your home, but this can be a lot harder when you have the kids' toys and the pram to contend with – boxes, bins and containers are your best friends here! Prior to any photography or open homes, it is a good idea to “take the home out of your property”. Potential purchasers need to be able to envision their family living in the house and this can be an obstacle when you have family photos in many rooms of your house, toy trucks parked up in the living room and a band of Barbie dolls sitting on the mantle.

If you're marketing your home as a family home, then it can quite often be a good idea to stage your playroom – it creates a distinctive space dedicated to the kids and gives potential buyers an idea of how the space can be used.

If you want to avoid the last minute scramble before the open home, then a thorough checklist can be just the trick. It's important to give yourself a realistic amount of time to work your way through it – let's face it, the last thing you want to be doing is dashing around your home and picking up stray

clutter just minutes before you need to vacate for your open home. Here's a good tip: always keep the boot of your car empty for those last minute dashes out the door – that way you have a temporary spot (that's out of the house) to store any books or toys that may have been left out.

Presenting a clean home is vital for any house on the market, but this job can be made a lot harder with kids. A good way to overcome this hurdle is to involve your kids in the cleaning. Let them be the ones in charge of cleaning their room and make it an enjoyable game (however, it can be a good idea to add this to the checklist). If you're cleaning the windows, then let them spray the cleaner onto the window while you clean away the fingerprints. This is a chore that can be made fun, while keeping your kids involved in the process.



*ike*

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## Nearby Neighbours

### Puhoi Historic Village - a very special place to live

The early settlers of Puhoi (Slow Water) came in 1863 from Bohemia, an area of what is now the Czech Republic, approximately 60km from Prague. At the time the migrants left Bohemia, it was part of the Austro-Hungarian Empire. In the snow, at midnight on 26 February 1863, 82 Bohemians destined for Puhoi left Staab (pronounced 'Stod') by train for Prague, with the farewells of their parents and friends they would never see again.

Three days later they were in Hamburg, their port of departure. After a long voyage, they arrived in Auckland before being taken by sailing cutter to the mouth of the Puhoi River. There, they were transferred to Maori canoes for the last four miles of their journey.

They arrived at two nikau whares on the river bank, now part of the presbytery grounds. This was on June 29 1863, after a journey of 124 days. In despair, in the cold and dark, the women sank to the ground and wept.

The Bohemian settlers started clearance work immediately on their allotted land and began building nikau shacks and defining boundaries by tracks between neighbours. No one knows today how the original lots were identified or allocated.

Whilst there was plenty of food available from the bush, river and sea, the settlers initially struggled to communicate with either Maori or English-speaking folk. Ploughing was possible after 1873, with the arrival of horses – which also made the 30-mile walk to Auckland a thing of the past. Around the same time, the first sheep were also introduced.

Today 'a true community' sums up Puhoi Historic Village. With just 650 in the community, it's just a really neat place to live, comprising a true mix of characters from 3rd – 4th generation Bohemian families to newcomers from all over the world and, with farmers to lawyers, it's the diversity of the community that makes it very special.

**As we say here in Puhoi 'we are close to Auckland BUT ... a World away!'**

**Photo captions:** Church – *The Catholic church of Saints Peter and Paul* • People by river - *Families enjoy the new wharf area in the centre of the village* • Pub – *The World famous Puhoi Pub and Hotel*



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# Get Growing!

## The Millwater Gardening Competition is on!!!!



The competition is being judged in late November by Dean Risetto, owner of Central Landscapes Silverdale and Heather Tait, Living Earth's Marketing Manager.



Be in to win in the following categories:-

### Best Lawn

### Best Vegetable Garden

### Best OVERALL Garden

How to register: email your entry to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz) by the end of October.

#### The Vegetable Garden

**Planting now** – Most herbs (but not basil) will really get growing and produce lots of delicious leaves if you get them in now. Coriander and parsley cope with reasonable rain, as do dill and chervil. Winter-dormant herbs such as chives and French tarragon are either poking through the soil from last year or being offered now in garden centres. Why don't we plant the hydroponically-grown herbs from supermarkets outdoors at this time? They were grown in too tender an environment to survive changeable spring weather.

**Labour Weekend** – Given it's been a late, wet winter, gardeners can expect that Labour Weekend will be one of the earliest opportunities to plant the more tender vegetables. These include tomatoes, capsicum, courgettes and chillies.

**Planting Tomatoes** – they grow in warm, sunny areas and require staking – most will grow to at least 1.8m high – so plant with a tall stake! For best results, plant in Living Earth organic certified Veggie Mix and liquid feed with Living Earth Organic Liquid Compost at fortnightly intervals. Snail alert – Many of us are right into gardening the natural way, but giving up some of a well-earned beer to slugs and snails is an ask... However it works! Drop a few tablespoons into a small glass jar and position among the veggies. Choose to believe they die happy...

**Butterfly love** – If you've noticed a monarch or two flying around the garden, then it's likely they have come back to the source of last year's food and the place where they laid their eggs. If you managed to pull out last year's swan plants, hightail it to the garden centre to plant more and placate these beauties!

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# Personal Wellness with Helen



"So what is it that you do?"

I've been receiving some great feedback about this column from you lovely readers. Thank you. Inevitably, the conversation turns to "So what is it that you actually do?"

I'm trained in a number of techniques that can help both people and pets. Kinesiology is one that I use the most.

*So what is Kinesiology?* Usually, I start by illustrating which conditions it can help – and that is a huge range; from physical aches and pains, through to emotional pain, goal achievement, behavioural changes and everything in between. "So what do you want to change in your life?"

*But what actually is it?* Kinesiology is the science of energy-balancing and is grounded in the study of anatomy and physiology. It is the marriage between western and eastern natural medicines. Kinesiology uses muscle testing as a tool to access everything in the body – like a body language system and the kinesiologist uses techniques to "talk" to the body, to make it function better.

Kinesiology is the most holistic of all the natural therapies and recognises the importance of body, mind and spirit in health and healing. Kinesiology looks beyond symptoms and does not treat named diseases; nor does it diagnose them.

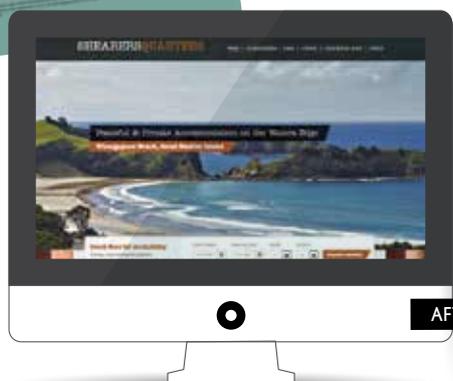
Where, as the result of injury, emotional trauma, nutritional or other unresolved stress, the energy flow is interrupted, the whole body is affected. Energy-balancing brings a person closer to achieving any goal of their choice – in sport, relationships, learning or coping with life generally.

If this article has raised questions or tension in you, give me a call and we can work it through. There is no charge from me for a phone call – but what is the cost to you of keeping the problem?

Helen McAuley-Grant is a Registered Senior Kinesiologist. She has been in practice for over 12 years and has lived locally for 9 years. [www.evolutionary.co.nz](http://www.evolutionary.co.nz), 021 499 824

**Helen McAuley-Grant is Registered Senior Kinesiologist. She has been in practice for over 12 years, and has lived locally for 9 years. [www.evolutionary.co.nz](http://www.evolutionary.co.nz) , 021 499 824**

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# millwatermotors

If you were to wish for an affordable yet quintessentially British open-top roadster from the late 1960s, one of the most desirable is undoubtedly the MG Midget. Local enthusiast Sandy Macinnes is the proud owner of a 1967 tartan red model and we talked at length about the grin-inducing pleasure that driving this classic brings to Sandy and his wife Jenelle.

Sandy moved from near Glasgow in Scotland to New Zealand in 1996, after making the decision to seek out new job opportunities and a better lifestyle. After a short holiday here, he decided that he definitely preferred New Zealand over Canada and Australia!

With 30 years' experience in facilities and property management, including management of the new Silverdale Centre throughout its development and opening, Sandy recently accepted an offer to become an account manager with McAlpine Hussmann.

When he was still living in Scotland, Sandy had previously owned an MG Midget, so the love and hunger was still there when he and wife Jenelle decided to get something different and a bit special in the way of wheels, here in New Zealand. They saw the car advertised on Trade Me and made the journey to Kerikeri, where it was an easy decision to buy the red beauty. The rego came as an extra with the car but, as Sandy says, "It just wouldn't have been right, not to have bought the rego as well".



Sandy's car is the 1967 Mk.III model, with the 1275cc Series A engine that had been developed for the Mini Cooper S. Back in 1967, MG detuned the engine from the performance produced for the Mini Cooper S, because otherwise the MG Midget would have been faster than the MGB, which would not have been good for the MGB. However, some changes have been made to Sandy's car since arriving new in New Zealand, all of which have enhanced its performance and road-handling. Electronic ignition has improved starting and running reliability, as has the alternator replacement for the original dynamo. Prior to Sandy's ownership, the MG was completely stripped down to the chassis back in 1999, with new, larger wheels and flared arches being added at the same time. The new heavy-duty clutch and low-ratio differential have greatly improved handling on the twisty bits.



Sandy loves driving the Midget, especially on the winding roads around the Brynderwyn Hills, where there are more curves and uplift than a Miss World contest. "The car sticks to the road like glue and goes round corners as if it were on rails" enthused Sandy with a wide grin, "You just point and squirt".

Outside of family, work and golf, another fascinating facet of Sandy is that he plays rhythm guitar in a six-piece rock'n'roll band, Harley and the Rocket III, performing at a number of venues on a regular basis (and available for hire). However, outside of family, Sandy's love for the wee red MG is clearly a top option in his busy life.

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# artspeak

From rusty padlocks to smoky bowls...

A mixture of tactile objects by 16 ceramic artists, alongside paintings of high realism by Albany artist Elizabeth Bolland, will be the focus of the October Exhibition Programme at Estuary Arts Centre from 1st to 25th October. Elizabeth attended the Silverdale Mentors' Art Studio, which awakened her love of art and since then she has explored numerous mediums and subject matter.

*"My paintings were well received and I was invited to exhibit in the Hospice Fundraiser held at Estuary Arts. I sold all my artwork and was also commissioned to do more."* Elizabeth's attention to detail in her paintings and her ability to capture the beauty of everyday scenes, such as discarded tyres and rusty gateposts, is remarkable. In 2014 Elizabeth received a Merit Award at the inaugural Hibiscus & Bays Art Awards and was also runner-up for the People's Choice Award. You can meet Elizabeth and watch her working live on Tuesday 6th, 13th and 20th October, from 1 to 3pm.

"Body of Clay" is a showcase of contemporary ceramics, produced by the students from Otago Polytechnic Diploma of Ceramic Arts programme. The Diploma programme is administered from Dunedin; with studio modules taught at the Auckland Studio Potters' Centre in Onehunga. The exhibition will feature both sculptural and utilitarian ceramic-ware by 16 artists from around NZ, three of whom are local. Orewa resident potter Roy Burgoyne primarily works as a thrower, exploring the vessel in all its forms, enhanced by burnish techniques that are low-fired using a naked raku method. Other local potters include Mariska de Jager and Marilyn Wheeler.

Estuary Arts Centre is open every day from 9am to 4pm. For more information on the exhibition and arts programmes, phone the Centre on 09 426 5570 or view their website [www.estuaryarts.org](http://www.estuaryarts.org)









## October Exhibitions

*"Body of Clay"*  
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Acrylic paintings by Elizabeth Bolland

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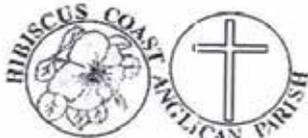
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# The Trouble with Mixed Feeding

## What is Mixed Feeding?

Mixed feeding is when you feed a raw meaty bones diet AND processed/carb-laden food to your cat and dog.

The prey-based diet of wild carnivores stimulates a naturally strong gastric acidity (stomach acidity). Mixed-feeding a domestic carnivore means their gastric acidity might not be strong enough to properly digest their raw food.

The raw protein in a well-planned diet of raw meaty bones and organs stimulates strong gastric acidity and provides the right level of protein for a carnivore. When extra carbohydrates are added to the raw meaty bones and organs, gastric acidity is weakened.

Additional carbohydrates include grains, rice, starchy veges and processed pet foods. Grain-free biscuits are also on this list – the grains in these biscuits are just replaced by other carbohydrates!

## Why is Gastric Acidity Important?

### Digestion

Strong gastric acidity promotes complete digestion of a raw meaty bone diet, allowing dogs and cats to benefit safely from crunching through bones.

### Absorption

Strong gastric acidity promotes absorption of vitamins and minerals (such as iron, calcium and B12).

### Protection

Strong gastric acidity protects our pets against disease-causing bacteria, which can be consumed with raw or processed foods. Researchers have found that the highly acidic stomach of carnivores serves an important purpose: If a carnivore feeds on dead prey which is contaminated with pathogenic (disease-causing) bacteria, strong gastric acidity turns the stomach into a filter – selectively preventing bad bugs from passing into the circulation. Vultures can happily ingest anthrax-contaminated meat due to this evolutionary advantage!

## Our Advice...

### Our Concern?

Hippocrates (c. 400BC) said "All disease begins in the gut." Our concern is that mixed feeding inhibits adequate gastric acidity, putting your pet at risk of ill-health, including: constipation, diarrhoea, vomiting, gastro-intestinal inflammation and auto-immune disease.

### Our Advice?

Make a choice!  
Feed either a well-planned raw diet, or a processed pet food... but not both.



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# One habit at a time

In today's busy society, we are often driven to find quick success – and it's no different when it comes to attaining health and fitness goals. Rather than attempt a complete lifestyle overhaul, we may need to take one step at a time, focusing on small objectives that are introduced one by one; such as adding vegetables and fruits in the diet, adding an extra gym session, reducing soft drink consumption, getting to bed earlier – and so on.

In the book *The Power of Less*, author Leo Babuta emphasizes the point by stating: the only way you'll form long-lasting habits is by applying the Power of Less. Focus on one habit at a time, one month at a time, so that you'll be able to focus all your energy on creating that one habit.

1. Select one habit, only one habit per month. You can choose any habit; whatever you think will have the most significant impact on your life.
2. Write down your plan. Specifically state what your goal will be each day, when you'll do it, what your trigger will be, who you will be accountable to.
3. Post your goal publicly. Tell as many people as possible that you are trying to form your new habit. As a suggestion, utilise an online forum; you may consider telling you co-workers, family and friends.
4. Report on your progress daily. Each day, tell the same group of people whether or not you are succeeding in your goal.

According to Babuta, when only one habit is adopted per month, success rates can be as high as 80%. However, when people get overly ambitious and attempt to adopt two habits simultaneously, their success rate drops below 20%.

In conclusion: for most people, sticking to one habit at a time means the difference between progressive success and absolute failure in adopting a new habit. Personal Training is an excellent option, to assist people with guidance and accountability in establishing goals and the habits necessary to facilitate change.

Craig is a Holistic Personal Trainer based at Jetts Fitness Whangaparaoa & Millwater.

For more information and to receive a 30 minute Complimentary Consultation, please contact Craig on 021 1611 789 or [craig.kilham@jetts.co.nz](mailto:craig.kilham@jetts.co.nz)



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There are many great reasons to enjoy a side of bacon:

Not only is it full of pork-powered protein, but it's also got heaps of choline: a powerful nutrient that helps increase intelligence and memory (bet you didn't know that!)

Bacon has also been shown to reduce blood pressure and blood sugars and, contrary to popular belief, bacon has less total fat, saturated fat and cholesterol than many popular cuts of beef and chicken.

Try for yourself just how good bacon can be – get some Quality Meats' bacon



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# holidaydestinations

## Jennie Ready's Cruising

### Keep Calm and Cruise On!

The 2015/16 cruise season is almost under way, with a record number of ships due to visit and making over 600 port calls into New Zealand ports. This also includes several ships visiting New Zealand for the first time.

P&O's *Pacific Pearl* will be back in Auckland again in February after her recent refurbishment, offering a number of roundtrip Auckland departures. These include 3- and 4-night options, which are great choices for a first-time cruiser. For those wanting to cruise with children, there is a 9-night Pacific Island school holiday cruise, departing on 18th April.

Cruising is a great option for a vacation and, compared to a package holiday, it's also good value as your fare includes your accommodation, all meals and entertainment. An increasing number of ships now visit New Zealand, offering a huge variety of itineraries. Whether you're looking for a short getaway break, a family holiday or a luxury round-the-world cruise, there is a cruise to suit everyone.

If you're cruising with children, the onboard Kids' Clubs are awesome and keep kids occupied, with lots of fun-organised activities. It's also great for parents to get some time to themselves, as I know in our family this can be a rare occurrence. As well as Kids' Club, there are plenty of onboard activities to keep families occupied – including swimming pools, table tennis, movies and (depending on the ship) there may even be rock-climbing, ice skating, surf simulators, mini-golf and basketball.

This season, New Zealand will receive first-time visits from a number of ships; including Holland America Line's *Noordam*, *Golden Princess*, *Explorer of the Seas* and *Azamara Quest* – which will be the first Azamara ship ever to visit Australasia.

With the increase in the number of ships visiting New Zealand and Australia, it's certainly an exciting time to go cruising!



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# Flying High

Mike Pero now in his mid fifties is recognised as one of the iconic brands in home finance and real estate sales.

**The name Mike Pero has been synonymous with real estate and real estate finance for over 25 years. So; if you haven't heard the name or don't recognise the brand, then you're one of the 4% of Kiwis that haven't.**

Mike Pero left school at age 16 to work in a cardboard factory. Today, he is the managing director of New Zealand's fastest growing real estate brand, Mike Pero Real Estate.

In his working career, Pero has raced motorcycles, sold in the grocery trade, sold tyres, sold insurance, flown as a commercial pilot and owned airlines.

In the 1990's, it was all about mortgages and his Mike Pero Mortgages brand grew from nothing to a \$25 million publicly-listed company. Pero went on to build his second major company in 2004 from almost nothing – this time a light-simulator business based around the Boeing 737. This business went global and again Pero on-sold this multi-million dollar export company to very keen investors.

It's something that is almost second nature to Pero, who openly confesses to being a serial business initiator.

"I just can't help myself, I see an opportunity and I love to take on a challenge. Some people like breeding dogs, cats or birds and some other like playing golf or restoring vehicles. My passion is building businesses."

Over the past 25 years, Pero estimates that he has built business values in excess of \$60,000,000 – with revenue strengths of significantly more. The other businesses that Pero has built, usually from the ground up, he has on-sold.

"I consider business like a platform of three games – Monopoly, Chess and Snakes and Ladders. It's full of surprises, challenges, skill and luck. Some elements you can control and some you can't."



Above: He's six times New Zealand Road Racing Champion from the early 80s to the early 90s. He's also a triathlete and a triathlete on Grand Prix Machines

Today, his main focus is the real estate business and it is the brand that he is most proud of. With a silent partner, Pero conceived a unique business model, launched it and has grown it in just over four years, to be New Zealand's fastest growing real estate brand.

There are currently 51 offices across the country, with a new office opening almost on a monthly basis and Pero believes that he can sustain the growth to more than 100 offices in the next four years.

"We operate on a lower cost structure than the legacy brands. We typically cost our customers less because of our lower commissions of 2.95% compared to most other national brands that are closer to 4%. Our agents sell more houses and consequently they earn more money when compared to the industry average."

Mike Pero Real Estate markets its customers' properties on television on a regular basis – something that is not seen with other brands. He is quick to point out that it's not just the lower commission that attracts customers; instead it's the effective and innovative techniques.

"We strive to sell properties in a timely manner but, more importantly, we aim to ex-



On April Fools Day one of Pero's pranks included the sale of Christchurch Cathedral, as a handyman special.

ceed our clients' price expectations. The right marketing, with some good direction, can in some cases mean tens of thousands of dollars more for our clients on sale day."

Pero is married to Rachel and between them they have five children aged between 31 and 16 years old, as well as two grandchildren. Based in Christchurch with his head office team, it is a place that he is proud to call home.

"Despite the quakes in 2011, I could never leave my friends and family in Christchurch. Auckland once a week gives me a taste of traffic congestion, soaring house prices and the cosmopolitan buzz."



early 80's. Mike Pero still enjoys competing Internation-

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Coast Academy Brazilian Jiu Jitsu	021 273 8212
Hibiscus Coast Association Football Club	021 247 3546

## Medical

Coast Care, Red Beach	09 427 9130
Hibiscus Coast Dental	09 427 5327
Millwater Dental	09 927 1518

## Pets

Millwater Vet Hospital	09 427 9201
Raw Essentials	09 929 7501

## Home & Garden Services

Antenna & Satellite Systems	027 280 3043
Central Landscape & Garden Supplies	09 421 0024
Silverdale Furniture Restoration	09 426 2979
Clipper Outdoor Furniture	09 426 9660
Leighton's Landscape Services	0274 904 834
S.A.C Electrical	09 427 8184
Spider Web Magnetic Insect Screens	021 230 2123
Garden Development & Maintenance	021 340 320
Digital Solutions, Rodney	09 425 5431
Flooring Xtra	09 421 0006

## Lawyers & Finance

Spratt Financial Group	09 306 7262
Morfin	09 551 4726

## Housing

Planning Plus	09 427 9966
Horncastle Homes	0800NEWHOME

## Business Management Solutions

Bartercard	0508BARTER
Adfile	021 273 8212
Web Architects	09 554 1572

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<b>Thr</b> <b>01 Oct</b>	04:14 0.0m	10:33 3.4m	16:37 0.1m	22:59 3.4m	<b>Sat</b> <b>17 Oct</b>	04:47 0.4m	11:07 2.9m	17:07 0.5m	23:21 2.8m
<b>Fri</b> <b>02 Oct</b>	05:04 0.0m	11:23 3.3m	17:29 0.2m	23:51 3.2m	<b>Sun</b> <b>18 Oct</b>	05:26 0.4m	11:47 2.8m	17:49 0.5m	-
<b>Sat</b> <b>03 Oct</b>	05:54 0.1m	12:15 3.2m	18:22 0.3m	-	<b>Mon</b> <b>19 Oct</b>	00:02 2.8m	06:07 0.5m	12:30 2.8m	18:35 0.6m
<b>Sun</b> <b>04 Oct</b>	00:43 3.1m	06:46 0.3m	13:08 3.1m	19:19 0.4m	<b>Tue</b> <b>20 Oct</b>	00:46 2.7m	06:51 0.5m	13:17 2.7m	19:25 0.6m
<b>Mon</b> <b>05 Oct</b>	01:37 2.9m	07:40 0.4m	14:04 2.9m	20:18 0.6m	<b>Wed</b> <b>21 Oct</b>	01:35 2.7m	07:42 0.6m	14:11 2.7m	20:21 0.6m
<b>Tue</b> <b>06 Oct</b>	02:33 2.8m	08:37 0.5m	15:03 2.8m	21:20 0.7m	<b>Thu</b> <b>22 Oct</b>	02:29 2.6m	08:40 0.6m	15:09 2.7m	21:21 0.6m
<b>Wed</b> <b>07 Oct</b>	03:31 2.7m	09:39 0.6m	16:03 2.7m	22:20 0.7m	<b>Fri</b> <b>23 Oct</b>	03:30 2.7m	09:45 0.6m	16:11 2.8m	22:22 0.5m
<b>Thu</b> <b>08 Oct</b>	04:31 2.6m	10:42 0.7m	17:01 2.7m	23:18 0.7m	<b>Sat</b> <b>24 Oct</b>	04:35 2.7m	10:50 0.5m	17:12 2.9m	23:23 0.4m
<b>Fri</b> <b>09 Oct</b>	05:29 2.6m	11:40 0.7m	17:54 2.7m	-	<b>Sun</b> <b>25 Oct</b>	05:39 2.8m	11:52 0.4m	18:11 3.0m	-
<b>Sat</b> <b>10 Oct</b>	00:10 0.7m	06:24 2.6m	12:31 0.6m	18:43 2.7m	<b>Mon</b> <b>26 Oct</b>	00:21 0.3m	06:41 3.0m	12:50 0.3m	19:07 3.2m
<b>Sun</b> <b>11 Oct</b>	00:57 0.6m	07:13 2.7m	13:16 0.6m	19:28 2.8m	<b>Tue</b> <b>27 Oct</b>	01:17 0.2m	07:38 3.2m	13:44 0.2m	20:01 3.3m
<b>Mon</b> <b>12 Oct</b>	01:40 0.5m	07:58 2.8m	13:57 0.5m	20:10 2.8m	<b>Wed</b> <b>28 Oct</b>	02:10 0.0m	08:31 3.3m	14:36 0.1m	20:54 3.3m
<b>Tue</b> <b>13 Oct</b>	02:19 0.5m	08:39 2.8m	14:35 0.5m	20:49 2.8m	<b>Thu</b> <b>29 Oct</b>	03:02 0.0m	09:23 3.4m	15:27 0.1m	21:47 3.3m
<b>Wed</b> <b>14 Oct</b>	02:57 0.4m	09:17 2.9m	15:12 0.4m	21:27 2.8m	<b>Fri</b> <b>30 Oct</b>	03:52 0.0m	10:13 3.4m	16:18 0.2m	22:38 3.3m
<b>Thu</b> <b>15 Oct</b>	03:34 0.4m	09:54 2.9m	15:49 0.4m	22:04 2.8m	<b>Sat</b> <b>31 Oct</b>	04:42 0.0m	11:03 3.3m	17:09 0.2m	23:29 3.2m
<b>Fri</b> <b>16 Oct</b>	04:10 0.4m	10:30 2.9m	16:27 0.5m	22:42 2.8m				High	Low

## datesforyourdiary

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](http://www.parkrun.co.nz/millwater) for more details

25 Sept - 12 October

Silverdale School & Stella Maris Primary School Holidays

26 Sept - 11 Oct

Silverdale Pioneer Village are taking part in the forthcoming Auckland Heritage Festival with a Vintage Clothing Exhibition featuring some of our hidden treasures, entitled "Bonnets, Boots and Bloomers" • Exhibition open from 10am-3pm every day during this time • Gold coin donation • There will also be a Special Open Day on Sunday 4th Oct which will feature plenty of hands-on activities. All the village houses will be open daily with Devonshire Teas available on Festival weekends.

20 October

Crossbridge Theatre "The Prisoner" Charity Fundraiser Performance • Doors open 6:30pm • \$30 per ticket with 50% of ticket price donated to Leukaemia & Blood Cancer NZ • Book now 09 426 7282

26 October

Labour Day

31 October

Silverdale School Country Show Day • 10am - 2pm • see page 18 for details

31 October

Millwater Spook Tour • 6-7pm • see page 18 for details

If you know of any upcoming local events please contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

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