

theMillwatermag

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Your FREE monthly magazine of all things Millwater
April 2016



ANZAC DAY - 25 April

Editor's note

What a great pity that the Picnic in the Park had to be cancelled, due to the weather! This was the third and final year for Emma Coupe, who was one of its principal organisers; she also set up the Millwater Families' Facebook page when she and family moved here as just the 20th family in Millwater. They are off to start a new life on a lifestyle block not far away. Emma leaves a great Millwater legacy for us to continue and we all look forward to the 2017 Millwater Picnic in the Park, 'under new management'.



Our interview this month with Millwater local, Graham Lowe ONZM QSM and renowned rugby league international coaching star, was a pleasure to conduct. We looked for the personality behind the undoubted magical mystique and found a delightful human being, unawed by fame.

There will be quite a number of new families who have arrived in Millwater since our last issue and, as always, we welcome you to this great neighbourhood. If you have already joined the Millwater Families' Facebook page, you will have found lots of information that will be useful to you. A new item of interest is the Council changeover from blue recycling bins to wheelie bins and there is information about this on page 11. I am not convinced that everyone has adequate space for yet another wheelie bin, though...

Thanks go again to our diligent Police, who are seen regularly around Millwater and often seen with offenders pulled over. If you witness speeding or other dangerous driving around Millwater, please feed this information on to the local Police. This is particularly important now that the darker evenings are with us.

We recall again this month those who made the ultimate sacrifice in war, so please remember to wear your Poppy with pride on ANZAC Day.

Finally, if you have a desire to get involved with others – whether it's just socially, or to join a group that likes to give something back – please get in touch through the magazine. There are many great local activities that will interest you.

Brian Mullan
Editor
April 2016

theMillwatermag



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themillwaterinterview



along much later when he was nearly 60. He married Karen in 1986 and admitted that the school of life has taught him much better those things that school failed to impart; starting with his boss during his apprenticeship. Graham said "I have applied to sports coaching the philosophy I learned back in my early years – I have learned to use sport as a language in such a way that it leads others and inspires them to deliver their best." One of the many significant milestones in Graham's life has been the establishment in partnership with NorthTec of the Lowie Foundation (www.lowiefoundation.com) that is devoted to changing the lives of young people by using both education and sport as a vehicle.

Serious health issues changed the direction of Graham's life – but it was just an unstoppable force redirected; not deflected. The competitive edge, re-evaluated and redefined, remains as a tangible asset in his life. Graham has two biographies published and has also written his own story 'Me and my Little Blokes' about how his life was changed by the arrival of twins Sam and Jack. He talked about being blindsided when, in 1993, he was the subject of the 'This is Your Life' programme but the overall impression is of a man that is comfortable in his own skin and one for whom the future holds only excitement and challenge.

Graham Lowe ONZM QSM sat and talked easily about his life, career, his highs and his lows, and how he has never compromised in order to fit in with the mediocre. His highly successful career in rugby league across the globe is a matter of public record and we didn't dwell overlong on the sporting side of his life; rather, we talked about his life and his family that are the backbone of his very existence.

Graham was born in 1946 and lived initially in a 2-bed State house, soon moving and growing up in a 4-bed State house in Otahuhu with parents, three younger brothers and a younger sister. At school, Graham just didn't connect with the system and felt that he was very much a square peg in the educational round hole. He left school when he was 14 and served an apprenticeship as an auto-electrician, playing cricket at the weekends in summer and rugby league in the winter. As a qualified auto-electrician, Graham went to Australia in his early 20s on a working holiday – nowadays called an OE.

Graham has two daughters, and younger twin boys who came

Deciding to forsake smart lifestyle block living in Dairy Flat, Graham and wife Karen moved to Millwater just 9 months ago. He said "Since then I have been awed by the genuine friendliness and calm respect that Millwater folk show for each other and their very special environment; Millwater is a very special place and moving here ranks as one of the best and most significant decisions of our lives." Graham keeps fit and enjoys walking either around the Te Ara Tahuna pathway or both ways along Orewa Beach – which he described as our local jewel. He said "People spend good money travelling overseas to look for great beaches – Millwater has one literally on its doorstep."

Having prepared for the interview by researching some of the many hundreds of Internet pages about this great sporting icon, I asked Graham if he could condense his life and describe himself in just a single sentence. He thought for a few moments before declaring "I'm just an ordinary, happy Kiwi dad." Check him out online!

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The Five C's of lending: what do lenders look for..

When applying for a loan, it's important that you have a good understanding of where you sit in the big world of lending. Below are some of the areas that lenders look at:

Character

When banks evaluate character, they look at stability — for example, how long you've lived at your current address, how long you've been in your current job, and whether you have a good record of paying your bills on time and in full. If you want a loan for your business, the lender may consider your experience and track record in your business and industry, to evaluate how trustworthy you are to repay.

Capacity

Capacity refers to considering your other debts and expenses when determining your ability to repay the loan, i.e. in the bank's eyes, do you have enough income to pay back the loan? Not many people know, but some banks use 7% in their calculations, even though most loan rates currently sit in the 4% range.

Capital

Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example; car, real estate, cash and investments) minus how much you owe.

Collateral

Collateral refers to any asset of a borrower (for example; a home) that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed. Some lenders may require a guarantee in addition to collateral.

Conditions

Lenders consider a number of outside circumstances that may affect the borrower's financial situation and ability to repay – for example; what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market and competition.

Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.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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vetspeak

Fear-free Practice



Going to the vets has always been seen as a stressful time for both pets and their owners, but this is something that we are working hard to change.

For pet, owner and vet there are many benefits from reducing the anxiety that often surrounds a visit to the clinic. How many cat owners out there bear the scars inflicted during the annual struggle to get their pet into the carrier for their shots? How many dog owners dread having to drag their dogs through the door?

And for us, less-stressed or -scared animals are easier (and in some cases safer) to examine and less likely to be hiding their symptoms behind an adrenalin surge – if I had a dollar for every time I have been told “Fluffy is making a liar of me, he/she looks fine now...” I could have retired long ago!

So; what can be done? For cats, pop into the clinic with your

carrier and ask us to spray some Feliway (the happy cat pheromone) onto your carrier bedding before you put your cat into it. Once your cat is in the carrier, don't swing it around; make sure that the carrier is propped into a flat and level position in the car and, once you reach the clinic, keep the carrier off the floor – cats feel more secure the higher they are. Carriers that allow us to examine the cat without having to pull them out through a narrow front door also help keep the peace.

Dogs are more easily “bribed” than cats, but still some dogs are too stressed to even touch the lollies we have for them. If you have a nervous dog, try skipping their meal just prior to their appointment. This has a couple of benefits – stomach churning anxiety on a full stomach is not a pleasant experience, regardless of your species – and also makes them more likely to fancy the treats being offered once the scary bit is over; helping to erase their fears.

For more information, pop in or give us a call and have a chat as we have many different tips and tricks up our sleeve.

Anna Day



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safercommunities

The onset of winter can bring its own fire-safety hazards for the home

Electric blankets have been known to cause fires and the following is a set of highlights to watch out for:

- Always make sure your electric blanket is turned off before getting into bed;
- Make sure your electric blanket is always flat on the bed and that the controls and cords are not twisted;
- If your blanket is more than 10 years old, consider replacing it with a newer model;
- Never use pins or sharp objects to secure to the bed and do not fold the blanket or tuck it under the mattress; and
- When you have finished using the blanket for the year; don't fold it but roll it.

Those of you with wood burning fires: having your flue cleaned on a regular basis is a good safety tip.

Every winter, the Fire Service attends fires that have been caused by hot embers being wrapped in paper and stored in bins for

disposal. Place embers in a metal bucket and keep safe in an outside area, away from any structure and, after a week or so, either bury them into the garden or dispose of them carefully.

SMOKE DETECTORS SAVE LIVES

If you do not have an operating smoke detector in your home and there's a fire while you're sleeping – **consider yourself dead.**

The fire service attended over 3800 house fires last years and, in 80% of those fires, smoke detectors were either not fitted or not working.

Taking the gamble is not worth the tragic outcome that we see all too often.

When you are sleeping, you cannot smell the smoke and you will die if there is even a small fire generating lots of smoke.

Station Officer Dave Lattimore
Silverdale Volunteer Fire Brigade



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The Special Events Increase Benefit: Make the most of insurance's golden egg!



In recent months, several of my existing clients have needed to increase their insurance covers following some major life events: purchase of a first home, birth of a baby, or sale of their existing home and purchase of a larger property. These increases in insurance were able to be put in place, *without the need to complete a full application and without the need for further health assessment.*

This was achieved through taking advantage of the Special Events Increase Benefit in their existing insurance policies. Most insurers include this benefit in their policies although it may be given a different name by individual insurers.

The "Special Events Increase Benefit" is in recognition of the fact that there are a number of life events that can trigger the need to increase your insurance covers. This benefit allows your covers to be increased, within designated limits, without *further health assessment* for the following life events (which may vary between insurers):

- marriage or civil union;
- divorce or legal separation;
- becoming full-time carer for an independent relative;
- birth or adoption of a child;
- taking out or increasing a mortgage;
- a dependent child starting full-time tertiary study;
- an increase in annual salary

Provided one has experienced a qualifying special life event, one's covers can be increased, within limits, as of right. No large application form-filling, no further medical assessment.

This is a huge benefit particularly for those with an aversion to form-filling or who have developed a medical condition in the interim.

Numerous Millwater residents will undoubtedly qualify for special events increases in their existing covers under one or more of these criteria.

The Special Events Increase Benefit is a simple, convenient and efficient way to increase your insurance covers, if required, without any hassle!

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

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

Theo Simeonidis
 FNZIM, B.For.Sc (Hons), MPP
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Marketing the Easy Way



There are two main reasons a business should look at marketing. The first is to attract new clients. The second is to help keep the clients you've got.

Client or customer management is an area many businesses forget to do. However, it's one of the easiest and most cost-effective methods to bring in repeat and new business. You're working with people who already know who you are, who are hopefully happy with you, and trust you to get the work done.

When I'm helping a business write its marketing strategy, I ask the owner to tell me whether they market to their previous clients. While it's not a fit for every business, for the ma-

jority of businesses, keeping in contact works.

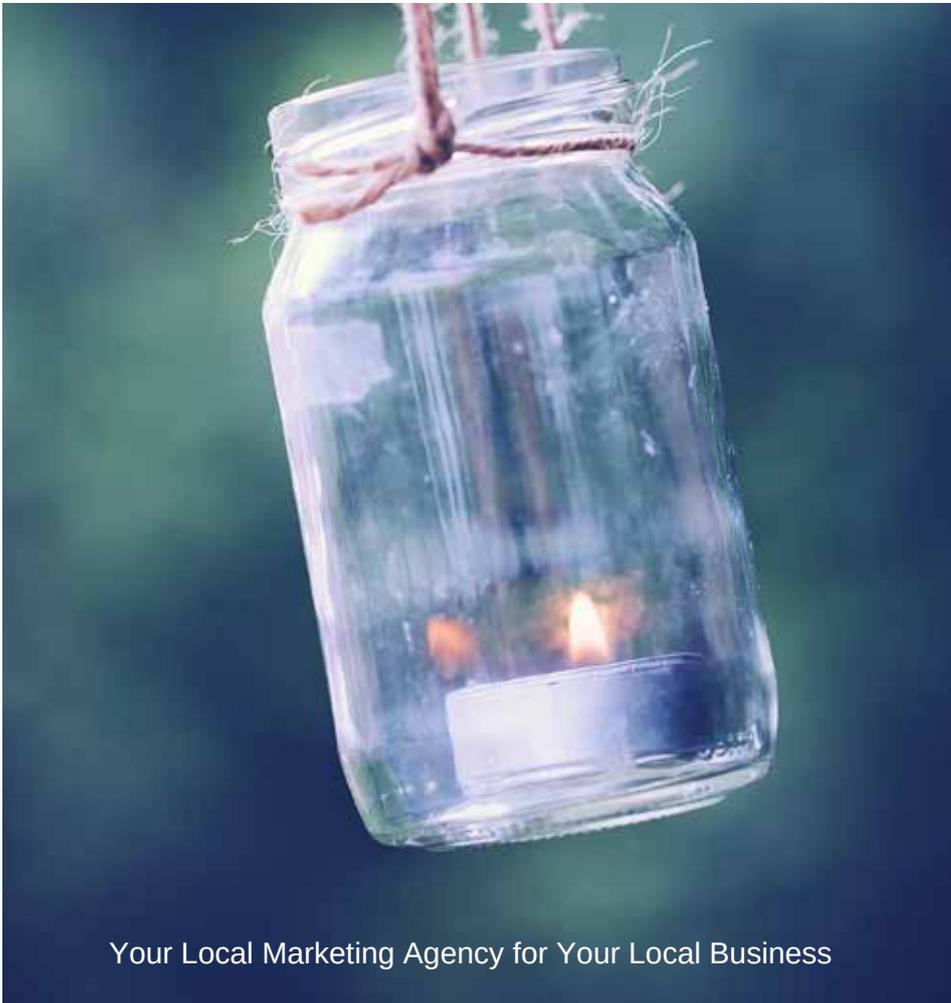
There are many ways you can keep in contact. Here is my top three:

1. The old-fashioned way of sending out a physical newsletter or mail-out is not to be discredited – it's sometimes more expensive in terms of time and outlay, but if it's done well, it's a hugely successful marketing technique. I worked with a health company last year that sell over eight thousand dollars' worth of product every time they send out a newsletter to previous clients. It's worth it.

2. E Newsletters can be meaningful – if done with the reader in mind. So many businesses write them as show pieces of their work, instead of asking him or herself "what will the reader really want to read?" Keep them short, meaningful and with a clear call to action.

3. Facebook and social media. Again, it's all about thinking about the reader and providing content they want. Be careful to make sure you keep the tone online positive, and consistent. Don't use it at a megaphone; use it as a way to build conversations.

And remember – it's cheaper to keep a customer than go get a new one!



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Duke Of Edinburgh Award at Wentworth College

First introduced in the UK in 1956, the Duke of Edinburgh Award programme was established to encourage young people over the age of 14 to become involved in a balanced programme of voluntary self-development activities.

At Wentworth College, all Year 10 students participate in the Bronze award – first award level – and many students continue to complete the Silver and Gold levels as they progress through the school.



Students comment on not only how much they enjoy the tramping and camping, but also the satisfaction gained from facing and overcoming challenges.



Wentworth Teacher, Cathy Worthy, who trains the students in the arts of tramping and camping and accompanies all Duke of Edinburgh trips, sees first-hand the personal growth shown by each participant. "Students constantly impress me with their ability to exceed their own expectations, and it is good to see the different students bonding and assuming leadership roles," she says.

This year, students commenced their training for the Bronze award with a tramp at Shakespear Park, where they practiced map and compass reading skills. As the year progresses, they will also tramp the Pinnacles in the Coromandel before undertaking an official assessment trip in the Waitakere Ranges. Whilst the award involves physical activity, mental challenges, individual perseverance and teamwork, there is also a service component which encourages students to appreciate the needs of other people and to be aware of the role they can play in helping the community. As examples, some Wentworth students have become regular visitors at local rest homes, coach younger students' sports teams, or helped local volunteer restoration groups at the Weiti River and Shakespear Park to fulfill this part of the programme.

By undertaking the Award, Wentworth students are encouraged to show imagination, to look beyond barriers, to set goals, and to make things happen rather than waiting for things to happen for them.



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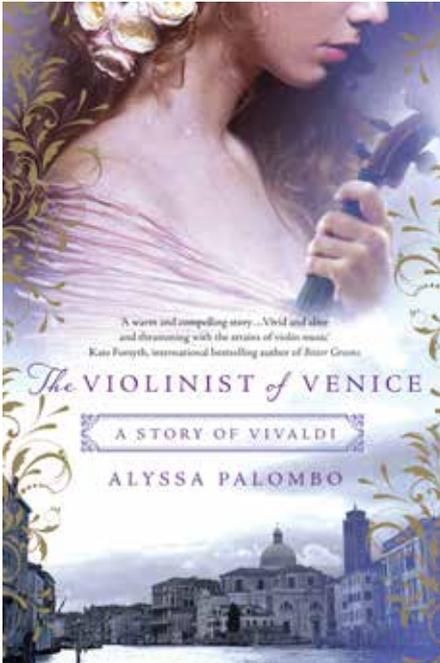
SOME PLACES STILL AVAILABLE



millwater **book of the month**

The Violinist of Venice by Alyssa Palombo

This month, author and guest reviewer Karen McMillan introduces another great read: *The Violinist of Venice* by Alyssa Palombo



A lyrical, beautifully written historical novel; the author of this debut novel draws on the real life of composer Antonio Vivaldi for inspiration. He was well known in eighteenth century Europe, but later in his life his relationship with young opera singer Anna Giro ruined him. People claimed she was his mistress, but the author explores the theory that Anna was actually his daughter. In which case: who was Anna's mother?

Alyssa Palombo creates the fictional character of Adriana d'Amato. She adores music, but her overly strict father forbids her from playing the violin that she so loves, but she begins sneaking out to have lessons with Vivaldi, who can see she is naturally talented. However, what begins as secret music lessons soon turns into a passionate love affair. But they can't marry. Vivaldi is a priest while Adrianna will have to marry whoever her father deems to be suitable. The consequences of their love affair will haunt both of them for all their lives as things quickly spiral out of control.

The book spans more than 30 years of Adriana's life, and this is one of the strengths of the book. The reader gets to see what can happen in life, even when your heart has been broken. This book is beautifully romantic – every page full of music, love, despair and passion. I loved it!

Karen McMillan, author of *Unbreakable Spirit* and *The Paris of the East*
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themillwaterinsider

Big recycling bins next step to sort recycling waste

To replace your current blue recycling boxes, Auckland Council will be changing from July 1st to the new, 240 litre blue recycling wheelie bins for Rodney and the Hibiscus Coast. Deliveries of these new wheelie bins to your homes start from this month, bringing Millwater into line with most other Auckland households. Weekly collection of recyclables from your old blue boxes ceases at the end of June.

The biggest changes to note are that, with greater capacity for more recyclable items, cardboard and paper no longer need to be separated – both can go in the new bin. You can also place fruit and juice cartons such as Tetrapaks and other recyclables including glass and plastic containers and bottles and aluminium cans in the new, bigger bins. Also, you need to note that collections will be fortnightly rather than weekly and that the cost for the roll-out is included in the targeted waste rate.

Millwater Clean Up day

A great outcome with a large number of locals turning out on 6 March and reducing the overall rubbish around the streets of Millwater. Well done to you all. Congrats to the organisers and sponsors who have again added to the community spirit. We owe a debt of gratitude once again to local professional photographer Paul Conroy for our cover photo and all the great images taken on the day. See more on page 40.



Fishing Club

The Fishing Club at the Northern Union meets the first Wednesday of every month after work. There is no cost to join and over a few beers we have decided to organise fishing trips every couple of months, with the first trip staying at Kawau Island over Easter. The next trip is to Tairua in the Coromandel, chasing kingies at the Alderman Islands in a couple of months. If this sounds like you then pop down and have a beer on the 6th of April – tight lines!

Millwater Picnic

It was highly unfortunate that the Millwater Picnic had to be cancelled – twice due to inclement weather. Onwards and upwards for next year, when hopefully there will be more settled weather. A big thank you for those involved in putting this together, especially Emma Coupe who has run this event the last few years and is now leaving our community. Thanks Emma; you will be missed.

Fun Food and Fiesta

Another wonderful local event put on by the Silverdale School PTA. It was great to see so many families out and about on a Friday night, sampling some locally-prepared food or just enjoying the activities and each other's company. Image kindly supplied by Blakflash Photography.



Calling all netballers!

We are getting a local team together to enter the Mixed Netball League at the Stanmore Bay Leisure Centre. The League runs on Monday nights during term time and is a relaxed and fantastic way to stay fit and have fun. League starts early May. If you're interested in joining the team, please contact Bronwen Newcombe on 021 145 1530.

Stoney Homestead

The building consent has been granted for the next stage of development; this being the internal fit-out and toilet block development. Contractors have been appointed and the start date should be available soon.

Summary of The Millwater Insider

Millwater 區內情報要點

Big Recycling Bins

7月1號開始廢品回收的服務會改變，原本的回收桶會由一個240公升付輪子的桶取縮。新的桶會在這個月開始由市政府派發到家門。在7月1號之前請繼續使用舊的回收箱。

除此以外，7月1日起廢品回收內容更改如下：

-所有回收品可全部放入回收箱，這包括塑料、玻璃及金屬、鋁製的瓶罐，各種塑料盒。另外紙張、紙板、紙盒也可一起放入，不用再另外包扎。

-回收時間由每星期一次改為每兩星期一次。敬請留意。

Clean Up Day

謝謝各位參加了上月☑潔日的朋友，當天收集了不少垃圾，讓我們的街道更整齊清潔。非常感謝Paul Conroy再次義務為這個活動攝影。

Fishing Club

每月第一個星期三下班後在Northern Union 舉行釣友聚會。大家在暢飲啤酒的同時商討未來數月的釣魚活動行程。下次聚會是4月6日。

Millwater Picnic

非常可惜因天氣不佳，每年一度的野餐日被迫取消了。唯有寄望下年天公造美。特別致謝Emma Coupe的籌備，她將會離開我們這個社區，在此獻上祝福。

Fun Food Fiesta

多謝Silverdale School的教師家長會在3月18日舉辦了一個成功的飲食節，大家都渡過了一個美好的時間及試吃了很多本區餐廳提供的美食。

Calling All Netballers

我們正招募會員成立隊伍參加Stanmore Bay的Mixed Netball League。比賽由五月起逢星期一舉行。這是一個既輕鬆有趣，又可強身健體的活動。有興趣請聯絡Bronwen Newcombe 021-1451530。

Stoney Homestead

進一步的翻新工程已取得市政府的許可及撥款，這一期會進行室內及廁所裝潢。承建商將會在短時間內開始工程。

Questions? Suggestions?

如有任何提議或問題歡迎用中文電郵至 millwatermag@gmail.com 聯絡Nita Wong

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HAMSTRUNG?

How to know if your hamstrings could be a problem



With New Year's resolutions well and truly kicking in for everyone and the summer sun encouraging everyone outdoors, it is the time of year where hamstrings can start to create issues. Hamstring injuries are common in the active population, with some studies putting them as high as 1 in 4 people experiencing the dreaded hamstring twinge.

lunges can add to this. Gluteal strength in relation to hamstrings is the final factor in strength work. The two need to work together to create the right balance of stability and power.

Flexibility: This one is a given. Research shows that tightness in one hamstring doubles the risk of tear in the other side. It is less well known that tightness through the front of the hip is also a factor. Tight hip flexors and quads can alter the leg biomechanics significantly.

Previous injury: Unless appropriate strength training is undertaken, post-injury to the hamstring, this is the biggest risk. Most people tend to experience recurrent strains until appropriate rehab is undertaken.

There are a few clear factors that increase risk of injury, and luckily a few simple things that can be done to override this:

Age: It is well known that, as we age, our healing capabilities decrease and our underlying soft tissue composition predisposes to injury, but what few realise is that with hamstrings this risk increases from the ripe old age of 26.

Strength: It is logical to assume that asymmetry between strength in the left and right hamstring can lead to one side being overloaded and placed under additional load. It is less well known that over-dominance in the quadriceps is a major factor in hamstring injury. Poor training technique with squats and

The good news, however, is studies have found that specific strengthening exercises can be performed to effect muscle fibres length. This can then offset the non-modifiable risk factors such as age and previous injury.

So; keep it simple – work to eliminate asymmetry, don't over-train the quads and, if in doubt, seek help!

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

For more information you can contact Melanie on 09 959 0211.

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millwatermaltoftthemonth



Following Saint Patrick's Day celebrations last month, this month we take a tasteful and nostalgic trip to the Emerald Isle. Indeed, given the alarming reports that the world faces (shock, horror) a shortage of Scottish malt whiskies, the trip might just be timely.

The Redbreast single pot still Irish whiskey aged 12 years is just sublime and was named 'Overall Irish Whiskey of the Year' at the 2013 Irish Whiskey Awards.

Single pot still whiskeys are those originating from a single dis-

tillery – in this case the Middleton Distillery. Pot Still Irish Whiskey is a style of whiskey that is unique to Ireland in general and to the Middleton Distillery, Co. Cork, in particular. It is regarded as the quintessential style of Irish whiskey (although, technically, not a malt whiskey).

Made from a mash of malted and un-malted barley, which is then triple distilled in traditional copper pot stills, Pot Still Irish Whiskeys are characterised by full, complex flavours and a wonderful, creamy mouthfeel. The inclusion of un-malted barley to the mashbill, along with the tradition of triple distillation, defines the character of Pot Still and this uniquely Irish approach to whiskey distillation.

The nose is clean and fresh, with hints of linseed, nuts and rich fruit cake. There are oily notes of dried peels and spice.

The palate is assertive and complex, with lots of development and seemingly infinite dimension. Ginger cake, Brazil nuts and treacle – with good body. There are even hints of marzipan, dried peels and a hint of sherry.

The finish is long and creamy, with custard and spice. Some tastings say there are, additionally, liquorice-like sherry notes.

This world-class whiskey covers the entire spectrum of aroma, taste, feel and flavour. Delicious, soothing, contemplative. A great whiskey. 40% ABV and selling for around \$100.

Out to Lunch Nearby



In the middle of last month, we went out to try something different for lunch and ended up at the Ransom Winery Café. The principal menu choices revolve around tasting platters and we opted to share their wine taster's platter. This consisted of Puhoi cheeses, their local olive oil (their own olives go into this local cooperative), dried meats: wild game salami from Basecamp in Katikati and coppa – an air dried ham with figs from their neighbours; a series of flavoursome dips and seasonal salads and accompaniments, all made freshly in the

winery kitchen, especially designed to complement wine. Ingredients are sourced locally where possible.

The salads change with the season but on the day we visited were: potato salad with nasturtium, aioli and green peppercorns; pearl barley with cranberries, sundried tomatoes and pomegranate molasses; white bean and red quinoa with preserved lemon; watermelon, black olives, feta and mint on cos lettuce.

All the above were arranged artfully on a wooden platter made from oak wine barrels that have been retired from the winery and constructed for them by a local craftsman, along with an accompanying basket of warm artisan breads.

The platters are refreshingly unique because so much of what is served is made on-site and that sets them apart from the usual platter fare. My partner chose their 2015 Vin Gris Rosé and I had the 2013 Mahurangi, which is an alluring blend of syrah and cabernet sauvignon, with just a touch of cabernet franc.

Lunch for two, for under \$65, in an excellent setting and with great food – highly recommended.



Student Council Community Group

In this issue the Student Council present two pieces of writing from the Year 7 & 8 science trip to Muriwai as part of their studies on landforms.

My Perfect Peaceful Heaven



Trudging up the rough path a pungent smell hit me in the face. The ghastly stink of rotten fish and gannet droppings made me nauseous. The rocky path cut through the lush green grass, leading to a wooden platform that sat over the edge of cliff, waiting patiently for the presence of visitors.

The view from the platform was breathtaking. The sapphire blue sea spread out to the horizon. The mirror-like water rippled, reflecting the sun making the ocean glint and flash like

a jewel. In the horizon, an isolated island dwelt on the endless, wide ocean. The waves came charging in, steadily like an army of soldiers, and collided with the cliffs. The waves of soldiers pushed against the rocks, trying to break past the strong defences of the cliffs. At last defeated, the tide retreated back to its homeland, taking prisoners of sand and rock away with it.

Just standing here, I can imagine myself in a whole new world. The crashing waves were no longer chaotic, but instead formed a melodious tune of itself. The tweeting birds and the chirping crickets that were hidden in the lavish undergrowth joined in with the waves' melody, creating a piece of the wild nature. The wind whispered in my ears, offering me the fresh coolness of its breeze. The sun shone down on me, embracing me with its warmth. Gannets spread their soft wings and took flight, flying free, soaring in the sky, how I wish I can do that. This place, right at this calm, enchanted, blissful moment is my perfect peaceful heaven.

Anna Li
Year 8
Silverdale School

The Continuous War

The waves barrelled towards the beach like an army advancing towards the enemy that is riddled with fear. I watched the waves pound the rocks, leaving a shower of water sprouting into the air like a spray of bullets then diminishing after contact with the earth's skin.



We scramble up the stairs that takes us to the dreaded no man's land that lies above and beyond the headland that has been weathered by the wild wavy Tasman sea. The class trickles down the ridge to view the gannets that exceed great heights and dive like missiles being dropped into the sea. I can see the stack towering out of the sea with great authority and looms over the crawling sea below.

The horrific, pungent smell of the gannets inches its way toward me like mustard gas. I look out at the red, barren cliffs that hold off the sea, but are slowly getting pushed back. Images lurked in my mind like a great serpent of the deep, preparing for war. I can feel the sandstone crumbling beneath me like a soldier's ration. As the sun plunges below the horizon the war still reigns in the midst of night.

Brennan Webb
Year 8
Silverdale School

timlawrence Fishing Spot



Wow, what a busy month March has been! We have had some great weather over the last four weeks and the sea is alive with work-ups and big fish smashing the bait balls.

Tuna and marlin are a hot topic all over the Hauraki, with some good-sized catches reported. Sadly, we have only been able to get out for some after-dark missions but there is still time for us

to chase that big one out the back of the Mokes.

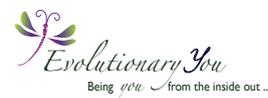
Since we arrived back from the Three Kings, I have managed to get out three weekends in a row! Don't ask me how I did it - my secret can't be shared. The first trip was to Little Barrier, arriving at 8pm and by 10pm we had our limit. All I can say is that there was a ball of fish on the sounder, we dropped the anchor and it was magic. There were three of us on the boat and for once it was my night to land the biggest fish, weighing in at 15 pounds.

The next trip was with my brother out the back of Tiri. We were plagued by kahawai and rat kingies. They were fun but that's not what we were chasing, so we moved around the island and ended up in the Tiri channel. In the deeper water and current it wasn't long until we had our limit, but it was a 7-hour trip.

Our last outing was a last-minute decision and we left home at 6pm, arriving at Simpsons Rock at 8pm (look it up on a map; it's a long way out). This time we put out the LED light I bought from Fishing Direct and there were bait fish swimming around the boat. The water was so clear you could see kingfish smashing the baitfish and the odd shark made an appearance; both in the schools and on our lines. The fishing was fantastic (for me anyway) with the smallest snapper caught measuring 40cm. Together, I reckon we caught and released around 20 kingies as well. The only downside was arriving home at 3.30am Sunday morning...

Tight lines!

Personal Wellness with Helen



"Studies have shown that chronic pain might not only be caused by physical injury but also by stress and emotional issues." So what does the chronic pain one feels say about emotional state?

Head

Headaches can be brought on by the stress of day-to-day life. If you get chronic headaches, take some time for yourself.

Not just once, but daily. Patterns of invalidating the self and self-criticism can be a related cause. Relieving the body of stress and honouring yourself may help to ease head pain.

Neck

"Who's/what's the pain in your neck?" Neck pain signifies a refusal to see other sides of a question, stubbornness or inflexibility. So an ability and willingness to see other points of view without becoming attached to them, will help.

Shoulders

Shoulder pain is a sign that one may be carrying a heavy emotional burden. Basically, they are shouldering everything. We make life a burden with our attitude – you may not be able to change the circumstances, but choosing a different attitude will help how you deal with it.

Upper Back

Lack of emotional support can manifest in upper back pain. Maybe one doesn't feel appreciated, or are holding back feelings of affection. Approval of yourself and giving love can help us to receive those feelings back.

Lower Back

Lower back pain may signify financial worries or a lack of financial support. Try taking some time to focus on managing money differently. Trust in the process of life.

Arms

Arms represent the capacity and ability to hold the experiences of life, changing of directions and accepting new experiences.

Legs

Our legs carry us forward in life – so leg problems relate to a fear of the future, not wanting to move, nothing to move forward to. If any of this strikes a chord with you, make contact and defuse the emotions.

Helen McAuley-Grant is a Body & Soul Consultant and Registered Senior Consultant Kinesiologist. She has been in practice over 12 years, and lives locally. www.evolutionary.co.nz Ph. 021 499 824

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We are excited to be joining **theMillwatermag** and look forward to providing you with a range of informative health topics on a monthly basis. Our first column is on Influenza, a seasonal illness, which can afflict all of your family. Please feel free to email us with any thoughts, comments or queries at dispensary@hickeypharmacy.co.nz

INFLUENZA

Influenza, more commonly known as the flu, can be a very serious illness and in some cases fatal. Influenza infection can worsen an existing medical condition like asthma or diabetes,

with the elderly and those with an existing medical condition being more at risk.

The influenza virus is different from a cold virus. A cold only affects the nose, throat and upper chest, and only lasts a few days. Influenza affects the whole body and can last up to a week or more. Influenza symptoms can include a high fever, severe headaches and muscle aches. The onset is usually sudden and can cause severe complications like pneumonia.

The 1st of April marks the beginning of the flu season and getting a flu vaccination is the best way to prevent potential disruption from the flu – for yourself and for your family.

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Ken, Esther and Valentina at Unichem Hickeys Pharmacy, Orewa (Opposite New World)

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Millwaterwinereview



Wine brands: there are so many out there. Which to choose; which not to choose? Unfortunately, people tend to stick to brands they know, which is how it shouldn't be! Wine changes every year, depending on how Mother Nature has treated the grapes. Some years She is kind and others not so. The job of really good wine retailers is to change wines depending on which stand out from the vintage or region. It's like apples at the fruit shop; you pick the best ones. Firm and crisp is what you look for; you wouldn't take the one that's dull and soft. Wine is the same, but you can't see what's in the bottle. Therefore, being lucky enough to have a really good wine retailer in your area you should utilise their knowledge!

For the 2013 vintage in the Hawkes Bay, Mother Nature was very, very kind to the red grape growers, with the best year they had experienced. The best-ever reds have been released and gone but a number of the stunning wines from 2013 are still available. With the summer months fading and autumn taking hold, a red wine is becoming more favourable.

2013 Church Road McDonald Series is a stunner! Everyone has heard of the Church Road label but do not confuse it with their entry level wines. With this being next tier up, you don't get a skip in quality – you get an entire leap in quality! To give you an idea of the quality level; at the Air NZ Wine Awards 2015, it took a Gold Medal, Champion Trophy for Best Syrah

and finally Best Wine of the Show! I hope you get the idea – and it's only \$25.99 on promo.

Let's talk about the wine itself: it's very dark, black-hued ruby-red colour with some purple hues, lighter edged. The bouquet is fresh and intense with softly concentrated aromas of blackberries and softly infused black pepper notes along with liquorice, Asian spices, mint and a touch of camphor. Medium-bodied, the palate features a round and concentrated core of ripe blackberry, black pepper fruit flavours, layered with Asian spices and Dutch liquorice and dark herbs. Magic with steak of the BBQ, Indian cuisine or just a glass on the deck enjoying the not-so-hot evenings on the deck.

Ivan Tvrdeich
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Homeopathy for painful periods

Over 50% of women suffer every month from period pain. The uterus sheds its lining every month by contracting, which can cause moderate to severe cramping. Hormonal changes that trigger menstruation can also cause more intense cramping, due to contraction of the uterus.

Here are some homeopathic remedies that may alleviate the pain.

Belladonna: This homeopathic remedy is prescribed when the pain is throbbing and mainly on the right side. The cramping often comes on very suddenly and violently. The flow is often profuse, bright red and at times, gushing. Motion of any kind will aggravate the pain.

Chamomilla: A woman needing this homeopathic remedy will experience intense, labour-like pain, extending down the inner thighs. The flow itself is often profuse, dark and clotted, with occasional gushing of bright red blood. Patients needing this remedy are often hypersensitive to pain and exceptionally irritable. They often feel better from rocking and from cold applications and worse while lying in bed.

Magnesia phosphorica: This remedy is most often prescribed for period pains, especially if the cramps are alleviated by a hot water bottle, a hot bath and pressure. Most of the painful cramping occurs before the menses – with relief coming with the flow. The flow is often dark in colour.

Nux vomica: Someone needing this homeopathic remedy will have the classic Nux vomica picture – irritable, impatient, easily offended and chilly. The cramping can at times extend over the whole body and they may also feel an urge for a bowel movement with each painful cramp. The flow is typically early, profuse and lasts too long.

Dosage is best advised by a qualified classical homeopath but you can use 30c potency. Stop dosing after relief and re-dose if symptoms worsen again.

For an in-depth consultation, contact a registered homeopath to determine a constitutional remedy.

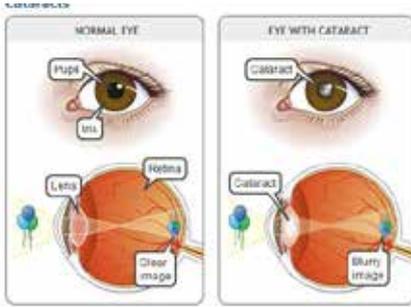
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CATARACTS - By OPSM Silverdale



WHAT ARE CATARACTS?

Just like a camera, your eyes have lenses to help you focus on life. They adjust to let you look at close detail one second, then enjoy a distant landscape the next. But your lenses can become cloudy, affecting your ability to see clearly. This cloudiness is

called cataracts; and over time the condition deteriorates and, left untreated, can even cause blindness. The good news is that cataracts can be treated. This is one of the reasons that OPSM Silverdale recommend an eye examination at least every two years, and more frequently if you are over 60 when cataracts become more common.

WHAT CAUSES THEM?

Most cataracts are associated with ageing, and long-term exposure to ultraviolet light is also known to be a cause. But they can also develop as a result of an injury, exposure to toxic material, some types of arthritis, certain medications and diabetes. Smoking also increases the chances of getting cataracts. So, to lower the risk of contracting the condition, avoid smoking and protect yourself from UV radiation (with a hat, sunscreen, sunglasses and less exposure).

WHAT ARE THE SYMPTOMS?

If you notice any of these changes in your vision you should arrange an eye examination as soon as possible: • Blurring. • Glare or

light sensitivity. • Poor night vision. • Decreased vision. • Fading of colour perception. • Needing a brighter light to read.

WHAT IS THE TREATMENT?

Cataract surgery is the most commonly performed eye surgery in New Zealand; and is becoming even more common as people live longer. Your optometrist will let you know if surgery is necessary and refer you to a specialist. The procedure is relatively simple and involves removing the cloudy lens and replacing it with an artificial one made from plastic. The operation is performed under local anaesthetic and often you'll be able to return home the same day with your clarity of vision significantly improved.

IS THERE ANYTHING ELSE YOU WOULD LIKE TO KNOW?

If you have any concerns or questions about cataracts, we're here to help. Please give James or Zaria (Optometrists) a call on 09 426 7902 or visit us at OPSM Silverdale, Silverdale Shopping Centre, Silverdale. (Opposite Pita Pit)



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What is a healthy body weight?



A healthy body weight varies from person to person. It does not mean thinness. It is one that is appropriate for your age, your genetics and one that you can maintain without constantly dieting. It is one that ensures that you have normal blood pressure, blood sugar levels and blood fat levels. Being underweight can be just as unhealthy as being overweight. BMI (Body Mass Index) is usually used to give an indication as to where on the scale of healthy to unhealthy weight you might be. While BMI does not work for those who have a very high proportion of muscle, it is a good indicator of health for the majority of us. A BMI above 30 indicates a greater risk for type 2 Diabetes, heart disease, high blood pressure and other diseases. A BMI below 18.5 typically also shows an increased risk for health problems.

Fat distribution is another way of determining your health. Those of us with an apple shaped fat pattern (fat around your middle) unfortunately indicates a higher risk of for many chronic diseases. For those of us with a pear shaped fat distribution pattern (fat around your bottom & thighs) indicates a lower risk for chronic disease.

So, being a healthy weight is far more important than just for appearance, it can affect the quality of your life. The type of foods that you choose to eat, the quantity of food you eat, how much you move during the day, the amount of sleep that you get and your stress levels all have an effect on your body weight.

A significant factor affecting adult weight is the lifestyle habits we establish as children; that is why I am so passionate about creating healthy habits in childhood. As parents, we have a huge responsibility in this area, making sure our children have healthy food options available to them, that they don't spend too much time in front of a screen and that they have a certain amount of exercise every day.

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.nutritionssense.co.nz



Millwater ROMEOS

For the March meeting of the Millwater ROMEOS (Retired Old Men Eating Out), 8 of us headed up to the Matakana area. The weather was kind to us; turned on a lovely sunny day.

Firstly, we visited the Vivian Gallery located in Omaha Valley Road. The Vivian is a purpose-built gallery, built to sympathise with its rural environment. The building is located within 3 acres of pasture, native bush and 2 ponds. Its purpose is to establish a home for a group of professional artists within Matakana and beyond, who exhibit throughout New Zealand yet seldom in their own community. The current exhibition is the 'Flower Show'. The exhibition pays tribute to the long tradition of flowers and plants as subject matter in art and design.

On arrival, we were met by Sandy Meharry, who gave us a history of the gallery and then an informative tour around the current exhibition. As it was such a lovely day, many of our group took the opportunity to walk round the property and admire the larger outdoor sculptures.

The exhibition is completely changed every 5 weeks. The next theme is 'Tidal' which explores the relationship between the tides and the shoreline.

Then it was back to Matakana Market Kitchen located in Ma-

takana village beside the river. Launched in September 2010, MMK is a family-run restaurant, encouraging you to bring all the family too. There is a good selection of food and drinks on the menu to suit everybody's taste. Some local wines are also available.

Another great day out enjoyed by the Millwater ROMEOS.



Luxury Houseboat Cruise

Picture yourself lying in the warm sun as you gently cruise the Murray River on a superb luxury houseboat, watching river gums drift by and marvel at the majestic pelicans as they skim the river before plunging into the waters of Australia's longest and slow-moving river.

You will be treated to excellent meals that are prepared by Diane, the on-board cook, and experience the relaxing laid-back style of Doug, our skipper, who has completed over twenty-six such cruises over the past nineteen years!

Our houseboat has six comfortable double cabins, 4 toilets and showers and boasts a six-person spa on the upper deck, where you can watch a star-filled sky and sip your glass of local wine should and when you choose to do so.



The itinerary is very flexible over the four days and the focus is on client wishes; some want to fish, others want to go for walks along the river bank, whilst others just want to chill out. You will be transported by mini-van from Adelaide to Mannum and returned to your hotel at the completion of the cruise. There are currently two cabins left for the October 2016 cruise.

If this sounds like you, please contact Doug who is a Millwater resident on 021 912 990 and he will happily supply you with all relevant information.

Incidentally he is planning a campervan trip around TASMANIA in March 2017. A trip he has done three times.



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When should I be concerned about a stutter?

It is fairly common for children between the ages of 2 and 5 to go through a stage of stuttering. This dysfluency may appear as repeating sentences, words or syllables. Young children will sometimes stutter when their speech and language abilities are



not developed enough to keep up with what they want to say. Although it can be alarming to parents when they hear their child stuttering, it is important to know that most children who begin stuttering before the age of 5 will stop without any intervention. If, however, there is a family history of stuttering, increased rate of speech, other speech and language problems, or the stuttering becomes more frequent and is accompanied

by body or facial movements, an evaluation around the age of 3 by a speech therapist is recommended.

As a parent, there is a great deal that you can do to help your child. Make talking enjoyable, don't always require precise speech. Avoid corrections like "slow down", "take a deep breath", "start over" or "take your time" as these comments may lead to a child feeling more self-conscious. Instead, provide a calm atmosphere in the home and try to slow down the pace of family life. Speak in a calm, slow but natural way with your child. Modelling a slow rate of speech will help your child's fluency. Allow your child to speak for themselves and finish their thoughts and sentences. Maintain natural eye-contact with your child and try not to look away or show signs of being upset or frustrated.

If you have any concerns about your child, please feel free to give me a call to chat about it.



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Awesome Benefits of Smiling



1. Smiling lowers stress, anxiety, and pain

It's not easy to keep smiling in stressful or painful situations, but it can help you manage the situation by releasing endorphins, body chemicals that trick the body to elevate your mood or reduce pain. Even when unnatural or forced, a smile still sends the brain that "life is good" message. Smiling is a natural drug.

2. You'll be more attractive and approachable

Smiling not only helps prevent us from looking tired, worn down and overwhelmed, but we are naturally drawn to people who smile, and we look more youthful. Not surprisingly, more severe or negative facial expressions like frowns, scowls, and grimaces actually work in the opposite manner – something those sour-faced catwalk models could learn perhaps...

3. Smiling strengthens your immune system

Smiling strengthens your immune system by making your

body produce white blood cells to help fight illnesses. One study found that hospitalised children who were visited by story-tellers and puppeteers, who made them smile and laugh, had higher white blood cell counts than those children who weren't visited.

4. Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

5. You'll seem more trustworthy

If you want to improve your credibility, simply smile more. What could be easier than that? Trusting doesn't come easily to many, but smiling at someone may help. Participants in a University of Pittsburgh study rated people who smiled as more trustworthy than people with non-smiling facial expressions.

6. You'll be a better leader

If you're in a position of power, or want to be, smiling may be the key to your success. Studies have shown that people who smile regularly appear more confident, are more likely to be promoted, and are more likely to be approached. Try putting on a smile at meetings and business appointments. You might find that people react to you differently.

So slap a grin on your face and take advantage of the many benefits smiling has to offer. And, if nothing else, it will get people wondering what you have been up to!

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Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!
Please get in touch with Sarah on 09 426 6155 or email sarah@themillwatermag.co.nz

Moving Made Easy



Buying a home is always an incredibly exciting time; however, the stress of moving can really take the shine off the experience. In many cases the move from one property to another can be an overwhelming challenge; so, here are a few tips that can help you prepare for an organised move that can make relocating just that little bit easier.

Pack Your Bags

To make the job more manageable, it's a good idea to tackle your home room-by-room. Leave all of your essentials out until the last few days and pack them away

as necessary. Make an inventory of all your goods and look to have a clean-out of your items while you are packing up your goods. Mark your boxes with an overview of what they contain; for example, kitchen or fragile. Alternatively, you could colour co-ordinate boxes for each room of the home – that way you know exactly where each box should go upon arrival at your new home. Clear plastic bins are also a great investment and can make it that much easier to know what you are unpacking.

Minimise Stress

Packing up all of your belongings can cause some anxiety and it's important to consider how such a move can affect your children and four-legged friends. It's often a good idea to arrange a babysitter or pet-sitter for the day of the big move, which can help ease stress for the whole family.

Organise Your Utilities

Arranging all of your utility disconnections and re-connections can be a bit of a hassle, but is all part and parcel of moving from one property to another. You'll need to check your power meter before you move, to avoid being overcharged, and you'll also need to arrange a mail redirect. At Mike Pero Real Estate, we are dedicated to simplifying your move and our free service, Mike Pero Connect, can move and connect all your services to your new home, including electricity, gas, Internet, phone, SKY TV and more.

Head over to our website for further information.



Millwater Women's Group

Our meeting on 16th March at the Silverdale Pioneer Village was a lovely morning. Fourteen ladies attended, plus the two lovely ladies from the village who set up the tables for us and get the kettle boiling. We could barely hear ourselves think – the noise levels were so high, with much laughter and chatter. Next month we are meeting at a private garden for a morning tea picnic, so hope the weather is kind to us. In May we have a speaker organised who will share her experiences of living with a cardiac disorder. We hope to also do a quick brush up on our CPR skills.

The evening group seems to be going very well, with some movies and dinners out together. There is no excuse to be lonely in Millwater – day or night. If the third Wednesday in every month doesn't suit you, and we would struggle to accommodate many more ladies now due to space constraints, plan something for another day and use the Women's Group Facebook

page to promote it. We met at a café the first couple of times and that works well for a smaller group. The rewards of making some great local friendships are well worth the small amount of effort required. If you are not a member of the Facebook group, search "Millwater Women's Group Silverdale" and apply.

Only residents of Millwater and Totara Views, please.

Marj Noble
021 711 540



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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. This service is free from cost.

	Feb 2015	Jan 2016	Feb 2016
Number of Sales	9	4	8
Median Sales Price	\$975,000	\$1,053,000	\$981,500
Highest Sale Price	\$1,175,000	\$1,305,000	\$1,370,000
Lowest Sale Price	\$865,000	\$960,000	\$620,000
Average % price to CV	6.18%	20.40%	27.92%
Average Floor Area (sqm)	242.2	240	200
Weighted Value Index	1062	1187	1283

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. Data is gathered from Property Guru and REINZ.

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

Grayson Furniss
Franchise Owner
SILVERDALE

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



Mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

millwaterpropertytalkwithGrayson

Don't panic!! The bottom has not dropped out of the Millwater market just because we are reporting a median sales price below \$1.0 million. In fact, there were some great sales achieved in February, with even more remarkable sales being recorded in March. The median has dropped solely because of the mix of houses sold, with an increase in townhouse and smaller home sales for the month. This is evidenced in the reduced average floor area; this is the first time this has been under 230m since September 2014. What is particularly evident and interesting is the increase in the Weighted Value Index; now at its highest ever level and indicating, once the vagaries of property sizes are taken out of the equation, that sales prices are increasing again. Indeed, if we compare this month's figure with a year ago, we see a 21% increase in the "cost" of housing in the area.

March looks like it will produce another load of great sales, with buyers again active in the market. Of particular interest when predicting when price pressure will increase in the area is the auction clearance rates; particularly those on the North Shore, where a good percentage of our buyers are coming from. We have seen in recent weeks an increase in North Shore buyers considering Millwater again, with many at the beginning stage of their search. This, with the increase in auction clearance rates, indicates that we should see good price

pressure over the next couple of months. Looks like it is going to be a great time to sell, so contact us now for a more tailored assessment of where your home sits in the current and future markets.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

Silverdale 09 426 6122



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By Negotiation

15 Saltwood Street, Silverdale

- 210m² home on a flat 562m² fully fenced site - lovely established and mature gardens
- master bedroom on ground floor with ensuite and walk in wardrobe
- 3 further double bedrooms and family bathroom upstairs
- large open plan living area with wonderful flow to level outdoor entertaining
- stunning kitchen with stone bench tops & breakfast bar, gas hob and generous storage
- built in 2009 by Universal Homes with a balance of master build warranty to transfer to new owners
- quality low maintenance brick and tile construction with double glazing to keep you warm in winter
- quiet, private and safe location down ROW, great for kids with ample parks within easy reach



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021 665 423
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Sarah Furniss
027 444 0044
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www.mikepero.com/RX689141

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4 2 2

Offers over \$940,000

29 Old Mill Road, Millwater

- four double bedrooms, master with ensuite, walk in wardrobe and deck access
- spacious open plan living with wonderful flow to two different outdoor areas
- beautiful entertainers kitchen with breakfast bar, stone benchtops and ample storage
- elevated and northerly facing this wonderful home has a great outlook towards Orewa beach
- large 658m² site with room to kick a ball or possibly install a pool
- double garage with great offstreet parking and under house storage options

Other features: double glazing, waste disposal, dishwasher, heat pump, ultra fast broadband, heated towel rails

www.mikepero.com/RX693864

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LOVE LIFE? EXPAND YOUR LIFESTYLE HERE!

4 2 3

By Neg. over \$1,000,000

36 Anchorite Way, Silverdale

- large 223m² family home on a flat 578m² site at top of hill with a great outlook
- 4 bedroom including guest wing with bed, bath and small lounge - great for granny or an au pair
- open plan living area opening to outdoor entertaining areas, great flow
- separate lounge / media room
- great off street parking for cars and room for a boat or campervan
- fantastic outdoor entertaining areas with covered and uncovered spaces
- quality construction by Universal Homes
- located close to local schools, beaches, shopping and motorway



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Mike Pero

Silverdale 09 426 6122



LOOKING FOR AN EASIER WAY OF LIFE?

3 2 2

By Negotiation over \$860,000

249 Millwater Parkway, Millwater

This wonderful freehold townhouse in the thriving Millwater development provides an alternative lifestyle choice. Forget about gardening, washing the house or ongoing maintenance - relax, enjoy a round of golf, a day at the beach or walk to your favourite cafe.

- sunny and spacious open plan living flowing to spacious north western facing outdoor courtyard
- great entertainers kitchen with large bench tops and breakfast bar, ample storage
- additional second lounge / media room / office centrally located on 2nd floor
- master bedroom with walk in wardrobe, ensuite (with bath) and deck
- balance of 10 year Master Builders warranty to transfer to new owners



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FIRST TIME ON THE MARKET IN OVER 30 YEARS!

5 3 2

Auction

680 Beach Road, Browns Bay

Auction - Onsite, 6.30pm Tue 5th April 2016 (unless sold prior)

Situated on a freehold, easy care site is this fabulous 1950's cedar weatherboard home complete with brand new kitchen, new carpet and interior paint. Spend time relaxing in the spacious living area which flows out to a large north facing deck and covered entertaining area - perfect for year round entertaining. Inside the split level design offers 4/5 bedrooms and 2 bathrooms, making it easy for the whole family to enjoy the space on offer plus the triple garage provides ample storage/workshop space.

Put this one at the top of your viewing list!

www.mikepero.com/RX646022



Vanessa Jardim
021 614 771
09 426 6122



Grayson
021 665 423
09 426 6122

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Point Wells



Puhoi



Whangaparaoa



Warkworth



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Helensville



Kumeu



Silverdale

At Mike Pero Real Estate, we've got Rodney covered.

If you are in Silverdale give Grayson & Sarah a call to experience the difference.



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

0800 000 525

www.mikepero.com

TAKING CONTROL OF YOUR FAMILY'S HEALTH AND WELFARE

A free community seminar

You are invited to an informative and relaxed evening, featuring professionals from our community sharing tips on:

Adopting and maintaining good eating habits as the primary way to maintain good health and protect one's self and family against illness;

Protecting you and your family when something goes wrong, health-wise: having your Plan B in place;

Maintaining good physical health, or returning to good health after an accident or major illness: your options for a sound preventative exercise or rehabilitation plan.

Venue & Date

Date: Monday 11 April 2016

Time: 7.00pm

Venue: First Floor, Active+ Orewa, 13 Moana Avenue, Orewa [Upstairs from the Hibiscus Coast Medical Centre]

Format: Short informative presentations, followed by open forum to answer any immediate questions you may have. Discussion will be continued over tea, coffee, and healthy, delicious creations baked by our trained nutritionist, Paula Southworth of Nutrition Sense.

Who should attend?

Everyone is welcome, from 20s through to 60s and beyond! However, the content is especially relevant to those who:

Wish to adopt a healthy lifestyle in order to maintain good personal and family health;

Have a mortgage or are renting, have a young family, and/or are in business – whether as a sole trader, in a partnership or a shareholder/employee of a limited liability company;

Have family or friends who have recently suffered incapacitation through accident or illness and are wanting advice on what makes up a sound and effective rehabilitation programme or wish to know the best ways to minimise injuries and maintain physical fitness.

Confirming your attendance

In order to assist with meeting and venue arrangements, please RSVP for this free event by going to the Eventfinder listing at <http://bit.ly/1pG54L1> and registering for your free tickets. Spaces are limited so please be in touch by no later than 3.00pm on 11 April 2016.

Your Presenters



Paula Southworth
BSc Nutrition and Sports Science
Nutritionist & Health Coach
NutritionSense



Theo Simeonidis
FNZIM B.For.Sc (Hons)
Insurance Specialist
UProtectNZ Insurance Services



Andy Schmidt
MMP MHPPrac, B.Phty
Physiotherapist & Rehabilitation
Specialist
Active + Orewa

millwaterasiancorner

Remove your shoes!

A while ago I received an enquiry from a Millwaterian regarding 'shoe protocol' in a Chinese home, as he noticed most Chinese-owned homes ask people to remove shoes before entering.



My answer is yes, yes and yes. And it is not just a Chinese home, because, as you may already know, the Japanese are the ones who are very serious about the slipper culture.

It is not hard to understand why Asians have developed such 'protocol.' Unlike New Zealand, most places in Asia are always packed with people and cars, with high air-pollution, lots of dust, poor hygiene in public toilets, etc. To stop bringing the dust and bacteria into the house, it is common manners that shoes have to be removed before entering, and it became part of our culture.

So; what do you do next after removing the shoes when you are a guest?

Some homeowners may prepare a few guest slippers in the entrance or, if not, it is totally fine to enter the house with socks or barefoot.

In a Japanese family, it is common to have a special pair of slipper inside the toilet. In this case, you should swap before entering the toilet and, of course, remember to swap back when coming out. It is very impolite to wear the toilet slippers onto other areas of the home. If you go to a Japanese restaurant, you may find this also applicable.

In my home, we also have the no-shoes rules, although slippers are not compulsory because the carpet is soft and can keep our feet warm. When I was a kid, our home was all covered by wooden floor (even nowadays carpet is still not widely used in most Asian countries) and we are required to have our slippers on all the time. My mum even had a little monster toy that use to scare me when I forgot to wear them.

In New Zealand, I was told that movers and some tradies are not allow to take their shoes off when entering clients' houses because of safety issues (correct me if I am wrong!) While I totally understand the reasons and respect them, I still feel quite

uncomfortable when seeing people coming into my house wearing shoes. If time allows, we always line the carpet with plastic covers and ask people to walk on the 'path'.

Not long ago, I came across an article on the internet called "This is why you absolutely need to stop wearing shoes in your house." It talked about there being so many bacteria on the bottom of the shoes and it suggested to stop contaminating the house by removing them. If you are interested, you can find the article on <http://healthywildandfree.com>.

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



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5 Good Reasons to Wear Contact Lenses

By David Joe, owner and optometrist at Visique Millwater

Being able to see well is important to all of us, as it is essential to performing day-to-day activities. Today, almost all eyesight conditions can be corrected with contact lenses. Contact lenses are more comfortable, convenient, versatile and affordable than ever before. You can wear them every day, or as an alternative to glasses for sport or special occasions.

There is a huge number of options for those considering contact lenses, from daily disposable lenses that give you hassle-free lens wear, to those that correct astigmatism or those who are designed for people who struggle with reading small print, offering clear and crisp vision at all distances.

Almost anyone can wear contact lenses; from teenagers to retirees, helping you live your life to the fullest.

Here are five good reasons why you should try contact lenses:

1. They let you see without any restrictions to your field of view

As contact lenses are worn on the eye, there's nothing to obstruct your peripheral (side) vision; so, compared to wearing glasses, you can see more of what's happening around you. This is particularly important when playing a wide range of sports or when driving.

2. Multifocal contact lenses allow you to see any distance at any angle

By using a principle known as simultaneous vision, multifocal contact lenses allow you to see clearly up close at eye level or higher, by simply moving your eyes. People who have presbyopia will benefit from multifocal contact lenses.

3. They provide great vision, whatever the weather

Contact lenses do not collect raindrops, steam-up or smudge. And, yes, you can cry as much as you like!

4. They let you do (almost) anything without hindrance

Almost any sporting or recreational activity is easier wearing contact lenses. They don't fall off or fall out.

5. They let you enjoy the very latest in sunglass fashion and technology

Contemporary sunglasses give outstanding performance and great style: the perfect companion to contact lenses.

Feel the freedom of contact lenses! Call 09 426 5308 to make a contact lens appointment with David, Dennis or Rose at Visique Millwater.

Discover a whole new world with Contact Lenses!

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\$110* **SAVE \$90**
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* To redeem this offer, you must mention this ad. Offer ends 30 May 2016 and is only available at Visique Millwater. Ask us for full terms and conditions.

millwater bizbuzz

Introducing..... The Dental Suite

We may not attribute emotions of delight and jubilation when we think of dental procedures, but leading NZ specialist Dr Dusan Kuzmanovic takes great satisfaction and personal pride in creating happy and confident smiles for his patients.

From their long-standing practice in Mt Albert, Dusan and his general dentistry partner Dr Sonya Wallis are now bringing their expertise to a new state-of-the-art clinic in Silverdale. Dusan says that the couple's other clinic Mt Albert Dental was sought out by a number of patients from this part of the city, "and so it made sense to establish a base here and work between both locations". Dusan and Sonya wanted the Dental Suite to be different and were determined to stay away from that 'clinical feel' when entering a dental practice. They have put their hearts and souls into creating a warm and calm environment, where people can feel relaxed and confident that they are being well looked after by people with expertise and experience who really care.

The newly purpose-built Dental Suite is located adjacent to Northern Union in Silverdale Street. Taking almost one year to complete, it boasts 3 treatment rooms fitted with state-



of-the-art equipment, including a 3D X-Ray machine. An on-site laser scanner and a design centre mean that crowns can be made in a matter of hours and fitted the same day. Dusan believes that 'not all crowns are created equal' and he says "Keeping the service in-house not only delivers the unique advantage of convenience and diminished waiting time for the patient but, more importantly, the guarantee of superior quality results."

With 28 years in clinical dentistry, over 10 years as a Senior Lecturer at The School of Dentistry, University of Otago, and an established clinical research centre Advanced Prosthodontics, Dusan's work strives to improve oral-health and the quality of life for both the young and old, by providing advanced evidence-based treatment for his patients and providing educational courses for general dentists in NZ and internationally. For his patients' convenience, referrals are not necessary. As well as the expertise of Dusan and Sonya, patients will also have access to visiting maxillofacial surgeon Peter Hill, who specialises in complex surgery.

EXPERIENCE THE DIFFERENCE

Book before 30th of April for your chance to win an iPad Mini




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SILVERDALE

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NEARBY NEIGHBOURS

Helensville

Nestled beside the Kaipara River on the south edge of the Kaipara Harbour, historic Helensville's relaxed lifestyle has plenty to offer both visitors and permanent residents. In fact, Helensville was named as one of New Zealand's 'Top Ten Small Towns' by North and South magazine.

Within easy commuting distance of Auckland, it boasts a wealth of recreational amenities. These include harbour cruising, natural thermal pools at adjacent Parakai, fishing, golf, horse-riding, nearby vineyards, beaches, plus a range of adventure tourism activities – the list goes on!

The town is served by a wealth of community, religious and Maori groups and sporting organisations and clubs of a wide variety. There is a range of options for education; from pre-school to Kaipara College, well known for its academic, sporting and musical successes.

Local business is undergoing a surge of growth and caters for virtually every requirement.

Helensville – a great place to visit and a top town to live in!

Dave Addison



Recipes from Millwater Residents

ANZAC Biscuits



1 cup rolled oats
1 cup plain flour
1 cup sugar
3/4 cup coconut
pinch of salt (optional)
115g butter (melted)
2 tablespoons golden syrup
1 teaspoon baking soda
4 tablespoons of boiling water

Combine the oats, flour, sugar, coconut and salt. Melt the butter and golden syrup. Dissolve the baking soda in boiling water and mix until frothy. Add froth from baking soda and water to the melted butter and golden syrup. Pour the combined wet ingredients into the dry ingredients and mix to form a moist dough.

Place in spoonfuls on a greased tray and bake for 15 minutes at 180C.



Do you have a recipe you'd like to share with Millwater?
Email your recipe to sarah@themillwatermag.co.nz

Honey Soy Sauce Chicken Nibbles

I have bought some chicken nibbles and they are delicious! This recipe is very easy to make, which gives you an alternative from buying the pre-marinated ones on the market.

Ingredients

500g chicken nibbles
1 tablespoon soy sauce
1 teaspoon mushroom flavour super dark soy sauce
1/2 tablespoon sugar
1 clove crushed garlic

To make

1. Put all the ingredients into a food plastic bag and marinate it for at least 2 hours; overnight is ideal.
2. Grill the nibbles in the oven (a portable oven can also do the job) for around 8 minutes, turn and grill for further 5 minutes.
3. Brush honey on skin and grill for another 1 minute. Honey will make the meat burn very fast so do not brush it until the nibbles are fully cooked.

If your honey is very thick, you can add a small amount of warm water, to make it more 'brush-friendly'.

Nita Wong, Millwater resident



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WHAT IS CHILLSULPT®?

ChillSculpt® is Caci's new non-surgical fat reduction treatment. It uses controlled cooling to freeze and destroy fat cells. It is perfect for those who have stubborn body fat that cannot be easily reduced by diet or exercise, particular around the waist, back and thigh areas.

**With over 1 million treatments worldwide,
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WHEN WILL I SEE RESULTS?

The targeted fat cells gradually disappear naturally through the body's normal metabolic process. Clients will start to see results three weeks after the treatment, and the full results over a few months.



HOW MANY TREATMENTS ARE REQUIRED?

Each session normally takes an hour to complete. Most people will need a minimum of six sessions over a six month period. A recommended treatment programme will be developed at your consultation.

IS IT EXPENSIVE?

The costs varies depending on the area of the body you wish to treat. At Caci we offer interest free payment plan options and Qcard.

FIND OUT MORE:

If you would like to find out more about ChillSculpt®, call Caci Silverdale, 2, Milner Ave on 09 212 6900 and book a free consultation to see if it's right for you.

SPECIAL OFFER:

Buy 5 sessions and receive the 6th free when you sign up to ChillSculpt® in April*

caci

Terms and Conditions: Offer applies to new ChillSculpt® programmes for one specified body area sold during April 2016. Not to be used in conjunction with any other offer.

GARDEN CARE FOR AUTUMN



From Living Earth



Back into the garden, as Autumn begins!

Vegetable Heaven – once you've dug your soil over, applying fresh compost or Garden Mix as you go, then it's full steam ahead with sowing seeds and planting – cabbages, Chinese vegetables, carrots, radishes and all the colourful types of cauliflowers and broccoli.

Parsley, the unfashionable 'curly-leaf' type – Makes a wonderful edging plant for the garden and the colour looks great in the winter. Still tastes as good as its smart Italian counterpart!

Feijoa time – Harvesting is definitely from now on – feijoas do tend to drop gently to the ground when ripe, so make a daily trip to collect them while they're perfect.

Liquid feeding – Giving all new seedlings and plants a liquid feed establishes healthy roots. Central Landscapes recommends Living Earth organic-certified Liquid Compost for the job.

Tips for the autumn garden

BEST planting time - start by digging Living Earth organic-certified Compost through your soil. Then plant into it, making sure you water regularly in the event that it doesn't rain.

BEST lawn sowing time – Central landscapes have Living Earth Ultra Lawn – a premium weed-free mix, ideal for sowing lawn seed into.

Rake up fallen leaves – leaving them on the lawn will stifle the grass and cause it to collapse.

Camellias, azaleas and other evergreen shrubs are planted now – there's a great range appearing in your local garden centre from now on.

Hedges & Edges a great month to trim and mulch the 'sharp outline' plants in your garden – nice and crisp for winter. Apply BLACK-GOLD Mulch around the base to feed and make them look special!

ANZAC Day Poppies – sadly, the red poppies tend not to flower in New Zealand on Anzac Day, but they can be sown now for a beautiful reminder in spring.



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Millwater homes love our products

At Central Landscape and Garden Supplies Silverdale we have a wide range of products such as granite pavers, pebbles, barks and mulches and a huge variety of grass seed so you can enjoy your great outdoors.

Talk to the team at Central Landscapes and Garden Supplies Silverdale about your paving and landscaping requirements.

The BIG Millwater Clean-Up

Another successful Millwater Community Clean-Up completed this year; with nearly a half a tonne of rubbish collected by approximately eighty Fabulous Volunteers. On an extremely hot Sunday afternoon, an energetic group of locals – including a large number of children – scoured the area and collected a plethora of rubbish.

The day was successful only because of the efforts of our Volunteers and the fantastic businesses who sponsored prizes. The prizes went into a draw, allowing some of the lucky Volunteers to win a prize, which was then followed by a sausage sizzle.

BIG THANKS TO THE FOLLOWING SPONSORS:

- EnviroWaste (paul.stringer@envirowaste.co.nz) for providing the skip and all the rubbish bags;
- Mike Pero Real Estate (Sarah and Grayson) kindly put on a sausage sizzle to satisfy some healthy appetites;
- PAK'nSAVE (Silverdale) for \$75 to pay for bread, sauces, fruit, oil etc. for the sausage sizzle;
- Esteem Beauty & Skin Therapy (Gabrielle Purvis) for 3 Vouchers;
- Tyrecorp Silverdale (Grant) Vouchers for 2 wheel alignments and 2 puncture repairs;
- Paulconroyphotography.com (Paul Conroy) Voucher and Official Photographer;
- Run Auckland Series KARHU N.Z. (Dion Jelly) Running shoes and entries for RUN Auckland half marathon in Millwater;
- Jetts Fitness Millwater (Charlie Kingsnorth) 10 Drink Bottles;
- Horncastle Homes (Debbie) Hamper;
- Highmark Homes (Phil Curson) 4 Vouchers;
- Maddren Homes (Rodger Scott) 2 Vouchers;
- Stonewood Homes (Darren) 4 Hampers;
- Bays Flowers (Nicole Benjamin) 2 Vouchers;
- Jester's Pies (Fiona McLaren) 2 Vouchers;
- Anonymous Local donated boxed gardening set; and
- Anonymous Local donated box chocolates and a set of coloured pencils and erasers.



Thinking about transferring your UK pension to NZ?



The key to a successful, secure transfer of any UK pension to New Zealand depends on getting the right advice at the right time, says Pension Transfer Specialist and Authorised Financial Adviser, Gareth Grey of Britannia Financial Planning Limited.

The number of migrants and New Zealanders returning from the UK means pension transfers are a significant part of the business conducted at Britannia.

The pension market in the UK is complicated and individuals may have numerous pensions, depending on their employment. Before making any decision, you need to know what type of pension you have and what it offers by way of benefits. Given the recent and on-going tightening of regulations in the UK and New Zealand, Gareth advises anyone considering transferring a pension to choose a pension transfer specialist like Britannia (with an intimate knowledge of UK pensions). This is to ensure you are fully aware of the options available to you.

Gareth, himself a UK migrant now settled in Millwater with his wife Karen and daughters Abbie and Aimee, has first-hand

knowledge on pensions, having worked in financial services in the UK and New Zealand since 1997.

Gareth is part of an experienced team of Authorised Financial Advisers at Britannia who are dedicated to supporting people in all their financial needs. Britannia services the needs of approximately 5,000 clients nationwide from their Head Office in Albany, Auckland.

Gareth is a genuine face-to-face operator, meticulous in his information gathering, recommendations, reporting and ongoing monitoring – essential attributes for an Authorised Financial Adviser.

Britannia provides financial services to its clients, offering a full suite of investments and insurances. It specialises in common-sense financial plans, which recommend comprehensive strategies to achieve its clients' financial goals and objectives.

Should you require a sensible and methodical approach to your financial planning on UK Pensions, Insurance, Savings Plans, KiwiSaver or Retirement Planning, please give Britannia a call Toll free – 0800 500 811 or call Gareth direct – 09 414 4215 ext 824 or mobile – 021 937 935.

A disclosure statement for Gareth Grey is available on request and free of charge.

Beauty Aspects First Birthday in Millwater

Beauty Aspects is celebrating its first birthday in Millwater this month and what a year it's been! The support from the local Millwaterians has been amazing; meeting such lovely people making us feel so welcome and loved is an experience hard to describe. We feel proud and honoured to be part of such a community and so thankful to everyone for all the continued support – it is truly appreciated!

At Beauty Aspects, Amelia offers all beauty treatments to cater for everyone's needs; whether you're needing waxing (hot and strips), bespoke facial to treat any skin condition concern, manicure and pedicure, shellac, massage, spray tans, reflexology, aromatherapy, electrolysis, eyelash enchantments, tinting – to name but a few.

Please follow on FB for all up-to-date specials
<https://www.facebook.com/beautyaspectsltd>

Beauty Aspects is open Monday to Saturday and 2 late nights (Tues and Thurs) to suit working clients. FREE consultations are offered to discuss any of your needs or concerns.

Amelia is the owner and operator at Beauty Aspects and continuously strives to offer results-driven treatments, including the use of skin care ranges MEDIK8 and Resultime by Collin. Whether you want to repair, renew or refresh your skin or body, Beauty Aspects has it covered and, going into autumn, now is the best time to start these treatments.

Prolonged sun exposure can cause dehydration, pigmentation, sunspots and premature ageing. With a REPAIR bespoke facial,

Amelia focuses on hydration and putting essential fatty acids back into the skin; minimising and preventing free radical damage.

RENEWING facials includes enzyme and mild to medium skin peels. The main ingredient is Vitamin A (Retinol), as it increases cell renewal, reducing pigmentation and age spots – and even reducing the secretion of excess oil, reducing congestion and breakouts.

REFRESHING facials is a new treatment, incorporating Yoga into the facial routine and giving an all-over body relaxation session. It contains Vitamin C and dry oil loaded with essential fatty acids; hydration to nourish and protect whilst leaving the skin plumped, radiant and refreshed.

Beauty Aspects



1st Birthday Celebrations!

To celebrate I am giving away an awesome Yoga bespoke refreshing facial to the value of \$115

Simply book in for any treatment this month to go into the lucky draw on the 30th of April 2016

Contact Amelia 02102972587
 41 Fennell Crescent
 Millwater

[facebook.com/beautyaspectsltd](https://www.facebook.com/beautyaspectsltd)
 For all up to date specials
 Open Mon-Sat

Art for all is the focus this April at Estuary Arts

The April school holidays sees the launch of our children's holiday art programme. The programme will run for two weeks during the school holidays, from 18 to 29 April. Classes on offer include painting, drawing, craft and special-effects make-up especially for our Teen audience. We will have a variety of classes; ranging from 2-hour introduction classes to full-day workshops. Booking is essential as we are expecting the programme to really buzz. We also plan to run a few hands-on have-a-go sessions at the heritage crafts; so, if making wool pom-poms and learning to knit is something you would like to try, then do visit the Centre in the Holidays. On Sunday 10 April from 12 noon to 3pm there will be huge family fun day on the Western Reserve, so come along and watch artists work. There will be live raku firing and have-a-go on the potter's wheel, the loom, spinning and marble art.

Due to popular demand, Estuary Arts is continuing to run the 'Artful Fashion' exhibition, so don't worry if you didn't get a chance to see this amazing work in March; the show runs until 03 April.

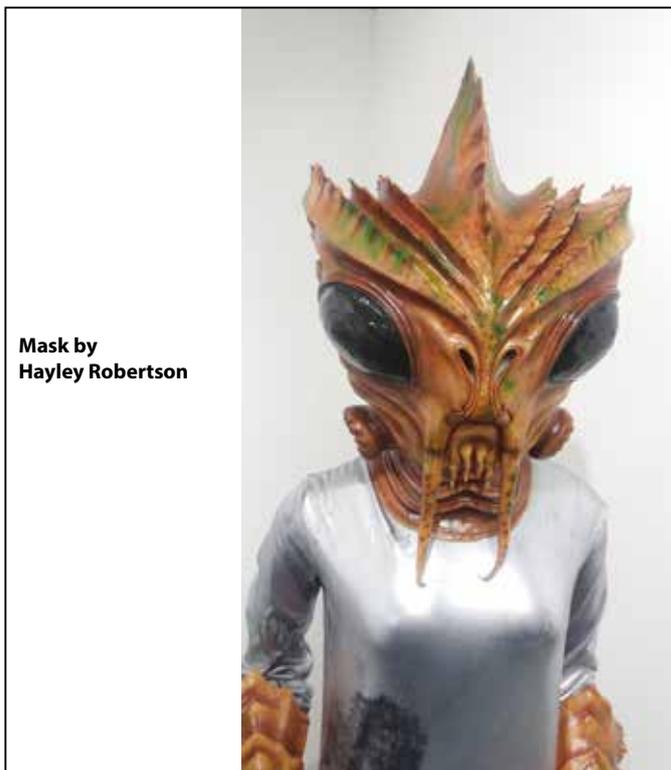
Four new exhibitions will be featured in April and they include:

- Works by Five local artists: Val Cuthbert, Bev Head, Debbie Martin, Merryl Houghton and Bas Cuthbert in the Education Wing Foyer;
- Photography by Tony Gibbs in the Hibiscus Gallery;
- 'Everything that Glitters' jewellery exhibition featuring glass work by Inge Chappell, Karen Smith, Alison Boyce and Lauris Mortenson and semi-precious stones and beadwork by Virginia Angus; and
- John Hoby is a master of abstract painting and his balanced yet highly expressive paintings will be on view in the Kowhai gallery. John says, *'I have always been exploring and looking for unexpected outcomes in my work. My painting has always been expressionistic in style. Influences include the Die Brucke painters and the American Abstract Expressionists.'*

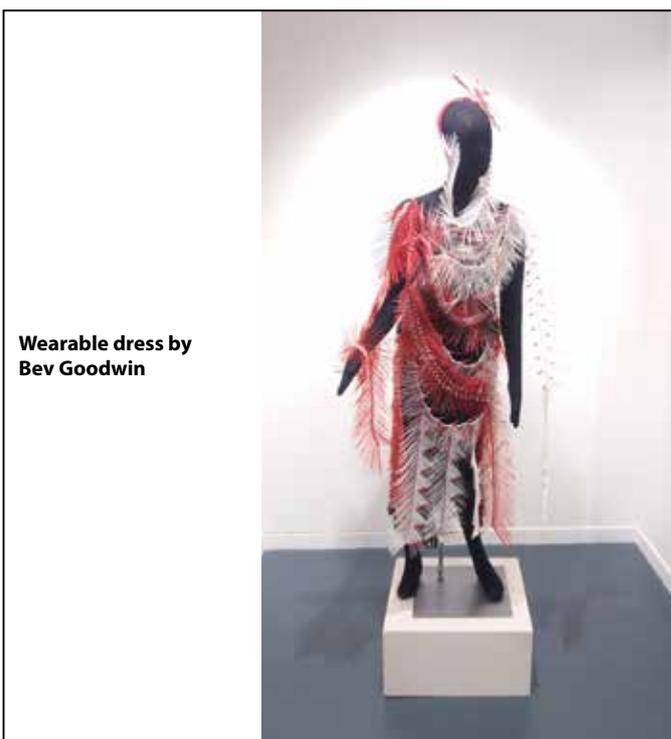
To book into a class or find out more about the exhibitions contact the Centre on 09 426 5570 or email manager@estuaryarts.org



Photography by Tony Gibbs



Mask by
Hayley Robertson



Wearable dress by
Bev Goodwin

Does your child suffer from anxiety?



Feeling sick, sore tummies, fearful, shy, clingy, emotional outbursts over little things, difficulty sleeping, irritable, tearful, easily embarrassed and overwhelmed – do any of these sound like your child?

I see many children who become anxious about things that happen at school. They may be overwhelmed by schoolwork, a teacher, bullying, friendship issues, or it can be a specific incident of deep embarrassment or injustice that's blocking them.

As a parent, you may be encouraging your child to 'just be themselves' when, in fact, that's exactly what they are worried about. Especially if they are teenagers, they want the reassurance that they are like their peers, they do fit in and they do belong.

For parents helping their child suffering from anticipation anxiety, it's about getting the balance of honouring their feelings. You can do this by helping them have a plan A, B and C to deal with those feelings so they can carry through going to camp, or continuing with swimming classes, or delivering their speech.

With younger children, you can create a 'small-step x small-step' plan to increase their independence. For example, saying, "I will say hello to the teacher with you and then you can go to your friends by yourself".

If you feel your child's anxiety is getting in the way of their day-to-day life, or having a significant effect on their schooling or relationships, it might be time to get some help.

After working through anxiety with an 8-year old client, this is what his mother had to say: "Previously, he would spiral into a crisis that drained him and the family with every little thing that happened. With this supportive step-by-step process, it was easy for him to understand his feelings, then move on and be free of it. It's made such a difference to home and school life."

By Mary Ashby-Green


estuary arts centre



Artful Fashion

Continues until 01 May

Exhibition of extreme artworks as items of fashion, artist talks, workshops & demonstrations

Featuring guest artist Jeff Thomson



April Exhibitions

- John Hoby - Abstract Painting
- Tony Gibbs - Photography
- Val Cuthbert, Bas Cuthbert, Bev Head, Debbie Martin and Merryl Houghton
- 'Everything that Glitters' - Jewellery

School Holiday Art Programme

18 - 29 April

Booking essential

Term 2 Arts Programme

starts 10 May



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Mary Ashby-Green

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- dyslexia and learning difficulties
- sibling rivalry and other behavioural problems
- anxiety, anger, bullying, depression, OCD

Let's clear the way for your child to live confidently and learn with ease. Find out more at www.maryashbygreen.co.nz



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www.maryashbygreen.co.nz

A Noisy Night-Time Environment Can Send Blood Pressure Rising**



If you are thinking of living near an airport or a busy highway and have any concerns about your blood pressure, you may want to give this decision a second thought. Research has revealed that loud noises heard in the night-time can cause a person's blood pressure to rise. And, believe it or not, this increase in blood pressure occurs even if the sound does not rouse the person from their sleep.

This study was actually done on volunteers who lived in the vicinity of London's Heathrow Airport and three other airports around Europe. Scientists from Imperial College London remotely tracked the blood pressure of 140 volunteers, to determine what influence night-time noise from airports or traffic might have on individual blood pressure. Readings were taken at 15-minute intervals and then compared to noise recorded in the area where the person was sleeping. Study results appeared in the European Heart Journal.

Researchers noted that "noise events" reaching 35 decibels or louder caused a noticeable blood pressure rise in their subjects. This level of noise could be caused by aircraft overhead, noise from passing traffic or even a snoring person. Researchers noted that the resultant rise in pressure occurred if the person awoke from the sound and when they were not consciously disturbed.

Systolic blood pressure increased an average of 6.2mmHg (mercury) at the 35 decibel level. (Systolic measures the high end of pressure produced when the heart pushes blood out of its chambers.) The diastolic blood pressure (when the heart is filling its chambers with blood and the pressure is at its low point) increased as well by an average of 7.4 mmHg.

It was interesting to note that it was the loudness of the noise and not the type of noise that caused the rise in blood pressure. Traffic noise, aircraft noise, a person yelling or snoring would make no difference. Only loudness mattered.

Such increases could have a negative effect on a person, particularly if their blood pressure is already at dangerously high levels. High blood pressure is defined by the World Health Organization as 140 mmHg or more on the systolic end of the measuring scale. This hypertension can contribute to increased risks of developing heart disease, stroke, kidney disease and dementia.

Thus, it seems it is no longer just the food that a person eats or the amount of stress in their lifestyles that are the causes of increased blood pressure. To really keep blood pressure under control, a calm and quiet home and sleep environment can really be important to a person's overall health and wellness.

** Source: Imperial College London. "Aircraft Noise Raises Blood Pressure Even Whilst People Are Sleeping, Says Study." February 2008.

Craig is a Holistic Personal Trainer based at Jetts Fitness 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

ROWENAs Lunch

The February lunch of the ROWENAs (Retired Old Women Enjoying Nice Afternoons) took place at Black Cottage Café, Coatesville Highway, on the 25th February. It was a beautiful day and we ate outside in the lovely fresh air. There were just 11 ladies present on this occasion, mainly due to previous commitments and holidays. However, we did have 3 new members of the group join us who hopefully enjoyed their first outing with the ROWENAs.

As usual, the conversation flowed well, and no doubt many problems of the world were put to rights.

The meal choices again were varied and were enjoyed by all; I had the Lemon Salt and Pepper Squid, which was delicious.

The group seems to be popular as we now have a waiting list; but, of course, someone could always start another lunch group – maybe "ROWENAs 2"!



The March lunch was on the 31st and took place at Jamaica Blue in the Silverdale shopping centre – report to follow next month.

Business Terms of Trade

If you are in business and your terms of trade limit or exclude liability, they should be reviewed as soon as possible – to ensure the limitations are fair and will not breach the Unfair Contract Terms provisions in the Fair Trading Act 1986.

Earlier this month, the Commerce Commission reported on its review of the telecommunications sector and whether the supply terms of certain prominent corporations contained unfair contract terms. The report is useful, because it provides insight into the Commerce Commission's interpretation of the new Unfair Contract Terms provisions in the Fair Trading Act 1986. Of particular interest is the Commission's view on suppliers limiting and/or excluding their liability.

In a nutshell, if you supply consumer goods or services on standard, non-negotiable terms of trade, you need to take note of this report and get your terms of trade reviewed immediately, to ensure they don't contain unfair contract terms.

An 'unfair contract term' is a term that produces a significant imbalance in the parties' rights, is not reasonably necessary to protect a business interest and would cause a detriment to the consumer. The Commerce Commission has found the following terms unfair:

Giving only one party the ability to change the contract (unilateral change of contract);

Limiting the liability of the supplier to the customer, but not the other way around;

Allowing the supplier to hold a consumer liable for unauthorised charges; and

Completely excluding the supplier's liability for consequential losses suffered by the customer.

The Commerce Commission also noted that, in some instances, suppliers have tried to deny consumers their fundamental legal rights under the Consumer Guarantees Act 1993. If you use standard form terms of trade, you should have them checked as soon as possible to ensure they don't contain unfair contract terms. This is particularly important if you limit your liability and/or exclude consequential losses. We are not saying that you shouldn't limit your liability, as every supplier has a right to control their exposure, but do make sure that these liability clauses are carefully drafted.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

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millwatermotors

This month we meet local Millwater resident Layne Skelton, owner of a classic 1982 Daimler and who is passionately dedicated to restoring it to its original condition. Layne comes from Barnsley in Yorkshire, UK, where he was a mechanical engineer in Britain's coalmines before moving on to become involved in sales and marketing for mobile hydraulics systems that are used in fork lift trucks, excavators etc. This was followed by becoming sales and marketing director in the paper manufacturing industry in the UK.

Layne and wife Lorraine moved to New Zealand in 1997 – the year that was indelibly marked three months later by the tragic death of Princess Diana. Layne soon started his own consultancy in business strategy and change management, before moving to become the current Operations Manager for Project and Service delivery for the corporate business side of Vodafone NZ.

The engineer in Layne needed his own project to manage and he had been on the lookout for a classic British car that needed restoration. Eventually, in February last year, he found his project car on Trade Me. The Daimler had been stored for about 10 years, only partly restored by an owner who has lost enthusiasm for the car.

Layne has systematically stripped the car's mechanicals down to nut and bolt level, repairing or replacing where necessary, before re-assembling and testing. A few mechanical items still



need attention, but Layne is confident that the car will be a runner before the end of the year.

The 1982 Daimler, with its original burgundy coachwork and gold coachline trim, original cream leather interior and original wheels, is in excellent condition. The 4.2 litre Series III dual overhead cam hemi engine, with fuel injection, is rated at 220 BHP. The XK straight six engine used by Jaguar/Daimler was in production between 1949 and 1992 – a seriously long run for what proved to be a superb engine.

Layne's car still has original steering joints with grease nipples and, an unusual feature, has inboard brake discs at the rear instead of on the wheels. The large twin fuel tanks – essential as the Daimler is a thirsty lady – are switched over manually.

Layne and Lorraine have three NZ-born children and they are a proud Kiwi family nowadays, with a deep love for Millwater. You may have seen Layne riding his Honda 1300S motorcycle to and from work; always within the posted speed limits and ever-conscious that there are little ones living nearby. We look forward to seeing the Daimler around Millwater roads later this year.



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dates for your diary

- Every Sat Silverdale Village Market • 8am-1pm,
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Fri Night Market • Silverdale Shopping Centre
carpark • 5:30 - 11pm
- Every Wed Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am. See
www.parkrun.co.nz/millwater for more details
- 2 April Hibiscus Coast St John Ambulance Open Day
11am - 2pm • To launch the St John National
Appeal Week • Free blood pressure & glucose
testing • Static displays & information regarding
various services • Light refreshments served
- 9 April Orewa Library - Composting Made Easy • 11am
All welcome
- 15 April End of Term One
- 25 April Anzac Day

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

Millwater Treats

*Walking 'round Millwater streets
I see so many lovely treats
Colourful gardens with leafy shrubs
Tasty herbs in wooden tubs
Smiling neighbours with dog or cat
Children playing with ball and bat
Hedges trimmed with high precision
Millwater: such a great decision.*

Anon

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holidaydestinations

Kiri Bevan's Fiji

Normally, I wouldn't start my first article featuring an area recently hit by a cyclone; but it is now more than ever that Fiji really needs our support.

I am absolutely passionate about the Pacific and I am constantly asked "but where would YOU stay"? That does seem like a simple question; but is in fact one that even I struggle with when booking my own family holiday. I have thought long and hard about what to write for this article, and decided that these first few issues will be about areas in Fiji; pros and cons, and what makes the areas different to each other.

The Mamanuca's – The Family-Friendly Options

For those on a smaller budget, but still looking for a fabulous resort (and ones I have stayed at several times for their relaxed, laidback feel) – Plantation and Treasure Island are my winners. I adore these two islands, and the only time I see less than glowing reviews is when they are sold as something they are not. Plantation is a big, expansive island, with several resorts on the one island; whereas Treasure is small and intimate. Both have amazing beaches. Plantation is great for older children, with the addition of an adventure water-park, golf, and a 'teenage' kids club. Although Treasure caters for older children, they are also fabulous with the younger ones; with their marine reserve, and getting the chance to feed the endangered turtles and the rare crested iguanas by hand is a true highlight of the kids' club. Plantation is the slightly better value option for a family, and they also offer 2-bedroom bures; so this makes them very appealing to parents. Both are great all-round options – just don't expect 4-5 star on a 2-3 star budget and you won't be disappointed.

For a great, affordable holiday, Plantation and Treasure tick a lot of boxes, and you can't beat arriving to an island by boat, being serenaded, and then handed a cocktail... tick, tick, tick!

For those on a higher budget, then Malolo and Castaway are fabulous. I would only stress that you book early to avoid disappointment. Castaway would be up there as one of my favourite family spots in Fiji. The beach is picture postcard perfect...

At the end of the day, it comes down to matching your budget to your needs... for some it's the beach, or the pool, or isolation, NZ School Holidays – and not clashing with Oz school holidays!



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Beauty Aspects	021 02972587
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Mary Ashby-Green	09 427 9904

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OPSM Silverdale	09 426 7902
Millwater Visique	09 426 5308

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Fri 1 Apr	02:13 2.7 m	08:22 0.8 m	14:28 2.7 m	20:40 0.8 m	Sat 16 Apr	02:35 2.9 m	08:52 0.7 m	15:04 2.7 m	21:13 0.7 m
Sat 2 Apr	03:08 2.7 m	09:19 0.8 m	15:24 2.7 m	21:41 0.8 m	Sun 17 Apr	03:34 2.8 m	09:51 0.8 m	16:03 2.7 m	22:13 0.8 m
Sun 3 Apr	03:08 2.7 m	09:18 0.8 m	15:25 2.7 m	21:44 0.7 m	Mon 18 Apr	04:29 2.8 m	10:45 0.7 m	17:00 2.7 m	23:07 0.7 m
Mon 4 Apr	04:08 2.8 m	10:17 0.7 m	16:29 2.8 m	22:46 0.6 m	Tue 19 Apr	05:21 2.8 m	11:35 0.7 m	17:52 2.8 m	23:56 0.7 m
Tue 5 Apr	05:06 3.0 m	11:15 0.5 m	17:31 2.9 m	23:43 0.4 m	Wed 20 Apr	06:08 2.8 m	12:21 0.7 m	18:40 2.8 m	-
Wed 6 Apr	06:02 3.1 m	12:10 0.4 m	18:29 3.1 m	-	Thu 21 Apr	00:40 0.7 m	06:53 2.8 m	13:03 0.6 m	19:23 2.9 m
Thu 7 Apr	00:37 0.4 m	06:55 3.3 m	13:04 0.3 m	19:24 3.3 m	Fri 22 Apr	01:20 0.6 m	07:34 2.9 m	13:43 0.6 m	20:03 2.9 m
Fri 8 Apr	01:29 0.3 m	07:48 3.4 m	13:56 0.1 m	20:16 3.4 m	Sat 23 Apr	01:59 0.6 m	08:13 2.9 m	14:20 0.5 m	20:41 3.0 m
Sat 9 Apr	02:20 0.2 m	08:41 3.4 m	14:48 0.1 m	21:07 3.5 m	Sun 24 Apr	02:36 0.6 m	08:52 2.9 m	14:57 0.5 m	21:18 3.0 m
Sun 10 Apr	03:12 0.2 m	09:33 3.4 m	15:39 0.1 m	21:58 3.5 m	Mon 25 Apr	03:14 0.6 m	09:29 2.9 m	15:34 0.5 m	21:55 2.9 m
Mon 11 Apr	04:04 0.3 m	10:25 3.4 m	16:29 0.2 m	22:50 3.4 m	Tue 26 Apr	03:54 0.6 m	10:08 2.8 m	16:12 0.6 m	22:33 2.9 m
Tue 12 Apr	04:57 0.4 m	11:18 3.3 m	17:21 0.3 m	23:43 3.3 m	Wed 27 Apr	04:35 0.7 m	10:47 2.8 m	16:51 0.6 m	23:14 2.9 m
Wed 13 Apr	05:53 0.4 m	12:12 3.1 m	18:14 0.4 m	-	Thu 28 Apr	05:18 0.7 m	11:29 2.8 m	17:33 0.6 m	23:58 2.8 m
Thu 14 Apr	00:38 3.1 m	06:51 0.5 m	13:07 3.0 m	19:11 0.5 m	Fri 29 Apr	06:06 0.7 m	12:14 2.7 m	18:19 0.7 m	-
Fri 15 Apr	01:36 3.0 m	07:52 0.7 m	14:04 2.8 m	20:11 0.7 m	Sat 30 Apr	00:47 2.8 m	06:57 0.7 m	13:04 2.7 m	19:12 0.7 m



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ARTISTS IMPRESSION ONLY

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Every terraced home enjoys a fully secure landscaped environment, and spacious interiors that flow on to private outdoor living areas.

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