

# theMillwatermag

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Your FREE monthly magazine of all things Millwater  
February 2017

- 
- Northern Union's menu inside
  - Vietnamese Style Noodle Salad
  - Get a brighter smile this Summer!
  - Coastguard Safety

## Editor's note

Having hoped for better weather by now, many of us – and particularly the Millwater gardeners – continue to be disappointed. Have faith – better weather must be on the way soon...

Christmas and New Year proved to be a great time for Millwaterians to get together and share friendship, food, wine and laughter. Having lived here for 3 ½ years now, I really can't think why anyone would want to live anywhere else.

Due to a last minute problem with the planned motoring item, we regret that you will have to wait until next month for normal service to be resumed – but promise that the wait will be worthwhile!

As you will read in the Insider, there have been some light-fingered people around our neighbourhood over recent weeks – particularly when the weather was at its worst and sounds were masked by the strong winds. Please keep an eye out; for your own and for your neighbours' property.

The great Millwater community really came together to help families in need over Christmas. Many sections of the nearby communities have ongoing needs for assistance throughout the year, so you might want to think about becoming involved in a community activity or group on a more regular basis – there are many to choose from and the personal rewards are awesome.

Schools will be back in full swing just as we publish – so now is a good time to remind everyone to take care on Millwater roads; particularly at the Bankside/Parkway traffic lights. Smaller lives need you to pay bigger attention.

Brian Mullan  
Editor  
February 2017



## theMillwatermag

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# themillwaterinterview

theMillwatermag



Better known nowadays as New Zealand singer/songwriter Henika (the short Slovakian version of Henrieta), Henrieta Tornyai was born in Slovakia and has known and been part of music all of her life. She came with her family to New Zealand at the age of 8 in 1996 and soon afterwards took up the guitar.

Henika as a teenager was involved in school bands and rock quest, becoming more and more involved in music before deciding to study music and gain a Bachelor's degree in Jazz Performance from the Albany campus of Massey University. Henika said "Although continuing to play in a number of bands, the desire to learn more – and from a wider genre of musicians – led me to decide to move to the USA and further my musical studies."

First stop was Madison, Wisconsin, where she studied with the legendary jazz bassist Richard Davis, who famously has played with the likes of Frank Sinatra, Van Morrison, Sarah Vaughan, Bruce Springsteen and more. From this two-year period learning with Richard Davis, and also playing in local blues bands and expanding her jazz knowledge and experience, Henika gained the inspiration to explore writing her own music and developing her own unique style. As a trained

performer, further inspiration and encouragement came from Henika being a singer and fronting in a bluegrass/Americana/alternative band, performing her own compositions.

Wanting to see just how far this new creative thread would take her, Henika returned in 2013 to New Zealand, where she now has her own home studio in Silverdale. As a talented musician, Henika plays many instruments and provided her own backing tracks for the songs she wrote and the demo tracks she produced. "Soon after, I discovered the exclusively New Zealand website theaudience.co.nz, a collection of people who are supporters of New Zealand music, operating in a spirit of partnership to help spread New Zealand music to as many ears as possible," said Henika. "This led to an introduction to NZ On Air, which is a Government media funding agency that champions New Zealand music on radio, TV and online."

"From this, I realised that a \$10,000 prize could be won to have a song produced and a video made, so I set about submitting one of my songs and actually winning the prize!" Experienced and well-respected professional producer Andrew Buckton was hired to make the very best of her song at Roundhead Studios in the city.

Henika wrote the story, produced and co-directed the quite dark (almost film noire) accompanying music video. "This does not mean that I have any particularly dark past or want to portray something I'm not," said Henika. "It just developed organically and appealed to me, allowing me to explore what would work with the music." This then led to the release of her first mini-album (6 tracks), entitled 'Henika' and this shows some influence of the innovative music-styles of her heroes Kate Bush, David Bowie and Bjork.

Another talented facet of Henika is her regular music sessions at corporate events, weddings and other celebratory occasions around Auckland, playing a variety of old-school classics and contemporary favourites with her partner Dunken, in the very accomplished acoustic duo known as "2s A Crowd"

There will be more from Henika as a composer and performer, we are sure, developing further the unique style that showcases her brilliant clarity of voice. You will appreciate her talents by exploring henika.co and 2s A Crowd online – and live at the Orewa Beach Festival.

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## Back to School



Doesn't the smell of the stationary bring back memories? School: some look forward to it with eager anticipation and expectation; others dread the day because they will miss being together. That's just mum and dad I'm talking about.

Shortly after each new year comes the start of the new school year. It is full of hope and possibility. It is a milestone each time because, regardless of the age of our children, they grow up a little more during the year. Well, anyways, we hope they do...

What's not so obvious is how we as parents need to grow with them. You can't parent a 10-year-old the same way you parent a 6-year-old. Nor can you expect the same level of maturity or responsibility from a 12-year-old that you would a 17-year-old. I know. I tried.

None of this is rocket science. But, if we are honest, it sure is a lot easier to say than to put into practice. Especially the 'letting go' part of growing up. Again, I'm just talking about the mums and dads here. Okay, maybe mostly myself.

Letting go can sometimes come with a sensation best described as agonising terror. Out of love we cling even tighter. Bad move. I know. I tried.

What if they forget their lunch? What if they don't have their reading book? What if they lose their shoes for the 3rd time in 3 weeks? What if their friend isn't in their class? What if they don't like their teacher? You know what I'm talking about.

I can tell you what my momma said: "Tough." There would have been a few colourful words in there as well.

Some life lessons can only be taught by life. Experience. We know this to be true yet when it comes to our children we suffer temporary amnesia.

Yeah, it sucks sitting on the sidelines during the 'growing pains' our children are experiencing. I know. I've done it and am doing it. Of course: talk to your kids, encourage, advise. But we can stop rescuing from consequences and other life lessons.

I encourage you to let go. For your own good as well as your child's. Let them learn life lessons when the consequences are relatively minor. Building resilience and responsibility in our kids is vital if they are going to be productive, contributing adults. It might be you're the 'mean mom'. That's ok. Been there too. But if we all do it – you're not alone.

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## vetspeak

### Fleas!



Fleas! These tiny creatures can become the bane of any pet owner's life, and even owners who flea-treat their pets sometimes find that the fleas are winning. Fleas also transmit tapeworms and other infections and are the cause of one of the commonest skin problems in our dogs and cats, and can result in severe anaemia in young puppies and kittens.

The adult fleas you see on your pet are just the tip of the iceberg and make up less than 5% of the flea population in your home (eggs, larvae, and pupae make up the remaining 95%). A female flea can lay 40 eggs per day and, once in your house, the larvae can live for up to 2 years. This is why fleas can be seen on pets for months after starting regular flea treatment. Fleas can hop a mile in an hour and you can bring them into the house on your shoes, which also makes getting on top of them difficult. To eliminate an infestation, you need to treat all the pets in the house regularly with a good product. There are various ways to



treat the adult fleas, depending on your pet's individual needs: topical preparations, tablets, and collars. Bravecto is a great flea treatment (a tablet for dogs and a topical preparation for cats) which lasts 3 months, making remembering to treat easier and can be synchronised with your worming schedule.

The environment also needs to be treated properly by vacuuming regularly for several weeks and thoroughly washing bedding and toys in hot soapy water to remove eggs, larvae, and pupae. Remember to seal and remove vacuum bags after a cleaning session or thoroughly cleanse a bagless cleaner. We recommend a household spray or 'bomb' that contains an insect growth regulator, to stop the life cycle in its tracks.

If you have any questions about flea treatment, please contact our team at Millwater Vet Hospital on 09 427 9201.

**Jemma Hedges**



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# mortgagematters

## Why use a Property Manager for you rental?

One good thing about operating at the coal face is that I get to see what to do, and what to avoid. One of the areas that I see too often is the Kiwi approach of trying to manage a rental property themselves – which, unless you are very experienced, could end up being an expensive choice.

The benefits of using a property manager (in my personal opinion\*\*):

1) Regular rent reviews. The dangers of false economies are huge. I have seen many examples of clients managing the rent themselves, to save \$1000 to \$2000 in management fees, when in fact the rent is \$5000 pa below where it should be.

You can't just increase the rent by a \$100 per week to catch up; the tenants have rights, and a massive increase could put them under undue hardship.

2) Meeting government regulation, especially around home insulation. This is on the radar and landlords will need to have their homes compliant by 2019. A good property manager will guide you through this process and help you meet the industry standards.

3) Property inspections. A property manager will help pick up on any issues, and their documented inspections will be vital for any future insurance claims.

4) Less downtime between tenancies. I had a rental become va-

cant once and, before the clients left the property, the manager had already used their database and filled the vacancy with only one week's downtime.

5) Having bad clients without knowing it. There are signs and maybe rumors that you may not pick up on.

Not all gang members wear patches and their activity could bring down the street values if things get out of hand.

6) If you are looking to buy another rental in the area, the property manager should be a fantastic resource when it comes to finding a property in demand.

The manager has a vested interest to ensure you buy a property that is easy to let and hassle-free.

You should include their feedback in any due diligence on a new property.

7) And lastly; their fee is a normal "cost of business" and is therefore tax-deductible? Boom!

\*\* The above is based on my personal and client experiences; I'm not tied to any property management group.

For further details or feedback, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto: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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## Modern Technology and Our Posture



Advancing technology such as iPads, laptops and touch-screen mobile phones are having a significant effect on our posture. So much so that the terms 'iPhone thumb' and 'iPad neck' are commonly used. In particular, iPad neck relates to the poor posture that is often adopted during iPad and iPhone use.

### What is meant by postural strains?

Postural strains can occur in any part of the body but most commonly involve the head, neck, shoulders and upper back. Pain associated with postural strains occurs when a body part is held under load for a long period of time and the tissue supporting it (muscle, ligament, disc) either gets overstretched/overworked or both.

Postural strains most commonly occur in the tissue supporting our head, because our heads are heavy (an adult head typically

weighs between 4.5 - 5kgs) and our posture surrounding our head is often poor. It is common to see people using iPads for example with their head in a flexed (forward) position.

The further we move our head forwards, the more relative weight our spine and spinal musculature have to support. For example, by the time we get to 60-degree neck/head flexion, the relative force that must be resisted moves from 4.5kgs (at 0 degrees) to 27kg (Harvard School of Biomechanics, 2012). This is about the weight of your average nine-year-old. This is a lot of force to resist and as you can imagine it doesn't take long for the supporting tissues to fatigue.

### How do I know if I am getting a postural strain?

Postural pain is associated with long periods of non-neutral posture in a static position. It is associated with computer use, reading, iPad and iPhone use. Pain will typically accumulate during the day. If it is a work-related postural problem, you may notice you are better on weekends. Tension headaches (pain at the back or front of the head or both) are often a result of postural strains.

### Any further questions?

We'll talk more about postural strains and how to prevent them in our next article, but if you want more information in the meantime e-mail or call the team at Orewa Osteopathy (ad below), they're happy to help.

### Further reading

<http://www.dailymail.co.uk/health/article-2997339/The-rise-iPad-neck-Tablets-three-times-strain-muscles-desktop-computers.html>

## Are you in pain?

Maybe it's time to get on top of it!

Osteopathy is a popular form of manual therapy that can help with issues such as:

- Back Pain
- Neck Pain
- Tension Headaches
- Postural Strains
- Shoulder Injuries
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At Orewa Osteopathy we have staff trained in Acupuncture, Pilates and The McKenzie Method.

Call us today to make an appointment.



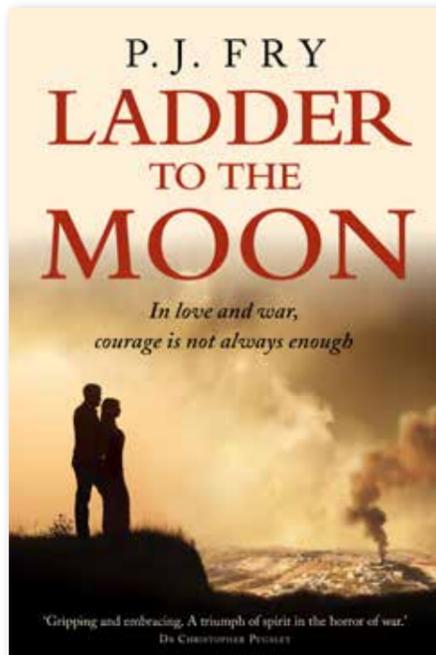
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# millwaterbook of the month

## Ladder to the Moon by P.J. FRY

This month, author and guest reviewer Karen McMillan introduces another great read "Ladder to the Moon" by P.J. Fry



A story of love and war, this debut novel is stunning in its realism, and emotionally engaging in its moving love-story. In 1977 John Ferris, a New Zealand Army captain, is serving as a UN military observer on the Israel-Lebanon border. He meets Leila Ashrawi, a beautiful Palestinian woman. Despite the violence and confusion surrounding them, they fall passionately in love with each other – and they must risk everything to start a new life together.

The day-to-day reality of war had me on the edge of my seat, and the convincing but complicated love story had me reaching for tissues. Peter Fry is an excellent writer, and he brings all facets of this particular conflict to life, from all sides of the fence, ultimately showing how futile and destructive war is in many and varied ways. This is a gripping, intelligent novel with plenty of heart.

**Karen McMillan, author of The Paris of the West, [www.karenm.co.nz](http://www.karenm.co.nz)**

# pharmacytalk

## New Year, New Goals



With the Christmas rush over, it is time to settle into 2017. For many of us, Christmas and the holiday season meant plenty of socialising, eating and perhaps the odd glass of bubbles.

Now is the time to set clear goals and get these into action. For those of you looking to lose weight or get healthier, we have plenty of options instore to help you on your way.

Having a healthy body weight is the key to good health. By preventing weight-related risks such as high blood pressure, cholesterol and blood glucose levels, you reduce your risk of ill-health from cardiovascular disease (stroke and heart attack), Type 2 diabetes and certain cancers.

Weight loss can also improve breathing and sleeping patterns, reduce joint and muscle pains, increase energy levels and give you a greater sense of wellbeing.

At Hickeys Pharmacy, we are trying to improve our health

and wellbeing. We decided 2017 was a great time to start practising what we preach and that is why our staff have signed up for the Orewa Beach Half Marathon! With the help of our seven-time marathon runner, Pharmacist Valentina, we are committed to this event. We look forward to seeing you there too!

For those people looking for more help with losing weight, then Optifast™ is the way to go. Optifast™ is a well-known and popular weight loss product and is recommended by Medical practitioners. Optifast™ is a nutritionally complete programme, which incorporates a large range of meal replacements, including shakes, soups, and bars, to suit your dietary requirements. By using the meal replacement options, you can easily keep your calories under control and thereby lose weight.

Hickeys Unichem Pharmacy has a range of products instore that can help you on your weight loss journey, as well as useful resources available, and helpful, professional advice. If you visit us instore this month, we will provide a FREE blood pressure check, as well as a handy Weight and Health, self-care card. We can discuss your weight-loss goals and what options are best suited to you, as well as a FREE weigh in. So visit us instore this February and have a chat to one of our friendly Pharmacists, so we can help you get started on your weight loss journey.

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# themillwaterinsider

## Millwater Adopt a Family for Christmas

Initiated by Nicola Bernie back in October, the "Millwater Adopt a Family for Christmas" has ended up with a huge success. Proudly, we had nearly 300 families from Millwater and Totara Views contributing gifts and foods and, via Salvation Army, Steps Forward and Kingsway Preschool, we helped 31 families to get through the hardest time of the year.

Special thanks to Mike Pero Silverdale for sponsoring our flyer, Countdown Silverdale for donating Christmas treats, Denise Chambers donating a box of wrapping paper, Millwater Parkway Pharmacy which offered 10% discount for items purchased for this good cause, and, last but not least, to our lovely coordinators who helped to collect and deliver donated items, they are:

Aimee MacAskill, Sarah Thornhill, Alenka Hand, Aime Sweeney, Angela Hampton, Carlene Arnold, Cindy Lee, Davina There, Deb Adams, Debbie Long, Grace Li, Hayley Crawford, Heather Garrity, Julie Roberts, Christine Low, Karen Robertson, Melissa Clay, Kelly McColl, Kiri Beven, Kristen Tillson, Leslie Scott, Louise Petrie, Mark and Trina Newby, Nicola Bernie, Nita Wong, Rogene Kotze, Sarah Teensma, Tara Crome, Teresa Jackson, Terese Clampitt and Tina Sheehan.



## Watch out, thieves about

It seems that there are certain less-desirable elements of society now targeting what they probably perceive to be relatively easy pickings in our Millwater. The numbers of thefts seem to be rising and seem to be mostly focusing on what can be picked up outside houses, trailers, BBQs and the like. In most cases, it seems that these are crimes of opportunity – so the easy way to stop this becoming a bigger problem is to remove the opportunity. Secure anything of value that is outside your home, use the locks and alarms that you already have and, if you want to be extra vigilant, look at installing CCTV systems.

## Football and Touch

For those of us that are still carrying a little extra Christmas cheer or if you just want to meet some new people, there are social football games on each Friday at 6pm and Sunday mornings at 8am. If you suffer from 'two left footitis', then there is also social touch football at 7pm on Wednesdays. In both cases, all are welcome to join in and games are held on the football pitches as Metro Park East, by Millwater Parkway.



## Rotary Satellite Club of Orewa-Millwater

First formal meeting of 2017 for this new-style and younger Rotary Club will be on Wednesday 1st February, 6 p.m. at the Stoney Homestead Community Hub. New members are joining regularly and more are always welcome – so come along to have a look. They meet 1st Wednesday 6 p.m. and third Thursday 7 p.m. every month and meetings are always short and enjoyable. Tea/Coffee and warm welcome provided as standard! This energetic group is focussed on giving something back to the community: local, national and international.

## Millwater Frozen Meals Group

We are a group of volunteers where we cook and deliver meals to Millwater families that are struggling to cook a decent meal due to sickness, injury, loss of loved one or arrival of new born etc. We are hoping to create a caring community by supporting each other during hard times. If you would love to join our group please contact Nita Wong (nita.millwater@gmail.com)

# Millwater 區內情報要點

## Millwater Adopt a Family for Christmas

由Nicola Bernie 發起的聖誕募捐活動圓滿結束,總共有差不多300個 Millwater 及 Totara Views 家庭捐出了食物及禮物。透過三個慈善機構總共有31個家庭受惠。

這個活動得到了不少商戶支持, 包括Mike Pero Silverdale、Countdown Silverdale、Denise Chambers、Millwater Parkway 藥房。

最後我們再次感謝以下參與這次活動的義工:

Aimee MacAskill, Sarah Thornhill, Alenka Hand, Aime Sweeney, Angela Hampton, Carlene Arnold, Cindy Lee, Davina There, Deb Adams, Debbie Long, Grace Li, Hayley Crawford, Heather Garrity, Julie Roberts, Christine Low, Karen Robertson, Melissa Clay, Kelly McColl, Kiri Beven, Kristen Tillson, Leslie Scott, Louise Petrie, Mark and Trina Newby, Nicola Bernie, Nita Wong, Rogene Kotze, Sarah Teensma, Tara Crome, Teresa Jackson, Terese Clampitt and Tina Sheehan.



## Watch out, thieves about

我們這一區最近發生了不少偷竊案, 大概是因為這一區比較容易下手。特別是燒烤爐及放置在屋外的物件等等。請大家時常保持警惕, 不要把容易搬走的物件放在當眼處。出門的時候請使用防盜系統給鎖好門窗。安裝閉路電視也是一個不錯的防盜方法。

## Football and Touch

如果你想透過運動認識新的朋友, 請不要忘記參加我們的足球隊。練習時間是星期五下午六時及星期日早上八時。如果你不喜歡足球可以考慮參加Touch football, 練習時間是星期三晚上七時。

以上所有活動都在Millwater Parkway的Metro Park舉行並且歡迎所有朋友參加。

## Rotary Satellite Club of Orewa-Millwater

2017年第一次聚會會在2月1號星期三下午六時在舉行。我們不斷有新的會員加入亦歡迎所有朋友加入。我們的固定聚會是每個月的第一個星期三下午六時及第三個星期四晚上七時。我們熱烈歡迎每一個前來的朋友並且會有咖啡奶茶供應。我們的目的是希望能夠回饋社會: 包括本地、全國及全世界。

## Millwater Frozen Meals Group

我們成立這個群組的目的是希望能夠幫助Millwater裏患病、受傷或因其他問題而不能好好預備晚餐的家庭。如果你喜歡跟別人分享你的家常菜, 或有興趣做家庭探訪, 請參加我們這個群組。有興趣的話請跟 Nita Wong 聯絡(nita.millwater@gmail.com), 謝謝!

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## What's the big fuss about fibre? – part 1



Happy New Year! Have you made any resolutions for 2017 yet? If you are going to make one change to your diet this year, can I encourage you to increase the amount of fibre you eat. Fibre has numerous benefits beyond just keeping us 'regular'.

Fibre also helps to maintain a healthy weight, reduces the risk of developing type 2 diabetes, heart disease and bowel disorders.

So how does fibre help with:

**Weight:** fibre makes us feel fuller for longer, so we are less likely to overeat. Foods that are high in fibre require more chewing; this gives our stomach time to register when we are full. Eating quickly doesn't allow the stomach adequate time to tell the brain that we are no longer hungry and we can end up eating more than we really need. Foods that are high in fibre tend to have fewer kilojoules.

**Type 2 Diabetes:** fibre helps to slow the rates at which sugar enters the bloodstream and so prevents blood sugar levels

spiking. High levels of sugar in the bloodstream can, over time, damage the blood vessels. It acts a bit like a slow release fertiliser, allowing the body to process sugar in smaller amounts. This means that our pancreas can keep up with the work of getting the sugar out of the bloodstream and into the cells, reducing the chance of damage to blood vessels.

**Heart disease:** fibre lowers blood cholesterol levels by reducing its absorption from the intestines.

**Bowel disorders:** fibre prevents constipation, diverticular disease and hemorrhoids.

Foods that are high in fibre also contain vitamins, minerals and phytochemicals (or phytonutrients, as they are sometimes called), which are a large group of compounds that includes antioxidants, flavonoids, anthocyanidins and many others.

Studies show that diets high in phytochemicals may reduce the risk of developing cardiovascular disease, cancer, Type 2 diabetes and neurodegenerative diseases like Alzheimer's and Parkinson's.

There are so many benefits to consuming fibre-rich foods. Next month we will continue with this topic and look at different types of fibre, good sources of fibre and recommended daily intakes.

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)

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# timlawrence Fishing Spot



Kawau, Little Barrier, the Fishing Club expedition, a charter on Ultimate Charters, diving in Auckland and a week of fishing and diving out of Whitianga. All missions were a success bar one where we tried trolling for a tuna or marlin about 50km out from Red Mercury Island – but that’s fishing. Lucky for us, the owner of White Pointer boats was staying in the camp where we were staying in Whitianga and he gave us some of the 84kg big eye tuna his 15-year-old son caught – yum! It was exciting fishing in new territory and, after a few long days, we started to gain a bit of local knowledge and brought home: scallops, crayfish, snapper and trevally. Unfortunately, we only landed undersized kingfish but this will change on our next trip down there.

My next excursion was in the last week of January up to the Three Kings Islands on the Cova Rose (Enchanter) and this time we bottom-fished for hapuka, bluenose, bass, giant terakihi and kingfish. We were hoping that the wind settles down this year; last year we had some pretty big seas up there and I didn’t get to drink all of my beer.

February will be a good month for fishing, especially around the 12th to the 14th, and at the end of the month from the 26th through to the 1st March. The big snapper will be feeding hard by this time. Remember: big bait equals big fish. A whole side of a trevally or kahawai will do the trick and don’t use too large hooks – 7/0 or 8/0 will be fine.

Tight lines!

I hope you have had a great Summer on the water so far and you have been catching lots of fish with family and friends. The snapper have been patchy prior to Christmas but they should be finished spawning by now and feeding hard to put on condition for the winter. Afternoon/dusk missions will get you results and you don’t have to get up at 4am to beat the change of light in the mornings. Motuora to Kawau and Kawau to Tiri are still fishing well and if you want to go out wide there are plenty of fish to be found at Little Barrier – my favourite place.

I have been quite busy since the last issue; with numerous trips to

*Remember your Valentine on February 14th!*



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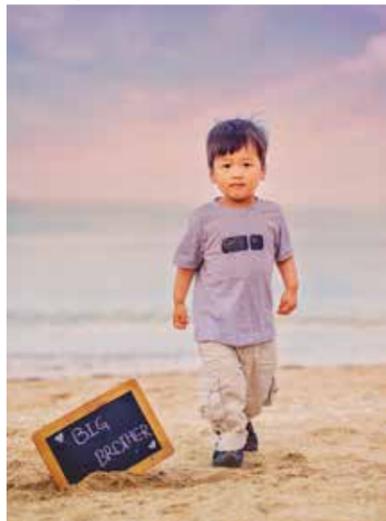
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# Say Cheese!



Getting really good photographs of children can be a battle at the best of times, but there are a few things you can do that improve the chance of capturing a great image.

We all get cranky when we're tired or hungry, so if you're planning on capturing some images of your kids, you'll find them to be more accommodating after they have been fed and are wide awake. If your

child is in a bad mood, or not feeling well, don't force them into having their picture taken as this will only upset them further and you'll have no chance of getting any decent pictures.

Asking for a smile will invariably result in a smile that looks both uncomfortable and unnatural, and young boys seem to think it's an invitation to enter a gurning competition. If you want a picture of your children smiling or laughing, then you will get better results by making them smile rather than asking them to smile. This can be achieved by telling jokes, funny stories and for younger kids acting out a silly scene with one of their favourite toys.



Young children have a very short attention span, so asking them to sit still for any length of time so you can take their picture may end up with everyone getting really frustrated. Instead, try taking a picture of them doing something they enjoy. Chasing bubbles is a favourite for toddlers, as is watching their favourite cartoon. It really can be anything that makes them relaxed

and puts a smile on their face.

Photographing teenagers presents a whole new set of challenges, the main one being that they'd rather be anywhere else other than in front of the camera with their parents, closely followed by their moodiness. For a lot of teenagers, image is everything and they are heavily influenced by music



culture and media. Let them express their individuality and try to take pictures that showcase their newly found personalities separately from group family photographs. Bribery of new clothes specifically for the shoot is often enough to get them on board.

Short courses are available for anyone wanting to learn more about photography. For details, please call Paul Conroy on 021 192 2219 or email paul@conroy.photo

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## Hibiscus Art Studio Trail 2017

The Art Studio Trail is a non-profit free event, which first began in 2014 and has been an annual event since. Our goal is to promote the work of local artists and help to build their profiles on the Hibiscus Coast

This event is a two-day self-guided Arts Trail, aimed at promoting the work of selected local applied artists from Silverdale to Hatfield Beach, including the Whangaparaoa Peninsula. The trail is made up of around 12 studios; with some studios featuring more than one artist and medium.

This year we have 12 studios on the trail, with our artists having a range of mediums: from painters, potters, sculptures, mixed media, photographers, and print makers.

The Arts Trail brochures will start to be distributed over the next few weeks. You'll want to get your hands on one and collect the stamps from each studio to go into the draw to win a beautiful hamper filled with all kinds of art items and goodies.



**HIBISCUS art studio trail**  
SATURDAY 11TH  
SUNDAY 12TH  
MARCH 2017  
10:30AM - 4:30PM

## Millwater Women's Group

Millwater Women's group had their first meeting of the year on 18th January 2017, at our new home in the Stoney Homestead Community Hub. We are very excited to have the use of this lovely facility which will open up all sorts of options to us for future meetings. Our first meeting was entirely devoted to planning our year and how the group will function. This meeting celebrated two years that the group has been meeting. Having a permanent booking at the Stoney Homestead means we have all agreed to pay a membership fee to cover hire costs.

Please contact me if you would be keen to speak to the group. Our interests are varied and wide.

We meet on the third Wednesday of the month.  
Marj Noble 021 711 540



## ROWENAs



Eighteen ladies were able to attend at Cafe Botannix in Palmer's Planet, Greville Road.

This provided a most attractive setting for our last luncheon of the 2016, and enticed those plant lovers amongst us to browse. There was the gift shop to tempt and inspire us for Christmas shopping too!

We enjoyed the choices the varied menu offered and agreed that this would be a great venue to revisit.

## Tradie of the Month from Maddren Homes



A big 'congratulations' to Chris of Chris Mace roofing for being the first Tradie of the Month for 2017.

The team at Maddren Homes would like to thank Chris and his staff who continually exceed our expectations when it comes to meeting time-frames and delivering quality.

In a job that can often be affected by the elements, communication with our project managers is paramount at such a critical stage of construction.

Maddren Homes would like to thank Chris and the team for all the hard work and effort put in and look forward to many more roof shouts throughout the coming years.

## Coastguard Safety



Summer is in full swing (despite the iffy weather), and our all-volunteer unit at Coastguard Hibiscus has been maintaining a near-daily presence on the water through the holiday period. So far we've seen the full range of incidents; from simple jump-starts and tows, to a medical emergency requiring a heart-start. These have utilised both our vessels: the 9.5-metre Naiad RIB at Gulf Harbour, and the 7.7-metre Sealegs at Stanmore Bay.

On the plus side, we're noticing that a lot more boaties are taking heed of recent safety campaigns, and Coastguard NZ's nationwide 'Old4New' lifejacket replacement programme, run from December to February at nearly 40 sites around the Gulf, has been very popular. So, if you're one of those people who check fuel, battery and weather forecast before going out, and carry lifejackets, VHF radio and flares, thanks! You are doing yourself – and us – a huge favour.



As ever, though, there have been incidents, some sadly fatal, underlining the need for vigilance. Down south on Lake Rotoiti, Auckland man Colin McCormick got into trouble on 4 January after he jumped off a boat and his lifejacket slipped off. His body was recovered a week later. His brother described him as a 'strong swimmer'.

So our New Year's message to you is an old one, but it always bears repeating: carry a lifejacket or PFD for everyone on board, and make sure it fits them and is correctly fitted. Tighten the chest strap so you can just fit a clenched fist under it. A crotch strap is essential to stop the jacket slipping up over your head in the water: it should be just loose enough not to impede your movements.

Here's another thing. In the Rotoiti incident, the victim's family, left alone on the vessel, was unable to rescue him. What would happen if you got into trouble – would your other passengers be able to handle your boat? Coastguard regularly offers a one-evening seminar, 'Suddenly in Charge', to prepare partners and friends for just such a situation. It costs \$55 and the next locally scheduled evening takes place on 23 February at the Weiti Boat Club.

For details on all Coastguard courses, see: [https://www.coastguard.org.nz/education\\_\\_site\\_info.html](https://www.coastguard.org.nz/education__site_info.html). For more about our local unit, visit <http://www.coastguardhibiscus.org.nz/home/#about>.

Happy boating!

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- R.S.



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## The 4 Pillars of Health



What a beautiful part of the world we live in; the mighty Hibiscus Coast and Summer is finally here. I feel inspired to write this short article to give someone reading it some guidance and direction.

There is no shortage of quick-fix weight loss solutions, usually in the form of low calorie diets and supplements, in the form of multi-level marketing schemes.

Below are 4 key areas to give thought to.

### Pillar 1: Movement

Move your body; every day is best, sometimes with high intensity, sometimes with low intensity. Make it enjoyable; that way you're more likely to make it something you look forward to.

### Pillar 2: Nutrition

Eating is meant to be an enjoyable experience. You are as unique as your fingerprint. It's about finding what works for you. The more sustainable, the better the outcomes.

### Pillar 3: Regeneration

Want to know how to feel more energised, balance blood sugar and hormones without pills and potions? Improve your quality of sleep – it has a profound effect on your health and wellbeing.

### Pillar 4: Stress Reduction

Movement; Nutrition and Regeneration are an essential part of reducing the harmful effects of long-term elevated cortisol (stress hormone).

With the right support and guidance, you can turn the page and start a new chapter to improving your health.

For more information and to receive a 30-minute Complimentary Consultation, please contact Coach Craig on 021 1611 789 or [craigkilham@gmail.com](mailto:craigkilham@gmail.com)

Yes, some people get results, and in a short amount of time. The biggest question that should be asked in my opinion is: is it sustainable for the long term? Getting healthy takes time – it's not a short hike; it's a journey, an investment, perhaps the greatest one you can ever make. "Your Health is your Wealth".

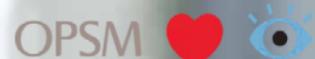
What if there was a more sustainable approach to weight loss, and you viewed getting healthy as a lifestyle change? It's entirely possible and, with the right support, motivation and direction, you can make some powerful changes.

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# millwaterbizbuzz

## Introducing Max Zhang

Introducing Max Zhang, the newest member of the Mike Pero Real Estate team in Millwater. "In 2001, after graduating from university in China, I came to New Zealand to pursue higher education. New Zealand's green, relaxed, vibrant and peaceful environment are the reasons I decided to stay."

Graduating from Massey University in 2003, Max started his first job as a salesperson. With 13 years of experience, he has learned that trust and loyalty are what people need. Trust is a two-way street and it generates loyalty. A good salesperson is always genuine about their products and picks the right items accordingly; and loyalty brings customers back to the salesperson repeatedly. "I'm a good listener and I like to treat everybody with respect and sincerity." There is a saying in China that "Deal or no deal, the trust remains or business is off while friendship is on." Max added "It is my pleasure to be friends with all my customers."

"My wife and I decided to move to Millwater in 2013 because of its lifestyle, community and schools. The Millwater community is really friendly, vibrant and growing. Starting a new career in real estate is a big change and very challenging. With my culture, background and work experiences, I believe I can help you to find your perfect home."

歡迎Max Zhang加入我們Mike Pero Millwater的團隊。2001年，Max在中國完成大學學業來到新西蘭開始留學生活，他非常喜歡這個充滿綠色，輕鬆和平的國家，所以決定在這裡留下來。

畢業後，Max進入零售銷售服務行業工作。通過他在這個行業13年的工作經驗，他認為對客戶真誠是作為銷售的最基本的原則，彼此的信任非常重要。他也樂於傾聽，願意用真誠對待每一個客人。中國有句老話，“買賣不成仁義在”，他希望和每個客人都有機會成為朋友。



2013年，因為考慮到更優雅的居住環境以及出色的校區背景，Max三口小家決定從北岸搬到Millwater這個充滿活力的新社區，開啟新生活。轉行做房地產中介對他來說是一個很大的變化和挑戰。長期以來，他一直都關注房地產市場的動向，並且做為Millwater的居民，他有信心用自己的文化背景和工作經驗在這裡帮助大家找到一個滿意的家。

歡迎大家隨時聯繫Max Zhang！

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## Get Off the Grass



It's fair to say it has been a long, hot summer for a majority of the country. The ground has started to dry up and the hillsides have transformed to a pale shade of brown. This is a common scene and is particularly apparent on residential berms – the patch of lawn that separates potential purchasers from your home. The importance of kerb appeal cannot be stressed enough! First impressions are vital when it comes to selling your home, with many purchasers driving past a home before deciding if they will attend an open home. So, if you want your berm to be the best on your block, a healthy vibrant shade of green and in tip-top condition, then here are a couple of helpful watering tips that can keep your lawn looking lush.

Maintaining your lawn requires a bit of TLC over the summer months and, while it may be tempting to saturate your lawn

in preparation for the imminent scorching weather, this is not the right approach. It pays to be wise with your watering – a good soak once a week should do the trick. However, you will need to keep in mind that light, sandy soils may need a water every two days. The best time to water is early in the day and this will reduce fungal growth and evaporation. The most effective way to water your lawn is through a sprinkler system or soaker hose. However, it is also important to keep an eye on any water restrictions that you may have in your area.

It's also important to continue giving your lawns a good mow during the summer months, and if you look to raise your blades then you will be doing your grass a world of good. Taller grass is generally more drought-tolerant and grows deeper roots while also acting as a shade to prevent weed seeds from germinating.

While this is a good way to avoid a dry lawn over the summer, preparing your lawn for growth is key and this begins in spring. We will give you some tips on prepping your lawn in the Spring, towards the end of the year.



## Introducing Max Zhang to Millwater

Would you like to know what your property might be worth in the current market? Book your free property appraisal today with Max and we will bring you a bouquet to the value of \$50 sponsored by Fabulous Flowers in The Plaza Whangapararua.

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Mike Pero Real Estate Ltd Licensed REAA (2008)

# 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.

	Dec 2015	Nov 2016	Dec 2016
Number of Sales	6	15	9
Median Sales Price	\$1,075,000	\$1,135,000	1,150,000
Highest Sale Price	\$1,170,000	\$1,780,000	\$1,515,000
Lowest Sale Price	\$947,000	\$666,500	\$851,000
Average % price to CV	28.64	43.34	42.04
Average Floor Area (sqm)	231	214	218
Weighted Value Index	1222	1581	1477
Average Days to Sell		92	57

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.

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## millwaterpropertytalkwithGrayson

Another year has come and is now well underway. What is reasonably certain at this point of the year is that the sky hasn't fallen, the world has not stopped turning and that well-presented, priced and marketed homes will continue to sell as they always have. We can see that the sales figures, while not setting the world alight, are indicating that sales are still occurring and that there has not been any significant drop in values. A point to note however is that this is only recording the properties that have actually sold, and does not include the ones that are still being marketed or have now been withdrawn.

There is certainly a number of vendors who are now choosing to withdraw their property from the market because of lack of interest at the price level they are seeking. We are certainly seeing a number of buyers being prepared to wait for the right property, realising that there is a choice now available and consequently some of the mad panic buying has stopped. The warmer months of summer are likely to see an increase in activity again, with increased numbers of listings likely to convince more buyers to check out what is available. If our most recent open homes are anything to go by, there seem to be more buyers out and about; time will tell how serious they are.

As always, if you are thinking about buying or selling in Millwater, please get in touch. We are always happy to bring you up to speed with what is happening in Real Estate today, and hopefully give you some ideas about what may happen tomorrow.

**Grayson**

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IF PRIVACY, VIEWS AND SPACE MATTER

4 2 2

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Nestled amongst mature bush, overlooking the Weiti River across to Stillwater with stunning outdoor entertaining options which maximize the views and sun.

- 236m single level brick and tile home; 3925m (approx) site, mostly in low maintenance bush
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- stunning kitchen with breakfast bar, walk in pantry, large fridge space, double dishdrawers
- second separate family living area in separate wing with bedrooms
- double garage with off street parking for approximately 6 vehicles



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STUNNING LIFESTYLE PROPERTY

4 2

Auction

145 Wright Road, Dairy Flat  
Auction

- warm & sunny family home built in durable materials on 3.9376HA (approx) of rolling to sloping land, approx 1/3 grazing
- fantastic orientation for all day sun and enjoyment of the panoramic sea, bush and rural views
- four generous bedrooms including master with walk in wardrobe, ensuite and french doors to own deck
- large farmhouse kitchen with stone benches and gas cooktop, separate dining plus massive lounge opening to north facing deck
- separate laundry & mud room + two large sheds with power & water, one ideal for boat/caravan/campervan storage



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SINGLE LEVEL & PARKSIDE, WOW!

3 2 1

Auction

66 Butler Stoney Crescent, Millwater  
Auction - See online for auction details

- If you have been searching for something with a few extra touches of class then this is the property for you.
- three double bedrooms including master with ensuite and own ranchslider to deck
  - stunning open plan kitchen, dining and living room with extra stud height plus separate lounge adjacent
  - kitchen with massive stone island bench top, two massive ovens, induction cooktop
  - two wonderful outdoor entertaining areas, ideal for avoiding the wind, one with retractable awning
  - beautiful materials used throughout with top quality drapes, timber floors, Italian tiles and new carpet
  - balance of Master Build Guarantee to transfer to new owners



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# artspeak with Estuary Arts



February brings in a whole new set of exhibitions to Estuary Arts Centre. The Term 1 education programme also commences in early February and there are many classes to choose from. Visit the website [www.estuaryarts.org](http://www.estuaryarts.org) for a complete list of upcoming classes. The Art Centre is also introducing a series of "Taster Classes" with the first one on Friday 09 Feb 2017, 7 to 8.30pm, where you can get a taste of Life Drawing with Alan Croggon.

**Arwen Flowers** presents a series of new paintings in oils and acrylics inspired by the environment out West; from Bethels to Muriwai to Piha. "Initially inspired by realism and its beautiful details, I've developed a flexible and painterly approach that I enjoy, while staying true to what has originally drawn me to the chosen source image (I use my own photographs). These new works are focusing on views of the West Coast, Auckland, New Zealand. I have a Fine Art Degree (BFA) and paint from my sunroom studio in Helensville."

**Nostalgia** is a group exhibition featuring local artists Pam Atkinson, Carolyn Annand, Elizabeth Bolland and more, whose work reflects those nostalgic summer memories.

**Wayne Frost** showcases his work. "Photography has always been my passion; I am always on a quest to capture

Mother Nature at her most pristine and sometimes volatile conditions. I feel privileged to share my creations and experiences with you."

**Robin Midgley.** Super-realist Robin's painting of local scenes are breath-taking in their detail and accuracy. Meet Robin and watch him working live during the Hibiscus Art Studio Trail in March 11 to 12.

## Estuary Arts Centre February 2017 Exhibitions

**Arwen Flowers**  
New paintings inspired by the environment out West  
08 Feb to 12 Mar



**Nostalgia**  
A group Exhibition  
08 Feb to 12 Mar

**Wayne Frost**  
Fine Art Photography  
15 Feb to 19 Mar



**Robin Midgley**  
A fine art Painting exhibition  
17 Feb to 12 Mar



Estuary Arts Centre  
214b Hibiscus Coast Highway | Orewa | (09) 426 5570  
[www.estuaryarts.org](http://www.estuaryarts.org)  
[manager@estuaryarts.org](mailto:manager@estuaryarts.org)

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# PERSONAL WELLNESS WITH HELEN

## Get out of the Box



The 'Box' is your life. It's the space that we have been trained to stay inside – just like fleas in a circus trained to jump with a glass lid – so are we trained by this reality, our families and even ourselves to never go beyond the glass ceiling. To never stand out or be too much.

from others; often our parents and they may not actually be true for you. Without ever questioning their point of view, you take it on as your own. Recognising that the box you're living in comes from points of view that may not even be yours is the beginning of a new possibility.

### 2. Interesting Point of View

When you recognise these points of view, you can say "Interesting point of view, I have that point of view." When you repeat this several times, what happens is that rather than holding on to a particular point of view, and concluding that it is real and true, it becomes nothing more than interesting.

Are you ready to create a greater life and stop settling for less?

Get Out of The Box and start living the greatest life possible today!

Helen McAuley-Grant is a Body & Soul Mentor, Registered with the Natural Health Council as a Senior Kinesiologist. She has been in practice for over 12 years, and has lives locally. [www.evolutionary.co.nz](http://www.evolutionary.co.nz) 021 499 824

Do you find yourself stopping you, and you're not even sure why?

Getting out of the box is realising that your life is stifled in so many ways and knowing that you need to change it, but having no idea how to do so. Having realised that you need to change, then you need tools that will help you change and that's what this article can start to give you.

### 1. Recognise the origin of your beliefs

Many of the beliefs you have didn't come from you – they are

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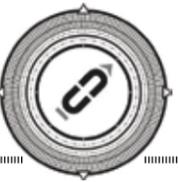
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## SHARING

<b>Fat Chips</b> w/ Ketchup (v) <b>8.5</b>	<b>Soft Shell Taco's</b> <b>16.5</b>	<b>Chicken Wing Bucket</b> <b>16.9</b>
<b>Garlic Pizza Bread</b> (v) <b>8.5</b>	• Gunpowder Prawns   Lime Mayo   Coriander <i>or</i>	Blue Cheese Sauce <i>(Ask Phippsy about his Hot Sauce challenge)</i>
<b>Caramelized Onion &amp; Feta Pizza Bread</b> (v) <b>9.5</b>	• Pulled Lamb   Capsicum   Pickled Cucumber   Harissa Mayo <i>or</i>	<b>Beef Brisket Nacho's</b> <b>16.5</b>
<b>Sundried Tomato Pizza Bread</b> (v) <b>9.5</b>	• Chilli Salmon   Citrus Dressing <i>or</i>	Guacamole   Sour Cream   Salsa   Jalapeño Salsa   Mozzarella
<b>Bruschetta</b> <b>16.5</b>	• Crispy Fish   Tartare	<b>Meatballs</b> <b>12.5</b>
• Chorizo & Mozzarella <i>or</i>	<b>Tandoori Chicken Skewer</b> <b>12.0</b>	Bacon Shards   Spiced Tomato Sauce
• Basil Pesto   Smoked Salmon   Fried Capers & Dill	w/ Picked Red Onion   Mint Yoghurt	<b>The Union Works Platter</b> <b>55.0</b>
<b>Potato Wedges</b> <b>15.0</b>	<b>Mac n' Cheese Balls</b> <b>11.5</b>	S n' P Squid   Chicken Wings   Mac n' Cheese Balls   Meatballs   Potato Wedges
w/ Cheese   Bacon   Sour Cream	w/ BBQ Sauce Dip	
	<b>Salt n' Pepper Squid</b> <b>15.5</b>	
	w/ Lime Aioli	

## Pub Grub

<b>Fish n' Chips</b> with Tartare   Garden Salad	Sml <b>24.0</b> Lrg <b>29.0</b>
<b>BBQ Braised Ribs</b> 400gm Corn Cob   Union Slaw   Fries	<b>28.0</b>
<b>Fettuccini Carbonara</b> Chicken   Bacon   Mushroom   White Wine Sauce	<b>21.5</b>
<b>Prawn &amp; Chorizo Penne Pasta</b> Marinara Sauce   Parmesan Add Chicken	<b>22.5</b> <b>6.0</b>
<b>200gm Eye Fillet</b> Grilled Mushroom   Mash   Gravy	<b>36.9</b>
<b>250gm Scotch Fillet</b> Fat Chips   Onion Rings   Bernaise	<b>35.9</b>

## Kids

**Fish n' Fat Chips**  
**Pasta w/ Meatballs**  
**Chicken Fillets | Fat Chips**  
**Pizza - Cheese | Ham or Salami**  
**Steak n' Steamed Vegetables**

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Activities | Drink |  
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## BURGERS & SANDWICHES

\* All Served with Fat Chips

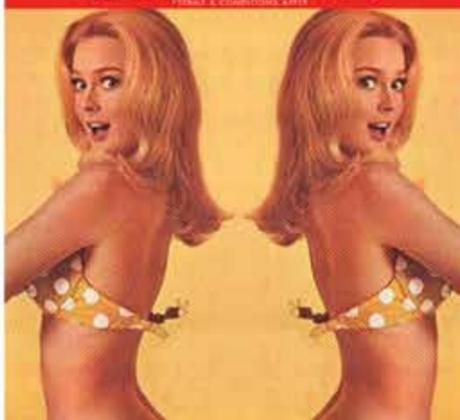
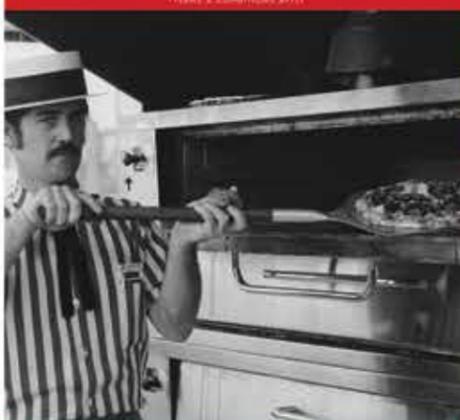
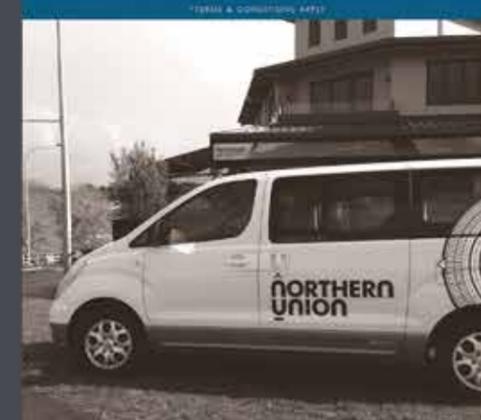
<b>Bird Burger</b> – Crumbed Chicken Fillet   Bacon   Brie   Lettuce   Red Onion   Apricot   Chutney   Tomato	<b>20.5</b>
<b>Kiwi Burger</b> – 180gm Union Beef Patty   Bacon   Fried Egg   Tomato   Cheese   Lettuce   Beetroot   Relish	<b>20.5</b>
<b>The Unions Classic Cheese Burger with Real Pickles</b>	<b>19.5</b>
<b>Vege Burger</b> – Veg Patty   Portobello Mushroom   Lettuce   Tomato   Hummus   Beetroot Relish (v)	<b>18.5</b>
<b>Union Steak n' Cheese Sandwich</b> - Steak   Cheese   Onion Rings   Relish	<b>23.5</b>
<b>BLT</b> – The Pub Classic	<b>16.5</b>

ADD \$3 FOR A GF BUN

## PIZZA

\*ADD \$3 FOR A GF BASE

<p><b>Margarita</b> (v) Tomato   Basil 12inch - <b>18.5</b> 16inch - <b>25.0</b></p> <p><b>Coast</b> Chicken   Brie   Cashew   Avocado   Cranberry 12inch - <b>22.9</b> 16inch - <b>28.9</b></p> <p><b>The Works</b> Chorizo   Bacon   Pepperoni   Mushroom   Onion   BBQ Sauce 12inch - <b>22.5</b> 16inch - <b>29.0</b></p>	<p><b>Silverdale 5-0</b> Pineapple   Ham 12inch - <b>19.5</b> 16inch - <b>25.5</b></p> <p><b>Southern Man</b> Pulled Lamb   Potato   Caramelized Onion Duo of Mushrooms   Mint Gravy 12inch - <b>23.0</b> 16inch - <b>29.0</b></p> <p><b>Tandoori Chicken</b> Red Onion   Red Pepper   Spinach   Peanuts   Mint Yoghurt 12inch - <b>22.5</b> 16inch - <b>28.5</b></p>
---	---

<p>MONDAYS</p> <p><b>2 FOR 1</b></p> <p>Buy one meal, get the other FREE - all day!</p>  <p>NORTHERN Union</p>	<p>TUESDAYS</p> <p><b>\$30 Union Platter</b></p> <p>AND HALF PRICE DESSERTS</p>  <p>NORTHERN Union</p>	<p>WEDNESDAYS</p> <p><b>RIBS with BIBS</b></p> <p>\$15.00 400gm Ribs with Prime</p>  <p>NORTHERN Union</p>
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<p>SUNDAYS</p> <p><b>Kids Eat Free</b></p>  <p>NORTHERN Union</p>	<p>Like us &amp; TAG US ON</p> <p>Facebook</p> <p><b>NORTHERN Union</b> PIONEERING GOOD TIMES SINCE 1914</p> <p>23 Wainui Rd, Silverdale Ph 09 426 2651</p>	<p>DAILY</p> <p><b>Love Bus</b></p> <p>FREE RIDES TO &amp; FROM THE UNION</p>  <p>NORTHERN Union</p>

# Alarms



Most of us have them – but are we using them to their fullest – or even at all?

There are many brands of home alarms on the market; some good, some not so good and then there is the Arrowhead Alarm Elite, which in my opinion would be the best, most versatile and competitively priced residential alarm system on the market! No surprises that it is also the most popular alarm fitted in Millwater. I would estimate around 70-80% are Elite alarms and for that reason I will focus on these in this editorial.

## So, what can it do?

In its basic form, it is a high-quality alarm system that can have up to 16 zones, comes standard with pet-friendly sensors and a 5-year warranty! It is made in Albany, so this means it is also designed for our conditions.

From here we can do pretty much anything we want!

**Monitoring:** Who is listening to your alarm when you can't? A lot of alarms can't easily be monitored on fibre systems, whereas this is a simple plug-in module for the Elite; easy to set up and able to be fully controlled from your smartphone.

**Remote Controls:** A simple plug-in module and it's done; up to 80 remotes can be on one system and it can even be linked to your garage door for single remote simplicity.

**Automation:** This is where the Elite comes into its own. It has the ability to control many functions within the house, by simply adding output control modules. You can remotely control lights, heating, windows, door locks & gates, even garden sprinklers... they can all be linked into the system and controlled from your smartphone... from anywhere in the world!

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Twelve Millwater ROMEOS (Retired Old Men Eating Out) braved the notorious Lake Road en route to Devonport, where a guided tour of the National Museum of the Royal New Zealand Navy was first on the agenda last December 8th (no outing in January).

Tour guide Marcia McEwan gave us a great insight into the history of our small navy, which has punched well above its weight in many of the main theatres of war since its inception. Among the plethora of naval memorabilia, we were impressed particularly by the chunk of metal plating blown out of HMS New Zealand in World War One and the massive gun from a Japanese submarine sunk by two small New Zealand minesweepers in the Second World War. The Museum is a treasure-house of naval information and, to take it all in,

requires a lot more time than we had.

The hour allotted for the tour flew by, with a lot more still to see, but our lunch date at the Torpedo Bay Café was calling. The Café adjoins the Museum, so not far to go to find our long table set up on the terrace, despite the somewhat inclement weather (a hardy bunch, we ROMEOS). A varied selection of food and refreshments was enjoyed by all. Situated on the Waitemata Harbour, it is a great place to view the busy waterway and central Auckland CBD – and we even saw Team New Zealand travelling at speed.

Après lunch, some took the opportunity to revisit the Museum whilst others braved the wind for a stroll down the wharf, before the team returned to Millwater for some coffee and home baking at the organiser's home.



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# holiday destinations

## Hong Kong – The City of Contrast

Hong Kong is truly where old meets new.

Hong Kong is a great spot, as there is something for every traveller; from shopping in Stanley Market, to the fabulous nightlife... it will not disappoint.

Take the ferry to Victoria Harbour for some amazing views, and check out the Avenue of Stars along Victoria Harbour Waterfront, travel to Lantau Island and ride the 360 cable car, and shop in Times Square for some great bargains.

Hong Kong has a sub-tropical climate, with the warmest months from late May –mid September (26-33c). English is widely spoken, so communication is easy.

Kowloon is a great excursion, and the street markets here are excellent for a night out. If you are like me, and love local cuisine, then I would also suggest a Dim Sum cooking class, with a trained chef making the popular Cantonese snack. Another great excursion is Macau, which can be done in a day, or add on a couple of days. Macau is very charming, with its East meets West values, and old meets new characteristics.

For the kids (or big kids), there is a Disneyland Resort, with seven themed lands based on stories – Wild West, Toy Story, Fantasy, Adventure, Space and Americana. Meet your favourite Disney characters, and watch amazing Broadway shows. Also, have a look into Club Med here, great for families and all-inclusive.

There is really no other place quite like Hong Kong!

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## 90-day trial periods – Is yours valid?

90-day trial periods have been available to all employers since April 2011. Employers who successfully employ new staff on trial periods may dismiss them within those 90 days without needing to justify the dismissal or follow the normal rules of procedural fairness. However, since trial periods deprive employees of significant employment protection provisions, there are strict legal requirements around the use of them. The Courts have shown little sympathy for employers who do not strictly adhere to them and, as we have seen in a number of recent cases, it is easy to get it wrong...

When a trial period is rendered invalid, the employer will be exposed to a claim of unjustified dismissal, the consequences of which can be very costly. To prevent your trial periods becoming an expensive mistake follow these rules to avoid the common pitfalls:

- Only *new* employees can be placed on a trial period.
- Ensure that, when an offer of employment is made, the employee is aware the employment is subject to a 90-day trial period.
- A trial period clause must be contained in a written employment agreement provided to the prospective employee.
- Ensure the clause clearly specifies the exact duration

and commencement date of the trial period ("3 months" is not 90 days) and that it records that the employee cannot raise a grievance in respect of their dismissal if they are dismissed pursuant to the trial period.

- Ensure the employment agreement is signed before the employee starts work.
- Give the employee the opportunity to seek independent advice before signing the employment agreement.

Additionally, regardless of the legitimacy of the trial period, an employer is under an overriding obligation of good faith towards their employee, which would oblige an employer to provide an explanation for the dismissal if asked.

Employees on trial periods can still access mediation services and may bring a personal grievance for reasons including an unjustified disadvantage, differential treatment, a breach of good faith or a claim of discrimination. Therefore, it is always best to take advice prior to dismissing an employee even pursuant to a 90-day trial period.

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## millwaterasiancorner

### Lunar Calendar

A few years after returning to New Zealand, I suddenly realised we haven't celebrated Lunar New Year for many years. New Year's Day comes and goes quietly, and I don't even notice it is already gone. All because of the Lunar calendar, I have to blame; or maybe, globalisation?

If the Lunar calendar is still the day-to-day calendar we refer to, then it shouldn't be any problem: first day of the year is New Year, that's pretty straightforward. However, the Western calendar already dominates our daily life – we no longer need to know what date is today in the Lunar calendar. In case we want to know, we will need a calendar that shows both dates – or the modern way: ask Google to do the conversion.

I honestly know little of the Lunar calendar. I always found it confusing, as some years may have two April or May, etc. (lapse month), and some months may have an extra day (not limited to February). However, I never doubted it's preciseness and "functionality"; the moon is always the roundness on every 1st and 15th of the month, thus I always show off to my sons when they spot a full moon by saying "today must be either 1st or 15th of the Lunar calendar!"

Interestingly, the Lunar day of Winter Solstice Festival almost always falls on 22 Dec in the Western calendar. It marks a very important day for the Chinese, as the whole family will gather together for a big feast. People usually finish work a few hours early in order to prepare dinner with family.

The Lunar calendar also carries information such as the when to sow; harvest; days of the four seasons; it



even marks the dates with "slight heat," "greater heat," "light snow," "heavy snow," etc.

Nowadays, it's still common for people to celebrate both Western and Lunar birthday (yes, two birthdays a year!) The dates are usually around a week to one month apart; and about every 19 years you will celebrate both birth dates on the same day.

In my granny's generation, they only celebrated Lunar birthdays and they relied on the Lunar calendar so much more than we do. It is actually quite sad to see how things change so fast in just two generations.

That was the reason I think we should not skip celebrating Lunar New Year

anymore. Therefore, a few years ago I asked my mum to visit us during Lunar New Year (instead of her grandson's birthday...) With her staying with us, I will know when and what to do. Having her here also means we can spend more time preparing traditional dishes to celebrate New Year.

So, if you ask me when is this year's Lunar New Year? My answer is "you've just missed it", because my mum arrived two weeks ago!

Note: 2017 Lunar New Year was on 28 January, and this is now the Year of Rooster.



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# OVERSEAS PENSION TRANSFERS

## Is some good news just around the corner?

2016 was something of a rollercoaster ride in the world of pension transfers, with amendments proposed and imposed by the authorities in both Britain and New Zealand. There was also Brexit, of course, which prompted what the Financial Times described as a "stampede to cash in 'gold plated' final salary pension schemes."\*

The year concluded with Chancellor of the Exchequer Phillip Hammond using his Autumn Statement to announce "sweeping changes" to the UK's pension legislation. These were formalised in a draft Finance Bill issued on 5th December.

"From our initial review, we think that the measures proposed in this Bill are primarily trying to iron out tax anomalies, specifically with overseas pension schemes and non-UK residents," explains Tony Chamberlain, managing director of GBPensions.

"There is one section in particular which could have an impact on our clients – but hopefully in a positive way!" he adds.

In order to be included on HMRC's "recognised overseas pension schemes notification list" – and therefore eligible to legitimately receive transferred UK pension funds – a QROPS (Qualifying Recognised Overseas Pension Scheme) must fulfil several criteria. These presently include a stipulation that 70% of the transferred monies cannot be withdrawn as a lump sum when the investor reaches age 55 but must instead be retained to provide an "income for life."

However, the section of the draft Finance Bill to which Tony is referring states:

*"... the '70% rule' will be removed from the conditions that a pension scheme has to meet to be an 'overseas pension scheme' or 'recognised overseas pension scheme.'"*

It would appear then that this requirement will be revised when the 2017 Finance Bill comes into effect, on and after 6th April.

"We view this as potentially good news for our clients in QROPS," comments Tony, "because it seems that they will have the same access to their funds at age 55 as members of SIPPs (Self-Invested Personal Pensions). In other words, they may be able to withdraw 100% of their fund as a lump sum."

GBPensions will of course be keeping a careful eye on these proposals over the coming months, and post relevant updates via their website.

*A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances. Disclosure Statements for GBPensions' financial advisers are available without charge or obligation.*

\* FT.com, 30th December 2016

# Get a brighter smile this Summer



Natural tooth colour varies greatly between people and can change and stain through various foods, drinks and smoking. Teeth whitening changes the natural colour of your teeth, giving you brighter, lighter pearly whites, and taking years off your smile. For this reason, it's the ideal cosmetic procedure for enhancing your smile in preparation for a special event, with a minimum of fuss.

If you'd like a brighter, whiter smile, contact our friendly team today on 09 426 5262, or team@dentalsuite.co.nz, and we'll be happy to help you out!

With the weather warming up, and summer almost at our door, it's the perfect time of year to treat yourself to a quick and easy teeth whitening treatment to enhance your smile for all those beach trips and weddings coming up! Unlike harsh in-chair bleaching, our whitening procedure is gentle on your enamel and gums. And the best part? The degree to which you brighten your teeth, and when you decide to do it, is completely in your hands!

After taking an impression of your teeth, we will manufacture a custom-fitted teeth whitening kit that you can use at your own pace and in the comfort of your own home. We will provide you with all the necessary components and easy-to-follow instructions, as well as a fitting where we will show you how to use your kit to best advantage.

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# Dan's Tips

February 2017

Things are heating up - don't forget to give your garden lots of water to keep it thriving. It's also time to start sowing your autumn vegetables.

## Growing Food

- **Leeks:** Poke a hole in the soil with a pencil or bamboo stake to a depth of 18cm. Drop in a leek seedling, but don't throw in soil to fill the hole. This leaves space for the leek to fatten as it grows and when you water the hole fills up, bit by bit.
- **Vegetables for autumn/winter:** Sow seeds of the brassica family in trays to plant out when the temperatures are cooler. Brassicas include cabbage, broccoli, bok choy and cauliflower plus there are some fun new ones such as Broccoli Romanesco (more cauli -like), purple sprouting broccoli and the foodie darling - broccolini.
- **A basil crop will last for months:** If you didn't get a crop going before Christmas, now's the time. It needs regular water, but generally grows quickly in this heat.

## Other Work

- **Tropical flowering plants are cool and colourful:** Canna lilies, hibiscus, bougainvillea and bird of paradise plants are so lush and they come into their own this month. Makes you feel like you're in your own island paradise. Keep them well watered.
- **Hose only at night or early morning** - during the day can be a waste, as heat evaporates the water quickly.
- **Party Planning for your roses:** if you've a big event coming this Easter, then it pays to remove all flowers and buds off roses at the beginning of this month, to just above a 2nd or 3rd leaf node on the stem. 60 days on, you should have plenty of blooms!
- **Top up water regularly in the birdbath** for your feathered visitors and keep a bowl in a shady spot for your domestic pets
- **Put a Bell Collar on Puss:** Young birds are attracted by the array of fresh produce in summer gardens and they make easy targets for the resident feline!



The Lawn

When it's hot, lawns stress a bit. Smart irrigation is a deep soak, twice a week, when the sun is off the grass



Add some colour to your outdoors



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# Recipes from Millwater Residents



## Vietnamese Style Noodle Salad (serves 2)

### Ingredients:

4 dry rice noodle  
1 cup boiled shredded chicken  
Bean Sprouts  
Sango Sprouts  
Thai Basil

**Sauce** (amount of each ingredient is indication only, play around to adjust to your desired taste)

1 tablespoon fish sauce  
1 teaspoon garlic  
½ small carrot, shredded  
1 tablespoon sugar  
100 ml warm water  
Juice of ½ lemon  
Diced chilli (optional)

### To Make:

1. Boil rice noodle until soft, drain and cover for 10 minutes; this will make the noodle more 'bouncy' but not chewy.
2. Put all sauce ingredients into a jar, cover and shake until sugar is dissolved.
3. Arrange in a bowl in the order of rice noodle, chicken, bean and Sango sprouts.
4. Pour over sauce and garnish with Thai basil

Easy to make, great for Summer. You can replace chicken with other meat or prawn.

**Happy Cooking!**  
**Nita Wong**



## Seedy Slice

### Ingredients

4 rounded tablespoons honey\*  
4 rounded tablespoons hulled tahini  
1 cup desiccated coconut  
1/3 cup sunflower seeds  
1/3 cup pumpkin seeds  
1/3 cup sesame seeds  
Pinch of salt

### Method

1. Preheat your oven to 175°C or 350°F. Grease and line a square 20cm tin, with paper overhanging the sides for easy removal.
2. Place the ingredients into your processor and blend until the mixture is completely broken down and resembling a fine, sticky crumb. Press the mixture firmly into your prepared tin and bake for 14 minutes. Remove the slice from the oven and leave to cool in the tin for five minutes before gently transferring to a cooling rack. Allow to cool completely prior to cutting.
3. Slice. Serve. Eat and enjoy.

\*You can use rice malt or maple syrup if you prefer.

Note: You need to blend the mixture really well and, once cooked, leave it to cool prior to cutting to ensure it isn't crumbly.

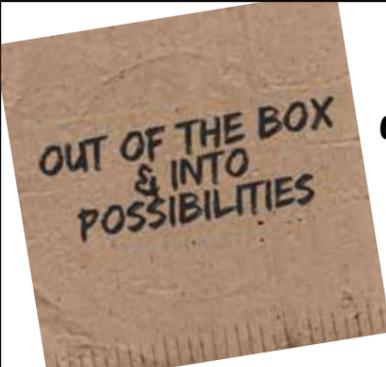
**Claire Cameron**

# Collectively Talented - in Orewa



At Collective Talents I am often asked to provide an answer to a problem or "the best way" to achieve a certain result.

It's like with anything, experience and practicality will lead you to a solution. Sometimes it's a straightforward answer, sometimes you need to ask more questions to clarify and provide options. Thinking out of the box and a bit of Kiwi DIY helps too!



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Classes run per school terms and may run out of std. hours.  
PH: 09 427 5426

People think and interpret differently. Some people can deconstruct and visualise what you describe, others need visual aids and learn by doing.

People respond to thoughtful listening and practical teaching. I have found that, with a little patient support, people of all ages and skills gain confidence. Having something you are good at and/or knowing you're expanding your skill set is an amazing confidence boost.

I love that we can offer sewing, quilting and other design workshops on a weekly and monthly basis.

We partner with Brother NZ Int. Ltd, offering sewing, embroidery and digital cutting machines to the public from the Collective Talents Makerspace in Orewa at Shop 10, The Nautilus.

All purchases come with a free lesson to get you started. If you would like to know your own machine better, book a refresher lesson. We can also include you in regular demonstration and teaching classes.

We also offer children sewing lessons and a machine purchase incentive, to get a sewing machine for them at home to use.

Please contact us at [www.collectivetalents.co.nz](http://www.collectivetalents.co.nz) to sign up for a newsletter and join our community of creatives.



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# Auckland Memorial Park Silverdale

## 服务社区，满足多元文化需求

经过许多年的策划和筹建，奥克兰纪念公园于16年前开业，它坐落于2163 East Coast Road, Silverdale。它的建立是考虑到我们社区的急速发展，以满足未来各方面的需求。

纪念公园由Hibiscus Trust，一个新西兰的注册福利信托机构所拥有。所有墓园的土地都依法划归为公募，由奥克兰纪念公园代表信托机构进行管理和经营。纪念公园总收入的10%由Hibiscus Trust投资用来公园的永久性维护。

纪念公园的所有权和结构法律框架保证了它坚持原有的目的和使用范围。一切都是为了不朽。

公园原始的设计包括了梯形坡地和其它特别的埋葬区域，这些会帮助满足我们多文化社区的一些特别需求，但纪念公园始终坚持满足所有家庭和文化的需要，许多不同的墓地购买者可以很明确地体现这方面。

位于两个湖畔边的早期移民历史文化小屋现用作普通葬礼服务，但是在公园初始营运的头几年，它是一个艺术家展览馆，吸收了大奥克兰地区的许多艺术作品和展览。

公园也为婚礼和音乐会提供场地设施。

考虑到未来计划选项，纪念公园允许家庭和个人提前购买墓地。

此外，纪念公园还在不断地发展和开拓，尽量满足葬礼的各方面需求。我们正在跟一个客户一起，开发一个私人家庭拥有的陵园。在这之后我们还会开发一个小型的公共陵园。这些将是大桥以北首家陵园的选择。

(English translation was published in the December/January edition)



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# millwatermalt of the month



What is fast becoming my favourite online whisky shop often pops up with some special offers that are simply irresistible and this month's Glenfarclas 12-year-old was one of them. Offers like this are soon sold out, so it's a case of being either quick or thirsty!

In an age of global conglomerates and takeovers, Glenfarclas ('Glen of the Green Grassland') still stands proud as an independent family distillery. Started in 1865 by John Grant and located in the heart of Speyside, it remains one of only a very few independent, family-owned and operated distilleries in Scotland.

**Nose:** Mild sherry and Manuka honey influence but with a nice malt balance. There's a hint of mint toffee and oak, too.

**Palate:** Medium-bodied, date and walnut fruit cake balanced with subtle sherry notes. The malt comes through with a slight but delicious toffee flavour intermingled with a very light smokiness.

**Finish:** There's a spiciness that's assertive but not harsh, with vanilla oakiness and sherry lingering.

**Overall:** Great value at the price paid, and a great introduction to this Highland family of whiskies, many of which are truly exceptional.

ABV 43%, \$69.98 (special offer) for 1000ml, including postage, from Whisky and More.



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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 Wed Hibiscus Coast Scottish Country Dance Club  
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am • See  
[www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Every Thurs 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds Hibiscus Coast Mid-Week Badminton Club • 9am-noon • Orewa Badminton Hall, Victor Eaves Park
- 9th Feb Orewa Library • 11am • Enjoy Storytime for 3-5 year olds, with a theme of roosters, to celebrate Chinese New Year. Craft activity and coffee afterwards.

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

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# Local Business Directory

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Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Foot Doctor	09 320 0873
Orewa Osteopathy	09 426 7111
Real Parenting	021 292 4105
Evolutionary	021 499 824

## Optometrists

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## Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
North Harbour Ford & Mazda	0800 044 335
Silverdale Car Services	09 421 1413

## Florists

Flowers by Joanne	09 426 5287
Fleurette	09 421 0505

## Real Estate

Mike Pero Real Estate, Silverdale	09 426 6122
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## Food, Entertainment & Recreation

Estuary Arts	09 426 5570
Northern Union	09 426 2651
Centrestage Theatre	09 426 7282
Wainui	09 444 3437

## Printing

Treehouse Print	027 4986 202
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## Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	<a href="http://illuminatechurch.org">illuminatechurch.org</a>
Collective Talents	09 427 542

## Cleaning

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## Insurance / Financial / Accounting

Greenfire Accounting	021 464 295
GBPensions	0800 427 693

## Housing

Maddren Homes	09 412 1000
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## Sewing

Pauline's Sewing Services	09 557 4378
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## Local Clubs

Pacific Cheerleading Silverdale	021 137 3047
HBC Association Football Club	<a href="http://hbcafc.org.nz">hbcafc.org.nz</a>
Eliette's Music Academy	021 067 6333

## Medical

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

## Dental

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

## Child Care & Education

Orewa Private Kindergarten	09 426 2160
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## Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
Life Pharmacy Orewa	09 426 4087

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Clip A Dog	09 428 3375
Raw Essentials	09 929 7501

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Silverdale Furniture Restoration	09 426 2979
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## Housing

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Wed 1 Feb	05:09 0.4 m	11:34 3.1 m	17:40 0.4 m	23:53 3.0 m	Wed 15 Feb	05:12 0.4 m	11:34 3.1 m	17:42 0.4 m	23:58 3.0 m
Thu 2 Feb	05:54 0.4 m	12:20 3.1 m	18:27 0.4 m	-	Thu 16 Feb	05:54 0.5 m	12:16 3.0 m	18:23 0.5 m	-
Fri 3 Feb	00:39 3.0 m	06:43 0.4 m	13:08 3.1 m	19:16 0.4 m	Fri 17 Feb	00:40 2.9 m	06:37 0.6 m	12:57 2.9 m	19:05 0.6 m
Sat 4 Feb	01:29 3.0 m	07:36 0.5 m	13:59 3.0 m	20:08 0.4 m	Sat 18 Feb	01:22 2.8 m	07:22 0.7 m	13:39 2.8 m	19:48 0.7 m
Sun 5 Feb	02:25 2.9 m	08:34 0.6 m	14:55 3.0 m	21:06 0.4 m	Sun 19 Feb	02:08 2.7 m	08:11 0.8 m	14:23 2.7 m	20:35 0.8 m
Mon 6 Feb	03:26 2.9 m	09:38 0.6 m	15:54 2.9 m	22:07 0.4 m	Mon 20 Feb	02:58 2.6 m	09:04 0.9 m	15:11 2.6 m	21:28 0.8 m
Tue 7 Feb	04:32 2.9 m	10:43 0.6 m	16:58 2.9 m	23:11 0.4 m	Tue 21 Feb	03:55 2.5 m	10:01 0.9 m	16:04 2.5 m	22:25 0.9 m
Wed 8 Feb	05:37 2.9 m	11:46 0.6 m	18:02 2.9 m	-	Wed 22 Feb	04:53 2.5 m	10:57 0.9 m	17:01 2.5 m	23:23 0.9 m
Thu 9 Feb	00:14 0.4 m	06:38 3.0 m	12:47 0.5 m	19:04 3.0 m	Thu 23 Feb	05:49 2.6 m	11:51 0.9 m	17:58 2.6 m	-
Fri 10 Feb	01:13 0.4 m	07:35 3.1 m	13:43 0.4 m	20:01 3.0 m	Fri 24 Feb	00:17 0.8 m	06:40 2.7 m	12:41 0.8 m	18:52 2.6 m
Sat 11 Feb	02:07 0.3 m	08:28 3.2 m	14:37 0.4 m	20:55 3.1 m	Sat 25 Feb	01:06 0.7 m	07:28 2.8 m	13:29 0.7 m	19:43 2.8 m
Sun 12 Feb	02:57 0.3 m	09:18 3.2 m	15:27 0.4 m	21:45 3.1 m	Sun 26 Feb	01:52 0.5 m	08:13 2.9 m	14:15 0.6 m	20:31 2.9 m
Mon 13 Feb	03:44 0.3 m	10:05 3.2 m	16:14 0.4 m	22:31 3.1 m	Mon 27 Feb	02:36 0.4 m	08:57 3.1 m	15:01 0.4 m	21:16 3.0 m
Tue 14 Feb	04:29 0.4 m	10:50 3.2 m	16:59 0.4 m	23:15 3.1 m	Tue 28 Feb	03:20 0.4 m	09:41 3.2 m	15:46 0.4 m	22:02 3.1 m
								High	Low

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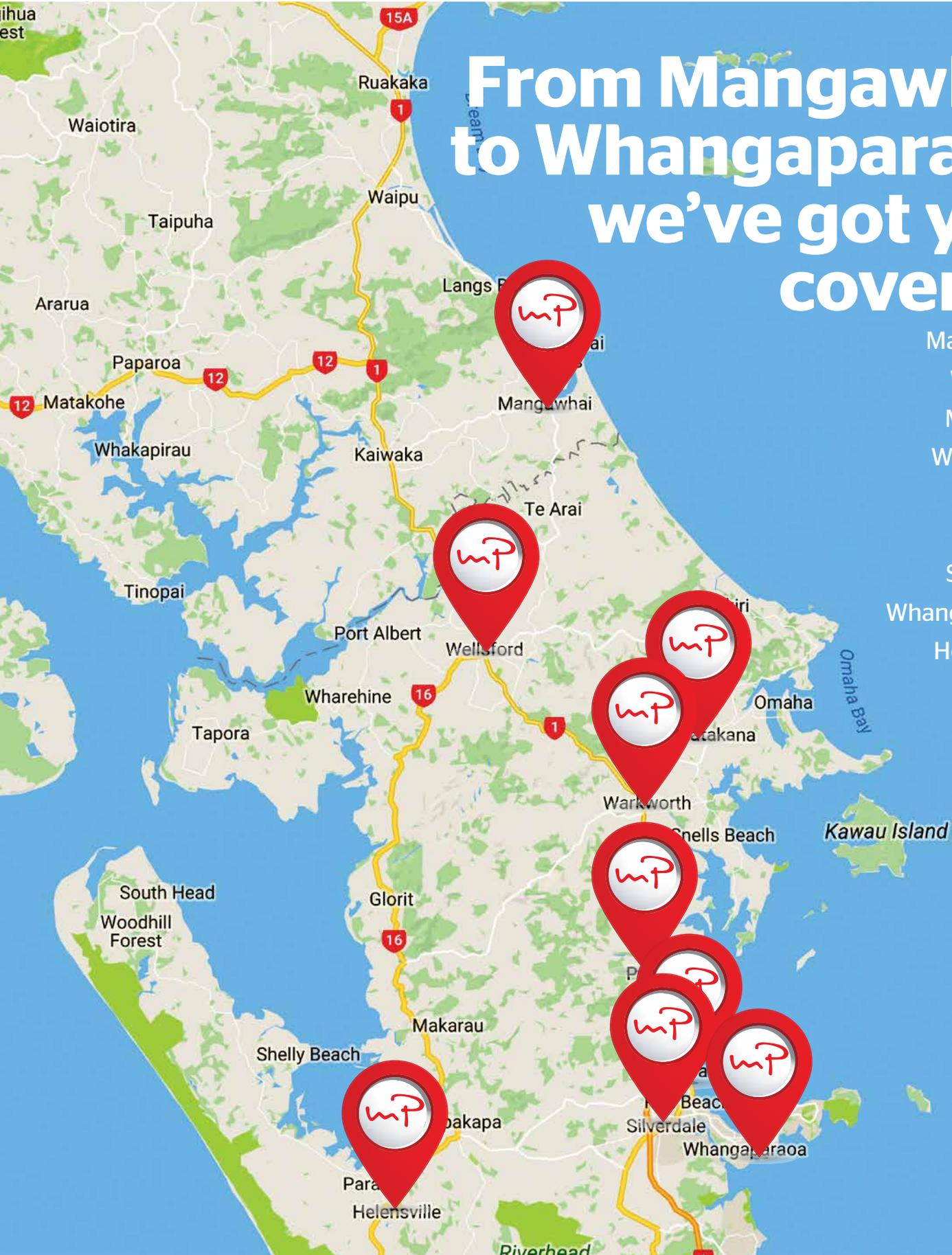
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