

theMillwatermag

Your FREE monthly magazine of all things Millwater
April 2015

- Millwater Motors
- Interview with Keith & Enid Stoney
- Holiday Destinations
- ANZAC biscuits

Millwater Gardening Competition
Winners announced!



Circulation is 2000 print copies

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Contact Sarah on 0274 440044 or themillwatermag@gmail.com

100
YEARS OF
ANZAC
THE SPIRIT LIVES
2014 - 2018

Editor's note

Getting ready for Autumn in the garden, the gym or the wardrobe is always an exciting time. Talking of gardening, the judging of the Millwater Garden of the Year took place during March and results can be found on page 12. This month's edition has provided your editor with some exciting times, too – new people, places, recipes and cars always provide keen interest.



Regular readers will recall an interview with Vera Bartlett in an earlier issue and will find here an interview with another of the original families of the area; the Stoney's. Mention had been made already through the letters page of Enid Stoney's great work in picking up litter on her regular walks along Millwater Parkway; now you can read more...

The places that one can go and still enjoy warm sunshine during the Kiwi winter are many, so thoughts must soon be turning to booking a break. There is even a local Millwater resident expert in the travel industry, who can make the decision-making and booking process so much easier.

This month we feature the first in a new series, Millwater Motors, in which we meet the owner of a classic 1968 Ford Mustang. We know that there are many classic and iconic cars in Millwater and we are looking to feature as many of these as we can, on a one-a-month basis. Are you the owner of a classic or even modern car, from Abarth to Zagato, that is that bit special, or are you building or restoring one? Why not get in touch with the magazine and let us know. There is no charge for getting your story and pictures published.

Many will have noticed that the "grass volcanoes" have been removed from under some of the berm trees in Millwater. This has been done in order to protect the trees, so please do not put any more grass around your local tree – let's keep the trees alive and the Council interest far away!

We all seem to be very busy, including your editorial team, so it is probably appropriate to remind everyone that editorial material and advertising needs to be with the Editor by the 15th of the month, for publication the following month. Late submissions may risk missing the publication deadline, which is no good for anyone.

We have been going – and growing – as a magazine, for more than six months now. We believe that our success is down to you, the reader – but we still need more of your stories, recipes, cars, letters and more in order to continue that success. Many of you post items on the Millwater Families' Facebook Page and that's great, but sharing them also with the magazine will get your story to a much wider audience. Don't delay; do it today!

Brian Mullan
Editor
April 2015



theMillwatermag



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the Millwater interview

Keith and Enid Stoney

The original families who farmed the land locally, prior to the Millwater development on which many of our homes are built, still retain strong roots in this area. In an earlier edition, we met Vera Bartlett and it was with great pleasure that I was able recently to meet Keith and Enid Stoney for an informal chat, when they also gave me a copy of their excellent historical booklet "Memories of Seaview". Copies of the booklet are available from Silverdale Historical Village.

Although the family's origins go much further back, our story here begins with the arrival in New Zealand of Major



Henry Butler Stoney in 1860. Major Stoney had a distinguished military career and it was only following a period of ill-health that he retired in 1864 to the Wade (nowadays known as Silverdale). Prior to retirement, Major Stoney had bought a smallholding south of the Hibiscus Coast Highway Bridge – where PAK'nSAVE now stands. Henry's second son, Harry, also wanted to be a farmer, so in 1865 Henry purchased 104 acres north of Silverdale (including a block from a Mr Galbraith). This land overlooked the Orewa River and Beach and was appropriately named "Seaview". On this land was built the Stoney Homestead that is currently undergoing restoration. Other parcels of land were bought at

various times in later years; including Arranhill, where Keith and brothers Des and Jim were raised.

Enid (nee Yeoman) came originally from Katikati and had followed a career as a primary school teacher, including Bible teaching. Following her marriage to Keith in 1977, Enid became keenly involved with the farm and all its attendant activities. There were dairy cows and sheep, then beef cattle. Jam and marmalade making, knitting and walking were, and still are, activities much enjoyed by Enid. Part of her walking takes her along Millwater Parkway, where she picks up rubbish on an all too regular basis. Enid has a justifiable pride in her environment and sets an example that others living in Millwater could follow, by helping keep the area clean and attractive.

Keith has followed his father's hobbies in being a keen cyclist and photographer, with both pursuits being enjoyed similarly by their son, who is a Doctor in Christchurch. Keith and Enid also have a daughter who lives in Napier. Five grandchildren keep them young! Keith, always a keen gardener, has developed a recent interest in propagating pears and he also enjoys "pottering around" in the large shed, which adjoins the house that he built with timber he and brother Jim had milled in a sawmill that they bought and relocated to a site nearby.

Keith and Enid enjoy breaks away at their beach cottage in Oakura and visiting family in Napier and Christchurch. With so much of their personal input into their home, Keith and Enid have strong ties that keep them very content where they are. Their landholding may be reduced to just two acres nowadays – but their memories and family ties to the area are enormous.

theMillwatermag wants you!

We would love to hear from you -

- opinions to discuss - write a letter to the editor
- children's artwork to show off
- information on local events
- recipes to share
- children's stories to read
- hobbies/interests/talents

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safercommunities

Surviving Peak Traffic in Millwater

Nancy La Vigne, in a paper written for the 2015 "Problem-Oriented Policing" Conference in Portland, Oregon, wrote:

"While many factors contribute to the problem of school traffic congestion, according to experts the single greatest explanation for recent school traffic congestion is the growth of the school-aged population over a relatively short time, combined with urban sprawl". The article continues to describe many of the issues faced by parents picking up and dropping off students, which are generic across much of the developed world and certainly apply to Millwater.

School traffic congestion around Millwater at peak times presents definite safety risks for drivers, which can be reduced with care and intelligent anticipation of potential hazards.

An obvious issue is speed and we're all familiar with the adage, "the faster you go, the bigger the mess". The 40km/h speed zone that operates at peak times is a powerful reminder that extra care is required and speed should be reduced because of an increase in hazards; both real and potential. We must be prepared for errant behaviour; such things as parents emerging from between parked cars with toddlers, prams and school-aged children in tow, car doors opening in front of us, vehicles backing out into the traffic flow, doing U-turns or going through late orange/red lights, or even stopping suddenly in the middle of the lane to pick up children.

While these are some of the more extreme examples we see of negative behaviour, our response will often determine the outcome. And our response will be determined by the amount of processing time we have had to analyse the situation. If we're caught by surprise, we tend to either brake heavily, swerve violently – or combine both actions – and in many cases this is inappropriate. So; how do we ensure we are fully aware of what is happening around us?

To be certain that our responses are the result of rational

thought, rather than panic reaction, we need to realise that the central cone of vision we utilise to identify objects ahead is only 3 degrees wide. Objects moving into our path from the periphery of our vision will trigger an automatic reaction, where we turn and look to identify the hazard, but this response takes three quarters of a second, which, at 50 km/h, translates to approximately ten metres – distance that we may not have to avoid a collision.

The solution to this natural limitation we all face is to develop a roving search pattern, where we continuously look to the limit of forward visibility, deliberately scanning both sides of the road for anything that might move into our path. In this way, we can detect potential hazards and react accordingly, rather than relying on our peripheral vision being triggered, with a consequential three quarters of a second reaction-time delay.

Consider the roving search pattern technique as your early warning radar system. Adopt it in any area, but especially in Millwater at peak times, and we will all be safer.



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brett the vet

Does my pet have a heart problem?

While most pets take normal heart function for granted, heart disease is still a relatively common problem. The heart is obviously the muscular pump responsible for supplying the tissues of your pet's body with oxygen and nutrients, allowing your pet to lead a normal active life.

Heart disease - which can be gradual or sudden - is the loss of the normal pumping action of the heart. In dogs, it is generally more common in older pets - but in certain breeds it is more prevalent at an early age. In cats, heart disease is quite commonly linked with thyroid gland disease.

Heart disease is associated with a range of symptoms; including coughing, laboured breathing, tiring more easily, reluctance to exercise, pale or bluish gums, fainting or collapse.

If you are concerned that your pet is showing any of these signs, please come and see us for a full clinical examination.

The good news is that newer methods of diagnosis and treatment can transform the lives of many pets with heart disease. Please don't hesitate to ask us for further information.

The other good news is that, since Monday 30th March, we are FINALLY open at The Millwater Vet Hospital. For those of you who are closer or more comfortable coming to the Orewa clinic, we will be continuing to operate a full service from there as well.

We will also continue to be available for emergencies, 24 hours x 7 days.

Brett the Vet



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- 2) Access to a number of lenders: Would you go to a retailer with just one product on the shelf? Probably not. Advisers will have access to a number of lenders; providing a variety of options depending on your circumstances.
- 3) Competitive rates: Every week, advisers receive interest rates from a variety of lenders and are able to get a picture of what discounts are out there. Depending on your situation, some of these discounts are more than what is advertised.
- 4) Knowledge of Bank criteria: 90% of banking criteria is roughly the same; the remaining 10% difference allows the banks to create their own point of difference or niche in the market. A good broker will have a handle on these differences.
- 5) Most of the time, mortgage advisers are free of charge for bank lending. (Fees may apply for commercial or second tier lending).

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 on request, free of charge.



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  PROFESSIONAL ADVISERS ASSOCIATION



the millwater insider



Men of Millwater

A great night was had by all those who attended the inaugural boys' night. Many thanks to Glenn from Northern Union for the venue, and Kurt from Lion Nathan for the expert advice. Many lies were told and the odd secret revealed during a night of laughs and banter. It was really a great opportunity to put some more faces to names and generally join some dots. Congratulations to all those who took the safe option and walked home.

Silverdale Park and Ride

This appears to be another example of Supercity incompetence. A victim of its own success, the current parking is now overflowing and forcing people to park on the grass. Someone at Council decided that this was inappropriate and informed that there was to be a fine for anyone not using the allotted (full) car park. A public backlash has ensured that this decision has been reversed; however, no solution to the lack of parking has been found. There has been some level of confirmation that the funds previously allocated for expanding the Park and Ride have now disappeared into the Supercity coffers (Lens' train set) and that, unless the public accepts a substantial increase in rates, there will be no further funding for this anytime soon.

Millwater Central

Congratulations to those additional new shops and businesses that are open and operational. Hawkins Optometrist, No'na Bakery, Millwater Takeaways and Millwater Dairy have all opened and are already adding to the fabric of the local area.

Red Light Runners

A big thank you to the team of volunteers that is now patrolling the traffic lights on the corner of Millwater Parkway and Bankside Road, before and after school. It is unfortunate that this is necessary; however, after a spate of near misses with people running red lights, it seems it is only a matter of time before someone is seriously injured or worse. A small reminder to all those who use that intersection: focus on your driving, especially before 9 and after 3 each day. There are small people around who believe you are up to the task of stopping at red lights – let's prove them right!

Stoney Homestead

A quick update: Stage Two of the remedial works will begin shortly, which include some more site works and restoration of the outbuildings. A Resource Consent has been lodged for Stage Three, which is the internal restoration of the main

building. However, this will require a funding allocation in the Long Term Plan.

Gardening Competition

Congratulations to the winners of the Gardening Competition. Full details can be found on page 12 and there is certainly some inspiration there to jump into the shed and grab the spade. Please note that the next (annual) competition will be judged prior to Christmas this year. We look forward to seeing many new entrants. Another big thank you to our judge, Heather Tait from Living Earth, and our sponsor, Central Landscapes Silverdale.

Covenants, Resource Consents, Building Consents

After much discussion online and in other forums, it has been concluded that there is a real lack of understanding by homeowners in Millwater of their legal responsibilities when developing their properties. There seems to be a particular interest around the rules when building pergolas and other shade structures. If you are interested in understanding your obligations (and rights) around this, there will be an opportunity to meet with two local experts in early April. The venue and date are yet to be finalised, but, if you wish to attend this information event, please contact Grayson at grayson.furniss@mikepero.com.

Metro Park East

Hmmm, there is starting to be a theme in this Insider: another example of lack of Council funding available for Millwater projects? You will probably have seen the removal of most of the site fencing from the playing fields on Millwater Parkway. These playing fields are nearly ready for winter codes, with athletics already utilising some of this space and the toilets are now operational. However, the development of further facilities at the grounds seems unlikely in the short term and the long term outlook requires a number of ducks lining up. There are plans for a substantial multi-code sports hub at the park; with Rugby, Cricket, Athletics and potentially Hockey, all using the same facilities. There is no doubt that this would be a great facility for the community. However, a recent report has indicated that the whole thing hangs on Council providing funding that is not currently allocated and Silverdale Rugby Club making the difficult decision to relocate from its current grounds. Watch this space – the Insider certainly will be.

timlawrence's Fishing Spot

Summer is slowly fading; the fish have finished spawning and are now feeding, preparing for the winter months. Last year, we fished right up until Queens Birthday weekend and I believe this is the best time of the year to go fishing – before the fish go off the bite.

Online reports are still talking about tuna and BIG kingfish being caught out wide, while good pannie-sized snapper are being landed along the northern bays. I was down at the Surf Club watching the kids a couple of weeks ago and I could see the birds working about 500m straight out off Orewa Beach. Then, about 15 minutes later, the fish were boiling just behind the breakers and the kids in the water!! We have never fished in close but I bet land-based fishermen have been doing well lately at the mouth of the Estuary.

Last month we fished in close, choosing to save fuel and chase the big fish lurking in the current around Kawau Island. Both times we went to the northern end of the channel on dusk – one trip was excellent and the last trip was dismal. The tide



was running, we had the change of light but the moon phase was wrong and we arrived after the suggested bite time.

Looking ahead to Easter weekend, we have some excellent fishing conditions listed on the Secret Hauraki Gulf Fishing Calendar. Sunday 5 April is full moon, which means fishing either side of the full moon will be good. Friday 3 April 09:45-12:00pm will be excellent. Then we have excellent conditions from Monday 6 April right through until Friday 10 April; with major bite times from around 12:00pm until mid afternoon – so make sure you get as many brownie points as you can with the missus, to enable you to go out with the lads during the school holidays. Failing that, you could always take the kids for a fish mid-week when there are no queues at the Gulf Harbour boat ramp. I reckon this will be our last chance for a major hit out before we all get cabin fever over the winter months.

Tight Lines!

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ANZAC Day

25 April 2015

In this, the 100th anniversary of the Gallipoli landings, when so many New Zealanders made the ultimate sacrifice, the RSA is looking to see a big turn-out at all of the local remembrance services. Frank Rand from the Silverdale RSA has provided the following information for Anzac Day parades in our local area.

- 6:15am Dawn Service, Silverdale & Districts RSA, 43A Viponds Road, Stanmore Bay
- 11:00am Civic Service -Silverdale and Districts RSA, 43A Viponds Road, Stanmore Bay
People parading and observing the parade should be in place by 1030
- 12:15pm Silverdale Cenotaph Small Service – adjacent to the Silverdale Rugby Club
- 12:45pm Remembrance Park Orewa – Small Service (just north of McDonalds, on the opposite side of road).
- 2:30pm Waiwera North – Turn right under the main highway (away from Waiwera Hot Pools) and proceed approximately 10km up the road. The Service will be held on the left hand side of the road on the site of the old Waiwera North School. A monument has been erected on the site. This parade has a nice country feel and is great for children to participate and attend.

It is important that all spectators are in place for these services 5-10 minutes beforehand

*At the going down of the sun
And in the morning
We will remember them*

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.



10 Reasons why living in an RV is better than living in a house - Part 2

Following part one last month, on the first five reasons why the number of people living full- or part-time in RVs is growing every year, here is part two from Milton Kilgour:

- **More outside time!** Make the most of the summer months – crank out the awning, set up your chairs, get the BBQ ready, read a book, go for a hike or gaze at the stars; all while enjoying the great NZ outdoors of natural forest walks and stunning lakes.
- **Million dollar views from \$20 per night:** Waterfront living costs are beyond most Kiwi budgets. In an RV, you can live virtually anywhere you want, with any view you can imagine. Freedom is a huge part of RV living and the freedom to pick your view and change it as often as you like is an amazing thing.
- **Less clutter = easier lifestyle:** For most people, it doesn't take long to realize just how little stuff they actually need to live – and live well. When you shed all that extra stuff, you start to focus less on things and more on experiences; leading to a happier, more fulfilled you!
- **Make new friends on the road:** Living in an RV presents a unique opportunity to meet people that you may not normally come across if living in a fixed location. Often, these casual meetings turn into long-lasting friendships, as people bond over the type of RV they own or the activities they like to pursue.
- **More time with family & friends:** It can often be difficult and expensive to travel across country to visit family and friends, whereas in an RV it's only a matter of pointing the wheels in their direction and driving. Also, having your own kitchen/bathroom/bed still gives you full independence.

It's a lifestyle choice that you'll wish you had made years earlier. We have some great NEW 2015 motor homes on display, so feel free to pop down and discuss your requirements with us at our yard: 2 Flexman Place, Silverdale.



We offer on-going support to our owners and have Ashburton & New Plymouth RV Centres for servicing and repairs, giving peace of mind when travelling.

WRITTEN BY MILTON KILGOUR,
SILVERDALE RV CENTRE,

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Millwater Gardener of the Year

On March 12th I had the pleasure of accompanying Dean Risetto from Silverdale Central Landscape & Garden Supplies and Heather Tait from Living Earth, while they judged the first ever Millwater Gardening Competition.

We witnessed many fabulous gardens – there have been many hours devoted to maintaining beautiful lawns, growing eye-catching plants and harvesting tasty fruits and vegetables. All contestants have struggled with a long hot summer, so they have all done remarkably well to maintain the condition of their gardens. It was difficult for our judges to choose winners for each of the categories but, with many a discussion, a photograph taken here and there and an occasional head scratch, they made their decisions.

Best Lawn

This category went to Karin and Simon from 14 Greyfort Road. They have a large area of lawn to maintain and it looks outstanding. Karin and Simon won a \$100 voucher towards ProLawn products.

Best Veggie Patch

This category went to Emma from 2 Whares Court. Emma's veggie patch is incredible. Everything planted in her patch has a purpose, right down to ensuring that bees are encouraged to land and making sure there is food for her chooks. Emma won a \$200 voucher towards Living Earth products.

Best Overall Landscaping

This category went to Alan from 15 Madison Terrace. Alan is a passionate gardener and takes so much pride and joy from his creations. Many of his plants hold special significance for him and his wife and he ensures that his garden is 'grandchildren friendly'. Alan won a Patio Heater valued at \$399.

We would like to thank everybody who entered the competition and hope you are enjoying the contents of the goodie bag you received. I would also like to thank **Heather Tait from Living Earth** for all her input and for providing the goodie bags for all contestants. I would also like to thank **Dean Risetto from Silverdale Central Landscape and Garden Supplies** for all his support in putting this competition together and for providing the prizes.

The second Millwater Gardening Competition will be held again from November. Look out for more details closer to the time – but why not start planning now!

Sarah Furniss



Taurine & Thiamine- Vital Nutrients for Cats



One of the myths about raw feeding is that cats might develop nutrient deficiencies. A well-planned raw diet provides cats with all the nutrients they need, in a highly bio-available form.

Taurine (an amino acid) is essential for good health, particularly heart function and vision.

Taurine availability is affected by the following:

- Taurine deficiency was first identified when cats began to eat processed foods. Heat processing of commercial food destroys Taurine, so food producers now add some back in. There is wide individual variation in Taurine needs (possibly because of genetic differences). Low-quality, heat-damaged proteins in 'complete and balanced' processed food have been demonstrated to increase Taurine requirements for cats.
- Dietary fibre reduces Taurine absorption. Most processed pet foods are high in fibre compared to the cat's natural diet.

Taurine is found in animal-source proteins. A well-planned raw meaty bones diet is a natural source of Taurine and will not contain dietary components

that reduce Taurine availability, or increase Taurine requirements. Taurine levels decrease over time, so buy fresh-frozen meat and use it within six months.

Thiamine (vitamin B1) deficiency leads to neurological symptoms and can be fatal. Cats have a high requirement for B vitamins and need a continual dietary source. Deficiency is very rare in cats consuming their natural diet because B vitamins are plentiful in animal tissues.

Fish contains Thiaminase, an enzyme that destroys Thiamine. However, a cat would have to eat a lot of fish over time to develop a deficiency. To get the benefits of fish without the risks, offer it up to three times a week.

Sulphite preservatives in fresh-meat cat food and pet food 'rolls' inhibit Thiamine absorption. The preservatives can also trigger asthma in cats.

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The intention of communication

Thanks for joining me again, mum, as we explore early communication in children.

You may notice that, by the time babies are between 3 and 6 months old, they will develop the full repertoire of facial expressions by imitating yours. As they develop hand-eye coordination, they may temporarily shift their interest from people to toys, but they will always want mum nearby. Research has shown that babies will play with a toy as long as their mothers are watching but, when the mother turns away, they will leave their toys 50% of the time and try to regain their mother's attention (Carr, Dabbs & Carr, 1975).

Mums tend to do the same, by watching their baby's gaze and then naming things that they are both looking at. At about 8-9 months, the infant develops intentionality. This is when they attempt to communicate by touching the mother to gain attention and then gesturing toward an object. This will later develop into pointing. Your child may then start using consistent sounds and intonation patterns of their own for the things that they want. You may also notice that early turn-taking develops, when the young child starts to pass or "trade" toys between the two of you.

As far as speech development goes; at 7-14 months you could look out for babbling, where children produce a wide variety of speech sounds, while experimenting with pitch and volume. Slowly but surely, more definable syllables can be heard, like "dadada". You might also hear "jargon speech". This is when it sounds as if the child is using sentences, because they are trying to imitate an adult's intonation pattern; almost as if they know the "tune" of how to speak but they don't yet know the words. But listen out for those first real words; they'll start coming too!

Contact Tanya if you have any concerns about your child's speech and language development.

Tanya Collett

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Is Cardio making you skinny fat?

Most of us exercise to:

- Look good naked (maintain an attractive body)
- Stay healthy and prevent disease

Yet, to achieve these, a lot of us will try some form of moderate-intensity steady-state aerobic activity (Cardio), such as running, swimming or cycling.

This stems from the false beliefs that exercise should be based around calories and that the best way to stay fit and healthy is through endurance training. The only thing that cardio trains us for is the ability to run for a really long time. Unless you are a distance athlete or you are being chased by an ostrich (estimated marathon time of 45 minutes) cardio is not going to serve any benefit to you (other than maybe your mental state) and it definitely isn't going to help you look better naked!

In fact, studies show that during long bouts of exercise the secretion of our stress hormone, cortisol, is elevated. The longer the duration of the exercise the higher the cortisol levels. Excess cortisol promotes fat storage along with other negative health consequences, including bone loss, mainly due to the effect it has on testosterone.

So why do people choose cardio then?

Because we have been taught or bombarded for years that, to

lose weight, we must use the calorie reduction method. Obtaining a better physique requires consuming fewer calories, burning more calories, or a combination of the two.

Those that continue to run further and more frequently to burn calories end up reaching distances and frequencies that produce a skinny-fat physique, which is hardly conducive to the 'look good naked' they started exercising for in the first place. And what's it all for? So they can outrun an Ostrich?..... good luck with that one :-)

So what should I do then?

Build! Build! Build! Individuals that focus on building muscle (strength training) and creating stronger leaner physiques always look better than individuals that focus on burning calories. They also have a much easier time maintaining their new found 'sexiness' as they have a higher resting metabolic rate (RMR), which means the rate at which your body burns fat is greatly increased.

So think proactively or positively: Build not burn!

Kirk Anderson
Director
Elite Trainers
www.elitetrainers.co.nz

Mike Pero

Mike Pero Real Estate Ltd Licensed REAA (2008)

| | | |
|--|--|--|
|  Point Wells |  Puhoi |  Whangaparaoa |
|  Warkworth |  Orewa |  Helensville |
|  Kumeu |  Silverdale | <p style="color: red; font-weight: bold; margin: 0;">At Mike Pero Real Estate, we've got Rodney covered.</p> <p style="margin: 0;">If you are in Silverdale give Grayson & Sarah a call to experience the difference.</p> <div style="text-align: right;">  <p style="margin: 0; font-weight: bold; color: red;">Grayson & Sarah Furniss</p> <p style="margin: 0; font-size: 0.8em;">Tel: 09 426 6122 Mob: 021 665 423 grayson.furniss@mikepero.com</p> </div> |

0800 000 525
www.mikepero.com

Spiced Banana Squares

Makes 16

Preparation: 10 minutes

Cook time: 45 minutes

Ingredients:

| | |
|--------------------------|--------------------------|
| 1 cup self-raising flour | 125g butter, chopped |
| 1 cup plain flour | 1/2 cup buttermilk |
| 2 teaspoons mixed spice | 1/2 teaspoon baking soda |
| 1/2 teaspoon salt | 1/2 cup mashed banana |
| 2 cups brown sugar | 1 egg, beaten |



Method:

Preheat oven to moderate, 180°C. Lightly grease and line a 23cm square cake tin.

Sift flours, spice and salt together into a large mixing bowl. Stir in sugar.

Rub butter into dry ingredients with fingertips until mixture resembles breadcrumbs. Press half the mixture firmly into the cake tin.

In a large jug, combine buttermilk and soda. Stir in banana and egg. Lightly mix this into the remaining flour mixture and pour over first layer.

Bake for 40-45 minutes, until cooked when tested.

Cool in cake tin for 10 minutes. Cut into squares and store in an airtight container.

Enjoy!

Emma Johnstone-Gill - a favourite from womansday.co.nz

Millwater Resident

Loaded Potato Skins & Corn on the Cob

Serves 2 adults and 3 children

Ingredients:

| | |
|----------------------------|-----------------------|
| 6 medium potatoes | Butter (or Margarine) |
| 6 rashers of streaky bacon | Salt and Pepper |
| Half a brown onion | Cheese (grated) |
| A clove of garlic | 6 cobs of corn |
| Splash of milk | |



Method:

Wash the potatoes and prick each one a few times with a fork. Bake in the oven for about an hour at 200C until the inside is soft, turning over halfway.

Meanwhile: crush the garlic, finely chop the bacon and onion and fry all together over a low heat.

Cook the corn – the easiest way is in the microwave. Leave the husk on and microwave two at a time for 6 minutes.

When the potatoes are cooked, slice them in half along their length and use a spoon to carefully scoop out the cooked potato, leaving the skin intact. In a bowl, mash the potato with a little milk and a knob of butter until smooth and creamy. Mix in the bacon, onion and garlic and add some salt and pepper to taste.

Spoon the mixture back into the potato skins and sprinkle cheese on top. Return to the oven for 5-10 minutes, until the cheese is melted.

Remove the husk of the corn, add a little butter and serve with the loaded potato skins.

Becky O'Gram

Millwater Resident

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13th April



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Giving your children a **great start!**

Last month I talked about putting the emphasis on the nutrient density of foods instead of the calories in food. Providing nutrient-dense food is especially crucial in childhood, as their bodies are using what they eat, to build and grow the bodies they will have as adults. Think of it as laying a strong foundation for their future. Good nutrition in childhood promotes growth, health, learning and reduces the risks of developing chronic diseases. Children's brains are like high-performance engines and, for them to be able to achieve their best at school or on the sports field, they need a well-balanced diet full of nutrient-dense foods.

Studies have shown that what a child eats will determine how the physical structure of their brain develops; which affects memory, reasoning skills and attention span. One of the most valuable gifts we can give our children is to teach them how to nurture and feed their bodies well.....a free insurance policy.

"Just as each seed we plant has the potential to become something extraordinary, so does every child". Michelle Obama, 'The White House Kitchen Garden'.

If you're not sure how to get started with growing some of your own food, why not join a gardening club? The Orewa Ladies' Garden Club meets on the second Thursday of the month at the Catholic Church Hall, 180 Centreway Road, Orewa.

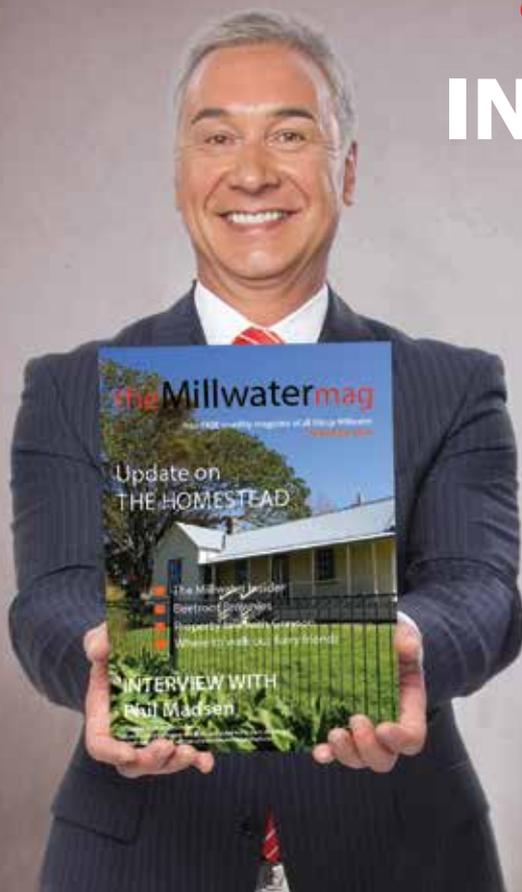
Or, if gardening is not really your thing, consider supporting growers at the local Farmers' Markets. The Silverdale Farmers' Market runs every Saturday from 7.30 am to 12.30 pm and there is also one that runs in Orewa Square on a Sunday from 8.00 am to 12.30 pm.

Achieving vibrant health does not need to include restrictive diets or complicated food combinations. Just feed your body the nutrients it needs from whole foods and see how well it responds. Sometimes, we don't know how bad we are feeling physically, until we change our eating habits and see how great we can really feel. Poor behaviour in children can also sometimes be an indication that they are not feeling good physically and changing their diet can produce wonderful results.

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



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Mike Pero
REAL ESTATE

area **property** stats



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

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

Phone Grayson on 09 426 6122 or 021 665 423

| | Feb 2014 | Jan 2015 | Feb 2015 |
|--------------------------|-------------|-------------|-------------|
| Number of Sales | 16 | 7 | 10 |
| Median Sales Price | \$850,000 | \$970,000 | \$960,000 |
| Highest Sale Price | \$1,230,000 | \$1,170,000 | \$1,175,000 |
| Lowest Sale Price | \$734,000 | \$820,000 | \$720,000 |
| Average % price to CV | -0.75 | 0.35% | 6.18% |
| Average Floor Area (sqm) | 230.2 | 251 | 242.4 |
| Weighted Value Index | 1010.3 | 1056 | 1061.5 |

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.

Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



Millwater **property** talk with Grayson

There are definitely indications that our amazing summer is finally coming to an end. What is not so certain is whether there is an end to the rising prices faced in the property market.

Millwater remains a micro-economy: with its own rules of supply, demand and the resultant impacts on prices. The property market here has a real ebb and flow, with waves of properties being released to the market and large variations in the number of active buyers in the market at any point in time. What we *can* see is the impacts of both these variables, with periods where there appears to be a build-up of properties for sale; then generally a short period when we see a lot of properties sold in quick succession. We continue to look for ways to track accurately the number of properties available. However, this remains difficult – with the various levels of completion making it hard to gauge accurately what is really available.

We have been able to calculate the average time to sell in Millwater for properties across all price ranges, which, as long suspected, at 95 days is a lot longer than the median for the Auckland market overall which is 32 days. Our experience suggests that this is reflective of the relative abundance of supply in the market and the extended decision-making process of many buyers entering the Millwater market. For a complete explanation of this, please feel free to contact me.

The results for February 2015 are interesting, inasmuch as there is a great deal of similarity with the January results, but whether this is reflective of a long term trend

we will have to wait and see. We can see strong price growth over February 2014, with a positive movement in the Weighted Value Index, indicating some apples-for-apples price increases.

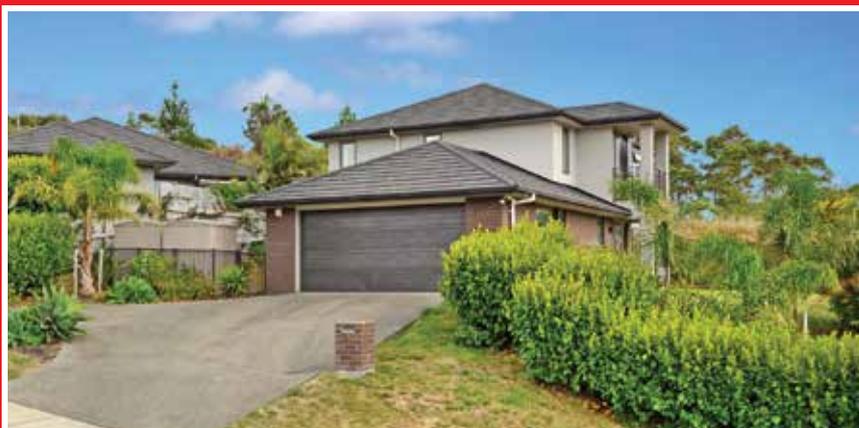
Thanks to all those who have dropped into the office and said 'hello' over the last month; we always enjoy a good chat and are more than happy to share our knowledge of what is going on around the place.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero



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- fantastic flow to wonderful outdoor entertaining area
- plenty of room for children to play in full fenced 600m² (approx) section

www.mikepero.com/RX332785



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Sarah Furniss
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 - stunning modern kitchen with stone bench tops, gas hob, breakfast bar & a great relationship to entertaining areas
 - wonderful flow to private outdoor entertainment area, fantastic rural and bush outlook and mature gardens
 - four double bedrooms, master with ensuite and walk in wardrobe
 - quiet cul de sac location amongst finished homes, adjacent to but private from a playground
- Vendors are keen to see a result and move on with the next phase of their lives. Call now to view or check online for open home times.

www.mikepero.com/RX325259



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0800 500 123

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Mike Pero



BETTER THAN GOOD, IT'S BRILLIANT!

Offers over \$870,000

14 Kettlewell Drive, Millwater

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- Beautiful entertainers kitchen, stone bench tops, two under bench ovens, 900mm wide induction hobs
- Separate lounge/media room also opening onto decking, smart wiring (CAT6) with UFB
- Family bathroom with bath, ensuite in master and a separate guest toilet downstairs
- Separate laundry with external access, large hot water cupboard, ample storage throughout
- Generous and safe grass area overlooked from all living areas
- Large concrete boat/motorhome park



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Mike Pero



LOCATION! SPACE! VIEWS!

4 2 2

Offers over \$965,000

30 Galbraith Greens, Millwater

Finally, a top quality home in the best location in Millwater. This is one that definitely stands out from the crowd and represents great value in this established area.

- Superb location within easy walking distance of new shops, cafes, schools and the estuary
- 235m² spacious home, 4 double bedrooms with double wardrobes, 3 toilets, 3 separate living areas, stunning sea and island VIEWS
- wonderful flow through open plan kitchen, dining & family room out to spacious outdoor area and easy care section (535m² approx)

Call now to view or check online for open home times.



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www.mikepero.com/RX322171

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UNDER CONTRACT



I CAN SEE FOR MILES AND MILES

4 2 2

\$669,000

7D Mariners Drive, Gulf Harbour

- fantastic sea and village views from multiple locations throughout the house
- three double bedrooms plus one single, master with ensuite plus family bathroom
- open plan kitchen and dining with separate lounge and study nook, great flow to large decking
- fully fenced 740m² (approx) section, room for kids and dogs to run plus room for boat or camper
- low maintenance materials, weatherboard and monolithic over cavity system
- fantastic Gulf Harbour location, easy access to beaches, boat ramps, marina, golf courses and transport options

Our vendors have loved this house but opportunity knocks for them as it does for a new owner to love this property.

www.mikepero.com/RX324281



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09 426 6155

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0800 500 123

www.mikepero.com

SOLD

2 Pitsaw Lane, Millwater



Grayson & Sarah Furniss

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sarah.furniss@mikepero.com
www.mikepero.com

From our vendors...

After trying to sell privately with no success we contacted Grayson and Sarah at Mike Pero Real Estate, Millwater. Grayson made the whole process very easy, he is very friendly and professional and kept us updated at all times. Grayson went above and beyond to get us a great result. I would have no hesitation in recommending them and will most definitely be using them again in the future.

Jamie & Monique



coastguard calling...

The Weather!

I'm writing this as tropical cyclone Pam bears down on the North Eastern Coast of New Zealand and you'll be reading this after all the drama is over.

At Coastguard, we spend a lot of time talking to people about boating safety, equipment, training and a host of other things. But, top of the list is making sure you check the weather and "If in Doubt, Don't Go Out".

With New Zealand isolated in a vast tract of ocean, our weather can be unpredictable and, more importantly, change very quickly. That pleasant day can turn into a very bad experience if the wind gets up and the conditions are suddenly outside both your, and your boat's, comfort zone. Obviously, common sense prevails: what is way too rough for a 4m tinny could well be perfect sailing weather for a 12m yacht – so knowing your own and your boat's limits is important.

Even on larger boats, put your lifejacket on and make sure everyone else has theirs on too. No-one's day on the water has ever been spoiled by wearing a life jacket

Our rescue vessels will go out in conditions when any sane boatie would be tucked up at home. We can get to people in most conditions but it can take us a lot longer because, although going at speed in really rough seas might not break our boat, the crew are only human and need to be in a condition to help when they get there.

Remember: If you are the only boat in the trailer park, you might just stop and ask yourself 'why?' before you go out. Anyone who has travelled from the relatively calm waters outside Gulf Harbour to the Tiri Channel – which frequently is like a washing machine – will also know that the local conditions can be very uncomfortable once you get into more open water.

Good news! Getting weather information has never been easier: it is broadcast constantly on Nowcasting VHF channel 20 and 21; it's online, on the radio and there is a fantastic Coastguard App that shows you the weather now, plus forecasts and tidal information. Search Coastguard Northern Region in your App store – it's invaluable and I use mine all the time.

Stay safe on the water.

Keith Roberts
President
Coastguard Hibiscus Inc.
president@coastguardhibiscus.org.nz
www.coastguardhibiscus.org.nz



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Grayson Furniss

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Mighty Magnesium

Magnesium is important for your good health, being used in over 300 bodily functions. It is also essential for muscle movement. The more you use your muscles, the more magnesium your body requires. The best food sources of magnesium are nuts and seeds, dark green vegetables, whole grains and legumes. However, at times of physical exertion, or when your body shows signs of deficiency, supplementation with a good quality magnesium product or applying trans-dermal magnesium certainly helps bring things into balance.

Also, some medications such as diuretics and reflux inhibitors can affect the absorption of magnesium – leading to deficiency. If you take these medicines on a long-term basis, your health care provider can check your magnesium level with a blood test.

Signs of Magnesium Deficiency Include:

- 1. Sleep Problems** – Magnesium plays a key role in the body chemistry that regulates sleep. Research has found that people who suffer from long-term insomnia or who have abnormal brain waves during sleep are often deficient in magnesium.
- 2. Stress, Anxiety** – Serotonin, the hormone that relaxes the nervous system and elevates mood, is dependent on magnesium. Low levels may increase anxiety or make you less able to cope with stressful situations.
- 3. Cramps and Restless Legs** – Without magnesium, muscles don't relax properly and cramps occur. Magnesium interacts with calcium to help regulate and relax the nerves and muscles. However, when magnesium levels in the body are low, the nerve cells become overactive, therefore sending too many messages to the muscles. This causes the muscles constantly to contract or twitch.
- 4. Heart Palpitations** – The most important muscle in your body is your heart and low magnesium levels may give the ticker a bit of a flutter. Plus, during exercise, the heart beats faster, so it needs more magnesium to relax.
- 5. Bone Weakness** – Magnesium is important for bone health, as it works with the hormones responsible for keeping calcium out of the blood and in the bones. Low magnesium appears to be a risk factor for osteoporosis.

Not sure which magnesium to take?

Help is available at HEALTH BY LOGIC, 20 Silverdale Street, Silverdale Village.

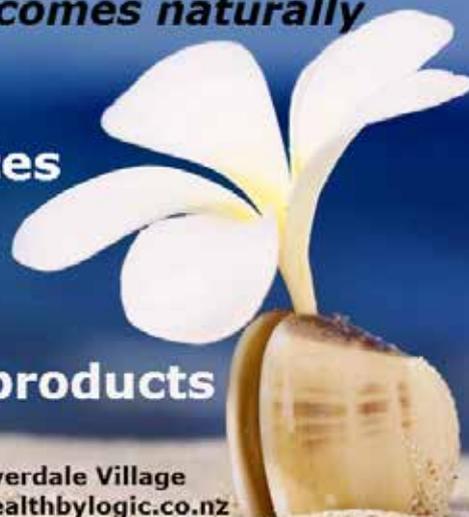
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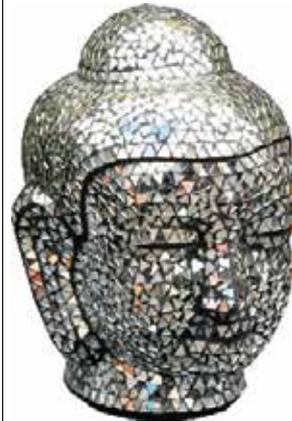


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Vegetable Gardens

Sow Broad Beans: They're a Winter hardy bean crop for a sunny area of the garden (or even grown in a large trough filled with *Living Earth Garden Mix*). Make sure you have stakes or a climbing frame ready, to hold the plants upright. Dwarf forms are good in small areas, as they only grow to 100cm tall.

Look out for Garlic and Shallot bulbs: They'll be in garden centres from now, so get hold of some. Contrary to popular opinion, you can plant them from May (usually one waits for the shortest day) and potentially be harvesting your first glorious home-grown garlic in November!

Green Manure crops: It's time to plant fallow garden areas with a mix of lupin and mustard seed, to fix nitrogen in the soil. Once the lupins are at knee-high – don't wait until they flower – cut them off at ground level and dig the stalks through for added bulk in your garden.

Trim back now: Cut down the spent foliage of artichokes – it will re-grow. Tidy up herbs such as thyme and tarragon (the latter is deciduous, so you see it re-emerge next Spring). Remove tomatoes and other vegetables that are no longer cropping.

Garden Care

Plant red soldier poppies as a mark of respect for Anzac Day. You can also sow sweet peas against a warm sunny fence or wall – add some lime and compost to the soil before planting the latter.

Plant for shrubs to complement trees showing Autumn colour. Shrubs such as the burgundy-leaved *Loropetalum* 'China Pink', the orangey tones of *Coprosma* 'Evening Haze or Autumn Glow' the red-toned *Pseudowintera* 'Red Leopard' all work in with blazing reds of oaks and maples. And the yellow leaved *Choisya* 'Sundance' looks great planted in light shade beneath a golden *gleditzia* or gingko.

Trim off unsightly silvery leaves – on evergreens that have been attacked by thrip. The leaves won't turn back to green and your shrubs will have the chance to grow new undamaged foliage before Winter hits.

Rake up the fallen leaves of deciduous trees. Compost them or place in a green waste collection bin. Leaving them on the grass causes lawns to collapse.

Plant young seedlings of polyanthus and primulas in pots and the garden. Liquid feed after planting with Living Earth Liquid Compost. All Spring-flowering bulbs can be planted out from now on.

Lawn Care

It is now time to renovate your lawn so it will go into the winter months looking lush and healthy. If your lawn is looking tired, yellow, full of weeds or just a little thin then follow these simple steps:

1. Fertilise with **Turfmaster Gold** to encourage strong growth.
2. Spray weeds with a broad-range selective weed killer in order to control broadleaf weeds.
3. About 3-4 weeks later, scarify the lawn heavily to create a good seed bed.
4. Over-sow bare or weak areas with the appropriate **Prolawn seed blend** and fertilise with **Turfmaster Starter**.

theMillwatermag wants you!

We would love to hear from you -

- opinions to discuss - write a letter to the editor
- children's artwork to show off
- information on local events
- recipes to share
- children's stories to read
- hobbies/interests/talents

themillwatermag@gmail.com

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Employee and
Millwater Resident

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www.centrallandscapes.co.nz • 09 421 0024 • 90 Foundry Road, Silverdale Business Park

Millwater Runners & Walkers - this one is for you!



The Orewa Beach half marathon, organised by Summit Events, is in its 6th year and the next one is on Sunday, 12th April, with an 8 a.m. start. The event is open to people of all ages and abilities, with an average 2000 competitors taking part. The choice of distances will suit everyone, too; with 21km, 10.5km and 5km for both runners and walkers.

Major sponsors of the event are Platinum Homes North Shore and Jetts 24 Fitness in Whangaparaoa.

This well-organised and long-established event has Dynamic Martial Arts members as marshals, out on the course for the second year, with Kensington Park residents helping with marshalling and a drink station inside Kensington Park.

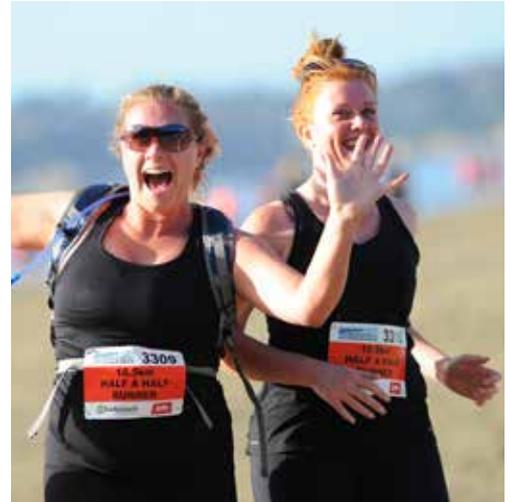
The half marathon course starts on the beach, in front of the Orewa Surf Club, then heading North through Eaves Bush track, through Kensington Park, over the new cycleway to Millwater and then back again to the beach start at the Surf Club.

The 10.5km is of course shorter, heading up Grosvenor Drive and back to the beach; while the 5km guys stay on the beach.

There are competitors entering from all over the Hibiscus Coast and some from overseas, too. There will be many spot prizes, including a GoPro 4 up for grabs. Local man, Gary Brown, will be the MC for the day.

Summit Events also organises the Paihia Half Marathon and 12km; all from where they live in the Bay of Islands.

For more information and to enter, please contact Laraine Chase, SUMMIT EVENTS, 09 407 7801 or 021 073 0989, summitevents@slingshot.co.nz, www.paihiahalfmarathon.com, www.orewabeachhalfmarathon.com



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millwatermotors

Millwater has its share of muscle cars and just listening to the big V8 rumble of this 1968 Ford Mustang is enough to get the hairs on the back of your neck standing to attention. Ian Coupe has owned this beauty for about eight years and has lavished a great deal of love and attention on its muscular lines. Among other improvements, the upholstery and dashboard trim have been renewed with original Mustang parts and its original steering wheel restored in place of an earlier, modified "racing" wheel. Suspension has been lowered slightly and new chrome wheels and tyres fitted. You've got to admit that it's a real head-turner!



The Mustang featured large as the car for the Groom and Best Man at Ian's wedding and has been used twice for other weddings since then. When asked what it is that attracted him to the Mustang in the first place, Ian said "The V8 soundtrack of the old-school, no frills motor is just intoxicating – it was love at first sight and sound!"



The 2-door hardtop was part of the first generation of Mustang and became known as the "pony car" for obvious reasons. Donald N Frey was head of the Mustang project, under Lee Iacocca at Ford, and developed the project in a record time between September 1962 and March 1964. The target price back then was just US\$2,500!

For the enthusiast: Ian's Mustang is the 289 cubic inch (4.7 litre) Windsor V8 engine, with two-barrel carburettor, developing 195 bhp (145 kW) at 4,600 rpm and 288 lb.ft. (390 N.m) of torque at 2,600 rpm. A galloping horse with plenty of grunt and one that growls, too.

Ian's Mustang gets a regular outing and always brings a wide smile to his face and that of admirers that he passes along the way. V8 rumble, gleaming metal and shiny chrome always win! When asked who was allowed to drive the Mustang, Ian said that anyone over 25 years with a clean driving licence

is, technically, allowed to drive his dream car. Then, when asked what the priorities were when it came to car-wife- family, Ian grinned knowingly and said "well, I spend more time with my wife and family nowadays..."



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OPSM Silverdale

Update on existing and new staff



OPSM Silverdale has made some recent changes to its management and team, strengthening and widening the ability of this local business to focus on local optical and eye care needs.

Former OPSM Country Manager, Tracy Kendall-Jones, is now the owner of the OPSM optometry store in the Silverdale Shopping Centre. Tracy and her highly skilled team bring a wealth of experience and are incredibly passionate about providing outstanding service, eye care and products, to help protect your eyes and ensure your vision and eye health are the best they can be.

Optometrists James Park and Zaria Burden provide comprehensive optometry care and have state-of-the-art equipment to care for your eyes; including Glaucoma screening equipment and an Ultra Wide Digital Retinal Scanner. Both are therapeutically qualified and are certified to provide Maritime and NZ Police Eyesight examinations. Zaria has a special interest in Glaucoma and children's eye health. James' special interest is in specialised contact lens

care. OPSM Silverdale also offers eye tests 7 days a week.

New Zealand Qualified/Registered Dispensing Optician Tracy Potbury (formerly of Whangaparaoa Optometrists) and Anne Candy (formerly of OPSM Whangaparaoa) are both

locals who are well known for their care and commitment to helping patients with their optical needs. The store has a huge selection of frames and sunglasses and there is always something for everyone. OPSM Silverdale also offers Vision Plan, which allows patients to access quality eye care and new glasses/contact lenses with no deposit and small weekly payments.

Why not pop in and see if Vision Plan would work for you. Call in or phone the team on 09 426 7902 or alternatively you can book online at www.opsm.co.nz



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opsm.co.nz



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



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'Natural Paving Special'

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Plus get 5% off the decorative filling product!

'Garden Booster pack'

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'Ponga Promo'

2.4m \$15.50 each. Buy 10 and get 1 FREE!

*Offers exclusive to Millwater mag readers when you mention this advert.
Valid until 30th April 2015.

Here are just a few of the products we have:

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Daltons Compost Plus

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Daltons Bark Mulch

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Kelly and Andrew Giles, **Daltons Landscape Supplies**, Hilltop, Silverdale.

Millwater Women's Group

On 25th February, the Millwater Women's Group held its first meeting at Robert's Coffee Bar in Silverdale and, on the day, we had over 40 people attend. The focus of that first meeting was change; after all, most of us have built or bought homes, uprooted our lives and here we are.

Periods of dramatic change in our lives are great, but can also be very stressful and come with a feeling of dislocation with all that's familiar. I was acutely aware that, whilst I have moved North just twenty minutes up the motorway, others around me have come from all over, with some people even changing countries. The thing that I love the best about living in Millwater is the incredible friendliness of other folk who have settled here. I was quickly absorbed into the community and always have somewhere to go when I am over working and just need a chat and a cuppa.

I wanted to make sure this was the same for other women living in Millwater. The aim is to provide a platform for Millwater women to take some "me time", once a month during the day, to meet for a couple of hours and get to know each other. As a bonus, I hope we can also enjoy speakers who will challenge our view of the world, or share a snapshot of their lives. Our most recent meeting was a mini event on 18th March, which was sold out in five hours. That one was all about us: hair, physical strength and treating our skin kindly. We will repeat that one if there is enough interest.

Clearly the women of Millwater are keen, so let's see where we can take this group. Call me on 021 711 540 if you have ideas on venues, speakers etc.

Marj Noble
Millwater Resident

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**498 Hibiscus Coast Highway
Orewa**

The Hibiscus Coast Athletics Club



The Hibiscus Coast Athletics Club held its first Club Champs in their new location at Metro Park in Millwater on Saturday 14th March. The forecast for the week was not looking good but the day turned out to be stunning; both with the weather and the event.

Our young athletes took to the event with great enthusiasm; from the 3 year-old right up to our



teenage competitors. The day was very busy indeed, with the first event starting at 9 am. There were 588 ribbons up for grabs, covering over 196 different athletes' events; from 30m to 1500m on the track and 4 field events; with the long jump, high jump, shot-put and discus. The club still managed to get through and finish at 4 pm.

For many of the younger age groups, this was their first taste of a competitive athletics competition, and in a few of the age groups the ribbons were fought after with amazing determination, yet all showed great sportsmanship.

The club only has 2 weeks left of their athletics season but will continue to operate with a cross-country programme over the winter.



The club would like to thank our club sponsors; Roberts Café, Ron Hill Apparel and Kelly Sports – and definitely not forgetting committee members and parents. Without them, we could not offer our youth these great opportunities.

For more information, check out our website at www.hcac.co.nz

holiday destinations

The Happiest Place on Earth

Millwater resident Jenny Ready runs her successful travel company, Fine Travel, from home. In this, the first of a regular series of new travel articles, Jenny provides her personal insight for us all.

I've recently returned from one of the happiest places on earth – Fiji. Fiji certainly has good reason to have been given this title, as it has beautiful beaches, amazing sunsets and a year-round tropical climate. It certainly is a beautiful place. However, it is the Fijian people themselves who make it such a special place to visit. Fijians have such warmth about them and are so hospitable. Almost anywhere you go, you are welcomed with a greeting of "Bula" and a very genuine smile.

Fiji is a perfect destination for a family holiday. Most of the resorts that allow children also have Kids' Clubs. The Fijian people absolutely love children and go out of their way to make sure that the children have a fun and memorable holiday. While the kids are enjoying themselves in Kids' Club, mum and dad also get to spend some time alone, which I know from personal experience can be quite a rare opportunity in modern life!

As well as being the perfect place to go to for relaxing on the beach or sitting by the pool sipping a cocktail, Fiji is also a wonderful place to visit for the more adventurous type. Activities to choose from include diving, fishing, snorkelling, golf, white water rafting, jungle treks, zip-lining and, if you're really brave, you could even try diving with the sharks!

For a very memorable cultural experience, a number of resorts offer tours to visit villages; which quite often include school visits. This is a great way to experience Fijian life and the school children absolutely love having visitors!

The best time to visit Fiji is May-October; so, with winter looming, now is the perfect time to organise a winter escape.

Bula! Next month, we will look at another great holiday opportunity.



Beauty Aspects is Moving to Silverdale

Established in 2009 and following six successful years in Torbay, Beauty Aspects is on the move to bigger and brighter premises in Silverdale. From next month, you will find this professionally run, home-based salon operating at 41 Fennell Crescent, Millwater. Owned and operated by Amelia Van Den Berg, with over 25 years of experience, Beauty Aspects caters for both men and women, using world-leading cosmetics at affordable prices.

Amelia is fully qualified in Beauty Therapy with ITEC, holds a CIBTAC international diploma and is also a member of the New Zealand Beauty Association. At Beauty Aspects, she prides herself in offering one-on-one personal care in a soothing and friendly environment. Customers are spoilt for choice with the treatments on offer; ranging from hair removal, eyebrow and eyelash enhancements, the latest in gel polished nails, spray-tanning and stress-relieving massages, to name but a few.

The salon is an official stockist of international cosmetic brands Resultime by Collin as well as Medica8 and Amelia is constantly keeping up with the latest beauty trends through ongoing professional training. Beauty Aspects is conveniently open 6 days a week, including Saturday, with two late nights to accommodate clients. For those who are elderly or unable to travel, Amelia also offers a home service.

As we age, our skin renewal process slows down and there are clear benefits from having regular facials. By the time we reach 30, it takes around 28 days to complete a full cycle. As a result of this slowing, the skin becomes thicker and the appearance gets dull. In addition, over time, our sebaceous glands become less active and our skin becomes drier. Having regular facials with exfoliation – whether it is by manual exfoliation or Microdermabrasion or skin peels – will accelerate your skin renewal process by removing dead, dull skin cells and reveal fresh skin cells underneath. This ensures better penetration of products in the salon and homecare.

Beauty Aspects is excited to welcome all existing and new customers to their new premises in Silverdale. If you would like to find out more, book an appointment or schedule a free consultation, then contact Amelia on: 021 0297 2587 or email amelia.berg@vodafone.co.nz. You can also find Beauty Aspects Ltd online through Facebook.

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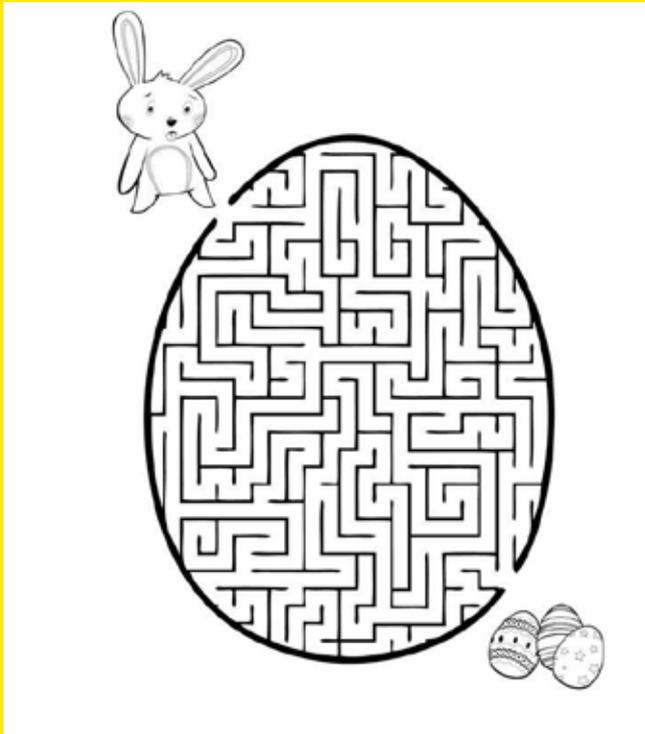
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Colour Me!



Easter Word Hunt

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| B | L | A | A | E | G | C | O | U | C | W | A | I | B | S | P |
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How many words can you make from
Easter Bunny?

- hopping
- find
- Sunday
- eggs
- holiday
- celebration
- egg hunt
- bunny
- chocolate
- nest
- colourful
- Easter



Easter Fun at Silverdale Pioneer Village

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|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Wed 01 Apr | 06:11 2.7m | 12:25 0.9m | 18:40 2.6m | - | Fri 17 Apr | 05:39 3.1m | 11:48 0.4m | 18:09 3.1m | - |
| Thu 02 Apr | 00:45 0.8m | 06:59 2.7m | 13:11 0.8m | 19:28 2.7m | Sat 18 Apr | 00:17 0.4m | 06:35 3.3m | 12:44 0.2m | 19:05 3.3m |
| Fri 03 Apr | 01:29 0.8m | 07:43 2.8m | 13:53 0.8m | 20:12 2.8m | Sun 19 Apr | 01:11 0.3m | 07:29 3.2m | 13:37 0.2m | 19:58 3.4m |
| Sat 04 Apr | 02:09 0.7m | 08:23 2.8m | 14:32 0.7m | 20:52 2.9m | Mon 20 Apr | 02:02 0.2m | 08:22 3.4m | 14:28 0.1m | 20:39 3.4m |
| Sun 05 Apr | 02:48 0.7m | 08:02 2.9m | 14:10 0.6m | 20:30 2.9m | Tue 21 Apr | 02:53 0.3m | 09:13 3.3m | 15:17 0.2m | 21:38 3.4m |
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| Tue 07 Apr | 03:04 0.6m | 09:19 2.9m | 15:25 0.6m | 21:45 3.0m | Thu 23 Apr | 04:33 0.4m | 10:54 3.1m | 16:54 0.4m | 23:16 3.1m |
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| Fri 10 Apr | 05:09 0.7m | 11:22 2.8m | 17:27 0.6m | 23:51 2.9m | Sun 26 Apr | 00:58 2.9m | 07:12 0.8m | 13:24 2.7m | 19:26 0.8m |
| Sat 11 Apr | 05:57 0.7m | 12:09 2.8m | 18:15 0.7m | - | Mon 27 Apr | 01:51 2.8m | 08:07 0.9m | 14:18 2.6m | 20:23 0.9m |
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| Thu 16 Apr | 04:41 3.0m | 10:51 0.5m | 17:09 2.9m | 23:21 0.5m | | | | | |



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Every Tuesday Quiz Night at Northern Union
Every Wednesday Hibiscus Coast Athletics Club at Metro Park, Millwater from 5:30pm
Every Saturday Millwater parkrun 8am. See www.parkrun.co.nz/millwater for more details

Fri 3 April Easter Friday • Beginning of school holidays
Sun 5 April Easter Sunday • Easter Fun at Silverdale Pioneer Village- see page page 36 for more details
Sun 12 April Orewa Half Marathon - see page 28 for more details
Mon 20 April Term 2 begins at Silverdale Primary School
Sat 25 April ANZAC Day - see page 9 for parades in our area

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

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Emma Johnstone-Gill
www.coastpetandhomecare.co.nz
A reliable, trustworthy pet-minding service caring for your pets in their own home.

Bright Creative

Lisa Byrne - www.brightcreative.co.nz
Boutique, graphic design studio producing fresh, innovative & contemporary design.

Babysitting

Kayleigh - 14 years old, \$12 per hour, ph 022 173 6617

Babysitting

Alexis, 15 yrs old, 1 year's experience, lifeguard, great rates, references available
Ph 09 213 3308

I'll Eat Your Greens

James - hard-working 17 year old
Ph 021 259 7940
Lawns/edges/moving soil, compost, stones/general outside cleaning up.

Eatwise 4 Life

Tracey Eccles - NZ Registered Dietitian
Ketogenic dietary therapy, sustainable weight loss. Group sessions & individual. 021 259 7940

Prosper

Bridget Klinac
021 977 924
Risk Insurance Adviser & Mortgage Broker

Fine Travel

Jennie Ready - jennie@finetravel.co.nz
With over 10 years experience in the travel industry and access to the same specials as the big retail chains.

Mind My Ministry

David Husselmann - www.mindmyministry.co.nz
Plan, schedule and organise your church services effortlessly. Roster volunteers & musicians, keep a library of worship songs & chord charts.

Your Inspiration at Home Consultant

Gendi Dwight
facebook.com/gendidwightYIAH
Natural seasonings, spices, salts & other items custom blended to make cooking fast, simple and healthy.

Little Fox Eats

Michelle Lowery - facebook.com/littlefoxeatsLtd
Vintage caravan for private parties, weddings, functions and events.

Living Pilates

Catherine and Natalie Dent
www.livingpilates.co.nz
Equipment & mat based pilates. Individual & small groups.

K.T's Colours, Cuts, Treatments

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

Homeopath

Ute Engel - Registered Classical Homeopath
ute@homeopathyorewa.co.nz
Homeopathy can restore your health naturally, giving you balanced and optimum health.

Speech & Language Therapist - HearSay

Tanya Collett - 021949539
Call me to chat about any concerns you may have about your child's speech & language skills.

Pauline's Sewing Services

Machinist offering prompt service for all your clothing alterations and repairs including school uniforms. Curtain making a specialty.
021 644 856, (09) 5574378

Motivating Maths in Millwater

Small group tuition (Year 1-6) encouraging & enabling through games.
www.actualise.co.nz or Amanda 09 959 0233

Babysitting & Piano Lessons

Queenie Yong - 16 years old, 021 263 1889

Nutritionist & Health Coach

Paula Southworth (BSc Nutrition & Sports Science), Helping you make sense of what you eat.
Email paula@nutritionsense.co.nz
www.nutritionsense.co.nz

Blossom

Stephanie Baird
facebook.com/blossomkidsaccessories
Beautiful accessories & gifts for babies, kids & mum. Free delivery in Millwater

Kiwi Editing Services

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Dr Luke Prangley BDS Otago
Dr Tom Lu BDS Otago

Dr John Wright BDS Otago FRACDS
Jane Cherry Hygienist
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If you are looking to improve your smile, or just want a great dental experience, please call us:

 09 427 5327

email: hcd@hibiscuscoastdental.co.nz

12 Red Beach Road, Red Beach, Hibiscus Coast 0932

www.hibiscuscoastdental.co.nz