

# theMillwatermag

Your FREE monthly magazine  
of all things Millwater  
May 2018

The Hibiscus Hospice's 13th annual  
Art Exhibition and Sale

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Happy Mother's Day

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Milo Biscuits



Read online at [www.themillwatermag.co.nz](http://www.themillwatermag.co.nz)

## Editor's note

The late cyclonic weather last month caught a number of people napping and facing the reality that many of us are quite unprepared for emergencies. Long power outages in some areas brought the realisation that we all do need to have emergency supplies of non-perishable food and water, torches, batteries and cooking facilities. Ok, most of us have a BBQ, but stormy weather often means that these are not really practical. We suggest that everyone looks at the Civil Defence website and re-evaluates what we should keep in stock – and notes where to go in the event of an emergency that renders our homes uninhabitable.



That said, we all enjoyed a good Easter and some of us managed to be away in warmer climes during the worst of the weather. With our family, we took a 10-day cruise to New Caledonia, Vanuatu and nearby islands, where we swam and snorkelled in warm seas. Cruising is addictive, as we have found, and we plan to repeat the exercise again.

The addition of a wider-reaching sports association is welcomed, as this will bring Millwater more in contact with the surrounding area families and sportspeople. Rodney District Sports features this month and deserves our wholehearted support.

Millwater remains one of the best and most-loved suburbs, and with good reason: we have a number of great social groups here – you can find all about these on our closed Facebook pages and perhaps consider joining or becoming a supporter of one or more of these.

Finally, when the clocks went back, did you remember to replace the batteries in any smoke alarms that have these. Remember: if the battery is dead, you could be next...

Brian Mullan  
Editor  
May 2018

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theMillwatermag

May 2018 Issue

- 4 Local Events
- 5 #iamthatmom with Rechelle
- 6 To fix or to float
- 8 Millwater Book of the Month
- 9 Masonic Lodge Orewa
- 10 Pharmacy Talk Orewa
- 11 Stress - and what Helps
- 12 Millwater Insider
- 14 Millwater ROMEOS
- 17 Rodney District Sports
- 18 Self-care isn't just important - It is Crucial
- 19 Protecting your most valuable asset - You
- 20 Millwater Grain
- 22 Millwater Biz Buzz
- 23 MillwaterMotors
- 24 Millwater Property Talk with Grayson
- 30 Play-based Learning at Silverdale School
- 31 Tradie of the Month with Maddren Homes
- 32 Central's Gardening Tips for May
- 33 An Elegant Farewell in a Jaguar Hearse
- 34 Art Speak with Estuary Arts
- 36 Your Local Tides
- 37 Millwater ROWENA's
- 38 What is Health?
- 39 Holiday Destinations
- 40 Dry Eye Syndrome with OPSM Silverdale
- 41 Back to Basics with MiRock Financial
- 42 Is a Trust something for You?
- 43 How to contact your local
- 44 Millwater recipes
- 45 Sweet Tooth Truth with The Dental Suite
- 46 Millwater Asian Corner
- 47 Community Zone

Front Cover: Emma Gong, Millwater resident and owner of Fabulous Flowers, Silverdale Mall.



# themillwaterinterview



The words 'boutique' and 'op shop' may seem to present something of a dichotomy, but, under the capable management of Rebecca Templeman, Hospice has pulled a remarkably successful rabbit out of the hat by opening a flagship store in Silverdale Village.

Originally from the small Cinque Port town of Brightlingsea in the UK, Rebecca and building surveyor husband Andy came with their two children on a Tiki Tour of New Zealand in March 2005, with a view to immigrating. "We enjoyed the delights of a speed-free campervan," Rebecca recalled, "but we were so captivated by the people, the culture and the country that we returned to the UK and did the immigration thing immediately. Andy had been offered a job in Kerikeri and by November that year we had moved to a Top 10 holiday camp up there." In 2006/07 they built their first house near Rainbow Falls but Andy needed more work and they moved in late October 2008 down to Brown's Bay.

Rebecca has strong credentials in the retail business, having run her own UK business that supplied 6 outlets with her own-design 'RTchoke' reversible ties. A qualified tailor, Rebecca has a keen eye for quality clothing and later went to work for a fashion retailer in Colchester, where she enjoyed the retail scene as a personal shopper for Jaeger clothes and other brands within the store.

Returning to the decision to move to New Zealand, Rebecca said, "Our son Bill, who was just 8 when we went back from NZ, said to us on arrival 'Why is everything so grey?' and that is just one of the many reasons we made the family decision that we would not to be afraid to take the bold step." That family unity of purpose was to be tested severely when their daughter Libby, then 15, was murdered during a visit back to Kerikeri on 1 November 2008. "We have grown even stronger as a family since then," Rebecca told us. "We are now a closer and more connected family unit than ever before."

Rebecca and Andy's son Bill attended North Cross Intermediate, where the Principal offered Rebecca a job that she enjoyed until leaving in 2015. "I love interacting with people and I had been working as a volunteer in the local Hospice Shop when I met Maria Baird, who is my boss within the Northern Hospice Alliance, and she involved me in regenerating the eclectic Birkenhead shop. This led to me applying for and being offered the Manager position and leading a great team at the new Hospice Shop here in Silverdale."

The Silverdale shop has a completely different 'feel' to any we have visited and we wanted to know why. "We still offer the traditional \$2 and \$4 bargains and still accept the same range of donations from people and families who want to pay-forward their items. Some items we forward to our other Hospice Shops, but we are conscious that those donating are often doing so as the result of a family loss and will want their donations to generate as much value as possible for Hospice, so we selectively keep and sell the better items."

The deliberate policy of making the store attractive to passers-by, based upon the number of customers we observed, is certainly working – with Rebecca's trained eye and retail experience showing in everything that is displayed for sale. A final word? Rebecca concluded happily, "We have improved the quality but without increasing the price."

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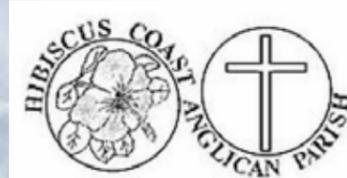
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# localevents

- Every Weds** 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** 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
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am-noon Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm • All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquiries/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287
- 4th Tues of each month** Zonta Club of Hibiscus Coast • Visitors welcome to join us for dinner & interesting guest speakers The Wade Hotel, Silverdale • 6pm Contact [hibiscuscoast@zonta.org.nz](mailto:hibiscuscoast@zonta.org.nz) or 027 577 1888
- Every school term Tuesday** Crafts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 12pm • \$2 for morning tea & craft creche provided
- Every school term Friday** Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm \$2 includes morning tea • suitable for beginners
- Every Tues** Hibiscus Coast Rock & Roll • Whangaparaoa Hall 7pm lessons • 8pm general dancing • Wear soft sole flat shoes • Wear layers as you get extremely hot dancing • Further info on our website & Facebook.
- Every 2nd Thurs** Join Hibiscus Coast Concert Band! • all ages & abilities welcome • see our website [hccb.org.nz](http://hccb.org.nz) or call 021 186 4599 to check when our next rehearsal is.

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



Join us for services throughout the month:

**St Chad's, Orewa**  
Sunday 8am and 9:30am  
Wednesday 9:30am

**Christ Church, Waiwera**  
1st Sunday 11:15am

**Holy Trinity, Silverdale**  
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## #iamthatmom



Maybe you are too. Do you, or have you ever...

- Stood on the sidelines; some would say yelling, but we know it's encouraging our children in their efforts on the field or court?
- Say goodbye on the first day of school but then secretly hide and watch your child play when they don't know you are looking?
- Ask questions that you really don't want to know the answer to, but feel you should know those answers?
- Sing out loud around the house when cleaning, even if their friends are over, because 'you're just being you'. And when they ask, nay, plead with you to stop, all you do is smile and take it up a notch?
- Majorly over-react when a perceived injustice is done to your child? I'm talking all-out, wild beast Momma Bear is on the loose ...then within 10 minutes and to the rest of your life regret it and hide your head in shame when you see someone who was a witness?
- Hug/kiss your kids good morning, hello, goodbye and good night?
- Have a competition with your kids as to who can 'get' the other

more by hiding around the corner and jumping out shouting "BOO"?

- Talk about the beauty of sunsets, the ocean, the stars, a field of flowers or a waterfall?
- Cry at just about anything?
- Pop popcorn, sit down and watch the same Disney movie over again; then, when the kids wake up, ask them to watch it with you?

Maybe you are all of those things, maybe none. Maybe you had a great role model or maybe your mum struggled under the weight and unreal expectations of a First-Generation Feminist.

There were no 'How to Raise Little —' (insert your child's name) books given to us when our kids were born. And just when we think we've got it, another comes along, or another year older and we're facing a new challenge.

We were women before we were mums. And we're still women. But we put so much pressure on ourselves to be Super Women. Facebook-filtered versions of what a good mum does, provides for her family, looks like... you know the drill. I'm calling BS on that. Be you. The Best You.

That's who your kids need. Exactly as you are. Warts and all.

Happy Mother's Day!

Rechelle McNair, sKids Kingsway

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# mortgagematters

## To fix or to float?



Issues such as affordability or the need for certainty can affect decisions around rates. Fixed rates offer certainty, but not much flexibility. Conversely, floating (aka variable) rates offer flexibility but no certainty.

Borrowers needn't (and often shouldn't) have all of their finance on one interest rate. They can split their finance into several portions, perhaps having part on fixed rate and part on floating rate. Some might split the fixed rate portion so that the fixed rates applied to each portion expire at different times (spreading the risk). And whether fixing or re-fixing, borrowers dealing directly with their bank shouldn't accept that the rate offered by their bank is the best rate they can expect. There is often some negotiation available and Mortgage Advisers can negotiate with the bank on your behalf.

Before making a commitment to fix or re-fix, give some consideration to your future plans. If you are likely to repay the debt (perhaps from sale of the property) within a certain timeframe, you might want to

consider fixed-rate terms that are shorter than that timeframe. If you fix for a longer term and repay your loan before expiry of the fixed rate, you might incur break costs. Thinking about the future before fixing or re-fixing will help reduce the chances of break costs being incurred.

We ask our clients a range of relevant questions (at the outset, and when fixed rates are due to expire) before recommending a structure that we believe is likely to work for them.

If you're not sure what option (fixing or floating) is best for you, get in touch with a specialist Mortgage Adviser who can provide personalised advice and talk you through the options. Mortgage Studio offers free, no-obligation mortgage reviews to new and existing clients, so what have you got to lose?

**Wayne Lawrie is a Registered Financial Adviser specialising in mortgages. His disclosure statement is available free of charge, upon request.**

A question that new borrowers face is how to set-up/structure their home loans. Apart from determining their preferred loan term, borrowers also need to decide how best to use the available interest rates to their advantage. We recommend that existing borrowers/homeowners also check that their loan structure suits their current circumstances and goals.



Looking to buy your first or next home? Wondering whether you can do better than your current mortgage? Advice from a specialist Mortgage Adviser could save you time and money. Best of all, it's free!

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## The Hibiscus Hospice's 13th annual Art Exhibition and Sale



Back by popular demand, Hibiscus Hospice are hosting their 13th Art Exhibition and Sale over Queen's Birthday weekend at the Estuary Arts Centre in Orewa. With over 400 wonderful works of art, this is the largest exhibition held on the Hibiscus Coast!

Twenty new artists will join old favourites, who include Sarah C, Pamela Cooper, Sonja Drake, Dulcie Draper, Lisa Grennell,

Kairava Gullatz, Donna Massey, Charlie McKenzie, Murray Stuart and Pottery by Sue. Artists will exhibit works using acrylics, watercolours, pastels and oils on paper, canvas and board. Plus, a range of ceramics, glassware, photography and giclée prints, perfect for indoors, outdoors and as jewellery.

There is something to suit every taste and budget, with works ranging from just \$20 to over \$2,000!

A percentage of all sales will help patients and families in the local community living with a life-limiting illness receive free palliative care and support from Hibiscus Hospice. Many artists kindly choose to donate their works for the auctions, where 100% of the proceeds raised are donated.

Shoppers can enjoy a wonderful piece of art, while making a valued contribution towards providing free palliative care to families in our local community.

The exhibit opens with a ticketed preview and auction on the evening of Thursday 31st May. Tickets are \$25.00, available online at [www.hibiscushospice.org.nz](http://www.hibiscushospice.org.nz) or call (09) 421 9180.

**The Hibiscus Hospice's 13th annual Art Exhibition and Sale is on over The Queen's Birthday Weekend, Friday 1st June - Monday 4th June 2018, at the Estuary Arts Centre, 214B Hibiscus Coast Highway, Orewa. Entry to the art exhibition will be by donation, with EFTPOS available.**



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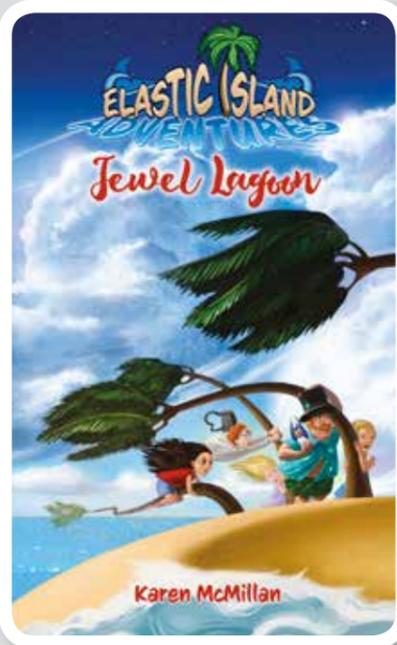
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# millwater *book of the month*

Elastic Island Adventures: Jewel Lagoon by Karen McMillan



Karen McMillan, author of twelve books, including *Brushstrokes of Memory* and *Everyday Strength*, and a regular reviewer of books for our monthly feature, provides a personal preview of her forthcoming children's book *Elastic Island Adventures: Jewel Lagoon*, which has already been optioned by a movie producer.

'Some years ago, I wrote a children's book *Elastic Island Adventures*, purely for fun, and some of the characters are inspired by stories I wrote as a child that were serialised in the children's pages of a nationwide Sunday newspaper. The manuscript had been forgotten while working on other book projects – but, late last year, I decided I wanted to do a book project I could enjoy with my husband's granddaughter, Milla, who has recently turned ten and is mad about books. With the view of this being a low-key, fun family project we could enjoy together, I dusted off the original manuscript, and I've started work on book number two with input from Milla, which has been a huge amount of fun!

Life can be full of surprises, however! Just before Christmas, I was offered a two-book publishing deal, and the series has been optioned by Fuzzy Duckling Media, who are looking to develop the book into a feature film. So; my low-key fun family project has suddenly got a little bigger than first intended! Of course, as far as a possible movie goes, this will all take time, but it's exciting to see the first book publishing in NZ and Australia on 7 May, and there is lots of interest from other markets also. The second book, *Elastic Island Adventures: Port Mugaloo*, will be publishing in September.

*Elastic Island Adventures: Jewel Lagoon* is the first in an exciting series of books for children aged 8 – 12 years, an action-adventure set in the South Pacific. Four children discover an 'elastic' island that can send them pinging across the ocean to a variety of tropical island destinations. There is feisty, outspoken Kiri, who often acts before she thinks. Emma, her best friend, shy, bookish and dreamy. Ethan, Emma's twin brother, who loves gadgets and inventing things and who is ever-so-annoying. Finally, there is Jed, the new boy in town, a born leader and athlete.

Landing at Jewel Lagoon on Trinity Island, the children quickly find themselves in trouble. But even with help from the colourful creatures they meet – Pangali the Platypus, Olaf the Giant, and Big Wig and Wee Wig Knockulous – will they be able to return home safely?

I hope children will enjoy reading the first book in the series, as much as I've enjoyed writing it!

Karen McMillan, author of *Everyday Strength* and *Brushstrokes of Memory*, [www.karenm.co.nz](http://www.karenm.co.nz)

## Millwater Women's Group

On a gorgeous sunny day, we were all treated to an entertaining and informative talk at historic Coudrey House & Gardens. The property is situated in Wenderholm Regional Park, which is a popular picnic and beach destination for families from near and far.

Our tour guide, Carolyn Reid, is a descendant of the last owners of Coudrey House. Carolyn was able to impart many lively occasions which occurred in this historic home. A highlight was a visit from Queen Elizabeth II and the Duke of Edinburgh on the 29th of December, 1953.

The whole of this area, including Waiwera, was first owned by a Scot, Robert Graham. Over the years, the house had several

owners until, in the latter years, it sadly fell into disrepair and it was nearly razed to the ground. Fortunately, the last owner, Tim Coudrey, could see the potential of the House and set about a full and expensive restoration. Coudrey House was taken over by the Auckland Regional Council 1964.

Our outing was rounded off with a delicious lunch at Walnut Cottage.

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

## MASONIC LODGE OREWA

The local branch of Freemasonry in Orewa is alive and well



We organised an OPEN DAY last year, when we opened to the public our Lodge Room in Centreway Road, Orewa. As a direct result, boundaries on Freemasonry knowledge were expanded and Lodge Orewa gained several new members, which is the second year this has happened. An OPEN DAY is planned later in 2018.

The aim of Freemasonry is to make "Good men Better". Over the years, many men of high calibre have become members. These have included Members of Parliament, Governors General, Prime Ministers, top sportsmen and business leaders in New Zealand. In England, HRH the Duke of Kent is

the current Grand Master of the United Grand Lodge of England

Charitable service and caring about people are cornerstones of Freemasonry. The Freemasons' Charity provides support to individuals/groups and in so doing has established many a University Chair providing further study opportunities e.g. the Chair of Gerontology (the science of ageing), the Chair of Paediatrics and the Chair of Neurosurgery – all established by the Freemasons in NZ.

Freemasons' Scholarships were established in 1992 as reward for academic excellence, in eight universities throughout New Zealand. To date, over \$4.6 million has been presented to 1,000 graduates over recent years. These scholarships are in two kinds – postgraduate scholarships worth \$10,000 and university scholarships worth \$6,000.

The Freemasons Charity also provides funding for locally-based projects organised by Lodges. One such project undertaken by Orewa Lodge provides financial support, by way of intervention, for dyslexic children in local schools. So far, 450 children from 15 local schools (many near to Millwater) are benefitting from this Orewa Lodge project. Feedback from the schools involved indicates that the project is highly successful and is changing the lives of these "needy" children.

For more information on Freemasonry or this project, contact Peter Packard. Tel 09 427 5718 or email [peter.packard@xtra.co.nz](mailto:peter.packard@xtra.co.nz)

# SIREN

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# pharmacytalk

## Spoil Mum with Natio this Mother's Day



### Plant-based beauty range

Natio combines the finest natural ingredients with 100% pure essential oil blends. The result is a plant-based and easy-going beauty regime, offering you healthier, more radiant skin. The purity and therapeutic benefits of essential oils are far superior to the synthetic fragrances common to most beauty care. Natio's gentle, plant-based formulations work across a broad range of skin types.

### Designed for a contemporary lifestyle

Natio products truly value and embody a refreshing spirit and

lifestyle – natural, easy-going and refreshingly real. Natio's skin care offers sound protection from the harsh climate and environment. Natio's colours reflect the open and unpretentious style of the natural New Zealand and Australian beauty culture. Rich in essential oils and botanical extracts, Natio's range of skin care and cosmetics is effective and uncomplicated.

Natio caters for women and men and includes nurturing products for the face, body, eyes and hair. Reflecting the relaxed lifestyle for which New Zealand and Australia is famous, the Natio range is impressively flexible and easy to use. It leaves you free to experiment and to discover your own natural beauty. It gives you the freedom to be yourself.

### Aromatherapy

Natio's skin care range was created using the principles of aromatherapy. Aromatherapy focuses on precise blends of pure essential oils extracted from aromatic flowers and plants, to balance, treat and relax mind, body and spirit. Essential oils communicate the life force and healing power of plants and work to balance and boost the body's natural beauty systems. Natio's essential oils are carried by pure plant extracts, which also help to moisturise, nourish and repair.

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## Stress – and what Helps



Modern life can be stressful. Whilst, in many ways, through electricity, technology and invention, day-to-day life is incredibly easier and more comfortable than, say, 50+ years ago, in other ways life has speeded up. We are bombarded with information, have to make more and quicker decisions in both work and home, keep up with a faster pace of life, and it is stressful! Different stresses compared to long ago, but taxing on your adrenal system and with cortisol levels raised ongoing, which is not good. Digestion and nutrient intake is majorly affected by stress! The mental stress eventually becomes physical health problems.

Science around the world has shown that there are natural herbs that are very helpful in moderating and increasing

tolerance of mental, physical and environmental stressors.

Rhodiola is a plant from Eastern Europe. Studies show that the active compounds in Rhodiola (e.g. Rosavin and salidroside) enhance the transport of serotonin precursors into the brain and inhibit the degradation of mood-elevating transmitters – hence a better frame of mind to handle stress. Also, the mental-enhancing effects for learning and memory skills were noted and improvements have been shown after 10 days' treatment with Rhodiola! We could all have a bucketful of that!

Siberian Ginseng is a more well-known natural remedy for stress. This herb helps normalise the way in which the body responds to stress triggers and acts to regulate the manufacture and secretion of adrenal hormones. It also strengthens the adrenal glands themselves, which is especially important to those suffering from chronic stress. And, whilst non-specific, it was noted that it may help restore proper neurological function to the central nervous system after long-term stress.

Ashwaganda is another extensively scientifically-researched herb. Numerous studies show ashwaganda to be superior to even panax ginseng as an anti-stress adaptogen, and it increases tolerance to various stressors.

You can help yourself considerably if the need arises. Just come on in to Health by Logic to discuss what's right for you!

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# themillwaterinsider

## Stoney Homestead Community Hub

Our full contact information is:

Address: 12 Galbraith Greens, Millwater; Email info@stoneyhomestead.org.nz; Facebook @StoneyHomestead; and Phone 021 0267 9111

## Millwater's Night at the Union

Saturday 12 May  
6:30pm – late

A private event for all of Millwater to enjoy! If you haven't already booked for this awesome night, it's time to do so. You need to have your name on the booking list to get in the door. This is a night for you and your partner to get out, kick up your feet to some live music and enjoy the company of your neighbours! You'll get a free drink on arrival and enjoy live music for the evening.

There are 2 different meal options – either a sit-down set menu or platters/pizzas at the bar leaners; or you may just wish to come along for a couple of drinks.

Mike Pero Millwater are providing a bus to get you there and back, which will travel around various pick-up points in Millwater, for those who book this service early.

Prize draw(s) on the night!

TO BOOK Call Mike Pero Millwater on 09 426 6122 (See advert on page 35)

## Millwater's Street Lighting

Auckland Transport are in the process of changing the street lighting in Millwater. Here is a copy of the letter from the Project Manager at AT to a Millwater resident:

"We are in the process of a regional "LED Retrofit Programme" to change all HID (including HPS) luminaires to LEDs. All faulty HPS luminaires are replaced with LEDs now and the light outside your property is the first to be retrofitted in Walter Crescent. There was likely a fault with the old HPS luminaire.

The LEDs have safer white light and significant energy cost-saving. The remainder of the street lights in your area will all be replaced with LEDs in the next year or so.

The LED luminaires enable us to get better control over much unwanted light spill than the old HPS. Please phone the Call Centre (09 355 3553) if the white light spill into your property is a problem. We can fit a shield, which will direct the light away from you."

Chris Mooney  
Project Manager – Streetlights North/West

## Rodney District Sports

A new sports club has been formed to cater for Millwater, Milldale, Orewa, Wainui and surrounds. You can read all about it on page 17. To keep up to date with events, head to their Facebook page 'Rodney District Sports'.

## Dealing with Emergencies

Millwater mostly escaped the worst of the power outages from the bad weather last month but we thought that it would be good to remind everyone of the information they would need in the event of an emergency – remember: you may not even be able to connect to the Internet in the event of a serious power outage that affects cell towers and Internet hubs.

One of the best places to research what you should have in your home at all times, and where to go if your home is uninhabitable for any reason, is the Civil Defence website. Here you will find recommendations about survival kits and Report Centres, plus a lot more. Head to <http://www.getthru.govt.nz/how-to-get-ready>.

We suggest you read up now – and take action accordingly!

(The power in Millwater actually went out as we were writing this on Friday 20th April– what a timely coincidence and reminder!)

## New Millwater Park

A playground, half court, fitness station and toilet are all planned for a new park in Millwater. Hibiscus and Bays Local Board has approved concept plans for a park to be built at Bonair Crescent. Local Board chair Julia Parfitt says the park, located at Millwater's southern end, will be a valuable addition to the park network: "There will be lots to do at a park which has something for everyone."

Work is expected to start on the park in the next few months and it will feature:

- a large lawn area for ball games;
- a half court with basketball and netball hoops;
- a playground with a rope climber, see-saw, slide, basket swings, in-ground trampolines, wobbly goals and a fitness station; and
- a network of paths around its perimeter.

As well as the park, the developer will also plant natives in the reserve and build a path network through the length of the reserve.

(Editor's note: The Millwater Mag would like to see some action on the long-promised landscaping in our Butler Stoney Park!)

# Millwater 區內情報要點

## Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊  
地址：12 Galbraith Greens, Millwater  
電郵: info@stoneyhomestead.org.nz，聯絡電話：021 0267 9111. Facebook @StoneyHomestead

## Millwater's Night at the Union

5月12日星期六晚上6:30 - 深夜

这个是专为Millwater居民举办的活动！如果你还没有预约这夜的聚会，现在还不迟！您需要在预约名单上注册才能参加。这会是一个让你和你的伴侣难忘的夜晚，来一起欣赏现场音乐及起舞，来认识您的邻居！您将在抵达时获得免费饮品，当晚会有现场音乐表演。

当晚会有两种不同的餐点可供选择 - 分别是套餐或是装在大盘的精致美食 / 披萨饼; 您也可只来喝几杯凑个热闹。

Mike Pero Millwater会提供小巴士接送服务，在Millwater接送大家，若您希望能享用此服务请提早预约。

当晚还有抽奖时间！

请致电09 426 6122 Mike Pero Millwater预约（详情请参阅第35页上的公告）

## Millwater's Street Lighting

奥克兰交通局正在改变Millwater的街道照明。以下是交通局项目经理给一个Millwater居民的回信：

"我们正在制定区域『LED升级计划』，将所有HID（包括HPS）灯改为LED。所有故障的HPS照明设施将会由LED取代，在您家外面的灯是Walter Crescent中第一个改装的灯。旧的HPS灯可能存在故障。

这些LED具有更安全的白光和显著的能源成本节省。下一年左右，您所在地区其余的路灯将全部用LED替换。

LED灯使我们能够比旧的HPS更好地控制大量不必要的光线溢出。如果射出的白光对您购成不便，请致服务中心(09 355 3553)。我们可以装上一个遮光装置，将光线引导去另一个方向。

Chris Mooney

奥克兰北/西区路灯项目经理

## Rodney District Sports

最近有一个新的体育俱乐部成立，以满足Millwater、Milldale、Orewa、Wainui和周边地区的需要。您可以在第17页阅读全部内容。要了解最新的活动信息，请留意他们的Facebook页面'Rodney District Sports'。

## Dealing with Emergencies

上个月，虽然大部份的Millwater街道都逃离了因恶劣天气造成的严重停电事故，但我们认为需要提醒大家，如果发生紧急情况时需要注意的事项：请大家记住：发生状况时您可能无法连接到互联网，在发生严重的停电事件时也会影响到手机信号塔和互联网中心。

民防部Civil Defense网站提供了很多有用的资讯，包括家中任何时候都应该为防灾预备什么，以及若房子损坏了无法居住时要往那里去。在这网站您可以找到有关生存工具包和报告中心的建议，以及更多资讯。请前往<http://www.getthru.govt.nz/how-to-get-ready>。

我们建议您尽快阅读这些资讯- 并采取相应措施！

(当我们在4月20日星期五写这个专栏的时候，Millwater刚巧停电了 - 这是一个及时的巧合和提醒!)

## New Millwater Park

好消息，Millwater新的公园刚得到芙蓉和海湾区域委员会批出概念图，在Millwater Bonair Crescen的新公园会设有游乐场、操场、健身站和厕所。

区域委员会董事会主席Julia Parfitt说，位于Millwater南端的公园将成为公园网络的一个重要补充：“这个公园里将会有很多不同的设施，可以满足不同人士的需要。”

预计未来几个月将会开始动工，公园特点如下：

- 一个大球场草坪区;
- 篮球和蓝网球圈的半场;
- 有绳索攀登、跷跷板、滑梯、篮圈秋千、地面蹦床，和健身站的游乐场;及

\*围绕其周边的行人路径网络

除了公园之外，开发商还将在保护区内种植原生植物，并在保护区内建立一条行人路径网络

(编者注：Millwater Mag倒是很想看看市政府长期承诺景观美化的Butler Stoney Park在何时会有行动!)

# millwaterRomeos



The Millwater ROMEOS (Retired Old Men Eating Out) undertook the planned trip to the North Shore Aero Club, along with a tour to aeroplane restoration. The latter took over the day.

Stan Smith has built up over the years a fantastic business of aeroplane re-build and restoration; of aircraft dating from 1939 to the present day. His business site is at one end of the Dairy Flat Airfield and it includes many sheds, 3 of which we went through. Other buildings include spare parts, for which there is a world-wide demand, and one for engine reconditioning.

He and his wife began the business after Stan had returned from England, where he was employed rebuilding and restoring aircraft after his early life with the NZ Air Force.

He still has his Private Pilot's Licence and a great passion for his work. He entertained us with his stories and experiences; including anecdotes of his time in the RAF in wartime England. He could have carried on for much longer as he captivated our attention.

Aeroplanes in various stages of repair include the Moth Minor, Moth Major, Moth Fox, Dragon, Hyper Cub, Auster, Aeronica, Mile Gemini, Procter V, Yak 52 and many more. Among all these are an MGA car, Jensen 541 and a Sunbeam Tourer 169.

A very entertaining time concluded with a very enjoyable meal at the Wainui Golf Club, followed by afternoon refreshments at the home of the organiser.

## Itching, cramping, aching legs?

It could be time to get your veins checked.

If you've been experiencing itchy, cramping or aching legs, it could be your veins. The symptoms aren't always visible, but if left untreated, varicose veins usually deteriorate. At Skin Institute we offer a range of effective, long term, non-surgical options.

A GP referral is not required to come and see us, and you can 'walk in, walk out' from treatment. Our expert team is friendly and professional, and we can help you with everything, from the initial assessment right through to post-treatment care.

Call Skin Institute Silverdale on 09 426 0400 to book your veins assessment or visit [skininstitute.co.nz](http://skininstitute.co.nz)



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We believe design is the key to a happy home owner. Great design will create a home your family will love to live in.

Our designs are generous in both proportion and finish - no wasted space or dark corners. They are light and bright with high ceilings and big windows. Our homes are all about lifestyle.

### Our Peace of Mind Policy

Madison Park Homes takes the 'hit and miss' out of building.

We make the journey as stress-free as possible giving you transparency, price certainty and clarity, together with the highest level of quality and service. You know you can depend on us through every phase of your build.

Madison Park Homes is a building partner you can trust.

**Never Ordinary** means your home will capture your flair, your needs, your personality and will be unique to you. We will work with you to achieve this and make the process enjoyable.

We engage some of the best architects in the business. Our **Never Ordinary range** provides clients something different and unique. Our **Competitive By Design range** combines budget and good design to achieve the ideal dream home.



Madison Park Homes are Master Builders. You know you can rely on us for a quality build, open lines of communication and a fully transparent process, especially around our atten-

tion to cost. Our builds are environmentally friendly, healthy homes incorporating the latest build technology making best use of cooling, airflow, energy and insulation systems.

We can help you optimise your own section or lifestyle block or build a home on land we own in north and west Auckland. Madison Park Homes has the capacity and ability to work one-on-one with you to personalise one of our plans to your exact needs.

Our goal at Madison Park Homes is to build you a home you'll never want to leave.

Call us or call into our Orewa Design Centre. We would love to meet with you and discuss your home building plans and dreams.

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# Fabulous Flowers



Shakespeare's Juliet famously said: "What's in a name? That which we call a rose. By any other name would smell as sweet." Emma Gong's second Fabulous Flowers shop, just opened in the new Silverdale Mall, already has the sweet smell of success – success that has grown out of three years' experience gained at her other Fabulous Flowers shop in the Coast Plaza at Whangaparaoa, which will continue to serve regular customers and repeat corporate business orders.



Emma is a devoted florist who lives in Millwater, having brought her love of flowers to New Zealand 10 years ago, and she is now proud to offer much more than just Fabulous Flowers. Her new Silverdale Mall shop provides also a wide choice of gifts that will enchant and delight: from candles and

scent diffusers to quality toys, music boxes and chocolates, to silk flowers, organic tea and much more.

Providing consistently high quality demands a 4:30am start and close inspection of the blooms as soon as the flower market opens and before the auctions begin. Emma says, "Having already received orders for weddings, birthdays, anniversaries and other major events, plus needing to keep our two shops fully stocked for our regular and new customers, means that I am always ready to buy the best; to stay ahead of the rest."



Fabulous Flowers has a strong community involvement and is a regular supporter of many local schools and other community activities, with the small and happy team always ready to go the extra mile to deliver that something special. From a single bloom to a flower-filled room, Emma and her team will select and deliver the very best available.

The new Silverdale Mall shop is bright with coordinated colour everywhere you look, and there is so much to see and enjoy. Friendly advice comes at no cost, to ensure that you will always leave with a choice of blooms and/or gifts that will provide excellent value for money.

**Fabulous Flowers: Live Local – Serve Local – Support Local**

**Silverdale Mall (09) 947 5920 and Coast Plaza Whangaparaoa (09) 428 7047**

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

# Rodney District Sports



Rodney District Sports (RDS) is being formed to cater for the future of the area; hence why it is not just Millwater. It will include Millwater, Milldale, Orewa, Wainui and all surrounding areas, to complement existing clubs in the wider region. Other sporting codes (including a number that are already operating successfully out of Metro Park) will be included as we build the organisational structure.

RDS now has access to the Puhoi Football Club facilities as we form effectively a joint venture with Puhoi, to mutually promote positive growth in the sport and community engagement. We will be looking to develop mutual events, to promote patronage and participation as we grow RDS.

The kids' football will include home and away games between Metro Park and/or other grounds around the Millwater area and Puhoi Football Club, starting over the next month. We also now

have a team slot ready to play in the NFF competition under Puhoi commencing next week ... it is all on!

This is a great opportunity for the Millwater and wider Rodney District to build a new club around our community values and to accommodate sporting participation for our kids and us older brethren, and without the challenge of travelling or the need to pay excessive fees.



As we formalise the arrangement further, more information will be shared as it becomes available.

We will commence a registration process formally in the very near future. Keep an eye out for further posts.

Please join our Facebook page for regular updates and events.

**FB Group: Rodney District Sports**

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2. **Self-Care** reduces all the negative effects of stress. Stress breaks down your mind and body. Taking care of yourself keeps stress from taking over, so that you can keep functioning at full capacity.

3. **Self-Care** help you to refocus. Take a break: breaks are the epitome of Self-Care and will in return help you to perform better.

**To sum it up:**

Self-Care is not a reward – it is part of the process.

Always make time for yourself.

The better you take care of yourself, the better you can take care of others.

**Amelia | Beauty Aspects**

May is Mothers' Day month and I thought that this is a very relevant topic: "Self-Care"

Most of us are overwhelmed at work, have tons of housekeeping at home and calendars filled with overdue tasks. With no time for all these things, we start to stress and the first thing we let go of is "Self-Care"

...and this is the worst thing you can do.

**SELF-CARE** actually helps you make progress faster, and here are a few reasons:

1. **Self-Care** prevents overload burnout. Pushing yourself to the point that you can't take any more results in you just giving up.

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But here's the irony: while we don't hesitate to ensure

our house, its contents, our car or boat, many of us neglect to insure what is undoubtedly our most valuable asset – ourselves, our health and our ability to earn income.

Consider this: a person aged 40, on a salary of, say, \$75,000 per annum and with 25 years (or more) income-earning ahead of them. That comes to \$1.875 million. That's certainly worth protecting!

Over time, one's personal situation, risk exposures and family protection needs can change. If you presently have insurances in place, a periodic "warrant of fitness" insurance review is an important way to identify such changed needs and to make any appropriate amendments to one's insurance covers.

Alternatively, if you have no personal insurances in place, you may wonder where to start – as it can all be a bit confusing and scary. It's our job to work with you to come up with a plan that provides you with security and peace of mind for you, your family and your business.

All insurance companies have their specific "sweet spots" – it's the insurance specialist's job to find the best "sweet spot" for you in terms of the type, quality and level of cover, as well as – of course – competitive cost!

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*UProtectNZ Insurance Services*

*Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He can be contacted on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis.*

*Theo's disclosure statement is available free of charge on request.*

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# millwatergrain

...and now for something much more different. a single grain whiskey from Ireland.

Unlike most other Irish whiskeys that are triple-distilled, Kilbeggan 8-year-old Single Grain (formerly known as Greenore Single Grain) is distilled twice before being aged in ex-bourbon oak casks. The term 'single grain' refers to a whiskey made in a single location using malted barley and at least one other grain. Kilbeggan single grain is 94% corn, with the other 6% being malted barley.

Rather than using the more conventional pot still, distillation of the Kilbeggan is in a column still lined with copper, which is physically too tall to fit in the original 1757 Kilbeggan distillery, so it is produced at the sister Cooley Distillery, located in the foothills of the Cooley Mountains in Ireland.

**Colour:** Pale; a field of wheat backlit on a sunny day.

**Nose:** Vanilla with toffee or honey overtones. Sweet cereal, mixed fruit jelly.

**Palate:** Very complex for a single grain whiskey; and the sweet toffee is there, too. A hint of bittersweet nut chocolate. Young whiskey oak vanilla comes through, giving a little tannic note but not at all unpleasant. Very smooth and lovely.

**Finish:** Honey and milk; but then lingering oak and a slightly nutty, spicy ending.

**Conclusion:** A top single grain whiskey at the price – and I need to try the 12-year-old soon! 700ml, ABV 40%, target price under \$70 (we bought ours online for \$72 including courier)



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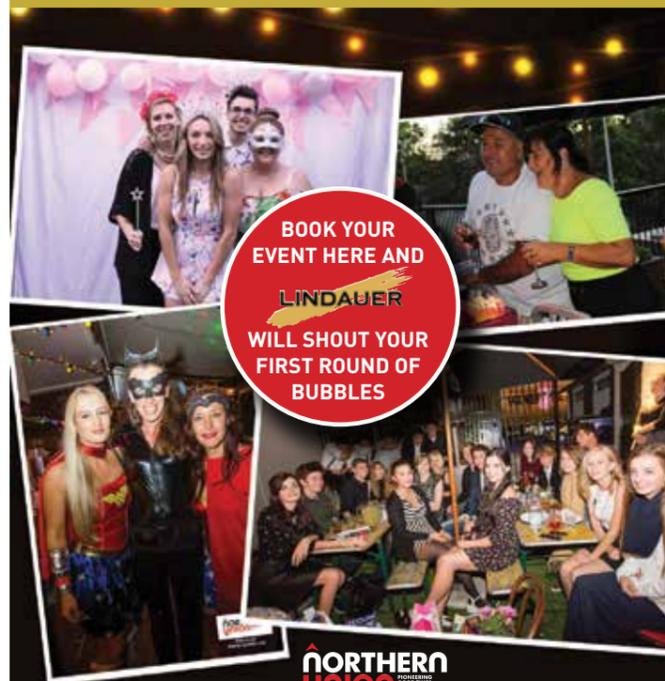
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\*New claims only. Must present advert. Expires 30.6.18



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www.peakpilates.co.nz

## CELEBRATIONS AT THE UNION



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# millwaterbizbuzz



We all welcome solution providers, especially for children's parties, and Charlotte Bramwell's innovative and uniquely NZ solution is "Sleepovers – Best Kid's Party Ever"

Charlotte is a stay-at-home mum and former owner of a successful gym business that she sold when her boys came along. Never one to sit back, Charlotte looked for, found and developed a brilliant idea for entertaining children in their own homes – and so Sleepovers was born.

"After the first-ever Sleepovers party, the word spread quickly and orders came flooding in," Charlotte told us. "Although I started the business from my own home, the instant success in Millwater demonstrated that we needed more storage, so we now have our own warehouse facilities at Upper Harbour Highway." Realising also that the concept was scalable, Charlotte recruited other mums and Sleepovers is now right across Auckland. Her website provides all you need to know about a Sleepovers kid's party, also offering the opportunity to become part of this successfully growing business.

Instead of locating venues for your children's parties, you book a party that is held in your own home. Kids love play-acting and a themed tent party satisfies even the wildest imaginations. Children and parents benefit from having a Sleepovers party,

which encourages children participation, fun and laughter, creating lifetime memories of their sleepover. Parents benefit from an easy, worry-free and no-mess party held in the familiar comfort and security of their own home.

You simply select from the many options and book directly with Charlotte. All the materials are delivered to your home, exactly on time. "We work on a one-hour set-up on party day, with a 20-minute pack-up next day," said Charlotte. "We provide all our own, specially designed and made tents, accessories and party stuff for your children's themed Sleepovers party."



If you want to organise your own party, there are DIY options also – you choose and book before collecting from Sleepovers' own warehouse. "Costs are lower and it's quite easy to manage," added Charlotte, "but you do have to do some of the work yourself, including collection from Upper Harbour Highway, set-up and return of all the party materials."

The best ideas are often the simplest, only requiring the addition of imagination for them to become successful businesses. Charlotte Bramwell has used her business skills and clever imagination to deliver a superb local business.

[sleepovers.nz](http://sleepovers.nz)



With the introduction last month to East Bay Rods' founder-member Ken Logan and his beautiful yellow Ford Coupé came a further introduction to neighbour, friend and fellow hot rod enthusiast Bill Smith – who hand-built the individually designed, gleaming replica hot rod that we see here.

Local Bill Smith grew up around modified cars from being a young teenager and he served his motor mechanic's apprenticeship with N T Gatman Limited in Silverdale, also working for a time at Cranefields. The love for hot rods is a family thing that goes way back, and also includes his sister who had a T-bucket that has featured in Hot Rod Magazine. Not your average motor mechanic by a long way, Bill has owned a succession of cars that have responded well to his practiced eye and attention to hand-detailing artwork – and he has another future project that sits in the garage alongside his son's special 'rod.

The car we see here began in 1993 as just the bare chassis rails, to which a 350 Chevy motor was married. He then added the differential from an early '64 Mustang and fitted a custom front-end. The seriously impressive race car manifold with 6 carburetors you see here was another improvement that Bill picked up at a swap meet.

A yacht-builder friend taught Bill the best way to apply the fibreglass bodywork that is hand-built on the tubular frame that Bill designed and welded himself. "Everything you see on the car has been hand-made and/or modified over the 10-year build," Bill told us, "you just won't see another like it, anywhere."

One of the more expensive parts is the individually designed and made radiator that sports the skull emblem inspired by the grille insert on one of the cars owned by Billy Gibbons of ZZ Top fame. "I even got to meet Billy," Bill said, "and I have his autograph on one of my hot rod magazines."

With the car initially being built as an open roadster, Bill then added the canvas lift-top that is featured here, hand-stitched by Bernie Beckett and perfectly complementing the gleaming red metal-flake paint. The custom, matching steering wheel sits in front of the special instrument panel that Bill's wife Lynette found for him in a hot rod shop in the USA. The completed car featured on the cover of issue 22 of Jammin' Gears magazine in 2008, as 'Wild Bill's T' – and, although no doubt paying homage to Ford's famous Model T, we believe that the 'T' reference could also mean 'Wild Bill's Treasure'.



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



# millwaterproperty

Every month Mike Pero Real Estate Millwater assembles a comprehensive spreadsheet of all the recent sales in the Millwater area that reviews the full range of residential transactions that have occurred.

	March 2017	Feb 2018	March 2018
Number of Sales	9	14	16
Median Sales Price	\$1,200,000	\$1,197,500	\$1,127,500
Highest Sale Price	\$1,328,000	\$1,690,000	\$1,350,000
Lowest Sale Price	\$1,000,000	\$1,075,000	\$926,000
Average % price to CV	* pre 2017 valuation	2.60	-2.97
Average Floor Area (sqm)	233	250	227
Weighted Value Index	1360	1365	1358
Average Days to Sell	58	82	123

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 misinterpreted on compilation. Furthermore these figures are recent sales from all agents in the area. Data is gathered from Property Guru and REINZ.

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

Grayson Furniss  
**Franchise Owner**  
**MILLWATER**

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**mike Pero** | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

## propertytalk

The sales figures for March show a consolidation on the result for February; sales volumes are up for the month on both February and March 2017. This result reflects our long-held belief that the local Millwater market is heading into a period of stability. While other areas are now seeing more significant downward pressure on sales price, Millwater has to a certain extent already swallowed that bitter pill and we are now seeing prices settling at around current levels.

While there are some concerning numbers in this month's figures, namely the median price and the days to sell, we can see that these are both exceptions to the general rule. The median price took a tumble last month on the back of some low-value and smaller properties selling, skewing the median slightly. Likewise, with the days to sell, this reflects a number of properties selling (11 out of 16) that were marketed prior to Christmas and subsequently losing the best part of 60 days of selling time over December and January. We would expect these numbers to normalise in coming months.

And on the subject of coming months, we are expecting a lot more of the same. There will be some sell off of investment stock over the coming months, as investors seek higher rates of return elsewhere or wish to avoid the impacts of ring-fencing losses as proposed by Government. This will be unlikely to have a significant impact on supply, as the timing on this sale will depend on the end of fixed-term tenancies. We are still seeing a supply drop occurring somewhere along the line this year, most likely over winter when resale listing numbers drop and we see the impact of reduced spec home building locally.

The improved buyer activity of February and March has continued, with reasonably high numbers coming through open homes and some improvement in actual purchasing activity. This has resulted in some great sales in recent weeks, confirming our belief that, when we match the right house with the right buyer at the right time, good things happen. The difficult part for vendors right now is that match may happen in the first day on the market or it may take a number of weeks to get there. Buyers remain fickle and picky, with the wish list of "needs" seemingly growing each month. The same reality awaits them as has been always the case in Millwater; if the perfect house does exist, it will also be perfect for someone else, so you are likely to be in competition with other buyers and end up with an imperfect price (for the buyer). Our advice is always the same – write a list of your top 10 needs/wants, including price. If a house gets past 6 on the list you need to be seriously considering it; if it's past 8, buy it.

As always, I am more than happy to discuss any of this content in more detail if you want to call or email me. I will be equally happy to provide you with a free, no obligation indication of where your property may sit in this confusing market.

**Grayson**

Mike Pero Real Estate, Licensed REAA (2008)

**mike Pero**

0800 000 525



**ELEVATED SPLIT-LEVEL DREAM**

4 2 2

[www.22outlookterrace.com](http://www.22outlookterrace.com)

**22 Outlook Terrace, Millwater**

If great design and build quality are important to you, if you are seeking a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list! A beautifully crafted family home which sits mostly on one level, with the garage and second living area a few stairs up. This well-conceived split allows all the bedrooms and main living to be on the same level and allows easy flow to the outdoor decking and garden. A covered outdoor area sits on the northern side of the house, neatly tucked away from the prevailing wind, ensuring your outdoor entertaining is sheltered, warm and private. Packed full of extras and design features, this is the builders' own home, where no corners have been cut and the quality is evident. If great design and build quality are important to you along with a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list!

[www.mikepero.com/RX1428694](http://www.mikepero.com/RX1428694)

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**GOOD AS NEW (IN FACT, IT VIRTUALLY IS!) EX UNIVERSAL SHOWHOME**

4 2

[www.41andrewjackroad.com](http://www.41andrewjackroad.com)

**41 Andrew Jack Road, Millwater**

Built by Universal in approx. 2016, this property is located on a popular street in ever-popular Millwater, and is offered to the market with genuine determination by vendors who have had a change in plans. Inside this contemporary home four large bedrooms are complemented by a well-appointed bathroom and a separate toilet, with the study adding options and versatility. The modern kitchen features all the necessary bells and whistles, and the spacious lounge offer seamless indoor/outdoor flow, opening out to garden area and a private patio where precious time with friends and loved ones can be enjoyed, while the easy-care nature of the section ensures leisure time will be spent relaxing rather than maintaining your property.

[www.mikepero.com/RX1430235](http://www.mikepero.com/RX1430235)

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THE TOTAL PACKAGE!

5 2 3

[www.13veracourt.com](http://www.13veracourt.com)

13 Vera Court, Millwater

There's a lot to love about 13 Vera Court, a warm and inviting home that's superbly located in a quiet cul-de-sac and is ideal for families of all shapes and sizes. No corners were cut and no details overlooked in the planning and construction of this stylish home, which forsakes nothing when it comes to functionality.

Five generously-proportioned bedrooms are complemented by a large family kitchen and three bathrooms. Open plan living/dining plus a separate living area on the lower level are perfect for entertaining and enjoy seamless indoor/outdoor flow. An additional living area upstairs provides extra space for the family to unwind. The outdoor area offers unrivalled privacy and a variety of different areas to choose from. Please call us for more information.

[www.mikepero.com/RX1369080](http://www.mikepero.com/RX1369080)



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STUNNING AND SPACIOUS SINGLE LEVEL

4 2 2

[www.8timberlanddrive.com](http://www.8timberlanddrive.com)

8 Timberland Drive, Millwater

Without a single stair in sight this spacious (231m<sup>2</sup> approx) single level property sits very comfortably on an extra large 675m<sup>2</sup> (approx) flat easy care section. With a stunning reserve outlook, fantastic outdoor living spaces and numerous quality touches throughout, this is a home with a broad buyer appeal.

- stunning open plan living area
- generous modern kitchen with engineered stone island bench and large 900mm gas stove
- easy flow to a choice of outdoor living options
- master bedroom with ensuite including spa bath, walk in wardrobe and own private deck access
- separate laundry

[www.mikepero.com/RX1448394](http://www.mikepero.com/RX1448394)



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0800 000 525



FINE TUNED FOR FAMILY LIVING

4 2 2

[www.18percygreens.com](http://www.18percygreens.com)

18 Percy Greens, Millwater

Families craving space will instantly be drawn to this immaculately presented home. Inside, the home boasts four bedrooms, two bathrooms (master ensuite) and two living areas. The hub of the home centres around a modern kitchen complete with all the necessary bells and whistles, large island bench and plenty of pantry storage. A separate lounge provides additional space for the family and the spacious open plan living/dining flows seamlessly to your private outdoor space. Once outside you and your family can enjoy the partially covered patio and sun-soaked BBQ area - ideal for entertaining - and the level lawn offers ample room for the kids to play and adults to relax. This much-loved family home has served our vendors admirably, however, with the next chapter of their lives beckoning, they now offer it to the market with genuine commitment. Call us for more information.

[www.mikepero.com/RX1440990](http://www.mikepero.com/RX1440990)



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SUPER SIZE, SUPER LOCATION

5 2 3

By Negotiation over \$1,400,000

51 Bankside Road, Millwater

If you are searching for a large family home in a super handy location, this has got to be on the shopping list. With five generous bedrooms, three fantastic bathrooms and three great living spaces this home has plenty of space to swallow up your whole family. Add in the water views and ample off street parking and you have the ideal combination for years of enjoyment.

- 316m<sup>2</sup> of spacious living across three levels
- massive master suite with walk in wardrobe and ensuite
- plenty of off street parking for cars, boats and caravans
- only 500m to Kingsway and Silverdale Schools, less to shops, gym, cafes
- atrium like main living area with 4.5m stud height
- wonderful sea and estuary views

[www.mikepero.com/RX1404433](http://www.mikepero.com/RX1404433)



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www.10vueterrace.com

**10 Vue Terrace, Millwater**

- 245m<sup>2</sup> Highmark Home on flat 663m<sup>2</sup> (approx) site in sought after Millwater
- 10 year Master Build warranty to transfer to new owner
- large open plan kitchen dining and living area, flowing to outdoor decking
- stunning entertainers kitchen with island bench, walk in pantry, double oven, 900mm gas hob & blond oak flooring
- separate lounge or media room
- triple car garaging with insulated auto doors
- main bathroom with freestanding bath and separate WC
- large level and secure backyard, ideal for children and pets



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RENT ME OUT OR CALL ME HOME!



Walkthrough Video Online

**48 Ascension Crescent, Orewa**  
For Sale - \$980,000

Stunning option for a simple life in Orewa, close to sought-after schools, numerous shops and a bevy of restaurants, cafes and bars, the location of this brand new, low-maintenance home couldn't be better. Set over 3 levels, this sun-drenched, freehold title home boasts 4 bedrooms, a highly-functional kitchen and versatile, generous open-plan living spaces. Outside, the large, sun-soaked deck is the perfect spot to relax and unwind with friends and loved ones. Landlords drawn to the track-record of this popular location, first home buyers looking to step onto the property ladder, and older buyers searching for an easy-care home close to handy amenities will all be interested in this well-maintained home. Call me for more information.



Max Zhang 021 521 888 max.zhang@mikepero.com

www.mikepero.com/RX1402275

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www.mikepero.com

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SOLD

FAMILIES WELCOME HERE!



www.38cilliersdrive.com

**38 Cilliers Drive, Millwater**

- In a suburb full of new houses it takes something special to stand apart from the rest & this stunning home does just that!
- 239m<sup>2</sup> stunning 1 year old home on elevated 500m site
  - impressive master bedroom opening to the private deck and entertainment area
  - separate children's wing, complete with two bedrooms, own lounge, bathroom and access to an outdoor play space
  - Upstairs offers untold potential-currently used for guest accommodation with own lounge, ideal for extended family
  - open plan entertainers kitchen, dining, & living with polished concrete floors & high stud height
  - large bi-fold doors create superb indoor/outdoor flow & provides easy access to the generous sun-drenched deck



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SOLD

EASILY MAINTAINED, EASILY OWNED!



www.37ascensioncres.com

**37 Ascension Crescent, Orewa**  
Price by Negotiation

Enviably positioned close to popular schools and a host of amenities, this well-priced home represents a wonderful opportunity to establish yourself in a great location without having to break the bank to do so. Located in the heart of Orewa, this warm and inviting home boasts four double bedrooms, highly-functional kitchen and bathroom spaces with the added convenience of a separate laundry. The open-plan living and dining area are bathed in an abundance of natural light, while sliding doors promote easy access out to the delightful grounds. With vacant possession available, this charming home is about to undergo a change of ownership, and prospective purchasers are advised to act quickly. Contact Max today for further details.



Max Zhang 021 521 888 max.zhang@mikepero.com

www.mikepero.com/RX1396572

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

## Play-based Learning at Silverdale School

Silverdale School has been embracing play-based learning since 2015 with their Year 0 and 1 students. The aim is to promote independence and foster a love for learning and being at school. The teachers at Silverdale School strongly feel that engaging a love and curiosity for learning is key to students' lifelong learning success.

Play-based learning works on core skills, oral language, social skills, gross and fine motor skills, self-belief and independence. It naturally integrates with requirements in the NZ curriculum and fits beautifully with the school's values and focus on growth mindset. Students are free to follow their interests and the classroom environment is rich with provocations for the students to investigate and explore. During this time the teacher explicitly extends, supports and scaffolds students.

Silverdale School has had over 200 Principals and teachers visit to observe this amazing programme in action. Parents find the transition from their ECE provider to Silverdale School has been seamless and teachers are amazed at how quickly connections are made between what students are learning and applications of this learning in real-life situations.

It is a win-win situation.



## Windbreaks and Outdoor Partitions



The benefits of creating windbreaks or outdoor partitions around your home can include protection from the prevailing wind and elements, while also providing a visual barrier and security. Partitions and fencing can also be very helpful for keeping your pets safely within the confines of your property, or perhaps keeping other animals out.

Building and installing a new fence or partition can be a relatively simple project and will of course depend on the length and size of the partition required. Generally speaking, a simple project can be completed within several days; however, this timeframe may extend out to several weeks for larger projects. Simple projects may cost as little as \$500 and range up to \$3,500 for larger jobs. It always pays to get a quote for your project before you engage someone to get started.

It's important to consider the impacts of a building project around your home, as this can create short-term

mess, noise, vehicle congestion and restrict access to certain areas of your property while work is in progress. Ensure you employ the right team to take care of your building project and make sure they are insured for any unforeseen mishaps. It pays to use professionals who have the training and experience to provide a quality job and deliver quality service.

At the end of the day, you are looking for peace-of-mind that the project will run smoothly, be fit for purpose, look attractive and not cost the earth. Having created your new partition or fence, you can relax in a wonderful new outdoor space, protected from the elements and enjoy the security and peace that this new privacy affords.

If you would like to talk to a professional and friendly team about your next project, contact EUROBUILD – Nick Hindson on 09 947 5927 or visit [www.eurobuild.co.nz](http://www.eurobuild.co.nz)

## TRADIE OF THE MONTH with Maddren Homes

Keeping a complex renovation project on track to a high standard, and the designer and client happy, can be quite the task. But for builder Josh Grant, it's what he does best. And it's these qualities, along with his attention to detail and communication skills, that have earned him the Maddren Homes Tradie of the Month.

Josh and his team are so good at what they do, a house they built won gold at the 2017 Master Builder Awards. "Having a guy like Josh in the construction team, who sets the bar high and consistently delivers, is something to be proud of and deserves recognition" says Maddren Homes.

Josh's stellar work ethic has seen him walk away with a voucher from equally proud sponsor, Western ITM. Good on you, Josh.



## Mothers Day Sunday 13th May



5 Riverside Rd, Orewa  
(09) 426 5287

[flowersbyjoanne@xtra.co.nz](mailto:flowersbyjoanne@xtra.co.nz)  
[www.flowersbyjoanne.co.nz](http://www.flowersbyjoanne.co.nz)

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- Yard maintenance
- Fences and decks
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- Moss and mould removal
- General maintenance
- Kitset assembly
- Window cleaning
- Water blasting
- Carpentry
- Fire alarms
- Painting



# CENTRAL'S TIPS

## MAY 2018



It's starting to cool down so now is the time to make sure your outdoors is ready for winter - mulch and compost gardens and trees and insulate your worm farms.

Plant winter vegetables such as brassicas, beetroot and silverbeet, plus rake leaves off your lawn.



### Help the worms stay warm this winter...

Rugs and old blankets can be used to help insulate worm farms and help them through the cold winter months.

### IN THE VEGGIE PATCH

- **Worms can be sensitive to cold** - Rugs and old blankets are great for insulating worm farms
- **Green crops such as lupins should be cut off at knee height** - trim them into lengths of 15cm. Leave on top of, or cover with soil to break down
- **Plant raspberries, currants and rhubarb crowns** plus, get some colourful crops going such as mixed Swiss chard
- **It's not too late to plant brassicas** - cabbage, cauliflower and broccoli, as well as beetroot and spring onions.

### LAWNS

- **Rake up leaves off the lawn** - if they lie there, they intensify the moisture on the lawn and promote disease



### Rake Leaves off the lawn

Leaving leaves lying on the lawn increases moisture and promotes disease.

### THE REST OF THE GARDEN

- **Remove spent foliage of perennials** and layer compost around them and other plants in the garden
- **Leave blooms on roses and hydrangeas**, they should not be pruned until July and August
- **Plant out winter flowering annuals** such as cyclamen, polyanthus, stock and primulas. Polyanthus love a dressing of dried blood once or twice over winter
- **Autumn colour is a beautiful thing on exotic trees.** In warmer climates oaks, maples and liquidambar offer best colours
- **Add a layer of mulch** - it's like a 'blanket' for your garden and helps your soil retain warmth.



### Add colour to your garden in winter

Plant winter flowering plants like cyclamen, polyanthus, stock and primulas and add Swiss chard to your veggie garden.



## An Elegant Farewell in a Jaguar Hearse

Car enthusiasts will be delighted to know they now have the option of taking their final journey in a stunning black Jaguar Hearse, available exclusively at Forrest Funeral Services.

News of the arrival has travelled fast in car circles, particularly through the Jaguar car community in New Zealand.

The purpose-built 2018 Jaguar XF Hearse was imported directly from Wilcox UK, the biggest provider of funeral vehicles in the world, and is one of only two Jaguar hearses available in New Zealand.

Forrest Funeral Services Manager and Funeral Director Leanne Little is delighted about the addition of the new luxury hearse to their fleet of funeral vehicles.

"We're thrilled to be able to offer our families the option to transport their loved ones to their final resting place in a prestigious Jaguar Hearse. Families can request the Jaguar Hearse at either of our two locations, at no extra cost."

Arguably one of the world's finest and most luxurious vehicles of its type, the Jaguar Hearse is synonymous with classic British elegance and has been used for the funerals of the

Queen Mother, Princess Margaret and Princess Diana.

Boasting extraordinary design, intuitive technology and top performance, the Jaguar Hearse is available at both Forrest Funeral Services in East Coast Bays and Hibiscus Coast.

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



Forrest  
FUNERAL SERVICES

EAST COAST BAYS | HIBISCUS COAST

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

You can count on  
us every step of  
the way.

Hibiscus Coast: 426 7950



# artSpeak

## A month of bling, baubles and shiny things with Estuary Arts

Back by popular demand, Hibiscus Hospice are hosting their 13th Art Exhibition and Sale over Queen's Birthday weekend at the Estuary Arts Centre in Orewa. With over 400 wonderful works of art, this is the largest exhibition held on the Hibiscus Coast!

Twenty new artists will join old favourites which include, Sarah C, Pamela Cooper, Sonja Drake, Dulcie Draper, Lisa Grennell, Kairava Gullatz, Donna Massey, Charlie McKenzie, Murray Stuart and Pottery by Sue. Artists will exhibit works using acrylics, watercolours, pastels and oils on paper, canvas and board. Plus a range of ceramics, glassware, photography and giclee prints, perfect for indoors, outdoors and as jewellery.



There is something to suit every taste and budget, with works ranging from just \$20 to over \$2000!

A percentage of all sales will help patients and families in the local community living with a life limiting illness, receive free palliative care and support from Hibiscus Hospice. Many artists kindly choose to donate their works for the auctions, where 100% of the proceeds raised are donated.

Shoppers can enjoy a wonderful piece of art, while making a valued contribution towards providing free palliative care to families in our local community.

The exhibit opens with a ticketed preview and auction on the evening of Thursday 31st May. Tickets are \$25.00, available online at [www.hibiscushospice.org.nz](http://www.hibiscushospice.org.nz) or call (09) 421 9180.

The Hibiscus Hospice's 13th annual Art Exhibition and Sale is on over The Queens Birthday Weekend. Friday 1st June - Monday 4th June 2018 at the Estuary Arts Centre, 214B Hibiscus Coast Highway, Orewa. Entry to the art exhibition will be by donation, with EFTPOS available.



### "Flungle" Painting by Dana Nevit

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<b>Tue 1 May</b>	01:59 0.4 m	08:16 3.1 m	14:24 0.4 m	20:45 3.2 m
<b>Wed 2 May</b>	02:43 0.5 m	09:00 3.0 m	15:06 0.4 m	21:27 3.1 m
<b>Thu 3 May</b>	03:25 0.5 m	09:42 3.0 m	15:46 0.5 m	22:08 3.0 m
<b>Fri 4 May</b>	04:07 0.6 m	10:23 2.9 m	16:25 0.5 m	22:49 3.0 m
<b>Sat 5 May</b>	04:50 0.7 m	11:04 2.8 m	17:05 0.6 m	23:30 2.9 m
<b>Sun 6 May</b>	05:35 0.8 m	11:46 2.7 m	17:47 0.7 m	-
<b>Mon 7 May</b>	00:15 2.8 m	06:22 0.8 m	12:29 2.6 m	18:33 0.8 m
<b>Tue 8 May</b>	01:02 2.7 m	07:12 0.9 m	13:16 2.6 m	19:24 0.9 m
<b>Wed 9 May</b>	01:53 2.7 m	08:04 0.9 m	14:07 2.5 m	20:20 0.9 m
<b>Thu 10 May</b>	02:46 2.7 m	08:57 0.9 m	15:03 2.5 m	21:19 0.9 m
<b>Fri 11 May</b>	03:39 2.7 m	09:50 0.8 m	16:00 2.6 m	22:15 0.9 m
<b>Sat 12 May</b>	04:30 2.7 m	10:41 0.7 m	16:56 2.7 m	23:07 0.8 m
<b>Sun 13 May</b>	05:20 2.8 m	11:31 0.6 m	17:48 2.8 m	23:55 0.7 m
<b>Mon 14 May</b>	06:09 2.9 m	12:19 0.5 m	18:39 3.0 m	-
<b>Tue 15 May</b>	00:43 0.5 m	06:58 3.1 m	13:08 0.4 m	19:27 3.1 m
<b>Wed 16 May</b>	01:31 0.4 m	07:47 3.1 m	13:56 0.3 m	20:16 3.3 m
<b>Thu 17 May</b>	02:19 0.4 m	08:38 3.2 m	14:45 0.2 m	21:05 3.3 m
<b>Fri 18 May</b>	03:09 0.4 m	09:29 3.2 m	15:34 0.2 m	21:55 3.3 m
<b>Sat 19 May</b>	04:02 0.4 m	10:22 3.2 m	16:24 0.3 m	22:47 3.3 m
<b>Sun 20 May</b>	04:56 0.4 m	11:15 3.2 m	17:16 0.3 m	23:41 3.3 m
<b>Mon 21 May</b>	05:53 0.4 m	12:10 3.1 m	18:12 0.4 m	-
<b>Tue 22 May</b>	00:38 3.2 m	06:52 0.5 m	13:07 3.0 m	19:11 0.5 m
<b>Wed 23 May</b>	01:37 3.1 m	07:53 0.5 m	14:07 2.9 m	20:13 0.6 m
<b>Thu 24 May</b>	02:36 3.0 m	08:53 0.6 m	15:09 2.9 m	21:17 0.6 m
<b>Fri 25 May</b>	03:35 3.0 m	09:52 0.6 m	16:10 2.9 m	22:17 0.6 m
<b>Sat 26 May</b>	04:31 3.0 m	10:48 0.5 m	17:08 2.9 m	23:13 0.6 m
<b>Sun 27 May</b>	05:24 3.0 m	11:40 0.5 m	18:02 3.0 m	-
<b>Mon 28 May</b>	00:03 0.6 m	06:15 3.0 m	12:29 0.5 m	18:51 3.0 m

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# tim lawrence fishing spot



Well; summer is over but that doesn't mean the fishing should be. If you don't already know, now is a great time to chase all species of fish; whether you are into a feed of snapper for the family, a trophy kingfish, some beautiful deep-sea bluenose or bass – and if you're are lucky enough, out wide chasing marlin and tuna. The water temperature is slowly dropping, which means the fish are hard on the bite. There are not many places in NZ where you have a smorgasbord of options like the Hauraki and we are so lucky to live within 45 minutes of some great boat ramps, to live the Kiwi dream.

Late March, we made plans for an early morning fish and a dive for some scallops before the season ended at the end of March. We launched from Omaha and fished at one of my go-to spots on the end of an outgoing tide and the sunrise. The fishing was good but the big fish didn't arrive until about an hour after the tide changed. We weren't there for a trophy fish, so when we had our limit it was time to dive for scallops. The current was strong that morning, so the dive turned into

a bit of a drift dive. With our second course on board, we decided to make our way over to our secret spot to try for a couple of crayfish, to really make the day special. With our limit of snapper and scallops, a trevally and three crayfish on board, we headed back to the ramp and were off the water by 1.30pm.

What a great morning on the water! That evening we had a progressive dinner, starting with trevally sashimi, seared scallops with chorizo, steamed crayfish with perinase and snapper cooked in flour, fresh basil and finished in butter. Yeah, I know I'm showing off, but it really was as good as it sounds.

April is a busy month for me, with two charters in the Coromandel. Hopefully the weather holds out and the diving is excellent. Until next month...

Tight lines!

# millwater Rowenas



On a beautiful late March sunny day, 8 ladies from the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) enjoyed a relaxed and most pleasant lunch at Farida's in Orewa. The view from the window on such a lovely day was delightful. It was a pleasure to meet up with Sue again, who is currently on a long-term visit to New Zealand with her husband Gus (who is also currently a Guest ROMEO), and both are staying with their daughter in Millwater. Sue is temporarily a member of the ROWENAs and is enjoying meeting many people in our wider community.

The meal was excellent and enjoyed by all and, as usual, we sat and chatted, putting the world to rights and having a few good laughs along the way. Good friends, good food, good fellowship – a great formula that can't be beaten!

## WHAT IS HEALTH?

Do you consider yourself a healthy person? How do we define health?



According to the World Health Organisation (WHO), 'Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.'

NCDs (Non-communicable Diseases) are the leading cause of death worldwide, accounting for 70% of all deaths globally and 89% of all deaths in NZ (WHO). They generally progress slowly over time, resulting in decreased quality of life, disability and inability to work. They now account for more deaths than TB, malaria, HIV and all other communicable (infectious) diseases combined (Population Services International).

Risk factors that contribute to NCDs are unhealthy diets,

physical inactivity, exposure to tobacco smoke and harmful use of alcohol. The four main NCDs are cardiovascular disease, diabetes, chronic respiratory disease and cancer.

Raised blood pressure, high levels of fat in the blood, overweight and high blood sugar levels are the metabolic risk factors that can lead to cardiovascular disease, which is the primary NCD in terms of premature deaths.

Although genetics plays a role in the development of some NCDs, lifestyle changes can significantly reduce our risk. It's not difficult, but it does require a commitment to make permanent changes, knowledge of what needs to change and support to make those changes. Most of us know the basics, but busy lifestyles can present some real barriers to making those changes happen, not to mention how confusing the world of nutritional advice has become.

However, if we do what we've always done, we will get what we've always got. We can change our health future.

"An ounce of prevention is worth a pound of cure" (Benjamin Franklin)

If you would like help with creating new habits and planning a nutritious way of eating for you, contact me paula@nutritionense.co.nz.

by Paula Southworth • Nutritionist from NutritionSense  
www.nutritionense.co.nz

## holiday destinations

### Sensational Sydney

Over Easter we embarked on a quick 2-day trip to Sydney, mainly to see a music concert that my daughter has been waiting 6 years for the return of her favourite singer, Lana Del Rey. The tickets were booked, accommodation sorted, and activities planned – we were ready to go!!

Our hotel was the Swissotel Sydney, which is located right in the heart of the city. Beautiful property, the rooms were spacious, with a very generous bathroom. The hotel is a 15-minute walk to the Sydney Rocks area, 10 minutes to Darling Harbour and St James station is at the end of street.

On our first day, we walked down to the Rocks area, then around the iconic Sydney Opera House and Circular Quay, where we jumped on a ferry and headed out around the harbour for a look around at the different bays. We then ended up in Darling Harbour, where we found a wonderful Mediterranean Restaurant to have a late lunch.

Our concert was being held at Olympic Park. We caught our train from St James station to Olympic Park, which took about ½ hour and it was very easy. The Olympic Park is huge, with over 10 different venues. On our night they were hosting a NRL Game and the Easter Show, so it was very busy.

The concert was wonderful, and my daughter was extremely excited to see her favourite singer live.

The next day, we headed to the Sydney Zoo. The easiest way to get there is to jump onboard the ferry, which takes 12 minutes. On your arrival, there is a cable car that takes you up the hill to the entrance. Once there, you zig-zag back down to the ferry, where along the way you walk and see all the animals. The zoo is very interactive for kids; from feeding the giraffes, getting up close with tigers and playing with monkeys.

Sydney has so much on its doorstep; from beautiful beaches to the majestic Blue Mountains, a busy harbour, shopping and award-winning restaurants. The rail system makes it very easy to get around Sydney and its areas and you can purchase their OPAL card at any convenience store; just put some money on it and you are ready to go!

If you would like a brochure, please let me know.

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## Dry Eye Syndrome



Dry eye syndrome is the loss or reduction of the eye's ability to produce normal tears. This causes redness, irritation, stinging and watery eyes. Also, your vision may become occasionally blurred but improves with blinking and resting of the eyes.

Causes of dry eye are often age-related, environmental, due to an underlying medical condition, or from medications you are taking. More recently, the conditions of a modern lifestyle involving computer screens, air-conditioning, artificial lights and contact lenses make dry eye a common problem for all ages.

There are three components that make up the tears – water, mucous and oil. Together they provide the right amount of moisture and distribution across the eye, to prevent the eyes

from drying. When one of these components is compromised, the eye does not get the nourishment or protection it needs and the symptoms of dry eye arise.

More specifically, dry eyes can be divided into two main types. Those in whom the tears dry out too quickly (evaporative) or those who do not produce enough tears (aqueous deficient dry eye). Differentiating the type of dry eye is important in order that the correct treatment can be given.

At OPSM Silverdale we use digital photography, diagnostic colour dyes and dry eye questionnaires to investigate the causes of dry eye symptoms. Very soon, we will be introducing 'Blephasteam' which is a dry eye treatment for those suffering from an evaporative dry eye. The treatment is simple and feels like an eye sauna. The main target is the oil glands in the eyelid, which often become blocked. We use heat from goggles to help melt this away so the new oils can be released.

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## Back to Basics – Duty to Disclose



Some find completing an insurance application cumbersome, or even perhaps intrusive. There is a purpose to all the questions in the application form. It captures the information that enables the insurer to assess and underwrite the risks specific to your circumstances. Based on this, the insurer determines if they can provide you with cover and, if so, the terms such as the pricing of premiums, stand-down periods and any exclusions.

An insurance policy is a contract between you and the insurer. In entering the contract, you have a legal obligation to provide full disclosure of the relevant information. Generally, this would be information about your health, occupation, pastimes, and, if any, prior convictions, bankruptcy, or applications declined by other insurance providers.

If you comply with your duty to disclose, you will be able to successfully make a claim, so long as the terms and conditions of your policy are met. Failing to comply, and depending on the nature of the non-disclosure, the insurer has several options including declining your claim, altering the terms of your policy or terminating your policy altogether.

Be advised though, your duty to disclose is not limited to what is asked for in the application form. You have an obligation to disclose any information that could potentially affect the insurer's assessment. This includes disclosing any circumstances arising between the time of submitting your application and the policy being issued. So: when in doubt, disclose!

Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are her personal opinions and are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) or 021 627 802.

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Do you know what you have versus what you really need?



I live and work locally and am passionate about helping people protect themselves, and their families. Have any questions? Contact me, Valentina Pereira and we can chat over a coffee.  
† 021 627 802 | e [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) | [www.mirockfs.co.nz](http://www.mirockfs.co.nz)  
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## Is a Trust something for You?



People often talk about putting their home or assets in a Trust. You may have wondered if a Trust is right for you. Here is some information which might assist you.

### Why a Trust?

Trusts are commonly established to protect assets or benefit future generations of family members. Perhaps you:

- are entering a risky business transaction and want to keep your assets safe;
- want to keep the family farm or business intact when you pass away;
- want to protect assets to ensure a child with a disability is provided for;

• want to protect assets or inheritance money, when entering a new relationship or are in a blended family and want to provide for your children as well as your new partner.

### Why not a Will?

A Will is effective for estate planning; however, it only takes effect when you die. For some, it is important to protect their assets now. A Trust can take effect immediately; it can outlive you and operate for up to 80 years.

### Establishing a Trust

When you establish a Trust, you transfer the legal ownership of your chosen assets to the Trust. The Trustees you appoint manage the assets in line with your wishes and the powers given to them under a Trust Deed. The Trust Deed not only provides powers to act, it restricts what Trustees can do with your assets. You can still retain some control, you can choose to continue to live in your home, run the business and you decide who benefits from the Trust depending on the provisions of the Trust Deed.

Understanding how to best structure your Trust is important. At Simpson Western we have an experienced team of legal advisers who will work closely with you to develop the best way to protect your assets, to achieve what you want for yourself and your family.

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# Millwater recipes



## Milo Biscuits

### Ingredients

- 200g butter
- 2 eggs
- 2 ½ cups Flour
- ½ cup Rolled Oats
- 6 Tbsp Milo
- 1 cup sugar
- 2 tsp Baking Powder

### Method

Pre-heat oven to 180 degrees C.

Cream butter and sugar, adding eggs one at a time, beat together. Beat in Milo and rolled oats.

Sift flour and baking powder into the butter mixture. Place spoonful lots on a baking tray and lightly press with fork.

Bake for 18-20 minutes, depending how big your biscuits are.

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



## Easy Miso Soup

This is not the traditional way to make miso soup, but, understanding we have limited resources in NZ, this is my alternative way of making this healthy soup when days are getting colder, which is a much healthier choice than buying the instant ones. For instance, I use organic miso paste and seaweed in this recipe.

### Ingredients

- Dried anchovy, shrimp and kelp soup base bag x2 (available from most Korean grocery shops)
- White carrot (Daikon) 200g, thinly sliced
- Organic dried wakame seaweed
- 2 tbsp organic miso paste

### To Make

1. In a deep saucepan, put soup base bags into 1 litre of water. Turn on cooktop, heat it up with low heat then increase to medium
2. Before it boils, remove soup bags and discard. This is the soup base which can also be used for making soup udon
3. Place daikon slices in the soup, boil on medium heat until soft
4. Sprinkle in dried wakame seaweed. When it is softened, turn off heat
5. Take one big ladle of soup out from the saucepan and mix with 1 tablespoon of miso paste, pour back to saucepan when it is dissolved. Repeat with another tablespoon of miso paste
6. Serve with chopped spring onion

If you want to know more about the Asian ingredients or this recipe, feel free to email me at [millwatermag@gmail.com](mailto:millwatermag@gmail.com) or PM me via Facebook.

Happy Cooking!

Nita Wong

## Sweet Tooth Truth



With the chocolatey days of Easter now gone, sugar has been on our minds. We all know that excessive sugar consumption has a negative effect on dental health, but what can you do to prevent damage to your family's teeth?

There is good news – tooth decay is completely preventable! It occurs when specific types of bacteria present in your mouth feed on and digest the sugars in the food you consume. Their digestive process produces acid that can slowly dissolve your tooth enamel and its underlying layer, the dentin, causing tooth decay. These acids cause damage to your teeth for about 20 minutes after eating, so the more sugar you consume throughout the day, the more your teeth are in contact with the decay-causing acids.

Removing sugar entirely from your diet is unrealistic because

most foods contain some form of sugar or starch, so what can you do to stay on top of it and protect your family?

- Always wait about 20 minutes before brushing your teeth after eating, to avoid brushing away your acid-softened, post-meal enamel
- Avoid sipping drinks and snacking all day for the same reason – it's not just about how much sugar you consume, but how frequently your teeth are exposed to it
- Avoid sticky or chewy sugary foods that stay on your teeth a long time
- Read nutritional labels and choose foods and drinks that are lowest in sugar (and be aware of other names for sugar; like glucose, sucrose, dextrose, rice syrup and so on)
- Swap out fizzy drinks for water

Oral hygiene is a great defence – brushing your teeth thoroughly every day and flossing once a day will clean away recent sugary foods and bacteria from the surfaces of your teeth.

Prevention is always the best medicine! Attending regular dental check-ups will allow us to catch any decay early and put a stop to it.

If you're worried about your teeth, or are experiencing toothache, pain when chewing, or sensitivity to hot, cold or sweet foods, give us a call today on (09) 426 5262 and we'll be able to help!

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## Chinese Wisdom



工欲善其事，必先利其器 – to do a good job, the first thing you do is to sharpen your tools.

One straightforward example: my older son loves to draw. When he is at home, it is guaranteed to find him sitting at the bench and drawing. As an 8-year-old, he doesn't mind whether the pencils are sharp enough or not (kids seem to have high tolerance in this), and this is where I found myself constantly sighing and saying this proverb to him.

This could apply to sharpening your knife before cooking, polishing your shoes before an important meeting – the examples can go on and on – but, to step back and look at the bigger picture, the lesson is simple: be well prepared. As I have mentioned previously, it is more an attitude, a way of thinking: sharpening a pencil is a small thing but it reflects how good you want to be.

Not long ago I started a new job (after being a stay-at-home mum for 8 years!). A few days before the job commenced, I dug out some stationery items from the drawers, put my name on them and put them in a nice case. My boys watched me and asked: "Mum, does your company require you to do this? Just like our school?"

Of course not! But I think this little gesture is a good way to prepare myself, ready for the big day. This pretty much aligns to the Bible:

"If you are faithful in little things, you will be faithful in large ones" Luke 16:10

Although the world is changing at a tremendous rate nowadays, I trust these beliefs to still apply and not become out-dated. I hope my sons will keep this wisdom in their hearts and in 20 years' time, maybe they will pass it on to my grandchildren?

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

This month, I would like to share some Chinese wisdom with you. While there are countless Chinese proverbs, none of them stay in my heart more deeply than this one.

My dad continually reminded me when I was a child, and suddenly one day I found myself doing the same to my sons. Then I realised how much this proverb has moulded my attitude in life.

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Featuring your Millwater residents who have a home-based business or a service to offer

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