

theMillwatermag

www.themillwatermag.co.nz

HAPPY



Your **FREE** monthly magazine of all things Millwater
August 2016

Editor's note

We are all in celebratory mood at the magazine – two amazingly successful years since we launched our first issue in August 2014. Many new residents have been welcomed into our great neighbourhood and our community spirit has deepened further, into something tangible and valuable for all.



Auckland Council's Rodney Parks Division needs special praise for responding positively to an appeal for shade sails in the playpark at Botanical Drive. We all know how difficult it is to get money for additions to existing, completed facilities, so our heartfelt thanks go to everyone involved in this success. More in The Insider.

Providing community facilities for Millwaterians is prominent on our radar, so the news that there will soon be a local Men's Shed is doubly welcome. DIY types and those who just need the warmth of friendship among like-minded people will both be welcome at the Men's Shed. Additional details are elsewhere in the magazine.

We have a photo competition and a new Community Award Scheme being launched by the magazine this month (details inside), so don't forget to enter or vote, as appropriate. Without your community involvement in the magazine, we would all be much poorer.

Many have enjoyed (we have!) the recipes that are submitted regularly by Nita Wong. We get the chance this month to introduce her properly to you. Nita's involvement in encouraging diversity understanding is something that we all need to be doing, so that every Millwater resident feels really welcome here.

Finally – those recycling bins! Will you fill yours every 2weeks? Don't despair – you can order a smaller one if that's better suited to your recycling lifestyle. I am waiting until we have had a few collections before deciding – and remembering the peak times of birthdays and Christmases and the extra volume of recyclables...

Brian Mullan
Editor
August 2016

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* conditions apply

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theMillwatermag

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ryan@treehouseprint.co.nz



themillwaterinterview



Most readers of [theMillwatermag](#) will have 'met' Nita Wong through following her many delicious recipes and reading her discerning articles. We were privileged to spend an hour with this popular stay-at-home mum and her very well-behaved 6 and 3 year-old sons one afternoon recently, which enabled us to share some more of this vivacious and community-focussed lady with our readers.

Nita was born in Hong Kong and came to New Zealand at age 14, from when she attended Westlake Girls' School before going up to the University of Auckland and gaining her BSc in statistics and Diploma in Commerce. Her brother, on the other hand, went to University in Australia. The family returned to Hong Kong in 1999 and Nita went to work for NZ Milk – nowadays better known as Fonterra – where she started in food service marketing. By the time she left Fonterra seven years later, Nita had progressed to become their supply chain manager.

After seven years of long commutes and even longer working hours, Nita desired change. "I wanted to develop my business skills further, so I became a freelance consultant and got involved with many aspects of business design and development and also grew my understanding of how people from different

backgrounds are able to make smaller businesses succeed."

Having met her future husband Wilson Wong at University in Auckland in 1994, they married in Hong Kong during her second year there with Fonterra. "By 2009 and planning on having a family, decision time had arrived and we decided to return to New Zealand, which we have always considered to be home", said Nita. Initially, they lived in Birkenhead before moving 18 months ago to their new Millwater home, which they love.

Nita is modest about her innate creativity but is a passionate and community-focussed Millwaterian. Immediately after moving here, she wanted to become involved in the local neighbourhood and she seeks continually to find ways to better integrate the Asian community within Millwater. An accomplished cook (as is her husband, Wilson), Nita decided to share some of her favourite recipes through [theMillwatermag](#). Understanding the cultural diversity of Millwater has seen Nita seek to promote better integration, through providing translations of The Insider for the Chinese community and writing often-amusing articles about Chinese culture.

Nita is also keen on sewing and we may yet see some articles about this other side of her creative nature. However, as a popular and accomplished Millwaterian, Nita's next community activity will see her provide Chinese translations for the Silverdale Primary School's newsletter. This is all part of her driving motivation to see all communities within Millwater better integrated. "I want everyone to know and understand that, although Chinese culture may be different, Chinese people will generally respond positively to a direct approach for friendship," said Nita.

Nita's desire for more community involvement now sees her studying the real estate business, with her aim of becoming more involved with the developers and builders within Millwater. She speaks both Cantonese and Mandarin and is very clearly an interactive personality who will be a great asset within the ongoing growth of Millwater.

Nita hopes also that the Stoney Homestead will become the success it deserves to be, in helping integrate all residents, no matter what their background may be. Considering the community that we all enjoy here, we asked Nita to describe Millwater in her own words. "Millwater is simply the best place in the world to live and raise a family and I want to help make every resident feel as passionate as I do about this wonderful community."

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Finance Companies. What part do they play?



In the past, especially during and the last recession, finance companies were considered the cause of much hurt and heartache.

But, in a well-functioning lending market, these companies provide a much-needed service to clients who fall outside traditional bank lending.

Below are some of the areas that the finance company will cover:

1) Asset lends, also known as "no doc" loans – i.e. the client cannot provide any documents demonstrating that they can afford the loan repayments. This lending is usually short-term and is widely used by developers, and clients who are about to place their house on the market and need some cash for a tidy-up. The main focus of this lending is to eventually sell the property and pay back the loan.

2) Have you just started a business and have less than 2 years of financial accounts? This is commonly referred to as "low doc" lending. The client can only provide limited evidence like bank statements to show income or turnover. Most clients only stay with the finance company until their books are acceptable to the banks and then refinance.

3) Have you amassed bad credit, including defaults to

banks? Unfortunately, this will mean that they stay with a finance company will be years rather than months. Banks struggle with bad debt to other financial institutions and these defaults can remain on your credit check for up to 5 years. A few companies have specialised products that will provide long-term loans to people with adverse credit.

4) Loan cleansing or a rescue from a Mortgagee sale. Banks require six months of clean loan history to enable a refinance; a mortgagee sale is not going to provide that. However finance companies have the ability to bundle up and consolidate a client's lending into one loan. The loan will sit with the finance company for six to nine months and then be refinanced back to the bank once the client can show that they have paid the loan on time, and in full, for 6 months.

The majority of the clients who enter the world of finance companies are only there for 6-18 months.

The interest rates range from 7.5% - 11% depending on the application. Lender fees will need to be considered as well.

It's important that the client seeks independent legal advice before signing any loan arrangement or offer.

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

Ivan Urlich is a registered financial adviser specialising in mortgages. His disclosure statement is available free of charge upon request.

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vetspeak

Lovely Lily

Lily is a 7-year-old Staffie who came to see us a few weeks ago because she had lost her bounce and sparkle. Initially it looked like she had picked up one of the tummy bugs that were going around but, when she didn't respond to the usual treatment and didn't pick up, her owners brought her back for us to have another look.



The vet took some blood and while the biochemistry (organ function) showed only minor changes, her haematology (red and white cell count) indicated she was developing anaemia. To get some more information on these changes we sent her

blood sample to the external laboratory and they confirmed that Lily was anaemic, and that the shape of her red blood cells suggested she had a problem either in her spleen or her liver.

Lily is a deep chested dog so we were not able to feel her liver or spleen while she was awake, as they are hidden by her ribs. Once she was asleep, the vet could feel that her spleen was larger than normal but the ultrasound did not show any tumours, so initially she was treated for an infection.

Lily's anaemia continued to get worse despite her treatment, so the next step was to open up her abdomen under anaesthesia and look at her spleen. When we did, the vet could see that her spleen looked very abnormal, so it was removed and sent to the laboratory for diagnosis.

While we were waiting for the results, Lily's condition started to improve and her red blood cells increased, but unfortunately the biopsy showed that Lily's spleen contained a very unusual form of cancer, which was responsible for destroying Lily's red blood cells and had a high potential to spread elsewhere. Lily has been referred to the Veterinary Specialist Group, where she has begun chemotherapy. Luckily, dogs do not suffer the same side effects as humans with chemotherapy and Lily continues to be her usual peppy self.

Lily is very lucky to have an owner who knows her well enough to tell when just not being right is serious and, as she is insured, she is able to have the best treatment available.



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safercommunities

Safer and Better Communities



Twenty years ago, my Mother asked me to dig a hole in the front garden of the family home for a lovely palm tree she had bought from the local nursery. Mum's house is a coastal property with sea views and she believed that a palm was the perfect feature for the front garden.

Mum was right; it flourished and was the centre-piece of the garden for about 15 years. However, in the last few years it has become a burden. It's grown beyond the reach of our extendable ladder and we can no longer trim the hanging fronds.

Mum has great neighbours; they talk and feed each other's animals when away and keep an eye out for each other.

Mum's neighbours hate her palm. When it was 1-2 metres high that wasn't a problem, but now, at 4-5 metres high, it blocks their sea views. The neighbours have come over to Mum's and talked to her about how unhappy they were. The solution is pretty easy—the palm has to go. We have a lo-

cal arborist booked in for the job. Mum and her neighbours continue to be friends and all is peaceful down their street.

I guess the moral of this story is that we need to think of the big picture when planting trees or hedges. Our actions often affect those around us without us realising. By discussing problems in a calm, polite manner, a simple resolution can often be found. A discussion over a cup of tea goes a long way to righting the wrongs of the world.

There are many people knocking on doors offering to trim trees or carry out house maintenance. If these people are unknown to you, please do not take up their offers. Always use someone recommended by a trusted source. Use someone recommended by a family member or friend who can vouch for previous jobs. Age Concern and other local agencies can provide the details of trusted tradespeople.

Constable Michael Brown

Community Constable

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theMillwatermag - Photo Competition

Everyone will agree that Millwater is a beautiful place to live and has such a strong community spirit. To help us celebrate the magazine's second birthday, we'd like you to share with us photographs* taken around the Millwater area, which show off what a great neighbourhood it is.

The competition is sponsored by the new Millwater Bistro & Bar, who have kindly donated a \$100 dining voucher, and by Paul Conroy Photography. The winner will also have their photograph featured on the front cover of the October edition.

Conditions of Entry

1. This competition is open only to residents of Millwater and Totara Views.
2. Images should be no more than 2 years old and taken within the Millwater area.
3. All entries must be in JPG format and must be at least 2,000 pixels on the shortest edge.
4. You can only submit images that you've taken yourself.
5. Entries should be emailed to millwaterphotocomp@conroy.photo, along with your full name and contact details.
6. All entries must be received by 15 September 2016.
7. * Maximum of two entries per person.



8. The winning entry will be the one that, in the judges' opinion, best represents life in the Millwater area. The winner's photograph and name will appear in the October edition of theMillwatermag.
9. By submitting an entry, you agree to the publication of your image and name in theMillwatermag and in a photo book designed by theMillwatermag.
10. Entries will not be accepted from anyone employed by theMillwatermag and/or Paul Conroy Photography.

Mike Pero

REAL ESTATE

Our clients are our No.1 priority and for us it's not just about real estate; it's more about people. See what our clients have to say about us!



"After our initial meeting with Grayson & Sarah we were particularly impressed with their down to earth nature, honesty & knowledge of the industry. They took up the challenge to sell our house and went above and beyond to achieve a fantastic and fast outcome. Being local meant Grayson was on hand and available to assist in many ways. We 100% recommend listing with Grayson & Sarah and thank them for helping us achieve our goal of moving on to the next chapter." - Michelle



"After successfully selling our house 2 years ago with a more than desirable outcome it only made sense to get Grayson & Sarah back on the job this time. We are happy to say yet again we received professional, outstanding service with another more than desirable outcome. We found both Grayson and Sarah to be fantastic to deal with. They were always professional, reliable and kept us well informed throughout the entire process. We certainly have no hesitation in recommending Grayson and Sarah to anyone wanting to list their home. We would personally like to thank the two of you for your hard work and the passion you have for what you do!" - Rob & Annette

Mike Pero Real Estate Silverdale
175 Millwater Parkway
Millwater

Mike Pero Real Estate Ltd Licensed REAA (2008)

Grayson & Sarah Furniss
09 426 6122 • 021 665 423
silverdale@mikepero.com

Time for a Rebrand?

For those of you who are regular readers of this magazine, and have seen our advertisements before, you may notice our logo is different now.

The team here at Identify Marketing have just finished our own rebrand and it feels amazing! Going through a rebrand can mean a huge amount of changes to work through. The alterations you need to make on every document alone is a headache! But, at some stage, it becomes a necessary step for positive business growth, for any of the following reasons:

1. It's due for a refresh. Even some of our most trusted brands have rebranded in recent years, to stay fresh and current in this constantly evolving modern era – think Telecom/Spark, Shell Oil/Z. A fresh face for your business can help keep you ahead of your competition.

2. Your business has changed its focus or target market. As your business grows, you may find that your specialty or function has changed over time and your branding should reflect this. A well-focussed brand will sharpen your market presence.

3. It doesn't fit new changes in web and digital marketing (that was our reason!). The way consumers use the Internet and on-line access to marketing has changed dramatically, even in the last 5 years. Online campaigns can easily be underwhelming and become lost in a media-saturated environment. A rebrand can re-establish your business and keep your content engaging and inspiring.

4. You've recently taken over an established business. This is the perfect time to put your own stamp on what is a new venture for you. You already have the advantage of a fixed client base – now it's time to show both new and established customers what you bring to the mix and how you can improve on what the existing business has already achieved.

5. Search Engine Optimisation a.k.a. 'Googleability'. Making sure Google puts your business right at the top of all of its relevant online searches is a key factor in growing your business. No one thumbs through phone books anymore – Google is the first point of contact for most people, and being easily located here is a great way to engage new customers.

We understand that, as a business owner, it's hard to let someone else take over this part of your business. After going through our own rebrand, I have discovered exactly how good our designers are at drawing out my ideas and concepts, and then creating a beautiful end product. Let our expert team focus on building up your business brand, so that you can focus on what you do best – running your business.

I'd love to help you do the same – so, if your business is in need of a rebrand, we'd love to show you what Identify can do for you and your business.

Rachel Klaver, Managing Director of Identify




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Dry Eye syndrome with OPSM Silverdale

Dry eye syndrome is a common cause of eye irritation that results from instability of tear film or insufficient production of tears.

Symptoms may include red, irritated eyes or difficulty wearing contact lenses. Often people suffering from dry eyes will feel a gritty, sandy sensation in their eyes and, ironically, eyes may even water with excessive tear production as a reflex response to the dryness and irritation.

There are multiple factors that can contribute to dry eye syndrome; such as age, diseases, medications, and use of digital devices.

Tear production gradually decreases with age and around 3 out of 4 people aged over 65 suffer from dry eye syndrome. Women in particular suffer from dry eye syndrome more than men; as hormonal changes associated with pregnancy, lactation, menstruation and menopause can result in decreased tear production.

Eye conditions such as 'Meibomian gland dysfunction' and 'Blepharitis' can result in dry eye symptoms due to inflammation of the eyelid glands where these conditions compromise the quality of the tear film causing tears to evaporate more quickly. These problems can be improved with eyelid hygiene, warm compresses and sometimes with antibiotics. Systemic diseases that may also be associated with dry eyes include diabetes, thyroid disease, lupus, rheumatoid arthritis.

There are several medications that can lead to dry eye symptoms;

such as blood pressure medications, oral contraceptives, anti-depressants, decongestants and antihistamines. Misuse of drops that are commonly used to treat red eyes (e.g. Clear Eyes, Naphcon, Visine) can cause the dry eye symptoms if they are used for prolonged time.

We are now living in a digital age where our eyes are constantly exposed to digital devices; including smart phones, tablet computers, laptops, desktops and TV. We can blink up to 66% less on average when using these devices. When we are resting, the average blink rate per minute is around 15 times, whereas with sustained visual task this drops to 5 times per minute. This leads to increased evaporation of tear film, along with visual fatigue staring at the screen.

It is important to have the above contributing factors ruled out or controlled to keep the good health of the cornea. The first line of treatment for dry eye syndrome is by using the artificial tears, but in cases of persistent dry eye symptoms, temporary or permanent closure of tear drainage may provide the best result. If you have been experiencing dry eye symptoms, do not hesitate to call us for an appointment.



James Park
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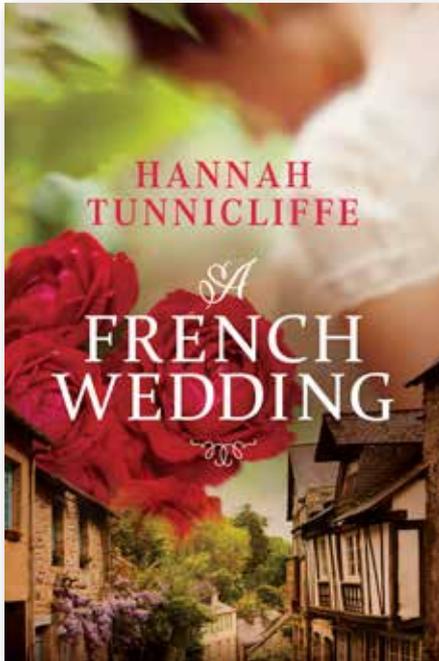


[^] Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes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

millwater **book of the month**

A French Wedding by Hannah Tunncliffe

This month, author and guest reviewer Karen McMillan introduces another great read 'A French Wedding' by Hannah Tunncliffe



This is an irresistible novel, with wonderful characters to care for, mostly set in a tiny French coastal village. It has an ensemble cast of six old friends, plus various add-ons in the form of children, sisters and partners, meeting up to celebrate Max's 40th birthday. A successful musician, he is at the height of his career, but he is tiring of the lonely lifestyle of touring. He wants to confess his love for his best friend Helen over the weekend, but will she feel like he does?

Meanwhile, Juliette, Max's housekeeper, is there to make sure all goes well for the celebrations, and her character infuses the novel with the smells and tastes of fabulous food that will leave your mouth watering. She has her own story of love and loss that makes her one of the central characters. An outsider to the old friends, she is quickly drawn into their group. Of the old friends, one couple is happily together, but facing a new crisis. Another couple were together years ago but are now with other people – one long-married in a relationship that isn't working, the other in a new relationship with someone much younger. There are long buried undercurrents that come to the surface over the weekend, with many of the characters at a crossroads in their lives. The weekend will prove to be the start of a new beginning for many of them.

A French Wedding is a novel of love, life, food, family and old friendships that is a delight to read. As for the title? The book opens with an anonymous couple getting married – but it is only at the end of the book you discover who, out of all the possible candidates, is tying the knot, which provides an intriguing whodunnit element to the novel. I would highly recommend this beautifully written work of fiction, and I look forward to more stories from this talented novelist.

Karen McMillan, author of *The Paris of the West*, www.karenm.co.nz



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millwatercommunityawards

Nominations are open!

We believe everyone agrees that we live in a fabulous community here in Millwater. To celebrate theMillwatermag's second birthday, we are launching the first-ever official Millwater Community Awards. And we're asking for your help to keep the community spirit alive, and nominate someone you think deserves a little thanks.

The lucky winner of the 2016 Millwater Community Award will be awarded a trophy as well as a \$500 Bookabach Gift Voucher that they can use towards a bach holiday of their choice – anywhere in NZ!

How it works:

Millwater and Totara Views residents are invited to nominate someone they believe deserves recognition for what they do in our community. The nominations need to meet some of the following criteria:

1. Nominee must reside in Millwater or Totara Views
2. They may often offer to help others – 'go the extra mile'
3. They may coordinate community activities
4. They may organise donations / undertake charity work within the community
5. They actively contribute to the community spirit by providing unsolicited advice and promoting of local businesses or volunteer to help out
6. Any other worthwhile reason you can think of!

To register your nomination go to:
www.themillwatermag.co.nz/millwater-awards

Five finalists will be chosen based on number of nominations they received and merit of the nominations. These finalists will receive a Northern Union \$50 meal voucher. The community will then vote on an overall winner for the 2016 Millwater Community Award.

Timeline:

- Nominations open 1 August 2016 and close 15 August 2016.
- Finalists announced 1 September 2016 and voting opens
- Voting closes 15 September 2016
- Winner announced 22 September and in the October issue

Terms and Conditions:

1. Only residents of Millwater or Totara Views may participate or be nominated
2. You may nominate a maximum of two candidates.

3. The owners of theMillwatermag cannot be nominated.
4. In the event of a draw in votes for the overall winner, another vote will be held
5. The five finalist nominees must agree to having their name and photo published in theMillwatermag and on the Millwater Families Facebook page

For full terms and conditions visit
www.themillwatermag.co.nz/millwater-awards



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Council Project Update on Stoney Homestead

There is good progress on site and works are progressing to schedule. Site works for the new toilet block and the foundations have been completed. Work inside has seen the ceilings supported around the fireplaces and a lot of the rotten or weakened timber replaced or supported in various places within the building.

Shade Sails

We are delighted to acknowledge the proactive and positive response by Auckland Council's Rodney Parks division for the installation of fantastic shade sails over the picnic tables in the Botanical Drive playground. This came about due to discussions between Millwater residents and our local Parks Supervisor about the need for more shade. Funding for upgrades is usually allocated to older playgrounds, so it is a great outcome that the Council responded positively to community requests and provided somewhere for families to take shelter from the beating summer sun.

'SOAP IT UP' Creative Communities Theatre/Video Project

Seeks ASIAN ACTOR, Yr11-Yr13, to join cast of teenage soap opera. You'll be needed for 15 days at intervals over a 6-month period, scheduled around exam commitments. Great opportunity to gain industry experience and have some fun. Email soapitupproject@gmail.com or find us on www.facebook.com/soapitupproject/

Thankyou. Kind regards. Stephanie 021 158 2206

Millwater Central Parking

It is great to see that the parking bays behind Millwater Central have now been reinstated. Hopefully they will be opened again soon for public use.

Facebook Page

Another reminder if you use Facebook and aren't a member of the Millwater Families page; as long as you live in the Millwater magazine distribution area, you should join the page. It is a great source of information about local events and provides a great medium for asking questions on local life, including finding lost cats and wandering dogs.

The page can be found at <https://www.facebook.com/groups/1376590315899164/>

Millwater Community Awards

To celebrate the second birthday of the Millwatermag, we are launching the first-ever official Millwater Community Awards. And we're asking for your help to keep the community spirit alive, and nominate someone you think deserves a little thanks.

See page 11 for details.

Photo Competition

We have many budding photographers in Millwater and, to help celebrate our 2nd birthday, we are also holding a Millwater photo competition. The competition is sponsored by the new Millwater Bistro & Bar, who have kindly donated a \$100 dining voucher, and by Paul Conroy Photography. The winner will also have their photograph featured on the front cover of the October edition.

See page 7 for details.

Wheelie Bins

There has been some ongoing confusion about the supply of the new recycling bins. It appears that some were not supplied to ratepayers who were not previously paying waste levies. This can be cleared up by a call to the Council. It appears that the Council is admitting that the error was theirs and are not backdating the levies.



Millwater 區內情報要點

Council Project Update on Stoney Homestead

這個將會成為本區的社區中心的建築，翻新工程進行非常順利，進度合乎預期計劃。內裏已可見火爐上的天花已固定妥當，而且屋內一些腐壞了的木頭也更換了新的。令人非常期待。

Shade Sails

早前有本區居民向市政局建議需要在公園加設防曬設施，很高興市政局聆聽了訴求後很快便為Botanical Park加建了防曬布幕。一般來說，政府的撥款通常會用來翻新較舊的公園。所以很感謝他們能夠體諒我們急切的需要。

'SOAP IT UP' CREATIVE COMMUNITIES - SOAP IT UP話劇團現正招募就讀11年至13年班的亞洲裔演員。需要在六個月內進行數次、每次為期15日的排練。這是很難得的經驗，而且將會非常有趣。聯絡資料如下：THEATRE/VIDEO PROJECT soapitupproject@gmail.com www.facebook.com/soapitupproject/ Stephanie 021 158 2206

Wheelie Bins

因為一些行政上的誤會，導致一些居民未能收到新的廢品回收箱。若你未收到的話請致電指市政局安排處理。

Millwater Central Parking

Millwater central 後面的停車位已修整好，相信大家很快便可以重新使用。

Facebook Page

在此提醒各位，我們有一個Millwater Facebook page。若你在信箱裡收到這本雜誌，即代表你住的區域符合加入Facebook page的條件。若你未加入的話，我們極力建議你應該盡快加入，因內裏有各式各樣關於本區的資訊，種類非常豐富。你也可靠這個群組幫助尋找走失的寵物，非常方便。這個Facebook page可在這裏找到：

<https://www.facebook.com/groups/1376590315899164/>

你需要按"join"，然後admin會傳訊息詢問您的地址以確認你是Millwater的住戶，確認後你便可以開始瀏覽及留言。

Millwater Community Awards

為了慶祝本雜誌成立兩周年，我們將會舉行第一屆Millwater社區獎。希望能藉此推動大家投入社區活動，及提名你覺得對本社區有貢獻的人，以作表揚。詳情請參考第11頁。

Photo Competition

我們知道區內有很多攝影高手，因此在本雜誌的兩周年，我們會舉行Millwater 攝影比賽。這是由Millwater Bistro & Bar(\$100現金卷)及Paul Conroy Photography贊助。

得獎作品亦會成為10月份的雜誌封面，詳細資料請參考第七頁。

Questions? Suggestions?

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

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Millwater Business Owners – Are Your Records Up to Scratch?

Many of Millwater's residents own or manage small-to-medium businesses. As a business owner, you're required by law to keep certain records. Poor record-keeping is not only bad for business, but you could receive penalties from IRD for record-keeping failures (up to \$12,000). Inadequate systems also make it harder for you to keep track of who owes you and what you owe. You lose track of things, miss key deadlines and your costs increase in proportion to how much of a nightmare it is to straighten it out. **This could be the difference between the success and failure of your business.**

Inland Revenue have recently signalled they will be looking at **business record-keeping systems**. Key targets will be that **all jobs and all income are being recorded** and that **GST** is being handled properly. **PAYE records** are another hot topic, along with the corresponding employment records. Sketchy records are a quick way to set off the IRD alarm bells, so this could be a great time to do a check on your records and systems.

With the advances in **cloud-based systems like Xero**, many businesses have overhauled their systems and are in good shape to pull out regular reports that detail their position clearly. However, there may still be areas where things fall through the cracks. The solution may be cheaper than you think.

Are you still making do with the basic systems you started out with? It is possible that your business has outgrown them and they now constitute a business risk.

Or, have you recently started a new business and you have no systems in place.

It could be in your best interest to speak with an accountant who can help ensure good business systems and record keeping is in place.

For further advice or details about how you can improve your systems, please contact Lizelle on 021 464 295 or Lizelle@greenfire.net.nz



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David Kayes aka 'The Mowerman'!



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timlawrence

Fishing Spot



The fish are still here and it's late July! This has been the best winter fishing in years; even those soft-baiters are still catching fish around Army Bay and at the end of the Whangaparaoa Peninsula. You certainly don't have to go far to find fish, with reports of gannets dive-bombing straight out from Gulf Harbour a few weeks ago.

I have had the luxury of two trips over the last month and both times we all came home with excellent results. Our usual spots at Little Barrier Island are still producing good specimens – although the 'taxman' (sharks) claimed a couple of fish on our last trip – but this didn't slow us down, with our limit caught in a couple of hours. Once again we were using live baits and straylining pilchards over structure – it's a simple formula that always produces.

Last month, I thought the weather would prevent us from fishing in Whitianga, with 30+ knot northeast winds predicted, but we took the gamble and made a run for the Coromandel. This was the first Northern Union Fishing Club outing and eight of us jumped on the Epic Adventures and Mad Max Sportfishing charter boats. The weather window was slim; the hangover was rough but we were on a mission to catch big kingfish.

Once we caught our live baits, we headed about an hour north of Mercury Bay (in the open ocean) to fish on one of the outer reefs. The wind got up to about 20-25knots and the rain was horizontal, but we stuck it out up there until lunchtime before deciding to hide behind Great Mercury Island and this is where we got onto some BIG fish. Our boat didn't have the bananas that day! We landed about 50 kingfish, with the biggest fish landed by Scott Bougen coming in at 1.27m (approximately 26kgs). We had already filled the bin with decent-sized fish, so all of the biggest fish were released to fight another day. Most of the kingfish was smoked by a local and the rest was made into sashimi and steaks – yum.

Wow! What an amazing trip with a great skipper and a good bunch of guys to go away with. We are already talking about our next adventure. Apart from landing some big kingfish, one of the highlights of the trip was presenting four bananas to the losing team on the other boat the next morning.

Tight lines!

Millwater

wine review

Morton Estate Hawkes Bay Black Label Merlot 2009

We're well into winter now and short chilly days make this the red wine season, with a past favourite red grape varietal being Merlot. However, since NZ Pinot Noir has become ever more available and affordable, it has become the favourite of many – but wait till you try our recommendation, Morton Estate Hawkes Bay Black Label Merlot 2009.

Yes, you read right, a 2009 Hawkes Bay Merlot; this will restore everyone's faith in Merlot once they try this beauty.

With 7 years under its belt, this has become so smooth, silky smooth! The colour has transformed into the bricky/tawny hue, a good sign of ageing. The nose is soft and full, with good ripeness of fragrant red berry and plum aromas, with whole-berry-like characters, along with plum jam and milk-chocolate notes. Medium-full bodied, the palate features milk-chocolate flavours with soft dark red berry and plummy elements, and some oak notes forming a soft structure. The tannins are like silk; they have melded into the wine perfectly. The Black Label is a Reserve tier, so has the legs to last for many a year and it's showing its best now.

As a food match, this Merlot is very versatile. It is perfect with the typical winter hearty red meat dishes, or matched to hard cheeses for a relaxing night on the couch. On special at \$19.99 this is a super deal, so get in and enjoy a cellar-aged gem.

Ivan Tvrdeich
Millwater Resident
Manly Liquor



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First Aid Travel Essentials** – Part Two



Following from last month... With all the talk in the news lately around the Zika virus, it's a timely reminder to be vigilant when it comes to protecting yourself from mosquitoes. Regardless of whether you're travelling to an area where Zika is present or not, a good Insect repellent can never go amiss. The Ministry of Health recommends a repellent that contains DEET. We recommend the Tropical strength Aerogard, or Bushman insect repellent, both of which contain high levels of DEET and will offer you great protection.

It is also important to have a sunscreen with a high SPF (and

always check the expiry date). An anti-histamine also never goes amiss, and can be used for both hay fever and insect bites. A selection of sizes of Band-Aids, a good set of tweezers and scissors, your preferred form of pain relief, as well as any of your regular medication, should be included in your Travel First Aid Kit. It's important to remember that, while travelling, access to a Doctor or medication may be limited; so it's best to be prepared!

It is also a good idea to check with your doctor or travel agent, to see if you require any vaccinations before travelling, or any specific medication with regards to your destination. Lastly, it is a wise idea to get a certified list of any current medications that you are taking, to show immigration officials if requested.

If you have any questions or would like some more help getting your Travel First Aid Kit organised, please come and visit us in-store or email us on dispensary@hickeypharmacy.co.nz

Happy and Safe Travels.
Ken, Esther and Valentina

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Personal Wellness with Helen



We've all been around congruent people.

They are those people who walk their talk. They are confident, they have the energy and desire to make a difference. There is a sense of ease about what they do, their choices – essentially how they be.

One meaning of congruent is for 2 or 3 things to come together to create something greater.

So, when we are in congruency with our values and our actions, it shows in greater results and outcomes.

It's pretty obvious when someone is being congruent – there is a feeling of inherent trust that comes from them. Whether you know it or not, congruency is often what attracts you to another person. People want to be around people who are congruent. Customers buy from congruent salesmen. People seek friends who conduct themselves congruently in their presence. Students are inspired by congruent teachers. Women fall in love with congruent men. Congruency leads to attraction and connection... something we are all looking for.

So, how can we build congruency?

1. Know your values or priorities.
2. Take actions that expand and enhance your priorities every day, in every choice.

And what does congruency have to do with wellness anyway? Being in a space of conscious congruency creates more ease in our lives, and amazing things happen:

1. Tension and stress dissolve, as we aren't fighting within ourselves.
2. Your confidence goes through the roof.
3. Your energy and desire to make a difference increase dramatically.
4. You feel at peace that you are going about life with intention.
5. Choices become easy to make.
6. Things start to fall into place.

What else could that create for you?

If you'd like to know more on how you can use this information to enhance your life, please contact Helen.

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



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Homeopathy for First Aid continued

BELLADONNA 30: Sudden violent inflammation or fever; sudden angry red throat, with a high temperature and swollen glands or ear infections. The symptoms affect the right side and the throat is dry and constricted. All childhood infections if sudden onset, throbbing pains and heat.

FERRUM PHOS: Early stages of colds and flu. Useful if you feel a sore throat is coming on, especially after a stressful time. Also helps stop nose bleeds and other "passive" haemorrhages.

HYPERICUM 30: For puncture wounds and injuries to areas rich in nerves such as the spine and fingertips. Helps prevent infection of deep wounds and relieves intense pain, especially in fingers, toes and lips.

NUX VOM 30: Relieves symptoms from hangover or overeating. Indigestion and irritability. Constipation. Vomiting and colds. Colds that are free flowing indoors and stuffed up outdoors. Nausea. Stress headaches. Hardworking and irritable patient.

PULSATILLA 30: One-sided nasal or ear symptoms. Coughs and colds accompanied by thick, bland, green or yellow discharges. Coughs which start from lying down at night. Fevers where the mouth and lips are dry, yet the patient is not thirsty and wants fresh air. Weepy mood, attention-seeking, craves sympathy and reassurance and anxious about being left alone. Changeability of symptoms. Shy.

RHUS TOX 30: Helps stimulate healing of torn muscle, tendon and ligament. Especially useful for stiff muscles and joints which are relieved from motion. Also good for cold sores or other skin rashes that are burning and itchy. May alleviate symptoms of chickenpox, shingles and flu. Restlessness at night from painful joints.

RESCUE REMEDY: For shock and trauma. Excellent for children if they have a fall or fright. Bad news. Upsets. Fear. The remedies or kit can be purchased from me or the local health store.

Ute Engel, Millwater Resident
Registered Homeopath (DipHom RCHom)
www.homeopathyorewa.co.nz



5 Riverside Rd, Orewa
(09) 426 5287

flowersbyjoanne@xtra.co.nz
www.flowersbyjoanne.co.nz

EXAM NERVES

It's that time again!

Your normally easy-going, likable, young adult has been studying and working hard all year; but just the mention of exams and everything starts to unravel. Your house is in turmoil, they are stressed, moody, not sleeping, some have a loss of appetite and even suffer from panic attacks.

It doesn't have to be like this! With the help of hypnotherapy, calm can quickly be restored.

Your young person can regain a calm attitude and maintain focussed, effective and relaxed study habits – and even lose the fear of exams completely.

As your home life returns to normal, you will wish you had tried hypnosis years ago.

Over the years, I have witnessed a complete paradigm shift in behaviour and seen first-hand the relief young people experience when the fear dissipates. It allows them to focus and calmly work towards exams without anxiety.

Just imagine how a young person undertaking hypnosis or even learning self-hypnosis skills could alleviate many issues life brings into their path. They would have all the skills to overcome most circumstances before they develop into lasting difficulties.



Hypnosis for children and young adults is beneficial on so many levels. I have been amazed by children as young as 8 years-old asking parents to bring them for hypnosis. Many times this has been to overcome issues they have been endeavouring to rectify for years. It is incredible just how quickly they slip into hypnosis. Parents often tell me that their young person has asked to come back and see me because they enjoyed the session so much.

What an incredible future they can look forward to, when they have the ability to use their own minds to quickly and easily overcome these obstacles.

Denise Dalbeth

Denise Dalbeth
Clinical Hypnotherapist

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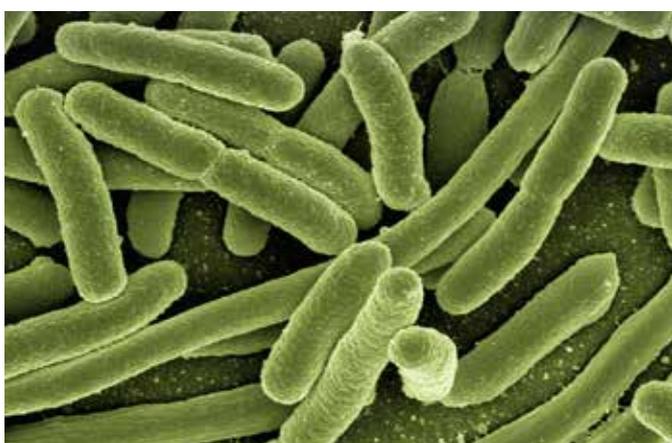
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Probiotics, Prebiotics and Your Gut - Part 1

Hippocrates (the father of modern medicine) said, more than 2000 years ago, that all disease begins in the gut. He may have got more right he realised. We have around 30 trillion human cells in our body and new estimates, put out by the Weisman Institute of Science this year, established that we have about 40 trillion bacteria in our gut. So, essentially, we are more bacteria than we are human! Many of these bacteria are critical for ensuring our digestive system functions well and in our overall health. This is where probiotics and prebiotics play a crucial role. Probiotics are live micro-organisms in fermented foods that improve the bacterial environment of our intestines. It is estimated that there are between 500 and 1,000 different species living there.



We have both harmful and beneficial bacteria in our gut and it's important to ensure that the number of 'good' bacteria outnumber the 'bad'.

Probiotics

- are important for a healthy immune system, as they increase the number and the activity of our immune cells.
- protect our intestinal wall from damage by harmful bacteria, by lining the gut wall and so preventing the harmful bacteria from sticking to the gut wall and multiplying there.

- produce substances such as lactic acid that prevents the growth of pathogens and bacteriocins, which kill pathogenic bacteria.
- compete with harmful bacteria for food and so prevent them from reproducing.
- produce various vitamins, antioxidants and short-chain fatty acids. Short-chain fatty acids have numerous health benefits. They provide food for the cells that line our large intestine and, in doing so, they keep them healthy and may have a role in preventing colon cancer. They regulate lipid, glucose, and cholesterol metabolism in various tissues and have been shown to reduce plasma concentrations of cholesterol. They have also been shown to reduce the concentration of fats in our blood and, in doing so, reduce body weight.
- can alleviate diarrhoea that is often associated with antibiotic use.
- can help with irritable bowel symptoms.
- help us to absorb nutrients from the food we eat.
- help digest many of the sugars in breastmilk, which are important for a baby's health but are not digested by the infant itself. Breastfeeding ensures that baby's gut is colonised by beneficial bacteria, as babies are born without any gut micro-organisms.

Next month I will continue with this important topic.

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

By Paula Southworth
Nutritionist & Health Coach
 (BSc Human Nutrition and Sports Science)

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outtolunch HBC Community RSA



fish bites, chips, beans and a great selection of salads – eat as much as you want – all freshly prepared on the premises. Chef's choice pudding is included and we enjoyed delicious fruit crumble and custard. The menu changes regularly, so you will find something different next time you go. The dinner menu in the evenings is much more extensive and modestly priced.

The Hibiscus Coast Community RSA has had a significant make-over since Adrian Martin arrived and took over as General Manager. New décor, new menus, new and better feel to a great local community facility, within easy reach of Millwater. Membership of the RSA is not compulsory – you can be signed in as a guest – but associate membership for non-Returned Service personnel is just \$30 for a full year (\$45 for couples). Returned Service personnel pay just \$15 a year. The many membership benefits include a useful discount on every drink you order – and you can even have a one-month trial membership for free!

A lunch fit for heroes, for just \$10, might sound too good to be true – but, believe me, it is both good and true!

Management and I found ourselves at the Hibiscus Coast Community RSA at 43A Vipond Road, Whangaparaoa one Thursday last month, where we partook of their special buffet – an excellent two-course lunch for just \$10 each. This was not just a one-off special; the RSA provides these \$10 lunches every Tuesday and Thursday.

You will receive a warm welcome from the manager of the Heroes Restaurant at the RSA, Carol Mullaney, (pictured here). Nothing is ever too much trouble for her and we have never seen her without her beaming smile. We left the RSA with full tummies, having received great value for very little money.

On the day that we were there, the menu comprised fresh

Check it out online at www.hbcrsa.org.nz

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millwater bizbuzz



Bespoke touring holidays with small groups, away from tourist hotspots and in the safe hands of an experienced guide, are the dreams of many. Realising these dreams at an affordable cost is the passion of Millwater resident Doug Morland, owner of Aussie Outback Safaris.

Doug entered teaching after leaving school, rising to be Principal of several schools before further promotion saw him become advisor to 80 rural schools in a wide area from Dargaville to Maramarua. "As time went on, I became disenchanted with the direction that education was heading, so I resigned after 10 years," said Doug. "I had developed a passion for Australia during teacher exchanges there, and it was during a coach trip on one of those exchange trips that I was approached by a small group of people, asking if I would take them on a 4-wheel-drive trip from Cairns to Darwin."

Doug focussed on essential planning, taking advice from experts, and set out with the group on the 16-day tour, on what



turned out in 1994 to be the birth of a successful new career as Aussie Outback Safaris. Doug never repeated the same route in any one year, some of which included long trips like the Adelaide-Alice Springs-Broome-Darwin safari. Meticulous planning naturally includes safety, but also making sure that the climate is conducive to each planned trip for the maximum of a dozen travellers. Several couples returned again and again – one couple enjoyed 14 return safaris with Doug. He continued, "My success relies upon repeat business through word-of-mouth, so my focus is always on delivering what the customer wants and having fun."

After 18 years of 4-wheel drive safaris, the last of which was a 7,800km east-west trip across the widest part of Australia in 2012, Doug has principally devoted his specialist experience into providing 4-night houseboat trips in South Australia and 18-night campervan safaris in Tasmania. Houseboats on the Murray River are usually 10-berth but Doug takes just 8 on each trip, to allow for maximum comfort and leisurely enjoyment. Camper van groups are small, too, with no more than 5 campervans and 10 people at any one time.

Doug is a natural and entertaining story-teller and can be contacted on 021 912 990 or on doug@dougmorland.com and www.aussiesafaris.com

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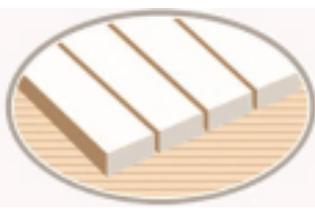
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9 Ways Under \$500 to Add Value to Your Home – Part One

If you're looking to put your home on the market and you want to add value, or you just want to freshen the place up, then you will be surprised what you can achieve with a little elbow grease and a surprisingly small budget.

Below are the first 3 tips that can help you improve your home for under \$500 (The remaining 6 tips next month). We also show the approximate value that you could potentially add to your property ranging from hundreds of dollars (\$\$) to several thousand dollars (\$\$\$\$\$)*.

1. Declutter and clean

Cost: From \$0, but you could turn a profit

Value added: \$\$\$

This is a must before an open home – general clutter can create the illusion that a room is a lot smaller and lacking storage and this can ultimately be a make-or-break for some buyers. Eliminating personal possessions is also key – buyers need to be able to envision themselves living in the property and this can be hard to do if you have family photos in every room. If you find yourself wanting to bin some unwanted items then consider listing them on Trade Me – you may just make some money!

2. Spruce up your street view

Cost: From \$30 to repaint front door; \$100 to \$250 for a new letterbox; \$10 to \$30 for new welcome mat

Value added: \$\$\$\$\$

Many people will drive past your home before they decide to attend an open home and therefore first impressions are crucial. Walk across the road and view your house with a fresh set of eyes – see what your first impression is. Are there nails hanging off the letterbox, is the garden looking overgrown, do you have a partly broken fence or can you spot algae or mould? All of these small things are an easy fix and can go a long way to making a memorable first impression.

3. Give your kitchen a facelift

Cost: From \$450 for a small kitchen

Value added: \$\$\$\$\$

It's possible to give your dated kitchen a cosmetic facelift on a



small budget. The kitchen is still considered the heart of the home and is a big draw card to many purchasers. By simply replacing tired-looking handles and repainting your units you can modernise the look of your kitchen. If you want to branch out and spend a bit more then you could look at replacing your splash-back or bench top.

*Estimates for value are a guide only and actual returns will depend on the original condition of the house, the quality of the improvements and many other factors. Talk to a real estate agent or valuer who can recommend the best ways to add value to your property before selling.



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Vanessa Jardim

Licensed Salesperson
Albany & Long Bay

021 614 771 • 09 426 6122

vanessa.jardim@mikepero.com



millwaterpropertystats

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

	June 2015	May 2016	June 2016
Number of Sales	18	16	23
Median Sales Price	\$1,048,000	\$1,180,000	\$1,150,000
Highest Sale Price	\$1,390,000	\$1,600,000	\$1,507,000
Lowest Sale Price	\$700,000	\$910,000	\$870,000
Average % price to CV	14.44	33.61	35.34
Average Floor Area (sqm)	247	229	238
Weighted Value Index	1150	1380	1398

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales from all agents in the area. Data is gathered from Property Guru and REINZ.

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

Grayson Furniss
Franchise Owner
SILVERDALE

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



Mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

millwaterpropertytalkwithGrayson

Well; June brought the slight increase in activity that we were expecting, with an increase in listing numbers and, as a consequence, an increase in sales. More importantly, it seemed that the local market absorbed the increased listing numbers and kept marching on upwards, with some great results achieved for vendors during the month. We have in recent months seen a significant increase in the number of vendors choosing to leave Auckland and cash in on the capital gains achieved here. Another significant factor of recent sales has been the number of properties sold to investment buyers.

I have had a number of conversations with vendors and potential vendors in recent weeks that have had me pulling out my crystal ball and applying a bit of polish to it. The issue of when to sell keeps coming up, with many people falling into the old adage of wanting to wait for Spring. My advice to those people has been that there has never been a better time than now. The market is hot right now, with many buyers out there ready to purchase – they just need to see the right house.

The future is uncertain, and the Reserve Bank has now changed the lending rules in terms of how much can be lent on any home and particularly for investor purchasers. Investors are now required to have a minimum of 40% equity in each purchase and owner-occupiers are expected to have 20% equity. More importantly is that the Reserve Bank is looking at capping the amount each borrower can borrow relative to income. This change may be a few months off yet, but seems likely to arrive before the end of the year.

The impact of the changes already signalled will be known over the next couple of months, but it is likely to see some of the investor-buyers leaving the Millwater market, as the need for \$400,000 or more equity disables their ability to purchase locally. While some investors may find other sources of funding, their enthusiasm for Millwater property may wane if price increases are capped by reduced demand, since the rental returns alone will struggle to justify further residential investment.

The interesting side effect of these changes is that many potentially affected buyers will be wanting to make their purchases prior to any new regulations coming into force, thereby increasing demand through August, and possibly beyond, to avoid the loan-to-income rules. This may mean that we see a short-term frenzy of activity, with buyers looking to make immediate purchases; then a medium- to long-term flattening of price increases as the new borrowing rules start to impact the market. In truth, the changes don't need to impact prices much to have a profound impact on buyer confidence. The market is a self-fulfilling prophecy; if buyers think that the market will slow or stop – it will.

So; the long and short of the above is that now may be the best time to sell for quite some time to come – but that is just crystal ball-gazing.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

09 426 6216



SUPERIOR VIEWS - SUPERIOR LIVING

3 2 2

\$1,550,000

35 Panorama Heights, Orewa

Top floor and elevated sea views as far as the eye can see, this apartment has to be the cream of the desirable and prestigious Kensington Park. Immaculately presented and tastefully decorated, this property is A MUST VIEW!

Almost brand new this well thought out home comes with all the luxuries and quality finishes for a modern and comfortable living. An ideal lock up & leave and good security for peace of mind.

Built around a beautifully landscaped park, the apartments are of the highest standard and owners share use of the resort style facilities including indoor heated pool, sauna and gymnasium.

www.mikepero.com/RX853268



Lane Sanger
021 215 9718
09 426 6216

Anita Yahya
021 215 9712
09 426 6216

lane.sanger@mikepero.com

anita.yahya@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

09 426 6216



READY TO DOWNSIZE?

3 1 1

By Negotiation

3b Elizabeth Street, Orewa

A brick and tile beauty in one of the best locations in Orewa. Don on your sunglasses and hat, for less than 200 meters (the way the crow flies) is Orewa beach in all its glory. You can almost hear the waves and smell the fresh sea air.

An ideal property for retirees wanting to make the most of the beach lifestyle. Set on a spacious but easy-care site this home is absolutely immaculately presented throughout. Some recent refurbishments in the kitchen and bathroom, there is simply nothing that needs doing. The living room offers direct access to the large patio area and sits in a private setting. Properties like this are always in hot demand. Be quick.

www.mikepero.com/RX854290



Lane Sanger
021 215 9718
09 426 6216

Anita Yahya
021 215 9712
09 426 6216

lane.sanger@mikepero.com

anita.yahya@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



STYLISH UNIQUE HOME WITH POOL

4 2 3

Be quick!

14 Vera Court, Millwater

- 4 double bedrooms plus office (adjacent to front door)
- stunning outdoor entertaining including heated inground pool
- stylish design and quality construction by Signature Homes
- beautiful open plan living area with concrete flooring, schist & gas fire
- large dining space opening to covered outdoor area & overlooking pool
- impressive kitchen with stone bench tops, 900W oven & butlers pantry
- separate lounge with double doors
- ample off street parking including room for a boat or caravan



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com/RX852008

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



HIGH QUALITY SINGLE LEVEL HOME

4 2 2

Offers over \$1,130,000

49 Timberland Drive, Millwater

- fully landscaped large (653m approx) elevated north west facing site with bush outlook
- stunning low maintenance 206m brick and timber weatherboard single level home
- stunning kitchen with high grade appliances, butlers pantry, stone benchtops and an island bench
- sarked pitched ceiling in the lounge along with heat pump for those colder evenings
- easy flow through massive sliders to expansive kwila decking and generous grass area
- 4 double bedrooms, master with ensuite and walk in wardrobe
- beautifully tiled bathrooms with underfloor heating plus separate toilet
- balance of 10 year master build warranty to transfer to new owner



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

Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com/RX826749

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 500 123



360° VIEWS TO DIE FOR ...

4 2 3

\$1,369,000

475 Krippner Road, Puhoi Viewing by appointment

Set high above Puhoi with 360° degree views, this has to be possibly the best property that Puhoi can offer in terms of location, size and design specification.

Set in 6000 m2 of low maintenance grounds, the 334 m2 house comprises of a massive split level family room with a central open fire, a separate lounge/media room with another open log fire. There is also a double internal garage/workshop. Two large decks provide excellent all day outdoor entertaining space, move with the sun and finally take advantage of the stunning sunsets from this exceptional property.



Sally Brown
021 068 3721
sally.brown@mikepero.com



Ian Bateman
0275 999 077
ian.bateman@mikepero.com

www.mikepero.com/RX790619

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 500 123



ONE OF PUHOI'S LITTLE SECRETS

4 3

\$1,150,000

64 Puhoi Road, Puhoi Viewing by appointment

Set in a secluded and elevated location, when you enter the gates the house is approached up a tree lined driveway with a paddock either side, at the top you're greeted by what's a great Puhoi home which is modern but with real character. The home has a large kitchen/family room with a log burner plus a separate lounge. On two sides the verandas provide great outside space even on those rainy days.

Walk to the pub, store or park, commuting to the shore or Auckland with the motorway just minutes away - it's a dream.

Special Note: The vendors are looking to settle mid-December 2016



Ian Bateman
0275 999 077
ian.bateman@mikepero.com



Sally Brown
021 068 3721
sally.brown@mikepero.com

www.mikepero.com/RX829136

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0508 HIBISCUS



SPACE, SUN AND SEA!

4 1+ 3

Be Quick!

12 Mariner Drive, Gulf Harbour
 Auction - On Site 1pm 6th August unless sold prior
 Viewing by appointment

A stunning home set up for the views, within fabulous Army Bay! 2 living areas PLUS a warm conservatory means you and the family can spread out and find your own space. Separate from the lounge and conservatory is a large dining area and exceptional kitchen, offering everything you need to rustle up a banquet! The main bedroom upstairs had room for a lounge suite, includes an ensuite and again, outdoor decking to really enjoy the views! The location is perfect. Private yet handy to Golf Clubs, Parks, Schools, and Gulf Harbour Village and Mariner! Don't wait though, property like this are few and far between, so call us NOW!



Mike Broome
 021 790 665
 0508 HIBISCUS (Free Call)
 mike.broome@mikepero.com



Kim Broome
 021 990 665
 0508 442 47287 (Free Call)
 kim.broome@mikepero.com

www.mikepero.com/RX826385

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0508 HIBISCUS



BE A SMART ALEC!

4 2 2

Be Quick!

212 Alec Craig Way, Gulf Harbour
 Price by Negotiation
 Viewing by appointment

Alec Craig Way, what a location, and guess what? Solid brick and timber weatherboard! nothing better! Located within a stroll to parks and schools, and only a few minutes drive to Gulf Harbour Mariner, Shopping, restaurants and clubs! Easy care, but FREE HOLD section, ensures you can spend time relaxing, not working! A great corner site, and two level living all finished to perfection and with up to date design. Large family living, with a designer kitchen, dining and space, leads perfectly to the separate lounge area! Be smart though, do it NOW!



Mike Broome
 021 790 665
 0508 HIBISCUS (Free Call)
 mike.broome@mikepero.com



Kevin Fuller
 0274 514 517
 0508 442 47287 (Free Call)
 kevin.fuller@mikepero.com

www.mikepero.com/RX853645

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



SINGLE LEVEL LIVING AT ITS BEST

4 2 2

SOLD

67 Madison Terrace, Millwater

- great layout with generous spaces throughout the 200m² floor plan
- designer kitchen with stone benchtops, butlers pantry, island bench, soft close drawers
- stunning open plan living with raised ceiling and fantastic flow to private outdoor area
- master bedroom with walk in wardrobe and ensuite with 2 person shower
- easy care landscaped 556m² section, ready to lock up and leave
- balance of 10 year warranty to transfer to new owner



Grayson Furniss
021 665 423
grayson.furniss@mikepero.com



Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com/RX829328

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



SUPER SUNNY SPLIT LEVEL

4 2 2

SOLD

10 Vera Court, Millwater

If a warm and bright, split level property is on your shopping list, then you should definitely be checking out this charmer. Well sited on the western side of an elevated quiet cul de sac, this property is in a mature part of Millwater with established properties all round. It boasts a wonderful U shaped layout splitting the bedrooms into two wings of two bedrooms each, joined by the main living areas. This creates a fantastic north facing enclaved outdoor entertaining area, with great access from the living room and kitchen as well as the master bedroom. The atrium like entrance way will draw you in and down a couple of wide stairs to where the stunning kitchen will be sure to impress. A large 4th bedroom could double as another living area or as the ideal work from home environment, with french doors opening onto another patio area adjacent to the main entranceway.



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



Sarah Furniss
027 444 0044
sarah.furniss@mikepero.com

www.mikepero.com/RX819360

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

artspeak with Estuary Arts

“Any 1 4 T” this August?



It's just past mid-winter now and time to come out of hibernation, even just briefly, to take part in this fun programme with something for everyone. For the month of August, Estuary Arts Centre has put together an exciting and invigorating arts programme centred on the cultural variations and subtleties of TEA; from drinking it, smelling it, making it – to the vessels and intricate cups that we make to drink tea from, and the social aspects of tea ceremonies.



An exhibition of artists from all around our local area will be exhibiting their unique artworks that have been made specifically for this exhibition. View paintings, ceramics, marbled teacups, as well as a giant communally-made tea cosy. It is going to be bright, fun and interactive.

Highlights of the programme include a two-day ceramic workshop with local award winning potters Graham Am-

brose and Roy Burgoyne, on Sat/Sun 6/7 August, and a talk and slide show with Elena Renker on Asian tea ceremonies, which will take place on Wednesday 24 August from 6-7pm. Our fundraising team will also be running an English High Tea on Saturday 20th August from 2-4pm. Tickets and bookings will be available soon.

Upstairs in the Hibiscus gallery is a youth-focussed photographic exhibition called “Insta Gran” – a wonderful initiative by Ahuroa/Mauhuangi teacher Theressa Butler. This showcase of work features young people's photography of their grandparents or significant older people in their lives. The project has opened up some really meaningful dialogue and fun story-sharing between these two generations. In the smaller Tui gallery, view students' work done during their life-drawing sessions with Alan Croggon; from 30-second quick sketches to longer half-hour drawings. If figure drawing is something you have always wanted to do, then join one of the classes (Monday nights or Thursday mornings).

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

ANY 1 4 T
06 - 28 August 2016

WORKSHOPS TALKS ART HIST

HIGH TEAS TEA BOWLS

TEA CEREMONY ARTIST TALK

TEA BOWLS WORKSHOPS

THE HISTORY OF THE TEAPOT

Opening event Sat 06 Aug
3-5pm

Featuring invited artists who work in ceramics, textile,
paint and mixed media

Estuary Arts Centre
214b Hibiscus Coast Highway | Orewa
(09) 426 5570 www.estuaryarts.org

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FLATTEN YOUR ABS FOREVER: Part 2



In part 1 of Flatten your Abs Forever, we covered how Food Sensitivities/Inflammation in the gastrointestinal system leads to fat gain, and common foods to avoid during an elimination diet. Once you have followed three-six weeks of a strict elimination diet, you can begin reintroducing foods to see which ones cause problems.

To reintroduce a food, continue following the elimination diet, but add in one food you eliminated. Keep it in the diet for two days and see what happens. For example, after 3 weeks, you may try reintroducing eggs. You might eat eggs a couple times a day for two days.

Pay careful attention to any symptoms experienced, such as joint irritation, headaches, sinus issues, foggy thinking, fatigue, nausea, skin issues, and/or poor sleep quality. Almost anything can resurface that otherwise disappeared during the previous three weeks.

If there are any positive reactions to a food (meaning certain symptoms reappeared) that means the food is a problem and must be avoided for a period of at least 6 months. This process seems simple. But don't negate it just because it's simple. While a number of food sensitivity tests are available, the gold standard in immunology is a good, old-fashioned elimination diet. If you have a reaction to certain foods, avoid them.

However, don't worry! You may not have to avoid them for the rest of your life. It may be that your gastrointestinal system is inflamed, making you sensitive to foods you might otherwise not be. But wait for at least 6 months before trying them again. In the meantime, you might consult with a functional medicine practitioner who understands gastrointestinal function and can give you gut-repairing nutrients such as glutamine, marshmallow root, slippery elm, etc.

Another option is to find a doctor who runs the "GI Effects Test" through a lab called MetaMetrix. It is one of the best tests of gastrointestinal function, and can help identify a multitude of gut issues, including infections that most people do not realize they have.

The gastrointestinal system is one of the most underappreciated and complex systems in the body. It has a profound impact on our health, function and well-being, all of which affect our ability to achieve our body composition goals.

Should you need any help, please contact Craig, a Holistic Personal Trainer at Jetts Fitness, Millwater.

For more information and to receive a 30-minute Complimentary Consultation, please contact Craig on 021 1611 789 or craig.kilham@jetts.co.nz



RYAN JACKSON
 M: 027 498 6202. E: ryan@treehouseprint.co.nz
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ROMEOS / ROWENAs Mid-Winter Soirée

Last month, 43 of the combined Millwater ROMEOS and ROWENAs got together for a great social evening at The Wade Tavern in Silverdale. Organisation of the evening was shared between both groups and The Wade produced an excellent variety of delicious finger-food platters. There was a great mix of enjoyable conversation and the 'gum waving' was hard to pause for long enough to have a photograph taken. The platters appeared in relays and everyone enjoyed the delicious seafood, Asian, cheese and cold selections.

A 'hard core' of 12 ROMEOS and ROWENAs stayed behind to enjoy more from The Wade's extensive menu; three having a full dinner and the remainder settling for pudding and excellent coffee to supplement the earlier finger food.

What had been planned as a 90-minute get-together, starting at 6pm, eventually broke up shortly before 10 p.m. with fond farewells and a unanimous decision to have another soirée later in the year.

Despite the large amount of food pro-

vided, and having paid just \$10 a head, there was a profit of \$55.30 on the evening, which we agreed to donate to the Silverdale branch of St John. The evening was again proof that Millwater is a superb place to live and share great friendships.



Dyspraxia or Childhood Apraxia of Speech



Dyspraxia is a motor speech disorder where children have difficulty saying sounds, syllables and words. This difficulty is not due to a paralysis or muscle weakness but is because the brain has difficulty planning the movements needed for speech. The child knows what they want to say but finds it difficult to co-ordinate the various muscles required for speech to control voicing, nasality and correct placement of the tongue. Not all children with Dyspraxia will have the same signs and symptoms, but there are a few general things to look out for:

A young child:

Does not babble or coo much as an infant

First words are late and may be missing sounds

The child only uses a few different consonant and vowel sounds

Difficulty combining sounds- may have long pauses between sounds

Simplifies words by replacing difficult sounds with easier ones or by deleting difficult sounds (although all children do this, it occurs more often and for longer in children with Dyspraxia)

An older child:

Makes inconsistent sound errors that are not the result of immaturity

Can understand language much better than they can talk

Has difficulty imitating speech, but imitated speech is still clearer than spontaneous speech

May appear to be groping when attempting to produce sounds purposely

Has more difficulty saying longer phrases than shorter ones
Anxiety will increase speech difficulties

Is hard to understand, especially to an unfamiliar listener

Children with Dyspraxia can also have other difficulties, such as delayed language development, word order confusions and fine motor co-ordination problems, as well as reading, writing and spelling problems. Early intervention is of utmost importance, as children do not "outgrow" Dyspraxia. These children do not follow typical patterns and will not learn new speech sounds spontaneously, but with treatment significant progress can be made.

Tanya Collett
09 421 1337 • 021 949539
www.hearsay.co.nz

Filling up the Love Bank



We all have one thing in common: we are human beings. Big humans. Little humans. All human.

Sometimes as parents we forget our children are human. Sounds crazy but, if we're honest, we'll admit it's true. We forget that they act like humans (both the good and not-so-good ways) and have human needs. Yeah, they need food, clothing and shelter. But, more importantly, they need to feel loved!

We are all different, so what motivates me might barely wake you up. The things that make you feel loved might hardly register on my radar. As parents, it is important that we understand what is important to our children, so that we can fill their emotional banks with the right currency.

There is a great book called **The 5 Love Languages**. In it the author Gary Chapman explains that we perceive love in one of five ways:

Physical Touch
Acts of Service

Gifts
Quality Time
Words of Affirmation

Knowing the 'Love Language' of your child can help you understand them better and love them better. He's even teamed up with co-author Ross Campbell and written one especially for children; **The 5 Love Languages of Children**.

Cuddles might be the priority, or it might be telling them they are doing a good job.

Here's what it looks like for us bigger humans. I don't need roses, jewellery or expensive gifts. Those things are nice, but receiving gifts doesn't make me feel loved. I like it, who wouldn't? But it is not important to me. Maybe it is important to you. That's ok. We are all different. And so are our children.

If you are interested in learning more about the 'Love Languages', all you have to do is Google 'Love Language'. There is a heap of online information and even a free online form to help you ascertain the top language for yourself and your child. Of course, you could also go the retro and buy the book too. It's a great resource to have.

Rechelle McNair
Kidcredible Limited – sKids KingsWay
Millwater Resident

WINTER SALE

Possumdown SALE 4 - 16 July



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A reminder to protect your goods on the PPSR



The Personal Property Securities Act 1999 (PPSA) is fast approaching its 20th anniversary. Despite this, we're still seeing businesses supplying goods on credit or leasing goods to customers without taking adequate protections to ensure title to their goods is protected if their customer goes into receivership or liquidation.

It's worth remembering that, under the PPSA, ownership is largely irrelevant. What matters is having the proper PPSA documentation and procedures in place. A retention of title clause in your terms of trade is not sufficient to ensure you have priority to your goods in a receivership or liquidation situation.

Before you supply your customers with any goods on credit, or lease any goods, you must ensure you've taken the following steps:

1) You have up-to-date terms of trade that address PPSA matters,

2) Those terms of trade are signed by your prospective customer, and

3) You register a financing statement on the Personal Property Securities Register (PPSR).

The order in which you complete these steps doesn't matter as long as all the steps are completed before you supply or lease the goods.

As a supplier of goods on credit or a lessee of goods, you will obtain a 'super priority' known as a 'purchase money security interest' (PMSI), and will take priority over an earlier registered general security, provided other requirements are met. For example, if the goods are vehicles, then the make, model, year, registration number, and vehicle identification number and/or chassis number (if applicable) of each vehicle must be included when registering your financing statement. If the goods are inventory (from your customer's perspective), you must register your refinancing statement before your customer obtains possession of the goods. There are also requirements relating to intangibles (e.g. patents) and equipment. If you don't comply with these requirements, you will lose your PMSI status and any earlier registered general security will rank ahead of you.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

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Numbers



A while ago there was a property article in the newspaper, talking about how to attract Chinese buyers, where it said Chinese like street numbers with 3 and 8 but avoid 4, and now I am going to reveal the reasons behind. Ta-dah!

First, let's look at some numbers individually.

Two – means a pair, which is a very lucky symbol in Chinese culture, also homophone of the word for “easy.”

Three – homophone of the word for “birth, life.”

Four – homophone of the word for “death,” obviously an unlucky number.

Five – homophone of the word for “no, nothing,” another unlucky number.

Six – represents “good thing will keep coming.”

Seven – at a funeral, people will order seven dishes on the table to share, therefore Chinese never order seven dishes in a restaurant. Keep that in mind when you visit a restaurant with Chinese! Apart from this, seven is quite a neutral number in daily life.

Eight – I guess most of you may know it is a super-lucky number for Chinese, as it is homophone of the word for “wealth.” If you see a car with many 8's on the rego, there is a very high chance it is owned by a Chinese.

Nine – homophone of the word for “long lasting.”

Now let's move on to the next level, what if the numbers are combined? For example, 28, “easy wealth” – can't be luckier than that! On the other hand, 24 is considered unlucky. Although 2 is a positive number when appearing individually, when combined it means “easy death”. Based on this “formula,” can you work out if the number 528 is lucky or unlucky?

You can now see a number that contains 8 does not always mean lucky; it really depends on which numbers it is combined with.

In China, restaurants often offer set menus with the price \$288, \$333, \$888 etc., to attract customers. Conversely, the commercial building where I worked in Hong Kong has floor numbers 4, 14 and 24 skipped – actually quite a common marketing strategy.

Of course, not everyone is superstitious about numbers. In our household, for example, we are a Christian family, so we never care what street number we are living in, nor desire for a lucky phone number; but when we dine out with other people we still avoid ordering seven dishes on the table, to show respect for others.

An interesting story from my husband. His late grandmother always bought fruit in units of 6 – she either brought home 6 oranges or otherwise 12!

Finally, I want to say 3186 to the Millwatermag!
*note: 3186 is homophone of “Happy Birthday” in Mandarin.

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



Know something that we don't?

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

Millwater Tech Review

Fed up with poor FM radio reception in many areas of Millwater, other than from a limited number of local radio stations, we went in search of a solution. We discovered that there is not a great deal of choice currently, if you want good quality audio. In the end, we decided on the Bluesound Pulse Mini – although the name is misleading, as it is not that ‘mini’!

Providing excellent 2.1 stereo sound from the latest digital signal processor (DSP), the Bluesound Pulse Mini employs a patented dual-acoustic chamber to really maximises 50 watts of bass power and clarity. Ease of control comes from an intuitive app for your phone or tablet, opening up access to thousands of FM stations world-wide. Your favourite music or talk programmes, in your language and to your taste, in your own living room.

For the tech-savvy, the Pulse Mini employs industry-leading 1GHz ARM Cortex-9 multi-processors, giving Bluesound’s 32-bit architecture and 8x over-sampling an assured lossless high-fidelity playback at any volume setting.

You can stream wirelessly any music from your iPhone, iPad, iTouch or Android device to the Bluesound Mini,



which has the assured ability to deliver CD quality sound via your home wireless network. Expandable with many choices of Bluesound add-ons, you will be able to stream music effortlessly to as many rooms as you wish.

We viewed, listened, liked and bought from The Shore Hi-Fi Company in Takapuna, and there is a growing number of outlets around Auckland. Check out the full spec at <http://www.bluesound.com/products/pulse-mini/>

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Wisdom teeth – not so wise



Your wisdom teeth can be healthy and viable. Unfortunately, for a lot of people, wisdom tooth extraction becomes necessary because of the way these errant third molars grow and impact other teeth. Wisdom teeth are the last teeth that come into the mouth, generally between the ages of 17 and 25 – much later than other teeth. Their late start in life is where their name comes from, because they appear at a time when a person is “wiser” than they were as a child. However, wisdom teeth are not really so wise, and frequently grow in sideways. This can cause gum infection and damage to other teeth.

In some cases, impacted wisdom teeth may cause no immediate problems. But, because they're hard to reach with your

toothbrush and floss, they can be more susceptible to tooth decay and gum disease than are other teeth. Because they don't always cause symptoms to appear until it's too late, a regular dental check-up with X-rays is important for preventing painful situations later on.

The symptoms of impacted wisdom teeth are unpleasant, but treating them can be surprisingly easy. The best part? It will all be done under local anaesthesia, so you won't feel a thing, and with added intravenous sedation you possibly won't remember anything afterwards!

If you experience any of the following symptoms, you might have an impacted wisdom tooth:

- Tooth or jaw pain in the back of your mouth, where your wisdom teeth are located
- Red, swollen, painful, or bleeding gums
- Pain or swelling around the jaw
- Bad breath
- An unpleasant, odd taste in your mouth, or when eating
- Difficulty opening your mouth fully

If you experience any of the above symptoms, call us as soon as possible on 09 426 5262, or email us on team@dentalsuite.co.nz, and we'll be able to get you in for an emergency appointment. Wisdom teeth may not actually be wise, but they are simple to deal with!

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Raw Essentials for Cats and Dogs



Raw Essentials in Silverdale – what sort of service do you provide?

We provide a range of real raw foods for cats and dogs, which is as close to their natural diets as possible. Our lovely staff are highly trained and experienced raw-feeders. They provide ongoing support to all our customers, to ensure the best species-appropriate nutrition for their pets. Debbie and her team are heading up the Silverdale store. With the right food and the right advice, a dramatic improvement in your pet's health is a very achievable goal!

Raw Essentials has won awards for their sustainability focus – how is sustainability a part of the business?

We offer a sustainable nutrition option for cats and dogs in Auckland and Hamilton, with a minimal environmental impact. This is better for people, pets and the environment. We source products from wild species that threaten our environment and agriculture: rabbit, hare, wallaby and possum. These are highly nutritious and appropriate foods for cats and dogs. All our products are New Zealand-grown.

How do people get to your Silverdale store?

Our Silverdale store is at 19 Silverdale Street. We are open 9-6 on weekdays, 9-5 on Saturday, and 10-4 on Sunday. Our number is (09) 929 7501. Visit www.rawessentials.co.nz to see the opening hours for all nine Raw Essentials stores.

Debbie and her team look forward to meeting the Silverdale cat and dog community!



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Recipes from Millwater Residents



Prawn in Chilli Bean Sauce

Chilli Bean Sauce is a common Chinese condiment, which you can find in Pick Fresh Fruit and Vege (next to Silverdale Mad Butcher), and elsewhere.

Ingredients

Frozen prawns 500g

Sauce

1 tablespoon Chilli Bean Sauce
 1 tablespoon ketchup (this is use to balance the sweetness with the Chilli Bean Sauce)
 1 tablespoon finely diced spring onion (white part)
 1 tablespoon finely diced fresh ginger
 1 teaspoon diced garlic
 Sesame Oil

To Make

In a small bowl, mix all the sauce ingredients and stir to combine.

Defrost the prawns, pat dry with kitchen towel.

Lightly coat the prawns with some cornflour, mix evenly.

In a saucepan, pan fry the prawns on one side on high heat and, when they become lightly brown, turn the prawns onto the other side.

When you are satisfied with the colour of the prawns (Note: do not over-cook), stir in the sauce mixture.

Adjust to low heat, let the sauce simmer with the prawns for around 1 minute, stir a couple of times in between.

Dice the leftover green part of spring onion and sprinkle on top!

Serve with boiled seasonal vegetables.

This recipe also works well with Australian banana prawns, either with shell and heads on or off.

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

Happy Cooking!

Nita Wong



Zucchini Chocolate Cake

A winner for getting extra veggies into your kids this winter!

Preheat oven to 170 degrees and prepare loaf tin lined with baking paper.

Ingredients

1 medium zucchini
 3 eggs
 50 g coconut oil or melted butter
 70 g honey
 1 tsp vanilla extract
 35 g raw cacao powder
 40 g coconut flour
 70 g plain gluten-free flour

1/2 tsp baking powder
1/2 tsp baking soda
1 pinch salt

Method

Grate zucchini and put into bowl (squeeze out extra liquid).

Whisk in eggs, coconut oil, honey and vanilla.

Add remaining dry ingredients and whisk until thoroughly mixed into a smooth batter.

Scrape out into prepared loaf tin and bake 30-35 minutes until it springs back when lightly touched and coming away from edges – or use skewer to test.

Can be enjoyed while still warm or cold. Refrigerate to store.

Claire Cameron



John's Meatballs

Ingredients

Beef meatballs

500g Quality Mark beef mince
1 cup fresh white breadcrumbs
3 cloves garlic, crushed
1 egg, lightly beaten
3 tablespoons milk
1½ teaspoons Worcestershire sauce
1 teaspoon dried mixed herbs

Tomato Sauce

1 onion, finely chopped

2 cloves garlic, sliced
400g can chopped tomatoes in juice
1½ - 2 cups Campbell's Real Stock - Vegetable
1 tablespoon tomato paste
1 teaspoon sugar
1 bay leaf

To serve

1/3 cup freshly grated Parmesan cheese
½ cup roughly chopped parsley leaves

Preheat the oven to 220°C.

Beef

Lightly oil a deep baking dish or skillet (one that will fit 8 meatballs comfortably in a single layer). Mix all meatball ingredients together well, then shape into 8 meatballs and place in prepared baking dish.

Tomato sauce

Place a dash of oil in a heavy-based saucepan, over a low heat, and add the onion and garlic. Cook until the onion is soft, about 10 minutes. Add tomatoes, stock, tomato paste, sugar, bay leaf and season well. Simmer for 10 minutes to allow all the flavours to mingle and the liquid to reduce a little. Remove from the heat, cool for about 5 minutes, remove the bay leaf, then process in a food processor until you have a smooth sauce.

Beef

Pour sauce over the meatballs and cook in oven for 25 minutes turning meatballs once after 15 minutes.

To serve

Serve hot, sprinkled with the Parmesan cheese and chopped parsley.

John Mcswigan





GARDEN CARE FOR AUGUST

From Living Earth



The Potager (Edible Gardening)

- Sow carrots, spinach, spring onions and beetroot
- Get herb gardens ready for spring – prune and shape thyme and rosemary, lift and trim roots of mint and plant coriander and flat-leaf parsley
- Sprouted potatoes can be planted now:



How to plant Potatoes – Use a balanced potato food or apply plenty of good quality (Living Earth) organic compost to your soil. Dig furrows of around 15-20cm deep and plant the potatoes – tubers upward, about 70cm apart. Fill in with soil just covering the shoots, by gently raking the soil back over them. Do not press down. The idea is to continue 'hilling up' the potatoes as they grow, covering the foliage by about 10cm at a time. Early potatoes are generally ready in three to four months' time; when the foliage begins to yellow. Perfect for Christmas...

- Fertilise all edible plants gently (they don't need much in August) using liquid fertilisers, such as Organic Liquid Compost by Living Earth, or the Yates' Thrive range
- Apply BLACKGOLD Mulch to all fruit trees – this delivers extra compost to the surface root area and inhibits any rapid weed growth during early spring



Other Garden Work

- Prune hydrangeas back to double shoots, unless the stem ends in tightly pointed foliage – this is an early spring flower
- Use your eyes – look out for new shoots of winter-dormant plants – hostas, lilies, lily of the valley and spring-flowering bulbs – gently part overlapping foliage and remove weeds around them
- Lawn care – apply gypsum to lawns that are not draining well; fertilise grass with Turf-master Gold – all Central Landscapes have this in stock
- Planting can be undertaken now, provided your soil is not too wet. Dig some compost through soil that has compacted down over winter and liquid fertilise after planting
- Give your garden a bit of 'framework'. There are plenty of our native NZ plants that look amazing when trimmed and shaped



Great news for Gardeners – the Annual Millwater Gardening Competition is on again in November 2016! [theMillwatermag](#) and Central Landscapes Silverdale are delighted to bring this to Millwater residents for the 3rd year in a row! We'll keep you posted about when to enter.



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UMF Manuka Honey is the BEE'S KNEES

Historically, dating back thousands of years, honey has been used for medicinal purposes. Archaeologists excavating the tombs of ancient Egyptian royals discovered unspoiled honey in pots! Being one of nature's richest antimicrobial sources, cultures around the globe praised honey for being an amazing healing treasure. Yet, because of industrialization, honey isn't what it used to be. Like most things today, not all honeys are created equal.



New Zealand Manuka honey is one of the most beneficial forms of honey in the world. This unique honey has qualities that aid such health issues as acid reflux, acne, eczema, staph infections, burns, wounds, ulcers, IBS, sore throats, and

general immunity. Manuka honey also has a nutritional and enzyme content up to 4 times that of normal flower honeys. This is what is called the Unique Manuka Factor, or UMF for short.

Essentially, the UMF is a guarantee that the honey being sold is of a medicinal quality. UMF is not found in the nectar of all Manuka flowers and regular Manuka contains no more than the antibacterial property common to most types of honey. What separates UMF Manuka from other Manuka varieties is that it has both natural hydrogen peroxide and natural UMF antibacterial properties, which greatly enhance effectiveness. The UMF properties of Manuka are extremely stable and, unlike the hydrogen peroxide common in most honey, these are not easily destroyed by heat, light or enzymes within the body.

Genuine UMF Manuka honey will have been tested and certified by The Active Manuka Honey Association (AMHA) of New Zealand, and will have its licence number plus the UMF rating on the label. Without this information, the honey may not be the genuine article.

Manuka honey health benefits have been known in the natural health world for a long time and now a growing body of research is starting to support thousands of years of natural medicinal use.

Genuine UMF 15+ Manuka Honey is currently on sale at **Health by Logic in Silverdale Village.**

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theMillwatermag

Sarah Furniss
Publisher

P 0274 440 044 • 09 426 6155
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millwater **malt** of the month

Smokehead Islay Single Malt



You might want to dust off your smoking jacket for this one! After last month's delicious lowland Auchentoshan, we move out to the Western island of Islay, with the wild Atlantic Ocean crashing on the rocky shore and salt spray in your teeth.

As the Atlantic rolls in, the debate rolls on about which distillery produces the Smokehead, but the truth remains shrouded in mystery and peat smoke – a bit like this enigmatic Islay whisky. No matter. We decided to introduce a peaty explosion for your taste buds in this month's 2nd anniversary edition of **theMillwatermag**.

Smokehead is a rich, seaweedy and intensely peaty whisky. The flavour is fresh, fruity and immense, with notes of sherry, iodine, toffee, smoke and sea salt – all fighting for recognition. Distinctive packaging in a uniquely outrageous tin and with a matching, almost poetic, label.

Nose: Heavy smoke and peat. Lapsang Souchong. Slightly medicinal. Young yet full.

Palate: Like a cannonball – hits the palate at once with cocoa, peat and some honey sweetness, then explodes with peppery spice. Spreads to all areas of your mouth with yet more peat and a light sweetness.

Finish: Peat smoke, herbal, tangy fruit. A gentle dryness at the end before the smoke takes over once again. Wow!

Smokehead is definitely not one for the faint-hearted but well worth buying as a fine example of Islay peated malt whisky – and great value. Not available everywhere; we shopped online.

700ml, 43% ABV, no age statement, target price below \$80 including delivery.

Developing a love of reading

Reading is a fundamental and vital skill that students require in order to learn, grow and function in society today and in the future. As teachers, one of our greatest rewards is when our students read; not because they have to, but just for the pure joy of it!

At KingsWay School this term a group of our Year 3 & 4 students have participated in a Twitter book chat for New Zealand schools. Students have read and studied two chapter books over the term: 'Charlotte's Web' and 'Because of Winn-Dixie'.

Each week, students are required to read a number of chapters and on Friday mornings at 10am they 'meet' on Twitter with students from other schools around New Zealand, who are reading the same books. These 8 and 9 year-old students discuss the texts, share their own thoughts about the stories and are challenged by different ideas from each other.

Engaged and excited to be involved in something bigger than themselves, the Year 3 & 4 students in this KingsWay class are going above and beyond what is required of them, and at the same time are developing a genuine love of reading.



Alice Ng (Year 3/4 teacher) believes that "going onto Twitter as a group, to share our work with others, has given students a genuine purpose for reading and has resulted in them completing more challenging tasks to a high standard, reflecting their deeper understanding of the text and their excitement for their learning."

If you are interested in finding out more visit <http://chapterchatnz.blogspot.co.nz/>

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Rate applies to any outstanding balance at end of Payment Holiday Offer is ongoing. Lending criteria, fees, terms and conditions apply.

millwatermotors

Millwater resident Henry Lötter has a great deal of hands-on expert knowledge about restoring classic Porsche sports cars. Having seen his 1974 Gulf-Orange 911 S on the streets of Millwater, we went in search of the background to this classic and found not just one Porsche story but three!

Henry grew up on a farm in Bethlehem, in the Orange Free State in South Africa, and went to a boarding school that was also a technical school, and it was here that Henry gained his practical skills in electronics and electricity that he uses still to this day. Henry then joined the army in 1985 and, after 7 years, he bought himself out of his commission and became an electrician, specialising in high-voltage work.



Moving to New Zealand in 2003 with his 'Geordie' wife Sarah plus daughter and son, Henry also brought with them his Porsche Speedster 356 that had started as a project in South Africa in 1999 and needed a further four year's work here in New Zealand. After selling the completed 356, Henry used the funds to buy the 911 S that he drives today. Found on Trade Me and from East Coast Road, the 911 looked good cosmetically but was in a very sorry and rust-riddled state when Henry bought it. The next 18 months were spent in just getting the bodywork into a condition where it could be painted, which included replacing some 45 kg of steel in the floor pan, under window frames and in wheel wells. "I constructed a rotisserie so that I could turn the empty shell

longitudinally and get at all the areas where metal needed replacing," said Henry. "After all the metalwork was completed, I sent the shell to Custom Paint and Restorations (CPR) in Silverdale, who did a fantastic job."

The long rebuild was finally completed in January 2015 and delivered the beauty that we see here. Fortunately, the 2.7 litre naturally-aspirated engine was still in good condition and required only minor work. A single track day at Hampton Downs was all that was needed to prove that Henry's 911 S still had the performance to deliver what it needed to and was an authentic restoration of the 1974 original.

Not content to not have a project, Henry has now commenced work on a Porsche 550 Spider, having bought the chassis and body from someone in Orewa, again via Trade Me. The engine that will be the heart of this new project is yet to be decided but definitely will be air-cooled. "Air doesn't freeze and air doesn't boil" quoted Henry.

Henry and family are totally content with – and loving living in – Millwater; close to the countryside and world-class beaches, yet within easy reach of the City. Henry works locally on the electrical infrastructure around Millwater and elsewhere – but his gleaming Porsche 911 S is definitely not his work car. Dream car? The new Porsche 911 R, for which Henry Lötter plans to win the Lottery one day!



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Hibiscus Men's Shed Continuing Journey



Stuart Johnston, Chairman of HMST (left) and Secretary/Treasurer Wayne Drummond, signing the lease.

The development of the Hibiscus Men's Shed has progressed rapidly since it was first mooted at a public meeting in May 2015. Following incorporation in July, the structure, strategic plans and feasibility studies were carried out, providing potential membership projections and sufficient information to present to the Hibiscus & Bays Local Board, to justify the construction of a Shed on reserve land.

Council and the Trust, working together, examined a total of five potential sites before agreeing that a portion of the redundant Silverdale bowling-green best suited both parties, triggering the statutory requirements necessary to make this happen.

This process was authorised at the December Local Board meeting and involved various consultations and notifications before once again being reported back to the Board and ultimately authorised and agreed in June, allowing the

documentation to be drawn up and the Trust executing their lease one year to the day from incorporation. Building design has been decided and detailed planning is underway, with the support of several local businesses, to facilitate the building consent process. Once finalised and lodged with Council, significant fundraising requirements can commence.

Hibiscus Men's Shed Trust will provide a community facility in the form of a fully equipped workshop, catering for different trades and hobbies, where members can work on either personal or community support tasks, chatting with like-minded members or just enjoying general camaraderie. Over one hundred Sheds in various stages of development are now affiliated to 'Menzshed NZ Inc.' – supporting and fulfilling a gap in many communities.

A steady supply of machinery, hand tools, fixtures and fittings continue to be generously donated by many community folk and are safely stored by courtesy of Guardian Storage in Silverdale, pending construction of our Shed.

Should you like to know more about Hibiscus Men's Shed Trust, enquire about membership, or discuss an equipment donation, please contact:

Stuart Johnston, Ph: 09 424 7854, Mob: 027 492 3357 or hibiscusshed@outlook.com

Interested parties may also like to attend a Trust open meeting and short video and slide presentation on Tuesday August 23rd 11.30am–1.00pm at Orewa Community Centre, Hillary Square. RSVP to Stuart above.

Stuart Johnston
Chairman, Hibiscus Men's Shed Trust

Millwater Women's Group

Our June meeting was held at the Silverdale Pioneer Village. The clothes swap was a lot of fun as usual and Women's Refuge was very grateful for our bags of donated garments. Otherwise, we enjoyed as always a good chatter, lovely morning tea and a wee presentation of skincare products – all of which we enjoyed.

The July meeting was held at the Kings Garden Centre Café, which is a change of venue. We are trialling every second month at a local café and will make a decision if

this is a good idea in a few months' time.

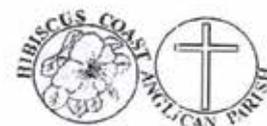
Once again: we are always keen to hear from any locals who have something interesting to share with us, so feel free to call me. We meet on the third Wednesday of the month; mostly at the Silverdale Pioneer Village or a café.

Marj Noble 021 711 540

dates for your diary

- Every Sat Silverdale Village Market • 8am-1pm,
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am. See
www.parkrun.co.nz/millwater for more details
- Every Thurs 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- 10 Aug Orewa Library • 11am • Red Dust over Shanghai- A Shanghai-NZ memoir 1937-1954 Author Tyl von Randow talking about his childhood in Shanghai and his life in NZ
- 24 Aug Orewa Library • 11am • Family History Month - Member of the Silverdale Pioneer Village, Ruth Olsen, will talk about the changing faces of Orewa, and show some interesting slides of times gone by.
- 25 Aug Orewa Library • 11am • Family History Month - Researching family history: some Hatfields Beach families • A presentation showing the use of a variety of family history resources, including oral histories, to research selected families associated with Hatfields Beach on the Hibiscus Coast. The Hatfield family came to Auckland and the Waiwera area from England, via New South Wales. Other families have been associated with the area for many years. There will be time for questions and discussion

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



Join us for services throughout the month:

St Chad's, Orewa
Sunday 8:00am and 9:30am
Wednesday 9:30am

Christ Church, Waiwera
1st Sunday 11:15am

Holy Trinity, Silverdale
2nd & 4th Sundays 9:00am

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Northern Union	09 426 2651

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Stillwater Community Hall	www.stillwater.org.nz
Illuminate Church	www.illuminatechurch.org

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Collective Talents	09 427 5426
Harrisons Book Heaven	0800 282 538

Insurance / Financial / Accounting Services

Mor Fin	021 271 5552
Greenfire Accounting	021 464 295

Child Care & Education

Early Adventures ECE	09 947 5010
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Sports Clubs

Pacific Cheerleading Silverdale	021 137 3047
Coast Academy Brazilian Jui Jitsu	021 273 8212

Medical

Coastcare Urgent Care, Red Beach	09 427 9130
Focus Hearing	09 533 6463

Dental

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

Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
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Raw Essentials	09 929 7501

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Mon 1 Aug	05:34 3.0 m	11:44 0.4 m	18:08 3.1 m	-	Tue 16 Aug	05:15 2.6 m	11:33 0.6 m	17:56 2.8 m	23:57 0.7 m
Tue 2 Aug	00:15 0.4 m	06:31 3.0 m	12:39 0.4 m	19:01 3.1 m	Wed 17 Aug	06:08 2.7 m	12:21 0.5 m	18:43 2.9 m	-
Wed 3 Aug	01:08 0.4 m	07:26 3.0 m	13:29 0.3 m	19:51 3.2 m	Thu 18 Aug	00:45 0.5 m	06:59 2.9 m	13:08 0.4 m	19:28 3.0 m
Thu 4 Aug	01:58 0.4 m	08:16 3.1 m	14:17 0.3 m	20:38 3.2 m	Fri 19 Aug	01:32 0.4 m	07:47 3.0 m	13:53 0.3 m	20:14 3.2 m
Fri 5 Aug	02:46 0.4 m	09:03 3.1 m	15:01 0.3 m	21:23 3.1 m	Sat 20 Aug	02:19 0.4 m	08:35 3.1 m	14:38 0.2 m	21:00 3.2 m
Sat 6 Aug	03:31 0.4 m	09:48 3.0 m	15:44 0.4 m	22:06 3.1 m	Sun 21 Aug	03:06 0.3 m	09:22 3.2 m	15:25 0.2 m	21:48 3.3 m
Sun 7 Aug	04:14 0.4 m	10:31 3.0 m	16:26 0.4 m	22:48 3.0 m	Mon 22 Aug	03:54 0.2 m	10:10 3.2 m	16:12 0.2 m	22:37 3.3 m
Mon 8 Aug	04:56 0.5 m	11:12 2.9 m	17:08 0.5 m	23:29 2.9 m	Tue 23 Aug	04:43 0.2 m	10:59 3.2 m	17:03 0.3 m	23:27 3.2 m
Tue 9 Aug	05:38 0.6 m	11:54 2.8 m	17:51 0.6 m	-	Wed 24 Aug	05:34 0.3 m	11:50 3.1 m	17:56 0.4 m	-
Wed 10 Aug	00:11 2.8 m	06:20 0.6 m	12:37 2.7 m	18:38 0.7 m	Thu 25 Aug	00:20 3.1 m	06:27 0.3 m	12:45 3.0 m	18:54 0.4 m
Thu 11 Aug	00:54 2.7 m	07:05 0.7 m	13:25 2.6 m	19:29 0.8 m	Fri 26 Aug	01:15 3.0 m	07:23 0.4 m	13:45 2.9 m	19:57 0.5 m
Fri 12 Aug	01:40 2.6 m	07:55 0.8 m	14:18 2.5 m	20:24 0.9 m	Sat 27 Aug	02:14 2.9 m	08:24 0.4 m	14:48 2.9 m	21:01 0.6 m
Sat 13 Aug	02:30 2.6 m	08:49 0.8 m	15:15 2.5 m	21:21 0.9 m	Sun 28 Aug	03:16 2.8 m	09:28 0.5 m	15:53 2.9 m	22:05 0.6 m
Sun 14 Aug	03:24 2.5 m	09:45 0.8 m	16:12 2.6 m	22:16 0.9 m	Mon 29 Aug	04:18 2.8 m	10:31 0.5 m	16:54 2.9 m	23:05 0.6 m
Mon 15 Aug	04:19 2.6 m	10:41 0.7 m	17:06 2.6 m	23:07 0.8 m	Tue 30 Aug	05:19 2.8 m	11:29 0.4 m	17:50 3.0 m	-
	Low	High			Wed 31 Aug	00:00 0.5 m	06:16 2.9 m	12:23 0.4 m	18:42 3.0 m



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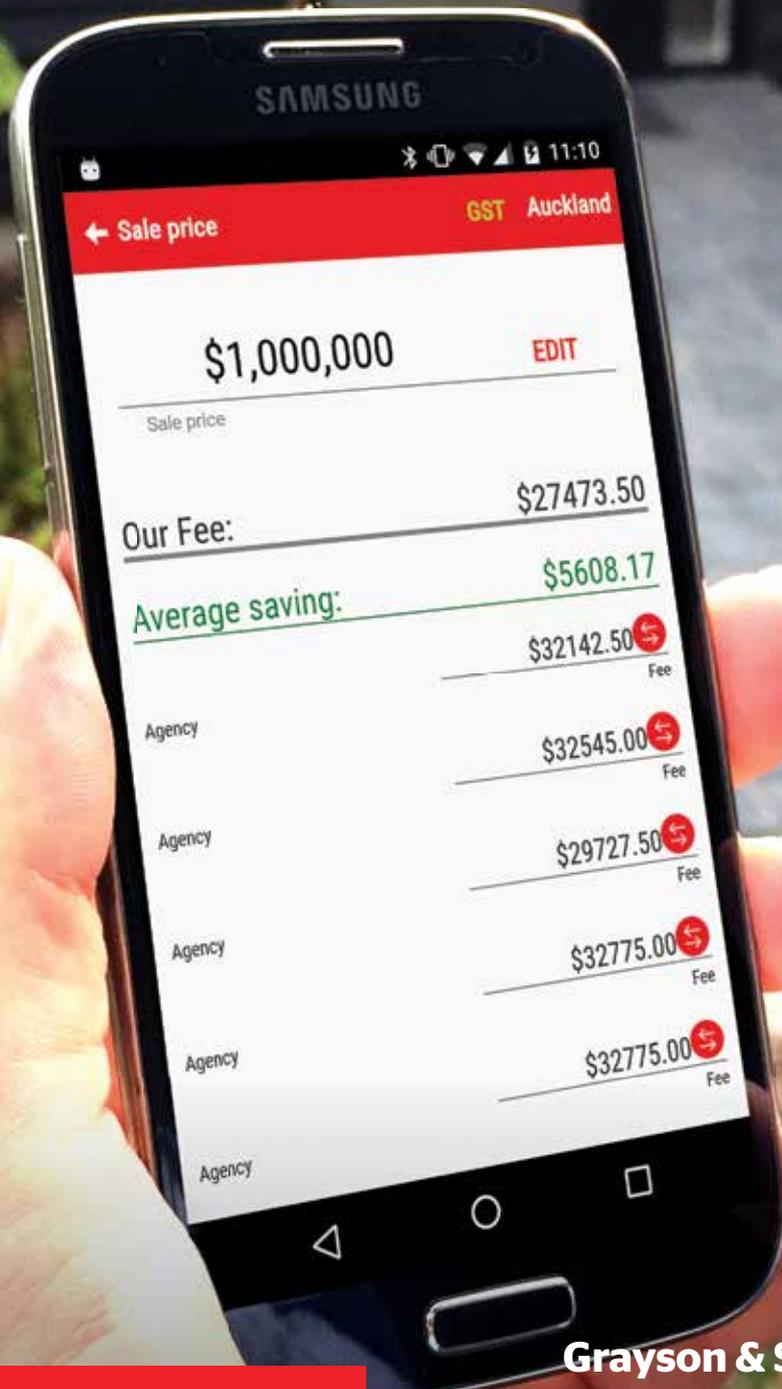
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