

theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
June 2017



- Millwater Biz Buzz with Natali Brown
- Blood Brothers Musical at Centrestage Theatre
- Millwater Property Talk with Grayson
- Feijoa, Date & Ginger Loaf

Editor's note

Well; I promised something very different for the motoring section this month, and you couldn't get further from a V8 than what we feature in this issue. I hope you enjoy reading as much as I enjoyed writing...



Hibiscus Hospice is still collecting books for their major fund-raising Book Fair, which takes place in Orewa Community Centre 30 June – 2 July. The Rotary Satellite Club of Orewa-Millwater will again assist with this excellent fundraising initiative. If you want to be part of the action, please get in touch with me.

It is good that common sense prevailed recently at the RSA, ensuring they will have the funds to continue and improve. What they also need is for more people to use the excellent restaurant and bar just once a week, to provide the necessary ongoing revenue for its future. Annual membership fees are low and you do not have to be a member or former member of the armed forces.

The new Millwater Shops are in the process of opening and there is a great sense of anticipation around who/what will be there. We meet on the opposite page an excellent goldsmith and jeweller, Millwater local Geoff Morris, who has made a major commitment to our great Millwater community. Elsewhere in the magazine we also meet Natali Brown and learn of her successful Reiki business.

Keep an eye on the Facebook page for coming updates on the progress of the Hibiscus Men's Shed!

Brian Mullan
Editor
June 2017

theMillwatermag

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Front Cover: Local Millwater resident Bruce Wood (see Millwater Motors pg 34).



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themillwaterinterview



"We were tucked away in an industrial area of Tauranga, where we got little exposure to the public" Geoff told us, "and, when the landlord saw fit to move a brothel in upstairs, I decided it was time to get out!" Geoff moved to downtown Tauranga, where he owned a couple of premises, growing his business all the while.

We all remember the Global Financial Crisis of 2008, which virtually killed many businesses, including the jewellery business, for a time. It was then that Geoff decided to return to hometown Auckland, where he is close to family, and he opened his current Orewa goldsmiths shop in Moana Court. "My brother is married to one of twin girls and, not long after returning to Auckland, I met my partner Kathy... the other twin" beamed Geoff.

We explored with Geoff the world of bespoke jewellery and were particularly keen to learn more about trends and favourite gemstones. Perhaps surprisingly, it's not diamonds that are Geoff's best friend; although he designs and manufactures using diamonds, he prefers coloured gemstones like emeralds, rubies and sapphires, plus a few rare and unusual stones. "Every stone is different; every setting is unique and every customer is special," Geoff informed us, "Trends change over time and I am proud that I operate in the high-end quality market."

Jewellery has always been a precious and desirable commodity – from the earliest prehistoric pieces made from shell and bone, to the modern brilliant-cut gemstones, artistically set in precious metals. Millwater is now home to an exceptional jeweller and goldsmith, Geoff Morris. We were privileged recently to watch him at work and learn something about his life and his uniquely original jewellery.

Geoff served his 4-year apprenticeship with a company in Karangahape Road and cut his teeth on the production side of the business, making jewellery for one on the well-known High Street jewellers. This soon led to Geoff purchasing a business and opening his first shop on Dominion Road. "I was there for four years," said Geoff "before I headed off sailing for a year around the Pacific Islands and ending up in Sydney, where I stayed for another year."

Returning to New Zealand in 1986, Geoff changed course and worked in Tauranga with contracting gangs for a couple of years, harvesting kiwifruit. Returning to his core skills, Geoff then worked for a Tauranga jeweller for two years before purchasing a manufacturing jewellery business down there.

Skilled jewellers are comparatively rare – just 18 apprenticeships were taken up last year, nationwide – and by 'jeweller' we mean people who design, craft-make and sell individually designed items that are unique to each customer. Most of the High Street jewellers no longer actually make jewellery themselves, it seems; rather, the majority are importers and re-sellers of jewellery.

In a career spanning 40-some years, Geoff Morris has developed unique skills seldom seen these days. He is quietly self-assured and very modest about his remarkable abilities as a manufacturing jeweller – but we saw and were impressed by some stunning pieces that Geoff has designed and hand-made in his workshop. We are delighted to learn that, not only does Geoff live in Millwater, he will open his latest 'The Goldsmith' jewellery store and workshop in the new Millwater Shops around the end of this month.

London Cockneys have a term for someone who is very special and it is "a diamond geezer." Geoff Morris is that – and more. He is very much of the old school of jewellery, where pieces are lovingly hand-made onsite.

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Published by The Millwater Mag Limited

Circulation is 2600 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz
* conditions apply

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starving and have pretty much lost everything. We need to be thankful for everything we have, because people in Syria are starving and thirsty and we find this heart-breaking.

At our World Vision Leaders' Day, we learnt that we should be grateful for what we have, as we have a lot of things that Syrian refugees don't have; like clean water, food and education.

But why is the rest of the world sitting there doing nothing, leaving kids in pain and poverty? Kids like us wish that we could be famous, or be part of a royal family, but all the while the refugees have little hope and just wish to have a life like us.

We found this event really inspiring and it is something we would definitely do again. We learnt what type of leader we are and what we can do to improve our leadership. We have all collaborated as a group and have planned what our goal is for 2017 – to raise awareness for Syria. This will be done through the 40-hour famine at Silverdale School. We challenge all the students and community to make this a year to remember, because without your help kids will still be going to bed with empty stomachs and will not get the education they need. Our goal is to raise \$5000 dollars. This money will help build 2 classrooms and provide learning equipment for their education.

We can all stand up make a change and be leaders by doing the 40-hour famine.

Thankyou from the Student Council Leaders

At Silverdale School our Student Council leads in many different ways. We model what being a good learner looks like by sharing our work in Assembly, we attend leadership conferences sharing our learning back to our school community and we hold fundraising days to promote causes we are passionate about.

Recently we held a mufti day to raise money for the Westpac Chopper Appeal. As a school we raised \$700 for this worthy cause.

Below some examples of how our Student Council has shown leadership this month.

World Vision Leadership Programme - raising awareness for children in Syria during Assembly

In Syria, children have been going through war their whole lives. During our Leader's Day, we learnt that kids in Syria are

Writing by Brooke Furniss – Read to students during Assembly

Nana

Have you ever met a Nana who has the ability to sniff out all the second-hand shops in the area, and buy hundreds of normally-expensive valuables for little more than three dollars each? Well, if my Nana was a superhero, that would be her power.

The blue veins on the back of her hands rise and stretch the skin above them, and wrap around each other like snakes. Her blob of wavy grey hair still has tinges of the brown it once was, and is constantly being brushed by her tiny yellow comb.

The air around her smells like blueberries and dough, and sometimes sugar, or whatever else she has been baking

with. When near her you can hear her gossiping about baking or second-hand shops, and her laugh is high-pitched and occasionally comes out like the cackle of a witch.

Nana's pale blue eyes shine and the wrinkles by the corners of her eyes multiply whenever she smiles. Humour and kindness flows from her in an aura of joy and love. Her happiness and sense of humour rub off on everyone around her, and she could make anyone in the world smile.

If everyone was like my Nana, we'd all be happy and friendly. There would be no wars, no fights in the streets. The world would be a peaceful, happy, wonderful place.

I'm very lucky; I'm part of her family.

vetspeak

Smiles All Round for Pet Dental Care

Dental health is a very important part of your pet's overall health and dental problems can cause, or be caused by, other health problems. Your pet's teeth and gums should be checked at least once a year by your veterinarian, to check for early signs of a problem and to keep your pet's mouth healthy.

Signs of dental disease:

- Bad breath
- Bleeding gums
- Discoloured teeth
- Difficulty or reluctance to eat
- Excess salivation
- Broken teeth

The most effective way to look after your dog's/cat's teeth is to brush them. Of course, your pet may be resistant to having their teeth brushed at first. It normally takes about 5-6 weeks for them to get used to brushing, but it's worth it in the long run.

If the tooth brushing ends in blood, sweat or tears, there are still choices you can make to help improve your pet's oral health. Crunchy kibble is better than soft food, as soft food is more likely to stick to the teeth and cause decay. Special dental foods such as Hills T/D are designed to clean the tooth surface

and fight bacteria-laden plaque. Dental chews and toys, and drinking water additives such as Prozyme will also help.

If you have concerns about your pets' teeth, please book in for a free dental check. If you would like more information about helping to retain your pet's dazzling smile, give us a call on 09 427 9201

Jemma Hedges



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KidTalk



were repeated.

I would like to share some of those comments. I think it is important to understand that sometimes we are so busy trying to raise a healthy, happy child that we forget to parent them as well.

"I wish my parents knew all the people I socialise with and my opinions about them."

"I wish my parents would stop fighting over little things, because it makes me upset."

"I wish my parents knew what was going on at school."

"Stop telling me not to worry about things, or to let it go, and actually try to help me."

What I found interesting about these comments is that it shows a great deal of maturity; one we might not expect from kids this age. But here's where it gets even more interesting – these next comments were repeated the most:

"I want my parents to know that I want to spend more time with them."

"I love you so much."

It's usually at this age where kids seem to be finding their own feet, pulling away. And that does happen. But I wonder if too often we pull away as well. We may think, "They don't want me in their life anymore."

The truth is they both want and need us in their lives. However, as parents, our role and influence in their lives is changing. Our mission is to navigate that change, knowing that we're going to get it wrong at times. It's like the song says, "Give 'em roots and given 'em wings." A safe place to land and freedom to fly. Knowing that you'll laugh, you'll cry, and in the end Love wins.

Rechelle McNair
sKids Kingsway

Earlier this year I had the privilege of speaking to a room of Year 8s and their parents. As I was preparing, I wanted to do some 'market research'. I asked sixty 12- and 13-year-olds to answer one question: "What would you like another adult to say to your parents?" The thinking behind it being that these young teens think, "If another adult said it, then my parents would listen." There were certain comments or themes that

safercommunities



What attracts a lot of young recruits to apply for the Police is the idea of chasing the bad guys. It's exciting and we have all seen the adrenaline-charged pursuits on TV.

Today, however, Police want to stop the bad guys before they commit the crime. Prevention is the key.

Everybody can contribute to the prevention of a crime. My boss tells me "See something, Do something", and I want to pass that message on.

The person who can do the most to safeguard a property is the owner of that property. Adopting good prevention practices will foil the crime before it even happens.

When you leave your garage door open, you are leaving an open invitation to a would-be thief. Close the garage door and you solved the crime before it happened. A house that has good locks and secure windows is not the target address for a burglar. We know our bad guys cruise the area looking for an

easy opportunistic theft. By securing your property you have prevented becoming another statistic. It's pretty simple.

If you notice your neighbour has left the windows down in their car, "See something, Do something". Knock on their door and tell them. If you see a suspicious person hanging about the neighbourhood, "See something, Do something", phone 111 and report it.

When you watch out for your neighbour they will watch out for you. Be proactive rather than reactive. Most people fit CCTV and alarms after becoming a victim. I encourage you to fit them to prevent yourself becoming a victim.

If you want advice on which prevention methods you can put in place, contact me at Orewa Police station and I will happily visit you and offer advice.

Take care and **"See something, Do something"**



Constable Michael Brown

Orewa Community Constable

Orewa Police Station | 4 Riverside Road | Orewa
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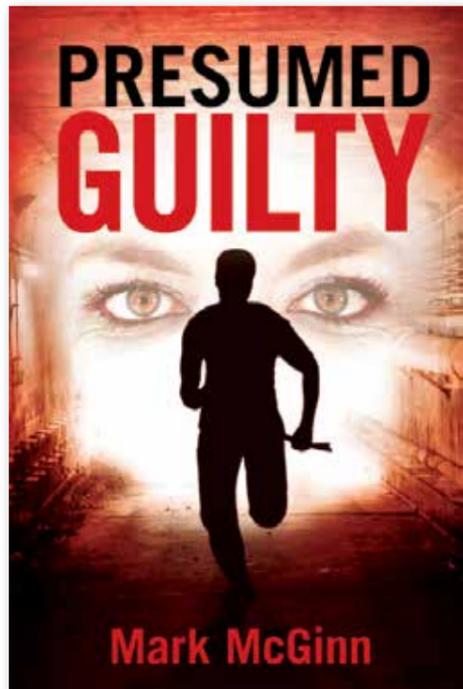
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Toddler Sense
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millwaterbook of the month

Presumed Guilty by Mark McGinn



This is the third novel from author Mark McGinn featuring lawyer Sasha Stace. I haven't read the first two books, but that was no barrier to reading this excellent crime novel.

Sasha Stace is a dedicated, feisty lawyer, looking to make a difference when she takes on defence cases. But she is disillusioned after a difficult rape trial, so when she is approached to become a judge she looks at it with considered interest. But then one more criminal defence case comes her way that she can't refuse. Her former partner is defending the charge of murdering his wife, Lottie, the woman he had an affair with and then left Sasha to marry. To make things more complicated, the lawyer seeking Sasha's help is the daughter she gave up for adoption thirty years ago. The stakes are high when she discovers that the prosecutor is prepared to fight dirty to make his case.

Sasha is a memorable, well-rounded character who has an admirable moral core, despite many pressures thrust on her with her new case. The plot is pacy, and the courtroom scenes are particularly engaging. This was a page-turner with plenty of twists and turns that I devoured to the end. It was refreshing to have a novel of this calibre set in New Zealand – I thoroughly enjoyed the local settings. Presumed Guilty is definitely to be recommended.

Karen McMillan, author of *Brushstrokes of Memory*. www.karenm.co.nz

millwatermalt of the month

Unmalted..



Not far from Millwater exists a producer of spirits like no other in New Zealand. It is registered officially as 'In The Bush Ltd' and the company name might give you a clue – but the product name tells it all: Matakana Moonshine.

Co-founders Chris Toms and Mark Hobin started something very special with typical Kiwi ingenuity back in the late 1990s, and we met with Mark recently to explore the background of New Zealand's most innovative spirits producer.

The origins are unconventional in that the first Southern-style whiskey was produced 'under the radar' by Chris Toms, with the resultant spirit being enjoyed privately with long-time good friend Mark Hobin.

Refining and improving by using pure Kaiwaka spring water and high-quality NZ distillate infused with Manuka wood has moved Matakana Moonshine whiskeys into a vacant space

in the whiskey market. Their portfolio is further complemented by the silver-medal-winning vodka and bronze-medal-winning gin – both notable successes from the 2013 World Spirits Competition in San Francisco.

Mark (left) is now the major shareholder and Hawker-in-Chief (marketing guru) of this increasingly successful Matakana Moonshine brand, with business partner and shareholder Chris continuing in the role of Chief Distillation Officer. (Tasting notes courtesy of Matakana Moonshine)

Southern Style Whiskey with Manuka Honey: Smooth, with a taste of sweetness. Uniquely Kiwi woody notes, with a hint of nectar. Waitemata honey sediment is natural – shake before opening.

Amber Lightning Southern Style Whiskey: Ti tree-infused Southern style whiskey. Pure, crisp, clean. Smoky timber notes.

Stocked by over 100 off-licences, restaurants, bars and online dealers, plus expansion into the Malaysian market is proof (pun intended) that Matakana Moonshine is here to stay.

Verdict: Worth finding and enjoying these uniquely Kiwi drams!

Wainui.

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'Rid your life of Plastics' – Stoney Homestead

'Rid your life of plastics' will be offered by Helen Bakker of Collective Talents and supported by the North Shore Resource Centre, Stoney Homestead and ladies from Boomerang Bags.

Locals are invited, including children aged 8 years and above, to come and sew a re-useable carrier bag and take it home or add to the supply. Come along and share your skills and meet your neighbours!

Unwanted clean and useable donations of suitable fabrics are needed to help with the event and to help Boomerang Bags, but there will be materials and sewing machines available.

This is a free event. Drinks and refreshments for koha.

Saturday 17 June, 10am - 4pm

Millwater and Totara Views Families Facebook Page

Are you on Facebook? If so, hopefully you have joined the Millwater & Totara Views Families' Facebook Page. If not, read on.

When you ask to join, you will receive a message asking you to confirm your identity and address. This is to protect the privacy of our members. Please check also your 'other' or 'junk' or 'spam' folder for this. This group is open to Millwater and Totara Views residents only.

This group belongs to the families living in Millwater, Silverdale. It is a group for sharing and creating events, sharing of information and asking/answering questions. The group is not designed for business advertising and, should this become excessive, then all advertising will be removed. Advertising is strictly limited to once a month and is only for local businesses and the businesses of Millwater residents.

Silverdale School

Silverdale School has received confirmation from the Ministry that from 2019 the school will be a Year 1-6 school. To allow the current Year 7's to complete their schooling to the end of Year 8 at Silverdale School, Silverdale School may enrol students in Years 1-6, and Year 8, for 2018. We know the staff and Board of Trustees worked extremely hard to maintain their Year 7 & 8's and I'm sure the community is grateful for their efforts.

Millwater Family Meal Support Group

We are a group of volunteers who cook and deliver meals to Millwater families who are struggling to cook a decent meal, perhaps due to sickness, injury, loss of loved one or arrival of new-born etc. We are hoping to create a caring community by supporting each other during hard times.

Please join our group if you:

Are willing to cook a bit more on top of your meal once in a

while, or you simply love to cook and share with others; and/or

Can help to coordinate between the cooks and recipient for meals requirements, visit and deliver meals to support the recipient (we need coordinators as much as cooks!)

Last but not least: if you know of any family in Millwater who needs our support, please contact us – we are here to help.

Please find our group on Facebook or contact Nita Wong for more information. (nita.millwater@gmail.com)

Term 2 ESOL class at The Stoney Homestead

Are you new to New Zealand or looking for an opportunity to improve your English? Stoney Homestead now offers English classes in 2 sessions per week. Term 2 will run from 5 May to 7 July. Details as follows:

Friday 11:00 to 13:30 (for people with some/or reasonable English who would like to practice conversational English): \$80 per term or \$5 per hour.

Friday 14:00 to 15:00 (beginners' class for all ages): \$40 per term or \$5 per hour

The Stoney Homestead is at 12 Galbraith Greens, Millwater. For more information, please contact Lulu Wang at 021-618199 or email: luluwinnz@gmail.com

Ronald McDonald House

Many will see mention from time to time on the Families' Facebook page of Ronald McDonald House and the generous support given by many families in Millwater. Established in 1989, Ronald McDonald House Charities® New Zealand (RMHC®) is the country's leading family charity that works tirelessly to take care of Kiwi families throughout their children's medical journeys. At the heart of what they do is the simple premise that families are stronger when they're together.

Their core programme endeavours to strengthen Kiwi families who are away from home with a hospitalised child, by providing free accommodation and support services. Most importantly, they ensure these families can remain together so that they will be better placed to cope and help their children heal.

If you want to learn more about Ronald McDonald House, or would like to visit and see for yourself, please contact Millwater local Margaret Mullan.

Millwater Crafters

Millwater Crafters' Facebook group is for people who craft. All crafts are covered in the group, including knitting, sewing, crochet, card-making, scrap-booking, mosaics, etc. It's a space to seek advice, share knowledge, pass on interesting information relating to craft, and make connections with other crafters. Contact Samantha Freeman Samantha.freeman73@gmail.com

Millwater 區內情報要點

'Rid your life of Plastics' – Stoney Homestead

活动将由Collective Talents的Helen Bakker提供，由北岸资源中心，Stoney Homestead和Boomerang Bags提供支持。

诚邀本区居民，包括8岁及以上的儿童来缝纫可重复使用的购物袋，将其带回家或赠与Boomerang Bags加入他们的库存。来分享您的技能，和您的邻居见面！

如您有不需要的干净和可用的合适面料请捐赠来帮助活动，并帮助Boomerang Bags。当天也会有材料和缝纫机可用。

这是一个免费的活动。由koha提供饮料和点心。

日期：June 月17日 时间：10am-4pm

Millwater and Totara Views Families Facebook Page

您有使用Facebook吗？如果有，希望您已加入Millwater & Totara Views Families' Facebook Page。如果没有，请继续阅读。

当您要求加入时，您将收到一条消息，要求您确认您的身份和地址。这是为了保护我们会员的隐私。请检查您的“其他”或“垃圾”或“垃圾邮件”文件夹。这个小组只对Millwater和Totara Views居民开放。

这个小组属于生活在Millwater的家庭。它是一个分享和筹备区内活动，分享信息和询问/回答问题的小组。该小组不是为商业广告而设的，如果广告过多，那么所有的广告都将被删除。广告严格限于每月一次，仅限于本地企业和Millwater居民的业务。

Silverdale School

Silverdale学校已收到教育部的确认，从2019年起，该学校将是1-6年级学校。为了让当前的7年级学生能在Silverdale学校完成8年级的学业，2018年Silverdale School可以招收1至6年级和8年级的学生。我们的员工和董事会已尽了极大的努力要保持7年和8年级，我相信社会对他们的努力感激不尽。

Millwater Family Meal Support Group

我们成立这个群组的目的是希望能够帮助Millwater的病患、受伤或因其他问题而不能好好预备晚餐的家庭。

如果您能够：

- 1) 间中多煮一点食物、或非常喜欢跟其他人分享你的巧手家常菜
- 2) 有兴趣做家庭探访，协调受惠家庭及提供食物的义工，把食物提取及送交受惠家庭

请参加我们这个群组，详情请跟Nita Wong联络。电邮：nita.millwater@gmail.com

最后，如果你知道有任何家庭需要协助请与我们联系，我们务必会帮助。

谢谢！

Term 2 ESOL class at The Stoney Homestead

第二学期的英语班由5月5日周五开始，到7月7日共10周。欢迎想学英语或想要提高英语能力的朋友参加：

提高班每周五11:00- 13:30

初级班每周五14:00-15:00

一共10次课。坚持去上课的学生请一次性交费，提高班2.5小时收取\$8/人，初级班1小时收取\$4/人。临时去上课的学生以\$5/小时来计算。

地址：The Stoney Homestead，12 Galbraith Greens, Millwater

联络人：王璐璐 (021-618199) 电邮：luluwinnz@gmail.com

Ronald McDonald House

相信很多人在我们的Families Facebook页面经常看到提及Ronald McDonald House 的消息，以及Millwater的许多家庭给予的慷慨支持。新西兰Ronald McDonald House慈善机构成立于1989年，是全国领先的家庭慈善机构，在儿童医疗旅程中不懈地照顾新西兰的家庭。他们相信'家庭成员在一起时力量更强大'的简单前提。

他们的核心计划是通过提供免费住宿和支持服务，帮助要离家治疗的小孩的新西兰家庭。最重要的是，他们确保这些家庭能够保持在一起，使他们能够更好地应付和帮助他们的孩子痊愈。

如果您想了解更多关于麦当劳麦当劳之家，或者参观了解更多，请联系Millwater的Margaret Mullan。

Millwater Crafters

Millwater手作小组的Facebook页是由喜欢手工艺品包括针织，缝纫，钩编，制卡，马赛克画等的居民组成。它是一个寻求建议，分享知识，传递有关工艺的有趣信息的空间，并与其他成员交流。请联系Samantha Freeman，电邮 Samantha.freeman73@gmail.com

Mandarin Church at Kingsway Junior School

木槿湾台福教会于2016 在Millwater成立，于每周日下午举行华语成人及儿童主日崇拜；以及教导年轻孩子在道德规范，爱与尊重的周五青少年团契；平日的读经班则是深入了解圣经中的含义；夫妻成长、亲子互动、老人院社区关怀事工等都有定期的聚会。遵从圣经上的教义，用关怀与神沟通将平安传递给华人朋友们，获得从天父所赐予的平安喜乐及满满的祝福。欢迎您每周日下午2时到Kingsway Junior School加入这海外华人家家庭，若您有任何问题请联系Abby师母0275033464。

pharmacytalkmillwater

Winter Health with Thompson's



Grey skies, wet days and a chill in the night air are reminders that this is an important time of year to protect our health. A change in season means we can find ourselves suffering from a tickly throat, stuffy nose and tired body – this can be a sign that our immune system is 'under attack'.

We are more likely to get sick when we are tired and run down, as stress lowers our immunity and can increase our susceptibility to ills and chills. This is when a herbal supplement such as Thompson's One-A-Day Echinacea 4000 can aid in supporting the body during the winter months. Echinacea has been shown to exert significant effects on immune function in over 300 scientific investigations – it is a prime herb for supporting the immune system, healthy white blood cell activity and the body's defences.

Remember, once a family member is sick, it can spread through the whole household quickly, meaning time off school or work.

We can help prevent the spread of germs with a few simple tips:

- Wash hands frequently
- Use disposable tissues (so we are not carrying bugs around in our pocket!)
- Regularly clean and disinfect common areas touched by the family (such as light switches, phones, tables and counter tops, etc.)

Other factors that can cause us to be more vulnerable (especially in children) are not eating a healthy balanced diet, or suffering from lack of sleep. A premium multivitamin supplement can provide nutrients we may be lacking in our diets. Thompson's Junior Immunofort offers immune support for kids all year round, by providing a nutritional top-up in fun animal shapes. The chewable tablets taste good too, flavoured with natural fruit concentrates in a low allergy formula.

The old proverb that "an ounce of prevention is worth a pound of cure" still holds true. Staying warm, well hydrated and eating wholesome winter soups full of nourishing vegetables and spices, coupled with a good night's sleep, goes a long way towards keeping us happy and healthy through the colder months.

Support your family's health this winter with Thompson's – The Natural Advantage, proudly New Zealand owned and operated.

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ANCIENT REMEDIES

Looking back to see our way forwards this winter



Eupatorium perfoliatum, Verbascum thapsus, Ar-moracia rusticana

What are these convoluted names? They are the botanical names of three superstar plants, respectively Boneset, Mullein and Horseradish, traditionally used for thousands of years for helping when winter lurgies invade our bodies.

At this time of year, when the weather is changeable, it's quite easy to pick up a chill, which develops into colds, flu, sore throats, achy joints etc. Coping with this sort of infection is difficult, especially when several in the household become affected.

Boneset – a common North American perennial plant in the sunflower family, and a favourite remedy of the North American Indian tribes. They used it to reduce fever and colds, upset stomachs and body pain.

Mullein – a genus of about 250 species of flowering plants in the figwort family, and used for centuries in herbal medicine in many different countries to help expel excess phlegm from the lungs. Mullein contains a substance called mucilage which helps lubricate mucus membranes, soothing raw irritated tissues by forming a protective film.

Horseradish – a perennial plant, which is similar to Wasabi when made into a paste. Unique enzymes and antioxidants in Horse Radish may assist rid your body of mucus that causes bronchial and sinus infections. Horseradish contains a compound that emphasizes its antibacterial properties.

These time-proven plant compounds are available in liquid or capsule forms from Health By Logic, 20 Silverdale Street, Silverdale Village.

Fighting the infection symptoms is tough enough, but what really wears people down and keeps them awake is the persistent cough afterwards that often goes on for weeks – the cough that is trying to expel stubborn mucus infection from the lungs that can't seem to clear.

Well, for centuries people in different cultures have utilised plant or herbal preparations to assist them to deal with this common and disruptive health problem. Over that long time, some plants have emerged as really helpful stand-outs in giving effective assistance.

The three mentioned earlier are especially good.

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PROTEIN

Are you getting enough or are you eating too much? – Part 1



There seems to be a bit of an obsession with protein nowadays – a plethora of protein products exist on the market: from bars and powders to shakes. High protein diets have cycled back into fashion. So, what's the deal with protein?

Proteins are large, complex molecules (made up of smaller molecules called amino acids), that are essential components of every tissue in our bodies including muscles, blood, hormones and bone. Enzymes, critical to metabolism, and the antibodies of our immune systems, are also composed of protein.

Our bodies, cleverly enough, can synthesise many of the amino acids we need – but not all. There are 20 different amino acids, 9 of which are known as essential, as these are the ones that can't be manufactured internally, we need to get them from the food we eat. These 20 amino acids are combined in various sequences by the body, to make 10,000 to 50,000 unique proteins, which is pretty remarkable really!

Our DNA determines the structure of the protein being made, and that structure determines its function. Proteins that form our tendons have a long rod-like structure, which provides a strong, fibrous connection that attaches our muscles to our bones. Red blood cells are shaped like flattened discs with a small depression in the centre – this shape allows them to move easily through both large and small blood vessels, as the proteins are flexible and can be compressed or squeezed when moving through a small capillary. In this way, oxygen can be delivered to every part of the body where it's needed. If a protein loses its shape, it will lose its function. Heat, strong acids or alkalis, heavy metals (like mercury, arsenic, cadmium, chromium and lead) and alcohol, can cause a protein to lose its shape.

Some of the many functions of protein include cell growth, repair and maintenance. Skin cells only live for thirty days, red blood cells live for three to four months and the cells lining our digestive tract live for three to six days before being replaced.

Other functions involve maintaining the pH of our blood; the proper balance of fluid and electrolytes and the transport and storage of nutrients.

Next month we'll look at individual requirements, good sources of protein & whether eating lots of protein can really make you look like Mr Universe!

by Paula Southworth
Nutritionist from
(BSc Human Nutrition and Sports Science)
www.nutritionssense.co.nz

Tradie of the Month with Maddren Homes



Maddren Homes would like to congratulate Jamie Hillis from JH Construction for being our Tradie of the Month...

Jamie and his team continually deliver the highest quality of workmanship on all Maddren projects.

Our project managers would like to thank Jamie personally for keeping them on their toes when it comes to scheduling work, ensuring jobs run smoothly and on time.

"Jamie is a fantastic communicator and has never let us down; his quality and finishing is always of the highest standard."

This is very much appreciated by us all at Maddren Homes, especially in a buoyant market where communication and reliability is paramount.

So, thanks again Jamie, we really appreciate all you do for us and of course our home owners.

Maddren Homes would also like to thank Western ITM for their continued support and contribution towards our Monthly award.



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Having your Cake and Eating it – Part 2



Well, it's a new financial year and it's time to get your statements together for your rental tax returns. Happy days!

It's a time to reflect on how your rental properties are performing; not just in terms of capital gain, vacancies, etc., but also the lending arrangements that you have in place.

This article follows on from last month; looking at

opportunities to pay down your personal debt, without having to sell your investment property.

Typically, when a client purchases a rental property, the property expenses are greater than the income received, especially at the beginning of the ownership. This is known as negative gearing and, by the looks of things, it will become a hot topic of debate with the upcoming 2017 election.

A lot of people do not know that these losses, over time, accrue against the rental portfolio. In most parts, the losses have been funded from an investor's own cash flow or salary.

Think of all the months and years where you have "topped" up the investment mortgage, repaired a broken window or fixed up leaking taps at the rental.

Well, like all the missing left socks in the world, these losses do end up somewhere, and are summarized in the back your financial returns prepared by the accountant. So, it pays to read them! If you are in any doubt, then ask for advice.

A client of mine had over \$50,000 in accrued losses. After discussions with his accountant, the client applied for a \$50,000 top-up loan with the bank, under his rental company. This \$50,000 was then used to pay down his personal home mortgage. Effectively, moving the debt from his personal situation to the company.

It's highly advisable that a professional accountant is used to prepare your financial returns, and give advice regarding the above. If you prepare your own tax accounts, then please consider getting an accountant's second opinion around your workings.

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

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

Millwater ROWENAs



The April outing for the ROWENAs (Retired Old Women Enjoying Nice Afternoons) was to Jellicoe and Cradock (JAC's Trading) bar and restaurant at Whangaparaoa.

JAC's is situated in Main Street at the newly named Coast Plaza, opposite the library. There were 12 ROWENA ladies present, and as usual there was a good deal of talking, since we once again needed to put the world to rights.

The food was very good, with several different options being chosen from a varied menu, and everyone was well-pleased with their choice. The only small criticism would be that it took a bit too long to deliver the meals – but they did all come together, which was a positive.

Needless to say all the chat took place before our lunch instead of after.



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millwaterbizbuzz

Introducing Natali Brown

Have you ever met someone for the first time and felt immediately that they possess something extra-special? We have. Natali Brown, Reiki Practitioner and Transformation Coach lives locally in Vera Court and there was an immediate feeling of tranquillity when we met. Hard to explain, perhaps, but definitely memorable to experience.

Natali remembers a very happy childhood and an idyllic countryside upbringing within a loving family in South Africa. Later, during 13 years within the corporate world in London, she met and married husband Gareth and that's where their children were born.

Moving to New Zealand in 2010 when her husband was offered a job here, Natali was again drawn for a time to the corporate world, but all the while feeling that there was something more important that she needed to do with the rest of her life.



Natali's search for the answer to "Who am I?" was unexpectedly forced upon her when she was involved in a huge bus crash in Melbourne in February last year. This caused much personal physical trauma, depression and anxiety – but became the catalyst for change. Natali's natural abilities to touch the lives of others and make them feel better about themselves really came to the surface. She added "I realised that my whole purpose in life is to help others – help them step into their purpose."

Meeting a spiritual healer fuelled the change in Natali's life direction, making her aware of her natural abilities as a Reiki Master and to recall how, as a child, her healing hands helped her grandmother. Formal study of Reiki followed and Natali is now a fully-trained, qualified Reiki practitioner with the ability to channel energy into helping other people, through her NatB Wellbeing business, which she opened last October.

Natali has already made a huge change in the lives of many people, by removing their hurts and success blocks – she helps adults and children heal physical ailments and issues such as anxiety, trauma or depression. "People find their joy again and are able to live their lives," Natali added. "and I also give people the tools to manage their lives successfully in an ongoing manner."

Natali can be found on Facebook and at www.natbwellbeing.com



How could the UK snap election affect my pension transfer?

In light of the UK's election on 8th June, GBPensions have identified three main issues that could have an impact on pension transfers and/or retirement planning.

The 25% tax penalty on overseas pension transfers

Effective from 9th March, the Government imposed a 25% tax charge on pension transfers to QROPS (Qualifying Recognised Overseas Pension Schemes) in non-EEA countries, where the individual is not resident. HMRC explained that this has been introduced to dissuade people from retiring in one country but "parking" their pension in another with more tax-friendly conditions.

The potentially good news however is that individuals transferring to the country in which they are a tax resident are exempt from this new charge. In other words, if you are a NZ tax resident and you choose to transfer your UK pension to a NZ QROPS, you should not have to pay this levy.

The temporary suspension of the UK's QROPS list on 2nd June

This may signal an impending cull of some schemes. When the list was suspended on 13th April, nine countries (including Greece, Iceland, Jamaica, and Sri Lanka) were removed completely for non-compliance.

GBPensions' managing director, Tony Chamberlain, feels that people who have transferred their pension to a legitimate NZ QROPS should not be concerned at this stage. "NZ schemes are appropriately regulated, although, had this requirement come about prior to 2011, it might have been a different story."

The PM's promise to protect workers' pensions from "irresponsible company bosses who put them at risk"

The Conservatives want to give UK Pension Regulators the power to: "scrutinise takeovers and unsustainable dividend payments that threaten the solvency of a company pension scheme." Harsher punishments are likely for individuals found guilty of mismanaging schemes. This could have far-reaching effects for Defined Benefits (DB) pension holders.

GBPensions will naturally be keeping a close eye on developments in the UK for the next few weeks – and beyond.

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances.

Do you have a UK pension?

Could you benefit from a transfer?
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Directed by Michael Sanders, choreographed by Anna Mortlock and with George Bonner as musical director, the Blood Brothers production team is gearing up to wow audiences at Centrestage Theatre.

With an epic score written by Willy Russell, Blood Brothers is the heart-warming story of twin brothers Mickey and Edward who, separated at birth, were brought together in an unlikely friendship.

After much anticipation, Blood Brothers Musical is about to hit the stage in Orewa. Described as 'a full-bodied musical' and in its time 'the most exciting thing to have happened to the English musical theatre for years' the musical first

A twist of fate, a tale of desperation and a mother's haunting secret all create the foundation for a riveting, dramatic story... one twin growing up in poverty and the other enjoying a privileged

life; one going to study at Oxford and the other following a life of crime; both get caught up in a vicious love triangle and... the rest is revealed onstage in a shattering climax that you won't want to miss!

Local Millwater residents are taking the stage with Caleb Hogan as Eddie Lyons and Amy Gardiner as a vital member of the ensemble.

Cast, crew, musicians, volunteers and set builders have been hard at work rehearsing for this season of Blood Brothers. As an ambitious, beguiling, dramatic, enthralling, genuine crowd pleaser, we highly recommend you make sure you are in the audience for one of the performances and prepare to be moved!

Blood Brothers show season at Centrestage Theatre runs from 10 - 24 June 2017.

Ticket sales available online at www.centrestagetheatre.co.nz or directly through the Box Office: 09 426 7282

BLUE LIGHT EXPOSED

OPSM Silverdale launches clear BlueGuard™ lenses



Leading optical retailer OPSM has revealed new research into exposure to blue light, showing we spend an average of over one-third of the day (9.4 hours) in front of computers, TVs and smartphones – more than the time spent sleeping.

The research was conducted by Lonergan to support the release of OPSM's exclusive BlueGuard™ lens, the first clear lens with in-built blue light filtering, and investigated blue light exposure across the Boomer, X and Y generations, as well as office and non-office work environments.

Blue light is part of the light spectrum, closely related to ultraviolet light. It is principally from the sun, but it is also from everyday electronic devices with a screen, such as a laptop, smartphone, desktop computer or TV. In today's societies, these devices are used by an overwhelming majority of the

population.

OPSM Silverdale Optometrist James Park says, "Excessive exposure to the blue-violet light has been associated with a range of eye and overall health issues, including eye strain and sleep disruption. The BlueGuard™ lens was developed to help reduce the impact that long-term exposure to blue light could have on our health."

Naturally, many are worried about their levels of screen time. Three in five (58%) have expressed concerns about the health or wellbeing impacts of high levels of screen time, however it's Gen X & Y who are more likely to worry, with their numbers rising to 66% and 69%, respectively. Blue light is a concern amongst us, with almost four in five (79%) wanting to reduce the amount we're exposed to. However, three quarters (75%) would prefer to eliminate the effects of blue light rather than reduce their screen time, making BlueGuard™ lenses a good solution.

OPSM's BlueGuard™ lenses target and block at least 20% of bad blue light (blue-violet light wavelengths) while letting beneficial blue-turquoise light through, with an aesthetically clear lens. BlueGuard™ lenses are available from OPSM Silverdale, priced from \$209 for a complete pair.

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millwaterpropertystats

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

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

	Apr 2016	Mar 2017	Apr 2017
Number of Sales	17	9	11
Median Sales Price	\$1,138,000	\$1,200,000	\$1,255,000
Highest Sale Price	\$1,635,000	\$1,328,000	\$1,450,000
Lowest Sale Price	\$641,000	\$1,000,000	\$830,000
Average % price to CV	29.85	36.99	39.47
Average Floor Area (sqm)	230	233	249
Weighted Value Index	1287	1360	1401
Average Days to Sell		58	88

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

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)

Easy Winter Home Improvement Projects

Add value and help sell your home!

Why not break the monotony of Winter this year by working on some home improvement projects! Some of these easy and inexpensive Winter projects will not only make your home more comfortable to live in, but will make your home more saleable and could even increase your property value.

Repaint

Re-painting rooms, or re-touching and spot-painting walls and interior doors is an easy way to modernise and freshen up the look and feel of your home. You could even change the mood of your home entirely by adding colour and painting furniture. Professional painters tend to slow down over Winter, so it can be a budget-friendly time to consider painting a couple of rooms, or you may have left-over paint that you can use for the touch-up jobs.

Declutter

Rainy, cold days means more time inside, time that can be used to declutter and organise your home. A clean and clutter-free house will sell more easily (and maybe at a higher price) than one with more visible clutter. Put aside some time every week and focus on an area or room at a time so that you get each space looking exactly how you want it.

Make use of unused or redundant spaces

While you are decluttering and organising your home, look at how you can make use of redundant or unused spaces. These spaces around the home can be transformed, or assimilated into another room to create a wardrobe or a home office niche, or turn that 'dumping' room into an extra bedroom, a study or a playroom for the kids.

Create a desirable First Impression

As they say, first impressions last, so creating curb appeal, or a desirable entryway is one of the best ways to add value or help sell your home. The first thing to do is to make sure any garden or lawn areas are looking great – and make sure you wash down the exterior of the house, including windows, to remove dirt and other debris. Adding plants to the front of a home can really liven it up, and repainting the entranceway is one of the best ways to freshen up the front of the house.

So, rather than hibernate in front of the TV this Winter, spend the Winter months working on some easy home improvement projects. It is a great way to keep yourself active over Winter; your home will be more comfortable to live in and more saleable when you decide to put your home on the market.



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millwaterpropertytalkwithGrayson

As we enter the really bleak cold months of winter and another month of somewhat fragmented and uncertain market activity recedes behind us, I took some time to reflect on where Millwater has arrived at in its short years of existence. May 2017 represented our fifth year of marketing property in Millwater; an interesting journey with a number of ups and downs, but most importantly many lessons learned. Back in 2012, the market in Millwater was very slow-moving. There was very little choice of property available, with only a small number of builders willing to commit to a new subdivision seemingly at the end of the motorway, with poor access and very little demand. Then we were selling properties in the \$600,000s and it was not unusual for completed properties to sit on the market for months at a time, with the few potential buyers in the area nervous about an uncertain market and area. Things were so slow at times that a number of builders came and left, finding the selling side of the business in Millwater too hard.

Then came the groundswell. The early adopters bought, moved in and loved their new community. Not surprisingly, they told their friends. The friends and family started to visit, then they too started to buy. In the course of 18 months we went from having to convince buyers of how good it was going to be, to discussing how good it actually was. Some of the promised developments started to happen; we got a pub, Arran Road opened and we had better motorway access, playgrounds opened and there was the promise of shopping right here in Millwater. Now we were imagining what it might be like to be able to walk and buy a coffee. And suddenly you had to wait to get a house, things were mostly selling off the

plan and we couldn't find enough property to sell. We had 4 or 5 buyers on our database for every house – it was just a matter of who could get there first and prices went up accordingly.

Looking back now, it is easy to believe that this has been a smooth ride. The reality is that it has actually been quite bumpy, with a number of little peaks and troughs in the market. Periods of 3-4 months where it was hard to sell anything, followed by longer periods where anything would sell at a great price. We believe that this is what we have seen again in the last few months, another period of repressed sales volumes coinciding with a reasonable level of supply, meaning numerous options in the market. That supply is already slowing down, with a good proportion of potential sellers making the decision to hold off until the market recovers. In the last month we have seen a slight increase in buyer activity, with those properties where the vendors have met the market, selling. The activity is not yet at a level that will force prices upwards again, however we believe there will be some stability back in the market and that well-priced and presented properties will again see buyer activity.

As always, if you want to discuss what is happening in the market today, please get in touch. We are always happy to give you a free and honest appraisal of the current market and how your property might sit in it.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

Silverdale 09 426 6122



CUTER THAN A BUTTON AND NEARLY AS AFFORDABLE 3 1 1 \$729,000

52B Tiri Road, Manly

If you have been hunting for a great opportunity to join the market, a nice house in a great area, something with some character but not too old, something with a feeling of space around it, THIS IS IT!

This wonderful home is cute and cosy, basking in the sun during the day and soaking up the woodburner heat in the evening. Well built in the 1980's there is plenty of scope to add value or just sit back and enjoy this fantastic location. In mostly original condition there is some room to improve this delightful home, put your own ideas and personality into it and enjoy a wonderful location and life for years to come. Call now to view!

www.mikepero.com/RX1117137

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

www.mikepero.com

SOLD

39 Manuel Road, Millwater



From our vendors...

Having bought and sold multiple properties over the previous few years, Grayson stands out among all the real estate agents we've had dealings with. He is refreshingly down-to-earth and honest, with a good sense of humour and a healthy dose of realism, not something you often find in this challenging and often cutthroat industry. We are fully confident in recommending his expertise in Millwater real estate and will certainly look to him and his team first for any future dealings in the property market.

Richard and Jessica Copping

Grayson Furniss

09 426 6122 • 021 665 423
silverdale@mikepero.com

Mike Pero
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)

SOLD

15 Moores Rd, Millwater

From our vendors...

We decided to use Mike Pero Millwater to sell our house as Grayson and Sarah are Millwater residents and we knew of them through the Millwater Mag that they publish each month.

We were very glad we decided to use them as they were both very professional but friendly at the same time. They made the process very easy and kept us informed during the time our house was on the market and now we have a lovely "SOLD by Grayson" sticker on our for sale sign out the front of our house.

We would definitely recommend them to friends and family and would use them again in the future.

Paul & Rebecca Maugham

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

Mike Pero
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



ELEVATED BRICK & TILE SINGLE LEVEL HOME 4 2 2 By Negotiation

10 Kettlewell Drive, Millwater

- 197m² home sitting easily on a mostly flat 558m² yet elevated site
- solidly crafted 4 year old Generation home with balance of warranty to transfer
- highly attractive yet low maintenance brick exterior with concrete tile roof
- lovely open kitchen dining and family room area flowing to outdoor
- separate lounge space, ideal to isolate the noisy members of the family
- stylish kitchen with island bench, double sink, gas cooktop and space for a double door fridge
- four double bedrooms, master with walk in wardrobe and ensuite
- ducted gas (reticulated) central heating system • room to park a boat or caravan

www.mikepero.com/RX1148485

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www.mikepero.com

SOLD

17 Vera Court, Millwater

From our vendors...
 I am writing this letter from an extremely happy family. In January of this year, my family decided that we wanted to relocate to Hawkes Bay. I have to say we couldn't have done it without Grayson Furniss and his wonderful team at Mike Pero Millwater. Grayson came around one night in early January, and we were sensibly advised to leave listing until after both holiday weekends. There was no pressure and we had a very relaxed conversation, with Grayson advising the way forward if we chose to take that option. A couple of weeks later, our decision was made and I contacted Grayson to ask if we could move forward and meet again. The amazing service continued, with photographs and virtual tours being arranged with the other professional team members. When we decided to list a lovely cookbook called FAST arrived in the mail and, at the time, I joked with the team explaining that we hoped it would be. We were blown away by the amount of interest we received at our 1st open home. After the 2nd open home we received a couple of offers and our house was SOLD. The amazing service did not stop there. We were always kept in touch throughout the process, but we were not pressured at all and the service continued. I have to say that, after moving 13 times, this sale was by far the easiest and most relaxed. It was all down to Grayson, wonderfully assisted by the rest of his team. We were so very thankful for the professional, flexible and relaxed approach through every step of our sale. If you want to obtain a sale FAST, don't hesitate to call Grayson Furniss - you will not be disappointed with the exceptional service. If I were still living in the Millwater area, I would most definitely recommend and call Grayson Furniss to help me with all aspects of my sale and purchase of another property. Thank you for helping us obtain a wonderful new life in the Bay!

Grayson Furniss
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 silverdale@mikepero.com

Mike Pero REAL ESTATE
 Mike Pero Real Estate Ltd Licensed REAA (2008)

Mike Pero Silverdale 09 426 6122

BRAND NEW AND READY FOR YOU 4 2 3 **By Negotiation**

29 Ormonde Drive, Millwater
 Viewing by appointment only (more photos to come)

- A brand new spacious, double glazed and well insulated home in a fantastic new area.
- generous 227m² sizing giving you that little bit more space all round
- Universal built home with 10 year master builders warranty
- spacious separate lounge plus additional upstairs family / study area
- one bedroom on ground level with full bathroom
- remaining three bedrooms on first level, incl master with ensuite and walk in wardrobe

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WHEN SIZE DOES MATTER 5 2 3 **\$1,350,000**

8 Wisteria Lane, Millwater
 See online for viewing details

The ideal house for a family with multiple generations living under one roof or those considering a nanny or student.

- large and impressive 310m² two storey home on quiet and desirable Millwater street
- 5 bedrooms, 2 with ensuites, 1 with walk in wardrobe
- 3 large living areas with great separation
- spacious open plan kitchen dining & living area opening to western facing deck
- lovely westerly outlook over Millwater towards rural areas and setting sun

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Max Zhang
 021 521 888
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Browns Bay - 29 Philson Ave 6 🛏 4 🚿 1 🏠

The possibilities are endless

With this solidly built 1970's home the options are amazing. A large family home that has been converted into a multi generational dwelling over time, the only limiting factor here is your imagination. The choice is yours, do a little or a lot just don't complain if you miss out and have to watch someone else reap the rewards. Whichever way you look at this property, there are opportunities. The fundamentals are all there for someone to capitalise, you just need to decide which is the right direction for you.

For Sale
\$1,049,000



Web mikepero.com/RX1091431



Millwater- 14 Vera Court 4 🛏 2 🚿 2 🏠

Stunning Millwater home with pool

If a great home with a pool is on your wish list, you will already know how hard to find these are in Millwater. Even harder is something that is unique in a great and mature location, so this one has to be on your list of must see properties. With great outdoor entertaining opportunities and a heated pool, you still have a few months of great weather left to enjoy this fantastic home. View now or risk disappointment.

For Sale
\$1,399,000



Web mikepero.com/RX1059192



Millwater- 299 Millwater P'way 3 3 🛏 2 🚿 2 🏠

Freehold Millwater Townhouse

Whether you are buying your first home, investing or downsizing this is a property worthy of consideration.

- 140m² townhouse on 149m² (approx) of freehold land - no body corp levies here
- quality 2 year old construction by Horncastle Homes with a Master Build Warranty
- large single internal access garage with carpet and space for additional storage
- heat pump for those times when a little extra warmth (or cooling) is needed

For Sale
\$859,000



Web mikepero.com/RX1070020



Kaukapakapa- 85 Jordan Rd 3 🛏 2 🚿 2 🏠

A Land of Seaviews and Opportunity

If you have a touch of the pioneering spirit that made NZ great, you will love the opportunity that this lifestyle property affords. This home, a relocated bungalow, sits elevated & proud at the end of a long palm lined driveway. From its lofty spot, you have panoramic views over your land & out to the enticing Kaipara Harbour. With approx. 9ha of land you have some great options available.

For Sale
\$1,280,000



Web mikepero.com/RX1085553

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INCLUDING 12 MONTHS NO
PAYMENTS, NO INTEREST****

timlawrence Fishing Spot



The snapper season is just about over but you can still burley up around the reefs and land a few big ones if you want to brave the cold. We live in one of the best parts of the world, where you can catch good numbers of fish all year-round. For me, this means taking three or four burleys and launching up the coast to fish the drop-offs around Kawau Island and Littler Barrier Island.

We have had a great couple of outings over the last month. The first was a three-day charter on the Whai, fishing Great Mercury Island and Curvier Island. We landed around 100 snapper, along

with a couple of John Dory, blue cod, crayfish and kingfish. The weather was surprisingly calm and warm following one of the recent weather bombs and, even though the boat was slow and steady, we managed to catch enough fish in between our beers. We had a wager for the biggest snapper and biggest alternative species, with each of us putting in \$20 each towards the prize pool. Yours truly took out both categories with a decent snapper and a kingfish that was caught on the last bait of the trip while the skipper was pulling up the anchor.

Our last trip was an early morning mission to the Hen and Chicks, launching from Marsden Cove near Whangarei. The weather played ball once again and we spent the day scuba diving and spearfishing the islands, catching enough crayfish and snapper for a few feeds for all of us. One of the boys shot his personal best snapper, weighing in at just over 15 pounds, while we caught a dozen pannies drift-fishing, playing boat man for the divers.

The Fishing Club has confirmed its next charter, which will be on Epic Adventures on Saturday July 29th in Whitianga. We have booked all three boats and will travel down on Friday afternoon, returning Sunday morning. If you are interested, please get in contact via Facebook or come to the Northern Union on June 7th to book your spot.

Tight lines!

Millwater Women's Group

Millwater Women's group met at Stoney Homestead on Wednesday 17th May. We were lucky enough to have a speaker who works with the Memory Foundation, who shared fascinating facts and tricks to help us getting-older folks retain and improve our memory. I had already read the book, '7-day Brain Boost Plan' and was delighted to buy my own copy. I have found the tips in the book to be very helpful in day-to-day memory annoyances like "did I close the garage door", or "did I turn on the alarm" when I am halfway down the motorway.

Our speaker runs a four-week course for \$150 and we did think this would be great at Stoney Homestead. Twelve people minimum would be needed to make it work, so if anyone is keen to make this happen give me a call for the contact details.

Some of the group enjoyed a coffee together afterwards at a local café. Next month we have one of our popular local hair stylists coming to pass on tips on makeup and hair for us more mature types.

Please contact me if you would be keen to speak to the group. Our interests are varied and wide. We meet on the third Wednesday of the month.

Marj Noble 021 711 540

Eliette's Music Academy

JULY HOLIDAY PROGRAMMES

DRAMA WORKSHOP 10-14th July (5-12yrs)
Back by popular demand!! This July our drama workshop is going to be 5x the fun and excitement. With an entire week of activities, script writing, games, costume making and more...

SINGING WORKSHOP 17-18th July (8-12yrs)
Two days of Disney magic. Learn how to harmonise through singing games and activities. Move, dance and build your confidence on and off the stage

DRUMMING MAYHEM 21st July (5-12yrs)
Bucket drumming, real acoustic kits and more. Learn how to jam with other drummers and experiment with different styles of music.

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with Estuary Arts

"Brushed Words" is a Collaborative Exhibition by Estuary Arts Centre and the Hibiscus Coast Writers Incorporated, running for the month of June in Gallery One. The exhibition features over 31 artworks in a range of media from wooden sculpture, painting and printmaking. Each artist was given a selection of poems written by the Writers Group to choose from. The artists then interpreted the words, bringing them to life with paint, wood, or ink. This creative collaboration was funded by Creative Communities and is free to view daily from 8 June to 2 July. In an exciting celebration, artists and poets will come together and meet for the first time at a special invitation evening at the Arts Centre on June 14, 6-8pm.

In Galleries two and three, an exhibition called "Earthworks" features a selection of local ceramic artists; Malcolm Macaskill,

John Evans, Pauline Trotter, Jill Guillemain and Ana Couper. All of these artists have one thing in common and that is their love for clay as a creative medium. Malcolm, John and Ana make richly glazed utilitarian domestic ware, while Pauline and Jill use clay as a sculptural tool. Pauline's bright and elegant "Janes" contain a rich narrative around the female figure, while Jill's mischievous and playful cats seem so alive.

If it is a class or workshop that you are interested in, then visit the website on www.estuaryarts.org to view the full range of offerings or pop into the Centre, we are located on the Western Reserve, 214B Hibiscus Coast Highway. Phone 09 426 5570.

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estuary arts centre



"Brushed Words"
A range of artworks inspired by poetry written by the Hibiscus Writers Group

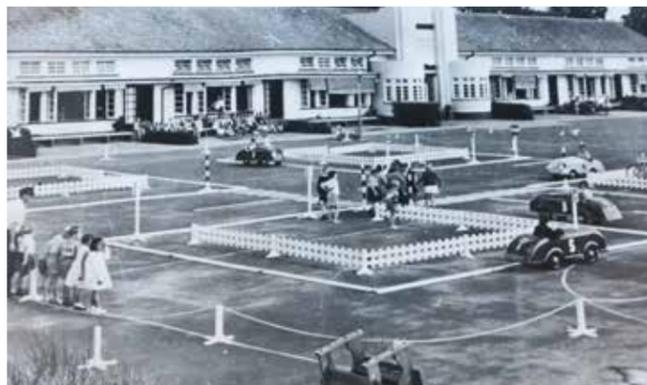


"Earthworks"
A ceramic exhibition by John Evans, Jill Guillemain, Malcolm Macaskill, Ana Couper & Pauline Trotter

Term 2: Weekend Workshops
Monoprinting, painting, ceramics
Booking essential

214b Hibiscus Coast Highway, Orewa | www.estuaryarts.org
09 4265570 | Open 7 days a week, 9am- 4pm | FREE ENTRY

millwater(mini)motors



...and now for something completely different! Cantabrians, Wellingtonians and some others of a certain age will remember childhood road-craft training in pedal cars, on school playgrounds marked out as roads with traffic signs and signals, when both drivers and pedestrians had to observe the Rules of the Road and avoid danger. Generally, two schools per day took part, with pupils first undergoing cycling proficiency tests and getting a WoF for their bikes. An old photograph of a typical playground layout is shown here.

The New Zealand Transport Department started the pedal-car road safety programme back in the 1950s, at a time when road fatalities were high, and who better to recall the story than local Millwaterian and former Cantabrian Bruce Wood, who was a Road Traffic Officer and is now the proud owner of one of only two surviving examples of the Shell Oil pedal cars that were used in the road training programme.



Bruce is also a self-confessed 'car nut' and former motorcyclist, who joined the Transport Department in Christchurch as a

cadet in 1964. In 1973 as a fully-fledged Traffic Officer he moved to Rolleston and in 1983 to Auckland as Sergeant. Later, as Senior Sergeant, Bruce's work expanded to take in traffic management for the Commonwealth Games and also management of the Ministry of Transport communications centre, which covered an area from the Waikato to almost the top of the North Island.

The Transport Department finally abandoned the pedal-car training programme in the late 1970s and the cars were declared surplus. Having driven No.4 when he was a child, Bruce arranged to take ownership of that particular car, which, as he put it, his nephews "loved, used and abused". Bruce eventually reclaimed the car and in the early 1990s he set about a complete strip down, rebuild, and restoration to the shining example we see here with neighbouring Millwater children Monique and Isla behind the wheel.



There were originally five cars in each location (red, blue, black, green and yellow), all of which were built specifically for Shell, although the builder's name remains unknown – perhaps someone reading this can fill in the missing information? The steel-frame chassis carries the bright yellow fibre-glass bodywork, adjustable seat, rack-and-pinion steering and handbrake. Propulsion is by conventional cycle-peddalling through a single gear, driving the rear wheels. The tyres are pneumatic and, I am assured, the car handles like a dream.

And so; to dreams for the future? The restored pedal-car is of museum quality and by now also probably of National historical interest. However, Bruce and wife Claire said "We are not about to rush into any hasty decision on this important issue." Such a rare treasure will need as much love and attention in the future as it enjoys currently in Bruce's tender care.



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THE CHINESE COMMUNITY GRAND EVENT

Registration and establishment of Rainbow Chorus Incorporated



The Chinese performing group, Rainbow Chorus Incorporated, was registered and set up recently in Auckland.

The purpose of Rainbow Chorus Incorporated is to carry forward the Chinese singing and dancing art, enrich the life of the Chinese community, enhance the cohesion of the Chinese people, to provide a happy arena for those people who like singing and dancing.

Rainbow Chorus is a member of the New Zealand Hua Xing Art Troupe, and along with the Hua Xing Art Troupe, will participate throughout the year in festival celebrations, community ceremonies, community parties and public welfare performances. Lots of music and dance enthusiasts joined the Rainbow Chorus after it was newly set up, and we still warmly welcome friends to join this happy group. At the same time, we sincerely hope warm-hearted people will support Rainbow Chorus with performing spaces and funds etc., to coordinate these grand activities together.

Join hotline: 022 029 6420
Art director of Rainbow Chorus



华界盛事—虹霓歌舞团注册成立
华人演艺团体虹霓歌舞团近日在奥克兰注册成立。虹霓歌舞团旨在弘扬中华文化歌舞艺术，丰富华人社区生活，增强华人凝聚力，为喜欢歌唱舞蹈的华人提供一个欢乐的舞台。虹霓歌舞团是新西兰华星艺术团成员单位，随同华星艺术团常年参加节日庆典，社团典礼，社区联欢，公益慰问演出。歌舞团甫一成立就有大批音乐舞蹈爱好者踊跃加入，也热烈欢迎朋友们参加这个欢乐的团体。同时诚挚邀请热心人士在场地、资金等方面提供支持，共襄盛举。
加盟热线：虹霓歌舞团艺术总监崔安老师，电话：022 029 6420

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Hartbeeps Hibiscus Coast



Come and experience the amazing world of Hartbeeps, which complements and enhances every stage of your child's early years. Our sessions are suitable from birth to 5 years.

They are set to a soundtrack of original songs, remixed nursery rhymes, musical stories and lullabies. We take you and your young child on a sound journey and bring the story to life.

Our first sessions on June 15 will be Free Tasters. Bookings are required for these.

9:45am **Happy House** (confident walkers)
10:45am **Baby Beeps** (sitters to toddlers)
11:45am **Baby Bells** (newborns to sitters)

Diane the Imaginator at Hartbeeps Hibiscus Coast NZ: "I love the way Hartbeeps places each child at the centre of our exciting, interactive and fun classes. When babies, young children and parents come to Hartbeeps, they are immersed into a world of connection, playfulness and being in the present. All senses are engaged, our journeys are filled with magic, movement and music. There is so much development and learning happening as we enjoy the most original musical baby, toddler and preschool classes on the planet! Being a Mum, teacher, parenting educator and a community worker, I am looking forward to sharing the fun world of Hartbeeps with you and your child."

Early Childhood centres throughout the Hibiscus Coast are also offered weekly 35 minutes in-house sessions called Hartbeeps Adventures and Adventures in Babyland.

Here is a review from South Harrow Methodist Pre-school, UK.

"Hartbeeps is fun, colourful and the children can take part from beginning to end. Has the wow, joy and wonder that children respond to. Well planned and thought out. Music is familiar and easy to learn. Lots of things for the children to look at, feel, hear – all sensory experiences. Very good for special needs. Have observed really interesting responses from children who can be shy and quiet.

Children always come out smiling and we get good feedback from families."

BIG fun characters & colourful themes, there is so much to do, learn & make believe...

Hartbeeps Hibiscus Coast NZ is proud to support local community services such as STEPSforward Family Services & Support Centre in Stanmore Bay, Orewa Plunket and Whangaparaoa Plunket. We also support the nationwide work of Plunket NZ.

At Stoney Homestead Community Hub on Thursday mornings from June 15.

Bookings are required. Other venues will be opening up on the Hibiscus Coast.

Contact: Diane diane.nz@hartbeeps.com 0212924105

Website:
http://hartbeeps.com/classes/millwater_baby_classes.html

Facebook:
<https://www.facebook.com/hartbeepshibiscuscoastnz/>

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Financial advice now on your doorstep with Kiwi Assist



With the exceptional growth in Rodney over the last 10-15 years, building demands in the Millwater and surrounding areas continues unabated.

Rising house prices place added pressure on the ability to build and raise a family here, and this may lead to taking on an increased financial burden. Pressure to work longer and harder hours increases stress – negatively impacting physical and mental health. Mat Sturge, Director of Kiwi Assist, states

that "financial advisers should be working across all income brackets to help their clients plan and balance these pressures. We all know that preparation and certainty reduces stress and improves performance."

One way to mitigate these risks is to try to reduce costs in certain aspects of day-to-day living and to hedge against unexpected, life-changing events.

Financial advisers have a long history in New Zealand and the need for financial advice at different life stages is ever-growing. The younger generation needs to ensure they're building a solid foundation for their future, and the older generation needs to be able to protect their assets and increase security. All generations need to ensure they are covered by insurance should something unexpected occur.

A wide range of areas can be assessed and improved by financial advisers. They can provide advice on your KiwiSaver, insurances, mortgages, property, tax, accounting, budgeting, savings, wills and trusts. Advisers scan the entire market to find the best deal for their clients, making sure they get the right cover, rates and product for their situation.

Kiwi Assist Financial Services Limited has built a strong, client-focused team that provides advice throughout Auckland. We have two mobile advisers covering Millwater and the wider Hibiscus Coast – Baffin Wong and Roberto Di Muro. Both advisers live locally and align themselves with the company's belief that people matter more than money.

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Millwater ROMEOS

On 11 May, twelve ROMEOS (Retired Old Men Eating Out) braved frequent showers and forecasted heavy rain to travel locally to Walnut Cottage, Orewa House and Eaves Bush, to discover some of the history associated with these sites.

Wearing wet-weather gear we viewed Orewa House, built as a small cottage by Captain Isaac Rhodes in 1856, delved into the building of two additions to the original house and its varying use as a private home, boarding house and present-day business premises.

A short walk under the highway road-bridge brought into view the remains of the wharf pilings of Major Grut's Wharf, where passengers, mail and cargo landed after being ferried by rowboat from steamers anchored offshore. How different transport was in those days, compared to the vehicular movements we take for granted today!

Back under the bridge and up to Eaves Bush entrance on Old North Road. Several members remembered driving Old North Road when going to Waiwera or further North, before the

present highway was built.

Eaves Bush being very wet, we walked up to the Lookout to view a beautiful grove of large Kauri trees amidst outstanding native bush and to marvel at the close proximity of such a natural and undisturbed presence and location so near to Orewa homes and township.

An exceptionally varied menu, well-presented and delicious lunch, combined with animated discussion, followed at historic Walnut Cottage.

It was very interesting and informative looking at historical photographs and pamphlets about Eaves Bush, Walnut Cottage and Orewa house; comparing the way they looked in the past with the present-day development and thriving presence in Orewa today.

On the way back to afternoon tea at the organising member's home, we called into the Orewa Arts Centre to view and appreciate the excellent display of quilting and paintings.



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holiday destinations

Hawaiian Happiness

Hawaii is like no other place on earth! Its six unique islands, surrounded by warm, tranquil waters and beautiful breathtaking scenery. Home to one of the world's most active volcanoes and the tallest sea mountain, Hawaii is the birthplace of modern surfing and the hula!

Swim, surf or snorkel along white, sandy beaches, and secluded bays. Take a surfing lesson on famous Waikiki beach, swim with manta rays or laze by your resort pool with a Mai Tai in hand. A holiday in Hawaii will leave you with memories to last a lifetime. The island of Oahu, the heart of Hawaii, has an amazing and diverse range of unique experiences to discover. The capital of Hawaii, Honolulu is brimming with great boutiques, restaurants and cafés. Experience the fun of shopping at one of America's largest outdoor malls, the Ala Moana Center, or find yourself a bargain at Waikiki Premium Outlets.

No holiday to Oahu is complete without visiting the historic Pearl Harbour. Learn about the history of the area with a visit to the USS Arizona Memorial, Battleship Missouri Memorial, and the Pacific Aviation Museum.

Explore the natural beauty of Oahu. Hike up Diamond Head and witness the stunning panoramic views of Waikiki and Oahu's south shore. Go snorkelling at Hanauma Bay and explore the blue waters and colourful reefs.

Top Ten things to do & see in Oahu

1. Waikiki Beach
2. Pearl Harbour
3. Waimea Canyon State Park
4. Snorkelling and Diving
5. Hawaii Volcanoes National Park
6. Na Pali Coast
7. Hana Highway
8. Traditional Luau
9. Diamond Head
10. Haleakala National Park

The second largest Hawaiian island, Maui is known for its pristine beaches, lush rainforests, spectacular volcanic craters and charming historic towns. From trekking up to a volcanic



crater to playing golf on a magnificent championship course, Maui caters for everyone.

For those with an adventurous spirit, hike to the summit of Haleakala Volcano, go horse riding or take a short boat cruise from Maui to the small island of Molokini, an extinct volcano. Grab your snorkel and mask and explore the marine life living in this beautiful underwater sanctuary.

Whether you're an adventure seeker or simply want to relax and unwind, Hawaii will not disappoint.

Do any of these describe you?

- A busy family
- Working hard and every cent is precious
- Think you are young, fit and healthy and nothing can go wrong?

Truth is *Life happens...* and I can help you plan for the unexpected

**When was the last time you reviewed your insurance?
Do you know what you have versus what you really need?**



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**
Contact me, Valentina Pereira and we can chat over a coffee.
† 021 627 802 | e valentina@mirockfs.co.nz | www.mirockfs.co.nz
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Buying Off the Plans



Buying a brand new property is exciting. Most of the new properties sprouting up over the Coast are purchased by their owners 'off the plans'. Developers make building plans and specifications available to prospective purchasers, and then sell the properties ahead of construction so they are able to convince their bank to fund the development project. Once all or most of the properties are sold, construction begins.

If you intend to purchase a property off the plans, the first step is to enter into an Agreement for Sale and Purchase (Agreement) with the developer. Often there are extensive variations to a standard agreement, and these

variation typically favour the developer. For example, there are usually clauses that allow the developer rights to vary the final product you are purchasing, to pass on any costs in construction, and to cancel the entire deal should the developer fail in obtaining finance, resource or building consent. If the entire project falls through, you need to ensure that your deposit is properly protected.

Once the Agreement is signed, the waiting game begins. Some projects take years to complete, and often there are delays during the construction process. This can be stressful if you need to sell your property, or are renting on a fixed term tenancy. Once your property is constructed, the final product may not be what you were expecting, or the finish may not be to the standard you had hoped for. When problems like this arise, the fine print of your Agreement becomes very important.

Despite the potential pitfalls, there can be many advantages to buying off the plans. You can choose final finishes, perhaps make a profit between the time of paying your deposit and the final settlement payment, and you get a brand new property. It is important you are aware of all the risks from the outset, so you can make an assessment as to whether the benefits outweigh the risks.

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Where do you come from?



We had a very lovely holiday in Whangarei and Tutukaka during the term break. Before heading home, we made a stop at Marsden Point to visit the Oil Refinery Visitor Centre, where we could learn about the refinery process of crude oil. The friendly reception lady greeted us on our arrival and asked "where do you come from?" Without thinking, I answered "Auckland."

When we arrived home that night, Wilson the hubby raised a very good question: "Why did you answer Auckland?" - according to his observation the lady was expecting our answer to be more 'exciting'; say, a place from Asia according to our appearance.

I have been living in Auckland for many years; this is the only place on

earth where I am familiar and feel comfortable with; I am proud to tell people that I am from Auckland. But Wilson is right, people probably won't see it this way. We had some discussions that night and of course there is no right or wrong answer to be reached, but, as parents of two boys who are born and raised in Auckland, we found this is something we need to look into. It's our responsibility to teach them this is the country and place where they belong and can be proud of, as well as not feeling confused when they face the question "where do you come from?"

Thankfully, we are not alone. From the day our first baby was born, we received full support from Plunket, to Kindy, to school; encouraging us to speak to our kids in our language and celebrate our cultures. "Speak to them in your mother language"

was a piece of advice we always received. "They will be able to speak English eventually, but they won't be able to speak your language if you don't teach them now." How can I not feel proud of this country when different cultures are being respected? It is a vision that many other countries refuse to embrace. I sincerely hope this will continue through generations and generations in New Zealand.

By the way, I have made a mental note to myself; next time when someone asks me "Where do you come from?" the answer is simple: Millwater - that's the place I called home!

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

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021 614 771

Orewa Book Fair

Thousands of good quality books, DVDs, magazines and CDs have been donated to Hibiscus Hospice by generous locals, in readiness for the annual Orewa Book Fair. It's the best-ever weekend that bookworms wait for all year!

The Orewa Book Fair runs over 3 days and has hardback and softback books for every taste. There are novels of all kinds, gardening, history, travel guides, cookery books, children's books and more – every category is covered. All proceeds from the fair go directly towards ensuring that Hibiscus Hospice can continue to be there for patients and their families.

The Orewa Book Fair runs over 3 days in the Orewa Community Hall, 46-46 Orewa Square. Entry is free, and book prices start at just \$1.

Book Fair hours:

Friday 30 June (4pm - 8pm)
Saturday 1 July (10am - 5pm)
Sunday 2 July (10am - 3pm)

Locals can still donate their books to Hibiscus Hospice, 2a John Dee Crescent, Red Beach, so if you have any books you don't need, read or love, please drop them off. You can also drop them off with the Editor of theMillwatermag.

This event has been organised with the help of the Orewa Rotary Club and our own Rotary Satellite Club of Orewa-Millwater.

For more info, go to hibiscuscoasthospice.org.nz or check out our Facebook page.

VOLUNTEERS WANTED



Hospice care changes lives – without our volunteers we couldn't do what we do.

At Hibiscus Hospice we rely on our army of volunteers to keep our organisation running. If you would like to make a difference in your local community and meet new people, please get in touch.

We currently have the following positions available:

- Shop Volunteers
- Specialist In-Patient Unit Workers
- Car Washers
- Biographers
- Gardeners
- Massage/Alternative Therapies

If you would like to come and work with us, please contact us for more information on these roles. Email Vicki, on volunteer@hibiscushospice.org.nz or call 09 421 9180.

7 tips for Winter Oral Health

As winter sets in, you may notice its impact on your oral health. Follow our top tips to deal with common winter problems!

Sensitive teeth

Cold winter air can exacerbate tooth sensitivity. If you experience short, sharp jolts while breathing in the cold air, try a desensitising toothpaste. If your teeth seem even more sensitive than usual, it may be time to visit us – tooth sensitivity can be caused by many things; from a cracked or fractured tooth, to enamel erosion. We'll be able to tell why your teeth are sensitive and offer you the best treatment.

Sports injuries

Protect your teeth during winter sports by wearing a mouth guard!

Hairline fractures

Fluctuating temperatures, chattering teeth and tight jaws can all cause tiny, hairline fractures on your teeth. If your teeth feel tender when you bite down, contact us before it gets any worse and we'll be able to help!

Chapped lips

Avoid chapped lips by keeping hydrated and wearing lip balm with an SPF of at least 15.

Cold sores

Exposure to the winter sun can also cause cold sore breakouts. Make sure you protect the skin around your mouth by using

products with an SPF 15 or higher. Keep your hands clean to avoid the spread of the cold sore virus and try to keep stress levels down, to reduce cold sores over time.

Dry mouth

Your mouth may become drier in winter. The lack of saliva can increase your risk of tooth decay and gingivitis, so keep on top of it by drinking lots of water, breathing through your nose and chewing on sugar-free gum. If your dry mouth persists or gets worse, make sure to see your doctor as this can be a side effect of certain medications or medical conditions.

Winter treats

Hot chocolate and spicy foods are a great comfort during the cold months, but try to limit your intake of sugary and acidic treats as they can have unwanted effects on your teeth.

Staying cosy inside is very tempting in winter, but visiting us for regular dental examinations is still important. We'll be able to diagnose any problems before they get worse and help you with any wintertime dental problems!

Call us on (09) 426 5262 or email us on team@dentalsuite.co.nz if you have any questions or concerns about your teeth.

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Dan's Tips

June 2017

It's getting chilly - now is the time to plant roses and lily bulbs as well as winter crops like strawberries, garlic, shallots and asparagus. It's also time to take cuttings and dig in green crops.



Plant Roses

Queen's Birthday weekend is traditionally the time to plant roses.

Growing Food

- **Colour the Vegetable garden** – the pretty stems of Swiss chard are eye-catching in the vegetable patch and calendula flowers (winter marigolds) are brilliant for deterring straggling pests, as well as edible in a winter salad
- **Winter Crops** – plant strawberries, garlic, shallots and asparagus. They get going when the temperatures drop - Living Earth Garden Mix is ideal for growing them in. Layers of pea straw or organic mulch around the plants keep them well insulated from extremes of rainwater and frost as they get underway
- **Dig in green crops** that have reached knee high – ahead of flowering preferably.

Lawns

- **Moss Control in lawns** as winter begins to hit – spray patches with Yates' Surrender
- **Sow Grass** – if you do wish to sow grass now with the weather cooling down we recommend you sow with ProLawn Tournament or Classic blends (in all Central yards) which are better performers in the cold.



Colour the Vegetable Garden

Swiss chard and calendulas add colour and vibrance to your winter garden. Plus Calendulas deter straggling pests

Other Work

- **Free plants** – now's an excellent time to take fuchsia and rose cuttings. Cut them below a leaf node and remove some of the leaves. Dip them in rooting hormone or manuka honey before potting up in a mixture of coarse sand and compost. Keep moist.
- **Free fire starters** – Fallen cabbage tree leaves (brown and dried) are excellent for getting the fire off to a roaring start
- **Lily Time!** Lily bulbs are in stores ready for planting – an easy cut flower to grow in a sunny well drained part of the garden. The dwarf varieties are lovely in pots and great investment gardening – with very little care, they re-grow every year!
- **Plant roses** – Queen's Birthday Weekend is traditionally the time to plant new or re-locate existing roses
- **Winter perfume** – daphne bushes, magnolias, michelias and viburnums all combine pretty flowers with sweet fragrance.



Sow Grass with ProLawn

If you do wish to sow grass now with the weather cooling down we recommend you sow with ProLawn Tournament or Classic blends (in all Central yards) which are better performers in the cold.



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Recipes from Millwater Residents



Feijoa, Date & Ginger Loaf

Makes 1 loaf

Preparation: 15 minutes
Cooking: 40-45 minutes

1 cup peeled, chopped feijoas
150g dates, chopped
100g crystallised ginger, chopped
150g brown sugar
50g butter
270g flour
1 tablespoon ginger
1 teaspoon baking powder
1 teaspoon baking soda
1 egg, beaten
1 teaspoon vanilla extract

Preheat the oven to 180°C and grease and line a loaf tin.

Put the feijoas, dates, crystallised ginger, brown sugar and butter into a saucepan with 250ml boiling water and bring back to the boil. Reduce the heat and simmer for 5 minutes. Remove from the heat and set aside to cool.

Sift the flour, ginger, baking powder and baking soda into a large bowl. Add the fruit mixture, the egg and the vanilla and fold together. This mixture is very thick, so be careful not to overmix it. Pour into the lined tin and bake for 40-45 minutes or until a skewer inserted in the loaf comes out clean.

Christina Ahearn

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



Vietnamese Lemongrass Pork Chops

4-6 Pork Scotch Fillets (or medallions)
1 Lemongrass

Marinate sauce

1 tablespoon fish sauce
1 tablespoon raw sugar
Juice of 1 lime

Toppings

1 shallot, diced
3-4 cloves garlic, diced
1 spring onion, diced
1 chilli, diced (optional)
Sugar and salt

To Make

1. On a cutting board, stab the pork with a pork hammer to tenderise it
2. Also with the use of the pork hammer, slightly stab the lemongrass (lemongrass will be easier to dice by doing this)
3. Finely dice lemongrass
4. Marinate the pork with lemongrass and marinate sauce for at least 2 hours (overnight for best result)
5. On a plate, spread some cornflour evenly and coat the pork on both sides
6. Pan-fry on a high heat until both sides are golden brown, remove from pan
7. Heat oil in the pan, add all topping ingredients except spring onion, stir-fry for about 1 minute, then add spring onion, give it a quick stir then remove from heat, and sprinkle on top of the pork chop.

This recipe can be served as a rice or noodle dish, together with some Thai basil.

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

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dates for your diary

- Every Sat** Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
- Every Tues** Quiz Night at Northern Union
- Every Wed** Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details
- Every Thurs** New to NZ? **Orewa Library** hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** Ukelele Classes • Estuary Arts Centre from 7-8:30pm All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquires/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287
- 4th Tues of each month** Zonta Club of Hibiscus Coast, not for profit service club • Dinner meetings with guest speaker The Wade Hotel, 2 Tavern Road, Silverdale • 6.00 pm • Visitors are most welcome • Contact hibiscuscoast.zonta.org.nz

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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Thu 1 Jun	00:20 3.2 m	06:36 0.5 m	12:50 3.0 m	18:52 0.5 m	Fri 16 Jun	-	05:52 0.7 m	12:00 2.7 m	18:02 0.7 m
Fri 2 Jun	01:17 3.1 m	07:34 0.6 m	13:46 2.9 m	19:51 0.6 m	Sat 17 Jun	00:30 2.9 m	06:40 0.7 m	12:47 2.7 m	18:52 0.7 m
Sat 3 Jun	02:13 3.0 m	08:31 0.6 m	14:44 2.8 m	20:52 0.7 m	Sun 18 Jun	01:19 2.8 m	07:31 0.6 m	13:39 2.7 m	19:49 0.7 m
Sun 4 Jun	03:08 2.9 m	09:27 0.7 m	15:42 2.8 m	21:50 0.8 m	Mon 19 Jun	02:12 2.9 m	08:25 0.6 m	14:37 2.8 m	20:49 0.7 m
Mon 5 Jun	04:02 2.8 m	10:20 0.7 m	16:39 2.8 m	22:44 0.8 m	Tue 20 Jun	03:07 2.9 m	09:22 0.5 m	15:39 2.8 m	21:51 0.6 m
Tue 6 Jun	04:53 2.8 m	11:11 0.7 m	17:31 2.8 m	23:33 0.7 m	Wed 21 Jun	04:05 3.0 m	10:21 0.4 m	16:41 2.9 m	22:51 0.7 m
Wed 7 Jun	05:42 2.8 m	11:58 0.6 m	18:19 2.8 m	-	Thu 22 Jun	05:04 3.0 m	11:19 0.4 m	17:42 3.1 m	23:49 0.4 m
Thu 8 Jun	00:18 0.7 m	06:28 2.8 m	12:41 0.6 m	19:04 2.9 m	Fri 23 Jun	06:04 3.1 m	12:16 0.3 m	18:39 3.2 m	-
Fri 9 Jun	01:00 0.7 m	07:13 2.8 m	13:22 0.6 m	19:45 2.9 m	Sat 24 Jun	00:45 0.4 m	07:02 3.2 m	13:11 0.2 m	19:34 3.4 m
Sat 10 Jun	01:41 0.7 m	07:55 2.8 m	14:02 0.5 m	20:25 2.9 m	Sun 25 Jun	01:40 0.3 m	07:59 3.3 m	14:05 0.1 m	20:28 3.4 m
Sun 11 Jun	02:21 0.7 m	08:35 2.8 m	14:40 0.5 m	21:03 2.9 m	Mon 26 Jun	02:35 0.3 m	08:54 3.3 m	14:57 0.1 m	21:20 3.4 m
Mon 12 Jun	03:01 0.7 m	09:15 2.8 m	15:17 0.5 m	21:41 2.9 m	Tue 27 Jun	03:29 0.3 m	09:48 3.3 m	15:49 0.2 m	22:13 3.4 m
Tue 13 Jun	03:42 0.7 m	09:55 2.8 m	15:56 0.6 m	22:21 2.9 m	Wed 28 Jun	04:23 0.3 m	10:41 3.2 m	16:40 0.3 m	23:05 3.3 m
Wed 14 Jun	04:24 0.7 m	10:35 2.8 m	16:35 0.6 m	23:01 2.9 m	Thu 29 Jun	05:17 0.4 m	11:33 3.1 m	17:32 0.4 m	23:57 3.2 m
Thu 15 Jun	05:07 0.7 m	11:16 2.8 m	17:17 0.6 m	23:44 2.9 m	Fri 30 Jun	06:11 0.4 m	-	-	-

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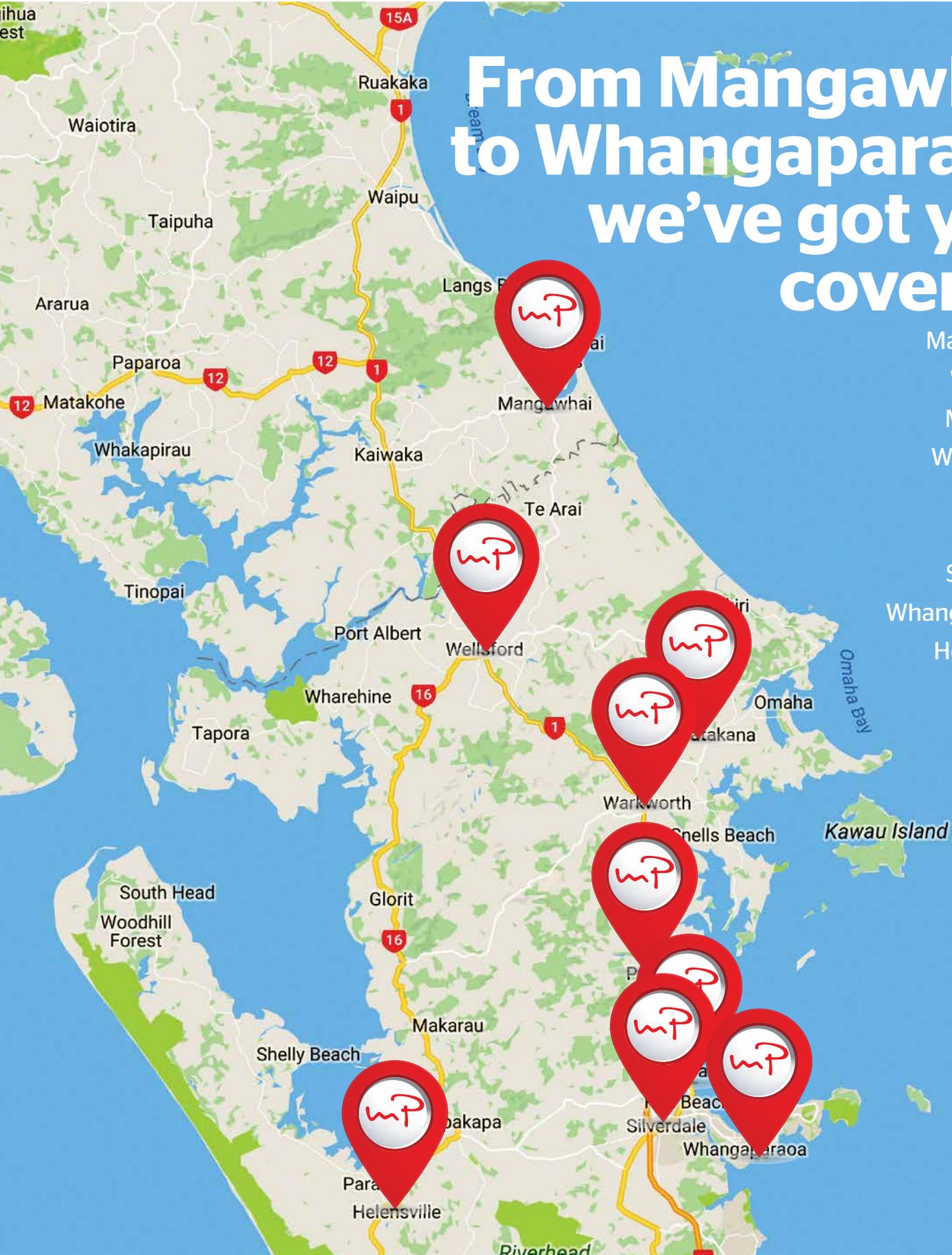
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