

theMillwatermag

Your FREE monthly magazine of all things Millwater
August 2015

The Millwater Mag turns one!



52 pages of local content!

Editor's note

Birthdays are always special and none more so than a first birthday. Twelve months of this magazine have seen great changes in Millwater – new homes and families exist that were not here a year ago; our new shopping centre is open and we all have met and made new Millwater friends. My role as editor has brought me into contact with many really interesting people – people who have a variety of very good reasons for relocating to Millwater and none of whom have regretted for one minute their decision to move here. The common theme is our community spirit and we certainly have that in abundance.



We say goodbye and good luck to Community Constable David Searle and welcome new Community Constable Michael Brown. On a similar theme, a recent meeting of the Community Patrol group, alongside Millwater Neighbourhood Support, attracted around 50 supportive Millwater residents. The meeting is reported on elsewhere in the magazine page 49 and proves that the community spirit mentioned above is alive and well. We need now to ensure that those words translate into positive action.

Yet again I have been bowled over by the sheer motoring enthusiasm of our local petrol heads and this month we have a stunning pick-up truck for you – and we plan to have another but very different one next month. We welcome local motoring enthusiasts, so please let us know about your special motor or motorcycle.

To help mark our first birthday, we have a new baby – our very own website, on which the current and all past issues are now available. Among other things, this allows potential Millwater residents, before they make the move, to get a taste and feel for how well we live here. The website is a living baby – it will grow and mature best if it is fed with material from you, the reader.

An unplanned lunch has led to another of the occasional restaurant reviews, and this appears on page 33. There are no plans to make this a regular feature but we will plan to sample and report on some of the more locally located eating establishments from time to time.

Looking back over the past 12 months, I believe we have a great deal to celebrate; not least our rock-solid support from and for the people and the local businesses in Millwater and Silverdale. As a community magazine with no salaried staff, we are free of the direct financial pressures that may affect many other commercial publications. Our focus is and will continue to be on the people who live in Millwater and on the many local businesses that serve us so well.

Brian Mullan
Editor
August 2015

theMillwatermag

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themillwaterinterview

Introducing Toni Kenyon



It is said that, inside every one of us, there is a book that is just waiting to be written. This month, we meet Toni Kenyon, whose love of prose and inventive mind have made her a significantly successful, best-selling author of romantic fiction.

Toni is a Millwater resident, whom you will meet regularly when she and husband Kevin are out walking their dogs. Moving from the UK when she was very young and describing herself as a “North Shore Princess”, she is intensely proud of Millwater; describing it as peaceful and so much like the North Shore was 20 years ago. Toni has two sons; one is a successful computer games developer and the other is a successful musician now living in Wellington. The musical bent is evident in the family – Kevin is still playing bass in his Bulldogs Allstar Goodtime Band and producing their next album, amongst others.

Formerly a registered legal executive, dealing with relationship/divorce issues and the associated conveyancing, Toni has adeptly melded the emotions of often turbulent romance and her love of rock music into the various themes of her novels. Now a full-time author, she became a member of Romance Writers of New Zealand (RWNZ) some 12 years ago.

Toni was quick to dispel any misconceptions that I might have had about romantic fiction, by describing the depth of emotion and the dark themes that so characterise her published work. As a successful published author, last month she attended the

annual conference of the Romance Writers of America (RWA) in New York, where Nalini Singh (a regular New York Times best-seller) spoke to some 4,500 romance writers from around the globe.

Electronic publishing has changed the world for writers of all sorts of books; none less so than Toni. By 2011, Amazon had opened the door for self-publishing authors and Toni has proved her abilities by becoming one of their many best-selling writers for this modern format. Somewhat bemused by her success specifically in the German market, Toni researched the reason and found a loyal and growing readership among the US military personnel posted there. Asked about the demand for hard-copy books, Toni said “These comprise less than 1% of my published works, because readers of romance fiction are early adopters and they love their Kindle, Kobo or whatever e-book format they choose.”

With six titles to her credit and more in the pipeline, Toni turned to the evolving storylines that her readers love. The dark threads mentioned above are a firm favourite and will develop further in her forthcoming novels – the next of which comes out next month (September) and for which the title is yet to be decided. Toni’s business card bears a black rose, emblematic of a darker side that you will have to discover for yourself in her books.

Turning one’s back on an established professional career and becoming a full-time author is a brave step. Asked if she had any regrets, Toni was adamant: “The dedicated move to my new career has allowed me to develop my artistic interpretation of the negative experiences of others into positive storylines for my books, all of which reflect the depth and serious reality of real-life romance.”

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When you guarantee a loan, ask WHY!

I thought I'd carry on from last month's topic around guaranteeing a loan.

I come across a number of clients who have guaranteed a home loan – but don't really know why. All they know is that their relative or friend could not get the loan by themselves; so, what the hell, "let's put my name down".

With home loans, there are three basic situations where a guarantee may be required:

1) The applicant does not have enough deposit to buy the home. With the tighter restrictions around low-deposit home loans, a number of first home buyers are experiencing this at the moment.

2) In the eyes of the lender, the applicant does not have enough income to support the loan repayments. This can arise when an applicant has just started a business and does not have a full set of accounts; or maybe they have a fixed-term employment contract. You would want to know exactly what is missing in the application, to allow your guarantee to be released. Develop a plan and a timeframe to fill this gap. This is vital, as there is a risk you could be drawn into the ups and downs of someone else's line of business.

3) The applicant does not have enough deposit and income to get the home loan (a mix of the above). This type of situation requires a very careful approach, as the risks are potentially higher for both the applicant and the guarantor

In the following months, I will cover off some of the mortgage tips around removing a guarantee.

I believe we all have an obligation to look out for each other; so, if in any doubt, please seek professional or legal advice before entering a loan or guaranteeing arrangement.

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

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

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brett the vet

Caring for your pet over winter

Now that the colder days of winter are definitely with us, here are some things to be aware of – to make things more comfortable for your pets.

Warmth, shelter and bedding: A warm spot in the house that is dry, draught-free and comfortable is an important refuge place for your friend.

Exercise and Food: Most pets will be inside and probably getting slightly less exercise. Consequently, a decrease in food intake is in order. Making time to exercise your dog is very important.

Arthritis: As with people, arthritis tends to flare up in the wet and cold. Weight control, anti-inflammatories, appropriate exercise and feeding foods like Hills J/D that contain all the appropriate supplements all help manage arthritis.

Fear of thunder and lightning: Some cats and dogs are extremely sensitive to the noise and light of winter storms. There are a number of ways of minimising the frightening effects of such storms. Come and have a chat and we can sort out the most appropriate course of action.

Fleas: Temperatures don't get too cold on the Coast and dogs and cats tend to spend more time in our warm houses, so it is important to use flea control all year around.

Blocked bladders: Cats can be very reluctant to venture out into the cold, wet weather. Unless they have a dirt box or other convenient place to go to the toilet, they tend to hold on, which can exacerbate any bladder infections or crystals that are present in the urinary system. A blocked bladder is an extreme emergency in a male cat. Some owners think their cat has been hit by a car, as they are semi-paralysed, in a lot of pain and in need of urgent attention. To prevent such occurrences, make sure your cat has an appropriate place to go to the toilet and is eating the right food.

Access to rat and mouse poison: Make sure you keep your pet well away from any poison that is laid.

Brett the Vet
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safer communities

New Community Police Officer appointed



Community Constable Antony Searle has been successful in applying for the role of Youth Aid Officer in the Rodney District, based at the Whangaparaoa Community Policing Centre. This new role starts on Monday 20th July 2015. Therefore, this will be the last item that he writes for the Millwater Magazine as Orewa Community Constable.

Antony says: "Personally, I would like to thank the community for your support and help over the period I have held the position of Orewa Community Constable. I feel there have been great relationships built between the community and Police, which will continue with my replacement, Community Constable Mike Brown.

Once again, I thank the community for all its support and wish Mike all the best in the role – and I leave him to introduce himself!"

Hi, I'm Michael Brown and I am eagerly waiting to take over the reins from Constable Antony Searle as the Community Constable in Orewa.

I have been a Police Officer for 14 years and have served in a variety of roles: from a Bobby in London to a Rural Police Officer in Warkworth. I hope that this wide spectrum of experience will help me with my new role as Community Constable. I have previously worked in Orewa and am delighted to return to the Hibiscus Coast in a community-based position. I will be based at Orewa Police station but will be tackling issues throughout the district and look forward to continuing on with the great work that my predecessors have been doing with the assistance of the public.

Note from the Editor:

Everyone in Millwater and the surrounding areas, not least the team at [themillwatermag](#), wish Antony Searle every success in his new role and we welcome our new Community Constable Michael Brown, with whom we will continue to work in full support of his role.

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Winter Fire Safety Tips



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Hi everyone! Well, the winter blast of the last few days has seen the heaters turned to full blast and the winter fires stoked. Have you heard of the “heater-metre” rule? Chances are your children may have, from the Fire Wise program that is delivered in schools. Please keep furniture, curtains and clothing at least one metre away from the heater or fireplace.

Don't store objects on top of your heating appliance and don't cover heating appliance with anything.

Dispose of the ash from your fires safely is important – and please see last month's article for further tips.

Fire Safety is a Neighbourhood Watch thing. If you hear a smoke alarm sounding from the next door property or you see smoke coming from the house, please call 111 immediately.

Heating Appliances

Those of you who have portable gas heaters, please take a few moments to consider the following safety precautions:

- Make sure the ceramic heater element is not broken or chipped and the protector guard is in place;
- Check to see that the gas line hose from the gas bottle is in good condition and does not show any signs of cracks or damage;
- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to re light the heater;
- Always have fresh air venting into the room when a gas heater is being used;
- Ensure the connections from the gas bottle to the gas line are tight and follow the operating instructions;
- Have your gas appliance serviced every 12 Months; and
- Gas appliances designed for outdoor use stay outside, inside appliances stay inside.

Clothes dryers need regular checks and the lint filter should be cleaned every time you use the dryer.

Every year, the fire service attends many calls which have started due to the careless disposal of cigarettes. Please do not smoke in bed.

Candles also need to be carefully managed; so please keep candles on a solid base to prevent them falling over, away from furnishings and especially curtains that could be blown across the flame.

Fire Safety Tips from the NZ Fire Service, Silverdale



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timlawrence Fishing Spot

Winter fishing can be hard work, but there are big rewards for those fishos who tough it out during the colder months. The water temperature has dropped to 16 degrees and the schooling fish have moved on, but there are many options still available for you to get a feed of fish.

July was a difficult month for fishing, with big southerly weather systems bringing strong winds and eliminating most weekend opportunities of getting out for a quick fish. That, combined with some average moon phases, probably meant it was better to keep warm onshore, BUT the shortest day has passed so it won't be long before we experience longer daylight periods and warmer currents. Until then, you will need to burley up in the shallows and chase the resident kelpies, chase kingies with slimy mackerels, or, if the weather clears for long enough, go wide for some pukas.



Our expeditions have been very average, so I can't boast about too much this month. Cabin fever had set in for us and both trips were after dark, with strong winds and no moon. One night we risked 16 knot SW winds for eight fish before getting too cold (with 5 layers on).

On the brighter side we have been hearing some good results out wide, with 25kg pukas being caught in the deeper waters. A few Sundays ago two monster snapper were caught, weighing in at 22 pounds and 33 pounds, both caught at Little Barrier. Sadly, we were going to buddy up with that boat on Sunday but I had family commitments and couldn't go – gutted.

August will show some improvements, with some great moon phases early in the month around the 1st to the 4th. Hopefully we get a good weather window on these dates, otherwise the 17th to the 19th also look good. We just need some calmer weather and wind from another direction. There's an old saying:

“when the wind is from the south the fish close their mouths, when the wind is from the west the fish bite the best”.

Here's the picture of our two big fish in that should have appeared in last month's magazine**. The fish weighed in at 14 pounds and 15 pounds each. The fish caught a few Sundays ago was 33 pounds! That's more than double the size!

Tight lines!

** Editor's note: Due to an undetected publishing error last month, the incorrect image went to print and we apologise to Tim for that.

Hibiscus Coast Cricket Club

Looking forward to playing at Metro Park East this summer

Considering that we are in the middle of winter, cricket is probably the last thing on many people's minds at the moment. At Hibiscus Coast Cricket Club, though, we are eagerly awaiting summer and the prospect of having cricket pitches available at Metro Park East for play after Christmas. The club is currently based at Victor Eaves Park in Orewa and is gearing up for the new season that will start around Labour Weekend. The club caters for all ages; from midgets (year 4) right through to President's Grade (over 35s). So, if you are a cricketer yourself, know someone that is or have kids wanting to play, please keep an eye on our website www.hibiscuscricket.co.nz or our Facebook page for more details of registration dates etc...



This year we would love to get a girls'/women's team on the field and we are hoping to run an evening T20 business house or social team competition as well, using the new fields at Millwater.

If you would like to know more, are interested in joining the club or putting a T20 team together, please email us at admin@hibiscuscricket.co.nz or contact our Club Manager Dave Evans on 027 443 3211.

Top performing private school – right here on the Coast!

Parents new to the area may not realise that Rodney's only private school is located right here on the beautiful Hibiscus Coast. Wentworth College first opened its doors back in 2003 to Years 7, 8 and 9 students – about 50 on the first day of school. As each year passed, the Year levels moved up until 2007, since when all Intermediate and College Year levels were covered and plans were set in motion to open the Primary school in 2008.

Wentworth students benefit from average class sizes of just 11, with passionate teachers having the time to provide personalised education and pastoral support for every child.

Wentworth College follows the Cambridge International Examination system and boasts outstanding academic success, resulting in it being recognised as a 'Cambridge Centre of Excellence'. Over 93% of senior students achieved University Entrance in 2013 and 2014, making Wentworth one of the top UE pass-rate schools in the country.

Wentworth Primary students also have class sizes significantly smaller than any in the region, ensuring not only high achievement standards but also warm, affirming relationships with teachers and peers. Primary students are also very much a part of the College, enabling them to experience a variety of additional learning opportunities and interactions not usually available to students in their early school years.

Wentworth students have the opportunity to take part in a large range of sports – from the traditional (such as netball, basketball and hockey) to the slightly less ordinary (such as pistol shooting and golf), as well as those which take full advantage of the school's fantastic location on the doorstep of the Hauraki Gulf – sailing and rowing. Principal, Bruce Tong, whose father and brother were both Olympic rowers, has established an active and high performing rowing squad at the College. The more recent formation of a Sailing Academy at the College has also seen huge interest shown by students, with Wentworth sailors placing fifth in the country at the National Regatta earlier this year.

As a parent, one of the most important decisions you will ever make is selecting the right school for your child. A visit to Wentworth School and College in Gulf Harbour, as part of the decision-making process, could be a very wise move.



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A Winning Smile

A winning smile can melt even the coldest of hearts, they say. But your smile might do more than just cheer people up: it may also reveal how healthy you are... or whether you're a step away from a heart attack.

Your teeth and gums are supplied with nutrients from the body and your blood delivers these nutrients. If the bacterial infection in your teeth or gums gets into the blood stream, multiple complications can result. It can spread to other parts of your body and you might perhaps develop sinus or throat problems in relation to an untreated gum infection. The biggest fear, however, is heart disease or a heart attack.



How do you know if gum disease may threaten your heart health?

Watch for these symptoms of gum disease:

- Red, swollen gums;
- Bleeding after you floss or brush;
- Receding gums or noticing that you seem to see more of a tooth than before;
- Pus on the gums;
- Pain when you bite or chew;
- Loose teeth; and/or
- Dentures that do not fit well now

Some people are genetically more prone to periodontal and gum disease than others. So, if it runs in your family, you should be especially vigilant.

Current studies suggest that there may be a link between gum problems, heart disease and other health conditions.

Did you know that the connection between gum disease and heart attacks is higher than the connection between high cholesterol and heart attacks? Research suggests that gum disease may be a more serious risk factor for heart disease than hypertension, smoking, cholesterol, gender and age.

The current theory linking gum disease to heart disease is that bacteria present in infected gums can come loose and move throughout the body. The same bacteria that cause gum disease and irritate the gums might travel to your arteries.

Researchers are unsure what causes the bacteria to become mobile, but it has been suggested that bacteria can be dislodged and enter the bloodstream during tasks as simple as brushing, flossing or even chewing.

Several recent clinical studies show a direct link between poor oral hygiene (oral bacteria & oral infections) and serious systemic diseases, such as:

- Cardiovascular disease (heart attack and stroke);
- Bacterial pneumonia;
- Low birth weight/extreme high birth weight;
- Diabetes complications; and/or
- Osteoporosis

Gum disease or periodontal disease treatment:

The milder version of the disease, or gingivitis, does not need anything more than regular flossing and brushing. You may also be required to visit your dentist to get your teeth cleaned regularly. However, things are not so easy in the later stages of the gum disease treatment.

Dentists use a variety of procedures; like scaling, root planing, administration of antibiotics, and even surgery – depending on the severity of the disease – to treat the gum problems.

Prevention is also an intrinsic part of periodontal disease treatment. Avoiding tobacco products, regular flossing, brushing at least twice a day and regular dental check-ups are some of the ways to prevent the onset of the problem.

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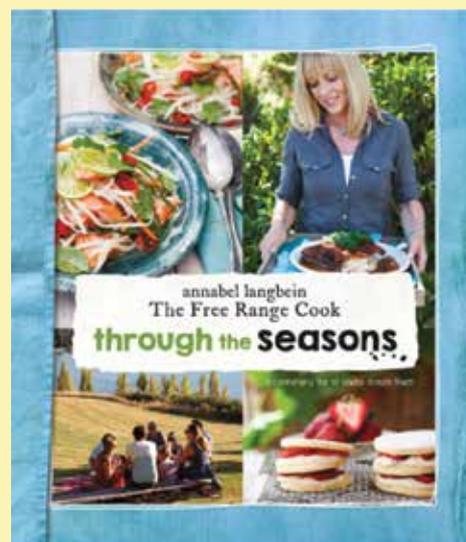
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millwaterbookofthemonth

“The Free Range Cook Through the Seasons” by Annabel Langbein

This month, Millwater resident and book club member, Diana Lakin, reviews another book for us – this time a well-recommended cookbook:

Cookbooks, cookbooks – oh, so many Cookbooks... There is a plethora of cookbooks on the market, to tantalize and whet our appetites – but not all cookbooks are deemed equal. Believe me; I have a “library” of cookbooks that I read religiously, mentally devour and occasionally cook from. I have picked this fantastic cookbook with delicious illustrations and easily manageable recipes to review, as I think it offers a diverse range of easy recipes that actually work. I have made several recipes from this book, all of which have turned out exactly as they appear in the cookbook. Annabel also offers some great tips on flavouring food, using herbs rather than shop bought spices (which sometimes contain unknown ingredients and, surprisingly, SUGAR). Also some interesting garden tips for growing micro-greens. Bon appétit !



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the millwater insider

Metro Parks (East and West)

A busy few weeks of announcements and developments for the future of the two main reserves in Millwater! On a highly positive note, Council has voted in the Long Term Plan, which provides significant funding for the development of Metro Parks, East and West. The Insider will be meeting with Council representatives shortly to get more specifics, but there is funding for the landscaping, footpaths etc that will link up the estuary walkway. There is also some funding for the hockey turf development, sports fields development and lights for two fields.

Metro Park West – the large bowl inside Butler Stoney Crescent / Bankside Roads – has also been allocated some funding for initial development. There has been some suggestion that this will involve public consultation regarding long-term use of this area.

A less desirable outcome was the recent decision by Silverdale Rugby Football Club to retain their current grounds and clubrooms, instead of a move to a new facility at Metro Park East. The club agreeing to the move was a very important part of the long-term development of the multi-code clubrooms at Metro Park East, a development that would have provided significant benefit to the Millwater community. The decision leaves the viability of the planned development in question. It is understood that the other partner clubs still wish to proceed with facilities on site; however, the format these will now take is unknown. We will watch this closely over coming months.

Millwater Central

The house is nearly full down at Millwater Central, with a couple of new additions opening their doors this last month. A warm welcome to Bruce Lee Sushi, Tabak Kebabs & Pizza's and Freda Roast & Barbeque. We have already seen some great reviews of these shops online, so let's get behind them and support them.

New Playground

Construction of the new playground in Ridgedale is now well underway. Featuring swings, slides and a flying fox, this is sure to be a welcome addition for local parents and grandparents. The design can be found at: <http://www.millwater.co.nz/property/ridgedale/ridgedale-playground>

Gardening Competition

The Millwater Mag, in association with Central Landscape and Garden Supplies, will be running its annual Gardening Competition, with judging to be held early

November and prize winners announced in December. If you have a great lawn, veg garden or just think you have great overall landscaping, nominate yourself by getting in touch with sarah@themillwatermag.co.nz See page 34 for more details.

www.themillwatermag.co.nz

We are very happy to announce the completion of our website. Check it out now. The site has archived copies and the latest version of the magazine. There will be opportunities for advertisers to feature online also.

Community Notice Board

There is now a community notice board set up in Millwater Central, beside the stairs leading from the lower to upper level. If you have a community notice to place, please contact Sarah at The Millwater Mag, sarah@themillwatermag.co.nz or (09) 426 6155.

Northern Union Turns One!

Congratulations to Northern Union on turning One in July. It is great to have fantastic local bar that provides a quality product for its patrons and is also a responsible and committed member of the community. The success of the recent Ladies' Night is a fair indication of the enthusiasm from the locals. Let the good times continue!

Giving Something Back

It is always a great pleasure to be able to give a little back to the community, so [themillwatermag](http://themillwatermag.co.nz) is especially proud to be able to provide a donation of \$500 to Silverdale School, in support of their book week. We look forward to supporting other community initiatives in the future.

Stoney Homestead Update

The Stoney Homestead was built in 1858 and is an historically significant building in the Auckland region.



It pre-dates other historic homes such as Alberton (1863), Highwic (1861), and Ewelme Cottage (1863).

In 2010, Millwater developers WFH Properties Ltd applied for a resource consent to demolish the heritage homestead. This was met with strong opposition from the local community, including members of the Stoney family. As a result, the former Rodney District Council turned down the developers' application and instead struck a deal to exchange the homestead site for small parcels of council land elsewhere at Millwater. Restoration of the homestead began with the first phase of the project, which was the restoration of the exterior and which was completed in March 2013. Further work is underway to ensure Stoney Homestead is fully restored and the plan is for the homestead to open late 2016 for community use.

The current stage of the project is the restoration of the shed and lean-to buildings, with much of the original structures being retained. This stage will be complete in August / September, depending upon the weather. The next stage of the project is the construction of the car park and the first stages of landscaping, so that the grounds are accessible and safe. Once this is complete, Auckland Council and the Stoney Homestead Trust are planning to have an open day, where the community can view the restoration progress and plans.

Things that go bump in the night!

A Millwater resident was entertained a couple of weeks ago by an amazing sight in the middle of the night. He awoke to one of the original homes on Manuel Road being carried away in the dark. A lot goes on while we sleep...



Did you know?

The Pioneer Herb Society was formed in 1980. The members created herb gardens and planted various trees and shrubs at the Silverdale Pioneer Village in Wainui Road. Over the years, the gardens have changed and two of the gum trees have disappeared; but the bay tree, the olive and the apple and damson trees remain. The Society meets on the second Wednesday of the month, with either an outside speaker or a herb workshop run by members. Some months, instead of a meeting, members visit various gardens of note in the area. Contact Ruth Olsen at runi@kinect.co.nz at the Silverdale Pioneer Village for more details

Silverdale School has new classrooms

Eight new classrooms were completed during the July school holidays, to meet the growing needs of our Millwater community. A blessing of the classrooms was held on the 13th of July. Silverdale School has 8 more classrooms due for completion by the end of 2016.



Would you like to win an Ipod?

themillwatermag are giving away a brand new Ipod! Check out the competition details on page 19, it's easy!

Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!

Please get in touch with Sarah on 09 426 6155 or email sarah@themillwatermag.co.nz

What is Photography? Part 2

Following on from last issue, let's dive a little deeper into the steps to follow for amazing photography

Conceptualise

What is your intention for the image you are about to make?

Before you press the shutter, really think about what you are trying to capture.

Notice the way the light is hitting your subject, look at all the angles, does it look better wide-angle or close up? Do you want to capture everything in detail or do you want to blur the background or foreground?

Slow down and put some thought into it before you snap; this can help you develop your eye for detail.

Capture

Grab the raw detail.

This step is self explanatory; set your camera, point in the direction of your subject and click the shutter.

Create

Now comes the fun part where you get to create your story. If you look at the photograph you have from the capture step, I bet more often than not it's not what you visualised.

Where has that beautiful reflection gone, the richness of the colours and the sharpness of the detail?

Your camera is a wonderful tool and does a great job of collecting all the information based on what you've told it to capture, but it doesn't have your creative flair. You now need to bring out the vision you have for the final photograph.

Whether you are using a smartphone, a point-and-shoot or an SLR, there are a number of apps or software that will aid you with adjusting elements like brightness, contrast, saturation and sharpness. Don't confuse this with adding filters. By making these adjustments you are enhancing the photograph with the information you captured in step two, not introducing new information.

This is your interpretation of the scene. You are creating your image to be as close to the way you conceptualised and the way you felt it.

Practice makes perfect, keep these steps in mind when you are photographing and remember to enjoy it and have fun :)

Lynda Kanji
PHOTOGRAPHY



Lynda Kanji
PHOTOGRAPHY
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Homeopathy

Most people are familiar with Arnica, which is a homeopathic remedy, but there are thousands of remedies for different ailments. Homeopathy is a holistic medical science, taking into consideration symptoms of the physical, mental and emotional body. Homeopathy deals with the whole person and not only with a single condition. Consultations take into account various aspects of your life, family history and past medical conditions as well as your actual complaint.

Remedies are matched to each person's individual symptoms. This therapy works by treating 'like with like'. The principle is illustrated with a bee sting, which may cause severe swelling and redness. Apis, which is made from bee venom, is a remedy that is given in the case of a bee sting. It stimulates the body's own healing mechanism, to bring the body back into balance, optimal health and wholeness. Even if not caused by bee stings, Apis could be a remedy for swelling and redness.

Many people confuse homeopathic medicine with herbal remedies or with the broad field of alternative or natural medicine. Homeopathic medicine has its own sophisticated system of using substances from the plant, mineral and animal kingdoms.

Homeopathy is gentle, effective and safe – therefore it is ideal at any age and during pregnancy. It is safe to use in conjunction with other therapies and medication; to treat both acute and chronic conditions.

For the winter months, some useful remedies for colds are:

ACONITE: Useful after exposure to dry, cold wind; Sudden onset sore throat, burning, red; High fever; Restless, anxious and frightened.

ALLIUM CEPA: Clear profuse acrid nasal discharge, watery eyes; Constant sneezing; Tickling cough.

BELLADONNA: High fever, sudden onset; Dry mucous membrane; Congestion of nose and throat; Violent headache; Profuse sweating; Flushed face; Desires sips of lemon drink.

Next month I will continue with more remedies for colds and flu.

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

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Silverdale Medical is opening in Millwater Central soon!
We invite you to enrol at Silverdale Medical now

Country Charm Furniture & Silverdale Furniture Restorations Ltd



Country Charm Furniture & Silverdale Furniture Restorations Limited is a proud member of the Silverdale Business Association. Country Charm was established locally 25 years ago and SFRL 13 years ago. Their specialisations include: furniture polishing, re-spraying, touch-ups, colour-matching, insurance quotes, custom made furniture from recycled or new timber, modifications, furniture repairs and upholstery.

This long-established local company can save many treasures from the trash heap and breathe new life into old furniture. All preparation and most repairs are undertaken on the premises – and they do not use dip tanks. Furniture items usually can be colour-matched to existing furniture – just supply a sample colour and they will advise you if it is possible. New furniture to match or compliment your existing pieces can also be manufactured.

WHAT THEY CAN DO

They restore wooden furniture that's old, modern or antique, small or large. Anything from small jewellery or trinket boxes in need of some TLC, coffee tables, desks, chairs, dining room tables, bedroom suites, doors or panels; through to boardroom tables. They can restore most pieces to their former glory or simply change the look by changing the colour and handles.

QUICK AND CONVENIENT

They can call on prospective customers to quote when necessary, and also provide estimates from emailed photos. All work is promptly and professionally done. A pick-up and delivery service is available if needed for smaller items (charge applies) but they recommend the use of local carriers for all heavier and multiple items.

SATISFACTION GUARANTEED

Country Charm Furniture & Silverdale Furniture Restorations is well known for its commitment to quality and satisfaction. They work closely with customers to ensure that the final result is as close as possible to what was hoped for.

SUPPORTING LOCAL BUSINESSES

They believe that supporting local business is important for the community, which is why they use local expertise for their re-glazing and re-caning requirements. A full upholstery service is also available.

CONTACT

Lesley or Grant

Ph: 09 426 2979 or 0274341329

Email: sfrrl@countrycharm.co.nz

Website: www.silverdalefurniturerestorations.co.nz and

www.countrycharm.co.nz

Address: 23B Foundry Rd, Silverdale

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www.silverdalefurniturerestorations.co.nz

09 426 8412
www.countrycharm.co.nz

f Look for our pages on www.facebook.com

Win an IPOD with theMillwatermag!

To celebrate the magazine's first birthday we are giving away a brand new Ipod Touch 5th Generation!

How? It's easy!

To be in with a chance to win -

Count the number of shops in total at Millwater Central and email the answer along with your name, address and contact number to sarah@themillwatermag.co.nz with "IPOD COMPETITION" in the subject line.

Conditions and other information:

- One correct entry will be drawn as the winner
- One entry per person
- Entries close 31 August 2015
- Winner will be contacted via phone
- Winner's name will be announced in the September issue
- Colour will be based on options available at time




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MELBOURNE CUP



Northern Union would like to welcome you to join us for the most stylish and talked about races of the year, the Melbourne Cup.

Northern Union is doing an early bird special. If you book a table for a group of 10 or more before 15 Aug you will receive a complimentary bottle of bubbles on arrival!

Make sure you book your Melbourne Cup Experience in with our Events Manager today! Call Brittany on 021 074 5426.




Boost your immune system this winter

Nutrients that enhance our immune systems – continued:

Vitamin E is also an antioxidant, which protects phagocytes, enabling them to destroy bacteria that enter our bodies. I'm so excited about the beautiful avocados we are getting at the moment, especially because they are a great source of vitamin E and are full of lots of lovely, healthy fats! Almonds, walnuts and sunflower seeds are also excellent sources.

Zinc is important in ensuring that our bodies produce enough white blood cells, which are the little soldiers of our immune system that seek out and destroy any foreign invaders in our bodies. Again, recommended daily amounts vary with age, gender and whether a woman is pregnant or breastfeeding; ranging from just 3mg per day for infants, up to 14mg per day for adult men. Some good sources of zinc are oysters, mussels, beef, chicken, chickpeas and pumpkin seeds.

Our white blood cells also need **Copper** in order for them to multiply. Some good sources of copper are liver, oysters, cashew nuts, sunflower seeds, hazelnuts, almonds, lentils and mushrooms.

Iron has a rather complex relationship with our immune system. Too little prevents white blood cells from multiplying and too much encourages the growth of bugs in our bodies and damages the white blood cells. It is generally unlikely that we can consume too much iron from food sources only. Excess iron may only be a problem if taken in supplement form. Pregnant women have the highest iron requirements (27mg per day); while infants, teenagers and women between the ages of 19 and 50 have the next highest requirements. Iron can be found in red meat, green-lipped mussels, liver, chicken, tofu, red kidney beans, chickpeas, dates and spinach.

Selenium encourages the multiplication of white blood cells and antibodies. However, just like iron, too much can be harmful to our immune systems. Brazil nuts, eggs, hoki and canned tuna are all good sources.

Go to my website for a gorgeous pumpkin hummus recipe. Pumpkins and chickpeas are high in immune boosting nutrients, and give your immune system a lift today.

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

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

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What should you do if you are asked to be an Attorney?

People are often asked to be an attorney under a document called an Enduring Power of Attorney (EPA). An EPA allows somebody else (an attorney) to sign on behalf of a person (donor) who is unable to sign or make decisions for themselves. Often, people agree to accept the appointment as an attorney under EPA without considering or understanding the role of an attorney and what is expected of them.

When somebody asks you to act as attorney, they are placing trust in you to do the right thing. It is your obligation to act in the best interests of the donor whenever you are acting on their behalf. There are two types of EPA: the first in relation to property and the second in relation to personal care and welfare.

An EPA for property usually applies to everything that is owned by the person giving power of attorney, but it can be more limited if the donor decides to limit it. For a property EPA, you may need to pay bills on behalf of the donor, take care of bank accounts and sell or purchase property or shares. The EPA can come into effect while the donor is mentally capable and continues if the donor loses mental capacity. This will depend on the specific terms of the EPA and you should ensure that you know when the EPA comes into effect.

An EPA for personal care and welfare relates to the day-to-day care and wellbeing of the donor. You may need to make deci-

sions on matters such as accommodation, general wellbeing and medical care. An EPA for personal care and welfare will come into effect if a medical professional or the Family Court determines that the donor is mentally incapable.

It is important that you understand your role and comply with the terms set out in the EPA document. You have duties of consultation and you may need to provide information to specified people. You should keep good financial records and work with any other attorneys who are appointed.

The donor can change, end or make a new EPA if they are still mentally capable. You can lose your appointment under certain circumstances (for example, if you become bankrupt).

If you don't want to be an attorney anymore, you can give notice to the donor in writing while the donor is still mentally capable, or go to the Family Court if the donor has lost capacity.

If you have been asked to be an attorney for someone you know, you should consider the appointment carefully. Simpson Western Silverdale can assist if you have any questions about EPAs. Please contact the Silverdale office on 09 421 0559.

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E: silverdale@simpsonwestern.co.nz



Tracie Waterhouse, Barbara Wilkins, Greg Woodd, Sarah Martin, Teresa Heathcote and Katrina Simpson.

Millwater ROMEOS

No – it's not what you think! The acronym stands for 'Retired Old Men Eating Out' and is a successfully proven idea that comes from a retired male family member who lives overseas and who is now also a very happy member of his local 'Romeo' group.

The idea is all about those retired men of Millwater who are interested in getting together occasionally and each time go somewhere different, but interesting and perhaps challenging, for a meal (generally for a lunch, but it could equally easily be for a dinner).

If the idea appeals, please get in touch with the Editor via the magazine email and he will be happy to organise and host a meeting of like minds, to plan the first Romeo outing! Over a glass of something wet we can discuss and propose venues, budgets, timings, etc and enjoy becoming a founder member of the Millwater ROMEOS. No upper age limit – you just need to be male and retired.

The magazine has not forgotten the retired women of Millwater, so watch out next month for a suggestion for them!

Speech and language

from 19-24 months

The months leading up to your child's second birthday is a very exciting time, which is characterised by a drive for autonomy. You'll notice them trying to do more things for themselves. Your child may test their own limits – and those you try to place on them. At this age, children are distracted easily by objects in the environment and because they still have a very short attention span. Your child may begin to show a preference for one hand and can manipulate puzzle pieces and can string large beads. Kids at this age enjoy observing the results of their actions and are curious about objects that fit together. They may begin playing dress-up, which is an expression of their desire to be grown up. Your child's understanding of words increases to between 300 and 400 words and they use about 250 words. Most utterances are two word phrases and are based on the rules of adult language. They begin to understand the concept of 'wait' and 'soon'. By now, your child should be an active participant in dressing and eating routines, although they will need your help and supervision. You'll notice that your child begins to interpret the pictures in books as symbols representing objects. So – what can you do to stimulate your child at this very exciting stage, where they change and learn new things daily?

You can use short, simple sentences to talk about the things happening in daily life e.g. "mommy is cooking", or "here is your truck". You may begin reading very simple stories to your child and looking through a magazine and talking about what you see. Teach your child the words we use for counting, by counting everything that they deal with. Teach them to name and identify different body parts on themselves and others. Socially, you could try to encourage them to play next to other children and also to play independently for longer periods of time.

If you have any concerns about your child's development, please feel free to contact me.

Tanya Collett

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Ski Season Preparation

with Peak Pilates & Physiotherapy



With the beginning of the ski season comes the excitement of launching ourselves back on to the slopes, but few of us take time to consider if we are really ready for the demands of skiing and often aim to hit the slopes hard, taking off from where we finished the previous season.

Skiing is a demanding sport that requires flexibility, strength, cardio fitness and balance. While we cannot prevent all injuries, improving these areas can make a big difference to enjoying the snow.

Aim to incorporate a variety of activities in the off season, to build cardiovascular fitness. Injury risk increases significantly as we fatigue; so, the fitter you are the longer you can ski. Ideally, we need some weight-bearing activity such as running or the cross-trainer to help build on the strength for the repetitive nature of the sport – but including swimming and cycling will help.

Core, glutes and quads strength are essential. Your abdominals help stabilise your back and pelvis and provide the base off which your gluteal muscles work. Functional core training like Pilates, Body Balance or TRX will provide the power to drive you down the slopes.

Quad strength is a given: they provide important support to the knee and, as we all know, it tends to be these that are exhausted at the end of a long day. Try dropping into a ski-based squat and holding for 60 seconds as a quick test of fitness!

Snow is unpredictable. The quicker your reaction times to a changing surface are, the more protected you will be when hitting that sheet of ice. BOSUs, swiss balls, wobble boards all help with this.

Stay safe on the slopes this season and most of all HAVE FUN!

Melanie Bennett
Peak Pilates, Millwater

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Shop 22, 175 Millwater Parkway, Silverdale.
Ph 09 959 0211 millwater@peakpilates.co.nz

Date Nites – right here in Millwater!

Like most people, you are probably aware of the 'Date Nite' concept – busy couples set aside regular time to spend together – and of the benefits that this can have in maintaining a strong and healthy relationship.

However, like most people, you are probably too busy to find innovative and fun dating ideas. The good news is that Millwater residents Vance and Donna Haywood are looking to solve this problem for you! They are developing www.ourdatenite.com, a website that will not only provide you with a range of Date Nite experiences but also register things like birthdays and anniversaries, to make sure you receive reminders of upcoming special events – and even help you book your babysitter. From now on in, they'll make planning regular Date Nites a breeze!

Whereas most people talk about wanting a work-life balance, Vance and Donna think that it should be a life-work balance. The change in order puts the emphasis where it should be and starts by focusing on the most important relationship: the one at home!

They are also working with business start-up incubator, The Icehouse, and plan to launch and market the website initially only in the Silverdale area, to get feedback on what people think of the website itself and the range of products on offer. Over the next few months, they would also like to get ideas from local residents of what people are currently doing for 'Date Nites', how this can be improved or made easier, and also talk to local businesses who may be interested in working with them to create a 'Date Nite' product.

If you are interested in finding out more, feel free to contact Vance at vance@ourdatenite.com or on 027 534 1968.



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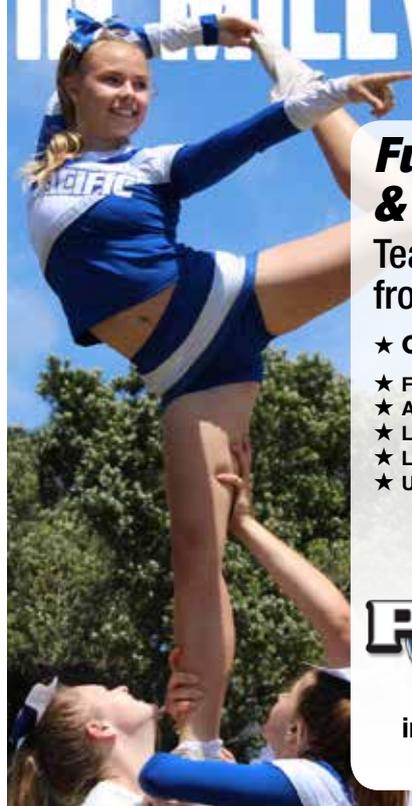
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millwaterpropertystats

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. If you would like to receive this full summary please email the words "full statistics" to grayson.furniss@mikepero.com. This service is free from cost.

	June 2014	May 2015	June 2015
Number of Sales	6	18	18
Median Sales Price	\$837,500	\$1,007,500	\$1,048,000
Highest Sale Price	\$1,125,000	\$1,850,000	\$1,390,000
Lowest Sale Price	\$795,000	\$860,000	\$700,000
Average % price to CV	22.70%	12.25%	14.44%
Average Floor Area (sqm)	244	290	247
Weighted Value Index	992	1064	1150

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

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

Phone Grayson on 09 426 6122 or 021 665 423

Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



millwaterpropertytalkwithGrayson

It seems that Millwater has now progressed from being a little-known backwater on the outskirts of Auckland to a seriously in-demand suburb with a premium price tag. Most buyers in the area know someone who lives here, has seen what the area has to offer and are now prepared to pay to buy into this lifestyle. Well done locals, you've done a great job selling the place and all our property prices have benefitted accordingly.

The same factors continue to affect the local and greater Auckland market. A lack of supply is putting constant upward pressure on prices. Local demand has seen us record another month with a median price over \$1.0M. This means that prices in Millwater have, on average, gone up by over \$15,000 per month for the last 12 months. Wow!

We are continually asked how long this is going to continue. At this point, it seems unlikely to stop anytime soon and, if the number of people walking into our office looking to buy in the area is anything to go by, it is unlikely to slow in the short term at least. The fact that prices have increased again this last month, despite the slight fall in the average house size, points out that buyers do not have the benefit of being choosy regarding either property or timing. Vendors are increasing their price expectations almost weekly, so waiting for things to come down doesn't work. The vendor's price will always be right; we just don't know exactly when.

As always, if you are interested in knowing how your property might sit in the current market, we will happily come and have a chat about values, obligation free.

Grayson
Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

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millwaterbizbuzz



One of the most stylish additions to Millwater Central has got to be new hair and beauty salon EVOKE, where owner Rhiannon Clark and her team offer a full, family-friendly service for everyone. The new salon is light, bright and has a very relaxing atmosphere, with soft music and the gentle buzz of conversation adding to the feel of quality.

Rhiannon has previously owned a salon in Helensville and worked in Albany prior to coming to Millwater Central. She lives locally in Dairy Flat and, since completing her training in Browns Bay, has 27 years' fully-qualified experience in the hairdressing industry. She heads her team of two full-time and one part-time specialist stylist, plus an apprentice. In addition, she has recently added a qualified beauty therapist.

The name 'Evoke' was a deliberate choice of name for the business, since it means the bringing out of the hidden and unexpressed. Rhiannon and her team are very much focussed on results for each individual; man, woman or child. All staff recently completed an intensive make-up training programme in Ponsonby and they are intensely proud of the high quality service that they offer. There is a huge range of cut, colour and styling options for all hair types, where the latest techniques and best quality products are tailored to suit the individual.

Early booking is recommended!

Picture Caption: Rhiannon (second from left), with (L-R) Sarah, Mckyla and Carolyn.

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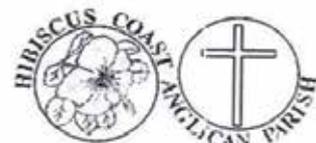
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Meatloaf

500gm Mince
 500gm Sausage Meat tube
 1 dsp Curry Powder
 1 cup Bread Crumbs (fresh best but packet crumbs ok too)
 1 Egg
 1 Onion (chopped)
 1 Apple (chopped into small pieces)
 1 dsp Parsley (dried flakes are fine)
 1/2 cup Milk
 1/2 cup Water
 Salt / Pepper to taste

Combine all ingredients into a bowl and mix well, using clean hands.
 Divide mixture into two greased loaf tins. Create a slight slope from middle to edge of each tin to make a "ditch" for the sauce.
 Fan-bake at 180 Celsius for 40 minutes
 Remove from the oven. Pour the sauce over each loaf and bake a further 35 mins.



SAUCE

1/2 cup Water
 1/2 cup Tomato Sauce
 1/2 cup Brown Sugar
 30gm Butter
 2 tbs Brown Vinegar
 1 tsp Instant Coffee
 1 tbs Worcester Sauce
 2 tbs Lemon Juice

Bring to boil and simmer for 5 mins.
 Penny

Pavlova

Small Size (approx 6-8 slices) – double the mixture for average to large size, or if you want seconds!

Separate 3 Eggs (separate the white and yolk carefully, as the tiniest amount of yolk will stop the recipe from succeeding).

Beat the egg whites with electric beaters until stiff (peaks standing upright).
 Add 3 tbs water and beat again
 Add 1 cup Castor Sugar – pour small amount into the bowl, beat until fully mixed in and repeat process until finished.
 Add 1 tsp Malt Vinegar
 Beat 10 secs
 Add 1 tsp Vanilla Essence
 Beat 10 secs
 Add 3 heaped tsp Cornflour



Beat again, making sure all ingredients mixed thoroughly, running spatula around bowl to make sure.

Pour onto middle of oven tray, which has been covered with greased baking paper. Form into a raised round shape by pulling spatula upwards from base of mixture to centre of top all the way around – keeping the overall shape reasonably high.

Fan-bake in preheated oven – 150 degrees Celsius for 45 minutes.

Turn oven off and leave Pavlova to cool, resisting the urge to open the oven door repeatedly to check on it.

Pavlova will possibly collapse a little at the top in the process of cooling – this is normal and whipped cream covers a multitude of sins!

After covering Pavlova with whipped cream, garnish with strawberries or kiwi fruit if in season and top with crushed Cadbury Flake.
 Yum!
 Penny

Fluffy Coconut Flour Pancakes with Wild Blueberry Maple Syrup

INGREDIENTS

¼ cup coconut flour
 ¼ teaspoon baking soda
 2 tablespoons your favourite natural nut butter of choice
 (I like peanut or almond butter)
 2 eggs, lightly beaten
 ½ tablespoon honey or maple syrup
 2 tablespoons unsweetened applesauce
 ¼ cup almond milk
 ⅔ cup blueberries
 ¼ cup pure maple syrup

INSTRUCTIONS

1. In a large bowl, whisk together coconut flour and baking soda; set aside. In a separate medium bowl, beat nut butter, eggs, honey, applesauce and almond milk together until smooth and well combined. Add wet ingredients to flour mixture and mix together.

Note: If you find that the batter is WAY too thick (almost paste like), you can add in a teaspoon or two of milk until it is smooth, but still thick.

2. Lightly coat a large non-stick skillet or griddle with butter or coconut oil and place over medium-low heat (coconut flour is sensitive to burning so medium-low heat is best). Drop about 3 tablespoons of the batter onto the skillet; you may need to use a spoon to spread out the batter just a tiny bit. It's important not to place more than 3 tablespoons of batter at a time; the pancakes can be hard to flip if they are too large, so smaller pancakes are best. Plus, mini pancakes are adorable, duh. It's very important to cook until bubbles appear on top and the edges are well cooked. Flip cakes and cook until golden brown on underside (about 2 minutes). If you find that the pancakes are browning too quickly, then you need to lower your skillet heat a bit. Wipe skillet clean and repeat with more melted butter or cooking spray and remaining batter. Makes 3 servings, 2 pancakes each.

3. To make the syrup, place maple syrup and blueberries in saucepan over medium heat. Wait until mixture begins to simmer and boil, and stir every few minutes. Once mixture begins to break down and blueberries cook down (about 5 minutes), remove from heat and serve warm over pancakes immediately.

Christine



Mozzarella, Tomato and Basil Pesto Crostini

Ingredients – makes 20 canapés

1 Large Baguette, sliced into 3mm thick pieces
 100ml Olive Oil
 10 Cherry Tomatoes, slice four pieces from each
 10 Baby Mozzarella, slice four pieces from each
 20 Basil Leaves
 Salt and Pepper to taste
 200ml Basil Pesto (you can make this yourself – recipe www.chefkevinblakeman.com)

Method

Firstly, if you are making it, do your basil pesto and store in a container in the fridge. Pre-heat your oven to 120°C.

Oil and season your baguette slices on both sides.

Lay flat on a tray and bake on both sides until just golden brown, turning half way.

Allow to cool, to become crisp.

When ready to serve, lay a basil leaf on the base, then alternatively layer mozzarella and cherry tomato slices, putting two slices on each.

Finally, complete the garnish by drizzling basil pesto on top.



Recipe brought to you by www.chefkevinblakeman.com

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How to Improve Your Street Appeal

First impressions are crucial, especially when it comes to selling your home.

Your home's street appeal is important and, by making a few simple improvements on the outside, you can entice potential buyers to look inside.

Outdoor lighting

Exterior lighting can make a big impact – it can not only complement your home but it can also showcase your property to prospective buyers who drive by at night time. Strategically placed landscape lighting can also be used to illuminate walkways, emphasise key features of your garden and can add an overall charm to your home after dark.

Clean, green garden

A well-manicured garden can boost the street appeal of any home. It's a good idea to mow the lawn, prune any shrubs, trim overgrown footpaths and to clear any weeds. If your house isn't maintained on the outside, then buyers may assume that this carries on into the home. If you don't have a garden then you could always add potted plants or planter boxes to your outdoor area. Herbs or perennials plants are good options and both add great colour to any space.

Fencing

A fence is a welcoming feature to any home and it can be a great addition to consider when it comes to selling your home. A fence provides not only a sense of security and privacy but it also defines your property from the street. If you already have a fence, then make sure it's clean and in good condition. If your fence is looking a little worse for wear, then give it a bit of TLC – tighten loose latches, replace broken panels and give it a fresh coat of paint if necessary.

ike



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Out to Lunch Special

Tempted by last month's annual Soljans Cellar-Door Wine Sale at 366 SH16, management and I went to pick up some genuine wine bargains and stayed for lunch. Our evening meal menu was already fixed, so management chose a lighter option – but I had something meatier in every sense!

Management picked the oven-baked vegetable filo parcels, containing pine nuts, egg plant, courgette, pumpkin, feta and Spanish onions, served with relish and a petite side salad. Two large filo parcels were delicious, cooked to perfection and just melted in the mouth. The suggested accompanying wine was also chosen: the Soljans Estate Fusion Sparkling Muscat, which complemented the course perfectly.

I had the pan-fried eye fillet, served rare, topped with tarragon butter and accompanied by potato mash and broccoli, together with a divine balsamic jus. No steak knife needed – the fillet was perfectly aged and cooked exactly as a rare steak should be. The plate was warm, too – an essential requirement but all too rarely provided in New Zealand. To complement such a fine meal, only the Soljans Estate Barrique Reserve Syrah 2013 would do; and what a great wine!

Remembering that this was 'just' lunch we eschewed afters, other than my long black. All the above for just \$73.80 in a

very comfortable and log-burner-warmed restaurant, attended by very efficient and friendly staff. Great parking and great service also from the cellar-door staff who loaded our wine sale purchases straight into the car.

Highly recommended for a reasonably-priced special lunch, in a top-notch restaurant!



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Getting into the garden with Central Landscapes Silverdale and Living Earth



Get your garden Ready! It's the Grand Annual Central Landscapes Millwater Gardening Competition!
Judged November 2015

Enter into the following categories:

Best Lawn - On the hunt for Millwater's best 'bowling green' lawn!

How to get your competition lawn garden ready:

- Moss – Now that it is winter, check your lawn for moss. Moss is a shallow rooted plant that can indicate water-logging, or if more persistent could be due to poor soil preparation (new lawn) or if established, Acidic pH, too much shade, poor drainage or compacted all contribute. This means for grass it thins out and the moss moves in. Not to mention it will look patchy! Get in early and treat with Sulphate of Iron, then once it warms up in August, apply a lawn fertiliser

- Porina caterpillar – What's eating my grass? They're living in the soil and coming out after dusk to eat the grass. Investigate how many you have by digging several small squares – if you find plenty, treat with Neem Granules. Water in and hope the next bite of grass is the last one the caterpillar takes! The grass roots may not be dead and may re-grow in spring, however, you might want to over-sow as well, to ensure your lawn is the best in the competition!

Best Veggie Garden – We're looking for Millwater's ultimate foodie, who loves feeding from the garden to the kitchen, soil to plate!

Contrary to popular belief you can start a veggie garden in winter! Here is how:

- Start in elevated beds – in planter boxes, pots or raised beds for warmer soil. Fill containers and beds with Living Earth Organic (Biogro) Certified Veggie Mix to nourish the plants with natural and organic fertilisers and compost

- Plant in the sunlight – It is especially important in the winter that your vegetables and herbs get several hours of sunlight to warm the tops enough to grow

- Plant – Hardy crops like silver beet, spinach varieties, pak-choy, brassicas (cabbages, broccoli) and broad beans are all good stalwarts in the cold. If it's really warm and sheltered you could sow carrots, sugar snap peas and radish seeds

Best Overall Garden – One stunning garden masterpiece experience from the design to the perfect planting!

- What is your garden style? Do you love bold, formal and traditional gardens? Or, the eclectic, cottage and colourful look? Maybe it's a sustainable modern approach that cares for the environment we live in? Get designing and laying out your beautiful home landscape. Winter is the perfect time to get planning

- Google your perfect garden inspiration, then head to Central Landscapes, the garden specialists, for their knowledge in getting your dream underway. And, down the road, Kings Plant Barn will help inspire with beautiful plants

- Prune your favourite roses and hydrangeas now, then spread beautiful, rich Living Earth Organic Compost around everything

- Finally at the end of the month feed everything, especially roses bushes and citrus trees
Good luck!





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Put your best foot forward at Orewa Podiatry

Considering the work our feet do, most people take little notice of them – that is, until something goes wrong and they begin to hurt!

“If you’re suffering from foot pain, the best thing you can do is seek professional help”, says podiatrist Paul Hames of Orewa Podiatry, and adds “Don’t just ignore the problem and hope that it goes away, as a small niggle can often develop into a more serious issue if left untreated”.

Paul graduated from the New Zealand school of podiatry in 1999 and is a member of Podiatry New Zealand. He also has a post-graduate diploma in sports medicine (PGDipl SM) from Otago University.

At Orewa Podiatry, Paul treats clients of all ages who have all manner of foot and ankle problems – whether it be foot or walking problems in children or overuse injuries caused by physical activity in the adult. “Your feet are under stress all day: walking, running and being squeezed into shoes can lead to conditions such as corns, calluses, ingrown nails and heel cracks. These are often painful and recurring conditions that can easily and painlessly be treated during a general treatment session”.

When you visit Orewa Podiatry, your consultation will involve a full history-taking assessment, with the latest techniques and therapy tailored to meet your individual needs. This will include walking and running assessments, to investigate posture and lower limb function.

“General assessment of the feet is a core part of my podiatry practice. I understand that everyone is different and I aim to provide personalised care that gets results”, says Paul. Paul confirms that, after fourteen years in the job, he still enjoys the huge and varied array of work and the chance to help people to stay active.

So, if you’re suffering from cracked heels, blisters, ingrown toenails, aching feet, heel pain or other foot pain, why not pick up the phone and make an appointment at the ‘Life Pharmacy’ today?

Paul Hames (Podiatrist)
@ Life Pharmacy
8d Tamariki Ave, Orewa
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A Real Ride - Green with envy

It all started when Kayton Coughy, owner of Real Rides Limited in Silverdale, decided he wanted something different and special as his work truck. Kayton, a self-confessed petrol-head, has lived on the North Shore for some 30 years and he lives locally. Although starting his career in the timber trade, he has always been into cars; building and modifying them since his teenage years. The passion remains undimmed!

After a couple of years OE working in a custom panel shop in the USA, Kayton returned and began serious work on hot rods in 2006. The passion for modified cars became a serious business that started in Stanmore Bay, then moved to and outgrew Forge Road before moving almost five years ago to his current and larger Silverdale premises at 27 Foundry Road. Looking inside the shop at the customers' cars that are receiving special mechanical and bodywork attention, it is clear that Kayton is the 'go to' guy for that special body and paint job.



His own mean, green machine was imported from the USA and has been Kayton's passion for just the past six months. Starting out as a humble 1963 Ford Econoline van, it has seen some significant changes since coming off the Ford production line over 50 years ago. Lengthened by 11 inches, the van is now a flat-bed truck with a major heart transplant. The 351 cubic-inch Ford Cleveland V8, sitting proudly between and behind the two seats, has been heavily modified to produce 500 horsepower and (as if it really needed it) also has a 150 horsepower nitrous injection unit. This amount of grunt has to be managed sensibly and the engine is mated to a three-speed C6 auto transmission that has a 9-inch mini-spool differential with 3.9:1 gearing.

Getting all that power onto the road calls for 18-inch wide rubber on 20-inch diameter rear wheels, and cooling the monster are two massive radiators; one at the rear and one slung underneath. The angry roar from the quad-pipe exhaust can be tamed at will by Kayton, using the switchable muffler – but, when you hear the V8 bark, you've got to ask "why bother?"

Kayton has plans for his new beast – including changing the ice-green paintwork to his own Real Rides company livery of black and silver. We are sure that the modifications won't stop at just the paint job; Kayton was already talking about changes he wants to see in the cab. Not a man to have a single motor passion, he also has a '68 Camaro twin-turbo, a Chevy truck, a '65 Plymouth Satellite and a '56 Cadillac.

A very special, classic car man in every sense of the word, Kayton inspired us by his obvious passion for the out-of-the-ordinary motor, whilst at the same time demonstrating the level head for business that has made Real Rides the growing success that it has become today.



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GREY POWER adds to its member services

Grey Power is an active organisation that has been protecting the rights of senior citizens for over 50 years and has more than 70 local associations throughout the nation. Members have benefited greatly from the advocacy carried out on their behalf with government and also from the provision of a \$2,000 Accidental and Dismemberment Policy insured by AIL.

Grey Power is now offering its members an exciting new benefit – considerable power savings by switching to Grey Power Electricity. More than 7,000 members have joined this new electricity company since it began late last year and now the supply of natural gas and LPG is also available with one bill for both electricity and gas.

Among the excellent features of Grey Power Electricity are the following:

- **Long-term price protection.** There is a guaranteed cap on power prices for four years. Any increases in line charges will be passed on and the way in which the bill is set out will show the difference that has occurred since the last bill;
- **Transparent billing.** The various items making up the monthly bill are itemised separately so it is clear just how the total is derived;
- **No cancellation fees.** Customers can leave Grey Power Electricity by giving 30 days' notice. There are no fees for disconnecting or cancellation; and
- **Overdue payments.** While other suppliers charge a high percentage for late payments, Grey Power Electricity may charge up to \$1 a day and customers will be contacted by phone when a payment is overdue.

Come to our next meeting, Friday August 28, 1.30pm in the Catholic Church hall, 180 Centreway Road, Orewa.

To join the Hibiscus Coast Grey Power Association or for further information contact the secretary, Simonne Dyer, b.sdyer@xtra.co.nz, phone 09 424 1315, 027 212 8322



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Train smart and get more from your core



There's more to your core than a 'six-pack'. In fact; when it comes to bodily strength, power and movement, your core is the body's foundation for movement.

Beneath the 'six-pack' is the true source of your bodily power. These deep core muscles form the 'corset' that supports your lower back. This is your body's structural centre. The deep core muscles

that make up of your 'Inner Unit' are the Multifidus, Transversus Abdominis, Diaphragm and Pelvic floor. These muscles work together to keep your lower back muscles supported and strong. Hence: no more back pain!

According to Stuart McGill, Professor of "Spine Mechanics", a crunch or full sit-up generates at least 3.350 Newtons – an equivalent of 340 kilograms of compressive force on the

spine. Professor Stuart McGill declares that any force over 3.300 Newtons is not safe!

There's more to core training than endless ab crunches. It's more about balancing the relationship between all the muscles previously mentioned, which, when working together, are responsible for keeping your mid-section functioning correctly. Looking great is an added plus!

I would recommend that core exercises such as, "the plank", "bird dog" and "stir the pot" are far superior and more beneficial, because they don't bend or put undue pressure on the spine. Instead, they strengthen and enhance the function of your inner unit.

So: "Train smart and get more from your core"

Craig is a Holistic Personal Trainer based at Jetts Fitness Whangaparaoa & Millwater. For more information and to receive a 30 minute Complimentary Consultation, Please contact Craig on 021 1611 789 or craig.kilham@jetts.co.nz

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Award winning eye screening *Penny the Pirate* book back at OPSM Silverdale

Penny the Pirate is the world's first children's book and app that has turned eye screenings into a fun, interactive, illustrated book*.

Launched in June 2014, Penny the Pirate has won over 75 awards in New Zealand and internationally including four Lions – two Bronze and two silver at the Lions Health and Cannes Lions Festival 2014 in categories; Direct, Mobile and Health.

Research[^] uncovered by OPSM has revealed that Kiwi parents of children aged 3-10 aren't prioritising their child's vision like other health matters, with 1 in 10 children never having had their eyes tested. Amongst those parents, the most common reason for not getting their child's eyes tested is because they are not aware that their child needs one (51%). More than 7 in 10 (74%) New Zealand parents (of kids 3-10yrs) did not have any knowledge or were unsure as to the recommended frequency of eye tests.

In response to these troubling statistics, and also in an attempt to reach children in remote locations, Penny the Pirate was brought to life in consultation with the Department of Optometry and Vision Sciences at the University of Melbourne.

Zaria Burden, Optometrist at OPSM Silverdale explains, "It is the first device available to help parents screen their children's vision and eye health from the comfort of their own home. Designed for children aged 3-10 years old, Penny the Pirate combines the art of storytelling with eye care."

"80 per cent of children's learning is visual, however our new research has shown that a large percentage of parents are unaware of the importance and frequency of eye testing for their children and are oblivious to the adverse effects that neglecting eye tests could have on their children."

"This year alone, the book is on track to help parents book half a million eye tests, helping an estimated 125,000 children with a previously undiagnosed vision problem," added Zaria.

New OPSM research uncovers ambivalence towards children's eye health revealing:

- 1 in 6 children in New Zealand (aged 3-10) have experienced eye problems;
- New Zealand kids are less likely to have had their eyes tested in the past two years (63%) than to have been for a dental check-up (91%), or a GP visit (88%);
- More than 7 in 10 (74%) New Zealand parents (of kids 3-10yrs) did not have any knowledge or were unsure as to the recommended frequency of eye tests;
- Almost half (48%) are unaware that kids should get their eyes tested before they start primary school;
- Over half (51%) are unaware that disruptive behaviour at school may be a symptom of eye problems; and
- A similar amount (53%) are unaware that under-performing at school may also be a symptom of eye problems.

Penny the Pirate is available free from OPSM Silverdale and from OPSM stores nationally. Alternatively it is available to download for free at the App store and Google Play Store, where registered users will be delivered the essential accompanying kit.

Zaria Burden is a fully qualified New Zealand Optometrist practising at OPSM Silverdale and has a special interest in Children's Vision and Eye Health. To make a booking or speak with with Zaria, please call 09 426 7902

www.opsm.com.nz/penny
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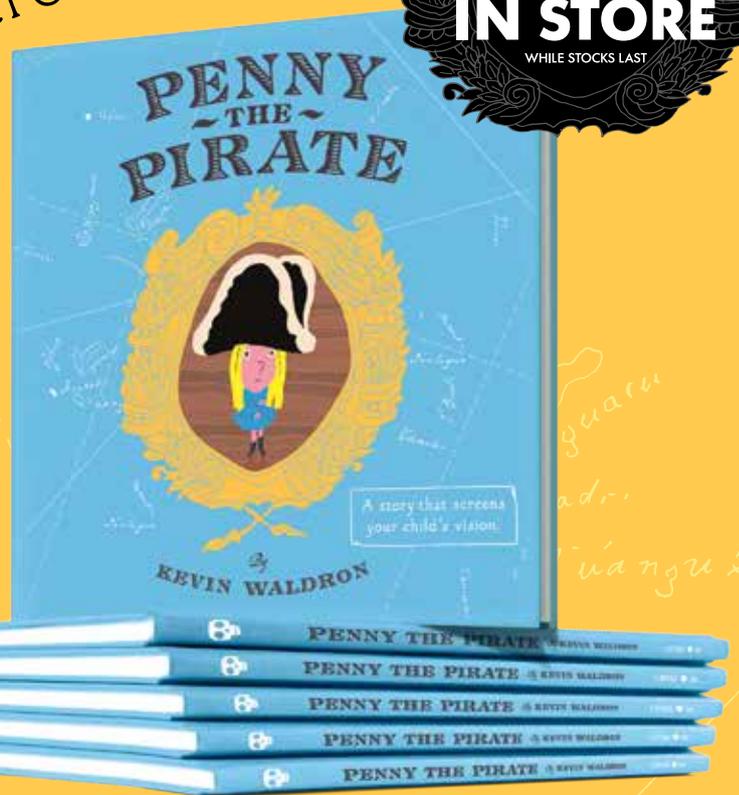
References

[^]A Lonergan study conducted among 1,351 New Zealand parents aged 18 years and over between Wednesday 16 April and Tuesday 29 April 2014. New Zealand parents refer to parents with children aged 3-10 years. The study was conducted online amongst members of a permission-based panel.

*Penny the Pirate does not replace a full eye test with an optometrist, it is designed to help parents identify whether a child may need an eye test. Optometrists recommend an eye test at least once every two years or more frequently depending on clinical need. OPSM recommends regular eye tests based on your eye health needs.

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**The book and the app are not substitutes for a full test with an optometrist. Optometrists recommend an eye test at least once every two years or more frequently depending on clinical need.

Creating the Perfect Dinner Party



I'm a private chef, so it might seem strange to be doing this; but here are some tips on creating the perfect dinner party!

You have a dinner party and get stressed with the pressure of the occasion; you slave away in the kitchen, constantly worry about cleaning the house – have I got this, have I got that? My advice is – don't stress!

The first and golden rule is: make a list – for everything! I imagine that here in Millwater there are lots of housewarming dinners at the moment. If you make a few simple lists, you can't go wrong.

Design your menu, including items that can be made the day before. As an example; pork belly can be slowly braised and then pressed overnight, to get that real restaurant look – and then simply be roasted just before eating. Make a list of all your ingredients, when each recipe should be prepared and limit the amount of items that need to be cooked during the dinner. A cold starter is also highly advisable.

List all the table settings, equipment and other party bits you need. Don't forget the drinks; both alcoholic and non-alcoholic, including iced water!

Finally, list the rest of your preparations; when you're going to the shops, what needs to be cleaned, etc.

When it comes to writing your menu, something that often is overlooked is writing and printing table menus – which elevate your meal to look just that little bit more stylish.

Rather than mundane chips and dip, why not attack some simple canapés like the one listed below? I have this and many more canapé and dinner party recipes.

If you can't 'Keep Calm & Carry On' despite all the lists and pointers – then, yes, hire a chef! Speaking for myself; I come, I cook, clean and even design your menu for you – and you just sit back and relax!

See my recipe 'Mozzarella, Tomato and Basil Pesto Crostini' on page 31.

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When Raw-Feeding Goes Wrong...



A raw diet provides optimal, species-appropriate nutrition and glowing good health – but only if it is well planned. Things can go terribly wrong if you lack the right information (see the story below). Fortunately, it is easy to get it right.

KEEP IT SIMPLE...

An appropriate raw diet mimics what a cat or dog would eat in the wild...

Raw meat, bones, organs and tripe
From a variety of the best-quality prey species available
Nothing else added

WHEN IT GOES WRONG...

Two kittens, raised on a meat-only diet, presented to us with severe lameness – their bones weakened by a lack of calcium. The body tries to maintain a balance of calcium in the blood and the bone. Meat-only diets lack calcium. When the blood can't grab calcium from the diet, it grabs it from the bones instead, weakening them.

On a well-planned raw diet of meat, bones and organs, ample calcium is absorbed from the diet into the blood – the body keeps the blood-bone concentrations steady by depositing calcium into the kitten's bones.

There are many other complex nutrient interactions (which explains the long ingredient lists on processed foods). Luckily, nature gets the balance right for us.

At Raw Essentials, we spend considerable time researching carnivore nutrition and analysing our approach to raw feeding, to ensure that we are helping people get the best out of raw feeding. Oh, and it is often not too late to reverse damage caused by nutritional imbalances – so, if you know of any raw-feeders that need a bit of guidance, please let them know we are here to help!

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Millwater Women's Group

Our meeting at Puhoi Cheese Factory on Wednesday 17th June was a huge success. All who attended enjoyed our get-together in the café, after which we moved into the cheese-tasting room. This was beautifully prepared for us, with a delicious cheese board each. Mark the Manager related some of the history of the cheese factory, with a great audiovisual presentation and then walked us through tasting of the delicious cheeses on our boards. Some amongst us (no names) had empty boards at the end and others nibbled some of the choices provided. At the end, we had all learned many facts about cheese and left with a great handout about each cheese tried and suitable matching wines. Many took advantage of the 10% discount on purchases on the day. We all agreed that Mark (a Millwater local) would make a great dinner party guest; so, if you want to know about cheese, he is definitely your man!

Our meeting on July 15th at Silverdale Pioneer Village was a treat for those of us who like to forage through old photos – and the history of the village was very interesting. We loved having morning tea in the delightful surroundings; the china collections were a visual feast too. Ruth from the wonderful volunteers at the village told us about the various buildings on site and took us for a tour afterwards. We loved the cosy, homely atmosphere and the village folk looked after us very well.

This meeting was such a success I have booked ahead for 19th August, 9:30 am on. We may have a speaker or just enjoy the pleasure of getting to know each other better. We are very lucky to have the use of this facility and, at \$5.00 per head, it is very reasonable. If you haven't joined Millwater Women's Group Facebook page, please apply to join. You will need to be a Millwater resident to join, but then you can see updates of what we are planning. Any member of the group can use the page to organise events for members; so, Millwater Women, I am looking forward to seeing what we can make happen in our great neighbourhood.

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holiday destinations

Jennie Ready's Dubai

Dubai "The City of Gold" is a fascinating city to visit for many reasons; including its fantastic shopping, white sand beaches, wonderful cuisine, creative architecture and cultural experiences.

Dubai is the 2nd largest of the Seven Emirates. However, it certainly doesn't do things by halves; with the city currently home to the tallest building in the world, the largest manmade island in the world (the Palms), world's largest shopping centre and, from earlier this year, the busiest airport in the world.

Burj Khalifa, the world's tallest building, is definitely worth a visit. It is a staggering 828 metres tall and holds a number of records including the tallest free-standing structure in the world. It certainly is an amazing feat of engineering and one you can't miss!!

A must for any shopaholic is Dubai Mall. The mall has over 1200 shops, which will definitely keep you (and your credit card) busy for at least a day! If you prefer to do your shopping somewhere a bit more traditional, then it is worth going to the night markets and visiting the Gold and Spice Souks.

A Dubai City Tour is a great option, as this will give you an overall picture of the city – or, if you would like a more unique experience, you could try a Desert Safari with BBQ dinner, or a Dhow Dinner Cruise. For an exhilarating family day out, there is Wild Wadi's Water Park, or Ski Dubai which is located at Mall of the Emirates.

Dubai has many hotels to choose from, including a large number of 5-star hotels such as the well known Jumeirah Beach Hotel, the luxurious Burj Al Arab and the magnificent Atlantis The Palm – which even has an underwater restaurant and its own Dolphin Bay.

Emirates flies out of Auckland 3 times per day, making Dubai easy to get to and a great stopover choice.



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D efence for your Health



If you shun the sun, slather on sunscreen, are indoors most of the day, suffer from milk allergies, or adhere to a strict vegan diet, you may be at risk of vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to skin being exposed to sunlight. It also occurs naturally in a few foods – including oily fish, fish liver oils, and egg yolks – and in fortified dairy and grain products.

Research into vitamin D continues to show its many health benefits. Vitamin D is essential for strong bones and teeth, muscle function, general immunity, depression and anxiety, plus it is associated with reducing the risk of getting many serious and life-threatening diseases.

University of Otago research has found that vitamin D deficiency is causing a rise in rickets among young New Zealanders, which is a worry. Their findings are newly published in the Australian and New Zealand Journal of Public Health. This rise in rickets is also a world-wide trend and is becoming a global health issue. Rickets is a serious bone growth disorder that can lead to skeletal and dental deformities. It can also cause several other developmental problems. Currently, no national statistics are kept on rates of rickets due to vitamin D deficiency in New Zealand, so the situation could be worse than we think.

There is no disputing that fact that vitamin D plays many vital roles in our well-being. Changes to our lifestyle, diet and supplementing when needed are the keys to curbing vitamin D deficiency.

The easiest way to get vitamin D is by exposing your skin to direct sunlight, specifically, ultraviolet B (UVB) rays. Fair-skinned people only need 15 minutes of skin exposure to the sun to produce the vitamin D their body needs. The darker your skin, the more time you need in the sun. The amount of vitamin D you get from sun exposure depends on the time of day, your skin tone, where you live and how much skin you expose.

In winter, a supplement is probably your best choice and Vitamin D3 has been shown to be the best for supplementation. Easy to swallow capsules or chewable tablets are available from HEALTH BY LOGIC, 20 Silverdale Street, Silverdale Village.

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Personal Wellness with Helen...



**Do you sometimes feel like your other half isn't talking right to you?
Or that, no matter what you do, they don't know how you feel?
Well, maybe you're not using the same language.**

Have you heard of the 5 Love Languages?



"At the heart of every relationship rests the same core longing: all people need to feel loved," says Dr Gary Chapman, a world-renowned speaker, author and counsellor.

Are you aware that, just like our cars have fuel tanks, our bodies have love tanks? By speaking to your partner/child in their love language means their emotional tank can fill up. And, even by using our own love language in our self-talk, we can nurture ourselves and fill up our own tanks.

Identifying your love language, and language of those around you, may help you learn things about your partner or child and your relationship that you weren't aware of.

So what are the languages?

Physical Touch is the preferred love language for some, which translates to a simple touch on the arm, a hug, a back rub – all convey your love to them.

Words of Affirmation – to these people, telling them how you appreciate them; encouraging them – and general words of praise and acceptance all show your love.

Quality Time refers to spending time together. People who have this as their love language feel loved when they are taken out on special dates, when their spouse clears the calendar for them, or when the television is turned off in order to have a conversation.

Gifts – if this describes your spouse, you need to understand that, for them, gifts are not simply material objects — they are expressions of your love.

Acts of Service – if this is your spouse's love language, they'll appreciate your help more than anything. Give them a night off from cooking or other household chores.

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

Helen McAuley-Grant is a Registered Senior Kinesiologist. She has been in practice for over 12 years and has lived locally for 9 years.
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A great turnout...



...was the general consensus when the hospitable premises of Roberts Cafe in Millwater Centre packed in almost fifty locals recently.

Community Constable Antony Searle gave a presentation, backing Neighbourhood Support. His excellent slides had plenty of

advice about how to make our homes secure and our streets safer. The NS regional representative handed out liberal quantities of street posters, leaflets and other material.

There was considerable interest in contributing to positive outcomes for our community. Many people volunteered to be key contacts for a system of neighbourhood support throughout Millwater. Many also took notices to be posted in local streets.

Also in attendance were three representatives from the Hibiscus Coast Community Patrol. Chair Frank Rands accepted the invitation to make a pitch for Millwater people to join the patrol that visits the area several times a week. As "eyes and ears of the Police", pairs of patrollers usually do one four-hour patrol a month in the distinctive and very well-equipped patrol car, which was parked outside. Some basic training is required, as patrollers are under the direction of the Police when on duty.

"Community patrolling is a really worthwhile piece of community service," said Frank, "and it's in your area now." He pointed out that at present there are only three patrols a week and more could be done with a larger team. One is a day patrol which is an opportunity for anyone who might not be quite confident about patrolling in the middle of the night.

theMillwatermag will continue to feature the Patrol from time to time. "It's making a real contribution to our area," said Editor Brian after the meeting. "We need to encourage our Millwater people to do their share in this excellent programme."

For More Information -

Neighbourhood Support: Colin Roberts 027 504 5051

Community Patrol: Frank Rands 426 3122 visit:

hbccommunitypatrol.org



Introducing Vanessa Jardim

Vanessa has joined the Mike Pero team in Silverdale. Vanessa brings with her a wealth of experience and we look forward to her being a part of our team.

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Sun 02 Aug	02:15 0.3m	08:31 3.2m	14:36 0.2m	21:00 3.4m	Tue 18 Aug	03:33 0.5m	09:50 2.9m	15:44 0.4m	22:04 2.9m
Mon 03 Aug	03:06 0.2m	09:22 3.3m	15:25 0.1m	21:50 3.4m	Wed 19 Aug	04:10 0.5m	10:27 2.8m	16:22 0.5m	22:41 2.9m
Tue 04 Aug	03:57 0.2m	10:13 3.3m	16:16 0.2m	22:41 3.4m	Thu 20 Aug	04:48 0.5m	11:04 2.8m	17:01 0.6m	23:19 2.8m
Wed 05 Aug	04:48 0.2m	11:04 3.2m	17:07 0.3m	23:33 3.3m	Fri 21 Aug	05:27 0.6m	11:43 2.7m	17:44 0.7m	23:59 2.7m
Thu 06 Aug	05:40 0.2m	11:56 3.1m	18:02 0.4m	-	Sat 22 Aug	06:09 0.6m	12:26 2.6m	18:30 0.7m	-
Fri 07 Aug	00:26 3.2m	06:34 0.3m	12:52 3.0m	19:00 0.4m	Sun 23 Aug	00:43 2.7m	06:54 0.7m	13:14 2.6m	19:22 0.8m
Sat 08 Aug	01:22 3.1m	07:30 0.4m	13:50 2.9m	20:02 0.5m	Mon 24 Aug	01:30 2.6m	07:45 0.7m	14:09 2.6m	20:18 0.8m
Sun 09 Aug	02:19 2.9m	08:29 0.4m	14:52 2.9m	21:05 0.6m	Tue 25 Aug	02:23 2.6m	08:42 0.7m	15:09 2.6m	21:18 0.8m
Mon 10 Aug	03:18 2.8m	09:30 0.5m	15:54 2.8m	22:07 0.7m	Wed 26 Aug	03:22 2.6m	09:44 0.7m	16:10 2.7m	22:17 0.7m
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Wed 12 Aug	05:16 2.8m	11:27 0.5m	17:49 2.9m	23:58 0.6m	Fri 28 Aug	05:25 2.8m	11:41 0.4m	18:03 3.0m	-
Thu 13 Aug	06:11 2.8m	12:19 0.5m	18:39 2.9m	-	Sat 29 Aug	00:08 0.4m	06:23 3.0m	12:35 0.3m	18:56 3.2m
Fri 14 Aug	00:47 0.6m	07:02 2.8m	13:06 0.4m	19:25 3.0m	Sun 30 Aug	01:01 0.3m	07:18 3.1m	13:26 0.2m	19:47 3.3m
Sat 15 Aug	01:32 0.5m	07:49 2.9m	13:48 0.4m	20:08 3.0m	Mon 31 Aug	01:53 0.2m	08:11 3.3m	14:16 0.1m	-
Sun 16 Aug	02:15 0.5m	08:32 2.9m	14:28 0.4m	20:48 3.0m				High	Low



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Silverdale & Districts Historical Society • Talk at the Pioneer Village - The Boer War by Peter Odendaal, a South African perspective • Entry - gold coin donation

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

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Natural Paving is your solution... A plastic honeycomb system that locks the beauty of natural pebbles into place. A practical, permeable solution that is easy to use and gives a professional look every time.

We have a number of different Natural Paving solutions and pebbles in stock now!



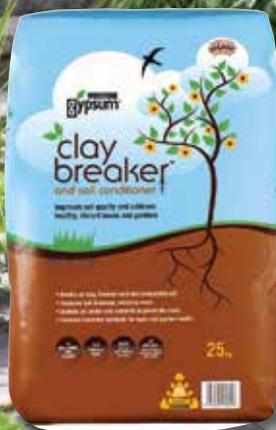
Buy 10m² of Natural Paving during August and enter the draw to WIN this wheelbarrow!



NATURAL PAVING

Are you planting this winter?

These products are a must for Millwater!



OPEN 7 DAYS

Weekdays 7am – 5pm

Sunday 9am – 2pm

Saturday 8am – 3pm

(Closed Public Holidays)

10 FREE
Loan Trailers

Delivery to Millwater
just \$25 per truck

Daltons Landscape Supplies, Hilltop Silverdale is locally owned by Millwater residents, Kelly and Andrew Giles.