

# theMillwatermag

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

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

- Millwater 區內情報要點
- Introducing Claire Fairweather
- Millwater Vet Hospital Celebrates
- Stir-fry Minced Pork with Baby Corn



**MILLWATER CLEAN UP DAY - 6th March**

# Editor's note

March is a busy month for many around Millwater, beginning with the Big Clean on the 6th, organised by Diana Lakin and supported generously by EnviroWaste (many thanks to both!) We look forward to everyone coming along to help with cleaning up the inevitable litter of a modern society that is expanding into such wonderful surroundings. See Facebook for more.



We were all disappointed that The Picnic in the Park last month could not take place, due to the unseasonably bad weather. New date is 20th March. We have great support from so many talented people, showing yet again that Millwater continues strongly to be THE place to live in Auckland. One new resident in particular is featured in our regular monthly interview and another in Biz Buzz. Buzz is indeed what we all experience, just by living here.

We continue to welcome the strong Police presence and we delight when we see yet another speeder or red light runner pulled over. Please continue to support the Police by reporting any dangerous driving – we all need to do this.

New Zealand will this month decide on the flag: to change or not to change? Apathy could see the wrong decision being taken, and this will have a long-term effect for us all. Please make sure that you exercise your vote and place your well-considered "X" during the referendum. Voting takes place from March 3rd to 24th. Details can be found online at <http://www.elections.org.nz/events/referendums-new-zealand-flag-0>

The Eagles sang: "Eager for action and hot for the game..." and Tim Lawrence's fishing spot exemplifies the hot action to get the game (fish). Thanks are due to Tim and several other regular contributors, without whom we would not have the quality magazine that we enjoy today. As always, we try to strike the right balance between commercial and amateur articles and our policy on this is constantly being reviewed, to ensure fairness to all.

For anyone with a disability, whether in Millwater or further afield: Please publicise the fact that Sailability has open days for sailors with disabilities at Fairway Bay, Gulf Harbour, on Saturday mornings at 10:30 am, March 5th and 19th plus April 2nd and 16th. You can just turn up and watch, or let [sailabilityauckland@xtra.co.nz](mailto:sailabilityauckland@xtra.co.nz) know beforehand if you want to sail.

...and finally, from your Irish editor: Happy Saint Patrick's Day for the 17th

Brian Mullan  
Editor  
March 2016

## theMillwatermag

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\* conditions apply

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# themillwaterinterview



One of Millwater's newest residents has brought with her a highly creative talent that both inspires and delights. Claire Fairweather and husband Colin moved up from Browns Bay just a few weeks ago and are delighted to have chosen our great neighbourhood.

Claire, born in London to an artistic mother who painted in watercolour and oils, studied art at school and later trained at Sheffield University to become a landscape architect. Claire has always been keen to explore different art mediums, particularly

working with stained and coloured glass in a mosaic style. In the UK she sold her work at craft fairs, galleries and selected shops.

Claire and Colin moved to New Zealand in 2009, when Colin was offered a job here. Around this time, Claire turned to using polymer clay (a type of modelling clay baked in the oven to harden) for her artwork, and making jewellery and accessories. Claire has created her own unique style with polymer clay for sculpture, jewellery and stunning mosaic art – each piece is individual and uniquely identified with her cipher signature, such as her mosaic 'Crocus', shown here.

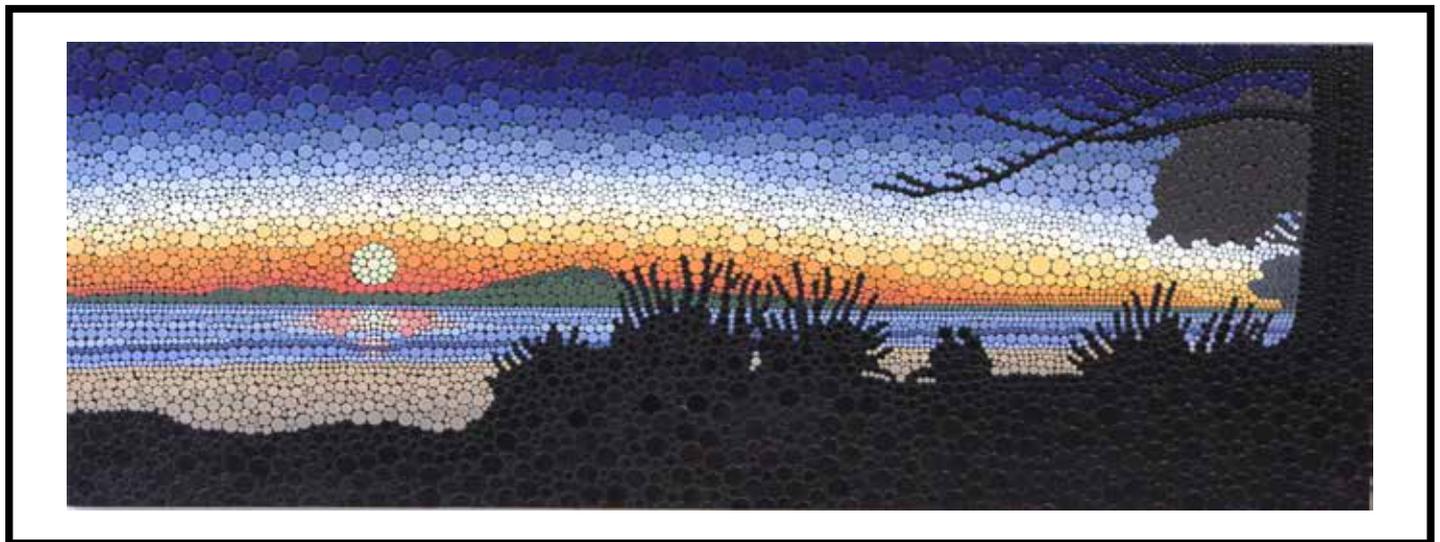
Claire is a member of the International Polymer Clay Association (IPCA) and President of the Auckland Polymer Clay Guild. She was awarded a grant from CreativeNZ, to attend the IPCA

2014 conference in Malta, where her 'Spring Trio' won a 'Best in Sculpture' award. She has also been short-listed for the 2015 awards – watch this space! 'Polymer Journeys' is a new retrospective book, to be published annually, showcasing polymer clay artwork from the best international artists and Claire's work has been selected for the first, 2015, edition that is due to be published in March.

Although having a traditional 'day job', Claire devotes her spare time to designing and making the most amazing artefacts. Asked about the time taken to design, create and finish a major piece, Claire referred to her 'Watching the sunrise over Rangitoto' (below) and said: "Early one morning I saw this beautiful sunrise from Browns Bay and decided to recreate it in my favourite medium. This piece is made up of around 6,900 circular tiles and took over 150 hours to complete. Each tile is handmade from polymer clay and glued in place on the canvas before being grouted".

Claire has previously run polymer clay workshops in Takapuna and hopes to display and teach workshops at the Estuary Arts Centre in Orewa later in the year. Her tuition talents have already been used by Gordon Harris Art Stores, both in Auckland and Wellington, and a glass kiln and jewellery findings supplier brought her in to demonstrate various techniques and ways that polymer clay that can be used in jewellery making. Claire is keen to introduce other people to the enjoyment of using this very versatile creative medium.

Check her out online and learn more about her amazing talents: [www.clairefairweather.co.nz](http://www.clairefairweather.co.nz)



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# mortgagematters



## Tips on moving out of Auckland

This may seem a strange topic to cover, but 1 in 5 of my meetings at the moment are with people looking to take advantage of the Auckland market and move to the regions.

Here are some areas to think about, and include, in your plans:

1) Mortgage or no Mortgage. Why are you going to move? Become freehold or heavily reduce the mortgage size? Be careful about having an Auckland-sized mortgage with a regional income;

2) A job. If you plan to move to a new area fairly quickly, then you will need a job offer with enough salary to support the new loan. If the move is in the medium to long term, some people are purchasing the new home as a rental. This gives them the flexibility to move in when the time is right for them;

3) Structure you current lending around the selling of your Auckland home. If you plan to sell the Auckland property and make a lump sum on your lending, make sure your loan is floating at the time, or close to its fixed-rate expiry. This will reduce the risk of loan-break costs;

4) Property Manager. If you plan to rent out the house, a good manager will help you with not just with the management of the property, but also provide you with a perspective on the best and worst areas of the new town;

5) Accountant. With renting out the home, there could be some tax advantages and IRD obligations. Make sure you engage an accountant before you buy;

6) Be prepared to travel. I've had a couple of clients spend some long weekends away attending auctions on a Thursday and open homes on a Saturday or Sunday. Technology can help but, if you like the personal experience, be prepared to travel;

7) Branch Service. We are spoilt in Auckland with all the major trading banks on every main street. However, this may not be the case for your new town. I've got a friend who has moved to Waiwaka and her bank does not have a branch there – resulting in a two-hour return trip to Queenstown, to complete her personal banking. Bummer...

8) And, lastly; engage a Mortgage Adviser to help with your plans. We have a number of clients with similar situations, and a discussion could provide a clear plan for the big move.

For further details feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz)

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

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# vetspeak

## Millwater Vet Hospital First Birthday Celebrations

Wow! The last year has gone by very fast and we've been blown away by the support of all our lovely customers. On Sunday 20th March (10am – 1pm) we are celebrating our First Birthday with an Open Day and would like to invite everyone to come down and join in the celebrations.

We have special guests Rosie and Jazz from "Pound Pups to Dog Stars" (as seen on TV) doing a demonstration, and Behind the Scenes Clinic Tours with fun competitions along the way.

Our lovely nurses will be available for nail trims and micro-chipping as well as answering questions on preventative health, flea and worming treatments, and dental health.

We are running a drawing and photo competition and the winner will be announced on the day. So please drop us in a drawing of your fur baby or a photograph before the Open Day. Both children and adults are welcome to enter. Please ensure you put a name, contact number and age (if appropriate).

Gutter Kitties and HURRAH are joining us to run a charity Sausage Sizzle and Cake Stall, and will be available to answer any questions on adopting a cat or dog.

As another birthday celebration, during the entire month of March we are offering FREE dental checks by appointment and \$50 OFF all dental procedures for those found needing attention. Nail trims and micro-chipping will also be half price during March.

Other fun activities on the day include a FREE Bouncy Castle and face painter, plenty of giveaways, and more...

Follow us on Facebook to keep up to date with our Open Day Plans.

We look forward to seeing you all



### Millwater

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



# safercommunities

## Timely advice from Silverdale Volunteer Fire Brigade

Yet again in February, the Fire Service attended a late night house fire where the family was lucky to escape – sadly, their pet dog was not so lucky.

What is not fully appreciated when there is a house fire is the loss of personal items, photos and gifts.

*In 80% of the fires we attend, smoke alarms are either not installed or not working.*

*The Fire Service recommends long-life photoelectric smoke alarms installed in every bedroom, hallway and living area. These can be purchased from any good hardware store.*

*Develop an escape plan with your family and make sure you have, if possible, two ways out of every room.*

If you know someone who doesn't have any smoke alarms, please note that the Fire Service offers free Home Fire Safety Visits to all households in New Zealand. Fire-fighters will visit

your home and make sure you and your family are fire safe. These visits can be arranged by phoning 0800 NZ FIRE (0800 693 473). You may even be eligible for a free smoke alarm.

Access to your property, especially in the rural environment and those with long driveways, needs to be considered. Our appliances need 3mt high and 3mt wide access – so, if you have overhanging trees or obstacles, please trim or remove them.

**Station Officer Dave Lattimore**  
**Silverdale Volunteer Fire Brigade**



## WHAT'S ON AT NORTHERN UNION IN MARCH

THE FRIENDLIEST DAY OF THE YEAR

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28th vs Knights - 4pm

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Mon 25th March  
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# Dealing with life's unexpected challenges - what's your Plan B?



Over recent decades, the pace, stress and demands of the modern lifestyle has seen an increase in the incidence of numerous medical conditions, particularly cancer, cardiovascular disease and strokes – the “big three.”

Why is it, that with all the medical advances of the past 50 years, these illnesses are still on the increase?

While in some cases genetics may play a role, arguably, it is largely because we have been avoiding responsibility for our own health: failing to choose a healthy lifestyle and instead relying on prescription medicines which often treat only the *symptoms* and not the underlying causes of our health problems.

Unquestionably, our first defence for protection of our health is to eat real, nutritious, and, ideally, organic whole-foods. Many people now recognise the health benefits of eating foods rich in antioxidants, vitamins, minerals, monounsaturated fats, fibre etc, do exercise, minimise stress and get adequate sleep. However, the reality is that, despite maintaining a healthy lifestyle, life can still present us with unexpected health challenges.

So; given that these things can strike anyone at random, *what is your Plan B?* How would you deal with such situations when life throws us a curve-ball and we, or a loved one, gets ill, or – sadly – a loved one dies?

The answer is *personal insurance*, which is a sound platform for your Plan B. This can include a variety of lump-sum prod-

ucts, monthly benefit covers or private medical cover. An insurance plan can be tailored to meet your specific needs at a premium that is manageable.

Having a contingency plan in place for those tough financial times that may arise owing to sickness, accident, or losing a loved one, is one of the smartest and wisest decisions you will ever make.

**Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.**

**For assistance on any personal or business insurances, Theo can be contacted on 027 248 9320 or 09 528 8724 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any such assistance is provided on a free, no-obligation basis.**

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

**Theo Simeonidis**  
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 Registered Financial Adviser  
 Millwater's insurance specialist  
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# Will My Marketing Lead to Sales?

One of the biggest concerns for small to medium businesses is laying out money for marketing, but not seeing a return in sales and increased profit. It's one of the areas we like to work on the most, because we're one of those businesses too – and we feel that pain!

Here's the truth: much marketing (including advertising and social media) is a waste of time and money for many businesses. Not because of the platform, but because it's been done without thinking about the way that marketing fits in with the big plan. It's often reactive, and it's often communicated poorly.

I personally believe there is no wrong platform for marketing. For example, many say print is dead – but I believe it's a great fit for many types of business, including ours. However, there are wrong platforms for particular types of businesses. And there are better ways to approach things like Web strategy, Facebook, LinkedIn, Google AdWords, Email Marketing, Print and other marketing areas.

When we are working with a client, one of the first things I ask is "Do you need sales today, or do you want a long term strategy?" A good answer of course is BOTH.

For example, Google AdWords helps most businesses get leads straight away if managed well, while SEO helps people find your website easier in organic search, but takes time and investment to see return. Eventually, the better SEO could mean less AdWords spend, or more sales overall, but it's an expense that takes a while to see return on.

The key ideas around strategy for your marketing is to look at a mix of short, medium and long term marketing activity; to build a robust and thriving business.

**Rachel Goodchild**  
**Managing director of Identify Marketing**  
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# Wentworth Students Rise to the Challenge

## Wentworth student tops the country!

As a Year 12 student last year, Conrad Morley topped his Art Design course in New Zealand. Conrad studied the Cambridge International programme which saw him create a fantastic video, marketing men's suits. The stylised black and white video depicted a "real man" in the bush dressing in a suit as he walked towards a romantic beach setting, with wind, waves, wine and a cigar. This year Conrad is continuing with his studies in Design and completing his A Level. He intends to pursue a career in the Arts.



REAL "Men Wear Suits"

## Head of Harbour Rowing

Rowing over a 1,000 metre course in perfect conditions at Lake Pupuke, Wentworth crews performed exceptionally well at the Auckland Secondary Schools' rowing championships (the Head of Harbour Regatta). Wentworth students achieved placings in all 3 divisions, including 2 Bronze medals in Division 1. Wentworth rowers train on the Weiti River, with the highlight of the season being the Maadi Cup to be held at Twizel in April. Wentworth is currently looking for new students aged 9 to 11 years, with an interest in rowing, to take up this sport in which New Zealand rowers have had so much success.



## Sailing with Orca

On their first day of sailing this year, Wentworth sailors were thrilled to be joined by a pod of curious orca as they learned to sail their 2-person Topaz yachts in Gulf Harbour. Whilst at times it was a little unnerving for the students, the only misadventures were a few sore heads caused by jumping under the boom as a particularly inquisitive orca surfaced a little too close for comfort. With dorsal fins around half the height of the Topaz yacht masts, students were often close enough to the large predators to be bathed in blowhole spray and smell their fishy breath.



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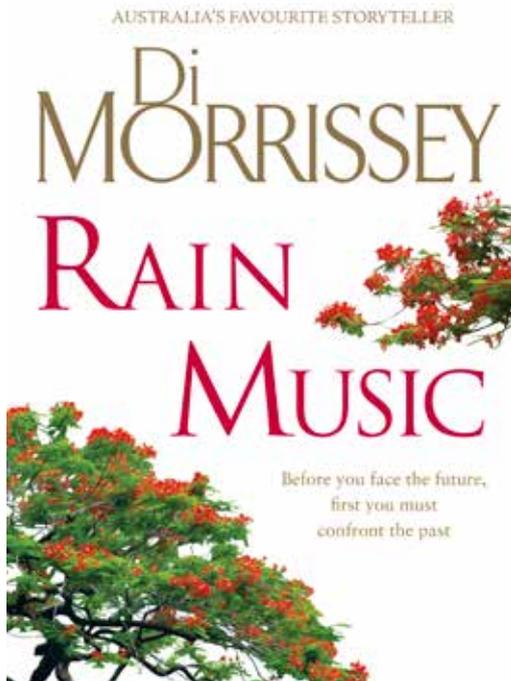
SOME PLACES STILL AVAILABLE



# Millwater **book of the month**

## Rain Music by Di Morrissey

This month, author and guest reviewer Karen McMillan introduces another great read: **Rain Music by Di Morrissey**



Di Morrissey is a very talented storyteller, and in her latest offering she has written another page-turning and enjoyable read. *Rain Music* has a great sense of place and local history, as well as characters to care for and a plotline that starts relatively slowly but builds to a heart-stopping finale.

Musician Ned Chisholm has been on the road since the death of his father, struggling with the tragedy. He decides to go to Cooktown in Far North Queensland to work on a musical, something he feels he needs space and concentrated time to pursue. But his mother, and his sister Bella, want him to come home on the anniversary of his father's death to attend the dedication of a new hospital wing in his name. But Ned makes excuses about going, so Bella decides to try and find her brother and talk him into attending. At a crossroads in her relationship with her partner, and discouraged by her job, she takes an extended holiday and heads North. She eventually tracks Ned to remote Cooktown but, once there, events will dramatically change their lives forever.

Thoroughly enjoyable, with a nice blend of current day action and old history. I particularly loved learning about real life jazz singer Georgia Lee (real name Dulcie Rama Pitt).

**Karen McMillan, author of *Unbreakable Spirit* and *The Paris of the East***  
[www.karenm.co.nz](http://www.karenm.co.nz)

## ROWENAs Lunch



Firstly: after the announcement in the last magazine that we had two vacancies another lady dropped out due to other commitments. So, we have welcomed 3 new ladies to the group: 2 from Millwater and 1 from Totara Views. The lady from Totara Views is the only member from that side of the magazine circulation area, and we are now back to full strength of 20 members again. Sadly, that is the maximum as

it can become difficult to find places for lunch that can take a large group.

The January outing was to Mumbai Central on Millwater Parkway, and there were 11 ladies for lunch that day, as a few were away on holiday and others had previous commitments due to school holidays etc.

Mumbai Central stepped up to the mark and we had a lovely lunch. Some had the Dabba Wala lunch, which is served in the can stack; a few had the Mumbai Street Frankie Roll and at least one person had the Rotizza (a deliciously Mumbai Indian-flavoured version of a pizza). Everyone enjoyed their lunch and felt that it was excellent value for money.

As usual, a great deal of chatting went on, and by trying to sit next to someone different each lunch we are gradually getting to know more about each person as time goes by.

The February lunch was at Black Cottage, Coatesville Highway: report to follow next month.

# themillwaterinsider

## Friday Night Football

For those that haven't yet gone along, Colin Roberts has organised a regular game of football at 6pm on Friday nights. The games are played beside the Athletics Club container on Millwater Parkway and vary in numbers. All are invited to join in this opportunity to meet some neighbours and raise the heart rate.

## Millwater Clean Up Day

Your opportunity to do your bit for Millwater comes this Sunday 6th March. Meet at the bottom of Butler Stoney Park at 2pm to join fellow residents on a quiet walk around your public areas, picking up any loose rubbish. Grayson and Sarah Furniss of Mike Pero Real Estate will be putting on a sausage sizzle for those that come along and help out... Thank you to the many local companies donating spot prizes or helping behind the scenes.

Spot Prizes Generously Donated by:

Esteem Beauty and Skin Therapy

Tyrecorp Silverdale

Paul Conroy Photography

RUN Auckland Series and KARHU Running NZ

Jetts Fitness Millwater

Horncastle Homes

Highmark Homes

Maddren Homes

Bays Flowers, Browns Bay

The Warehouse Silverdale



## Millwater is Expanding!

The Government recently announced a new Special Housing Area at Wainui Road, directly across the motorway from Millwater. This is to be a new residential housing development by WFH Ltd, the developers of Millwater. While a name for the development and a lot of details have yet to be announced, it appears that this will add a further 2400 homes to the 3000

planned for the current Millwater development. We look forward to bringing you more details as these come to hand.

## Facebook Page

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

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

## Good News

Good News! A Chinese gathering for the first time in Silverdale, the Evangelical Formosan Church of Hibiscus Coast, led by Rev. Gong, will be held at Kingsway Primary School, No.2 Bonair Crescent, Silverdale, at 2 p.m. on Sunday 6th March and every Sunday thereafter. All friends are welcome!

[www.efcecb.org.nz](http://www.efcecb.org.nz)

Contact: Rev. Gong 09 476 9930, Albert 09 426 9893, Sam 09 426 2686, Howard 09 426 7707, Ben 09 838 11389.

## Crossing Team

The good people of Millwater are once again donating their time to patrolling the crossing at the lights beside Millwater Central shops. This is an incredibly important undertaking, helping with protecting our children on their way to school and keeping some residents and non-residents honest in their policies regarding red lights. The team are always looking for additional volunteers; so, if you can spare half an hour before or after school, please let them know. Contact Penny Howard 021 709 468 or Kerryn McPherson on 0211 647 980 or email [kerryn.kerry@gmail.com](mailto:kerryn.kerry@gmail.com)



# Summary of The Millwater Insider

## Millwater 區內情報要點

### Friday Night Football

每個星期五在Millwater Parkway草地運動場(貨櫃箱旁) 會有足球活動，任何程度均可，切磋球技，增進鄰里交流。時間由晚上6至7:15左右，期待各位踴躍參加。

### Millwater Clean Up Day

3月6日星期日是社區清潔日。請大家在下午二時在Butler Stoney Park底下集合再一起出發，收集被遺棄在公共地方的垃圾。當天會有Mike Pero 房地產的Grayson 及Sarah 為大家預備烤香腸，另有抽獎以答謝各位的支持。

### Crossing Team

非常幸運地有居民願意為學童上下課的時間指揮交通，維持秩序，確保各位的安全。這個自發性的團隊很需要新的成員加入，如你在上/下課的三十分鐘有空檔可以幫助的話，請聯絡 Penny (021-709468) 或Kerryn (0211-647980)，感謝！

### Millwater is Expanding

政府剛公佈在Wainui路會新增一個住宅區，由負責發展Millwater 的發展商WFH興建，為原定興建3000座住房的Millwater 區再額外增建2400個住房。我們將在此繼續更新有關資訊。

### Facebook Page

您知道嗎？(do you know?)

在Facebook 有一個Millwater Families-Silverdale 的群組，您可在那兒看到區內最新動向及活動，並有一些有用的生活資料可供參考。您需要按"join"，然後admin會傳訊息詢問您的地址以確認您是Millwater的住戶，確認後您便可以開始瀏覽及留言。

### Good News

華人聚會活動通知！

3月6日木槿灣台福基督教會第一次主日崇拜聚會，在Kingsway Primary School (2 Bonair Crescent, Silverdale) 下午2時到4時。由龔偉鴻牧師主禮。歡迎有心追求基督信仰，解開人生謎團的朋有們來參加。

詳情請與以下聯絡：

[www.efcecb.org.nz](http://www.efcecb.org.nz)

Contact: Rev. Gong 09 476 9930, Albert 09 426 9893, Sam 09 426 2686, Howard 09 426 7707, Ben 09 838 11389.



**theMillwatermag**

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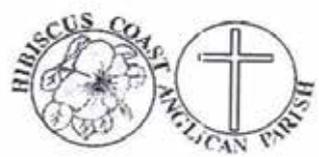


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# Trap Trouble



Many people experience neck pain, tightness and headaches arising from trigger points within the upper trapezius muscle. Massage, stretching, taping and acupuncture help relieve acute symptoms. However, we need to identify why this keeps happening.

Unfortunately, this muscle receives a lot of bad press when the upper trapezius muscle actually plays an important role in positioning and movement of the shoulder. The main culprits are in fact faulty posture and stress.



POOR POSTURE of the neck and shoulders places increased strain on the upper trapezius muscle. A forward head posture means that the head is not placed over the centre of gravity; therefore the

amount of weight that the joints and muscles of the neck must support is significantly increased, leading to fatigue and pain. Likewise, rounded shoulders increase the demand on this muscle, which it's simply not designed to withstand for prolonged periods.

To correct your posture firstly ensure your lower back and pelvis are in a neutral alignment, then try imagining your shoulder is a coat that you need to hang up on a coat hook directly behind your shoulder.



Roll your shoulder up, back and then slightly down, to put it in place. Then retract your head as if to give yourself a double chin or imagine that your head is a draw in a chest of draws that you need to slide back in. Your eye line should remain on the horizon as you do this.

STRESS will activate our 'fight-flight response' – causing our shoulders to elevate and roll forward – picture a scared cat backed into a corner. When you notice your shoulders elevating, bring your focus to your breathing. Try to relax the shoulders and breathe into your belly. You may need to continue to repeat this process frequently, in order to break the habit.

Don't fall into the Trap trap! For more advice and help in relieving symptoms and resolving the cause, see a physiotherapist or try some pilates to reduced stress and improve your posture.

Karen Donaldson-Barron  
Physiotherapist – Peak Pilates & Physio Red Beach & Millwater

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# millwater **malt** of the month



A malt whisky that comes from the highest distillery in Scotland, set in the Grampian Mountains, wins some of the highest praise from the world's renowned tasters. Now, we don't claim to be among the elite of tasters – but we do know what we like and we like the Dalwhinnie 15 year-old Highland single malt!

The honeyed malt does give off the slightest of peat reeks, but don't be deceived into thinking that this is yet another peat monster – it is far too subtle for that! With a slight whiff of melon underlying the wonderful malt explosion on the taste buds, the Dalwhinnie takes you on a glorious and satisfyingly delicious journey through to the almost barley-sugar sheen of silky smoothness at the finish.

Jim Murray's Whisky Bible describes it as 'a malt it is difficult to decide whether to drink or bath in' and we couldn't agree more (if only we could afford enough to fill the bath in the first place). This is a true masterpiece of a whisky – one that will convert the unbeliever in scotch single malt whisky into a true follower, ready to go and proselytise the world.

With 43% ABV and a typical price of \$99 for 700ml, it is well worth buying to share with a special friend or three – and it has been found priced as low as \$74.99 online. Definitely more enjoyable than a chocolate egg at Easter!

## Hibiscus Coast Odd Jobs



Hibiscus Coast Odd Jobs was started by me, Tyler Broughton, back in 2014 when I was aged 16. I created this opportunity, in search of some experience and to get out of the house during the summer holidays – and what other way to do that then by starting my own little business! It started off with me mowing 2-3 lawns a week; then I was asked to move a 13 cubic metre pile of dirt – which is where the idea sparked. Business is now my passion. I never saw myself taking this career path, but this is what I love to do.

After spending weeks 'sussing out' what I needed, I gathered a team; starting with myself and 2 others. From there, it grew and the demand for our work has become very high. At the

end of 2015, we set goals and reflected on how the year went, and how 2016 was to be. From mowing lawns to carrying out immaculate landscaping jobs, I have never seen a group of teenagers learn so quickly, and such a wide range of skill sets. Labouring, Landscaping, Painting, Gardening, Lawns; they do it all! We look to start with fence-building, deck-building and retaining walls in the near future.

As an employer, I see it as my responsibility to help as many people as I can; to gain the experience they need for success in the future. I have worked with the Youth Centre and provided a couple of jobs to youth that are involved there; to help them out. It's not all about the money in business for me; it's about helping those who need it. We will undertake a 'working bee' at the HBC Youth Centre and this will run between February and April, as an ongoing project to help the Youth Centre maintain their awesome facility, and keep providing the Youth in Need with a safe space to be in.





# Student Council Community Group

**Silverdale schools the place to go  
Together we will learn  
Together we will grow  
In what we know**

Silverdale School has just elected their members for the Silverdale School 2016 Student Council.



The Student Council members are;

Brennan Webb (Chairperson); Maddison Savage (Vice Chairperson); Blake Murphy, Jasmine and Izabelle Byfleet, Jason Harrison, Erin Thomas, Ella Brooks, Tiaana Lee, Brooke Furniss, Connor Draper-Smith, Nicholas Dontchensko, Georgia Arnold, Josh Gibbins, Teddy Pryce-Jones, Maddison Bernie, Caleb Pictor, Savannah Gannett, Helena Sharobin, Eliana Scowen and, last but not least, Kayla Barnes.

The Student Council is a group of Year 7 & 8 students that organises different projects for the school and helps lead Silverdale School. They have started work on their ideas for fundraising, promoting the achievements of all the students; helping out in the local community and organising activities within the school. Watch this space for future updates on what the Silverdale School Student Council is doing throughout the year.

Brooke Furniss & Connor Draper-Smith

two for one!

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# timlawrence Fishing Spot

The water has jumped a few degrees since our last issue and the fishing is still hot on this side of the Hauraki. The wind has been a bit of pain, with big easterly systems hampering our chances of weekend fishing. I was talking to a local skipper at Fishing Direct the other day and he was excited about the easterlies bringing in the blue water and warm ocean currents, so maybe the best fishing of the season is yet to come.

This month we have been out diving for scallops and crayfish again; with good results. Our last dive trip was around Kawau, where we managed to find a big bed of scallops before hopping in around the corner on a second dive catching crayfish – a nice change from our normal seafood bounty.

Our BIG charter to the Three Kings Islands on Gladiator was awesome. Leaving from Opuia at 6pm, we steamed through the night, waking up to open ocean swells on the King Bank. Here we spent the next two days trolling lures and bottom fishing at night before making our way back to North Cape. The trip back was a full day in what I would describe as moderate sea conditions, compared to the 30 knot winds experienced south of us, closer to the North Island. Gladiator is a 55 foot launch, with a gyro counteracting the swell and making the trip very comfortable – especially when anchored at night. We had two deckhands who were not only experts in their field but also great cooks; dishing up top-notch food including roast meals and full cooked breakfasts. This was the best charter I have been on and I will definitely be booking another in the near future.

Each day we worked a roster system on the reels, to ensure everyone caught a fish, but with seven marlin and one yellow-



fin tuna caught on day one, everyone had caught their first marlin and two were lucky enough to catch their second. Day two saw another two marlin and three yellow-fin tuna, one of which we were told was 60+kgs but I reckon it was more like 70+kgs. From then on the fishing was slower; with two yellow-fin tuna caught while trolling back to Opuia. We released all of the marlin and kept two 35kg+ yellow fin tuna and a kingfish to take home, which was plenty of fish for each family.

March to May is in my opinion the best time for fishing, with more settled weather and the snapper beginning to feed again after spawning. Remember: the scallop season finishes 31 March, so you only have 4 more weeks to get in the water before the season ends.

Tight lines!

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# Millwater wine review



## IQ Premium Brut Méthode Traditionelle

With the warm and long days still lingering, it's the time to enjoy the sparkling with your fish and chips or with your feet up on the deck. The sparkling market is full of basic wines under \$20; however, we have a stunning example that over-delivers and leaves some change from a \$20 note. An indicator of the quality was when Cuisine Magazine recommended this as the best buy Méthode Traditionelle under \$20.

The grapes for this wine are mainly sourced from the Hawkes Bay; comprising of Chardonnay, Pinot Noir and Pinot Meunier. Traditional methods of sparkling winemaking are used; firstly through a primary fermentation with an addition of a yeast strain, followed by a complete malolactic fermentation, which softens the acid in the wine.

The base wines are then blended after 12 months maturation

on lees. Following bottle fermentation the wines are left for at least 18 months, which contributes important flavour and textural qualities.

So, how does it taste? Made in the brut/dry style, it opens with candied citrus, toasty and light bread aromas, great texture and depth of citrus and stone fruit flavours, satisfying and complete; it's a great wine for creamy seafood dishes. At just \$16.99, enjoy while the days are long.

Regards

Ivan Tvrdeich (Millwater Resident)



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# Homeopathy for Hay Fever

Hay fever can be very irritating and tiring, as any sufferer knows. The affected person can experience itchy, swollen and red eyes, sneezing episodes, running and itchy nose or itchiness inside the ears and throat. Sufferers may also feel a heaviness and general unwell sensation; with stuffiness in the head accompanied by a lack of concentration.

You can treat yourself for hay fever, as long as you match your individual symptoms with those of a remedy. However, an in-depth consultation with a registered homeopath will treat you on a much deeper level.

Below are a few common homeopathic remedies for hay fever:

**Allium Cepa** is a remedy that works well in cases of burning eyes and profuse, bland tears. There is a lot of excoriating, watery discharge from the nose and irritation of the nostrils and upper lip, as well as stuffiness of the nose – especially the left nostril. There is also much sneezing.

**Arsenicum album** is one of the best remedies for hay fever when burning and itching of nose and throat are prominent. The right side of the nose is obstructed. There is sensitivity to light – also the hay fever is better in the open air.

**Euphrasia** is a classic remedy for hay fever with lots of sneezing and streaming eyes and nose. There is much discharge from the eyes, which is hot or acrid. The nose has a profuse, bland and watery discharge.

**Nat mur** is called for with streaming, bland discharge from both eyes and nose, and lots of sneezing. Later on, this develops into a thick clear discharge the colour of egg white with loss of taste and smell.

**Nux vom** is a good remedy to use when there is a great deal of sneezing, the nose runs and eyes water, combined with an irritated mood.

**Pulsatilla** is indicated for the weepy, needy person who has a thick, bland (not acrid) or yellow/greenish discharge from the nose. Usually one side of the nostril is blocked.

These are only a few remedies that could help you during a hay fever attack.

Ute Engel, Millwater Resident  
Registered Homeopath (DipHom RCHom)  
[www.homeopathyorewa.co.nz](http://www.homeopathyorewa.co.nz)



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# NEWS FROM THE TEAM AT OPSM SILVERDALE

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Did you know that you can now get technically-advanced lenses, including our single vision digital lenses that provide the wearer with better viewing at every point on their lens surface, resulting in a wider field of vision? These are also available with Transitions lenses that are reactive to varying outdoor light conditions, adjusting smoothly to different ultraviolet light levels (they go dark in the sun and stay clear indoors).

If you have tried multifocal glasses before, but you were not able to get used to them –perhaps you couldn’t use them while reading or they were not quite right for distance vision – then digital multifocal lenses might suit you. They are customised to your prescription and frame using OPSM’s exclusive Accufit Technology, which positions your prescription lens to your pupils, to within 0.1mm, for best performance.

If you use a computer for work we suggest the Panorama Imperium Progressive, which has a wider reading and intermediate area for computer use. It also has less blur when you look out the side of your glasses. These lenses come standard with Crizal UV, which protects your eyes from harmful UV rays coming from the front and back surface of the lens. OPSM

can also provide blue light lenses ‘Crizal Previncia’, which help reduce harmful blue light transmission – a major factor in today’s modern world with high screen-usage on computers, smart phones and iPads. If you are interested in discussing the best lens for you, just pop in and see Tracy or Anne.

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# Antioxidants & Superfoods

What are antioxidants and why do they have such a positive impact on our health? Antioxidants are compounds that protect our cells from damage caused by oxidation and oxidation sometimes causes the formation of free radicals. Free radicals are formed during digestion; when our immune system fights an infection; when we are exposed to pollution; toxins; smoking; asbestos and too much sun. Some free radical formation is normal – it's when it starts to happen in excess that it becomes a problem for our bodies to cope with. Excessive free radical formation damages our cells, which then leads to chronic diseases such as kidney disease, cancer, heart disease, arthritis, Parkinson's disease, diabetes, cataracts and Alzheimer's disease. This is where antioxidants come to the rescue; they stabilize the free radicals so that they can no longer cause cell damage. According to a study published in 2013, we have 37.2 trillion cells in our bodies, so it really pays to look after them!



So, what are the antioxidants and where do we find them? They are a group of vitamins, minerals and other compounds like beta-carotene and phytochemicals. Some minerals don't by themselves stabilize the free radicals, but are required to be 'helpers' in the reactions that do stabilize them. Our bodies cannot make antioxidants; we have to get them from the food we eat. Vitamin A, E, C, selenium, copper, zinc, manganese and iron are the main players in this antioxidant defence system of ours. They are mainly found in vegetables and fruit, so this is



compelling reason to cram as many veggies as you can into your daily diet.

What, then, is the connection of antioxidants to 'superfoods'? The Oxford English dictionary defines the term 'superfood' as "a nutrient-rich food considered to be especially beneficial for health and well-being". Due to the role antioxidants play in the prevention of disease, any food that is high in antioxidants is a 'superfood'.

Variety is the key when focusing on antioxidant-rich foods. Different foods contain different antioxidants, so eating a wide variety of these foods is the key to benefiting from their disease-preventing effects.

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

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

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### 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](mailto:sarah@themillwatermag.co.nz)

# THE BIG CLEAN

**Sunday 6th March 2 - 4pm**



The BIG Millwater clean-up day is on Sunday 6th March, from 2pm to 4pm. Please come along with your family and help us clean up our beautiful Millwater neighbourhood.

Paul Stringer of Envirowaste has kindly arranged for the donation of rubbish bags and skip – and he will be there on the 6th to award prizes for the best collectors.

Please see the Millwater Families' Facebook page for more details.

This will be a fun day for all the family. Please bring your own gloves, hat and sun block – and wear sensible footwear.

Diana Lakin is our great organiser!

Silverdale Kindergarten

**Bike-a-Thon/  
GALA**

**Saturday 12<sup>th</sup> March**

**10am – 1pm**

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# Millwater ROMEOs

For February, the Millwater ROMEOs (Retired Old Men Eating Out) decided that, rather than roaming the Near North as we have done recently, we would lunch locally and 12 of us headed to Mumbai – Mumbai Central that is, the excellent Indian grill and bistro located in the shopping centre on Millwater Parkway.

We were all keen to try the Dabbawala lunch special, which is presented in stacked tiffin tins and, at \$15 a head, proved to be both generous and delicious. Typically, a dabbawala lunch consists of a starter, a main, rice, naan bread and a dessert. The group unanimously rated the meal 10 out of 10.

We were lucky enough to have the owner/operator of Mumbai Central, Rajesh Khubchandani, join us briefly to give us some background to Mumbai, its unique food and its festivals.

The dabbawala lunch delivery service started in Bombay, as it was then, in 1890 and has grown to the extent that between 175,000 and 200,000 lunches are now delivered throughout the city each day by up to 5000 dabbawalas (in English "lunch box delivery men"). Astonishingly, it is claimed that the dab-

bawalas make less than one mistake in every six to eight million deliveries, and all this in a manual system which does not rely on computerisation!

All in all it turned out to be another good outing for the ROMEOs and a different gastronomic experience, coupled with some great conversation.



# Great apps for school-aged kids

We live in exciting times. Never before has education been so colourful, interactive and fun. There are so many apps that teach various aspects of reading, writing and maths for school-aged children.



For the early learners, I often use these apps:

**Hairy Sounds and Hairy Phonics 1,2 and 3:** Systematically teach the phonics (i.e. the sounds that letters make) and how to write them. The sounds are then presented in words that fall apart and need to be reconstructed. \$4.49 at the App Store.

**Whack a Word:** Has 3 levels to choose from and the players spell words to earn carrots before the moles eat the carrots. Free Game at the App Store.

**Collins Big Cat books:** This series of 8 lovely, colourful but simple-to-read books can either be read to your child or they can choose to read them by themselves, and then create a story of their own at the end with text and scenery. Free at the App Store.

**Dyslexia Quest:** Is a great app from nesy.com. This app can help children with learning difficulties to improve skills like working, auditory and visual memory, processing speed, sequencing skills and phonological awareness. \$5.99 at the App Store.

**Zcooly Maths games:** This is a range of apps for children aged between 4 and 9 years that teaches various aspects of maths: starting with basic quantities, working with money in a store, multiplication and reading the time. The games are either free or priced below \$1.50.

As always, it's important to monitor your child's play and make sure that they are 'on-task' and progressing while they are playing. If used correctly, tablets and iPads can be invaluable tools that make learning basic reading and maths skills fun and engaging.



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# Personal Wellness with Helen



**Sadness:** This is an emotion I have been facing recently – with an unwell and ageing dog; my companion for almost 13 years.

In a society where a high value is placed on being positive, sometimes it simply isn't possible. It's perfectly normal to have sadness in your life, but we wait for sadness to pass and we behave as if nothing sad is going on. Keeping up a good front is important in most people's lives, yet behind the facade can lurk a good deal of fear. Instead of positivity, what's needed is reality. Being realistic means that you drop the main defence that all of us are tempted to employ: denial. The only reason to deny your sadness is if you feel that you can't do anything about it. But there are concrete ways to cope with sadness and gain control over it.

**Short-term sadness:** The best remedy —as we all know but, sadly, often fail to remember—is to lower your stress; go to bed early and get eight hours of quality sleep; make sure you exercise; and break up your normal routine a bit.

**Triggered sadness:** This includes a downturn in feeling because something undeniably sad has happened to you, such as losing your job/relationship or the death of someone close to you. People often feel helpless when they enter extended

sadness, even when they know there is a good reason for it. In this case, you need to process your sadness, let nature take its course – cry and share your feelings with those who support you. Bottling up your feelings is never helpful.

## Building Well-Being

Developing emotional resilience is perhaps the most important, because that's the ability to bounce back from bad things in your life. You can encourage it by being present with your feelings instead of fearing them; making a plan of action when things go wrong and sticking with it; by associating with people who are emotionally mature; and by appreciating and rewarding yourself for dealing with your difficulties.

Working on long-term, emotionally-mature happiness is the best way to insulate yourself from downswings in emotion. Sadness comes and goes. For everyone, well-being is a journey. You have the inner guidance to support you.

So; what works for me? Pulling weeds out of the garden; walks on the beach; cuddling my dogs; and the kind words of treasured girlfriends – and remembering "This too will pass."

Helen McAuley-Grant is a Body & Soul Consultant, and Registered Senior Consultant Kinesiologist. She has been in practice over 12 years, and lives locally. [www.evolutionary.co.nz](http://www.evolutionary.co.nz), [wellness@evolutionary.co.nz](mailto:wellness@evolutionary.co.nz), Ph 021 499 824 for a consultation.

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# Annual Autumn Upkeep



Spring isn't the only time of year to have a thorough clean-out of your home. Autumn presents the perfect opportunity to have everything ship-shape and prepared for the impending wintry weather.

## Maintain Your Home Heating

With the cooler weather on its way, it's safe to say that your wood burner and heat pump will get a little more usage. Therefore, now is the best time of year to call in the professionals to inspect and clean your heating solutions.

## Wood burners

While you can clear out ash and charred wood from your wood burner, a chimney sweep will perform a number of tasks that include cleaning the flue, ensuring the vents are clean and in good condition and they will also check that the damper is tightly closed, to reduce draughts. These are just a few of the jobs they will undertake, but all will ensure the safety and efficiency of your chimney.

## Heat pumps

Annual maintenance is also essential for your heat pump and it will ensure not only efficiency but that your home is circulating clean, fresh air. A professional will clean dirty air filters, vents and check both your indoor and outdoor unit, to ensure your heat pump delivers continuous comfort.

## Clean Gutters and Downspouts

Clearing out your guttering is a necessary chore associated with the cooler months of the year and it will prevent debris clogging your gutters, which can result in water drainage issues around your property. Safety is paramount, so if it's a job you choose to undertake yourself then it pays to be extra careful when using a ladder. Alternatively, it could be a job that you leave up to the experts.

## Caulking the Cracks

Take a look around your windows and doors to make sure there aren't any gaps that could let in cold draughts. If there are, then you will need to apply exterior caulk. This preventative measure will ultimately keep your house warm while also reducing your power bills.



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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](mailto:grayson.furniss@mikepero.com). This service is free from cost.

	Jan 2015	Dec 2015	Jan 2016
Number of Sales	7	6	4
Median Sales Price	\$970,000	\$1,075,000	\$1,053,000
Highest Sale Price	\$1,170,000	\$1,170,000	\$1,305,000
Lowest Sale Price	\$820,000	\$947,000	\$960,000
Average % price to CV	0.35%	28.64%	20.40%
Average Floor Area (sqm)	252	231	240
Weighted Value Index	1055	1222	1187

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.

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## millwaterpropertytalkwithGrayson

As is typically the way, the general media are now catching up with the concept that there was a slowdown in the market over the Christmas period. As usual, they rely on three-month-old figures, which are now out of date. The reality of the market in February is that the buyers are coming back and are keen to buy. There is certainly a reduction in investor and foreign buyer interest, although this too is starting to pick up again.

While January's figures for Millwater show a lower level of transactions from the previous month and year, this reflects our expectations going into Christmas. The good news is that pricing did not suffer too much and that many of our potential vendors worked with our recommendation to hold off until the market recovered. We are now seeing that the resumption of buyer activity is shoring up prices and bringing down selling times again. We are still predicting that March and April are going to be very active, with prices steadying around current levels and with an expectation of more normal price growth through the rest of the year.

We are often asked the question as to when is the best time to sell a house. Traditionally, Kiwis have maintained the mentality that spring or summer are the best times. While we continue to see a trend of increased sales volumes during these periods, this does not necessarily reflect an increase in sales price. The logic here is simple: while on an individual basis any house may look better during the longer sunnier days, the reality of the market is that any property is competing for the best buyers' money and during these months there are more properties on the market and hence more competition. Indeed, if we review the sales in Millwater

for the last couple of years, the biggest increases in sales prices have tended to occur during the winter months, when there are fewer properties available and a similar number of buyers. In the end, our approach to this is that you should sell your home when the time is right for you. Trying to pick a sweet spot in the market is akin to picking winning lottery numbers, nigh-on impossible. The good news is that we can generally tell you when it is *not* a good time to sell; however, this advice can vary from week to week, so make sure you are up to date.

As always, if you want to find out what is happening in the local market today, please give me a call. I am always keen to chat.

*Grayson*

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- stunning kitchen with stone bench tops & breakfast bar, gas hob and generous storage
- built in 2009 by Universal Homes with a balance of master build warranty to transfer to new owners
- quality low maintenance brick and tile construction with double glazing to keep you warm in winter
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# RAW FEEDING: Keep it Simple!



In a fast-paced and time-poor society, processed food has become the dietary mainstay for most people and their pets. Food processing generally involves heat and chemical reactions that extend the shelf-life of the food, but also drive out natural nutrients – which are then replaced by synthetic vitamins and minerals. Additives and preservative are thrown in to ‘improve’ the texture, taste and stability of the final product.

We are so accustomed to feeding our pets (and ourselves) food-like products, labelled with dazzlingly long lists of ingredients and individual nutrients, that deciding to make the move back to a diet of real food can be a scary experience. But it doesn't have to be scary – it is time for us to re-claim our food-confidence! Nature provides a template for us to work from. We know that carnivores (such as wolves, lions, cats and

dogs) are designed to thrive on a diet on whole prey. It really is that simple.

You have probably heard of eating low G.I. (Glycaemic Index) foods. Well, the whole prey fed to our domestic carnivores should be low H.I. – low Human Interference! This means that cats and dogs should be eating raw meat, bones, organs and tripe (from a range of prey species) that is as close to its natural state as possible (low HI); nothing added or altered.

Many US-based blogs advocate feeding lots of fruit, vegetables and supplements to raw-fed cats and dogs. This is because it is generally much harder to access appropriate tripe and organs over there. But we don't need to add these things in New Zealand. We are very fortunate to have an abundance of nutrient-dense wild prey and high quality, farmed prey species in our country.

### So we really can keep it simple!

*Vet nurse, Debbie, and her team at Raw Essentials Silverdale can help you and your pet discover the joys of a real food diet.*

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## Lefty



In my article for the Dec/Jan issue regarding chopsticks, I wrote that my parents didn't know how to teach me to hold chopsticks properly because I am left-handed, and just let me go 'free'. At school, however, I was very far away from being 'free', and this has recalled some rather gloomy childhood memories: being discriminated against, oppressed and ignored for being a 'lefty'.

My mum always loves to tell this story: when I first started kindergarten I always came home very upset, refusing to hold the pencil to do homework (yes, 4-year old kids already have loads of homework and it is very normal in Asia). Mum was wondering what had happened so she went to ask my teacher. It turned out that my teacher forced me to use my right hand, mostly because she can't teach me how to write if I am using my left hand. Secondly, it is a culture that people believe it is impossible to write pretty Chinese characters with the left hand. Luckily, because my mum set her very straight on this, after that visit I could continue to use my left hand to write again. However, according to my memory, the teacher never stopped beside me to help my handwriting from that point.

Same story happened five years later when my brother was crying in front of his homework, holding the pen with his right hand. Another school visit and that made my brother and I to be the only left-handed kids at school.

Things didn't change when I started high-school and we were introduced to Chinese calligraphy. My teacher saw me in the first session and said in an almost crying voice "Left-handed? That won't work! I don't know how to teach you!" Every time she walked past my desk, she rolled her eyes, ignored me and walked towards other students. Sigh!

When I was living in Hong Kong, both at school and work, I was constantly asked "why are you a lefty?" Ironically, Chinese believe that a lefty is particularly smarter, so people often fol-



lowed by asking the second question "You must be very smart, aren't you?" Another big sigh!

In my generation or before, I can guarantee you can find someone who was born as left-handed but was oppressed and forced to change. Luckily, things have improved in recent years, as people began to realise that forcing to change may cause many negative impacts. For my two little boys, I have one righty and one lefty – fair enough!

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

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# MILLWATER 小統計

## Millwater Families' Facebook Survey

為了讓大家更了解住在Millwater的新西蘭人，我們每個月會在Facebook問他們兩個問題。

**In Order to know your Kiwi neighbour more, we will ask them two questions every month.**

本月問與答

Question and Answer of the month

1) 你是右撇子還是左撇子？

Are you righty or lefty?

右 Right 38.5%

左 Left 61.5%

2) 中國人相信左撇子都比較聰明，你相信嗎？

For the Chinese, they believe lefty is especially smarter; do you agree?

Yes 相信 50%

No 不相信 50%

(回應人數 26人, Total respond: 26)

居民留言 Comments:

Charlotte Newman

我是右撇子。我知道日本人也很執著要用右手拿筷子，以免影響坐在旁邊的人。我的一個日本人朋友天生是左撇子但被糾正成右撇子。

Japan also has a 'thing' about left-handedness. According to tradition, chopsticks should be used with the right hand (practical

if you're sitting alongside people – bothersome to have elbows knocking). I have a Japanese friend (now early 40s) who is naturally left-handed, but forced to become right-handed.

Sarah Swain

我做不同的事會用不同的手，但寫字一定是用右手。我認識的左撇子很會說話，但這不代表他們比較聰明。

I use both hands for different things but write right-handed. Are they smarter? The ones I know have smarter mouths but I would not say are brighter.

Mark Turner

比爾蓋茨，達文西，阿里士多德，卡爾薩根及愛因斯坦都是左撇子。那，應該是吧？

Bill Gates, Leonardo da Vinci, Aristotle, Carl Sagan and (debat-ably) Albert Einstein are/were all lefties; so, yes, I think so.

大概這個話題對左撇子比較吸引，所以結果也很有趣，回應的一面倒都是左撇子。比較起全世界人口只有10%的左撇子多很多呢。不過說左撇子比較聰明大家都是半信半疑吧？！Compared to the world's lefty population (10%), we certainly have more lefties in Millwater! No doubt it was because lefties are keener on this topic, hence resulting in such interesting (but probably biased) figures!

Nita Wong

**Millwater VET HOSPITAL**  
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It's our 1st birthday and to celebrate we would like to invite you to our open day on **March 20th from 10am – 1pm**

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# millwater bizbuzz

Many snack foods claim to be 'healthy' but definitely are not. However, new Millwater business Nibblish is the first (and probably only) in New Zealand to offer truly healthy snacks online; delivered directly to your home or office.

Matthew Bennett moved to Millwater in November 2013 and has established Nibblish as a rapidly-growing success. He was a successful county cricketer in England, playing for Kent and Essex while studying for a degree in finance; then a second degree in law, before he joined a prominent US law firm. The global financial crisis in 2008 saw Matthew move to join a major international executive search company, placing senior executives into a variety of national and international companies. In 2012, he was head-hunted himself by a leading New Zealand executive search firm and, with his Kiwi wife, moved to Auckland.

After three years successfully sourcing and placing top executives here, Matthew decided to realise his plans to provide truly healthy snack options for New Zealanders. He knew that, although such options were available in the USA and in the UK, there were limited options for the public in New Zealand. The snacks that are available online from Nibblish cannot be found in the shops – yet! From the current, mostly adult customer base, Matthew has developed clear plans to expand Nibblish to provide children's healthy snacks and also to expand into the retail sector here and in Australia.



Nibblish was launched in October 2015 and has already delivered over 20,000 healthy snacks to homes and offices. Nibblish uses an innovative technology platform that learns what you like and builds weekly snack boxes designed especially for your taste. There definitely is a demand for truly healthy snack options and this is growing rapidly. Future options for Nibblish will include healthy kid's cereals and making their dried fruits that are exactly that – just pure fruit; dried, and available in the shops. Most dried fruit available in New Zealand today has a significantly high sugar content. Matthew told me: "The dried fruits that Nibblish provides taste a million times better than anything else available today."

You can check out Nibblish and order online at [www.nibblish.co.nz](http://www.nibblish.co.nz)

## Millwater Women's Group

The group met on 17th February 2016 and thirteen members attended the meeting at the Silverdale Pioneer Village. We were delighted to welcome three new ladies who attended for the first time. We enjoyed a hot drink and some yummy baking and caught up with each other's lives and made new friends!

I am thrilled to see an evening meeting group emerging on the Millwater Women's Group Facebook page. I know there are many ladies out there who would like to attend regularly but can only do evenings, so it is great to see this being organised. The Women's Group page is for any member to organise any meeting/event/outing they wish to and I am sure that, if you have the courage to do this, you will get a good response.

This community never fails to delight me; with its willingness to meet and enjoy each other's company! Next meeting will be 16th March 9.30am onward at The Manse in Silverdale Pioneer Village. If there are any changes to this, they will be posted on the Facebook page. Looking forward to seeing you all then!

Marj Noble  
021 711 540



# Nearby Neighbours

## Mangawhai

Magical Mangawhai, as it is known locally, is an idyllic holiday or permanent destination within easy reach of Millwater and Auckland, for those who enjoy a warm climate by the sea and a relaxed way of life. Mangawhai is blessed with the choice of two beautiful beaches – surf for the adventurous or tranquil estuary waters for the family – and plenty of scope for fishing and water-sports of all kinds. Life in Mangawhai moves to the rhythm of the water and the seasons.

The region is becoming increasingly known for its olive groves, wineries, eateries and the weekend market in the Village, which is a regular destination for people looking for taste treats and crafts of all kinds. A weekend trip to Mangawhai wouldn't be complete without a visit to Bennett's chocolate factory and café, situated in its own iconic building just a stroll from the market.

The hinterland around Mangawhai is known for the quality of

its soil for horticulture, and the 'Tara' in the hills behind Mangawhai is one of New Zealand's main export sources of avocado. This attracts many who want their own little patch of paradise to plant and create a lifestyle for the family to enjoy, or to provide a focus for retirement. Many in the area promote ecology and support the protection of native species such as Kiwi and the Fairy Tern, for which the area is world-renowned.

Permanent residents of Mangawhai are well supported by a solid infrastructure, including an excellent school and an exciting Activity Zone for young people; boasting the largest skate bowl in New Zealand. People are increasingly discovering the treasures on offer in the Mangawhai region and are surprised to find there is every type of real estate offering available – from newly-built homes in new developments to cliff-top luxury residences and more modest established homes or lifestyle blocks, in price brackets to suit all pockets.



# Recipes from Millwater Residents

## Peasant Bread (no knead)

### Ingredients

4 cups white flour (can be ½ and ½ wholemeal)  
2 tsp salt  
2 cups water 1 cup boiling, 1 cup cold  
2 tsp sugar  
2 tsp yeast

### Method

Mix hot and cold water together and sprinkle yeast and sugar over. Wait 15 mins. Whisk bubbly mixture. Mix in flour and salt and leave bowl covered in a warm place to rise.

Punch down and divide into two small greased tins. Put in preheated oven at 80 degrees for 20 minutes then turn up heat to 200 degrees for around 40 minutes until sounds hollow when you tap the top of bread.

Rest for five minutes then turn out of tins. Enjoy with cheese of your choice and zucchini relish!

Marj Noble



## Zucchini Relish

### Ingredients

450gm zucchini/courgette grated or finely chopped  
1 apple peeled and chopped  
1 onion chopped

½ capsicum chopped  
1 clove garlic chopped  
1 ¼ cups cane sugar  
½ cup white wine vinegar  
1 tbsp fresh ginger chopped

2 tsp mustard seeds  
½ tsp salt  
Chilli flakes sprinkling to taste

### Method

Put all in pot and heat gently till sugar dissolved. Reduce heat and simmer uncovered for about an hour over a medium heat until thickened – stir frequently. Spoon into prepared sterilised jars while still hot and either seal with lid or keep in the fridge. This recipe makes about two jars but is easily doubled to make around 4 – 5 jars.

Marj Noble



## Stir-fry Minced Pork with Baby Corn

### Ingredients

300g lean minced pork  
1 can baby corn

1/4 cup dry shrimp (optional)

### To Make

1. Soak dry shrimp into warm water for 10 minutes.
2. Cut baby corn to around 2cm long.
3. Marinate minced pork with 1/2 tablespoon soy sauce, 1 teaspoon sugar, pepper and sesame oil. Mix well, then add 1 tablespoon corn flour, mix well again. Follow by adding water slowly into the pork while stirring with chopstick or fork. Stop adding water when the pork cannot absorb any more water. This is a little trick that can make the minced pork "fluffy" and more tasty.
4. In a wok/saucepan, heat 1 tablespoon oil and add drained dry shrimp and fry until it turns golden and crispy, remove from wok.
5. In the same wok, heat 1/2 table spoon of oil, add some minced garlic and then pour in the minced pork, stir-fry until it turns golden brown.
6. Add baby corn and dry shrimp, 1 tablespoon oyster sauce and 1 teaspoon sugar, stir-fry until all ingredients are coated with oyster sauce.

This dish goes really well on top of rice. Or you can present it by trimming some lettuce leaves into a little 'bowl' and put the cooked ingredients inside. This works well as main dish or as finger food.

Nita Wong



# Ginger Zinger

This is one for the lovely outdoor summer evenings that we enjoy so much in Millwater.

### Ingredients

1 small cucumber  
 Handful of spinach  
 1 Green apple  
 1 tablespoon chopped ginger  
 Juice of 1 lime or lemon  
 1 Tablespoon honey  
 1 Cup water  
 Mint leaves

### Instructions

Core the apple and partly peel the cucumber. Put all ingredients into a blender and blend until you have the desired consistency. Taste and add more honey if needed.

**Tip:** Add lemon zest for that extra zing!



# Garden Care for March



From Living Earth



## ***Building up to a great harvest***

**Apples, Pears & Quinces** – In the final days to picking and eating make sure that the watering is deep and fairly regular. A good tip to test for ripeness is to pick up and cut open the windfalls to see what stage the fruit is at.

**Verrucosis on citrus trees** – Unsightly pustules in the leaves and scabbing of the skin (sounds delightful) are symptoms of citrus verrucosis. While this is not a serious disease, it is easily remedied by spraying the tree with copper two or three times a year.

**Best fig forward** – The nicely forming figs are going to become very attractive to birds in a month or so. Once they're the size of a walnut consider covering the tree with bird-netting to save the crop.

**Kiwifruit care** – While they need excellent drainage it is absolutely vital that kiwifruit plants do not dry out now, especially the small cocktail kiwis.

## ***In the garden – Hot orange & bright pink flowers***

**Rudbeckias** (pictured) are a great flower for blending amongst autumn toned foliage.

**Hibiscus** offer brightest colours and a sense of the tropical in your garden.

**Leonotis** the Lion's paw plant is one of the deepest orange tones in the garden in March. Perfect for attracting monarch butterflies.

## ***Work, yes work, for the garden in March***

**Lawns** – perfect time to fertilise your lawn, but follow instructions around watering when using fertilisers, to avoid burning the turf.

**Hedges** – trim them now and layer some compost around their roots.

**Trimming back** – plants such as lavenders, hebes and daisies respond well to a cutback which keeps them shapely!

**Bulbs** – planting time for anemones, ranunculus and species gladioli. But, when buying tulips, daffodils and hyacinths, take them home and put them in the fridge for 6 – 8 weeks. This breaks the dormancy of the bulb and let's them 'pop' open when you plant them.

**Question** – why are my white flowering hydrangeas turning pink as they age? Normally due to the sun – in the height of summer even shady spots get to see a bit of sun!

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# Silverdale Adventure Park is here!

*You make the time  
we'll make the magic*

Silverdale Adventure Park is finally here. After nearly three years in the making, we opened the gates on 15th January and have been very excited and pleased about the numbers coming to see us.



Barry Larman and Les Osbourne, the owner-operators of the park, always had a dream to open a family-orientated fun park, similar to ones they used to know in the seaside towns in the UK when they were growing up; with the amusements, roundabouts, coloured lights, smells and sounds – they used to think of these places as very magical and exciting.

The park has an undercover Cosmic Play Zone for the little



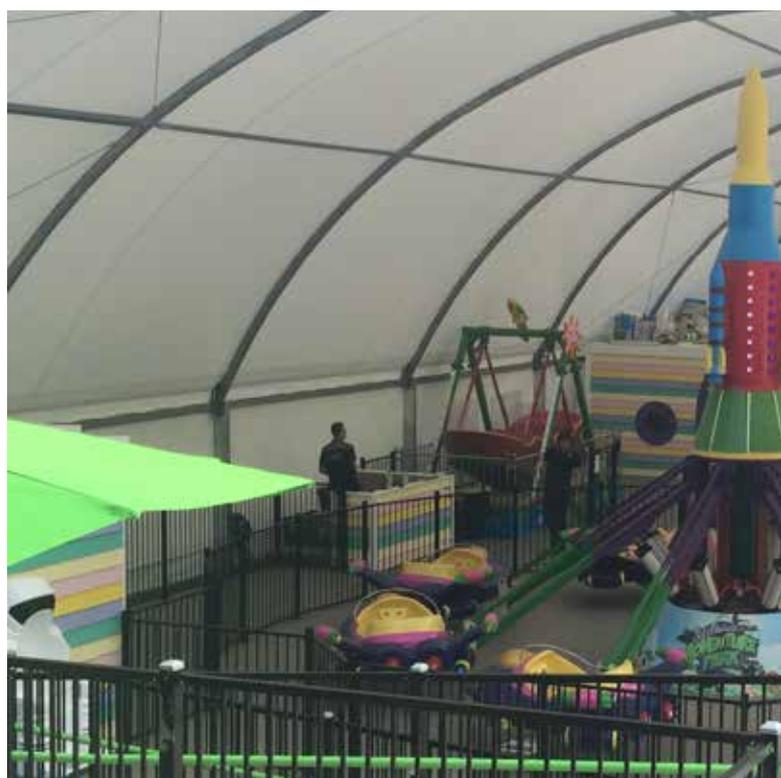
and not so little ones; includes a Pirate Ship, Space Plane Ride, Carousel, Giant soft play area and a Space Ship Simulator, plus fantastic Party Rooms that tie into this area and can take all the stress out of the organising that special day.



The dry Tube Slide: so simple but so much fun, for parents and for the kids.

Mini Moon Jeeps, big enough for a parent and child, petrol-driven: dad can press the gas, while the children take the wheel... great fun...!

The brand new Luge, with 600m of curves and slopes, and



speed, and our newly designed Karts...with disc brakes...!

A bit more adventurous? Then try the Vertical Bungee... G3 to G6... The oldest person to go so far is 88 years Old – can you beat that?

Off-road Polaris experience, Tiki Tour, or complete the circuits on your own. The four wheel drive cars, with roll cage, four-point harness, helmets...the lot...excitement in abundance.



Our new Dual Zip Line, opening at Easter, will be one attraction not to miss. Launch from the top of the hill, glide through the trees over the pond, over the Luge track and land by the Space Ship...then tick that off your bucket list.

Also coming soon will be our Equine Experience. Come and see the horses, get up close and personal, learn about them,



sit on a saddle, sit on a horse, have a ride...take the stress out of the day, great for the kids.

Our motto is our signature: "You make the Time and We will make the Magic"

Look us up on Facebook, go to our website [www.silverdaleadventurepark.co.nz](http://www.silverdaleadventurepark.co.nz) or Google us and have a virtual tour...

Hope to see you soon...



# artspeak

## Artful Fashion Focus at EAC



For the month of March, Estuary Arts is focussing on the creative arts that use the human form as its canvas. Curator Kim Boyd says, "I am so excited to announce that invited award-winning 'World of Wearable Art' sculptors Jeff Thomson and Beatrice Carlson will be showcasing some of their wearable artworks as part of this Artful Fashion Programme. This art form, which has so many facets and angles, is a personal passion of mine and I hope to include it annually on the Estuary Arts exhibition programme". You can view these stunning garments and masks at the opening function on Saturday 05 March from 3 - 5pm.

Artful Fashion will include a comprehensive 4 week programme; consisting of a static exhibition to be held in the newly transformed Estuary Arts Centre Galleries; alongside workshops, demonstrations and artist talks taking place in

the new Education Wing. Wearable artworks, using trash or found objects as materials for fashion will be featured, with examples by award-winning Mayhla Howells alongside local Hibiscus Coast artist Jolitta Webb and North Shore's 14 year-old winner of the last 2015 Schools Trash to Fashion, Luka Katavich. "I am thrilled to announce that students and graduates from the CutAbove Special Effects diploma will also be displaying their wearable masks in the show this year." If you are interested in learning more about this latex mask-making process, then book into a talk with special effects tutor and artist Kim Boyd or view her in action during the Hibiscus Art Studio trail on Sunday 13 March...

To book into a class or talk contact the Centre on 09 426 5570 or email [manager@estuaryarts.org](mailto:manager@estuaryarts.org).

Selected artists include Beatrice Carlson, Jeff Thomson, Bev Goodwin, Annie Newall, Jolitta Webb, Luka Katavich, Nancy Miller, Alyssa Waller, Kim Boyd and selected CutAbove Students and tutors. Classes and talks include:

- Artist talk with Jeff Thomson on Wed 30 March, 6 – 7pm
  - Chain-mail making workshop with Storm McCracken on Sun 27 March, 10am -3pm
  - Mask making talk with Kim Boyd
- Sculpting and mould-making demonstrations, Sun 13 March from 10am -3pm



"Bared to the Bone" by Kim Boyd

## Artful Fashion

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Artist talks, workshops and exhibition of extreme artworks as items of fashion

Featuring guest artist Jeff Thomson

1 March - 3 April 2016

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# Hibiscus Art Studio Trail

There are 12 studios and galleries spread out, from Orewa to Gulf Harbour. Maps are available from the libraries, Estuary Arts Centre and around many local shops. Get a group of you together and go on a self-drive tiki-tour to visit the artists in their studios.

This year the Trail welcomes some new artists; including Linley Quinlan, Brian Millard, Andre van de Ven, Pauline Smith, Annette Denholm and Neil and Lindsay Hey. The Hibiscus Coast Artists will be working out of the new teaching studio at Estuary Arts Centre. Don't miss out on viewing the artists in action: Inge Chappell will be making framework glass beads while Roy Burgoyne will be demonstrating throwing techniques and Kim Boyd sculpting and moulding masks.

Studios are only open for these two days; on Saturday 12 and Sunday 13 March from 10.30am – 4.30pm. Look out for the open studio signs and the big flags outside all of the studios.

For more information visit the dedicated Facebook page or phone Estuary Arts Centre 09 426 5570, email [manager@estuaryarts.org](mailto:manager@estuaryarts.org)



The Hibiscus Art Studio Trail will again see artists opening their studios to the public, and galleries showcasing local artists work in 2016. The Trail will be held on Saturday 12th and Sunday 13th March. This is the second Hibiscus Art Studio Trail. A huge success in its first year, it attracted over 1500 venue visits and organisers say there was lots of support for an ongoing event. The Trail promotes the work of practicing visual artists using a range of mediums and gives the public opportunity to talk directly with artists and gain a greater Arts appreciation. It also aims to help develop the Hibiscus Coast as a destination, by attracting people for a great weekend in a fabulous location.



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# Weight Loss: "more than just numbers.."



A client of mine shares how her life has recently been transformed! The way she looks and feels is amazing, and she achieved these amazing results in just 12 weeks! Dedication and commitment to regular one-one strength training sessions, whilst adopting a sensible, sustainable approach to nutrition, is the key for long-term success.

Her attitude and determination to both training and nutrition, despite a busy career and caring for a young family, clearly shows that "you're a product of

your priorities." My client is an excellent example of what can be achieved with the right "mindset".

Now, you may be wondering: so, how much weight loss was there in 12 weeks? Quite a lot actually, but the most important question that should be asked is: "How do you think you look and feel now?"

My philosophy regarding improving body composition is "never let the numbers on the scale rob you of that smile on your dial." It's time to deliver yourself from restrictive diets and gruelling exercise sessions! Rather, give yourself some TLC - "kindness, compassion and self-respect" advocates Coach Craig. He believes these are key ingredients in the "recipe of happiness." Happiness within influences and makes a huge difference to the way you look and feel. It can affect your actions, behaviour and mindset towards exercise and nutrition.

So, ask yourself: "What ingredients do I need in my recipe for inner happiness?" Once you discover your own unique ingredients, ask yourself: "How can I implement these in my daily life?" The answers you arrive at will provide the key to improving the way you look and feel about yourself. Should you need any help, please contact Craig, a Holistic Personal Trainer at Jetts Fitness, Millwater.

**For more information and to receive a 30 minute Complimentary Consultation, please contact Craig on 021 1611 789 or [craig.kilham@jetts.co.nz](mailto:craig.kilham@jetts.co.nz)**



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# Completing House Renovations?



If you are planning to complete some alterations to your house, you should be aware that a building consent may be needed for more work than you think. Having un-consented work can cost you a lot of time and money when it comes time to sell your property.

DIY has become increasingly popular, perhaps due to the abundance of home-improvement shows appearing on our TV screens every evening. When planning to complete renovations, it is a good idea to turn your mind to the building consent requirements – sooner rather than later!

The building consent process is set up to ensure that the job is done in line with industry standards. For proposed building work that is straightforward, the building consent process is a simple one and it's something the Council should be happy to talk you through.

While the Building Act 2004 provides a list of work that does not require a building consent, it's always best to check with the Council. A common example relates to bathroom renovations, particularly if you intend to replace a shower tray and liner with a tiled 'wet area'. A building consent would be required; partly due to the significant waterproofing that's needed to ensure there are no future water issues.

Even if there are no problems with work carried out without a building consent, there may be issues when it comes to selling your property.

The standard Agreement for Sale and Purchase provides a warranty by the vendor that, where the vendor has done or caused or permitted work to be done on the property, that any works:

Had a permit, resource consent, or building consent required by law;

To the vendor's knowledge, were completed in compliance with those permits or consents; and

Where appropriate, a Code of Compliance Certificate was issued for those works.

If you give these warranties, but it turns out that you didn't obtain a building consent for work such as the installation of a tiled shower, then you could open yourself up to claims from the purchaser – and it may cost you a lot of money to remedy.

It's best to find out whether you need a building consent before you start the work, and not when it comes time to sell. If you think it's too late already, we recommend you seek advice from your lawyer and the local Council.

Spending an extra few hundred dollars, following the right processes now, may end up saving you a lot more money and time in the future.

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

# millwatermotors

The 43rd Ellerslie Intermarque Concours d'Elegance and Classic Car Show, held on 13th and 14th February, once again showcased some of the world's best automotive creations: from classic Alvis to modern Zagato. From the original horseless carriage to the highest in horsepower, they were all there.

The Millwater Mag went along, replete with a hankie to catch the saliva, to capture this photomontage of marvellous metal and glass – so that you know something of what you might see at next year's Ellerslie show – make sure you put Valentine's weekend 2017 in your diary now!

There were automobiles of all marques; past and present, new and old, to enjoy. Proud owners of polished perfection welcomed questions from an inquisitive public and, in the case of one local owner, invited the Millwater Mag to get in touch and plan to showcase a very special car from the 1930's – more of that in the May magazine!

Rather reluctantly, but with memories, wish-lists and dreams, we left the show to rejoin our much more mundane "Japanese Mercedes" of modern vintage. Roll on 2017, do I hear you say?



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# datesfor yourdiary

- Every Sat Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Fri Night Market • Silverdale Shopping Centre carpark • 5:30 -11pm
- Every Sat Millwater parkrun 8am. See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- 6 March Kiara's Angel Walk - Fun & colourful 2km or 7km walk or cycle around Te Ara Tahuna Estuary, Orewa. A memorial service will begin at 9:15am followed by the walk at 9:30am from Pohutukawa Reserve • Registration open from 8:30am Pre-registered check in open from 8am • Register online for \$10 single, \$15 family & \$50 group of 5+ • Ticket prices include a commemorative gift • Walk is followed by a Free Family Fun Day from 10am -1pm at Western Reserve • Entertainment, Rides, Stalls & Performers • [www.angelwalk.co.nz](http://www.angelwalk.co.nz) for registration & more info.
- 11 March Silverdale & Districts Historical Society - Coach Trip to Hare Krishna temple at Kumeu • Fare (inc. tour and lunch) \$38 • Visitors welcome • Phone 09 424 8615 to book
- 12 March Silverdale Kindergarten Bike-a-thon Gala 10am - 1pm
- 12 & 13 March Hibiscus Art Studio Trail (see page 43 for details).
- 13 March Stillwater Market Easter Eggstravaganza • Easter egg hunt with you and your pooch! Bring doggy along and both of you can hunt yummy treats and golden ticket eggs!! Prizes for best dressed pair • games to play • big slide to enjoy • arts, crafts, jewellery, clothing, plants, face painting, food and music! Lovely park setting to relax and enjoy • 10am-1pm • Go to our Facebook pg or eventfinda for details • Stalls only \$12
- 12 - 26 March Centrestage Theatre - 'Monty Python's Spamalot' (see page 49 for details).
- 25 March Good Friday
- 27 March Easter Sunday
- 30 March Orewa Library - South America in all it's glory! Whether it's a Latin lover, the Mexican Mayan pyramids, or the great Galapagos Island you're after, come and listen to tales of the unexpected and discover a new bucket list!
- 2 April Hibiscus Coast St John Ambulance Open Day • 11am - 2pm • To launch the St John National Appeal Week • Free blood pressure & glucose testing • Static displays & information regarding various services • Light refreshments served

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

## Locals helping locals

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<b>Tue 1 Mar</b>	01:11 2.7 m	07:14 0.8 m	13:26 2.7 m	19:36 0.7 m	<b>Wed 16 Mar</b>	01:58 3.1 m	08:09 0.5 m	14:27 3.0 m	20:33 0.5 m
<b>Wed 2 Mar</b>	01:55 2.7 m	08:02 0.8 m	14:10 2.7 m	20:23 0.8 m	<b>Thu 17 Mar</b>	02:57 2.9 m	09:11 0.6 m	15:26 2.9 m	21:34 0.6 m
<b>Thu 3 Mar</b>	02:46 2.6 m	08:55 0.9 m	15:00 2.6 m	21:17 0.8 m	<b>Fri 18 Mar</b>	03:59 2.9 m	10:14 0.7 m	16:27 2.8 m	22:38 0.7 m
<b>Fri 4 Mar</b>	03:44 2.6 m	09:53 0.9 m	15:55 2.6 m	22:17 0.8 m	<b>Sat 19 Mar</b>	05:01 2.8 m	11:15 0.7 m	17:28 2.7 m	23:39 0.7 m
<b>Sat 5 Mar</b>	04:44 2.6 m	10:51 0.8 m	16:56 2.6 m	23:18 0.7 m	<b>Sun 20 Mar</b>	05:59 2.8 m	12:12 0.7 m	18:26 2.8 m	-
<b>Sun 6 Mar</b>	05:43 2.7 m	11:49 0.7 m	17:58 2.7 m	-	<b>Mon 21 Mar</b>	00:35 0.6 m	06:52 2.9 m	13:04 0.7 m	19:20 2.8 m
<b>Mon 7 Mar</b>	00:16 0.6 m	06:39 2.9 m	12:44 0.6 m	18:58 2.9 m	<b>Tue 22 Mar</b>	01:24 0.6 m	07:40 2.9 m	13:51 0.6 m	20:08 2.9 m
<b>Tue 8 Mar</b>	01:11 0.4 m	07:32 3.1 m	13:37 0.4 m	19:54 3.0 m	<b>Wed 23 Mar</b>	02:08 0.6 m	08:24 2.9 m	14:34 0.6 m	20:52 2.9 m
<b>Wed 9 Mar</b>	02:02 0.4 m	08:23 3.2 m	14:29 0.3 m	20:47 3.2 m	<b>Thu 24 Mar</b>	02:49 0.5 m	09:06 2.9 m	15:13 0.5 m	21:32 3.0 m
<b>Thu 10 Mar</b>	02:52 0.3 m	09:13 3.4 m	15:20 0.2 m	21:38 3.3 m	<b>Fri 25 Mar</b>	03:27 0.5 m	09:45 2.9 m	15:51 0.5 m	22:10 3.0 m
<b>Fri 11 Mar</b>	03:42 0.2 m	10:03 3.4 m	16:10 0.1 m	22:28 3.4 m	<b>Sat 26 Mar</b>	04:05 0.5 m	10:22 2.9 m	16:28 0.5 m	22:47 2.9 m
<b>Sat 12 Mar</b>	04:31 0.2 m	10:54 3.4 m	17:00 0.1 m	23:18 3.4 m	<b>Sun 27 Mar</b>	04:42 0.6 m	10:59 2.9 m	17:04 0.5 m	23:23 2.9 m
<b>Sun 13 Mar</b>	05:22 0.2 m	11:45 3.4 m	17:51 0.2 m	-	<b>Mon 28 Mar</b>	05:20 0.6 m	11:36 2.9 m	17:41 0.6 m	-
<b>Mon 14 Mar</b>	00:09 3.3 m	06:15 0.3 m	12:37 3.3 m	18:42 0.3 m	<b>Tue 29 Mar</b>	00:00 2.9 m	06:00 0.7 m	12:14 2.8 m	18:19 0.6 m



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