

# theMillwatermag

Your FREE monthly magazine of all things Millwater  
February 2015

- Millwater Gardening Competition
- Property Stats
- A long time between rides
- There's something in the water



## INTERVIEW WITH Brian Mullan

Circulation is 1500 print copies  
Editorial contributions are free from cost. Advertising starts at \$60+gst.  
Contact Sarah on 0274 440044 or themillwatermag@gmail.com

# Introduction

Welcome to the first Millwater Magazine of 2015. We at the magazine all hope that you have had a really good Christmas and New Year and that this year is a better one than we had in 2014 – which was a really great year for us, so this one should be even better!

New columnists are making a welcome appearance, providing fresh insights and entertainment and we thought that, this being our first full year in production, we would instigate an end-of-year award for the regular columnist that you, the reader, decides is the best and should receive this new annual award. More details on this later in the year...

How many of you have made New Year Resolutions, I wonder? In a timely manner, our newest regular columnist Paula Southworth has come up with some good advice on how we could actually make these a reality rather than just a wish. Your editor is insanely envious of regular columnist Tim Lawrence's success at his fishing – did you ever see such great fish? Our other regular columnist, Keith Roberts at Coastguard, always ensures that those of us who venture offshore for fishing or leisure have the best advice on how we can do so safely.

We again have a nomination for Good Neighbour of the Month and the letter appears later in the magazine – but we still need to hear more from you, the readers. Why not make it one of your New Year Resolutions that you will write to the magazine at least once this year and we will even consider a "letter of the month award" – but there need to be more than two letters each month, so dust off that keyboard or touch-screen and get typing! If you are a budding cartoonist, we would love to hear from you, too...

Having been asked by a few people about his background, your editor has finally "come clean" about how he ended up here in Millwater. It's a love story – honestly!

Given the weather that we experienced prior to Christmas, we expect soon to see another "cleaning bee" that will involve you, the reader, in helping to keep our very own corner of New Zealand tidy. Watch out for more information on the Millwater Families' Facebook Page.

By the time you read this, lots of you will have enjoyed the Millwater Picnic in the Park and I hope that I will have met many of you there. The friendliness of the Millwater people has become the envy of many and we plan to keep it that way.

Happy New Year, everyone!

Brian Mullan  
Editor  
February 2015



## theMillwatermag

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# the Millwater interview

## Brian Mullan - editor of theMillwatermag

As a very happy Millwater resident and editor of theMillwatermag since its inception, Brian Mullan has opened up about his background and the reasons why he moved to New Zealand.



Brian grew up on a farm in County Antrim in Northern Ireland, the youngest of three brothers and the second-youngest of six children. Drifting aimlessly at grammar school in the late '50s, he was captivated by an advertisement he saw in a local Belfast newspaper and decided to follow a career at sea as a Radio Officer. Moving permanently to England in the late '60s, that career path eventually brought him to New Zealand in the late '70s, when his first encounter was arrival into Otago Harbour at a time when the wild lupins were in full bloom.

Brian fell in love with New Zealand almost immediately and the scent has remained vivid in his memory ever since. Later, he served on a New Zealand-based container ship, the appropriately white "Aotea", where he was one of the one-third of UK-based officers onboard. A total of eight months spent on that ship over two appointments reinforced an already strong desire to emigrate and live in New Zealand.

However, his career path changed when, in 1987, he accepted a position in P&O Container's London head office as Electronics Superintendent. Ten years later, he changed career path again and joined the international satellite communications company, Inmarsat. Still based in London, he rose to Director level and was head of the company's global maritime and aeronautical safety and security services division. He was also a Governor of the World Maritime University for nine years.

Retiring from full-time work in 2009, Brian and his wife Margaret decided to "follow the dream" and move to New Zealand. Meantime, daughter Emma (now Emma Coupe and founder of the Millwater Families' Facebook page) had become infected with her father's love for New Zealand and she emigrated here in 2004. Only the sluggish UK property market delayed their permanent departure to New Zealand but Brian and Margaret agree that they wouldn't want to live anywhere else. Friends back in the UK once asked Brian to describe what it is about New Zealand that is so attractive. After some thought, he said "getting into New Zealand is like getting into Heaven – but without having to die first".

## Opening in Millwater Central this month!

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# safercommunities

## Safe summer on the sand

With summer now upon us and the beach is beckoning, here are a few prevention tips that will help keep you and your belongings safe.

When you go to the beach, ensure that you lock and secure your house – including sheds and garages.

What you don't take to the beach cannot be stolen at the beach. Leave those items you don't require at home. Do you really need your wallet, phone, tablet and camera with you?

Leaving your items unattended whilst you are swimming provides a window of opportunity. Consider having someone stay with your property at all times, or locking it in your vehicle for the time you are away from it.

If you have keys in your bag, ensure that they do not have your vehicle registration, phone number or address on them.

If you are alone at the beach sit near a group of people for your own safety.

Items left in your vehicle should be placed out of sight. Visible rings on the windscreen indicate that there is probably a GPS unit inside.

Look out for others and, if you see anything suspicious, call 111.



**Constable Antony SEARLE**

**Orewa Community Constable** | Rodney | New Zealand Police  
 P +64 9 426 4555 Extn: 96649 | M +64 21 191 4452 | E [asz183@police.govt.nz](mailto:asz183@police.govt.nz)  
 Orewa Police Station, 4 Riverside Road, Orewa, PO Box 50, Orewa, [www.police.govt.nz](http://www.police.govt.nz)  
**Safer Communities Together**



## lettertotheeditor

Dear Editor

After seeing a wonderful lady picking up rubbish along Millwater Parkway a few times, I was finally afforded the chance to chat with her as I was also on foot.

It transpires that she is Enid Stoney, married to Keith Stoney who grew up at the Homestead off Galbraith Greens. Apparently, she is known to quite a few people living in Millwater and we are all in agreement that she is a lovely, unassuming woman.

I would like to nominate Enid for the "Lovely Neighbour Award" as she is a good neighbour to the whole of Millwater. Of her own accord, she just walks around picking up the unsightly rubbish, mostly plastic, along Millwater Parkway "because she likes to keep it tidy". We are indeed fortunate to have such a wonderful person living in Millwater.

Apparently, both she and especially Keith have a whole plethora of stories about life in the early days growing up in the Homestead etc. It would be great to hear some of those stories. I love the fact that Enid says she thinks the development of Millwater is progressing well; a positive, environmentally-conscious woman, who is an inspiration to many people in Millwater.

Regards Diana (an inspired Resident).

*Editor's Comments: Great to hear about such a good neighbour and I would love to record some of her stories about Millwater's early days. Please get in touch, Enid – we would love to hear from you.*



# money matters

## First Home Buyers..... should apply

At the moment there is plenty of hype in the media around low deposit lending.

Yes, it is restricted – but the banks are still lending to clients with a 10% deposit and your mortgage adviser will also have access the Government's "Welcome Home Loan" scheme, where a 10% deposit is required. Construction loans are also exempt from the restrictions.

So, in short, you don't necessarily need a 20% deposit.

A handy tip for the first home buyer:

Your rent plus your savings should be at least equal the potential mortgage repayments. For example: if the fortnightly repayments on a \$400,000 loan is going to be \$1400 (7.1% principal and interest over 30 yrs) and your rent is currently \$800 per fortnight, then try and save an additional \$600 per fortnight into a separate saving account.

This will show to the lenders (and yourself) that you have the ability and discipline to manage a home loan.

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, his disclosure statement is available free of charge on request.**



## A Healthy New Year

What a great time to make a fresh, new start on some goals that we may have let slip. Getting fit and healthy is often top of the list for many of us. The best intentions, however, often get left behind as our busy lives are filled with competing priorities. It is said that "a goal without a date is just a wish", so write down your goals this year, put a date next to them and then work out a plan of how you are going to get there. Make sure that you do something each day to move you closer towards your goal and reward yourself with a non-food treat when you get there. It's surprising what you can achieve in a year. If you need any motivation, type in "77 year-old power lifter" on YouTube and be inspired – I sure was.

Small changes every day turn into habits that will add up over time, to make transformations that will last a lifetime. Summer brings new inspiration. Take advantage of the great range of seasonal fruit and vegetables and look for creative ways to add them to your meals. Salads are easy to prepare and don't require standing in a hot kitchen for ages. They are refreshing and packed full of vitamins and minerals that nourish your body well. Challenge yourself with new ways of adding whole, unprocessed foods to your meals. Consider juicing veggies for a refreshing, nutritious drink and notice your cravings for high sugar and salty foods diminish! This is like a multi-vitamin in a glass. The cells within our taste buds regenerate every ten to fourteen days, so you can retrain your taste buds to enjoy foods that you didn't before. Chilled

soups such as gazpacho are tasty, refreshing and really quick to make – faster than fast food and a great summer meal at the end of a hot day.

Here's to a healthy 2015!

**Paula Southworth, BSc Nutrition and Sports Science  
Nutritionist & Health Coach**

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# New Flea Product Gets The Big Tick!

This beautiful weather creates an explosion in the flea population, which can make things very uncomfortable for our pets and us!

First: before discussing a new flea product with a lot of advantages, a couple of comments about our policy regarding endorsing products. It is no accident that there is no company advertising externally on our Orewa clinic and there will be none externally on the new Millwater clinic. This reinforces strongly our valued independence regarding product recommendations. We believe it is our job to source and recommend the best product for your pet – regardless of manufacturer.

The new flea product is BRAVECTO and it has some major advantages. It is administered in a VERY palatable treat form that lasts for THREE MONTHS, so you only need four dates on your yearly calendar. Do worming as well and you have all your flea, tick and worm control of your dog done. It is a very safe product and can be used in puppies from 8 weeks of age as well as in pregnant and lactating bitches. It works amazingly well! You will have noticed the new Millwater Central complex slowly coming to fruition! The MILLWATER VETERINARY HOSPITAL hopefully will be open by the end of February. You will note that we have changed the name from the Silverdale Veterinary Centre – we think that the Millwater Veterinary Hospital



better reflects what and where we are and also our commitment and faith in the Millwater concept.

You may have also noticed a sign in Millwater Central for THE PET STORE. This is an independent store, owned and operated by David Kitch. David has a wealth of experience in the pet industry and we look forward to working in with him and his team, so that Millwater Central is a one-stop destination for all your pet needs.

Enjoy this beautiful summer weather and we will see you soon at the **MILLWATER VETERINARY HOSPITAL**.

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# the Millwater insider

## Millwater Families Picnic

A wonderful afternoon was had by a large number of Millwater residents on Sunday 18th January at the Butler Stoney Park. The incredible weather turned up for another day and ensured that all those who attended were warm and dry while they enjoyed the wonderful sounds of Millwater singer/songwriter Phil Madsen. The free bouncy castle, generously provided by Easy Peasy Parties Limited, kept the kids entertained and the free ice blocks and coffee from Roberts Cafe kept them refreshed and focussed. Further nourishment in the form of free sausages was kindly provided by Mike Pero Real Estate, Silverdale. Overall, a wonderful day was had thanks to the many volunteers and especially Emma Coupe for her exceptional organisation.



## Christmas Lights

Congratulations to all those who put the effort into adorning their homes with all manner of decorations. Many residents enjoyed the fruits of your labour. The Insider had a good sneak around prior to Christmas and can confidently say that 19 Seamount Drive was easily the best seen at that time. There were a number of notable efforts and it can be confirmed that Totara Views definitely excelled – over and above Millwater. Millwater residents: start planning for next year!



## Millwater Central

After many delays and much frustration, it now seems that Millwater Central will actually be opening for business during February. Depending on the complexity of fit-outs etc, you should see the majority of businesses open for operation. Let's get behind them all and make this a real community hub!

## Facebook Page

The Millwater Families' Facebook page continues to grow in popularity, with 600 members now registered. This page is open to all residents of Millwater and Totara Views, so please apply to join and one of the administrators will get back to you to confirm your address prior to approval. This is a great source of information and opinion – so get on board but please stick to the rules.



# getting into the garden



## with Central Landscapes Silverdale



### How to get your garden tip-top for the gardening competition

#### Best Lawn Category

Aquaturf – A granulated product for soil moisture and water retention: ideally for lawns but can be used in gardens

Turfmaster Gold – Add some Nitrogen, Phosphorus and Potassium back into your lawn to get it lush and green

Don't mow the grass too low in this dry heat; just take off the top so as not to shock the grass.

Prize for Best Lawn - \$100.00 voucher towards GTI ProLawn products

#### Best Veggie Patch

Keep the edibles happy: tomatoes, capsicum, beans and all summer vegetables – water in the evenings. Moisture soaks through the soil overnight, rather than evaporating in the sun's hot glare.

Add a raised veggie garden, using a variety of sleepers or edging.

Water the roots of citrus, nut and fruit trees for 30 minutes, then mulch with BLACKGOLD Mulch – assisting survival in this hot summer.

Ripening tomatoes don't require sun, they require heat to ripen. If tomato skins are scorching, drape with shade cloth during the day.

White butterfly: it is very important to limit the damage they do, particularly on vegetables.

Position netting over prized brassicas (broccoli, cauliflower, cabbage) or sprinkle Derris Dust, or spray with Pyrethrum.

Sow seeds of carrots, beetroot, radishes, and brassicas.

Prize for Best Veggie Patch - \$200.00 voucher towards Living Earth products

#### Best Overall Landscaping and Garden

Cut back petunias, daisies and other ornamentals that have become 'leggy'. Liquid feed with Living Earth organic certified Liquid Compost: gently delivering nutrients and encouraging fresh autumn flowering.

See the team at Central Landscapes for areas that could need sprucing up with decorative pebbles, bark, pavers or even a feature rock. They also have driftwood and schist stepping stones!

BLACKGOLD MULCH – add nutrients from the Living Earth Compost in the mulch.

Prize for Best Overall Landscaping and Gardening - Patio Heater valued @ \$399.00

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## You oughta know...

There has been much discussion recently about additions to property in Millwater and, with the hotter weather, much of this has focussed on sun shade. While many of the suppliers who have been pricing and building these structures know enough about their obligations under the Building Act for Council building consents, there has been a significant lack of knowledge about the Resource Consent implications of some structures.

In fact, there are three areas that should be considered before starting to swing a hammer or lift a spade. The first consideration should probably be the Covenants that are registered on your title. These fundamentally detail a number of controls over appearance and what can be built where and how. You should have received a copy of these when you purchased your property. If not, your lawyer should have them.

The second consideration is: does it require a Building Consent. A large number of projects can be built without a Building Consent or, more accurately, are exempt from the consent process. These are detailed at <http://www.dbh.govt.nz/bc-no-consent>. These include awnings and verandas up to 20m<sup>2</sup> in size as long as they meet certain conditions. Unfortunately this is not the green light that many residents think it is.

The final consideration is the potential requirement to obtain a Resource Consent. The District Plan (Rodney Area) [http://www.aucklandcity.govt.nz/council/documents/districtplanrodney/dp\\_chapter\\_12\\_special\\_zones19.pdf](http://www.aucklandcity.govt.nz/council/documents/districtplanrodney/dp_chapter_12_special_zones19.pdf) is available online and gives fairly specific guidelines as to what can be built where in Millwater and on your lot. Of particular interest for the construction of pergolas, verandas, awnings, shade sails and garden sheds is the allocation of yard spaces. A yard space is an area of your property within which virtually nothing structural can be built (including garden sheds). The rules vary slightly, depending on section size and orientation, but basically each section has two side yards – one of three metres and one of one metre – meaning that you cannot build anything closer to the boundary than those distances. Each section also has a rear yard, these vary from six to ten metres and this must also remain free from structures.

The District Plan rules for Millwater are quite different to most other areas, so a lot of contractors may not know the full implications of those rules. You will also note that most building contracts will state that it is the owner's responsibility to obtain necessary consents and that the contractor has no liability for breaching those consents. I am already aware of at least one situation where an awning structure was built and, although not needing a building consent, the owner has been forced to obtain a retrospective Resource Consent. This is a time-consuming and expensive process, so make sure you know the rules and don't rely on others.

At the end of the day, it is the owner's responsibility to know and abide by all the rules.

# Flowers by Joanne

Almost everyone knows about "Thanks a Bunch" in the Rodney Times but few will know much about the driving force behind the brand, Flowers by Joanne, so here's a little of the history.



Flowers by Joanne was started over 40 years ago by a lady actually called Joanne and has been through several different owners since then. Barbara Everiss purchased the business on 1st April 2000, when it was situated in Florence Avenue, adjacent to the Orewa Post Office. About 8 years later, the business moved to Bakehouse Lane and, in July 2013, it moved to the current location at 5 Riverside Road, Orewa.

This was the spot where Barbara's Father, Max Christie, built the shop for his electrical business and opened on 1st April 1948. Max was the first electrician in town, when the total population of Orewa was just 300. Nowadays, in Millwater terms – where we expect eventually to have a population of around 10,000 – this may be hard to imagine!

This beautiful little shop suits the flowers just perfectly and it is great that Barbara and her team can preserve a little local history in the lovely town that has been home to her for her entire life.

Barbara leads a team of two full-time florists and three part-timers. They are all fully trained professional florists and offer a complete floral service. They take great pride in their work, their product and their unparalleled customer service. Barbara always goes to the flower markets herself to select the best, freshest blooms and her wonderful team can turn their hand to design any piece their customers desire.

Flowers by Joanne delivers locally, nationally and internationally and has been a "Top 20" Interflora Florist consistently for the past 13 years.

**Picture Caption: Barbara Everiss, centre, flanked by two of her florists**



# Tim Lawrence's Fishing Spot

Game on! The blue water is edging closer to the Hauraki and the water temperature has shot up to 21 degrees. Hasn't the weather been awesome for fishing! Recent patterns of wind, tide and moon phases have produced some great conditions for both bait and soft bait fishing alike. We fished three times in December and nailed it every trip with a good mixture of species and good sized fish across the board.

For Christmas we headed south to the Wairarapa Coast to catch up with family and spend some time in the water. This coast is known for strong Norwest winds and big swells. Mother Nature controls the bounty down there but we were lucky to experience a good window of weather to free dive for Paua and Crayfish at Castlepoint.

Back in Auckland, January has been fickle for snapper due their spawning season but forget about chasing snapper; it's kingfish season! Go and get yourself some jigs and lures to chase kingfish. They have to be one of the best fish to catch in my opinion. Boy do they taste good coated in lemon pepper, seared in a hot pan and served with Worcester Sauce. In December, we brought home two Kingfish weighing 14kg and 16kg. Not a bad start to the season.

For the rest of January, our plan is to get some tuna lures and head north of Little Barrier Island to chase the yellow-fin

tuna that are being caught out there. Marlin are also being reported out wide and we really want to land one this summer. Andy at Fishing Direct in Silverdale has given us some hot tips on how to catch them and where to go! (I'm sure he will point you in the right direction too).

I will keep you posted. Tight Lines!



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# Back to School–

## Is an eye test on the checklist?

The new school term is upon us and we all want the best for our children. James Park and Zaria Burden, Optometrists at OPSM Silverdale are urging parents to be mindful of warning signs that may indicate their child is struggling to see clearly. Healthy eyes are critical to a child's development and success at school so, if problems are not identified early, this could lead to permanent damage or hinder learning – affecting behaviour and results.

Warning signs to look out for: "If your child squints often or tilts their head to read, then it would be worth investigating if there is an underlying eye problem" said Optometrist James Park.

Other signs to look for include:

- Holding books too close to their face;•Watery eyes;
- Sensitivity to light;
- Closing one eye to read or watch TV;
- Poor visual tracking (ability to follow an object);
- Rubbing eyes;
- Headaches during school or homework; or
- Lack of confidence while reading.

Allergies, asthma and eye disorders are the most common long-term health problems affecting children. Parents can help ensure their children's eye health is by:

1. **Visiting the optometrist at least every two years.** Regular eye tests will monitor eye health and ensure early detection of conditions such as myopia.
2. **Ensuring children wear sunglasses and wide-brimmed hats** in bright sunlight, to protect eyes from harmful UV rays

– eyes are more delicate than skin. Good quality sunglasses with 100% UVA protection are important.

**3. Eating nutritious food.** Diets that include plenty of fruits, leafy greens and eggs will ensure your child receives nutrients such as vitamin C, vitamin E, lutein and zeaxanthin – essential for healthy eyes.

**4. Minimising eye-strain** by providing **plenty of light** when doing homework or reading and that a **healthy distance** is maintained between their eyes and the object they are looking at.

**5. Limiting the amount of time children spend using digital devices.** Extended screen time can cause eye strain. Watch for symptoms of eye fatigue such as squinting, rubbing the eyes and complaints of back, neck or head pain. Ensure regular breaks are taken from reading, watching TV and using digital devices.

**To make a booking with James or Zaria, please call OPSM Silverdale on 09 426 7902.**



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# Don't Worry Be Happy

Christmas and New Year are fading memories; school holidays are over and house guests have left. All that extra work, stress and pressure! Many have returned to work – that is, those who had a holiday. No wonder you're feeling frayed around the edges. Here are some suggestions from Mother Nature's pantry to restore energy, reduce stress levels and put a smile on your dial.

## 5-HTP

This plant-derived extract increases serotonin, our body's own 'happy hormone'. Clinical studies show that 5-HTP improves emotional wellbeing. (Precautions are indicated if taking antidepressants, certain sedatives, or medication for Parkinson's).

## MIGHTY MAGNESIUM

Stress burns more magnesium than normal and interferes with the body's ability to absorb magnesium. This essential mineral maintains normal nerve and muscle function, relieves cramp, aids sleep and steady heart rhythm, plus more than 300 other biochemical bodily functions.

Leafy greens, legumes, nuts and seeds and whole unrefined grains are good food sources. Poor eating habits or nutrient-deficient soils can make it hard to get enough magnesium from our food, particularly for times of high demand. Taking a magnesium supplement short-term or ongoingly can be beneficial. Symptoms of magnesium deficiency include muscle cramps, eye-lid twitches, sleep difficulties and irregular heartbeat.

## VITAMIN B COMPLEX

The 11 members of what's known as Vitamin B Complex are critical nutrients for all things mind-related: mood, memory – even migraines can benefit from the B's. They help quell anxiety, lift depression and boost energy.

B-rich foods are dark green vegetables, animal protein and whole grains. But if stress levels are high or your mood feels off-kilter, you'll benefit from the higher amounts found in supplements.

## SUNTHEANINE

This is the premier, patented form of the amino acid L-theanine commonly found in green tea. Clinical studies have shown that Suntheanine benefits include relaxation without drowsiness, de-stressing and easing of nervous tension, plus improved alertness.

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# coastguard calling...

Summer boating is in full swing and it's a good time to remind everyone of the importance of having at least two means of communication when you're on the water. Even with the best of preparation, things can – and do – go wrong, and it's vital you can get in touch with Coastguard to ask for help.

Mobile Phones are everywhere now and many people don't bother with VHF radios. This is a BIG mistake. Mobile batteries go flat, coverage in the Gulf can be patchy and, crucially, you're only talking to one person. With VHF radio, not only are you talking to Coastguard but everyone else in the Gulf with VHF will hear you too. Someone really close may be able to help you straight away. Our crew have been on a number of boats with VHF radios and it's worrying how many people don't know how to use them.

You need a licence to operate a marine VHF Radio and you can get one by doing the Coastguard Boating Education Services one-day VHF course that teaches you how to use the radio, which channels to use and what words and phrases to use. Marine VHF's cost only a couple of hundred dollars and, with a mobile phone as a back-up, you'll always be sure of getting

in touch when you need to. Mobiles and water don't mix, so make sure you put it in a waterproof plastic bag and that it's charged before you leave.

There's the apocryphal story of someone with a heart problem on a boat, calling for help on a mobile. 200 metres away, a heart surgeon was on his boat with VHF turned up – he could have been there in two minutes if he'd only have heard the call on VHF.

Channels to use:

16 is the emergency channel;

80 for the Southern and Central Gulf; and

82 North of the Whangaparaoa Peninsula.

You can call Coastguard direct from any mobile by dialling \*500.

Enjoy the summer afloat and stay safe.



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- quality home with mature low maintenance grounds
- wonderful bush outlook

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**21a Fairway Ave, Red Beach**

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**Land Area:** 626m<sup>2</sup> **Building Size Area:** 180m<sup>2</sup>

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grayson.furniss@mikepero.com



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## 20 Prospect Tce, Millwater



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Having met Grayson at an open home locally he impressed us immediately with his true professionalism, in depth market-knowledge and above all, his honesty. Couple these attributes with the Mike Pero package and you have a great agent working with a great product that will deliver great results. Once we decided to put our house on the market Grayson set realistic expectations on price and time frame to sell and then exceeded our expectations. We would highly recommend Grayson and Sarah as the dynamic duo to both vendors and purchasers – up front, honest and delivering results.

Shane & Nicole

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- Large corner site 655m approx, fully fenced and landscaped
- Fantastic flow to large decking and a near level lawn
- Large open plan living area plus additional separate lounge
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- Low maintenance durable materials, balance of 10 year guarantee
- Handy Millwater location on beautiful one way "greens"



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**14 Skipjack Pass, Millwater**

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  - sensible layout with living areas, guest powder room, master suite and garage all on ground floor
  - three double bedrooms and family bathroom on second level
  - stylish low maintenance design in combination of brick and weatherboard
  - sheltered private outdoor alcove, great for evening barbecues or just relaxing in the sun
  - high build quality backed by 10 year master builders guarantee
- Secure this wonderful new home now from \$50K deposit, balance on settlement.

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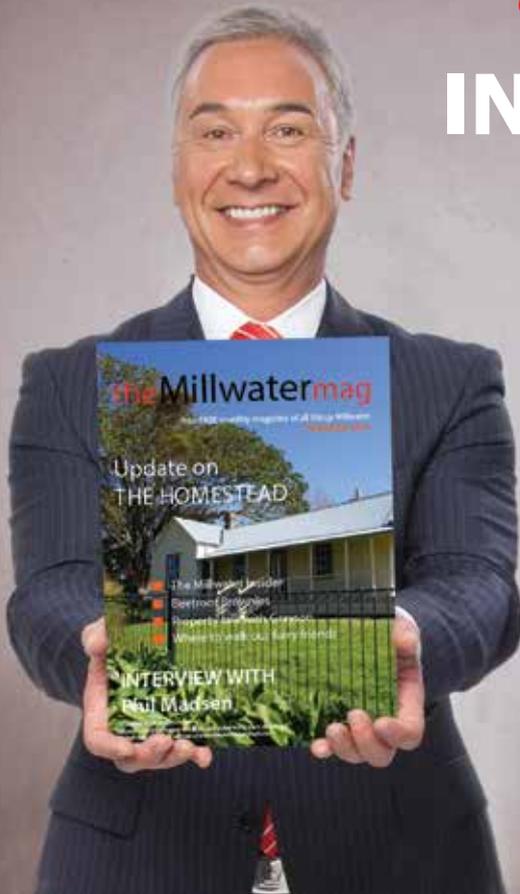
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# The Millwater Charity Ball

**Saturday 16 May 2015**

**7pm**

**Orewa Arts & Events Centre**

*Join us for a seated meal, charity auction & dancing*  
**Tickets on sale from 1 March** (individual & table bookings will be available)

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If your business would like to sponsor this event  
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# area property stats

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 word "full statistics" to [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com). This service is free from cost.

	Dec 2013	Nov 2014	Dec 2014
Number of Sales	12	10	14
Median Sales Price	\$802,500	\$985,000	\$847,500
Highest Sale Price	\$1,000,000	\$1,230,000	\$1,190,000
Lowest Sale Price	\$745,000	\$783,000	\$780,000
Average % price to 2014 GV	-1.87%	7.07%	0.00%
Average Floor Area (sqm)	230	239	233
Weighted Value Index	988	1094	1008

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**  
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## Millwater property talk with Grayson

Happy New Year to all. No doubt you have all enjoyed the exceptional weather and hopefully a nice relaxing break. The old adage that "rust never sleeps" could be slightly modified to "real estate never stops" and that has certainly been true at MPRE Silverdale over the Christmas break. With unconditional deals being signed up on 23 December and negotiations on Christmas day, we have had a very busy time of it. Buyer activity seems to be right up again and there is some indication that this will be met with an increase in listing activity.

Millwater registered its first sale of over \$1.2 million in November, with the median sale for that month perilously close to the \$1.0m mark. Indeed the average sale for November was \$1,008,800. We still have an entry point just under \$800,000 for freestanding homes, with a premium being paid for those in more complete areas. With a lot of property in the area having similar attributes, the things that continue to set properties apart from the competition are outlook, outdoor areas, landscaping and location within the subdivision.

Whilst we see a continued growth in the average house size, with continued high demand levels for smaller properties and a preference for single level, it appears that some of the builders may actually be missing the sweet spot in the market.

We are very pleased to announce that our new office will finally be open in Millwater Central this month, allowing us to service better the Millwater community. Please feel free to drop in and see us for a chat about property or anything else that takes your fancy; we look forward to meeting you.

*Grayson*

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### Valencia Pine Television unit

1 Drawer 100cmW x 45cmD x 69cmH



Honey or Walnut colour

our Price **\$279- ea**

### Valencia Pine Coffee Table

4 Drawers 110cmW x 60cmD x 45cmH



Honey or Walnut colour

our Price **\$299- ea**

### Valencia Pine Console Table

120cmW x 40cmD x 85cmH



Honey or Walnut colour

our Price **\$289- ea**



### Gorgeous 3Pce Acacia Hardwood Bench & Table set

Table 160cmL x 90cmW x 72cmH. Top 8cmD  
Bench Seats 162cmL x 35cmW x 42cmH

our price only **\$550- set**

### Valencia NZ Pine Treasure chest

105cmW x 45cmD x 50cmH



Honey or Walnut colour

our Price **\$199- ea**

### Valencia Pine Television unit

4 Drawers 150cmW x 49cmD x 49cmH



Honey or Walnut colour

our Price **\$299- ea**

### Valencia Pine T.V unit

2 Drawer 110cmW x 40cmD x 49cmH



Honey or Walnut colour

our Price **\$199- ea**

### Valencia Pine T.V unit

2 Door 1 Drawer 153cmW x 50cmD x 68.5cmH



Honey or Walnut colour

our Price **\$440- ea**

Honey colour only

### Valencia Pine 5 Drawer scotch chest

86cmW x 42cmD x 110cmH



our Price

**\$375- ea**

### Valencia pine 6 drawer Buffet

150cmW x 52cmD x 82cmH



Honey or Walnut colour

our Price

**\$475- ea**

### Valencia Pine Bedside Cabinet with 3 drawers

54cmW x 42cmD x 71cmH  
Honey or Walnut colour



**\$179- ea**

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GirlGuiding  
New Zealand

# Girl Guiding NZ - Orewa



"GirlGuiding New Zealand helps girls to be the best they can be. Through a balanced programme of fun outdoor and indoor activities, girls have the opportunity to make new friends, grow in self-confidence, learn new skills and experience adventure", says Clare Grimwood, one of the Leaders at the Orewa unit of GirlGuiding NZ.

At Guiding, girls and young women get to tackle new challenges, earn badges, do community projects, develop leadership skills and learn to appreciate and respect the environment. The aim is to help them develop the skills, fortitude and commitment to reach their full potential.

With summer here, girls are looking forward to getting out and enjoying the outdoors – especially camping. Another favourite activity is the National Guide Jamboree, which will be in Christchurch, January 2016. You may well see fundraising activities within Millwater and surrounding areas, to enable as many of the Orewa Guides as possible to attend. So if you see girls out and about, please support them.

The Orewa district is expanding rapidly, with a new Guide unit opening in the New Year. Due to this expansion we are presently looking for new Pippin and Brownie leaders and we are keen to talk to any women aged above 18 who may be interested. "No experience is necessary and all training is provided". All Leaders are Volunteers, and if you don't want to 'Lead'

a unit there are plenty of other roles available.

We will be out selling Guide Biscuits starting the 28th February 2015, so talk to our leaders, buy our biscuits and join the friendly Orewa Guiding Team!

Pippins 5 – 6 years

Brownies 7 – 9 ½ years

Guides 9 ½ to 12 ½ years

Rangers 12 ½ to 17 years



To find out more about joining, contact GirlGuiding NZ's Upper North Zone Office on 0800 484 331 or visit [www.girlguidingnz.org.nz](http://www.girlguidingnz.org.nz)

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# A long time between rides!

## Local Millwater couple back on their 'bikes!

Twenty eight years or so after we last owned motorbikes, we decided to give it a go again. My adult children were amused that I wasn't prepared to tell my (then) 90 year-old mother that I had a bike again – I didn't want her to worry! I have a Suzuki 650 and Ian has a Suzuki 1200. We so enjoy hopping on the bikes and exploring some of our beautiful coastline and secondary roads. For me, it is such a simple pleasure to be on my bike in the outdoors on a lovely day. There is no time to think about much, apart from the road in front of me and trying to ride better and tackle those corners well. Yes, my butt gets sore; yes, cars and trucks can be a pain and yes, I am very conscious that should I come off it won't be pretty. But it's worth all that to feel the freedom that is riding a motorbike!

Moving to Millwater has brought us closer to the roads we enjoy. From Silverdale, it is quick to get onto State Highway 16 and head to Wellsford and enjoy the Kaipara Harbour views at the lookouts on the way. If there is time, it is only another 98 km on to Whangarei. Returning on State Highway 1 through Warkworth and down to Orewa is a great day out. A ride out to Matakana or up the coast to Waipu (great pizza) is another Sunday treat, with lots of great secondary roads to explore along the way home. East Coast Road is a great alternative to the motorway if we have to go South, but going North or West from Millwater you are in the country in five minutes and can relax and enjoy the ride!

I'm a "Nana" rider now and I always ride within my own ability and comfort zone. Ian rides at his and if he gets ahead of me he waits for me at strategic points along the way.

Marj Noble



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# Hibiscus Coast Scottish Country Dance Club



Birthday party dance for a HBC Scottish Country Dance Club member in early 2014

Hibiscus Coast Scottish Country Dance Club will be starting its 2015 season with two open nights: at 7:30 on 18th and 25th February at its usual venue, Silverdale Hall. Anyone interested in giving Scottish Country Dancing (SCD) a go is very welcome.

Scottish Country Dancing is social dancing (danced for the enjoyment of the dancers) in "sets" of 6 or 8 people (3 or 4 couples) and each dance is made up of a series of "formations" arranged in sequence. Usually, the dancers finish the sequence in a different place in the set and the sequence is repeated from the new positions. No particular partner is needed – dancers dance with different partners all evening and Scottish dress is not required! SCD is suitable for all ages and a wide range of dancing abilities. It makes a wonderful family activity – it's great to see a dad and daughter enjoying an evening dancing (sometimes even dancing with each other!) – I know, because I've done it.

Many young people take ballet or other dance classes for some time and then stop dancing when other activities take priority. If they still enjoy dancing, SCD would be an ideal way to continue – social dancing, suitable for other family members and no partner needed. Put this together with compulsive, toe-tapping music – lively reels and jigs and smooth

graceful Strathspeys – and it is easy to see why I have heard it described by a new dancer as "addictive"!

SCD exercises both the body (increasing fitness, stamina and suppleness) and the mind, for it involves team work, some mental agility and concentration. The basic steps and formations can be picked up quickly, while the honing of technique and mastering of more complex formations will continue over a lifetime of dancing – there is always something new to learn.

The Hibiscus Coast Club meets on Wednesday evenings, after the 2 open nights in February. Normal club nights start 4th March, with the first hour or so being dedicated to a newcomers' course for eight weeks, when new dancers will be taught the basic steps and formations. Some evenings, the music will be provided by a live band.

**For more information, contact:**

**Gail: 09 428 5655, [schofieldclan@extra.co.nz](mailto:schofieldclan@extra.co.nz); or**

**Quentin: 09 428 2429, [quentin@extra.co.nz](mailto:quentin@extra.co.nz) – or just come along on an open night.**



HBC Scottish Country Dance Club evening last December



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# There's Something in the Water at Silverdale Medical...

Since Silverdale Medical opened in December 2012, eight of their staff have had babies or announced pregnancies!

Wow, can it be something in the water? Five of the Doctors will remain with the practice. Doctor Richard Lunz joined Silverdale Medical in January 2015 to assist with ongoing maternity leave requests and the practice continues to appoint new doctors as patient numbers increase. Doctor Murray Nutsford joins us permanently from April and Doctor Genevieve Syed will join Silverdale in May. All new staff will be warned about the increased risk of pregnancy if you join the team!

Silverdale Medical Limited, composed of Silverdale Medical and Red Beach Family Practice, combined in December 2012 for a number of reasons; including increasing the scope of services provided locally, plus continuing high quality personal care for their patients. Hours have been extended: from 8am-7pm weekdays and 9am-1pm Saturdays and Sundays – with all doctors sharing the “out of hours” roster. X-rays, ultrasound and mammograms are onsite, together with a pharmacy open whenever the Medical Centre is open. A dentist, physiotherapist, hand therapist and 20+ visiting specialists and allied health professionals complement the team.

The extra space and equipment means the clinic can provide treatment for more complex illnesses requiring IV therapy, minor surgery or access to urgent tests; often allowing patients to avoid hospital admission or travel for outpatient appointments. A walk-in service for accidents and emergencies is also available. Each GP specialises in a particular area of health; so most patients are treated in-house.

Silverdale Medical is committed to providing a family-focused medical service and – given the number of births among their own staff – they believe this is evidence of their family approach to medicine. Silverdale Medical enjoys the space and additional services they can provide and invites patients from the Hibiscus community to enrol with them. They are open to constructive feedback on how their services can better meet the needs of the community.

Silverdale Medical Millwater, opening in 2015, is part of the new Millwater development and will be the sister clinic to Silverdale Medical. Silverdale Medical Millwater is envisaged to meet the needs of the growing Millwater community – right on their doorstep. There are plans to develop a third clinic in the Highgate development zone in the future.

In the meantime we are all being very vigilant with the water!



# SILVERDALE MEDICAL

We are enrolling new patients now and welcome new families to the Hibiscus Coast

We also see casual patients if your Doctor is closed or may not be able to see you

**Ph (09) 427 9997**

**7 Polarity Rise, Silverdale**

(Corner of Millwater Parkway and Hibiscus Coast Highway)

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**[www.silverdalemedical.co.nz](http://www.silverdalemedical.co.nz)**

Opening hours:

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Weekend Service: Sat - Sun 9am - 1pm

Public Holiday Service: 9am - 1pm

**We are opening another medical practice in Millwater Central soon!  
Enrol at Silverdale Medical and transfer to Millwater Medical when it opens**



Even the dead crabs are happy at Hatfields Beach



Fun in the water at Orewa Beach



The Kaye's selfie at Rere Falls near Gisbourne



Mikayla learning to surf at Pataua South



Awesome day at Flax Mill Beach Coromandel



Checking out the friendly ducks at Puhoi Cheese Cafe

# Millwater families enjoy



Flying kites at the top of Butler Stoney Park



Santa on wheels



Ascension Wine Estate



Feeding the geese at Western Springs



Enjoying the fountain at Ascension Wine Estate



Brooke's first jet ski ride in Tauranga



Another day in paradise



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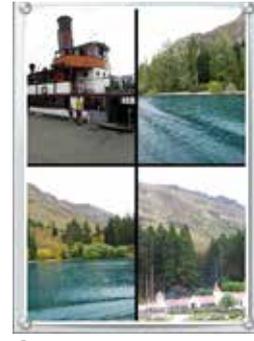
*Sharing ice cream at Movenpick, Orewa*



*Enjoying the sun at home by the pool with our new little sister, Darcy!*



*Millwater local, Elaine McClintock playing in the NZ finals for Bowls*



*Queenstown*

# joying their summer



*Belly flops, swims and fun at Hobbs Wharf*



*Josh enjoying his holiday cruising new Waiheke Island*



*Five kids plus ten scoops equals 15 minutes of slurping fun at Butterfly Creek*



*Caleb enjoying special time with his great grandmother on Great Barrier Island*



*Heather and Jude at Devonport Beach*



*Three munchkins at Lake Rotorua on Christmas Day*



*Christiana the mermaid at our favourite spot - Cape Kidnappers, Hawkes Bay*



*Kids skateboarding and scootering the estuary*



*Ruby, Maisie and Olie making popcorn at our Mangawhai Beach house*

# Millwater Alphabet Soup



No, it's not a recipe for soup; or for anything else other than a bit of fun. Your editor, in an idle moment over the holidays, began to wonder how many different nationalities there are in Millwater. According to one Internet website researched, every letter of the alphabet, apart from "X", has at least one country beginning with that letter.

Your editor is Irish, his wife is English, their son-in-law is a New Zealander, so we have three letters already (I, E and N). We are aware that there are families living in Millwater, who originate from many other countries – i.e. people who are immigrants themselves to New Zealand and not just descendants of immigrants.

This is not a study of the ethnicity of Millwater; your editor just wondered if, among all the great new Millwater families, there are sufficient nationalities to spell the word "Millwater".

M:	21 countries (e.g. Mexico)
I:	9 countries (we have Ireland already – are there more?)
L:	9 countries (e.g. Lebanon – remember: we need two)
W:	5 countries (e.g. Wales)
A:	17 countries (e.g. Argentina)
T:	15 countries (e.g. Togo)
E:	9 countries (we have England already – are there more?)
R:	4 countries (e.g. Russia)

If we get all the letters of "Millwater" represented (remember, we need 2 "L" countries), we could maybe think of having a special "Millwater Flag Day", when we get together and show our National flags in the right order. Photo opportunity!

If you think this is a good idea, please email [themillwatermag@gmail.com](mailto:themillwatermag@gmail.com) and let us know which country's letter you represent.

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## dates for your diary

Every Saturday-Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale

Every Tuesday -Quiz Night at Northern Union Gastro Pub

Every Wednesday - Hibiscus Coast Athletics Club at Metro Park, Millwater from 5:30pm

6 Feb - Waitangi Day

14 Feb - Valentines Day

14 Feb - Orewa Beach Boulevard Arts Fiesta & Market Day, 1-6pm

16 May - Millwater Charity Ball

*If you know of any upcoming local events please contact Sarah at [themillwatermag@gmail.com](mailto:themillwatermag@gmail.com)*

## Wishing All Our Valued Clients, Friends And Fellow Residents A Happy New Year



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- ✓Wills & Trusts
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weiti rivertide chart - February

			High	Low
Sun	06:21	12:30	18:42	
01 Feb	2.7m	0.8m	2.6m	-
Mon	00:52	07:14	13:22	19:35
02 Feb	0.7m	2.7m	0.8m	2.6m
Tue	01:41	08:02	14:09	20:24
03 Feb	0.6m	2.8m	0.8m	2.7m
Wed	02:25	08:46	14:52	21:08
04 Feb	0.6m	2.8m	0.7m	2.7m
Thu	03:06	09:26	15:33	21:49
05 Feb	0.6m	2.8m	0.7m	2.7m
Fri	03:44	10:05	16:11	22:28
06 Feb	0.5m	2.9m	0.7m	2.8m
Sat	04:22	10:42	16:49	23:04
07 Feb	0.6m	2.8m	0.6m	2.8m
Sun	04:58	11:18	17:26	23:41
08 Feb	0.6m	2.8m	0.6m	2.7m
Mon	05:36	11:55	18:03	
09 Feb	0.6m	2.8m	0.7m	-
Tue	00:18	06:16	12:33	18:42
10 Feb	2.7m	0.7m	2.7m	0.7m
Wed	00:57	06:58	13:13	19:24
11 Feb	2.6m	0.8m	2.7m	0.7m
Thu	01:41	07:45	13:57	20:10
12 Feb	2.6m	0.9m	2.6m	0.8m
Fri	02:30	08:38	14:46	21:02
13 Feb	2.6m	0.9m	2.6m	0.8m
Sat	03:27	09:37	15:42	22:02
14 Feb	2.6m	0.9m	2.6m	0.8m
Sun	04:30	10:38	16:43	23:05
15 Feb	2.6m	0.9m	2.6m	0.7m
Mon	05:33	11:39	17:48	
16 Feb	2.7m	0.8m	2.7m	-
Tue	00:07	06:32	12:37	18:51
17 Feb	0.6m	2.8m	0.6m	2.8m
Wed	01:06	07:29	13:34	19:51
18 Feb	0.4m	3.0m	0.4m	3.0m
Thu	02:00	08:22	14:28	20:46
19 Feb	0.3m	3.2m	0.3m	3.1m
Fri	02:53	09:15	15:21	21:39
20 Feb	0.2m	3.3m	0.2m	3.3m
Sat	03:44	10:06	16:13	22:30
21 Feb	0.1m	3.4m	0.1m	3.3m
Sun	04:34	10:57	17:04	23:21
22 Feb	0.1m	3.4m	0.1m	3.3m
Mon	05:25	11:48	17:55	
23 Feb	0.2m	3.3m	0.2m	-
Tue	00:11	06:17	12:40	18:46
24 Feb	3.2m	0.3m	3.2m	0.3m
Wed	01:03	07:11	13:32	19:38
25 Feb	3.1m	0.5m	3.0m	0.4m
Thu	01:57	08:08	14:26	20:33
26 Feb	2.9m	0.6m	2.9m	0.6m
Fri	02:55	09:08	15:22	21:31
27 Feb	2.8m	0.8m	2.7m	0.7m
Sat	03:55	10:09	16:20	22:32
28 Feb	2.7m	0.9m	2.6m	0.8m



# your enterprising community zone

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

### Elev8

Gillian Hawkey - [www.elev8.co.nz](http://www.elev8.co.nz)  
Specialist GP & cosmetic doctor offering results orientated skin & injectable treatments from clinic in Millwater.

### Little Hugs Baby & Kids Clothing

Bridget Isted  
[facebook.com/LittleHugsBabyAndKidsClothing](http://facebook.com/LittleHugsBabyAndKidsClothing)  
Baby & kids clothing for boys & girls. Free delivery to Millwater residents.

### Coast Pet & Home Care

Emma Johnstone-Gill  
[www.coastpetandhomecare.co.nz](http://www.coastpetandhomecare.co.nz)  
A reliable, trustworthy pet-minding service caring for your pets in their own home.

### Bright Creative

Lisa Byrne - [www.brightcreative.co.nz](http://www.brightcreative.co.nz)  
Boutique, graphic design studio producing fresh, innovative & contemporary design.

### Babysitting

Kayleigh - 14 years old, \$12 per hour, ph 022 173 6617

### Alexis

Ph family home 021 259 7940  
6 months experience, very reasonable rates, testimonials available. Evenings & school holidays.

### I'll Eat Your Greens

James - hard-working 17 year old  
Ph 021 259 7940  
Lawns/edges/moving soil, compost, stones/general outside cleaning up.

### Eatwise 4 Life

Tracey Eccles - NZ Registered Dietician  
021 259 7940  
Ketogenic dietary therapy, sustainable weight loss

### Prosper

Bridget Klinac  
021 977 924  
Risk Insurance Adviser & Mortgage Broker

### Fine Travel

Jennie Ready - [jennie@finetravel.co.nz](mailto:jennie@finetravel.co.nz)  
With over 10 years experience in the travel industry and access to the same specials as the big retail chains.

### Mind My Ministry

David Husselmann - [www.mindmyministry.co.nz](http://www.mindmyministry.co.nz)  
Plan, schedule and organise your church services effortlessly. Roster volunteers & musicians, keep a library of worship songs & chord charts.

### Your Inspiration at Home Consultant

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Natural seasonings, spices, salts & other items custom blended to make cooking fast, simple and healthy.

### Little Fox Eats

Michelle Lowery -  
[facebook.com/littlefoxeatsltd](http://facebook.com/littlefoxeatsltd)  
Vintage caravan for private parties, weddings, functions and events.

### Living Pilates

Catherine and Natalie Dent  
[www.livingpilates.co.nz](http://www.livingpilates.co.nz)  
Equipment & mat based pilates. Individual & small groups.

### K.T's Colours, Cuts, Treatments

Katie Hodgson - 021 189 3672  
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### Homeopath

Ute Engel - Registered Classical Homeopath  
[ute@homeopathyorewa.co.nz](mailto:ute@homeopathyorewa.co.nz)  
Homeopathy can restore your health naturally, giving you balanced and optimum health.

### Speech & Language Therapist

Tanya Collett - 021949539  
Call me to chat about any concerns you may have about your child's speech & language skills.

### Pauline's Sewing Services

021 644 856, Machinist offering prompt service for all your clothing alterations and repairs. Curtain making a speciality.

### Motivating Maths in Millwater

Small group tuition (Year 1-6) encouraging & enabling through games.  
[www.actualise.co.nz](http://www.actualise.co.nz) or Amanda 09 959 0233

### Babysitting & Piano Lessons

Queenie Yong - 16 years old, 021 263 1889

### Nutritionist & Health Coach

Paula Southworth (BSc Nutrition & Sports Science), Helping you make sense of what you eat.  
Email [paula@nutritionsense.co.nz](mailto:paula@nutritionsense.co.nz)

**Do you want to feature here?  
Email [themillwatermag@gmail.com](mailto:themillwatermag@gmail.com) for more details.**

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