

theMillwatermag

www.themillwatermag.co.nz

Your **FREE** monthly magazine
of all things Millwater
October 2017

Win the Smile Makeover of a Lifetime with THE DENTAL SUITE

- Coastguard Hibiscus - Saving Lives at Sea
- Millwater Property Talk with Grayson
- How to contact your local
- Introducing JL Pawley

Editor's note

It was a delight and no surprise to see the magnificent editorial work delivered by Jessica Copping in my absence last month. You now have the chance on the page opposite to learn more about her as the successful author, JL Pawley.



Thanks to all the folks locally, Millwater has managed to maintain the focus of proposed new developers of the land adjoining Millwater Parkway, Bankside and Miller Rise, on the fact that Millwater is not a tourist hub, but rather is a residential suburb that needs more residential accommodation. The support of our MP, Mark Mitchell, clearly showed the importance of this issue. We will of course follow this development as it progresses.

The election is over and, no matter what your political 'colour', we hope that you went out and exercised your vote. It was good to see additional local voting booth options, particularly at PAK'nSAVE, which should have encouraged more people to make the effort.

The Stoney Homestead Community Hub continues to attract an increasing number of groups, who find the facilities excellent. If you are considering starting or relocating a community group or activity there, it's easy to contact the Trust through Facebook! It was particularly good to enjoy learning details of Chinese history at the Hub; Shanshan Ning brought the history of China to life in easily understood sessions. Are there other groups that would like to inform and entertain us with similar historical sessions?

Fingers crossed – Spring is here and Summer will soon arrive. We went to press before the Millwater Mud Grass Rally, organised by Colin Roberts, was due to take place. Yet another great community initiative from a committed Millwaterian!

Brian Mullan
Editor
October 2017

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* conditions apply

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theMillwatermag

October 2017 Issue

- 4 Mortgage Matters
- 5 Vet Speak
- 6 Rechelle McNair
- 7 OsteoMe and Troublesome Tendons
- 8 Millwater Book of the Month
- 9 Pharmacy Talk Orewa
- 10 The Millwater Insider
- 12 Pharmacy Talk Millwater
- 13 Silverdale School's Student Council
- 16 Local Clubs
- 17 Centrestage Theatre presents Chitty Chitty Bang Bang
- 18 Silverdale School's Country Show Day
- 20 Millwater Biz Buzz
- 21 Holiday Destinations - Exploring Europe
- 22 Malt of the Month
- 23 Millwater Property Talk with Grayson
- 28 Eyebrow Microblading
- 29 Millwater ROWENAs
- 31 Millwater Motors
- 32 Tim Lawrence Fishing Spot
- 33 OPSM - What is AMD?
- 34 Art Speak with Estuary Arts
- 35 Coastguard - Saving Lives at Sea
- 36 Millwater ROMEOs
- 38 Retirement Villages
- 39 Millwater Asian Corner
- 40 Millwater recipes
- 41 Win the Smile Makeover of a Lifetime
- 42 Gardening Tips from Central Landscapes
- 44 Dates for Your Diary
- 45 How to contact your local
- 46 Weiti River Tide Chart
- 47 Your Enterprising Community Zone

Front Cover: Millwater author, JL Pawley

themillwaterinterview



After meeting last month's guest editor, we gained a hint that there was more to Jessica than met the eye – so we decided to get to know her better.

Jessica is known as JL Pawley, author of *Air Born*, which was reviewed by Karen McMillan in last month's magazine as our Book of the Month. Born in Auckland as the first of five Pawley siblings, most of Jessica's life has been spent on the North Shore and the Hibiscus Coast, including attending Dairy Flat Primary School. When she was 8 years old, work opportunities saw the family live for a period in Switzerland, which allowed time to visit other European countries, including family in England.

Returning to New Zealand, it was back to school where, as Jessica admitted, "I was a teacher's pet and a nerd." Much time was spent reading, "and I always knew that I wanted to be a writer, so I took those subjects at Westlake Girls High School that would be most beneficial – English, media studies, classical studies, geography – and in Year 13 earned my Diploma in

Creative Writing."

Massey University followed, for a BA in English and Media Studies, which included visiting the Massey Manawatu Campus in Palmerston North for a creative writing course. Here, Jessica met her future husband, Richard, who is also a writer and nowadays a Master Mariner working in the offshore industry.

In 2010, her work as a teacher aide for teens who didn't read inspired Jessica to write the *Generation Icarus* series, which was eventually read online over 1.5 million times on Wattpad. Her forays into self-publishing brought Jessica's work to the notice of New Zealand publisher Steam Press, part of the Eunoia Publishing Group, who produce 'superb, award-winning speculative fiction, science fiction and fantasy at its best.'

Steam Press took Jessica's writing to a highly professional level and, after a year of intense development, officially launched the first book on 23 September in Auckland. "It is already being translated into Russian and Chinese and, excitingly, optioned for adaptation into TV and film," Jessica told us, "... and I also graduated with my First Class Master's Degree in English from Massey University earlier this year."

February 2018 will see Jessica fly to Taiwan for the Taipei International Book Exhibition launch of the Mandarin version of *Air Born*. "Looking forward, I'm hoping that US and UK publishers will also buy the book, and that the screen adaptation will take off," Jessica said. "It's still being decided if *Generation Icarus* will have 4 or 5 books, but there's already another series in the publishing pipeline."

Jessica's work is young adult science fiction, designed to appeal especially to the teen reader audience, guided by online feedback about what best motivates that age group, but it also has wider appeal. JL Pawley is worth following, since she has already met with two TV producers, originally from England, who wanted her views on what the series would look like on screen if the options are taken up.

We look forward to seeing more of JL Pawley, our very own successful Millwater author.



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Low Deposit? Don't Despair!



Many aspiring homeowners believe that, in order to buy a home, they need to have a deposit of at least 20% of the property's value. Many don't realise that the banks are still able to lend a portion of their funds for low deposit home purchases.

Bank policies are generally more restrictive in the low deposit space, and the finance is generally more expensive, but many are willing to accept those conditions if it leads to them being able to buy a home for themselves.

Considering building? Banks don't have the same restrictions when it comes to new builds (subject to certain conditions). This essentially means that new builds might be a better option for some low deposit buyers.

Every bank has different criteria for low deposit loans, and it can be a time-consuming and confusing experience for anyone unfamiliar with the territory. Talking to a specialist Mortgage Adviser can be the quickest and simplest way of determining the low deposit options.

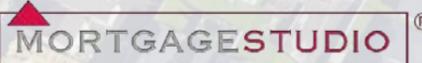
There are also some other options that aspiring homeowners are often unaware of, that could help to build their deposit.

If you're a first-home buyer, you might be able to withdraw funds from your KiwiSaver account to assist with your deposit. You might also be eligible for a HomeStart Grant, which can provide an extra deposit boost (especially with a build).

It's also possible for others, such as parents, to provide deposit support. There are a number of different ways assistance can be provided (such as gifts, loans and guarantees), and it is, in my view, very important to determine the most appropriate option for the parties' circumstances.

For more information on KiwiSaver First Home Withdrawals, the HomeStart Grant or the different deposit assistance options, please contact us or check out our blogs at www.mortgagestudio.co.nz.

Wayne Lawrie is a Registered Financial Adviser, specialising in mortgages. His disclosure statement is available free of charge, upon request.



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vetspeak

A Happy and Healthy Old Age



The annual health check and vaccination for your pet is the equivalent of getting a WoF for your car; a check-over of the major wellness signs, and checking that hidden illnesses are not missed. Common conditions such as heart or kidney disease, arthritic changes, dental disease, and some cancers, can be picked up by these examinations, but further tests such as blood and urine tests or x-rays may be needed to confirm the diagnosis or the extent of the problem.

As your pet ages, these annual checks become an important opportunity for these common diseases of old age to be picked up early and treated, to reduce the impact on your pet and its lifestyle.

With pets living longer as a result of massive leaps in the quality of nutrition available and veterinary knowledge and therapies, early detection is the key to the most effective treatment for your pet; to give them the best quality of life for as long as possible. It is no longer necessary for your pet to miss out on life because their joints ache or their heart has a murmur; there is a huge range of complementary and medical treatments available, to give them relief and allow them to participate in family life again.

To help you have a clearer picture of your older pet's health, we have developed a day-stay package for dogs over the age of 10 and cats over the age of 12. Included in this package is a full physical examination from nose to tail, blood screening, urine sample, a screening x-ray of the chest, abdomen, or spine, and a flea and worming treatment. The cost of the package is \$175.

Please contact the clinic on 09 427 9201 for more details.

Jemma Hedges



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All Grown Up



My son turned 18 in early September. Apparently, he is now a man. He voted in our last election and in some countries around the world, he could be drafted into mandatory military service.

Of course, I look at him and wonder; where has the time gone? And I wonder what kind of man will he be? Did I get enough things right when he was growing up?

If I'm honest, I have moments when I look at him and shake my head, wondering whose child is this? I even had a moment recently when he brought up a topic to which my only response to him was, "In what version of reality or alternate universe did

you think that was ok?"

But then I have those moments when I'm so proud of who he is, the choices he is making and the things he is accomplishing. At 17, he started his own online business and was CEO of YES Company Kiwi Games who created ECO-Ways, a card game designed to teach children the positive impacts, environmentally and financially, of eco-friendly living.

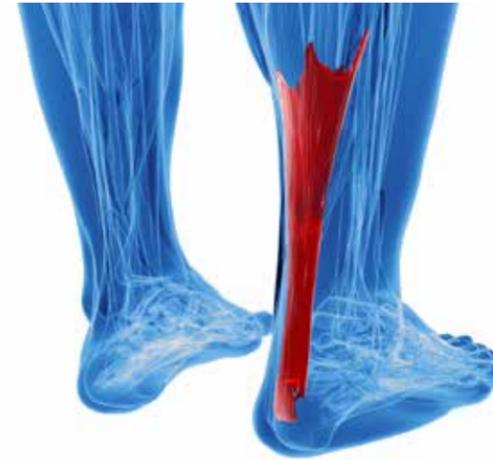
He has lots to learn, but he is committed to reaching his goals. He's carving out his own path. And that's what they are supposed to do, aye? He's grown and I must grow with him. I know how to raise a boy, but now I have a young man on my hands. Some people would say my job is done. But really, it's just another transition.

The foundation laid in the 18 years before now is the platform upon which our relationship now stands. The input I have into his life, now, started years earlier. Reading to him, listening to him, playing with him and laughing with him, answering the same question 15 bazillion times. Talking to him from an early age about how a man with integrity acts and doing my best to demonstrate the qualities of generosity, kindness, loyalty, love and respect.

It can be hard to relate to our young adult children; their generation is so different from ours. But one thing I know for sure: no one looks back and regrets spending time with their kids, regardless of their age.

Troublesome tendon?

Tendon injuries are very common issues facing all athletes, especially those in their middle ages. We used to use the term tendonitis when referring to these injuries, which essentially meant the tendon was inflamed; however, as time has gone by, many studies have not found significant inflammatory components in problematic tendons, and so the terms tendinosis and tendinopathy are more commonly used.



Tendons are typically injured by overloading. It is unusual (but not unheard of) for a tendon to become problematic due to a singular event. A common presentation is an Achilles tendinopathy in someone who suddenly decides to start

running again after a long absence from the sport. Following this, one of the best ways to reduce the chance of getting a tendon injury is to move into new activities gradually – both in terms of force and frequency. Give your body time to adapt to the new stress you are putting on it.

If you have had a tendinopathy, you'll know that there is a myriad of potential treatments. Some have good evidence behind them, others not. One of the strongest approaches that is present in the literature was developed initially by a Swedish orthopaedic surgeon in the early 90's, when he himself was suffering with tendon issues. Håkan Alfredson published a paper in 1994, which advocated the use of loading protocols for Achilles tendon repair.

These protocols are still the mainstay of exercise prescription for tendon issues today. The idea of the exercises is to improve and enhance the reparative process occurring within the tendon. Another important concept in tendon injury is managing the load on the tendon. If you've ended up with a tendon injury, the likelihood is you'll need to unload the tendon (i.e. do less; less intense, less frequent). Even with correct treatment, exercise prescription and management, tendons are notoriously slow healers, often taking many weeks to heal.

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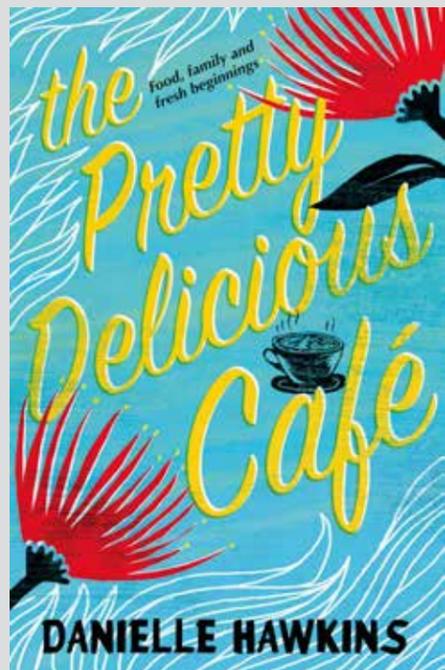
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millwaterbook of the month

The Pretty Delicious Café by Danielle Hawkins



What a charming, heart-warming novel! Lia runs a café in a small New Zealand seaside town, with her friend Anna. Running a small business is challenging enough, but Anna is about to marry Lia's twin brother Ro and has taken to a diet of lettuce leaves and not much else, in preparation for her big day – which makes her a grumpy business partner for this time. Overworked and unlucky-in-love, Lia is fed up with the unwanted attentions of her ex-boyfriend as well. But then Jed, a handsome stranger, turns up on her doorstep. Their first meeting scares her out of her wits, not helped with her twin brother picking up on her terror via the unusual telepathic connection they share, wielding a gun and thinking Lia is in trouble. But then Lia slowly gets to know Jed after this unusual first meeting and finds herself attracted to him. Although he has his own issues, with a troubled ex-wife and the responsibility of a four-year-old son, and he may not be staying in town for very long...

The characters are engaging and believable, and there is a lovely thread of humour and quirkiness that runs through the book. It's not a challenging read, but instead fun, light escapism. I particularly enjoyed the small New Zealand town setting and its familiar landscape. It's a story of food, friendship, family and love – and you can smell the baking as you read it.

This is a light-hearted, engaging and easy read, and is Danielle's third novel, so I hope she is working on another story. I'd definitely pick up another of her novels – the perfect, lazy afternoon read. Light, sweet and tasty! The Pretty Delicious Café is a lovely romance novel that is quintessentially Kiwi! Oh, and there is the bonus of some of the recipes from Lia and Anna's café in the back of the book.

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

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PUBLIC WELCOME

pharmacytalkorewa

First Aid Kit



How healthy is your FIRST AID KIT? Spring is a great time to organise and update your First Aid Kit.

We all need a basic First Aid Kit; whether it is for home, the bach, car or caravan, or even for your sporting team. This month at Unichem Hickeys we are offering a 10% discount to Millwater Mag customers, including businesses, schools and sports teams, on all first aid purchases. We can help you to set up a basic First Aid Kit, or a more advanced one – everyone's needs are different.

We are also able to provide a list of the legal requirements of a First Aid Kit for businesses, depending on your staff size, so come and chat to one of our friendly staff to help you on your way.

The following is a good place to start when looking at your own First Aid Kit:

- Waterproof container, especially important for people on boats and camping
- Disposable gloves – more than one pair is ideal
- Saline solution
- Safety pins, clips or tape all are ideal, as you need something to hold bandages in place

- Rolls of stretchable bandage
- Plasters and dressings; a good selection of shapes and sizes, for simple cuts to large grazes
- Triangular bandage
- Accident (thermal) blanket
- Scissors
- Tweezers
- Cold pack
- Mouth-to-mouth mask
- Alcohol swabs
- First Aid card
- Burn gel
- Antiseptic cream

Hopefully, after reading this article, you go and check out your own First Aid Kit, check everything is in date and not expired. If you are needing anything to replace, or you're simply wanting to start fresh, come in and see us at Unichem Hickeys Pharmacy, mention this article and we will not only help you to update your kit but we will give you 10% off all products First Aid-related!!!

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English classes at Stoney Homestead Term 4

Wednesday: Advance Class 9:30am-12pm. \$9 per session (all cost donated to a fundraising campaign for children in Africa).

Address: The Stoney Homestead, 12 Galbraith Greens, Millwater

Friday classes have been cancelled for this term, but you can still attend the class at Orewa Library: English for beginners 9:30 - 10:30am, free.

For more information, please contact Lulu Wang at 021 618 199 or email: luluwinnz@gmail.com

Stoney Homestead Community Hub

Our full contact information is:

Address: 12 Galbraith Greens, Millwater; Email info@stoneyhomestead.org.nz; Facebook @StoneyHomestead; and Phone 021 0267 9111

Claire Fairweather

Local talented Millwater polymer clay artist and former Millwater Mag interviewee Claire Fairweather continues to enjoy success. She has won two international awards, in a worldwide competition, in two different categories:

Juror's Choice in 'Functional Containers' – 2017 International Polymer Clay Awards

Juror's Choice in 'Wearable Jewellery' – 2017 International Polymer Clay Awards

Claire also sold two of her three entries at the recent Estuary Arts Annual Members' Awards exhibition and is looking forward to further successes this year and beyond.

Cooking Demo at Homestead

"A successful cooking demonstration with Marj Noble and Nita Wong at Stoney Homestead for our lovely Chinese ladies. Pavlova, Anzac Slice, Cheese Scones and Lemon Muffins. It was so good to share some recipes with them. We all enjoyed chatting and sharing stories as we sampled the baking.

It was a mutually rewarding experience for everyone. We all individually stood and spoke about ourselves so that we had a better understanding of our very different backgrounds."

The Bridge to the Hibiscus

Silverdale Pioneer Village presents the Auckland Heritage Festival. Every Saturday & Sunday, 30th September - 15th October, 10am-3pm.

Tired of traffic and motorways? Then take the 'Time Trail' at the Silverdale Pioneer Village and be transported back to an age when life was lived in the slow lane.

Stroll along the pathways of the village gardens, explore villas packed with vintage memorabilia and wander down to our exhibition hall for an audio-visual display on the development of the Hibiscus Coast since the construction of the Auckland Harbour Bridge.

Delicious Devonshire Teas will be available, or bring a picnic.

Youngsters are invited to go on a Bear Hunt (teddy variety) while adults may find just what they are looking for in our 'Treats and Treasures' gift shop (sorry, no EFTPOS).

However you spend your time, you can be sure of a warm welcome from our friendly Pioneer-costumed volunteers.

Gold coin donation appreciated.

mail: sdhs@vodafone.co.nz

Web: www.silverdalemuseum.org.nz

The Noel Crawley Memorial Jazz/Swing Concert

This much-anticipated annual jazz/swing concert returns to Centrestage Theatre in Orewa, brought to you by Orewa Lions Club and supporting Hibiscus Hospice.

This year's line-up includes:

Maggie Gould, Nanny Assis, Mike Walker Trio, Ray Woolf, Maria O'Flaherty & Ben Fernandez Quartet, Billy Kristian and the Orewa College Jazz Band.

Event Details:

Wednesday 11 October – 7.30pm – 10.30pm, Centrestage Theatre Orewa, 60 Centreway Road

Tickets \$40 per person including pre-show canapes and a light supper

Tickets available: Online from the Hibiscus Hospice website www.hibiscushospice.org.nz; Hibiscus Hospice, 2a John Dee Cres, Red Beach; Hospice shops in Orewa and Whangaparaoa; or by phoning Mandy at Lions on 09 426 0586

Event proudly sponsored by Forrest Funeral Services.

Meet the Authors

Join well-known authors for an entertaining afternoon of storytelling and book readings. Delicious high tea, door prizes, books for sale and signings. Featured Authors: Pro Rod MacLeod, Karen Hay, Ann Glamuzina, Gordon McLaughlan, Chrissy Metge, Justin Brown & Louise Groarke.

Event Details:

Sunday 29th October 2pm - 5pm
Whangaparaoa COLlege Auditorium

Tickets available: Online from the Hibiscus Hospice website:

www.hibiscushospice.org.nz

Hibiscus Hospice, 2a John Dee Cres, Red Beach

Millwater 區內情報要點

English classes at Stoney Homestead Term 4

Stoney Homestead英語班第四學期：提高班每周三9:30- 12:00收費每人 \$9元

地址：The Stoney Homestead, 12 Galbraith Greens, Millwater

这个学期星期五课程已经取消，但您仍然可以参加Orewa图书馆的课程 英文初学者早上9:30 -10:30，免费

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

Cooking Demo at Homestead

Diana Lakin: 我与Marj Noble和Nita Wong在Stoney Homestead进行了一次成功的烹饪示范，为我们可爱的中国女士示范 Pavlova、Anzac Slice、奶酪鬆餅和柠檬蛋糕的制作方法。很高兴能够与他们分享我们的食谱，我们一边聊天分享大家的故事，一边试吃当天烘焙的食品。对于每个人来说，这是一个相互回报的经历。我们所有人各自介绍了自己，让我们更了解大家不同的背景。



Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊

地址：12 Galbraith Greens, Millwater

电邮：info@stoneyhomestead.org.nz，聯絡電話：021 0267 9111

Facebook @StoneyHomestead

Claire Fairweather

之前曾被Millwater Mag采访、充滿才華的聚合物粘土艺术家Claire Fairweather继续取得佳績。她在世界級的两场比赛中获得了两项国际奖项：

“功能集装箱”的陪审员獎 - 2017国际聚合物粘土獎

“穿戴式珠宝”的陪审员獎 - 2017国际聚合物粘土獎

Claire还在最近的Estuary Arts年度会员奖展览中出售了她的两个作品，并期待未來有更高的成就。

The Bridge to the Hibiscus

Silverdale先锋村举办奥克兰文化遗产节

由9月30日至10月15日起每个星期六和星期天10 am-3pm

厌倦了繁忙的交通和高速公路？那前來Silverdale先驱村體驗“时间步道”，将生活运回到在慢车道上的时代吧。

沿着村庄花园的路径漫步，探索搭载复古纪念品的别墅，并參觀自奥克兰海港大桥兴建以来芙蓉海岸发展的视听展示。

活動當天會有美味的Devonshire Teas供享用，或可自備食物在村內野餐。

小孩子可在村內找找看被隱藏的泰迪熊布偶，成年人歡迎到我們的禮品店看看有沒有合適的禮品（对不起没有EFTPOS服務）。

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网址：www.silverdalemuseum.org.nz

Bee workshop in Mandarin

全紐第一间华人养蜂协会于9月9日在北岸成立，由陈兆伟老师用大家熟悉的语言，讲出蜜蜂的心声与愿望。陈老师专精于蜜蜂养殖、蜂种保护，蜂产品应用研究等，是东北黑蜂之父韩行舟的关门弟子。协会于即日起开始传授大家如何养蜂及与蜜蜂和平相处；希望大家都不惧怕蜜蜂而与其共生，在上帝赐给人间最后一块净土上，让小小的蜜蜂帮我们做纯净环境的把关。协会会长张树全先生欢迎大家于每周六下午2 - 4时一同来参与学习。地址：11 Haigh Access Road, Redvale

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Itchy bottom? Irritable and grumpy? Restless sleep? It could be threadworms.



Congratulations to Wendy Laurence who was the lucky winner of our Watson & Son premium honey prize. Enjoy.

Threadworm is a common intestinal parasite that is very common in children (40% by age 10) but easily spread to other family members, despite scrupulous hygiene.

Threadworms live in the rectum of humans and may cause an uncomfortable itching around the anus. You get threadworm by ingesting (i.e. swallowing) infectious threadworm eggs.

The eggs are hardy and can remain viable (i.e. infectious) in a moist environment for up to three weeks; they do not tolerate heat well but can survive in low temperatures. Household pets often carry the eggs in their fur, while not actually being infected.

Dust containing eggs can become airborne and widely dispersed when dislodged from surfaces, for instance when shaking out bed clothes and linen.

De-worm tablets containing 100mg Mebendazole is the **treatment of choice** for threadworms. Mebendazole is poorly absorbed from the human gastrointestinal tract so you are unlikely to experience adverse effects. It has been used worldwide as an effective treatment for threadworm for over 30 years.

The tablet can be swallowed whole, chewed or crushed into a

teaspoon and given to children mixed with honey, food, or fruit juice. It is important to treat all members of the family at the same time, even if they show no signs of infection.

Threadworm is **highly contagious** and not all the threadworms in the life-cycle (adults, larvae, and, in particular, eggs) may be killed with one dose, therefore a **second dose** is recommended to be taken later.

De-worm

- 2, 4 or 6 tablets containing Mebendazole 100mg.
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Silverdale School STUDENT COUNCIL

What has been happening this Term?



Student Council Leadership

We have had a really busy term this year with wonderful new leaders running the Student Council. Our new leadership team is Tyler Stickland - Chairperson, Kyra Couling - Vice Chairperson and Adian Beall - Secretary.

Student Council Fundraising

This term, the Student Council have been doing a great job organising and fundraising for events. On Friday 25 August, we held our annual Daffodil Day, where we fundraised to support the Cancer Society. This was another great success, with Silverdale School raising \$757.30. This year we celebrated Daffodil Day a bit differently by getting the whole school to participate in a coin trail, as well as a colouring competition for the Year 1 to 4 students. It was great fun for the whole school to participate in this wonderful day and to support the Cancer Society. We also held a Red Nose Day mufti fundraiser on the last day of term.

Production

Our Year 5 to 8 students have been very busy this term rehearsing, singing and practicing their lines for a production this year. Silverdale School brought the heart of Wonderland to the stage with our production of Alice and Wonderland. This

production followed Alice and her sisters, Edith and Lorina, as they found their way through Wonderland; to help save their magical land from the evil Queen of Hearts, to bring back faith in imagination and to save Wonderland from being destroyed ever again. This was an outstanding show! Thank you to Miss Joyce for your hard work making this production successful.

International Language week

In Week 7, we had International Language Week. We held a Cultural Dress mufti day and guests came into the school to talk to us about different countries. To end the week, we had a performance by Japanese Tamashii Taiko drummers, who were from Japan. They shared wonderful history and explained the origin of drumming from Japan. We also had a visitor from the Korean Education Centre, Daniel, who taught us cultural games and activities from Korea. This was a great experience for the school and a great way to celebrate International Language Week.



It has been a busy Term 3, but we also have another very busy term 4 full of activities, graduation, prize giving, fundraisers and much more. We look forward to this!

By Helena Sharobim

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Recently medical research has emerged, which supports the efficacy of clay and it is becoming increasingly popular as a rediscovered treatment for different health and skincare conditions.

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localclubs

Come 'Have A Go' at Silverdale Tennis Club

Silverdale Tennis is a friendly, long-established club, situated in the beautiful Silverdale War Memorial Park next to the Silverdale Rugby Club. There are 4 floodlit AstroTurf courts and pleasant facilities, providing year-round tennis to young and old. We have Junior, Midweek and Senior Interclub teams available

Our resident coach, Michael Bolander, takes private lessons or group tennis aerobic sessions and coaches junior interclub teams after school time. Haydn Wright coaches the new and slightly older kids, who are not quite to interclub level, at the club on Saturday mornings.

If you would like your child to come along and 'have a go', please contact Junior Club Capt, Sarah Platts-Mills on marcuspm@clear.net.nz or 021 910511 for more details.

Senior Opening Day has recently taken place but you are able to join in on a Sunday Senior Club session each weekend, commencing 10.30am, or a Wednesday evening from 6.30pm.

Contact Senior Club Capt Rob Hale rob@logisticsoftware.co.nz or 021 396202 or President Alastair Stewart alastair.stew@icloud.com or 021 1531684

We also have a Midweek Club, which is open to women and men on a Wednesday morning from 9.30am. Contact Linda Waters l.waters@xtra.co.nz or 09 427 8209

Prospective members are able to come along for 2 free sessions before deciding to join. Please visit the website for more info: www.sporty.co.nz/silverdaletennis

LOOK FORWARD TO SEEING YOU!



Bowls Orewa

Are you presently a lawn bowler or are you interested in becoming a bowler? You may want to consider joining Bowls Orewa, which is centrally-situated opposite the camping ground in Orewa.

Our Club is a very social and progressive club and is one of the largest in NZ, with approximately 280 members; plus, it has one of the best facilities in the Auckland region. We have two near-new artificial greens and one new grass green, so we have a facility where we can play 12 months of the year.

Coaching is available on Wednesday evenings, for both new and existing members.

Rollup bowls are held every Wednesday and Saturday afternoons, plus we hold a 2-4-2 Pairs tournament every Monday and a Triples Tournament every Thursday.

Bowls Orewa has a lounge bar and conference facility available for meetings, birthdays, weddings, conferences etc, and our greens are also available for any company functions.

For those who want refreshments after work on a Friday, our bar is open in the evening, with hamburger and chips available.

During the summer evenings, we hold Business House Bowls on every second Tuesday evening, and new teams are very welcome to participate.

Other than bowls, our club also holds Housie every Friday afternoon.

Should you wish to consider joining our Club and want to discuss it further, please feel free to contact us.

Bowls Orewa Club Contacts:

Phone: 09 426 5937

Email: orewa.bowls@xtra.co.nz

Tony Rickerby - President - 0273 863 082

Murray Vallance - Club Captain - 020 492 5067



CENTRESTAGETHEATRE PRESENTS

Chitty Chitty Bang Bang

This coming October will see everyone's favourite flying car come to life in the New Zealand amateur theatre première musical adaptation of the beloved family film, Chitty Chitty Bang Bang, at Orewa's Centrestage Theatre.

With a cast featuring 46 adults and children, this production follows along a similar vein to the 2016 popular Sound of Music show, appealing to family audiences wanting to watch a fun and adventurous show spectacle.

Directed by Kingsway School's Cherie Perrow, who made her directing debut in Centrestage's 2015 production of Cinderella. Musically directed by Griffin Jenkins, and with choreography by Anna Mortlock, tickets are already selling fast.

The stage musical first appeared in London's West End in 2002, with the 'magic' of Chitty - a car - flying on stage. The cast, crew and production team are excited to bring this magic to the stage in Orewa.

With memorable songs, and plenty of on-stage magic and humour, Chitty Chitty Bang Bang will end 2017's sensational season of shows for the Centrestage Theatre Company.

Tickets are on sale now at www.centrestagetheatre.co.nz, by visiting the box office at the theatre, or by phoning (09) 426 7282.

Tradie of the Month with Maddren Homes

Congratulations go out to Den Coombe from Handle Solutions in Albany. Den is our Tradie of the Month.

Den has an extensive and vast knowledge of all different types of handles, hinges, door stops, locks and closers.

There are many different types of product finishes, depending on the type of environment. Den can be relied on for his expert advice in providing the right product for the right purpose.

He is always extremely helpful and accommodating with our clients and will always find the right solution for them.

Well done Den!

Maddren Homes would also like to thank Western ITM for their continued support, to acknowledge the hard work and dedication of our Tradies.



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SILVERDALE SCHOOL

Country Show Day

Silverdale School's much anticipated annual Country Show Day returns on **Saturday 28 October 2017 from 10.00am to 2.00pm** on the School grounds in Longmore Lane, Silverdale. This year promises to be a fantastic fun event for the whole community, with something for everyone.

The incredibly talented local act Jaime, Melissa and Chet will be performing on the day. They have earned a formidable reputation as some of New Zealand's most dynamic, in-demand entertainers. Millwater's own Sounds of Greece duo Theo & Cristina Simeonidis, will also be there, providing live Greek music and dancing entertainment.

Performing throughout the day will also be All Star Infinity's elite team, Highland Dancers, Performance.net dance and drama and look out for some of the talented children at Silverdale School on stage with a Kapahaka performance, hip hop dance shows and music from the school band.

There is plenty of fun for the children and young at heart; we have some great stalls, rides and activities. If a spot of shopping is more your thing we have a collection of market stalls selling a variety of gorgeous crafts, pampering and giftware.

Back after popular demand is our famous Cow Pie Bingo. Purchase one of 200 tickets for \$10 and if the wonderful Shaleo Valley Highland Cow poops in your square first, you will be \$1000 richer.

How about taking a ride in a Helicopter? Local resident Roy Crane from North Shore Helicopter Training / Orbit Helicopters is offering Helicopter rides at \$70 per person for a 5-minute ride. To pre-book your ride please contact the school PTA on silverdalepta@gmail.com

All that fun will make for hungry tummies. We have a great selection of delicious food options available along with coffee, smoothies and a fantastic cake stall.

Local businesses are generously supporting the school with some wonderful Live auction items including \$5,000 worth of furniture and appliances from Mike Greer Homes, Trueform spa pool and Silverdale Medical Centre a vasectomy once again. Roberts Homes have donated a wonderful custom-made playhouse and we also have an amazing trip for two to Great Barrier Island including return flights and accommodation.

We also have an impressive range items and vouchers from many wonderful local businesses in our silent auctions.

Silverdale School is extremely grateful to Mike Pero Millwater, its Platinum Sponsor of Country Show Day for the third year running Country Show Day.

Thank you also to Total Security Group and Millwater Dental

our gold sponsors and Planning Plus and Giltrap Holden North Shore for their Silver sponsorship this year.

Silverdale School is using funds raised this year to upgrade the school fields, improve some of the play areas and the purchase of new kapahaka uniforms.

Keep an eye on their Facebook page 'Silverdale Country Show Day' in the build up to the day for further details on entertainment, stalls, sponsors and auction items.

If you need further information about Silverdale School's Country Show Day please contact Silverdale School PTA by email silverdalepta@gmail.com.



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millwaterbizbuzz



Millwater residents Joe and Lisa Byrne are award-winning builders of some of the finest homes around and we caught up with these busy people last month.

Lisa has been a graphic designer for House & Garden Magazine and Joe quit working in IT to go back to working for his builder father and learn the skills that stand him in good stead today. In 2001 Joe started working as a project manager for Fletcher's Sierra Homes in Millwater, when they bought their first section in Bartlett Drive and built one of the first houses here, which became Joe and Lisa's home. Early homeowners in Millwater

will remember the time when land and houses were just not selling – at any price; that was the time when Fletcher's withdrew from Millwater and Joe was made redundant.

Undaunted, Joe went back to building and then project managing for a number of the larger building companies before deciding, in October 2014, to form Byrne Homes and build the high-quality homes that far exceed the standard sometimes found acceptable elsewhere. The first Byrne Homes house on Miller Rise saw Joe's former apprentices (now qualified builders) join him, to complete a spec

house that soon sold off-plan. It's a team effort with Joe taking care of the building side of the business while Lisa looks after the design aspects. "We learned to build well and build fast, and we pay attention to all the details. It's been onward and upward since then" Joe said.

Joe and Lisa have built four homes in Millwater with three more currently under construction and there are several more in the pipeline. They build a mixture of Spec Houses as well as Design and Builds. "We take care to custom-design every house to the sites on which they are built – no two houses are the same, because no two sites are ever the same." Lisa says "For us it's about quality over quantity."

All Byrne Homes houses have sold off-plan and attention to detailed finishing has meant no issues after completion. "I am respected as a common-sense problem-solver" says Joe. "Our aim in every house we build is to always exceed expectations."

The second house that Byrne Homes constructed on Miller Rise won the 2017 Master Builder's Gold Award for homes in the \$550,000 to \$700,000 category and then went on to win the overall Category.

Millwater's Byrne Homes have certainly built high-quality houses – and they have also built a fine reputation.

www.byrnehomes.co.nz

holidaydestinations

Exploring Europe with Princess Cruises

On 10 August 2017, my husband and I embarked on our 3-week European adventure, with no kids in tow! We flew from Auckland to Barcelona via Houston and Frankfurt with Air New Zealand and Lufthansa, when we got to experience the A380 aircraft on Lufthansa.

After a good night's sleep, we headed out to explore Barcelona and cross off a few things we didn't get to see last time. This time it was the Sagrada Familia, which is the church designed and started by Gaudi. Construction began in 1882 and is still going – unfortunately, Gaudi died before it was completed.

That afternoon we boarded our ship 'Royal Princess', which would be our home for the next 14 nights. Our Mediterranean and Aegean Melody cruise was going to take us on a journey through history and some of the most beautiful places in Europe.

Our stops included Cartagena (Spain), where we visited Elche the Palm Tree capital; Gibraltar to visit barabary apes and the only place where you can walk across the runway; Marseille (France) to visit the beautiful village of Avignon right on the banks of the Rhone River, and Le Pont du Gard aqueduct, which is a UNESCO site.

Next was Genoa (Italy) on my birthday and I got to visit beautiful Portofino and Santa Margherita, which are located on the Riviera Coastline. From Livorno (Italy) we visited Pisa and did a walking tour through Florence, with a stop to see Michelangelo's David. In Rome (Italy) we caught a train into St Peter's Basilica from the wharf and then jumped on a Hop-on-Hop-off bus, where we visited the Colosseum, Trevi Fountain and Rome's best sights.

Our sixth stop was Sicily (Italy). Our tour took us to Mount Etna to walk around her craters, and then time in beautiful picturesque Taormina with cobbled streets and cute shops. Kotor (Montenegro) was one of our favourite places, cruising through fjords and arriving at the gorgeous town of Kotor, tucked away from the rest of the world.

Next, we docked in Corfu (Greece), where we did a cooking course surrounded by vineyards, Greek music and wine. Beautiful Crete followed; we did on our own thing and just soaked up the amazing atmosphere, enjoyed a wonderful lunch and experienced a fish pedicure. Our last stop was Mykonos (Greece), with beautiful beaches, 16th century windmills and iconic stone houses.

So, if you are looking for your next adventure and you like the idea of unpacking once, not cooking and seeing all these amazing places, then look no further than a Princess Cruise.

If you would like the new brochures, please let me know.

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Possible Private Sale Pitfalls



Selling your home can be a daunting task – and even more so for those who decide to sell their home privately. Many people feel they can save thousands of dollars in commission by selling their home privately. However, there are some considerations that should be taken into account carefully before deciding to take the plunge.

Saving Money or Losing Profits?

People tend to lean towards selling privately in a bid to save thousands of dollars and, while you won't be paying commission to an agent, you need to ask yourself if you will be making money. It's an agent's job to secure you a premium price – not the first price; and, by selling privately, you could fall into the trap of under-pricing or over-pricing your home and having it go stale on the market for a long period of time.

Make the Most of Marketing

Often, people believe that real estate agents place precedence on selling their profile as opposed to your home. However, the use of industry marketing tools can make a big difference in

terms of the number of enquiries you receive.

Those who decide to sell privately can create their own signboard, but a well-recognised, branded sign will be easily identified by prospective purchasers and act as an instant port of call for those who want to make enquiries.

Similarly, anyone is able to list their home on Trade Me, but the benefit of selling through a licensed real estate agent means you will also be listed on their company website e.g. mikepero.com and realestate.co.nz – a popular domain for house hunters that only lists homes sold by licensed salespeople. The Property Press is yet another example of the marketing that is available to you when you sell through an agent, as is the ability to utilise your agent's extensive database of buyers, which can instantly promote your property to a larger pool of buyers.

Negotiation Know-How

Negotiation is a part of real estate that many private sellers may need to undertake – would you feel comfortable negotiating the price of your home and do you think a buyer would be comfortable negotiating directly with the owner of the home, who in many cases would be naturally viewed as biased?

These are just a few of the considerations that you will need to think about before looking to market your own property. Real estate agents are here to assist you in the process of selling, what, in many cases, is your biggest asset and you shouldn't put a price on the knowledge, skills and marketing that you can utilise by working with an agent.



millwatermaltofthemoth



Scotland's Speyside whisky region produces some of the world's finest whiskies, among which is this month's offering. The Glenfarclas 12-year-old is a sparkling whisky, matured in the very best oak casks and I decided to revisit this particularly good old friend.

Colour: Vibrant amber gold.

Nose: Light, creamy oak with dried fruit, butterscotch and manuka honey. Well-balanced spicy sweetness invites you to take a sip.

Palate: Medium- to full-bodied malt, sweet Oloroso sherry with toffee apple, and just the faintest hint of spice and wood smoke.

Finish: High-scoring in this department; long and slightly dry, yet with sweet oakiness and a lingering light spiciness at the end.

Conclusion: I have to agree with the 2017 Jim Murray Whisky Bible score of 94/100 and his words "... a sensational success."

1000ml, 43% ABV, special online target price under \$80 including delivery.

millwaterpropertystats

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

	August 2016	July 2017	August 2017
Number of Sales	17	17	14
Median Sales Price	\$1,257,000	\$1,165,000	\$1,135,000
Highest Sale Price	\$1,600,000	\$1,610,000	\$1,688,000
Lowest Sale Price	\$1,045,000	\$870,000	\$850,000
Average % price to CV	41.65	34.19	33.15
Average Floor Area (sqm)	244	249	241
Weighted Value Index	1401	1374	1391
Average Days to Sell	65	89	81

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

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

Grayson Furniss
Franchise Owner
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millwaterpropertytalkwithGrayson

Unfortunately, as I am writing this, the election is still a week away and the outcome is highly uncertain – in fact, it is uncertain if there will be an outcome. What is clear, in a local sense at least, is that despite the media trying to tell us that the market is tanking, in Millwater it has been business as usual for the last month. In reality, we can see that it has played out largely as we expected, with the short-term drop in sales values caused by excessive available stock and few cashed-up and active buyers being balanced by fewer vendors bringing their property to market.

Available property numbers are slightly lower again and buyers have been enticed by the lower indicated prices, resulting in a higher number of sales relative to listings and some hints towards a firming of prices. That is not to say that prices are necessarily increasing, but the downward pressure seems to have eased.

What does this mean for the immediate and longer-term future of the Millwater market? Without the benefit of understanding the election result, this is a little harder to predict. However, with Labour announcing that most of the scary taxes won't happen until a second term, we can assume a couple of things. In the longer term, there should be no particular sell down of property and, if Labour is in Government and changed the Bright Line test to 5 years, it is likely that many investors would look at holding property longer term, potentially reducing supply. It may also mean that there is a buy-up by investors prior to implementation of the new changes (if they happen).

In the short term, we see a number of vendors looking to bring their property to market over the next few weeks, indicating

that there is likely to be at least a temporary increase in local supply. This may be met by a slight increase in buyer activity as North Shore auction clearance rates (a key indicator) have shown a slight improvement in recent weeks, meaning more cashed-up buyers considering Millwater. This change has been felt at open homes, with an increase in buyers willing and able to make offers.

It would be worth pointing out that the current position of a more stable market is a tenuous one at best. It will not take much to knock the market towards the low turnover and downward-pressure buyer market that we have experienced for the last six months or more. Any slight upward price pressure in the market will be immediately reversed if there is a flood of vendors putting their property on the market, trying to cash in. Equally, it would seem highly unlikely that we are going to see a return to the days of double-digit annual price increases. We see annual changes in the -5 to +5% range being the norm for quite some time.

My advice always remains the same: the best time to sell your house is when you and your family are ready. Trying to pick the market changes is akin to trying to catch a falling knife.

Feel free to call to discuss how the current market changes are likely to impact you and your property.

Grayson

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- stunning kitchen with large breakfast bar and ample benchtops space all in functional yet stylish engineered stone, walk in pantry, large 900w oven with gas cooktop, rangehood and dishwasher
- additional separate lounge or media room, perfect for allowing some separation of age groups plus a guest WC on the ground floor
- third living space on 2nd level, lovely as a sun drenched reading space or third TV room
- four double bedrooms on 2nd level all with ducted air conditioning
- master bedroom with walk in wardrobe and ensuite



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Vanessa Jardim
021 614 771
vanessa.jardim@mikepero.com



Max Zhang
021 521 888
max.zhang@mikepero.com

Better than new!

This beautiful six year old Fletchers built property is perfectly positioned in one of Millwater's most desirable streets. Immaculately maintained and landscaped, this executive home features high-quality materials and fittings, and you will soon discover that this is a home of both substance and style. The current owners have added a long list of extras and improvements, including a stunning outdoor entertainment space with seamless indoor/outdoor flow, designed to meet today's expectations for a relaxed and easy lifestyle.

For Sale
By Negotiation



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grayson.furniss@mikepero.com



Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com

Web mikepero.com/RX1227501



Millwater- 11 Whaley Greens 4 2 2

Millwater- 23 Bankside Rd 4 2 2

Single Level and Elevated With Views

For Sale
By Negotiation

If you have been looking for the 'one', this wonderful Millwater property could well be it. North facing, warm and sunny, elevated with views and single level.

- 2 year old GJ Gardner home
- Warm and sunny master suite with ranch slider
- North/west facing outlook over rural areas
- Stylish kitchen including butlers pantry
- Separate lounge
- Fully fenced with large side access gate

Web mikepero.com/RX1176765



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



Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com

Only five years old, this classic single level brick, tile and weatherboard home offers three bedrooms, two bathrooms (one of which is an ensuite) plus a separate laundry and functional open plan living area flowing out to a sunny, north facing patio. Ideal for the savvy investor, empty nester or young family looking for a quality home in Millwater. Buy with confidence knowing this brick and tile beauty, built by Sentinel homes, will stand the test of time.

For Sale
By Negotiation



Vanessa Jardim
021 614 771
vanessa.jardim@mikepero.com



Max Zhang
021 521 888
max.zhang@mikepero.com

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www.mikepero.com/RX1264050

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www.mikepero.com

SOLD

4 Vera Court, Millwater

From our vendors...

I would like to thank all of you for your professionalism with regards to the way the sale of our house was conducted in perhaps not so normal circumstances as I was abroad for most of the duration. The initial estimation of the price we could expect was reasonable and indeed the final sale figure was within the range and within the expected timeframe initially quoted. Open homes were conducted regularly and we had good volumes through the house most weekends. The video and house photographs were most professional and the presentation enhanced the layout and description of our property. Communication was regular and e-mails were always responded to in a timely manner.

Thank you once again and I would be happy to recommend your company considering the service we received.

Best regards
Ivor

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Eyebrow Microblading



Eyebrows are arguably the most important facial feature. If you are not satisfied with the eyebrows you have, then there are a number of ways to update them. However, the most natural option is feather touch or microblading.

Microblading (feather touch, feather stroke, embroidery) is a temporary 3D eyebrow tattoo for anyone wanting to enhance or create eyebrows from scratch.

Feather touch is done with a manual hand piece (microblade pen) and sterile disposable fine blades that are used to deposit pigments into the epidermis. Each eyebrow hair, placed one

by one, is carefully etched into the skin to mimic an eyebrow hair stroke. Pigment, which is medically designed for human skin, is used (NO ink).

This process takes around two hours to complete.

The first step is to use a pencil to draw an eyebrow shape (which is the shape most suited for the client's face).

Colour options are the second most important part of the consultation. No two colours are the same; they are individually mixed to suit your skin tone and under tones.

Before the feather touch procedure begins, a topical numbing cream is applied to the area, to minimise discomfort. Some clients may feel a slight discomfort during the procedure. If this occurs, then the therapist would apply a numbing gel so the treatment will be pain-free.

After 4 to 6 weeks, we recommend a touch up for all clients (a 2nd session, which is included in your package deal at Beauty Aspects Ltd). The result is very beautiful, natural and flawless.

Over a period of 12 to 18 months the colour slowly fades as the skin naturally exfoliates. A touch up once a year is recommended in order to retain the shape and saturation of the pigment.

Amelia
Beauty Aspects (see her advert on page 9)

Millwater ROWENAs



The August outing for eleven of the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was to the Wade Tavern, in Silverdale. This outing was kindly organised by Diane Morland, so thank you Diane.

Thankfully, it was a reasonable day and we all managed to keep dry. The 11 ladies who attended ensured that, as usual, the conversation was in full flow as we discussed a broad range of subjects. The selection of meals was varied and tasty, but a small word of warning: be aware that for the Thai rare beef salad, the beef may be rather rarer than you might like.

There are only 8 ladies in the photograph as Gaby and Beth had to leave a little earlier, and I (Margaret) took the photograph.

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Financial Security - Part 2



There is no definitive dollar value that determines financial security. Instead, it is being in a position where a financial crisis does not significantly impact your lifestyle. The 3 basic principles are:

1. covering your current expenses;
2. being prepared for significant unplanned expenses or financial loss; and
3. setting yourself up for retirement

In last month's discussion, we covered the benefits of planning and implementing a budget – learning how to manage your expenses to fit within your current income. This month we focus on the second principle – being prepared for significant unplanned expenses or financial loss. This could be anything

from a hefty car repair bill to essential travel due to illness in the family. Financial loss could be caused by illness, redundancy or a failing investment or business.

When financially challenged, we might rely on the goodwill and support of friends and family. However, this is normally a short-term solution. We could sell assets, such as a boat or caravan, but this would mean compromising your lifestyle.

We cannot possibly prepare for all financial misfortune, but we can establish some backup plans:

- Build an emergency fund. This requires the discipline of putting aside a fixed amount every month. In your budget planning, treat this as a fixed expense – it need not be a large amount, just what you can afford. Watch it build up over time!
- Avoid building up debt. Having credit facilities is convenient but we should not be tempted to over-extend our spending. Even when faced with significant expenses or loss of income, you will have a commitment to service your debt. Deferring or reducing debt repayments could lead to being indebted for a longer period and possibly more expensive financial repercussions.
- Invest in insurance. We can insure our car, house and contents for loss and damage. With a personal protection plan we protect ourselves, our families and our lifestyles. Insurance provides peace of mind, providing your cover is relevant to your needs and reflects your liabilities and net worth.

As discussed, we cannot possibly prepare for all financial misfortune as there might be situations where the financial requirement exceeds the funds available. By implementing some or all the initiatives outlined above, having some money available will help alleviate the stress of any given situation and this will provide some financial security. Next month, we will cover ways to set yourself up for retirement.

Valentina Pereira is a Registered Financial Adviser and a member of the Institute of Chartered Accountants in England & Wales. The comments above are her personal opinions and are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on valentina@mirockfs.co.nz or 021 627 802.

Do any of these describe you?

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

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When was the last time you reviewed your insurance?
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Adaptive Cruise Control



By way of a change this month, we decided to look at just one of the many motoring technology advances and how they can improve our lives and our safety.

All cars nowadays have a crash survivability rating, certified by a number of national and international standards organisations, including the Australasian New Car Assessment Program (ANCAP). However, important although it is to know about crash survivability, let's consider instead one of the modern technological features that can help prevent accidents in the first place.

Many have been around for years: Anti-lock Braking Systems (ABS), Electronic Skid Control (ESC) and Electronic Brakeforce Distribution (EBD). Adaptive Cruise Control (ACC) is another feature

and there are many other electronic aids that help keep us safe on the roads. Expensive, well-specified and -equipped cars tend to have all of the best features, but we went in search of a more moderately priced vehicle that still offered all of the best safety features. We have been privileged to drive the latest, top-of-the-range Škoda Kodiaq 4x4 Style, provided by Giltrap Škoda in Henderson.

We had never used Adaptive Cruise Control previously, so we headed out into Auckland's morning rush hour. The SH1 traffic was light enough at Millwater to be able to reach the 100kph limit and then switch on ACC. However, we soon caught up with the traffic and the Kodiaq began to slow, all by itself. With fast-beating heart, but trusting the

technology, we didn't touch the brakes at all – yet remained at a safe distance behind and travelled at the same speed as the car in front. The car in front slowed and stopped – and we did too; still with no foot on the brakes. Wow! ACC really does work!

The next discovery is that the Kodiaq automatically applies the parking brake when you are stopped, so you don't have to keep your foot on the brake (very useful on a gradient). On top of that, the engine cuts out too – meaning no pollution whatsoever when you are stopped. Once the traffic in front sets off again, a gentle dab on the accelerator starts the engine (the car stays in Drive when you and the engine are stopped), the parking brake releases and you are on the move again, still with ACC active.

Being able to relax when driving is probably the most important safety feature, since a stressed driver is more likely to make mistakes. Thanks to the Giltrap Škoda Kodiaq, we were never stressed and were able to enjoy the drive – even in the morning rush hour. Is this a case of one type of ACC avoiding the need for a claim on another type of ACC?

There are many more of the Kodiaq's amazing comfort and safety capabilities yet to be trialled. One thing is sure: the Škoda Kodiaq is a very highly-specified 7-seat 4x4, with features you would expect only in cars costing twice the price, or more.



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timlawrence Fishing Spot



The boat has a new winch, anchor rollers, LED cabin light and some general R&M. Now all we need is a weather window to get out there.

We did manage one morning trip out for a scallop dive on Saturday and it was a magic day at that. We poked our nose around the corner of the Peninsula and there were gannets bombing in the channel just 15 minutes from the boat ramp! Our mission was to scuba dive for scallops but it was too hard not to stop for a few drifts before we hopped in the water. The bite was quite good and it wasn't long before we landed 13 snapper, a John Dory and a kahawai. I even landed a good-sized kingfish on my soft bait gear, which I managed to get it right beside the boat before Seth Gleeson kindly released it for me; what a pal. I'd say the fish was at least a metre long (it gets bigger every time I tell the story). Sadly, the tide changed and the fish went off the bite, so it was time to hop in the water.

My wetsuit is at least 10 years old and has a few holes in it from climbing over the rocks over the years and the 16c water was running up my back every time I lifted my arm to pick up a scallop. This made for a very cold dive but we got our limit and they were nice and orange too.

Our next outing is with the Northern Union Fishing Club to Kawau Island overnight. Let's hope it stops raining before then!

Tight lines!

Well, the fishing has certainly warmed up with the weather. Unfortunately, the winds are still causing a nuisance for getting out wide – but hopefully it will settle by Labour weekend, ready for us weekend warriors to hit the water.

This month has been tough for us to get out for a decent fish, so I have spent my weekends buying new tackle, checking my reels and reorganising my tackle box ready for summer.

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WHAT IS AGE-RELATED MACULAR DEGENERATION (AMD)?

by OPSM Silverdale

Age-related Macular Degeneration (AMD) is one of the leading causes of vision loss in individuals over 60 years old, and around 25% of people over the age of 75 are affected by this condition. It describes a deterioration of the central portion of the retina, known as the macula. The retina is the light-sensitive layer in the back of the eye which reads the images that we see, and therefore, when the macula is damaged, our central vision is impaired.

There are two types of AMD. The more common form is dry AMD, which is characterised by the presence of small deposits called drusen on the macula. Dry AMD usually shows a slow progression rate, with less severe effects on the vision. Early symptoms can be very subtle, such as a blurring of vision and difficulty reading, but, as the condition progresses, this can develop into larger dark spots in the central vision. Wet AMD is less common but more severe, and patients normally notice visual distortions, such as

straight lines appearing wavy or crooked.

The direct cause of AMD is not known. However, there are a number risk factors for developing the condition, including increasing age, high blood pressure or cholesterol, and smoking. There is also a hereditary link to this condition; so, if someone in your family has it, you may be at higher risk.

Currently, there is no treatment for dry AMD, but progression can be slowed through healthy lifestyle choices such as good diet and, in some cases, by taking a specific mix of antioxidant vitamins. Wet AMD can be treated by a specialist with laser surgery, photo-dynamic surgery, or most commonly now through a course of intraocular injections. These treatments are not a cure for the condition, but instead are aimed at preserving the vision that remains.

Advancements in technology, such as retinal photography, allow us

(Optometrists) to now more accurately monitor any macula changes in order to detect even early, asymptomatic stages of degeneration. With the development of new treatments showing such promise, this early detection is very important, which is why we recommend scheduling a regular eye examination every two years.

An Amsler grid is a quick and easy way of monitoring the health of your macula. It is a simple black and white grid that you look at. Magnetised versions are available for you to pop on your fridge for convenience.

Pick up a FREE Amsler Grid to take home at OPSM Silverdale (near Countdown in the new Silverdale Centre) or, if you have any questions or concerns, please feel free to pop in and see James or Jessica (Optometrists)



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Come on down and get behind a good cause

“Keeping Abreast” is a group exhibition featuring a wide range of artists working in multi-media, who have created artworks that respond to the theme of Breast Cancer and body image, to help raise awareness of this disease. Estuary Arts Centre is a proud supporter of the New Zealand Breast Cancer Foundation and will be selling Pink Ribbon merchandise and a handmade pink ribbon-inspired quilt by Sarah McDonald, to fundraise for this cause.



Contributing artists include Beatrice Carlson, Jeff Thomson and Bev Goodwin, all WOW Award winners, who will be displaying their Bizarre Bras. LeeAnn Thoresen will be showing 3 mixed media corsets titled 'our voices'. She interviewed ladies attending the Mauri Ora Breast Clinic and asked them to write down their thoughts on body image (these ladies were undergoing treatment for various stages of breast cancer). LeeAnn then hand-embroidered each one of their comments onto mulberry paper, turning them into corsets to represent the fragility as well as the strength of the human spirit. Ian Miller, a local video artist, has put together a short documentary in which he has interviewed a range of local Hibiscus Coast residents and asked them to talk about what they like and what the dislike about their bodies, in a candid video that will be part of the exhibition.



This exhibition will be a feast for the senses, with clever and engaging topics for the viewer to engage with.

Mums and Dads – Yes, it is school holiday time again! The October School Holiday programme for children aged 5 years and up runs from 02 to 13 October and offering a range of classes; from painting, mixed media, making goos and slimes, clay, mosaics and drawing. Book for a half day, a full day or for three days. Booking is absolutely essential, so contact the Centre by phone 09 426 5570 or email admin@estuaryarts.org. A full programme is available online at www.estuaryarts.org

Estuary Arts will also be running a Public Art Day on Friday 13 October, from 10am to 2pm. Come on down and make a creative, recycled Nespresso pod piece of jewellery or a keyring.



estuary arts centre

27 Sept - 29 Oct

“Keeping Abreast”
A body image and Breast Cancer awareness group Exhibition

“Waders & Wonders”
Hibiscus Coast Forest and Bird Exhibition, Walks and Talks Programme

“Spring”
October School Holiday programme
02 - 13 October

Suitable for children 5 years and up
Booking essential

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

Millwater Women’s Group

Millwater Women’s group met at Stoney Homestead on Wednesday 16th August, when Diana Lakin organised House of Travel Albany to come along and talk to us. The talk was fascinating and gave us many insights into the joy of cruising and some really good inside tips on how to get the very best out of the experience. House of Travel brought their cruise specialist and lots of glossy books to pore over later. We are all saving hard for one of their cruises asap!

Next month another local, Kathryn Tyrell, is coming to show us the art of card-making. Next on our plan is a joint morning tea with the Chinese Ladies’ group. We are so lucky we have the Stoney Homestead for community groups to use – and especially lovely to get two groups together who meet regularly at the Homestead.

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

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Saving Lives at Sea

And we certainly do that; helping approximately 362 people last year get home safely.

Coastguard Hibiscus are gearing up for their fourth Annual Charity Auction, which is being held on Saturday 14 October at Gulf Harbour Country Club at 6.30pm.

Tickets are \$70 pp, which includes a 3-course buffet dinner, complementary drink on arrival, live music – and lots of live and silent auction items. This year, we are hoping to raise \$30,000 to install a fixed-mount, forward-looking pan and tilt marine thermal (infrared) camera, which will hugely aid our ability to identify targets at night or in fog.

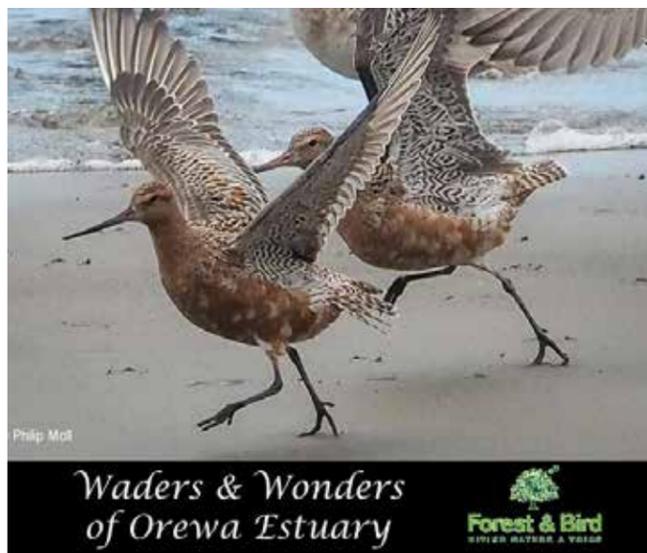
We would love to see you at our upcoming auction or to hear from you about a possible donation of items. If you are unable to join us on the night, please spread the word, tell your friends, and help us make the evening another enormous success for our unit.

Tickets are available by emailing hibiscuscoastguard@gmail.com or by phoning 09 426 0406.

We look forward to hearing from you.



Waders and Wonders



Waders and Wonders of Orewa Estuary, an exhibition opening at the Estuary Art Centre 30th September, and running through to 29th October, will be portraying the birds, plants and marine animals of the Orewa Estuary. "Forest and Bird Hibiscus Coast envisaged this exhibition over a year ago," says Pauline Smith, "to raise awareness amongst the community about this amazing environment. The Orewa Estuary complements the Pest-Free Peninsula project and, when animal pest control is complete, will be an important part of the North West Wildlink programme."

Under expert guidance from Val Cuthbert, 3 successful printmaking workshops were held and the 30 resulting prints will be on display, and all for sale. Additionally, there will be a mural, and Silverdale School is supporting this part of the project with years 1,2,3 and 4 students all displaying a drawing supporting the estuary. Visitors to the exhibition are invited to add to the mural (all colouring materials supplied courtesy of Staedtler and The French Art Shop).

Forest and Bird have had amazing support for the exhibition, with 3 photographers; Philip Moll, Matt van der Linden and Donald Snook, offering outstanding images of the birds to be found in the estuary. There is also a selection of photographs of birds that should be living in the Estuary and currently are not. These birds should appear of their own accord when the animal pest control is underway on a consistent basis. iSee Video have created a film that will be running throughout the exhibition, highlighting which birds use the estuary, and those species we want to live here, and the animal pests to be removed for this to happen.

Support has been received from Auckland Council and the Hibiscus and Bays Local Board, and the conservation plan Council has had written will be presented at one of the 3 talks Forest and Bird will be hosting over September and October. There will also be 3 walks around the estuary; one on plants, one on bird photography and the third on the wading birds. The opening of the exhibition coincides with the arrival of the Eastern bar-tailed godwits, arriving after their long flight from Siberia, where they have nested in the northern summer. Come and read about their journey.

People wishing to volunteer to support the bird count or pest eradication can leave their details at the exhibition.

Millwater ROMEOs



The September outing for eleven of the Millwater ROMEOs (Retired Old Men Eating Out) started with a car-sharing drive to Wenderholm Regional Park. There, we were privileged to attend a detailed talk by the daughter of the last owners of Couldrey House, Carolyn Reid. Carolyn took us through the history of the six owners of Couldrey House; from Robert Graham who built his first house there in 1857, to the last owners Tim and Brenda Couldrey. Fortunately for future generations, and despite the best advice to demolish the old homestead, Tim and Brenda Couldrey decided to restore the house to its former glory, completing the restoration in 1960. Couldrey House displays, in a very practical and informative manner, the chronology of its evolution.

After looking around the house and gardens, the ROMEOs went to lunch at Farida's Café and Bar in Orewa, where we had a recap of our morning over a pleasant meal. Next stop to Coffee General in Millwater, where owner Hans Pronk gave a demonstration of all things coffee-making, both espresso and filter. Our group then sat down to enjoy some of the product and the odd sweet delight available at Coffee General.

All agreed that this had been a comprehensively excellent day out; culture, café and coffee!

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Retirement Villages



People approaching or at the retirement age often take stock of their circumstances, and consider whether their current property is meeting their needs. A popular decision by many is to purchase a license to occupy at a retirement village.

Purchasing a right to occupy unit or an apartment in a retirement village is a complex financial and lifestyle decision. It is a requirement that any person who purchases a right to occupy obtains independent legal advice before signing an Occupation Right Agreement. Given the complexities of such a purchase, it is easy to see why the government has imposed this requirement.

The main similarity between most of the retirement villages is that when you purchase a unit, you are purchasing a 'right to

occupy' the unit and you do not get legal title to the unit. The legal ownership of the unit remains with the retirement village. It is quite different to the traditional form of home ownership.

One of the main implications is that in most retirement villages you are not entitled to any increase in capital gain of the unit over time, and you usually get back less than what you paid in. When you leave the unit and sell your interest, you or your estate will usually be reimbursed the initial amount you paid to purchase the right to occupy, less a 'deferred maintenance' or 'management' fee, usually up to 30% of your initial contribution. Therefore, if you pay, say, \$600,000 for a right to occupy, you or your estate may only get \$420,000 back when you vacate the unit, depending on the length of time you have lived in the unit. Some retirement villages even expect vacating residents to shoulder any falls in price as well as the deferred maintenance fee. In addition to these costs, residents pay ongoing weekly or monthly fees for the running of the village; including maintenance, staff costs, insurances and utility bills.

Moving into a retirement village can be an exciting and positive lifestyle change. Each retirement village is different, so it is important that you do your homework on all of the different villages and consider the benefits, the financial returns, and the lifestyle that is offered by each.

Feel free to give the friendly team at Simpson Western Silverdale a call on 09 421 0559 and we will be more than happy to help you.

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Random Acts of Kindness



Once in a while I have people come to me saying they are feeling a bit confused. "I just helped an Asian-looking lady on the street, but she was staring at me instead!" or "I was trying to offer my help to a Chinese gentleman but he ran away..." another would say.

One of the fabulous things about New Zealand is that people are often friendly; especially in Millwater, the "pay it forward" spirit is pretty strong. This, however, is a new concept to people who come from high-density cities, where people don't usually have many interactions – sometimes people even treat strangers suspiciously. That probably explains why they do not have any skills of how to react to the random act of kindness, and, together with the language barrier, often the first reaction is "run"!

Before I returned to NZ permanently, I had been living for 7 years in an apartment with 4 units on each floor. Shamefully, I did not know the names of my neighbours, what they did for a living, or how many members were in their family.

We nodded and smiled when we met each other, but the interactions usually ended here. It doesn't mean we are being rude; it is just because, when people are living so densely packed, a mutual understanding of not interfering with others has developed. Moreover, the only time neighbours can interact is waiting for the lift and in the short lift ride. Once the lift arrives at the ground floor, everyone immediately disappears into a sea of people. Community activity is rare, as people use up most of their time just to "survive" in the city. Picnic in the Park? It's a luxury (provided there is a park nearby).

My first-hand experience: I spent my first trimester in Hong Kong when I was pregnant with my elder boy. One day, while walking on the street with my husband, I felt very sick and passed out. In less than a second, a man rushed to us and offered his help but the first thing he did was try to take away my handbag. Fortunately, my husband was smart enough and did not fall into the trap. Since scams can be anywhere on the street, people think twice when someone comes and offers to help.

I am not writing this to scare you, nor to ask you to stop offering help to others on the street. In fact, I am writing this to appreciate your kindness, and assure you that you are doing a fabulous thing, as one life can change many lives. Today, your random act of kindness will become the seed that implants into people's hearts, and soon you will see it blossom.

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

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Recipes from Millwater residents



Bliss Balls

Today I re-created one of my fave bliss balls, in a nut-free version. I went a bit crazy activating sunflower seeds on the weekend, and was so excited to use them as they are just delicious.

So here it is... Nut-Free Zesty Lime & Coconut Bliss Balls:

2 Cups Activated Sunflower Seeds

1 Cup Desiccated Coconut

8 Medjool Dates

Pinch Salt

4 Tablespoons Lime Juice

Zest of 2 Limes

Blitz all together, roll into balls, then more desiccated coconut. Chill before serving, or freeze and throw into lunchboxes straight from the freezer!

Great for school, Kindy, preschool etc.

Claire Cameron

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



Garlic beef eye fillet with 'red' rice (serves 2)

Ingredients:

500g eye fillet
2 cups of rice
4 tablespoons tomato paste
1 cup diced onion
1 tablespoon raw sugar
1 teaspoon Worcestershire sauce
Minced garlic
Mixed herbs
Soy sauce

To Make:

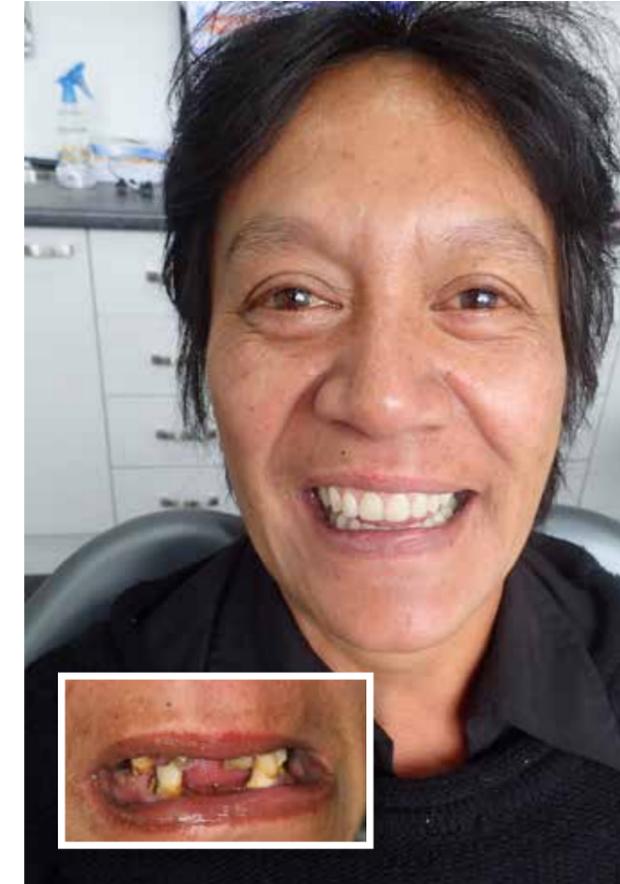
1. Cook rice: for best results, let it cool down completely before frying, or put in fridge the night before
2. Cut eye fillet into large cubes, pan-fry with minced garlic, 1 tablespoon soy sauce and a pinch of salt until medium rare. Set aside
3. Make the sauce in a bowl by mixing tomato paste, Worcestershire sauce, raw sugar, herbs, 1 tablespoon soy sauce and 2 tablespoons of water together
4. In a saucepan, sauté onion until soft, add more minced garlic
5. Add rice to saucepan and fry with onion and garlic for about 2 minutes
6. Add the sauce into rice, fry until the rice is evenly covered with the sauce
7. Serve with diced beef and veg

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

Happy Cooking!

Nita Wong

Win the Smile Makeover of a Lifetime!



Are you unhappy with your teeth? Do you feel self-conscious about your smile? For Sophie Turgoose, who used to hide her teeth even from her own family, life has changed forever thanks to a smile makeover completed by Dr Kuzmanovic and Dr Wallis of The Dental Suite in Silverdale. As this year's winner of More FM Rodney's 'Fix My Smile' competition, Sophie's pearly whites have undergone an amazing transformation. If you'd love the chance to have your smile made over by the specialists on The Dental Suite team too, you are in luck!

Because of the success of the 'Fix My Smile' competition, and the huge number of people who applied, More FM Rodney is now running a sequel to this wonderful prize. Our team at The Dental Suite loved being a part of the competition so much the first time around, that we have once again joined up with the More FM crew to deliver a smile makeover to another lucky winner!

'Fix My Smile Too!' kicks off on Monday, 9th of October. If you'd like to enter this awesome contest and be in with the chance of winning the smile makeover of a lifetime, head to More FM's website (morefm.co.nz) for more details and to fill out the online entry form, available from the start date.

If you have any questions about your teeth, your smile, and what we can do for you, contact us on team@dentalsuite.co.nz, or phone us on (09) 426 5262 – we'll be happy to help and provide the answers you need.

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Dan's Tips

October 2017



Get those summer veges in - tomatoes, chillies, capsicums and herbs are all ready to be planted into your garden.

Don't forget to fertilise your young seedlings regularly to boost your crops.

Growing Food

- **Top of the list – summer vegetables!** Plant tomatoes, capsicum, chillies, zucchinis and aubergines can be planted into your garden now.
- Tender **cucumbers** go in later this month or under a protective frame.
- **Herbs that save money:** grow your own French tarragon, dill, coriander, sage and parsley.
- **Liquid fertiliser:** Use it at planting time to boost young seedlings at their roots and then regularly at fortnightly intervals.

Lawn

- **Sowing a new lawn or renovating your lawn after winter:** see our friendly and knowledgeable staff at our yards. We have Prolawn products for every purpose – the products lawn professionals use.



It's the month to plant tomatoes

Make sure to stake up vine varieties - they grow very fast.

Don't crowd tomato seedlings - they need to space to spread out.

Best way to plant tomatoes

- **Most tomato varieties are tall-growing vine types.** Putting in a least one stake 1.8m high at planting may look silly, but is great for training your plants as they grow quickly.
- **Grafted tomatoes,** often called Supertoms, have been grafted onto rootstock that 'supersizes' your plants. Give them lots of space, a strong framework of several stakes, or anchor them against a warm wall.
- **In windy sites or pots where space is limited,** grow 'Baxter's Early, a good-sized cocktail tomato that is a tough plant and should fruit around Christmas.



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dates for your diary

- Every Wed** Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See
www.parkrun.co.nz/millwater for more details
- Every Thurs** New to NZ? Orewa Library hosts
a very informal conversational English group for
new immigrants, every Thursday from 3.30 – 4.30pm
in term time. This is a free session with a qualified
ESOL teacher. We chat about Kiwi customs, health,
shopping, neighbours... all kinds of things which
are relevant to our daily lives. Children are welcome!
Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney
Homestead Community Hub, Galbraith Greens • 1st
Weds every month 6pm • 3rd Thursday every month
7pm
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am
noon • Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm
All welcome - classes for beginners to advanced so
just turn up and bring your uke for a night of com-
munity fun! Enquiries/book a spot, call Avon
Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of
each month** HBC Grandparents Parenting Grandchildren
support group • 11am - 1.45pm • Red Beach
Methodist Church • Free group offering support,
friendship, guest speakers and lunch • Further
details contact Sonia 0274 802 287
- 4th Tues o-
each month** Zonta Club of Hibiscus Coast, not-for-profit ser-
vice club • Dinner meetings with guest speaker
The Wade Hotel, 2 Tavern Road, Silverdale •
6.00 pm • Visitors are most welcome • Contact
hibiscuscoast@zonta.org.nz
- Every school
term Tuesday** Crafts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 12pm • \$2 for morning tea & craft
creche provided
- Every school
term Friday** Arts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 1pm • \$2 includes morning tea •
suitable for beginners
- Every Tues** Hibiscus Coast Rock & Roll • Whangaparaoa Hall •
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dancing • Further info on our website & Facebook.

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



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Motoring & Boating

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Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087

Florists

Flowers by Joanne	09 426 5287
Fleurette Florist	09 421 0505

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Food, Entertainment & Recreation

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Wainui Golf Club	09 444 3437
Culinary Lane	022 400 3001
Centrestage Theatre	09 426 7282
Kingsway Shopping Night	shop4christmas.co.nz
Northern Union	09 426 2651

Printing

Treehouse Print	027 4986 202
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Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	09 929 7824
Forrest Funeral Services	09 426 7950

Insurance / Finance / Accounting

MiRock Financial Services	021 627 802
MTF Vehicle Finance	09 421 0335
UProtectNZ Insurance Services	09 528 872

Pets

Millwater Vet Hospital	09 427 9201
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Mortgage Adviser

Mortgage Studio	09 428 2223
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Medical

Coastcare Urgent Care, Red Beach	09 427 9130
Focus Hearing	09 533 6463
Orewa Medical Centre	09 426 5437

Dental

The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518

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Fusion Dance Studio	09 428 3132
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Life Pharmacy Orewa	09 426 4087

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Sun 1 Oct	04:08 2.4 m	10:27 0.8 m	16:53 2.5 m	23:00 0.8 m	Mon 16 Oct	05:02 2.8 m	11:12 0.5 m	17:32 2.9 m	23:47 0.5 m
Mon 2 Oct	05:07 2.5 m	11:25 0.8 m	17:46 2.6 m	23:52 0.7 m	Tue 17 Oct	06:03 2.8 m	12:12 0.5 m	18:27 2.9 m	-
Tue 3 Oct	06:03 2.6 m	12:17 0.7 m	18:35 2.7 m	-	Wed 18 Oct	00:42 0.4 m	07:00 2.9 m	13:05 0.4 m	19:19 3.0 m
Wed 4 Oct	00:40 0.6 m	06:55 2.7 m	13:05 0.5 m	19:21 2.9 m	Thu 19 Oct	01:32 0.4 m	07:51 3.0 m	13:53 0.4 m	20:07 3.0 m
Thu 5 Oct	01:27 0.5 m	07:44 2.8 m	13:50 0.4 m	20:06 3.0 m	Fri 20 Oct	02:19 0.4 m	08:38 3.0 m	14:37 0.4 m	20:53 3.0 m
Fri 6 Oct	02:13 0.4 m	08:30 3.0 m	14:34 0.4 m	20:51 3.1 m	Sat 21 Oct	03:02 0.4 m	09:22 3.1 m	15:19 0.4 m	21:35 3.0 m
Sat 7 Oct	02:58 0.3 m	09:15 3.1 m	15:18 0.3 m	21:37 3.2 m	Sun 22 Oct	03:43 0.4 m	10:03 3.0 m	16:00 0.4 m	22:16 2.9 m
Sun 8 Oct	03:44 0.2 m	10:01 3.2 m	16:04 0.2 m	22:25 3.2 m	Mon 23 Oct	04:22 0.4 m	10:42 3.0 m	16:39 0.4 m	22:56 2.9 m
Mon 9 Oct	04:31 0.1 m	10:48 3.2 m	16:52 0.3 m	23:13 3.2 m	Tue 24 Oct	04:59 0.4 m	11:21 2.9 m	17:20 0.5 m	23:35 2.8 m
Tue 10 Oct	05:19 0.1 m	11:37 3.2 m	17:43 0.3 m	-	Wed 25 Oct	05:37 0.5 m	12:00 2.8 m	18:01 0.6 m	-
Wed 11 Oct	00:04 3.1 m	06:08 0.2 m	12:28 3.1 m	18:37 0.4 m	Thu 26 Oct	00:14 2.7 m	06:17 0.6 m	12:41 2.7 m	18:46 0.7 m
Thu 12 Oct	00:57 3.0 m	07:01 0.3 m	13:24 3.0 m	19:35 0.4 m	Fri 27 Oct	00:56 2.6 m	06:59 0.7 m	13:26 2.6 m	19:34 0.8 m
Fri 13 Oct	01:54 2.9 m	07:58 0.4 m	14:24 2.9 m	20:38 0.5 m	Sat 28 Oct	01:41 2.5 m	07:47 0.8 m	14:16 2.6 m	20:26 0.8 m
Sat 14 Oct	02:54 2.8 m	09:01 0.5 m	15:27 2.9 m	21:43 0.5 m	Sun 29 Oct	02:30 2.5 m	08:41 0.8 m	15:10 2.5 m	21:21 0.8 m
Sun 15 Oct	03:58 2.8 m	10:07 0.5 m	16:31 2.9 m	22:47 0.5 m	Mon 30 Oct	03:25 2.4 m	09:40 0.8 m	16:06 2.6 m	22:17 0.8 m

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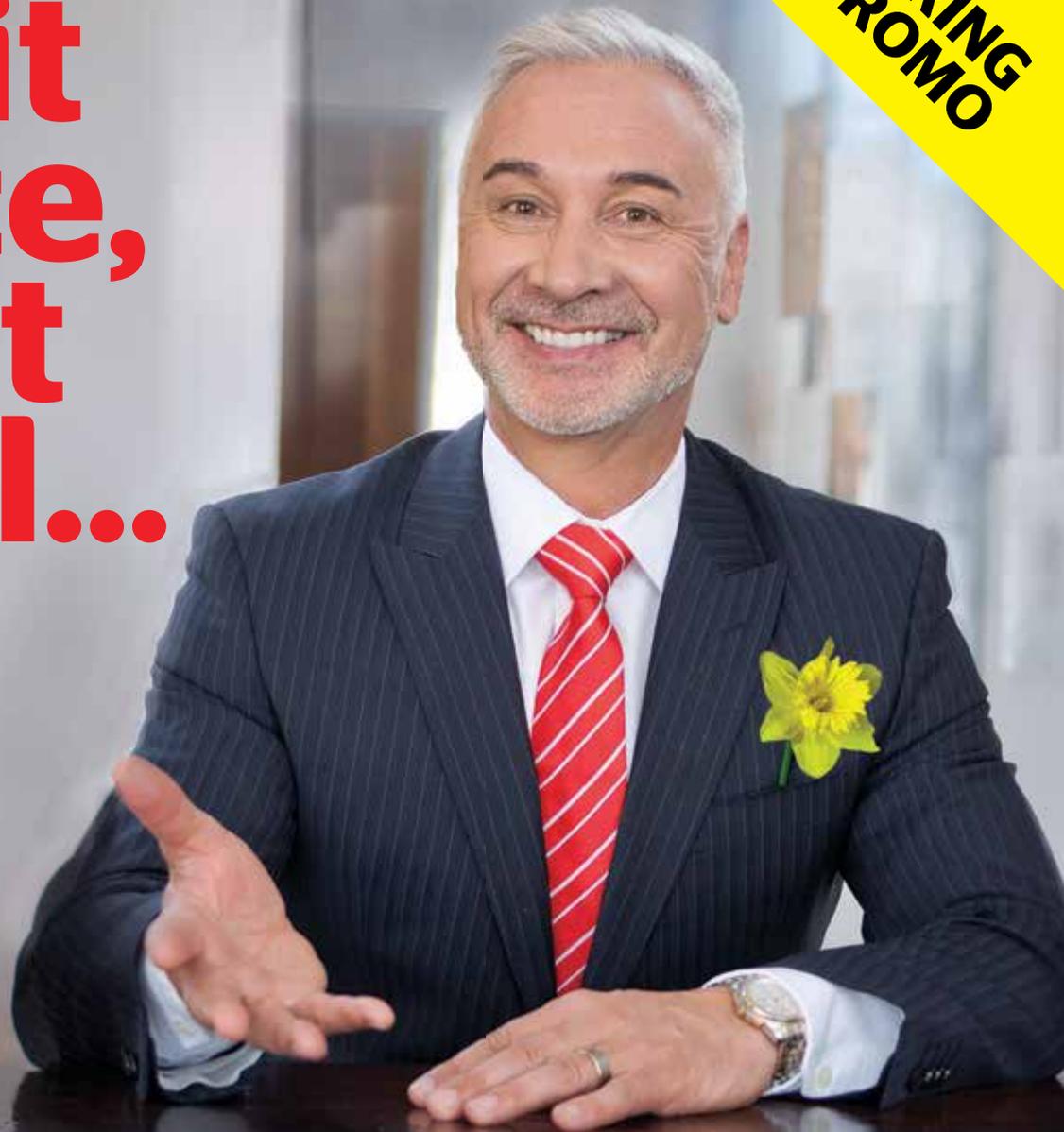
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