

theMillwatermag

Your FREE monthly magazine of all things Millwater
September 2015

- Community Clubs on the Coast
- Millwater Biz Buzz
- Getting into the Garden in September
- Steam Tofu with Prawn Ball Recipe

Millwater Property Talk with Grayson

Editor's note

Spring is in the air and we all have a spring in our step! Lighter evenings must be tempting some of you out to do some gardening. The 27th of the month will bring another hour of evening daylight to use productively and warmer conditions will favour growth, so start planning now to be a winner in the November gardening competition.



Talking of winners, the feedback on last month's biggest-ever magazine has been great and indicates to us that we are pursuing a successful, winning formula. New contributors and advertisers emerge almost every month and that is a healthy sign for the magazine, which continues to grow organically from the original 16 pages in the first issue. With the rapid growth in home occupancy, the circulation is also growing organically and we are grateful for the many volunteers who distribute the magazine to every home in Millwater and Totara Views. You are stars and an essential part of our success story.

The germ of an idea, launched last month, to have a monthly lunch get-together for retired Millwater men has metamorphosed into a successful ROMEO (Retired Old Men, Eating Out) group and you can read more on page 18. Based upon that, we have also suggested a similar group for retired Millwater women (also page 18) and leave it up to the Millwater ladies to decide.

Once again, we have a rare and interesting motor to read about and are very pleased to know that more will follow in the months to come. How many of the 2015 motors will become classics and still be in pristine, collectable condition in 50 years' time, I wonder?

The winter has not been a time for inactivity or lack of success for our fishing columnist, Tim Lawrence, as his latest article reveals. Monster fish are still out there to be caught and brought home, no matter what time of year!

Having met several new residents lately, your editor is aware that there are growing numbers of local people who appreciate good malt whiskies. This begs the question of whether or not there are sufficient numbers of Millwater people to form an appreciation group – and I don't mean a drinking group! If you are interested, why not get in touch through the magazine?

Finally, we at the magazine continue to be grateful for the vigilant presence of the Police in our local area. Speeding and red-light-running is being closely monitored and punished appropriately. We Millwater people are an important part this and are encouraged to continue working with the Police to increase our local road safety.

Brian Mullan
Editor
September 2015

theMillwatermag

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sarah@themillwatermag.co.nz

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themillwaterinterview

Introducing Lynda Kanji



Having been a keen amateur photographer for many years, I thought I might feel a little nervous interviewing a professional, but Lynda Kanji put me immediately at ease. Her warm personality is such that you relax and relate straight away, and you begin to explore the brains behind the lens.

A native New Zealander, Lynda worked for a large Auckland construction and engineering company, whose new office she and two sales reps later set up in Dubai. Lynda ran the operations side of the Dubai office, covering the Middle East, Africa and Asia. Dubai is a city full of excitement and many ex-pats, one of whom is now her husband Kevin. As members of the same ex-pat forum, they met in 2009 and married in 2012. After their daughter was born in Dubai, they missed the family network: Lynda's family in Auckland and Kevin's in the UK. However, deciding to return to Auckland has proved to be a great move for this young family.

Whilst in Dubai, Lynda became more and more hooked on photography and began serious study of the art – and at the same time getting work as a part-time freelance photographer. After initial work on interior design shots, Lynda decided to make the move and become a full-time professional photographer. She had heard of, then met and was mentored by Kelly Brown, who is a renowned newborn and baby photographer living in Brisbane. This set the stamp on the career path that Lynda now follows so successfully.

Using only top-line Canon cameras and equipment, Lynda produces some of the finest newborn and baby photography that I have ever seen. She also offers maternity photography; but only as a part of the baby photography and not as a standalone subject. The two fit naturally together and it's worth visiting her website at www.lyndakanji.com to see and understand more about her superior skill set. Not content to let life stand still, Lynda is busy networking – and where better than at Toastmasters International, where she is VP in charge of public relations for the Silverdale and Orewa branch.

Lynda and Kevin returned from Dubai to Auckland with their daughter just last year and settled initially in Remuera. However, after delivering material to a customer in Orewa, Lynda was immediately taken by the tranquillity and beauty of the area. She and Kevin returned and explored more before making the positive decision to live in Millwater, where they feel completely at home. They love the Millwater Families' Facebook page, which they find extremely useful and note that our friendly local people really look out for each other.

Being highly literate in media and communications, Lynda has started blogs and is aiming soon to deliver podcasts; both for her photography business and her new business venture. Realising that many new, small businesses struggle to gain key knowledge quickly enough to launch successfully, Lynda has started The Small Business Online. This business enables the key networking connectivity that many smaller businesses need when starting out and provides the answers to many core start-up requirements. There is more at www.tsbo.co.nz and Lynda promises to be highly proactive in delivering your requirements. Web design and development, including the key essential of IT security, are all part of the offering.

"Smile" I said; "snap" went my camera and we were both happy with the result. Smiling is something that seems to come naturally to Lynda. No doubt, this is why she is such a success in making people feel at ease – even when we are at somewhat unfamiliar opposite ends of the camera lens!

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mortgagematters



How can I pay for my break fee?

As you will be aware, rates have dropped over the last couple of months, with capacity to go even further!

Unfortunately, for some of us to take advantage of the cheaper rates means breaking the loan and incurring a "break fee".

Assuming you want to break the loan, what options do you have?

- 1) Pay for the fee out of your own cash. If the fee is small (say, a couple of hundred dollars), then don't muck around! Break fees are calculated daily and subject to change.
- 2) If the loan was for a rental property, then the fee could be tax deductible. Please check with your tax consultant, but generally a break fee is a business cost for an investor.
- 3) Get a new lender to help pay all or some of the fee to secure your business. There is a limit to how much a new lender can pay, but you could get between 0.50-0.80% of the loan amount. (You will need to budget for conveyancing costs as well).
- 4) Ask your bank to waive the fee. This could involve some fairly robust talk about moving your business elsewhere. But there are cases of lenders waiving the fee to retain your business. The rationale being that's it's cheaper to do this than go find another customer.
- 5) If you are buying and selling a property, look to offset the fee with a bigger legal contribution from the bank. If you are upgrading your home, this is a prime time to shop around for a "good deal", especially around the legal contribution from the bank. A higher contribution could offset any break fees, allowing you to take advantage of the cheap rates at hand.
- 6) Add the fee to the loan. If you have enough equity and income, this could be an option. However, bear in mind that, by placing the fee on the loan, you could be paying more interest in the long term.

Please note that bank criteria and market conditions are subject to change.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan@ivanurlich.co.nz
Ivan Urlich is a registered financial adviser specialising in mortgages. His disclosure statement is available free of charge on request.



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brett the vet

Puppy Socialisation

Puppies are not born with the social skills that they require to live with their family (canine or human). Socialisation enables puppies to learn key life skills, to ensure that they are happy and confident in their environment and can communicate effectively.

The first 16 weeks of a puppy's life is the most critical time for socialisation. Puppies need to have pleasant social interactions with adults, children, vets, dogs and other animals. Careful exposure to different situations in the environment like traffic, crowds, travelling in the car and vacuum cleaners is also important. If a puppy shows any worry or concern, it is important to remove him/her from the situation and try again (from a greater distance) later.

Tips for optimal socialisation:

- If buying from a breeder, try and choose a puppy that has been brought up in a home environment rather than in kennels.
- Vaccinate as early as possible – please speak to your vet.



- Attend a local puppy class, to meet other puppies of a similar age in a safe environment. We run puppy classes from our Orewa clinic on Moenui Avenue (09 426 5407).

- If not fully vaccinated, be sure to carry your puppy around to meet people and vaccinated dogs, and gain exposure to outdoor noises and experiences. Don't let your puppy touch the ground, especially in areas like the park, where unvaccinated dogs may have been.

The recent spate of dog attacks that have been in the media highlights just how important it is to ensure that your puppy is socialised.

Brett the Vet
Millwater and Orewa Vet Hospitals



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safer communities

Fire Safety, Your Safety, Home Safety



Last month was a tragic month in New Zealand, with 4 people dying in residential property fires due to smoke-related incidents. Please ensure you have working smoke detectors and, if you need support or advice with the placement of smoke detectors, you can ring the nearest fire station – we are happy to assist.

Photoelectric smoke alarms can be the price of a cup coffee at the local café; so, for less than \$6, you can invest in your safety and the safety of those who live under your roof – in particular, the young and elderly.

Spring and Summer

With spring and summer soon to arrive, Auckland City Council has strict rules around cleaner air and fire safety. The last thing we enjoy doing is putting out rubbish fires, so please be aware of the Council regulations.

Lighting outdoor fires in the urban and rural fire areas are not exempt from regulations and/or permits. If you are unsure, please check with the local Council **before** you light the fire.

In the local urban area, the following fires are permitted:

- Cooking:** BBQs, wood-fired pizza and pizza ovens; and Ethnic cooking fires, Hangi or umu. However, if you have a cultural cooking fire, please call your local fire station, let us know and we will make this a notified event.
- Heating:** Outdoor fireplaces and braziers.

Please note these fires must not create a nuisance – smoke, ash or smell must not travel to neighbouring properties.

Fires that are not allowed at any time in the urban or residential areas:

- Fires burning rubbish or garden waste;
- Fires that create offensive smell or smoke; and
- The burning of wet or painted wood and, in particular, treated wood.

Please ensure that the location of the fire is 3metres from any fences, trees or buildings. Take into account the wind conditions and day light hours. It is always sensible to have a hose nearby – just in case.

Allow us to get through

When you see an emergency service vehicle please pull over and allow us to pass safely.

Increased traffic, in particular around peak travel times, does cause issues and delays.

If you need any fires safety information, please ring the local fire station.

If it's an emergency please get out, stay out and call 111

NZ Fire Service, Silverdale

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the millwater insider

Gardening Competition

theMillwatermag, in association with Central Landscape and Garden Supplies, will be running its annual Gardening Competition, with judging to be held in November and prize-winners announced in December. There are some fantastic prizes up for grabs – see advert on page 35 for details. If you have a great lawn, vege garden or just think you have great overall landscaping, nominate yourself by getting in touch with sarah@themillwatermag.co.nz before the end of October.

www.themillwatermag.co.nz

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

Community Notice Board

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

Men's Poker Night & Northern Union

The Northern Union is hosting another Millwater Men's Night on Wednesday 23 September. They have a challenge on their hands to top the Millwater Ladies Wine Tasting evening! This event requires booking as it is a "Texas Hold'em" Poker Competition. Contact Glenn on 09 426 2651.

Silverdale School Father's Day Raffle

You may have recently purchased a raffle ticket to go in to the Father's Day Draw. First prize is the ultimate Father's Day gift – a 'Two Hot Lap' experience with Greg Murphy at Hampton Downs. This has been generously donated by Grayson and Sarah Furniss of Mike Pero Real Estate Silverdale. Second prize is a deluxe hamper, including a shave pack from Barber Shop Co in Millwater and third prize is a pack of "Beer and Manly Munchies". For tickets please contact the school office.

Silverdale School Country Show Day

Another year has passed and once again the school is preparing for their annual Country Show Day. The date this year is 31 October. The Platinum sponsor for this year's event is Mike Pero Real Estate, Silverdale.

If you are a local business and wish to be a Gold, Silver or Bronze sponsor, please contact Rachel Valentine on 021 172 4863 or email Rachel@mukme.co.nz to find out more. No donation is too small, so please dig deep for this fantastic school and help make the day a success. Any donation made will be raffled, auctioned or bid on as a Lucky Envelope.

Funds raised from this year's show will go towards new electronic equipment for the students.

How to report a defective street light

Reporting a defective street light is easy – and very effective, too. Ring Auckland Transport (09) 355 3553 or report it online at <https://at.govt.nz/about-us/asset-maintenance/street-light-maintenance/>

Bankside Farm, 1967



Know something that we don't?

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

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

timlawrence Fishing Spot

Well, the fishing over the last month has been very limited due to the consistent NW and SW winds ripping up the coast, not to mention the cold frosty nights we have been experiencing. Still, there have been a couple of good days to get out there and we certainly made the most of it last month, this time choosing to target fish in deeper water and scuba dive for crayfish on Great Barrier Island. Sometimes the spur of the moment trips can turn out to be the best...

The last weekend of July had a near-perfect forecast so we decided to pack the boat with lots of food and warm clothing for an overnighter on Great Barrier Island.



We managed to dive for a few crays before sunset then set up for fishing into the night. We caught a few snapper but were plagued by sharks; including one hammerhead wrapping itself around the anchor rope, making for a difficult release.

The next morning, we headed out to some pinnacles located around the 200m mark. This was our first trip into the deeper water and it took some time to get the drift over the structures right. After a few attempts (and taking turns to drive the boat) I was lucky enough to land a good sized bluenose before we headed back for another cray dive on Great Barrier Island. Not a bad trip out for mid-winter!

Spring is here and the warmer water is well on its way. Now's the time to take advantage of the quiet period and get your boat serviced before the summer rush, test your batteries and make sure your trailer bearings will see the season through – Safety first!

This month we have excellent moon phases pretty much through the whole first week of the month then again from the 29th and into early October. Fishing in close is still the flavour of the month. Take lots of burley and set your boat up near structure with the tide and wind going in the same direction. Make sure you drive around to look for signs of fish on your sounder first. Investing 30 minutes driving around the contour lines, marking the best signs, often pays off. The eastern sides of Kawau Island and Little Barrier Island are holding fish at the moment.

Good luck and tight lines!



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Life-changing experience for Wentworth students

During the last school holidays, a group of lucky Wentworth students and teachers travelled to India for a life-changing experience.

On arrival, we plunged into Kolkata and experienced the chaotic city life of a huge population, a great deal of poverty, "interesting" smells and intense traffic. From the beautiful flower markets, the historic "Black Hole of Kolkata", the peacefulness of Mother Teresa's sanctuary and grave, and an ornate Jain Temple, it was a day of contrasts.

An overnight train led us north towards the cool and mists of Darjeeling. Here we saw the Himalayas emerging from the clouds and became quite expert on tasting teas after touring a local tea plantation. It was extremely rewarding to spend time in a small school for underprivileged children. Recent slips caused by the monsoon saw us literally slide down the mountain from Darjeeling and onto another crowded overnight train to Varanasi.

Varanasi was an extremely spiritual experience and we were introduced to the Buddhist religion as well as witnessing Hindu cremations on the banks of the Ganges. We released tea candle lanterns onto the sacred river in memory of those we had lost in our lives. It was an emotional boat ride for everyone and ended with us enjoying the spectacle of the evening light festival along the Ghats.

The landscape changed as we bussed into the rural state of Rajasthan, with barren hills and beautiful forts. Our spectacular entry to the Red Fort was by riding elephants. From here we visited incredibly ornate and architecturally spectacular palaces and were able to stay overnight in a number of them. Such luxury!

The end of our journey was spent at the awe-inspiring Taj Mahal. The serene beauty was amazing as we entered this pristine, white marble mausoleum. After this, our trip felt complete. Despite some troubles with sickness and 41 degree temperatures in Varanasi, the adventure definitely was life-changing. We arrived home with our bags filled with exotic gifts for friends and families, along with cameras full of colourful images with which we have subsequently thrilled and bored everyone we know.




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Kiwi Cheer Coach Lends Experience to US Cheerleaders

For the fourth year running, Pacific Cheerleaders' head coach Ashleigh Constable has spent the US summer in Wisconsin, coaching cheerleading at Cheer Camps.

Central Wisconsin Cheer Camps (CWCC) has been running for over 30 years. The camps, all over Wisconsin, cater for up to 130 cheerleaders per weekend during summer holidays. The coaching staff is made up from local college cheer squads and headed by Minnesota University Cheer head coach, Julie Poeschl.

In 2011, Ashleigh was invited to be a guest international coach when she was spotted competing for Pacific Cheerleaders in Brisbane. CWCC owner Sue Poeschl has only offered an international position three times in 30 years, so it was a great honour for Ashleigh to be asked and she has returned every year since.

At camp, coaches are paired off and assigned teams to train for a very intensive weekend of technique, new stunts, dances and cheers, as well as new conditioning regimes. Classes run from 9am to 8pm on both days, with coaches spending after-hours evaluating athletes and teams.

CWCC coaches are also expected to perform a flawless 4-minute routine, which takes many hours of practice. This routine (in Ashleigh's case learned on-line) forms the basis of what will be taught during the weekend.

At the end of each camp, all participating teams perform for parents and coaches and are judged for Best Dance Team, Best Cheer Team and Most Improved. The winner of Most Improved team earns their coaches the much coveted Champion T-Shirt. This year, Ashleigh won her second Champion Shirt for her work with a team from Whitehall High School, having previously won in 2013.

Being able to coach cheerleading in the USA is a huge bonus for Ashleigh. Already a credentialed Level 4 coach, spending a lot of time with experienced cheerleaders and coaches at the "home of cheer" increases her knowledge base, which is brought back to Pacific Cheerleaders, so that Pacific's cheerleaders can improve on their own skills.

Pacific Cheerleaders is always on the lookout for new cheerleaders to add to their teams. Call them for more information on 021 137 3047. See their advert on page 36.



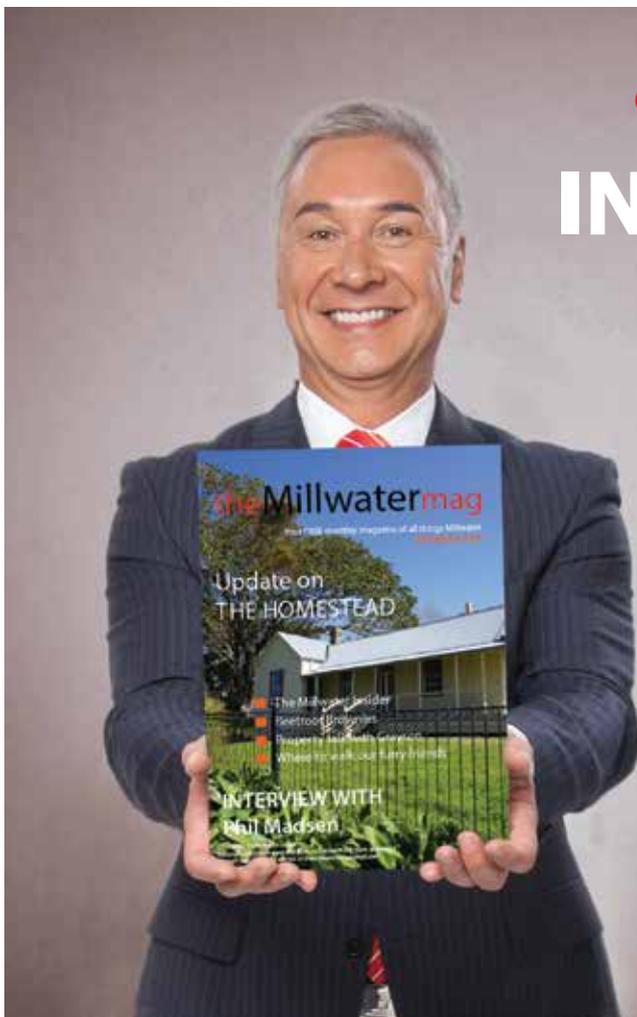
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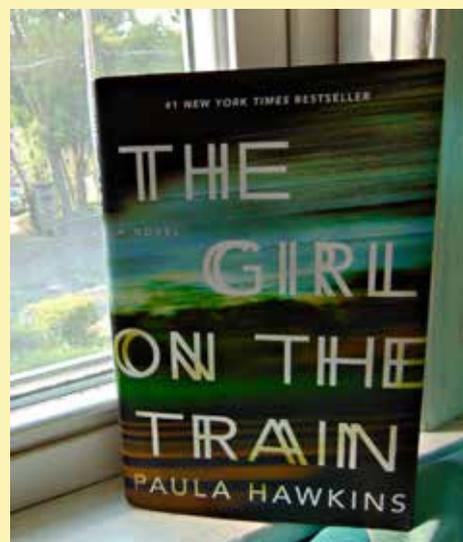
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millwaterbookofthemonth

“The Girl on the Train” by Paula Hawkins

This is a debut psychological thriller from the UK, with similar qualities to the “Gone Girl” but not as dark. The story unfolds with the first of the three narrators of the book, Rachael, giving you an outline of a story – which you will have to read in order to proceed through the Alfred Hitchcock-style story line. As Rachael, the main character of the book, is an alcoholic, her view of the shocking sight she views from her train seat may be real or a blurred view of her alcoholic reality. Rachael has concocted a “perfect” storyline around the couple she views from the train as it whizzes past a stretch of “cosy” suburban homes. Unlike hers, the lives of the couple Rachael glimpses appear to be perfect, but, as you will find out... NOT SO!

A very good story line.



Do you have a great read to share? Email a review to sarah@themillwatermag.co.nz



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communityclubs



Hibiscus Coast Cricket Club

Registrations are Open!

With the arrival of Spring, it's time to register for cricket! Hibiscus Coast Cricket Club caters for all ages, including:

- midgets (years 1 - 4) with an introduction to the cricket programmes on Saturday morning, 9-10.30am
- school years 5, 6, 7 & 8 with morning games lasting only a couple of hours
- more serious afternoon games for years 7, 8, 9 & 10 (under 15's) and under 18's
- adults looking to play either socially or competitively in the afternoons
- Over 35's Presidents Grade

There is something for everyone and, for the mums and dads thinking cricket takes FOREVER, don't worry; there is a range of grades and competitions – some only lasting a couple of hours in the morning – so you won't lose your whole day!

Last year, several of our teams won their competitions and we are looking for new players to help us continue our success and grow the club.

Registration is open at our website www.hibiscuscricket.co.nz, or come down to the Sharks Clubrooms at Victor Eaves Park, West Hoe Road in Orewa, on the following Registration Days to have a chat:

Saturday 26th August 12 noon till 2pm

Thursday 3rd September 5pm till 7pm

Saturday 5th September 12 noon till 2pm

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

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

Hibiscus Coast Athletics Club



The Hibiscus Coast Athletics Club is now open for Registrations for the 2015/2016 season. The Athletics nights start on Wednesday 21st October, with its final night on Wednesday 23rd March 2016, and with a Christmas Break from December 16th until January 20th.

The club offers an athletics programme for 3 to 6 year-olds from 5:30pm until 6:30pm. The young athletes will be put through an Athletes NZ-approved Get, Set, Go programme, to help them gain skill and coordination, as well as introduce them to Athletics

We also hold Athletics Training for the over 7's from 6pm until 7:30pm. We will help them improve on the skills and techniques for each of the athletics disciplines. We will be offering Sprints and middle-distance running, plus long jump, shot-put, discus and high jump.

Cost to sign up are \$40 for under 7's, \$80 for 7 to 14 year-olds and \$90 for 15 and over. This includes all Auckland and Athletes NZ levies. To register, visit the club website at www.hcac.co.nz or email info@hcac.co.nz for more details.



The Club is also looking for Sponsors to help us continue to grow within our community; from a full sponsorship to being a Community or Trophy Sponsor. If you are interested in finding out more, or for a prospectus, please email info@hcac.co.nz.



Silverdale Tennis Club

New players welcome at Silverdale Tennis Club in the beautiful War Memorial Park, Hibiscus Hwy, next to the Rugby Club. We have 4 Astroturf, floodlit courts providing play all year round. The season has just begun and here is some useful information:

There is a midweek Club (mixed) and pre-schoolers are welcome. There are places for ladies wishing to play A or B grade Midweek Interclub. Contact Adrienne Gilmore ragil@clear.net.nz Ph. 027 733 3890

Senior Weekend Club meets on Sunday mornings 10.30am. Contact Rob Hale rob@logisticsoftware.co.nz Ph. 021 396 202. Also, Wednesday evenings 6.30pm, all year round. We are also looking for Interclub players.

Junior Tennis Open Day Sat. 12 Sept. Time to be advised. Contact Sarah marcuspm@clear.net.nz Ph. 021 910 511



Whangaparaoa Tennis Club



Whangaparaoa Tennis Club, named Tennis Northern "Club of the Year" at the regional association's recent end of season prize-giving, is gearing up for another new season. Come along to the social club sessions each Wednesday from 6.30pm and Sundays from 2pm. Alternatively, players wanting to join the club can register for 12 months on the club's website from September onwards.

The club is holding Open Days for its three sections in the next few weeks. Midweek social tennis is played each Wednesday morning and midweek interclub teams play on Mondays and Tuesdays. The senior club Open Day is on Sunday 13th September from 2pm. This is a ceremonial Open Day for a club that never closes, as Wednesday evening and Sunday afternoon social tennis continue

throughout the year. There will be a junior Open Day on Saturday 19th September where kids from 5yrs to 18yrs can come and try out tennis or find out what the club offers. Club coach Ken McLeod will be on hand and can give advice on racquets and gear.

The Manly-based club in Edith Hopper Park competes in the Tennis North Harbour interclub competition and last season saw three of its senior doubles teams and five junior teams win their grades. For potential interclub players this season, registrations for seniors are due and junior and midweek registrations are needed in September. All registrations are through the club website, which is updated constantly and has all the new season's information. www.wgptennis.co.nz

Photo of Whangaparaoa Tennis Club members Nick and Sayuri Symons and sons Taka (front left) and Hayato

Local Rotary Clubs

The men and women of two great local Rotary Clubs do great things locally, nationally and Internationally.

For more information:

Rotary Whangaparaoa – contact Brian Mullan 021 031 1232

Rotary Orewa – contact Peter Little 021 880 796

Orewa Surf Club

Orewa Surf Life Saving Club will be holding its annual registration days at the Orewa Beach club on Sunday 27th September and Sunday 11th October at 10am-12pm

We cater for groups starting as young as 3 years old teaching water safety and confidence right through to Masters for Surf Sport competition and becoming a beach lifeguard.

Come down and meet us. Club uniforms and merchandise will be on display.

For more info or queries check out the website www.oslsc.co.nz or email orewaslsc@xtra.co.nz

A new clinic in Millwater

Are you suffering from stress, anxiety, physical or emotional pain, trauma or other health dysfunction?

A new clinic – Néotouch Hibiscus Coast – has been established in Millwater, to support the resolution of these issues. Most commonly known for its benefits for babies suffering from colic, reflux, feeding issues and birth trauma, Craniosacral Therapy is equally as effective for people of all ages. It is often effective where other modalities have been unable to resolve the issue, as it works with the cause of the issue and not the symptoms. For example, a painful back may have an underlying emotional cause which MRI scans can't pick up. As such, the results tend to be more durable and lasting.

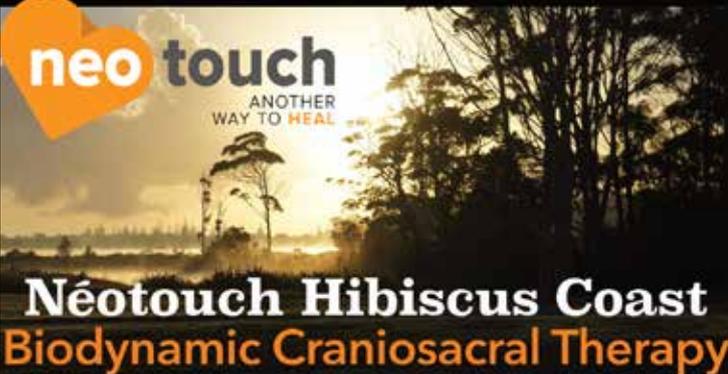
Biodynamic Craniosacral Therapy works at a physical, emotional and energetic level and can result in profound healing of a very wide range of pain and dysfunction. Being non-manipulative, non-invasive and non-judgemental, with gentle touch, it utilises the client's body's own innate ability to heal.

"My greatest pleasure is when a client reports back that they are now free of pain etc" says Leighton.

Most clients comment on the depth of relaxation they experience during the session and the speed of resolution of their health dysfunction.

Leighton and his family are residents in Millwater and enjoy the environment it offers. While he's worked for many years in IT, Leighton has always had an interest in health and wellbeing, thus training as a Practitioner was a natural calling. He has a Diploma in Biodynamic Craniosacral Therapy from the Néotouch Biodynamic Craniosacral Therapy Institute in Takapuna and is also a member of the International Institute of Complementary Therapists.

If you have a health issue, give Leighton a call on 021 373 757 for an obligation-free chat or check out the clinic website hibiscuscoast.neotouch.nz



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3 Fig Tree Lane, Millwater, Silverdale
m: 021 373 757
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Homeopathy

“The Cold” and “The Flu” are often thought to be the same health issue, but in fact they express differently and are caused by different viruses. Both Colds and the Flu share the symptoms of sneezing, coughing, runny or blocked nose and sore throat. However, contrary to the Cold, the Flu develops rapidly and you may have sudden fever, muscle aches, sweating and a feeling of exhaustion.

One of the outstanding features of homeopathy is that the remedy is matched to your symptoms. What is also relevant is what preceded the illness – such as stress, upsets or grief.

Nux vomica: The person who needs this medicine is very chilly and usually has some type of digestive complaint like nausea or intestinal cramping pains. Onset of Nux vomica flus can be due to overwork, lack of sleep or overindulgence in rich foods or alcohol.

Gelsemium: Onset of symptoms is often slow. The main feature that calls for this remedy is drowsiness, sleepiness and fatigue. Bryonia: One of the most frequently indicated flu medicines. Here, any motion worsens all symptoms. The person may have headache, dry cough and body aches, all of which are worse from moving around; may even hold their chest when coughing to keep the body still. The person can be irritable and likes to be left alone. They may be chilly, and a fever tends to spike around 9:00pm

Arsenicum: This remedy is needed when symptoms come on or get worse after 1am. The person may wake with chills, diarrhoea or vomiting at this time. The person is often anxious, restless and needs a loved one close.

Phosphorus: Patients will generally say that symptoms go straight to their chest. There is a strong desire for large quantities of cold drink, and the person prefers to have company.

An appointment with your local homeopath will help you find the remedy that matches your symptoms, to restore you to perfect health and vitality.

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

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

Millwater ROMEOs – First outing a success!

The idea for the Millwater ROMEOs (Retired Old Men, Eating Out), as proposed in last month's magazine, has taken off and we already have nine members. After agreeing to go out for lunch on the second Thursday of each month, seven of our ROMEOs went to Soljans Winery for lunch on the Thursday 13th of last month. Tony Soljans, owner of the winery and restaurant business, welcomed us warmly with a very informative and enjoyable tour of the winery. He also kindly provided us with a free wine tasting before we enjoyed a superb set-menu lunch; three delicious courses for just \$32 each.

Each month, we will go somewhere different and we will all take turns to arrange the lunch venue and associated activity. We hope to have at least all nine of us together for the next lunch outing on Thursday, September 10th.

There is room, of course, for some more like-minded men to join us. You just need to live in the Millwater mag residential circulation area and be male and retired, in order to qualify. So, if you feel that being a Millwater ROMEO is for you, please get in touch through the magazine.

Millwater ROWENAs

After the successful launch of the MILLWATER ROMEOs (Retired Old Men, Eating Out), it's time to suggest that a similar women's lunch group might also find favour. Now, I know what you're thinking – we already have a women's group in Millwater, so we need to be careful not to cut across or try in any way to supplant that excellent organisation and all the hard work done by Marj Noble. The Millwater ROMEOs is just a men's lunch group, although other activities may well spin off that (walking, golfing, fishing, whisky appreciation, etc). This article is just to ask in there is room for, and any interest in forming, a separate group that would meet (say) one a month, but specifically for retired women to enjoy lunches out together each time? If you are interested in being part of a ROWENA group (Retired Old Women Enjoying Nice Afternoons), please get in touch with Margaret Mullan, via the magazine's email. If you feel it is not necessary, please also let Margaret know.

Fine Wine Review – Chateau Musar 2007



Since moving to New Zealand, I have seldom seen some of the wines that were favourites when we lived in the UK. In particular, I missed a rare Lebanese wine – yes, you read it right first time – I did mean Lebanese and there is no need to strain out the shrapnel that you might expect, coming from that volatile part of the world. The wine in question is Chateau Musar, to which I first introduced back in the late 1990's. From the first taste of this complex and compelling wine, I was hooked.

The Hochar family (pronounced Hoshar) moved in the 12th century from France to what is known nowadays as Lebanon. Formerly Phoenicia, winemaking has been recorded there since 4,500 BC, although the Hochar vineyards date back to just 1930.

Chateau Musar is a blend of Cabernet Sauvignon, Carignan and Cinsault from vineyards near the Bekaa Valley villages of Aana and Kefraya, on gravelly soils over limestone and yields are typically low from the mature bushvines (average age 40 years). Under a natural cork closure, you will discover the 2007 to be a wine with a clear and deep garnet colour. The nose is clean, medium and develops with a little time,

presenting aromas of dark cherries, cinnamon, blackberries, clove and leather. On the palate, it is dry, with above-medium flavour intensity and finish. Flavours of blackberries, clove, sour cherries, molasses, leather. There is an intense textural feel to this superb wine and just looking at the long, thin tears that fall slowly back into the liquid when you swirl it around your glass brings a smile of deep satisfaction.

Bottled unfinned and unfiltered, Chateau Musar wines are suitable for vegans (fining agents often contain animal proteins); they're also richly-textured and likely to 'throw a crust'. This is a common feature of most fine wines and is especially true of Musar Red vintages over a decade old. Ideally, bottles should be stood up the night before opening to settle any sediment. After careful decanting (and discarding of sediment, usually in the last centimetre of the bottle) the wine should be allowed to breathe for several hours and served at 18°C with roasts, grills (especially lamb), casseroles, game, and mature cheeses. This 2007 is great example of a matured wine that will improve further with careful cellaring.

Available in Auckland from Glengarry Wines.

Read more on www.chateaumusar.com

Dry Eye at OPSM

Dry Eye is a very common eye condition, affecting many Kiwis of all ages. Dry eyes occur when your tear film is unstable or insufficient to keep the eye moist throughout the day. The effects of dry eye can range from subtle irritation to constant inflammation of the front of the eye.

Dry Eye Symptoms:

The most common symptoms are gritty, scratchy, red or burning eyes. Often, a watery eye in the wind or bright sunshine can be an indication of a dry eye, because excessive dryness will cause overstimulation and flood the eyes with tears.

Irritation and redness are not the only symptoms of dry eyes. Recent studies suggest that reading speed can slow significantly with increasingly dry eyes, and patients with dry eyes report that vision may start to blur after 10 or more minutes of reading.

Dry Eye Causes:

Tears are very important for maintaining good vision and eye health, as they provide a smooth, clean surface for us to see through, as well as washing dust or bacteria out of the eyes. Tears are produced by two main types of glands in the eyes: the lachrymal and meibomian glands. In dry eye syndrome, these glands can either have a lower production rate or become blocked, which will lead to rapid evaporation of tears. Dry eye can occur as part of the natural ageing process, particularly during menopause in women or through any times

of hormonal change, but it can also be affected by antihistamines or certain blood pressure medications. Working in an air-conditioned or dusty environment can also exacerbate dryness. Another cause is insufficient blinking, such as when using a computer screen, with up to 75% of computer users (both men and women) stating they suffer dryness at some time during the day. Dry eye is also relatively common in contact lens wearers.

Dry Eye Treatment:

A number of treatments exist for this chronic condition, which vary depending on the cause and type of dry eye. Treatment options range from using lubricating eye drops throughout the day for mild symptoms, through to hot compresses to unblock the glands around the eyes and, in some cases, anti-bacterial or anti-inflammatory eye drops. Dry eye can also be improved by increasing water intake and by dietary supplements like omega-3 oils.

If you have been experiencing dry or gritty eyes and would like an appointment with Zaria to discuss treatment options, please call OPSM Silverdale on 09 426 7902.

Zaria Burden
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[^] Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes contact lens examinations. Offer only available once per eligible member every two years. Offer is not transferrable to another person. *Excludes eye tests and contact lens consultations and designer brand frames and sunglasses by Chanel and Maui Jim products. Health fund discounts are not available in conjunction with any other offer, discount or benefit other than the Southern Cross Health Society Easy-Claim.

Is sugar *really* that bad?

Nigel Latta did an excellent exposé on sugar at the end of last year on TV 1. Basically, he took a look at the effect our ever-increasing sugar consumption is having on our health. His overarching question was "Is sugar the new fat?" The low-fat era began in the 70's and 80's. It was believed that fat was the main culprit in obesity and obesity-related diseases; subsequently, food manufacturers began producing low-fat products by the hundreds. However, these products didn't rate all that highly on the yumminess factor; hence they had to figure out a way of making them more palatable so that consumers would buy them... enter the white stuff. Sugar is a very cheap ingredient, which made the profit margins look good and it added great flavour to products. Consequently, food manufacturers began to add it to more and more foodstuffs. And our consumption of it has been increasing ever since, often unknowingly, as it is hidden in many products we wouldn't expect to find it in.

The World Health Organisation recommends that adult males consume no more than 9 teaspoons of sugar per day, adult females no more than 6 teaspoons per day and children no more than 4 teaspoons per day. According to Nigel Latta's sources, the average Kiwi adult is consuming up to 50kg of sugar per year; that is the equivalent of 32 teaspoons of sugar per day, which is pretty mind-blowing really. Our parents and grandparents would have consumed much less, largely because they ate so few processed foods and sugar would have been considered more of a treat. Also, soft drinks hardly featured in their diets and they appear to be the biggest contributors to our rather frighteningly high sugar consumption.

An article published in the New Zealand Medical Journal noted that high consumption of sugar is linked to obesity, type 2 diabetes and heart disease. So, let's have a go at cutting down on the white stuff and replacing those fizzies with water or milk.

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

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



www.nutritionSense.co.nz

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What are Phonological Processes?

If your child is aged between 1 and 3 years, you may be surprised to hear him/her naming things in a strange way, like saying "tow" for cow and saying "wa-wa" for water. This is because children use simplifications of adult speech while their speech and language skills are developing. These simplifications are known as phonological processes. Up to the age of 3, this is appropriate. As your child grows and matures, their speech will develop too and they will begin to sound more like the adults around them.

Interestingly, these phonological processes can follow certain "rules", which your child may not be aware of because they do not always hear the differences in words. For example, they may leave off the first or last sounds in words, in an attempt to reduce the number of sounds or syllables in a word. They may replace a sound that is said at the back of the mouth (K) with one that is said in the front (T), so you may hear them say "tat" for cat.

Correcting your child may lead to everyone feeling frustrated; so the best way to deal with phonological processes is to model good clear speech. For example, if your little one says "look, a tow!" you could say "yes, I see the cow." By 4 to 5 years most children stop using phonological processes and their speech becomes understandable even to people outside of the home. If this is not the case, you may want to consider consulting a Speech Therapist to analyse which simplification patterns your child is using. The therapist will also be able to give you advice on correcting the phonological processes that are considered inappropriate for the child's age.

I am happy to chat with you about any concerns you may have about your child's speech.

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millwaterpropertystats

Every month Mike Pero Real Estate Silverdale assembles a comprehensive spreadsheet of all the recent sales in the Silverdale area that reviews the full range of residential transactions that have occurred. If you would like to receive this full summary please email the words "full statistics" to grayson.furniss@mikepero.com. This service is free from cost.

	July 2014	June 2015	July 2015
Number of Sales	9	18	30
Median Sales Price	\$825,000	\$1,048,000	\$1,057,500
Highest Sale Price	\$900,000	\$1,390,000	\$1,430,000
Lowest Sale Price	\$765,000	\$700,000	\$870,000
Average % price to CV	18.99%	14.44%	16.86%
Average Floor Area (sqm)	230	247	249
Weighted Value Index	996	1150	1161

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

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

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Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



millwaterpropertytalkwithGrayson

Despite the attempts by some media to talk up a slowdown in the Auckland market, results in Millwater continue to show increased volumes and prices. The recent drop in interest rates has still to work its way into owners' pockets, yet there is real confidence coming through from buyers who continue to see this as a "buy" market.

At the coal face, we are seeing an increasing number of home owners considering a sale this spring. Many of these are people upgrading within Millwater; taking the opportunity to build again and utilise some new ideas. An equal number of potential sellers are those deciding that the grass is greener elsewhere. The good news is that the grass is almost always greener somewhere in NZ; with many seeking out the sun in the Bay of Plenty and happily putting some money in the bank, due to the lower prices there. Hamilton, Whangarei, Nelson and Central Otago also seem popular destinations.

For those who have already made that decision to sell, the winter market is continuing to provide fantastic results and we continue to recommend to potential sellers not to leave it till spring, if it can be avoided. We know that there will be a surge in properties on the market once the sun comes out again – a surge in supply that may not be met by an increase in demand. If you are considering selling, talk to us now and we will happily discuss the best timing to achieve the best outcome for you. As can be seen from the statistics, this

is a great time of the year to sell!

Speaking of statistics, this month is the third in a row that the median house price in Millwater has been over \$1.0M. The average house size seems to be stabilising around the mid 240m mark, with a continued steady growth in the Weighted Value Index. This index attempts to eliminate the vagaries of house and land sizes and present us with a "bang for buck" approximation. For more information on what this means please feel free to contact us directly.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

213 Millwater Parkway

Mike Pero Real Estate Ltd Licensed REAA (2008)



Grayson & Sarah Furniss

www.mikepero.com

09 426 6122 • 021 665 423
grayson.furniss@mikepero.com
sarah.furniss@mikepero.com

Mike Pero

3 Cannon St, Silverdale

Mike Pero Real Estate Ltd Licensed REAA (2008)



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AUCTION

9 Cottage Court, Millwater

Auction - On-site Sunday 6 September 4:30pm (unless sold prior)

- large 234m² single level home on nearly flat 679m² section with room for a boat or camper
- three years young in low maintenance brick with balance of seven year warranty to transfer to new owner
- 4 double bedrooms plus open reading nook / study, master with stunning ensuite and walk in wardrobe
- spacious and sunny open plan kitchen, dining and living room, wonderful flow to covered and private outdoor living

Property Details

Land Area: 679m² **Building Size Area:** 234m²

www.mikepero.com/RX398105



Grayson Furniss
021 665 423
09 426 6122
grayson.furniss@mikepero.com



Sarah Furniss
027 444 0044
09 426 6155
sarah.furniss@mikepero.com

Mike Pero

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AUCTION

26 Major Henry Greens, Millwater

Auction - On-site Sunday 6 September 3pm (unless sold prior)

- Wonderful 203m² 2 year old single level home on near flat 537m² site
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Property Details

Land Area: 537m² **Building Size Area:** 203m²

www.mikepero.com/RX365545



Grayson Furniss
021 665 423
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3  1 

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- great opportunity to rejuvenate and reap the rewards
- ready to occupy now



Grayson Furniss
021 665 423

grayson.furniss@mikepero.com

Sarah Furniss
027 444 0044

sarah.furniss@mikepero.com

www.mikepero.com/RX448462

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09 426 6122

AUCTION

For Sale soon!

Call Grayson or Sarah for details

24 Blake Greens, Millwater

4  2  2 

AUCTION

Auction campaign starting soon, register your interest now!

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- secure & private yard area
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- fantastic flow from both living areas and master bed to recessed outdoor living area

The early bird gets the worm in Millwater so register your interest for an early viewing.



Grayson Furniss
021 665 423

09 426 6122
grayson.furniss@mikepero.com

Sarah Furniss
027 444 00 44

09 426 6155
sarah.furniss@mikepero.com

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www.mikepero.com

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PERFECT PROPORTIONS

4 2 2

\$979,000

30 Bankside Rd, Millwater

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- additional separate lounge space also flowing to outdoor area
- master bedroom with large ensuite and walk in wardrobe
- quality Universal Home, balance of 10 year Master Build warranty to transfer to new owners
- one year old with landscaping in and all the little issues sorted, ready to be moved into

Property Details

Land Area: 523m² **Building Size Area:** 208m²

www.mikepero.com/RX347982



Grayson Furniss
021 665 423
09 426 6122

grayson.furniss@mikepero.com



Sarah Furniss
027 440 044
09 426 6155

sarah.furniss@mikepero.com

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Point Wells



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Silverdale

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0800 000 525

www.mikepero.com

It's Such a Pain in the ... BACK!



If you experience back pain you are not alone. Almost 80% of people deal with back pain at some stage in their lives. The vast majority of all back issues are 'non-specific' and normally are mechanical in nature. This covers strains, sprains, degeneration, nerve irritation and disc issues. Understanding what is happening and what you can do about it may help speed up your recovery.

Your spine is one of the strongest parts of your body. Most problems result from either a sedentary lifestyle or highly repetitive tasks. The degree of pain felt is not linked to the severity of the injury, as pain can be experienced in differing ways in different people. We need to remember that moving your back may hurt but this doesn't equate to damage. Research shows that activity helps speed recovery and, conversely, bed rest slows it.

Most back pain is self-resolving over a short period. However, early intervention can help to speed this recovery and

correcting the underlying cause of the issue, such as poor strength or body mechanics, is important in preventing further incidents.

Research demonstrates that there isn't one form of exercise that is better than others for backs; it is the continuity of a programme over time. Consider what you enjoy doing and are likely to stick with. Ideally, this can then be undertaken in conjunction with a targeted strength, endurance and control programme specific to your body's needs.

Reducing stress and tension helps, as these increase the sensitivity of your nervous system. We've all had days where aches and pains feel worse because we are tired or grumpy. You can also change factors that may aggravate pain; such as poor posture, ergonomics at work or poor lifting technique.

To summarise: smile, get active and stay active and, if needed, seek help to establish the underlying cause and what can be done to change it.

Melanie Bennett
Senior Physiotherapist
Peak Pilates and Physiotherapy – Millwater Central
Ph. 09 959 021

DO YOU SUFFER FROM BACK PAIN?

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Red Beach Shops, 42 Red Beach Road, Red Beach.

Ph 09 426 9644 redbeach@peakpilates.co.nz

Peak Pilates Millwater Central

Shop 22, 175 Millwater Parkway, Silverdale.

Ph 09 959 0211 millwater@peakpilates.co.nz

millwaterbizbuzz



One of the regular contributors to our magazine is right on our doorstep in Silverdale Village. Health By Logic at 20 Silverdale Street provides natural remedies and is owned and operated by Carol and Graham Johnson. Graham for many years was a senior buyer for a major chain store in NZ and spent a lot of hard hours travelling overseas. About seven years ago they decided that, if they had to work as hard as they had been doing, why not work together at something about which they were both intensely passionate and of which they already knew quite a lot.

Deciding on a unique business identity is a key step when starting a new venture, so Graham's words about natural remedies being logical translated easily into their brand and business name – Health By Logic. Both had believed in and used natural remedies

for many years prior to starting their own business, having observed some friends and relatives not benefiting adequately from conventional medicines, and realising there must be a better way to good health.

Both Carol and Graham research in detail all of the products that they sell and also the companies behind the products. They ensure you get the right product for your particular needs, with keen pricing across their entire range.

Carol and Graham are confident in the high quality of all the products on offer and are happy to use them personally. Their bright and airy shop has a welcoming feel and Health By Logic offers a useful loyalty scheme for its many regular customers.

Photo caption: Graham and Carol outside their Silverdale Store

Locals helping locals

Proud to support Silverdale School

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Cnr of
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Parkway and
Bankside Rd,
Millwater

Grayson & Sarah Furniss
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grayson.furniss@mikepero.com
www.mikepero.com



Join us for services throughout the month:

St Chad's, Orewa
Sunday 8:00am and 9:30am
Wednesday 9:30am

Christ Church, Waiwera
1st Sunday 11:15am

Holy Trinity, Silverdale
2nd & 4th Sundays 9:00am

For further information phone 426 4952
or chadorewa@vodafone.co.nz
www.hbcanglicanparish.co.nz

Roast Pork with Crackling

Cooking roast pork on your Weber Q is easy. Follow these simple steps and you will be eating the best roast pork you have ever tasted. The following cooking times and steps based on a 1.5kg roll roast pork. As always with roast pork, ensure that you leave the pork out of the refrigerator for at least 2 hours prior to cooking; this will allow the meat to come to room temperature.

One of the most important parts is ensuring the crackling is crunchy but soft at the same time. Using a sharp knife, score top of the rind. Firstly cut vertically down the rind and then horizontally across, remembering to cut through all the way down to the fat. This ensures that juices from the fat rise back onto the rind. Now spray or baste the entire outside of the rind with lots of oil, then use at least a handful of salt and rub it all over the rind, top and bottom. Allow to sit for at least 30 minutes before starting cooking.

Use a Weber roasting trivet and convection tray. Start up the Weber Q on high, close the lid and let it pre-heat for around 20 minutes. This is vital. Do not shorten this period as it needs to have a good pre-heat for pork.

Place the pork on the trivet, close the lid. Do not open the lid during this time. At the end of 30 minutes, lift the lid and you will see that your crackling is now perfect. Close the lid. Reduce your Weber Q setting to roasting and set timer for 1 Hour 5 minutes – do not open cover during this period.

At the end of the time, open the lid and you will see the most unbelievable piece of roast pork sitting in front of you. Now: it is extremely important at this point that you let the roast pork remain and rest inside the Weber with the lid closed for approximately 20 minutes. This allows for all the juices to flow through the pork. After around 20 minutes you can now cut and prepare for serving.

The team at Gatmans Mowers & More recommend the use of the Weber digital meat thermometer for perfect results every time.

Regards

Helen Wreaks

Gatmans Mowers & More, Silverdale



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

Steam Tofu with Prawn Ball

Ingredients:

2 Tofu, drained
 200-300g raw prawn, defrost and dry with kitchen towel
 1 Egg
 Spring onion

Method:

1. In a blender, put in raw prawn, egg, pinch of salt and pepper. Blend until it becomes sticky and forms a paste
2. Drain tofu and cut into 8-10 slices
3. Lay tofu on a plate
4. Use the help of a spoon to shape prawn paste into balls, put one on top of each tofu slice
5. Put water in steamer and bring to boil and then put tofu in and steam for 10 minutes. After steaming, tofu may release some water onto the plate. Use a spoon to remove about half of the water before pouring the following sauce onto tofu
6. In a small bowl, put a tablespoon of soy sauce, diced spring onion, a dash of sesame oil and olive oil. Cover and microwave 10-15 seconds. Pour over the tofu while both are still hot
7. Dress with a dash of soy sauce and it's ready to enjoy!

If there is extra prawn paste, pan-fry it with a little olive oil, garnish with some broccoli and you will have another yummy dish. It also matches really well with beer.

Tofu is available at Silverdale Fruit World

Nita Wong



Cashew Nut & Millet Loaf

INGREDIENTS:

1 Cup Organic Millet
 2 ¼ Cups Water or Veg Stock
 1 Brown Onion, diced
 1 Garlic Clove, crushed
 1 Tablespoon Olive Oil
 2 Cups Grated Veggies e.g. Carrots or Kumara
 1 Cup Cashew Nut Pieces
 1 Egg, beaten
 1 Tablespoon Tamari
 1 Tablespoon un-hulled Tahini
 1 Teaspoon each of Oregano, Marjoram, Basil (dried)
 1 Tomato, sliced, or 6-8 Sundried Tomato halves
 Some Sesame Seeds

PREPARATION:

Pre-heat oven to 190 degrees C
 Cook millet in stock or water until all liquid has been absorbed, cool slightly
 Fry onions in the oil until clear. Add garlic
 In a bowl, mix together grated veg, cashews, beaten egg, tamari and tahini. Add cooked millet, onion and garlic. Combine well
 Place above mix into a greased loaf tin and decorate with tomato and sesame seeds
 Bake for 40 minutes
 Serve with salad or steamed veg.
 Delicious hot and cold – yum!
 Ute Engel

Giving Your Home the Edge This Spring



Spring is in the air and sellers need to be prepared for a lot more competition in the property market. But, if you do some simple things well, then you are more likely to stand out from the crowd and get the attention of potential buyers.

This can be done in a variety of ways and one of the simplest and most effective ways to do this is to look at your property through the buyers' eyes.

Professional Photography

A picture is worth a thousand words and if a photo is taken professionally then it can add thousands to your sale price. More often than not, the first time someone views your property will either be online or through print. The images presented will give the public an idea of what they can expect to see at the open home and if they don't paint an inviting picture then they will likely give your property a miss.

De-clutter

This is a must before an open home – general clutter can create the illusion that a room is a lot smaller and lacking storage and this can ultimately be a make-or-break for some buyers. Eliminating personal possessions is also key – buyers need to be able to envision themselves living in the property and this can be hard to do if you have family photos in every room of the house.

The Great Outdoors

A well-presented garden can add great value to any home. Your garden comes to life in spring and therefore it's a great idea to take advantage of new growth by creating an inviting outdoor oasis. Creating this space can be as simple as mowing the lawn, pruning over-grown plants and disposing of any stray branches or leaves. However, you could go a step further and add a splash of colour by planting some shrubs or perennials.

like



5 Riverside Rd, Orewa
(09) 426 5287

flowersbyjoanne@xtra.co.nz
www.flowersbyjoanne.co.nz

RED NOSE DAY

Kiwis get REDiculous for Red Nose Day appeal

On the 22nd of August, a Millwater house went up for auction to support a good cause, with the profit going towards Cure Kids, a charity dedicated to saving, improving and extending the lives of thousands of kids.

The auction at 7 Outlook Terrace, held on the weekend of Cure Kids' annual Red Nose Day appeal, was a special event for Cure Kids and their ambassadors and was a first for the national charity.

"Not every child has the luxury of a certain future; the funds raised from the auction will be invested in research that aims to improve and prolong the lives of these children whilst we go for the ultimate goal – the cure," says Cure Kids CEO Dellwyn Stuart.

"Cure Kids is proud to be a catalyst for improving the health of children, driving the discovery of new treatments and cures through research and we are thrilled that Mike Greer Homes shares our vision of a healthy childhood for everyone," she says.

Sean Connolly, of Mike Greer Homes, describes the project as a 'dream fit' for the company.

"Being well enough to enjoy playing in a backyard is something we'd love all Kiwi kids to be able to do. So we are thrilled to support Cure Kids in all that they do to find better treatments and cures for illnesses that affect our kids. It's a great cause."

Cure Kids is currently funding research for serious health conditions including cot death (SUDI), stillbirth, leukaemia, rheumatic heart disease, burns, cystic fibrosis, asthma, inherited heart conditions, mental health conditions, among others.

Around 400 schools and hundreds of businesses around New Zealand signed up to get REDiculous, with more than 60,000 red noses sold, including thousands of additional red noses for cars.

Donations can be made online through the Red Nose Day website (www.rednoseday.co.nz), by texting NOSE to 933, or at participating retailers around New Zealand.



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Lynda Kanji PHOTOGRAPHY
www.lyndakanji.com



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No MSG in our food or ingredients.

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SUNDAY CLOSED (Lord's Day)

Getting into the garden in SEPTEMBER with Central Landscapes Silverdale



In the edible garden: always wanted to start that veggie bed? Now's the time! Central Landscapes has Living Earth organic-certified Veggie Mix for you to grow safe, healthy food at home!



Planting Now

Heaps: Many summer vegetables can be planted out in the garden now: plant carrots, beetroot, lettuces, spring onions, Florence fennel. For a bit of height and drama – plus yummy to eat – place artichokes in prominence in the vegetable bed!

Later in the month, choose sunny yet sheltered areas for: tomatoes, capsicums, chillies, cucumber, courgettes and eggplants. (Plant two eggplants, not just one – we'll explain the need for pollination in a couple of months).

Sowing Now

In a sunny, indoor spot (we like the laundry) sow: Basil and tomato seeds. What goes together – grows together! Basil plants help keep pests and disease at bay and, together with tomatoes, are a beautiful blend of flavour.

Herbs

Most herbs can be planted now. Don't forget – prostrate rosemary and oreganos (pictured) and culinary thymes make lovely 'spill-over' plants in raised beds.

Edible Flowers

Get into the latest food trend by planting heartsease, daylilies (pale flowers, not red), English lavender, nasturtiums, borage flowers and, yes, even wild onion weed flowers! – Your summer salads are going to look amazing!

Hang Pheromone traps in the fruit trees: Protect apple and pear trees from codling moth attacks on the forming fruit by using these natural, sticky traps.

Happy gardening from the experts at CLS Silverdale. Call in to see us with your soil and mulch questions!



Advertising in **theMillwatermag**

A banner this size is only \$150+gst

Booking & artwork deadlines - 15th of the month

Contact Sarah at sarah@themillwatermag.co.nz or 0274 440 044 to book your space!



CENTRAL

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Think you've got the best Garden?

It's that time of year again - Central Landscape and Garden Supplies are running their inaugural **Millwater Garden Competition** and it's just got bigger and better!

CATEGORIES AND PRIZES

Best Overall Landscaping and Gardening

Over **\$1,000** worth in tools, vouchers and a patio heater

Most Mind-blowing Veggie Patch

Tool pack and vouchers to the value of **\$400**

Most Awesome Lawn

Tool pack and vouchers to the value of **\$400**

All entries will receive a prize pack. To enter email sarah@themillwatermag.co.nz by the end of October, judging will commence in November.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 421 0024 • 90 Foundry Road, Silverdale Business Park

Local company delivers Quality Meats to your door

Waitoki local, Jason McIntyre, has been delivering export-grade quality meats to hungry New Zealanders for over a year now. Quality Meats was the answer to a question that had been bothering Jason for some time... If New Zealand produces the best quality beef, lamb and pork in the world, why were the prices so high for Kiwis?



The answer lay in the cost of retailers and suppliers taking a cut in the middle of the process. Hence the concept for Quality Meats was born; export-grade meats at wholesale prices, delivered direct to consumers. By eliminating the middle man and selling online, it wasn't long before Quality Meats started delivering its premium meat cuts nationwide.

"The goal for the company is to source the highest quality meat at the lowest price, so we can deliver real value to our customers" says Jason.

The company has its headquarters and butchers in Waitoki and Jason personally sources his meat from suppliers and stock yards around the region.

"Our meat is export-grade; it's carefully selected from the best, most reputable sources and is cut, packaged, frozen and delivered via overnight courier service; direct to our customer's doorstep.

"Once our clients realise they can get tender, export-grade meats at a reasonable price, with the convenience of home delivery, they become regulars, buying meat packs every fortnight."

The business is growing steadily but not without some hard work behind the scenes.

"Getting a business going takes dedication and passion for what you do, but the rewards are well worth it – I love that I am able to deliver a premium quality product at wholesale prices to my customers."

It's still early days for the business, but the immediate future looks bright; especially with the BBQ season just around the corner. If you want to try some export-quality meat, go to www.qualitymeats.co.nz and make the most of their free daily delivery service offer to Silverdale, Millwater and Orewa.

Quality Meats
www.qualitymeats.co.nz

INTRODUCTORY SPECIAL!

Get a **FREE 500g pack of sausages** with all online orders over 5kgs.

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millwatermotors

Classy Cruiser with a Difference

This month, we meet Lee Bowles and learn about his latest motoring passion. Lee moved north from Hawkes Bay a couple of years ago, after deciding that the time was right for a new start, a new area, a new job and new people. Lee has been involved in the motor trade for some 25 years, having started in tyre sales and risen to group leader of tyre shops in Napier and Hastings. He later opened new tyre shops in Hamilton and Wellington for one of New Zealand's largest, independent tyre distributors. There's not much Lee doesn't know about wheels and tyres!

After moving North, Lee was first employed in Warkworth but soon afterwards joined Cranefield Automotive & Tyres in Silverdale, where owner Heath Moy leads a great team of happy and skilled auto technicians. Heath, originally from Puhoi, started in the motor trade at the age of fifteen and has owned and operated Cranefield Automotive & Tyres for the past eight and a half years. It was from Heath that Lee bought his dream cruiser about 9 months ago.



The gleaming 1968 Chevrolet C10 350 cubic inch V8 ute was imported into New Zealand from sunny California about six years ago. The Chevy is largely unmodified mechanically and has stock running gear. The excellent condition has been maintained since arriving in New Zealand and you might think it similar to other C10s of the same vintage until you look into the loading area, where the finest American oak provides a deck that looks as good as any dining table I have ever seen. Indeed, you could literally eat your dinner off the polished rear deck! Lee uses his C10 as a fair weather cruiser and is delighted with its smooth-running reliability and comfort. Needless to say, with owner Lee being a tyre specialist, it runs on only the very best rubber.

Knowing that I would want to photograph the car for theMillwatermag, Lee arranged for it to have the full valet treatment beforehand, including the engine bay, by Silverdale Car Grooming at 4H Titan Place. It was there that I held the photo shoot and thrilled to the sound of the big V8 as it was rolled out. Some of the images are shown here.

Asked about his plans for the future, Lee beamed with pride in his present job and company. "There's no better place I could imagine working" Lee said, "All of the team at Cranefield Automotive & Tyres are the best mates I have known and it is great working for such a committed boss". Modesty precluded Lee from being photographed beside his pride and joy but you can meet the man himself any day up at Cranefield Automotive & Tyres, applying his extensive skills very happily in the tyre bay.



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Raw Pet Food - Making Sustainable Choices

Your choice of raw cat or dog food affects the health of your pet AND of the environment.

A recent Colmar Brunton Poll found that 88% of NZ consumers are influenced by sustainability in their shopping choices.

Here are a few things to consider when shopping for sustainable raw pet food...

Packaging

A challenging area, but some great plastic-free options are in development. In the meantime, aim for products that use minimal packaging, rather than lots of individually-packaged single portions.

Nutrient claims

Beware of nutrient claims that filter down from the human food chain. These are seldom relevant to sustainable pet health. For example: cholesterol and fat, at levels normally found in prey species, are essential parts of a balanced carnivorous diet. If a product proudly proclaims they are low in these nutrients, they are not using a science-based approach to feeding your pet.

Source of products

Did you know that NZ runs up huge food miles by importing hundreds of millions of dollars worth of pet food into the country every year? Our imported pet food comes almost invariably from unsustainable agricultural and horticultural systems. The ingredients are generally cheap, and of low quality.

Locally-sourced product is a better choice for the environment, and the abundance of high quality prey-species in NZ also makes it a better choice for pets.

Wild product

Noxious pests – such as possum, rabbit and wallaby – devastate our natural flora and fauna, as well as impacting our farming sector. Pests must be culled to control the problem. These wild prey species are an incredibly nutritious meal for carnivores, making them an excellent option for raw-fed cats and dogs. As this resource grows in popularity, don't be afraid to ask how much wild product is in the minced products you buy – make sure you are getting plenty of rabbit for your buck!

Wild Geese

You do not have to be good
You do not have to walk on your knees
For a hundred miles through the desert, repenting
You only have to let the soft animal of your body
Love what it loves

Tell me about despair, yours, and I will tell you
mine
Meanwhile the world goes on
Meanwhile the sun and the clear pebbles of rain
Are moving across the landscapes, over the prairies
and the deep trees,
The mountains and the rivers
Meanwhile the wild geese, high in the clean blue
air are heading home again.

Whoever you are, no matter how lovely
The world offers itself to your imagination,
Calls to you like the wild geese, harsh and excit-
ing –
Over and over announcing your place
In the family of things.

Ute Engel



www.rawessentials.co.nz

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Are you taking advantage of the metabolic effect?

A commonly-held belief in the gyms is that you need to do Endurance Exercise for fat loss. But is that really true? Or are the claims overstated? Is there a more effective way to crank up your metabolism without long, slow endurance exercise?



Enter the Metabolic Effect! It's a short, structured metabolic resistance workout, which increases your metabolism, keeping it elevated for up to 48 hours post workout! The more lean muscle mass you build with the right nutrition, the greater your ability to burn body fat.

Long, slow Endurance Exercise doesn't increase your metabolism beyond the calories burnt after exercise, and those burned for a few hours afterwards; otherwise known as EPOC (excess post-exercise oxygen consumption).

An example of a beginner/intermediate Metabolic Resistance Workout to boost your metabolism is given below.

1. Perform each exercise for 10 repetitions, making sure to move from one exercise to the next with minimal rest periods.

2. Once you have completed exercises A1 -A6, rest a full 90 seconds before completing a total of 3 rounds.

- A1 – Dumbbell Squat To Shoulder Press
- A2 – Standing Cable Row
- A3 – Dumbbell Incline Press
- A4 – Box Step Up With Bicep Curl
- A5 – Assisted Pull-ups
- A6 – Dumbbell Core Row

In conclusion:

Metabolic Resistance Workouts crank up your metabolism for up to 48 hours, post workout. The effect is magnified by any additional lean muscle mass you build.

Long, slow endurance exercise doesn't increase post workout metabolism aside from a short period, post workout.

Craig is a Holistic Personal Trainer based at Jetts Fitness Whangaparaoa & Millwater.

For more information and to receive a 30 minute Complimentary Consultation, please contact Craig on 021 1611 789 or craig.kilham@jetts.co.nz

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Call **0800 798 322** or email coast@bgcc.co.nz for a free quote or to make a booking with Stanley.

Millwater Women's Group

Our meeting on August 19th at Silverdale Pioneer Village was lovely. We had quite a small group attend, but we enjoyed getting to know each other over a cuppa and some delicious home baking. The Pioneer Village ladies were, as always, very helpful and accommodating and it is such a great venue for us to meet. The next meeting is booked for September 16th, 10am on, and this is one for you crafty ladies.

Several of us are lucky enough to be heading away on various holidays through September and I had thought we would have to cancel this month's meeting, but the Village ladies will be holding a craft morning that day and are very keen for us to join in. The project is to make Christmas decorations (easy hand sewing), to sell in the Village shop. So, come along with something for a shared lunch and see what you can create. Any other crafty types, knitters etc., all welcome; especially if you can make anything to donate to the shop. No charge that day for the Village as we will be working on crafts for the shop. Millwater Women's group will meet again on October 21st at the Pioneer Village, 10am on, for our usual coffee group meeting and I believe this will then continue on into the afternoon as a craft group for those who are keen.

Don't forget – anyone can organise an event or get together using the Millwater Women's Facebook page. At last month's meeting, we shared travel stories and picked up some great tips for our future adventures. After such a great response to the suggestion of Indian cooking classes, I will get onto this in October and make it happen.

Marj Noble – 021 711 540



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Silverdale School Year 5-8 presents....

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When: Tuesday 22 & Wednesday 23 September 2015

Time: Doors open at 6:00pm.
Production starts at 6:30

Tickets: \$12 each

Ticket purchase prior to the evening is essential. No door sales.



holidaydestinations

Jennie Ready's Gold Coast

It's been a bit chilly lately, so, if you're thinking about escaping somewhere a bit warmer and would like a fun family holiday, then a perfect choice is to visit the Gold Coast. With its endless golden beaches, year-round sunshine and exciting theme parks, the Gold Coast is a great holiday for the whole family.

The highlight for most families visiting the Gold Coast is definitely the exciting theme parks. These include Seaworld, Dreamworld, Movieworld, Wet'nWild and White Water World. Each park has plenty of things to do, so it's worth giving yourself at least one day per park.

As well as exciting rides, the Gold Coast also has some great options for animal lovers; one of my favourite parks is Currumbin Wildlife Sanctuary, where you can get up close with koalas, dingos, crocodiles, feed lorikeets and kangaroos and their Free Flight bird show is well worth watching. Seaworld has a number of attractions, including Polar Bear Shore, Dolphin Beach and Shark Bay, to name a few, and Dreamworld has Tiger Island, where you can get up close with a tiger through one of its Tiger Experiences.

If you would like to take a break from the theme parks, then the Gold Coast has beautiful beaches to relax on and great shopping; including Pacific Fair and Harbour Town. If you feel like exploring a bit further afield, then I would recommend visiting the Gold Coast hinterland, with its beautiful subtropical rainforest and national parks. The lush green hinterland is certainly a contrast to the Gold Coast's golden beaches and blue ocean.

The Gold Coast is an all-year-round destination and flight time is under 4 hours from Auckland, with the choice of either flying direct into Coolangatta or, alternatively, Brisbane Airport. School holidays do get busy, so it's best to book well in advance.

Personal Wellness with Helen...



I received an amazing gift recently that really touched my heart...

I was talking to a friend about I don't remember what – nothing of any real significance. I looked up – he had stopped what he was doing and was totally focused on me and what I was saying. Wow! It felt like such a gift.

And that got me wondering – how often do I stop and really give my full attention?

Our lives are so busy racing from one thing to the next that we don't stop in those moments. Our kids, partners and friends often get half-hearted listening, so is it any surprise we have so much miscommunication in relationships. I am totally guilty of this too.

And when we are on the receiving end of this half-listening, we end up feeling unloved and unheard. In fact the #1 reason a woman leaves a man she loves is because he isn't present. This of course goes for men who leave, too.

So what can we do to have a better experience?

If we take time to stop and listen to others, we have a feeling of having given our presence to someone, enriching their life. And we can ask for someone to stop and listen to us. It takes conscious practice to be good at this and, more importantly, conscious remembering to do it.

Take time. Be responsible. If you can't be fully present for someone, ask if they can hold that thought for 5 minutes until you can – or just stop what you are doing. After all, what's more important – the people in our lives or the stuff we do?

If this article has raised blocks or tension in you, give me a call and we can work through it.

Helen McAuley-Grant is Registered Senior Kinesiologist. She has been in practice for over 12 years, and has lived locally for 9 years. www.evolutionary.co.nz, 021 499 824

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HEALTH BY
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Village

Spring has sprung – AH CHOO!

September 1st is the official start of Spring; a wonderful time of year when the weather begins to improve (hopefully!) and the plants decide to reproduce by sending their pollen far and wide. But, for those of us with pollen allergies, this can be a dreaded time of year. Once the pollen is airborne it causes discomfort; with watery eyes, runny nose, itchy throat, sneezing and sinus congestion. Studies have also shown that allergy sufferers often experience a general sense of fatigue, especially mental fatigue.

You might feel like you want to pull the covers over your head and wait until the whole season blows over, but tried and true natural allergy remedies are available; from natural antihistamines, combination formulations, homeopathy, and nasal sprays that do not cause any side effects.



One such natural allergy remedy, which is medically proven to help control the situation, is Clinicians AllerStop. The ingredient in this product was originally discovered in the 1970's in France, where a French physician observed that farmers raising quails had less reaction to environmental irritants than other locals. After much research, allergist Dr G. Bruttmann found that a powdered quail egg formula provided a natural support for the body's response to environmental irritants.

How does it work? Environmental allergens contain a substance called protease enzymes that, when inhaled, irritate the mucous membranes. This triggers a cascade of immune reactions. Clinicians AllerStop contains bioactive proteins that support the body's natural response to the irritating protease enzymes of allergens.

Clinicians AllerStop and other natural allergy remedies are available at Health By Logic in Silverdale Village.

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Student Council Community Group

For this issue, the Student Council have submitted some excellent examples of writing from some Year 5 and 6 students.

Le Petit Chaperon Rouge

Trees escalate, navigating, reaching for the bewitching sky. Beautiful blue butterflies flutter like enchanting eyelashes. The rocks are comforted by moss hugging them like a mother will do to her child. Our feathery friends the birds chirp their favourite songs wildly. The tree trunks are twisted and twirled like pipe cleaners.

Trees are soldiers standing straight and still. The rocks are bombs, heavy and strong. The gargantuan bridge is ancient, hard and safe above the rushing water. Beautiful carvings sit on the side of the bridge. Just the sound of rushing water is peaceful. One tree is a soldier injured after an attack. The roots of this tree are sticking out like wolves ready for their next victim. Their leader, who has tall trees on his head, also has his teeth disguised as roots, but on the inside he is pure evil. Dark times are coming.

ELLA EVERETT
Year 6 (10 years old)



The Forest

The gaps through the emerald trees are few. The sun peeks through the opening of the foliage and brings in light from the bright blue sky. There was a gigantic, mysterious tunnel near the bottom of the tree. She feels warmth from the sun that wraps around her like a big invisible, fluffy, smooth blanket. She reaches the ruins from a heroic journey, peeking through emerald light leaves of the forest.

Inside the ruins, it was all wrecked and the sun was giving yellow light strips of light. The ancient carvings relax on the side of the old stone bridge. The trees all curled up and twisted and some walk underneath the ruins. As the invisible wind blew, it was cold when the darkness fell and all the warmth from the sun was banished.

The beautiful carving stones on the broken ground of the ruins were designed like ancient drawings. These are rough, old and grey as you step. The dark devil wolf was disguising himself as a hill. The loose roots of the trees were the shadows of the wolf's teeth. Long pale grass hung off the sides of the hill. The forest fell with darkness.

By Tom Brooker
Year 5 (9 years old)



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Rodney Auto Centre	09 426 5016
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Coffee and pies anyone?

Recently joining our rapidly growing business community is the son of Millwater residents Pat and John Davey.



Steven Davey has had a lifelong ambition to own and run his own service industry business and is now about to realize his dreams.

Steven started his working life whilst still at school, by working at McDonalds Shore City and then Belmont. He climbed through the ranks to become a store manager and accepted responsibility for training new franchisees and their staffs, as new outlets were set up on the North Shore and in Auckland, including Glenfield and Mission Bay.

Transferring to Taupo, he left McDonalds to join New World and subsequently PAK'nSAVE, where he undertook extensive training with a view to gaining his own store. He also held a liquor licence as a store manager.

Whilst in Taupo he was involved as a volunteer with St. John Ambulance and was a Group Scout Leader. Unfortunately, financial and personal circumstances at that time forced him to put his plans on the back burner.

Steven went to the UK for four years, where he was involved in setting up and then managing a large sports outlet in London. He also worked for a local council as Disability Transport Coordinator and Assistant Project Manager.

Returning to NZ saw Steven employed by The Warehouse head office. He was heavily involved in designing and setting up new Warehouse outlets throughout New Zealand; including Sylvia Park and Mosgiel in Dunedin, where their first small format store was developed. He also continued as a volunteer with St. John Ambulance and has been awarded a long service medal, having served more than 18 years.

When his position at The Warehouse became redundant, Steven quickly secured employment with Auckland City Council as a Project Manager. In this position, his last project was the refurbishment of the old Warkworth Town Hall. In the reorganisation of the City Council, Steven applied to take voluntary severance and this was accepted. He does however still maintain some input into the Warkworth project.

This severance payment finally gave Steven the means to achieve his goal and he has opened a Jesters Pie franchise at 2 Milner Avenue, Silverdale.

Steven's input into the setup has assisted in the design of a new concept store for the franchise. In addition to the 'ridiculously tasty' pies (including vegetarian and gluten-free) to take away, the store is designed for dine-in customers and offers some new items on the menu. One area of the store is set up as a Coffee bar, where workers can grab a coffee on their way to work. In addition, there are tables and chairs for sit-down meals of pies and chips, with other new side orders in the pipeline. Dessert pies are complemented with various cakes and slices. You can finish off your meal with fresh coffee or a full range of soft drinks.

Future plans include a pie van delivery service to local businesses, sports and festival events in the area.

Steven, together with his wife Fiona and son Max, is looking forward to a long and happy relationship interacting with and providing a service for the people of Silverdale, Millwater and beyond.



theMillwatermag

Sarah Furniss
Publisher

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Wed 02 Sep	03:36 0.0m	09:53 3.4m	15:57 0.1m	22:20 3.4m	Fri 18 Sep	04:16 0.5m	10:33 2.8m	16:32 0.5m	22:47 2.8m
Thu 03 Sep	04:26 0.1m	10:44 3.3m	16:48 0.2m	23:12 3.3m	Sat 19 Sep	04:54 0.5m	11:12 2.8m	17:14 0.6m	23:28 2.7m
Fri 04 Sep	05:18 0.1m	11:36 3.2m	17:43 0.3m	-	Sun 20 Sep	05:34 0.5m	11:54 2.7m	17:59 0.7m	-
Sat 05 Sep	00:05 3.2m	06:10 0.3m	12:30 3.1m	18:40 0.4m	Mon 21 Sep	00:11 2.7m	06:19 0.6m	12:42 2.6m	18:50 0.7m
Sun 06 Sep	01:00 3.0m	07:06 0.4m	13:28 2.9m	19:41 0.5m	Tue 22 Sep	00:59 2.6m	07:09 0.7m	13:36 2.6m	19:46 0.7m
Mon 07 Sep	01:57 2.9m	08:05 0.5m	14:29 2.8m	20:45 0.6m	Wed 23 Sep	01:53 2.6m	08:08 0.7m	14:36 2.6m	20:47 0.7m
Tue 08 Sep	02:57 2.7m	09:07 0.6m	15:31 2.7m	21:47 0.7m	Thu 24 Sep	02:53 2.6m	09:12 0.6m	15:39 2.7m	21:48 0.6m
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Thu 10 Sep	04:56 2.7m	11:07 0.6m	17:25 2.8m	23:37 0.6m	Sat 26 Sep	05:02 2.8m	11:16 0.4m	17:36 3.0m	23:44 0.4m
Fri 11 Sep	05:50 2.7m	11:58 0.5m	18:14 2.8m	-	Sat 26 Sep	07:02 3.0m	13:12 0.3m	19:31 3.2m	-
Sat 12 Sep	00:25 0.6m	06:40 2.8m	12:43 0.5m	18:59 2.9m	Mon 28 Sep	01:39 0.2m	07:58 3.2m	14:05 0.2m	20:24 3.3m
Sun 13 Sep	01:08 0.5m	07:25 2.8m	13:24 0.4m	19:40 2.9m	Tue 29 Sep	02:32 0.1m	08:51 3.3m	14:56 0.1m	21:16 3.4m
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Wed 16 Sep	03:03 0.4m	09:21 2.9m	15:16 0.4m	21:33 2.9m					High

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