

theMillwatermag

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Your FREE monthly magazine of all things Millwater
May 2016

- The Dental Suite giveaway!
- Sleep your way to better health
- Garden Care for May
- Spicy Chai Swiss Balls

Don't forget MOTHERS DAY 8 May

Editor's note

As each new month's magazine is being assembled and readied for the printers, we continue to be pleasantly surprised by the increasing numbers of new contributors and advertisers who want to be part of our great success story. I call it 'The Millwater Effect' and believe that it is contagious – we all touch one another; certainly in the metaphorical sense, but, for many of us, when we meet and exchange news and local information, also intellectually and even physically when we shake hands!



Watching Millwater grow in size and community importance over the past 4-5 years and listening to many of our friends and neighbours, we continue also to marvel at the sheer enthusiasm of everyone for being part of this amazing, community-focussed neighbourhood. So, welcome to all new Millwaterians who have arrived since last month.

Last month, we promised a special motor car for you to enjoy and we are sure that you will agree we have fulfilled that promise. One – of only one – of this special motor car, in all of New Zealand, is indeed unique. Read more on page 46.

Millwater professional photographer Paul Conroy continues to delight us on Facebook with the superb images he creates around the local area and it is our pleasure to feature him in our monthly interview – and what an interesting conversation that was!

Millwater people get involved with an interesting variety of activities. The latest is a brand new type of Rotary Club that is designed for busy people who don't have a lot of time but want to give something back – the Satellite Rotary Club of Orewa – of which a significant number of the members are Millwater residents. If you want to learn more about this, please search on Facebook for Rotary Satellite Orewa for the new page.

Have you thought yet about planning to celebrating a Millwater 'mid-winter Christmas?' I hear that the Millwater ROMEOs and ROWENAs might be planning something...

Brian Mullan
Editor
May 2016

theMillwatermag

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themillwaterinterview



Professional photographer Paul Conroy with wife Samantha and their three children moved to Millwater in December 2014, since when he has quickly become an integral part of the local scene. Whenever there is a Millwater or Silverdale activity going on, Paul is there with camera always at the ready.

Growing up in Wigan, UK, Paul had a very happy childhood and hoped initially to go to Liverpool University to study computer science, but the course was dropped just before he was due to start. Paul reconsidered his options and decided to follow his brother into the Royal Navy, where he served for 10 years in the submarine service, mainly on nuclear-capable Polaris and Trident submarines. He believes firmly that the discipline and resourcefulness that is imparted to those who undergo military training and service are attributes that set them up for success in life.

Tours of duty were long and personal communications were limited to receiving just one, 50-word-maximum message per week – but no messages could be sent from the submarine. Remember: this was a tense time of the Cold War. However, such restrictive communication and the long periods spent away from home took an inevitable toll on personal relationships.

After 10 years' service, Paul took advantage in 1998 of the Royal Navy's resettlement courses by going back to study computer science. After six years and with a solid and marketable ability in computers, Paul went on his OE. "I came to New Zealand first and, once here, I decided I didn't need to go any further".

In 2004 Paul joined Microsoft in NZ as a consultant and enjoyed his new technical role, yet hungered to find a means to better express his creative and artistic side. In 2008, he bought his first digital SLR camera and quickly became addicted to the medium of photography – and soon learned that he had the passion to take his addiction further. Paul studied hard and gained his Diploma in Professional Photography, which he described as "a real eye-opener and the best course he's every taken". Knowledge gained during study and qualification further stoked the flame of passion that Paul already had.

After 5 years at Rakon in Mt. Wellington as their global infrastructure and services manager, Paul now works as a consultant for Lexel, an IT service provider in Albany. However, after a big break and the opportunity to be the sports photographer at a Warriors game and the subsequent wider recognition of his abilities, Paul decided to move his hobby into what is now a semi-professional career. Through his connections with rugby league, Paul met Monty Betham and soon became involved with the Steps for Life Foundation – to which Paul remains closely committed.

Sports photography still plays a large part of Paul's life and he has won several awards in this and many other categories. A visit to his website www.paulconroyphotography.com reveals just some of the extent of his wide abilities as a creative and innovative photographer. I asked Paul for his opinion on which areas of photography he wants to see improvement. His reply was one that brought me – and will probably bring others – down to earth. "Our generation remembers seeing our parents' and grandparents' photograph albums but, nowadays, hardly anyone prints a photograph".

With this in mind, perhaps it is time for us all to take stock of the multiplicity of images that we have taken electronically and to consider printing and keeping hard copy records for the benefit of our own current and future generations.

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Five tips when looking to build

Make every single decision in advance

Lack of planning is the fastest way to lose control of your budget, particularly if your budget is defined by 'this is how much money we have' rather than 'this is what the build will actually cost'.

Kiwis tend to have unrealistic estimates of what things are likely to cost.

The more you can decide up front, the more fixed the price can be. You need to be fairly disciplined, but, with the right planning and advice, the project can come in on time and on budget.

Don't skimp on expert advice

It all seems so expensive up front: the architect, the consent fees, the geotechnical surveys, the drafting. It's tempting to try to cut back on those costs, but they're only a fraction of the potential overrun if you get things wrong in the planning stages and have to change – or worse, redo – what's already in place.

Have the right contracts in place

Too few New Zealanders sign up contracts with their builders, setting out pricing and expectations, including every detail right down to the downpipe leading from the bath.

Don't keep changing your mind

If there's one easy way to blow your budget sky-high, it's making changes once the building process is underway.

This is one of the main reasons the bank is likely to limit your lending on a self-managed project: They know the cost will overrun, and therefore factor this into their lending assessment.

Keep the bank informed

Lenders never subscribe to the 'no news is good news' school of communication. When your dream home is over-budget, tell your lender immediately and explain what's gone wrong. Trying to hide your overspending won't win you any friends.

The bank's going to find out at the next milestone and it could go pear-shaped because you can't get financing there and then. But, if you keep the bank informed, a collective solution could be reached, rather than the bank imposing a solution.

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

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



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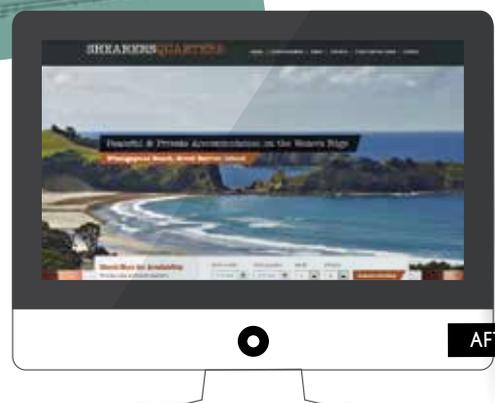
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Smiles All Round for Pet Dental Care



Dental health is a very important part of your pet's overall health and dental problems can cause, or be caused by, other health problems. Your pet's teeth and gums should be checked at least once a year by your veterinarian, to check for early signs of a problem and to keep your pet's mouth healthy.

Signs of dental disease:

- Bad breath
- Bleeding gums
- Discoloured teeth
- Difficulty or reluctance to eat
- Excess salivation
- Broken teeth

The most effective way to look after your dog's/cat's teeth is to brush them. Of course, your pet may be reluctant at first to having their teeth brushed. It normally takes about 5-6 weeks

for them to get used to brushing, but it's worth it in the long run.

If the tooth brushing ends in blood, sweat, or tears, there are still choices you can make to help improve your pet's oral health. Crunchy kibble is better than soft food, as soft food is more likely to stick to the teeth and cause decay. Special dental foods such as Hills T/D are designed to clean the tooth surface and fight bacteria-laden plaque. Dental chews and toys, and drinking water additives such as Prozyme will also help.

During April, May, and June we are offering free dental checks by appointment and \$50 off all dental procedures for those found needing attention. Please feel free to contact us if you would like more information about helping to retain your pet's dazzling smile.



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News from the Hibiscus Coast Community Patrol

Recently, several of our patrollers attended an interesting couple of hours at the Orewa Police Station. Community Constable Mike Brown had organised a short seminar, focussing on the steps that must be taken by a patrol that is first on the scene of an accident. The couple of hours also covered a wide range of other issues relating to the Police and the Patrol. Towards the end of the session, Mike reminded us that an officer had stepped into the room an hour earlier and had been introduced to us.

He then asked us to write down what we could remember of the man's description. It was embarrassing how little most of us could recall with much accuracy. Yet, the same week two of our patrollers were called to Court to swear to the identity of a driver they had encountered some months ago. The moral of this particular exercise was that, as patrollers, we need to make comprehensive notes immediately a significant incident has occurred, not at the end of the patrol or later that night!

Another very worthwhile training plan is for our patrollers to complete a comprehensive St John First Aid Course. The first group has been through the course already and a good number of others will follow in the next month or so. Others have held

up their hands to complete the course when more funding is available. The patrol thanks the Hibiscus Coast Local Community Board for their generous sponsorship of this type of training.

Chairperson Frank Rands observes: "We're really pleased that several of our patrollers are taking up this opportunity to increase their usefulness within their local communities, through gaining these extra skills."

Patrols are now out and about at varying times throughout the week; so, if anyone is interested in joining the patrol, please call Frank on (09) 426 3122.



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How much life insurance do I need?



Understandably, no one likes to contemplate the reality of dying. While it comes to us all eventually, it is the event of premature or unexpected death that can have a very severe emotional and financial impact on one's loved ones. Having sufficient life insurance in place can at least lessen the financial stress at a very emotional

and tumultuous time for a family.

But how much life insurance is "enough"?

Life insurance in place should aim to cover the following:

- Immediate funeral and legal estate expenses;
- Settlement in full of the outstanding mortgage(s) on the residential property (and all other loans and/or outstanding debts). The aim is to leave the home mortgage-free and thus remove the stress and pressure on the surviving spouse/partner to meet ongoing mortgage payments alone. If you also own investment properties, thought needs to be given as to whether you would wish to retain all the properties as a family legacy or sell one or more to eliminate debt – these are

personal decisions that you need to make that determine the level of life cover required; and

- An additional sum to enable the surviving spouse/partner to assure the children's quality education, as well enabling the household to continue to function despite the untimely loss of one income earner. This can be either through lump-sum Life cover or a monthly benefit "Life Income" cover. The latter pays a monthly benefit for a chosen period of years to cover the ongoing costs of any lifestyle changes that may arise in the event of death and until all children reach an acceptable level of financial independence.

It's wise to go through this exercise periodically with a trusted adviser, to make sure that you have adequate life insurance in place.

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

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

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

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What makes a good business blog?



Using a blog for your business website can be a great, cost-effective way to connect with customers, drive traffic and increase brand-awareness: but it is not a job you can give to just anyone.

Just writing something and putting it online won't make a blog successful. Creating (and maintaining) one that people actually want to read is an art-form that requires time, talent and expertise.

Some factors to be considered are:

For a post to be successful, you need an image to grab reader attention, complement the text, be relevant and engaging to the audience.

Between writing the post, selecting imagery and scheduling-in accompanying social media promotions, there's very little room to just put up something ad-hoc. Every blog post should be a part of a larger marketing strategy.

Focus should be on creating something with substance, which adds value to readers and establishes your business as an authority.

Search engines like fresh content; so, the more frequently a blog is updated, the more likely that site will climb up search engine rankings.

People tend to just scan web content, so every word must count. Long posts should be serialised and big subjects should be broken down.

It is vital that it is ALL interactions are acknowledged quickly and positively – it's good customer service.

Links are the lifeblood of the Internet, so a blog post should be easy for readers to share across multiple channels.

When a blog post is promoted across social media channels, it should never happen simultaneously.

Measuring blog performance and adjusting accordingly is the best way to gain results.

Keywords or phrases in the text and title of blog posts are a simple and effective way of driving traffic to a blog, rather than hoping it will be stumbled upon.

Outsourcing the responsibility to create, plan, optimise, write, promote, interact and analyse your blog content is the best way to meet your customers' needs and drive sales – and for less financial input than you might expect!



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Wentworth Rowers Impress at Maadi Cup

Rowing is a popular sport at Wentworth, with crews training 5 times a week – both on and off the water – during the summer season. After a full summer of training, a week-long training camp during the January school holidays and a number of local and regional regattas, the 2015/2016 rowing season finished last week with the national inter-school regatta, the Maadi Cup, held on beautiful Lake Ruataniwha in the South Island. Wentworth students were impressive; making it through to 2 'A' Finals (the top 8 teams in the country) and 3 'B' Finals (the top 16).



income and net worth to attend a New Zealand private secondary school – such as Wentworth College in Gulf Harbour.

Aspire Scholarships contribute up to \$15,000 per year towards the student's tuition fees and up to \$1,500 per year for course-related costs. Once awarded, the Ministry of Education will continue to pay these fees for the remainder of the student's secondary schooling! This means that a student could have a free education at Wentworth College.

This is an incredible opportunity and applications are open now for students who will be entering Year 9 in 2017. Interested families can find further details on the Ministry of Education website, or by contacting the Wentworth College office. Applications close at 5pm on Friday 13th May.



School Principal Bruce Tong comes from a family with a strong rowing tradition; with both his father and brother being past Olympic rowers. Whilst the current rowing season may be finished, Tong is already planning a 'Learn to Row' programme over winter for students in Years 7, 8 and 9, with the aim of giving them a sense of what the sport of rowing is all about. Tong says "We are actively seeking 13- and 14-year-old students to reinforce our existing rowing crews. The sport of rowing demands a high level of dedication, yet is also incredibly rewarding."

Wentworth College has some sports scholarships available for top sporting students.

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Many parents are unaware that the Ministry of Education runs an exciting scholarship programme, aimed at providing an opportunity for students from families with a low household



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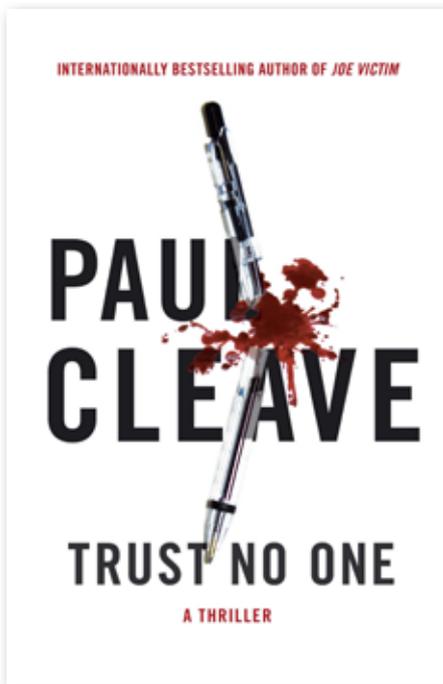
SOME PLACES STILL AVAILABLE



millwater **book of the month**

Trust No One by Paul Cleave

This month, author and guest reviewer Karen McMillan introduces another great read: Trust No One by Paul Cleave



Award-winning and bestselling author Paul Cleave writes novels that are page-turning and gripping, but his latest psychological thriller Trust No One is his best yet! It has been compared to Gone Girl, and I can see why, although they are entirely different tales for the most part. Gone Girl had two unreliable narrators and an undeniably dark undertone. With Trust No One, we have one wildly unreliable narrator in crime writer Jerry Grey, diagnosed with Alzheimer's at the age of forty-nine, unable to tell the difference between the dark plot lines he created in his novels and real life.

In the opening chapter, Jerry is sitting in the police station after wandering away from the nursing home he now lives in. He is confused and at first he doesn't even recognise his daughter, but instead thinks she is a police officer. It's hardly surprising that no one is interested when he claims to have killed someone – it's clearly just a plotline from one of his dark books. But, as this well-crafted book takes many surprising twists and turns, everyone must consider if he is just an increasingly confused dementia patient with an overly vivid imagination, or a monster who has killed numerous women.

Jerry is a wonderfully complex character, revealed as the storyline moves between past and present, and his deteriorating mind increasingly blurs the line between fact and fiction, reality and unreality. It's an accomplished, highly original and emotionally-engaging read that kept me on the edge of my seat. The ending is pitch-perfect, although heart-wrenching. I won't be surprised if Trust No One wins awards, sells millions of copies and gets made into a movie. It really is that good.

Reviewed by Millwater resident Karen McMillan, author of Unbreakable Spirit and The Paris of the East www.karenm.co.nz

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Running Do's and Don'ts



With the Orewa Half Marathon having just been and entries now open for the Auckland Marathon, I thought it prudent to offer a few do's and don'ts for distance running.

DON'T:

Buy new trainers in the lead-up to an event. If you are training and running at marathon distance, ideally shoes should

be replaced every 4-8 months and the shoes you plan on running in should have been trained in for the last 2-4 weeks. This allows shoes time to mould to your running style and your body to adjust to the added cushioning a new shoe provides.

Over train. A missed session will not derail your training. Listen to what your body is telling you. Likewise, don't increase mileage too early, as it can lead to over-training and becoming flat.

Ignore niggles. This can indicate something is not right and, with increased mileage, can escalate the problem quickly.

Sacrifice speed work and hills. These improve overall performance and make the last few kms more bearable!

DO:

Trial the kit you will run in. Nothing worse than a blister from an ill-fitting singlet. Remember Vaseline works wonders. This also includes trialling gels or drinks, nothing worse than having an upset stomach when you drink PowerAde for the first time at 21km.

Remember to time your gels, take them every 30min throughout the events, to prevent your glycogen levels dropping.

Keep hydrated in the days leading up to it. You can lose 2L during a marathon, so much easier to go in prepared.

Update your playlist – everyone will benefit from having a 'power song' to motivate.

Cross train. Running is a very single, plain, repetitive activity. Including strength work and alternate activities that you enjoy will help prevent burnout and keep overuse injuries at bay.

Taper. It is amazing the number of people who don't do this. You will go in rested and fresh having had 2 weeks of light runs; stick to 5km or less for the week or so prior.

Have fun – put on your power song at the 36km mark and enjoy it.

Melanie Bennett is a Physiotherapist & Pilates Instructor at Peak Pilates & Physiotherapy – Millwater.

For more information you can contact Melanie on 09 959 0211.

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Recycling Bins

Isn't it great to see that we are finally getting some of the same services as the rest of the Super City. The large recycling wheelie bins are being rolled out all over Millwater (no pun intended), although we note that some properties in certain streets have not yet been supplied. If you're the only one in your street that did not receive one you will need to contact the council as it probably means your waste levy hasn't yet been actioned against your property. Now we just have to see what the good collection people will accept and not accept. Hopefully this is the end of the cardboard debacle.

For those with a serious pile of boxes remaining after their move, the Millwater Families Facebook page is often a good place to start when it comes to recycling them. There are plenty of families packing up and looking for boxes, so pop a post on the Facebook page and watch them disappear. If you are not on the page, see item below.

Social football

The Friday evening casual game has now moved to Sunday morning 8am. All ages, genders and skill levels welcome. Come along and redeem yourself for the excesses of Saturday night.

Facebook

Another shout-out for any residents that aren't already members of the Millwater Families' Facebook page. This really is an outstanding source of information on local events, groups and for service and supplier recommendations. The page can be found by searching on Facebook for Millwater Families – Silverdale. It is a closed group, so you will have to request to join. You will need to monitor your "Others" Inbox in Facebook as you will receive communication from one of the administrators. If you can't find this Inbox, just Google it. Alternatively ask any teenager!

Fantastic Photography

A big thank you to Paul Conroy, our wonderful local photographer, who regularly provides images for this magazine. Paul has been a great contributor to the community by providing excellent images of various events and scenes for free. His details can be found on page 4.

Groups, clubs and general collaborations

If you are a member of a local group, club or other association of residents, then we would like to hear from you. For

anyone interested, we will be running a directory of these groups in the next months' magazine. Please email sarah@themillwatermag.co.nz with brief details of who you are, what you do and how to contact someone.

New bowlers welcome

Whangaparaoa Indoor Bowling Club has started its 2016 season and new members are welcome. Come and learn this easy to play game, coaching is available and we welcome players of all ages. Club nights are Monday 7pm at Whangaparaoa Primary School hall. We have a social club for older members on Thursdays at 12.45pm in the Whangaparaoa Hall. Contact Allan 4283776 or Owen 4268476 for more information.

The doggy doo-doo dilemma

This certainly is a stinky subject that keeps on coming to the fore time and again. For those of you dog owners who may have missed the ongoing diatribe on Facebook, this is really an issue for many non-owners (and other owners). The simple fact is that there are many people not doing the right thing and picking up after their dogs. There does not seem to be any part of Millwater that is immune to this antisocial behaviour; from private property to walkways, parks and even playing fields. So, if it comes out of your dog anywhere but on your property, pick it up! Simple.

On the subject of playing fields, these are a dog-free area. Not loose, not under control, not on a lead, not ever. Dogs on playing fields are a health risk for the people playing sports on those surfaces. Think doggy business and open cuts or abrasions and you may start getting the picture. There is plenty of space at Metro Parks East and West without using the playing fields.



Millwater 區內情報要點

Recycling Bins

相信大部分的居民都已經收到大的廢品回收箱，這標誌著我們這區將能享用跟其他奧克蘭地區一樣的回收服務。希望也能為一直很惱人的紙品回收劃上句號，不用再猜測怎樣包扎成適當大小才會被回收。

新搬來的朋友，若你不知道如何處理搬家用的紙箱，可利用Millwater的Facebook平台，尋找可接收紙箱的家庭。我們這區常有人需要紙箱。若你未加入該Facebook群組請看以下詳情。

Facebook

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

Social Football

星期五晚上的聯誼足球已經改為星期日早上8時，地點在Millwater Parkway貨櫃箱旁，歡迎所有人參加。

Fantastic Photography

再次感謝本區居民Paul Conroy的慷慨幫助，固定為這本雜誌提供封面照片。關於他的資料在？頁有詳盡介紹。

Group, Clubs and general Collaboration

下月我們將會搜集並刊登本區的團體、同好會、固定聚會的资料供居民參考。如果你知道有那些小組聚會可以分享的話請電郵至sarah@themillwatermag.co.nz

Whangaparaoa 室內草地滾球同好會開展了2016年新球季，現正招募新會員，在場會有專人指導教授，歡迎不同年齡人士參加。

聚會逢星期一晚上7時在Whangaparaoa Primary School Hall (小學禮堂) 進行。

而逢星期四中午12:45均有長者會員聚會，地點在Whangaparaoa Hall。

詳情請電 Allan 4283776, Owen 4268476。

The Doggy doo-doo dilemma

飼養狗隻的狗主請留意，在帶狗狗散步的同時請千萬要撿起狗狗的便便。最近在Facebook上有很多相關的討論，因為狗便便無處不在，包括私人地方、公園、行人路、運動場等，對居民造成很大困擾。因此請記得攜帶塑料袋，替自己的狗狗收拾便便。非常感謝大家的合作。

另外請緊記運動場是不准狗狗進入的（包括拴上狗帶的）以免對大家構成危險。

Questions? Suggestions?

如有任何提議或問題歡迎用中文電郵至millwatermag@gmail.com聯絡Nita Wong

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Student Council Community Group

Fun Food Fiesta

By Brooke Furniss and Connor Draper-Smith, Silverdale School Student Council



On the 18th of March, Silverdale Primary School held their annual Fun Food Fiesta. There was a sausage sizzle, Jesters Pies, Rib 'n Roast, nachos, sushi, Silverdale Adventure Park rides, dunk a friend, an Easter egg hunt, Grasshopper Soccer, a bouncy castle, and a cool activity where you had to guess what each teacher's pets were.

The fun food fiesta turned out to be a success. All who attended loved it, had fun and some even got dunked. The fun food fiesta raised \$3,600 for play-based learning resources and an upgrade of our school library. Thank you parents and helpers for your support.

millwater **malt** of the month



There are many whiskies, from many parts of the world, to which the word 'consistent' can be applied. However, when one narrows the search to Scottish single malt whiskies that are medium-bodied and have wide appeal, you soon end up with just a few. The Glenmorangie Original 10 Years Old is one of the finest examples available today – and tomorrow, too.

On the nose this whisky takes you on a delicious journey through an Italian garden surrounded with mandarin, lemon, apple, pear and peach trees; their fruit ripening in the sun. Add to this the scent of vanilla ice cream, then enjoy the herbal aromas of geranium and wild mint growing nearby. Gentle and definitely satisfying.

On the palate, the Glenmorangie Original is a little weightier, with honey and malt, banana bread and subtle sweet spices. Clean and well balanced.

The finish is quite long and whistle-clean; leaving memories of malt and honeyed fruit, fading softly.

700ml ABV 40% and available from many outlets, at a target price below \$70.



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timlawrence Fishing Spot



Well, it's certainly getting cooler out there, but the good thing is the fish are still biting hard and we still have relatively calm weather to get out for a fish. Last month, I talked about our planned trip through the local fishing club to Kawau Island for Easter weekend. The weather was so good, we decided to go further and we ended staying in Port Fitzroy at Great Barrier

Island. We took two boats and left from Omaha, stopping at Little Barrier for scallops before fishing into the evening. The next morning, we got up with the stars and caught some baitfish before heading out wide for the morning bite. With the bin full, we travelled back to Great Barrier for a cray dive, while the other boat continued to live-bait for kingies and landing a respectable 16kg specimen to take home. It was the perfect trip.

Sadly, work has been getting in the way of my fishing lately, but we still have the weekends. I knew I had to spend some time with my family – so I took our daughter Ryan fishing. Mike's son had also been talking at pre-school about his dad taking him fishing. With a full crew, we headed for Gulf Harbour and trolled lures around the back of Tiri before heading out past the cables to chase some skippies. Both kids caught a tuna each before we returned to Tiri and anchored up along the south side, hard up on the bank in about 20 metres of water (all the boats head for Shearers, but this spot will get you a feed of fish). We used some of the fish we caught for bait and landed seven snapper up to 450mm on the kids' rods. Ryan even landed the biggest snapper and a kahawai at the same time on the light gear!

Our next fishing club trip is to Whitianga on the 20th May with Epic Adventures. We have booked two boats and have already filled both of them. It's going to be an awesome trip. If you are interested in joining us on the next charter, come along on to the Northern Union on the 4th of May. Fishing doesn't need to end just because summer is over...

Tight lines!

Millwaterwinereview



We all look for something familiar when we go shopping, whether it's the look of something, a brand, or something we've tried before. Wine has these traits but as a wine retailer I'm always searching for the bargain, something that over-delivers at the price being paid. The problem is; with wine these days a lot of wine we're purchasing you're paying exactly what it's worth.

Matahiwi Wairarapa Pinot Noir fits the bargain category. At \$14.99, it over delivers and much more and this is backed up with a Gold Medal and a 5/5 Star Review. If you don't know where the Wairarapa is, it's approximately 45 minutes North from Wellington and it's a part of the country that produces some stunning wines.

Attractive, soft Pinot Noir with red berry, dark plum and cherry flavours, with fragrant fresh hay and savoury oak characters. On the palate, it is soft and round, with a hint of spicy smoky oak and a long finish. With the cooler and shorter days, the crock pot will start to make magic in the form of slow-roasted lamb shanks, which will be a perfect match for this bargain Pinot Noir.

Ivan Tvrdeich
Manly Liquor
Millwater Resident
Manly Liquor

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pharmacytalk



Shingles

Following on from last month's topic on Influenza and the Flu Vaccine, this month we are discussing Shingles and the vaccine ZostavaxTM.

Shingles is an infection of a nerve and surrounding skin surface that is supplied by the nerve, and is caused by Varicella-zoster virus – commonly known as Chicken pox.

Anyone who has had Chicken Pox can get Shingles – including children.

Shingles usually appears as a rash of painful blisters that affects one side of the face or body; it can cause a burning, throbbing, shooting or stabbing pain that lasts for up to 30 days. One in four people experience a longer lasting pain called Post-herpetic neuralgia, which is a chronic nerve pain that can last for months or years. We have had countless customers who describe the pain from Shingles as the worst pain that they have ever experienced and that is why we are excited to be able to offer the ZostavaxTM vaccine to our customers.

Shingles is extremely common and affects one in three people in their lifetime, with this risk increasing as we get

older. When you are young, your immune system is usually strong enough to keep the virus in check but, as we age, our immune system is not as effective and therefore it becomes easier for Shingles to overcome our immune defences. The risk of getting Shingles sharply increases over the age of 50 and that is the age from when we can administer the Shingles Vaccine ZostavaxTM.

ZostavaxTM is a vaccine that is available to help prevent Shingles and is now available from Hickeys Unichem Pharmacy. ZostavaxTM is a single-dose injection and it can be given at the same time as the Flu Vaccine, and is available for those over 50 years of age. If you are thinking about getting this vaccine, come and see us today.

Don't forget: we are in full-swing with the Flu vaccine – no appointment is necessary and we are offering a discount** to all customers who mention this advert.

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Ken, Esther and Valentina

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Personal Wellness with Helen



Self-Judgement – we all do it and many times during the day.

Weight, appearance, finances, relationships and career are our 'favourite' self-judgement topics, but that negative self-talk is more damaging than we may realise.

As well as creating negative feelings, judgement affects your physical wellbeing in very real ways, including depression, anxiety and disease.

So here are 5 Actions to Silence Your Inner Critic

1. DITCH PEOPLE WHO JUDGE

"Create space away from judgmental people. People who don't judge are the happiest, therefore it's easier to be happy. If they ask why you're not seeing them anymore, put it on you before you put it on them – say something like 'I need to work on myself, so just need some space.'"

2. SPEND TIME IN NATURE

"Nature has no judgement, and being in an open space will help lift what feels like the weight of the world off your shoulders. Judgement is often clouded by other people's point-of-view, and in nature, on your own, you get away from negative thoughts that may surround you."

3. MOVE YOUR BODY

"The times when you criticise yourself the most are the times

when your body needs to move, and will help create the changes in your thoughts. Getting your body moving will get the energy moving around your body."

4. BE GRATEFUL

"Start a gratitude journal. As corny as it seems, it'll have a positive effect on your mind. Gratitude and judgement cannot co-exist, so it's important to pick out even the smallest things you're grateful for – your child's laughter, that beautiful flower – to things like being proud of yourself for carrying on through the tough times."

5. ASK YOURSELF: IS THE JUDGEMENT YOURS?

"People are like sponges; we suck up thoughts and feelings that are around us, but may not be our own, resulting in a judgement in our head that may not even belong to us."

If any of this strikes a chord with you, make contact and defuse the emotions.

Helen McAuley-Grant is a Body & Soul Consultant, and Registered Senior Consultant Kinesiologist. She has been in practice over 12 years, and lives locally.

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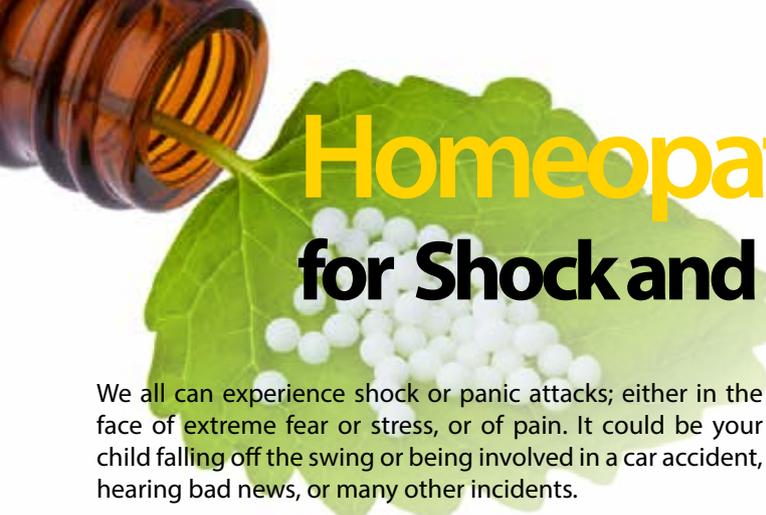
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Homeopathy for Shock and Panic attacks

We all can experience shock or panic attacks; either in the face of extreme fear or stress, or of pain. It could be your child falling off the swing or being involved in a car accident, hearing bad news, or many other incidents.

Having Rescue Remedy on hand for both shock and panic attacks can help you to calm down initially. If there was a fall, the remedy Arnica is called for, the No 1 trauma remedy – especially when the head is involved.

Aconite and Opium are two other important remedies for shock. Aconite is used when the person is very restless, fearful and anxious – or terrified and fears that death is imminent.

Opium is useful for an emotional shock when the person looks and acts like a 'stunned mullet'. The person does not respond in a coherent way and has a dazed expression.

If you have a panic attack, the 2 remedies that may help to reduce the panic are Aconite and Ignatia.

As explained previously, Aconite is needed when the patient is intensely restless, anxious and may hyperventilate. Ignatia is needed when the patient cries uncontrollably and does not take kindly to comfort and reassurance. There is a lot of sighing with hysterical and contradictory behaviour and nervous twitching. This remedy is well known as the 'grief remedy', because it is one of the main remedies for loss with silent grief and a desire to be alone.

The remedies can be repeated every few minutes if the symptoms are severe. Once there is an improvement, repeat a dose as needed. If there is no improvement after 3 doses, it means that the remedy choice was not correct.

Remedies are available over the counter from your health food store or homeopath. For chronic ailments, always consult a registered homeopath.

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



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(09) 426 5287

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Does a carrot a day keep the Optometrist away?

Local residents are familiar with the old saying 'an apple a day keeps the doctor away', but does a carrot a day keep the optometrist away?

According to James Park and Zaria Burden (the Optometrists from OPSM in the Silverdale Centre), carrots contain a lot of beta carotene and vitamin A, which can contribute to eye health. However, James and Zaria want locals to think beyond carrots and understand the importance of a healthy balanced diet and active lifestyle for good eye health.

As many Kiwis fear losing their eyesight, the question is: how can a change in diet improve our eye health?

"Our eyes, much like our bodies, crave healthy foods rich in antioxidants and omega oils. Some simple additions to the weekly shopping basket, such as green leafy vegetables, can have a big impact on eye health. Providing eyes with the nutrients they need helps us see better and prevents common eye diseases, such as macular degeneration and glaucoma," said James.

"For the over 40s, snacking on fruit and nuts throughout the day is another great option. Doing so can reduce the likelihood of dry eyes and macular degeneration," Zaria continued.

James and Zaria's top food recommendations for healthy eyes:

Fruit – including blueberries and strawberries, as they are rich in antioxidants that are present in high concentrations in a healthy macula;

Leafy green vegetables – spinach, broccoli and kale for their essential vitamins and minerals, including lutein and zeaxanthin, which are important for good retina health;

Oily fish – such as salmon – for their omega-3 fatty acids, which can reduce the risk of high eye pressure and glaucoma;

Eggs – for fatty acids, lutein, B-vitamins and zinc, which are essential for general eye health;

Garlic – to enhance blood flow and boost the immune system, for overall health benefits; and

Dark chocolate – for its antioxidants and flavonoids, which help circulation and blood flow in the retina.

For more information, you can contact James or Zaria on 09 426 7902 or visit them at OPSM Silverdale (opposite Pita Pit) in the Silverdale Shopping Centre.



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Know Your Fats

Omega 3 is a hot topic these days – and justifiably so, as our Western diets are generally far too low in Omega 3 fats. Fat is absolutely essential to our health; however, it is the type of fat we consume that matters most. Omega 3 fats are a critical component of good health: they are classed as essential fatty acids, which means that our bodies cannot make them – we can only get them from the food we eat. They are required to make certain signalling molecules that have a range of important roles.

They:

- Control the function of the cells in our body – and we have over 10 trillion cells, so we need them to work well;
- Help the muscles in our small and large intestines to work in a coordinated manner, which is necessary for effective digestion;
- Play a role in making sure that our blood clots in the appropriate way;
- Make sure that our blood vessels constrict or dilate correctly – important for maintaining healthy blood pressure;



- Are critical for development of the brain and retina in a growing foetus;
- Reduce inflammation in the body;
- Reduce the levels of triglycerides in blood. The New Zealand Heart Foundation recommends eating seafood or fish at least twice a week to reduce the risk of heart disease;



- For a healthy immune system, by helping to fight infection; and for
- Good for overall brain health.

The three types of Omega 3 fats that have significant roles to play in our health are DHA, EPA and ALA.

EPA and DHA are found in oily fish like salmon, trout, flounder, sole, herring, tuna and sardines, and also in shellfish.

ALA is found in green leafy vegetables, flaxseeds, walnuts, pumpkin seeds, chia seeds. ALA needs to be converted in our bodies to EPA or DHA to provide the health benefits. Unfortunately, this process is not very effective, so consuming foods containing EPA and DHA is the best option.

There is some debate when it comes to fish oil supplements as to quality, rancidity, and their effectiveness long-term. For those who are Vegetarian or Vegan, finding a good quality microalgae supplement may be the best alternative, as they provide the only vegetarian source of EPA & DHA.

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

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

www.nutrition sense.co.nz



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ADFILE helps businesses of any size manage leads and clients, quotes, jobs, projects, purchase orders, timesheets, invoicing, materials, reporting – and more. Plus, the simple to use system can be accessed from any smartphone or computer. It also integrates with popular accounting packages such as QuickBooks, MYOB and Xero, making jobs

seamless from quoting to invoicing.

ADFILE was originally set up as a way to manage quoting, workflow and staff timesheets for Matt’s graphic design business. The team’s continuing evolution of ADFILE made apparent the software was suitable for any time-based business. Matt targeted trade industry leaders to further develop material importation, product ordering, discount structures and compliance management.

ADFILE has been in operation in some form for nine years, but has only been commercially available since the beginning of the year, with a number of paying customers already signing up.

With a small grant from Callaghan Innovations and further investment raised through venture capital, ADFILE is set to make waves in the New Zealand and international markets.

“We still have a lot of ground-breaking ideas to help businesses further auto-



mate their systems, whilst keeping it simple still remains the key factor in our long-term success objectives. ADFILE is looking at the next round of seed-funding, to reach into new overseas markets”. Says Matt.

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*To find out more, visit www.adfile.co.nz.



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Taking care of your voice



Most of us take our voices for granted. Our voice is available when we need it and we use it to convey a great deal of meaning and mood in all our utterances. It's only when things go wrong that we realise just how much we rely on our voices and how helpless we feel when our vocal chords are affected.

We are able to produce a sound from our larynx when the 2 vocal chords and their attached vocal folds close (adduct) and vibrate while allowing some air to escape. These vocal chords, which are meant to keep working for a lifetime, cannot work optimally if they are abused. So it's important to take care of our voices, to prevent or overcome voice problems. The following are good habits to cultivate:

Don't smoke: the heat and chemicals affect the whole respira-

tory tract and can sometimes cause irreversible damage.

Keep hydrated: drink sips of water often and have a water bottle near you as much as possible.

Avoid clearing your throat often: coughing and clearing the throat causes the vocal chords to collide and bang into each other which can lead to inflammation and irritation. You may not even be aware of clearing your throat, so try to take note of how often you do it each day.

Control and limit vocal loudness: try not to speak more loudly than the environment requires. Avoid yelling or cheering for long periods. This is especially important if you are a professional voice-user like a teacher. Try to use other methods to gain the attention of others, like clapping or ringing a bell.

Rest your voice: try to balance voice use with voice rest periods.

Please contact me for a free consultation if you have any concerns regarding your voice.



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Millwater ROMEOS

The April meeting of the Millwater ROMEOs (Retired Old Men Eating Out) saw nine members gather at the Morris and James Pottery in Matakana. This site was originally used by George Manners for a short time in 1864 as a brick-works, because the clay in this area is of good firing and moulding quality.

We joined the free daily tour of the pottery, where we followed the pot-making process by visiting the onsite field where the clay was dug, rotary-hoed and left to dry naturally in the sun. The weathered clay then goes through a process consisting of drying shed, mixing with black sand, moulding and throwing machines, drying, first firing, decorating, glazing, and final firing. The process is very labour- and skill-intensive, developing from a simple potter's wheel that Anthony Morris brought from England and set up with his partner Sue James in 1977. His earlier experiences in England are very apparent in the organisation today, where efficiency and innovation, simplicity of production and creative in-house technology are used to form the final product. The staff at Morris and James work together in a very collaborative and creative way, using technology that is often developed onsite to meet the needs of the artistic and production members of the team.

Interestingly, the bulk of pottery sold is to the local market – although tourist orders are despatched globally when requested.

After our factory tour, we gathered together at the attractive onsite café, where a wide range of food was available to accompany our discussion, thoughts and personal reflections on the parts of the tour and experiences we found most in-



teresting. We were all impressed with the way the artistic and creative needs of the production teams were met by in-house innovation and design.

After the outing, we all came back to that day's organiser's home for excellent hospitality over coffee and delicious home-made cookies.

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Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!
Please get in touch with Sarah on 09 426 6155 or email sarah@themillwatermag.co.nz

The Additional Advantages of Advertising

Some people believe that real estate agents already charge too much, without the additional expense of marketing – but it's important to view marketing as an investment in profits, as opposed to an added cost.

A lot of sellers believe that the best and only way to market their property is on the internet; because it reaches millions, is measurable and cost-effective.

But it's important to remember that there are other marketing avenues that will go a big way to helping you find those must-have buyers.

These are the buyers that have been in the market for a while and will have put offers in, but missed out on other properties. These are the buyers that must-have your property – and are generally prepared to pay more for your property than buyers who have just entered the market.

Marketing your property is about casting the biggest net possible; to capture as many must-have buyers as you can.

By investing \$3,000 or \$4,000 on advertising, you could potentially add \$30,000 or \$40,000 to the sale price of your home. Regardless of the state of the market, you still need to invest in marketing – your home will be on the market in competition,



not in isolation – and therefore you need to out-market your competition.

Aside from the basic essentials like signboards and internet listings, there is also print, radio, flyers and even TV.

Remember that a real estate agent's job is to get you the best possible price for your house, not to just find the first person that wants to buy your house.



Hibiscus Hospice Art Exhibition & Sale

The annual Hibiscus Hospice Art Exhibition and Sale is the largest of its type in the Rodney District – and the 2016 event being held over Queen's Birthday weekend promises to be one of the best yet, with over 400 works for sale or auction and more than 90 artists exhibiting.

This year, 20 new artists will join favourites from previous years; such as Ingrid Boot, Sarah C, Pamela Cooper, Sonja Drake, Dulcie Draper, Darryl & Sally Fagence, Bruce Ferguson, Kairava Gullatz, Donna Massey, Yana Meech, Mandy Olsen and Murray Stuart.

Alongside works using oils, acrylics and watercolours on paper, canvas and board, there are works on oars, zinalume and steel. There's also ceramics for indoors and outdoors, prints, photography, glassware and jewellery to choose from.

Not only is there something to suit every taste, there's also something for every

budget – with works ranging from \$30 to over \$3,000 in value.

While a percentage of all sales goes to Hibiscus Hospice, many artists also choose to donate works for the live and silent auctions, from which 100% of the proceeds benefit Hospice.

Purchasers enjoy a wonderful piece of art while making a contribution toward the \$1.8 million that Hibiscus Hospice has to raise after Government funding each year.

The Hibiscus Hospice's 11th annual Art Exhibition and Sale is on from Friday June 3rd throughout Queen's Birthday Weekend to Monday June 6th at the Estuary Arts Centre, 214B Hibiscus Coast Highway, Orewa.

The exhibit opens with a ticketed preview and auction on the evening of Thursday 2nd June. Tickets are \$25, available online at www.hibiscushospice.org.nz or by



phoning hospice (09) 421 9180.

Open Friday, Saturday and Sunday from 9.00am to 4pm and on Monday from 9.00am to 2pm. Entry on these days will be by gold coin donation.

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.

	Mar 2015	Feb 2016	Mar 2016
Number of Sales	20	8	17
Median Sales Price	\$900,500	\$981,500	\$1,138,000
Highest Sale Price	\$1,210,000	\$1,370,000	\$1,635,000
Lowest Sale Price	\$815,000	\$620,000	\$641,000
Average % price to CV	8.29%	27.92%	29.85
Average Floor Area (sqm)	239	200	251
Weighted Value Index	1094	1283	1287

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. Data is gathered from Property Guru and REINZ.

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

Grayson Furniss
Franchise Owner
SILVERDALE

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



Mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

millwaterpropertytalkwithGrayson

As predicted, normal service resumes in the Millwater property market, with median prices back to near peak levels and a good rebound in sales numbers. We certainly expect this to continue for the coming months, as it seems that buyers have got over the Christmas credit card bills and are buying again. We are also seeing the return of investors, both domestic and international, back to buying also.

What is becoming increasingly apparent is that, while the majority of homes in Millwater are of a similar age, our buyers are becoming increasingly aware of fundamental design and construction faults and rejecting those properties that they perceive to be less desirable in favour of better homes. The impact of this is that, if a home has a broad and quality appeal, we are typically seeing strong activity and offers on it within the first couple of weeks – sometimes sooner. If there is an "issue" with the property, we will usually see it taking a little longer; maybe 4-8 weeks to find that "right" buyer, the buyer who is not bothered by the issues or in fact sees those as a benefit.

At all times we must remind vendors that there is a huge range of options available to potential purchasers in Millwater and that the success of the sales process will depend on finding the right buyer, whose particular needs are met by that property at that time. This takes some skill and local knowledge, as well as continued exposure to a wide range of buyers. With our extensive database of buyers, we have been very successful

in finding the best buyer for a property prior to that property entering the market; often negotiating delayed settlements or 'sale and rent back' contracts for vendors who are wishing to sell and remain in the property while another is built.

As always: if you are contemplating selling or just want to consider your options, please give us a call. You never know – we might be able to help achieve your dream outcome.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

Silverdale 09 426 6122



STUNNING OPPORTUNITY, SECURE IT TODAY!



By Negotiation

15 Saltwood Street, Silverdale

- 210m² home on a flat 562m² fully fenced site - lovely established and mature gardens
- master bedroom on ground floor with ensuite and walk in wardrobe
- 3 further double bedrooms and family bathroom upstairs
- large open plan living area with wonderful flow to level outdoor entertaining
- stunning kitchen with stone bench tops & breakfast bar, gas hob and generous storage
- built in 2009 by Universal Homes with a balance of master build warranty to transfer to new owners
- quality low maintenance brick and tile construction with double glazing to keep you warm in winter
- quiet, private and safe location down ROW, great for kids with ample parks within easy reach



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Silverdale 09 426 6122



LOVE LIFE? EXPAND YOUR LIFESTYLE HERE!



By Neg. over \$1,000,000

36 Anchorite Way, Silverdale

- large 223m² family home on a flat 578m² site at top of hill with a great outlook
- 4 bedroom including guest wing with bed, bath and small lounge - great for granny or an au pair
- open plan living area opening to outdoor entertaining areas, great flow
- separate lounge / media room
- great off street parking for cars and room for a boat or campervan
- fantastic outdoor entertaining areas with covered and uncovered spaces
- quality construction by Universal Homes
- located close to local schools, beaches, shopping and motorway



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www.mikepero.com/RX646020

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SINGLE LEVEL, LOW MAINTENANCE, CONVENIENT LOCATION



Offers over \$940,000

29 Old Mill Road, Millwater

- four double bedrooms, master with ensuite, walk in wardrobe and deck access
- spacious open plan living with wonderful flow to two different outdoor areas
- beautiful entertainers kitchen with breakfast bar, stone benchtops and ample storage
- elevated and northerly facing this wonderful home has a great outlook towards Orewa beach
- large 658m² site with room to kick a ball or possibly install a pool
- double garage with great offstreet parking and under house storage options

Other features: double glazing, waste disposal, dishwasher, heat pump, ultra fast broadband, heated towel rails

www.mikepero.com/RX693864



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Silverdale 09 426 6122



LOOKING FOR AN EASIER WAY OF LIFE?



By Negotiation over \$860,000

249 Millwater Parkway, Millwater

This wonderful freehold townhouse in the thriving Millwater development provides an alternative lifestyle choice. Forget about gardening, washing the house or ongoing maintenance - relax, enjoy a round of golf, a day at the beach or walk to your favourite cafe.

- sunny and spacious open plan living flowing to spacious north western facing outdoor courtyard
- great entertainers kitchen with large bench tops and breakfast bar, ample storage
- additional second lounge / media room / office centrally located on 2nd floor
- master bedroom with walk in wardrobe, ensuite (with bath) and deck
- balance of 10 year Master Builders warranty to transfer to new owners

www.mikepero.com/RX673243



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5 3 2

Auction

680 Beach Road, Browns Bay

Auction - Onsite, 6.30pm Tue 5th April 2016 (unless sold prior)

Situated on a freehold, easy care site is this fabulous 1950's cedar weatherboard home complete with brand new kitchen, new carpet and interior paint. Spend time relaxing in the spacious living area which flows out to a large north facing deck and covered entertaining area - perfect for year round entertaining. Inside the split level design offers 4/5 bedrooms and 2 bathrooms, making it easy for the whole family to enjoy the space on offer plus the triple garage provides ample storage/workshop space.

Put this one at the top of your viewing list!

www.mikepero.com/RX646022



Vanessa Jardim
021 614 771
09 426 6122



Grayson
021 665 423
09 426 6122

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Mike Pero

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STUNNING, SUNNY AND SINGLE LEVEL

4 2 2

By Negotiation over \$960,000

42 Madison Terrace, Millwater

- four double bedroom home all with built in wardrobes
- master with walk in wardrobe and ensuite
- flat easy care and fully fenced 531m² site
- low maintenance brick and tile exterior
- stunning entertainers kitchen with large island stone bench
- gas cook top, electric oven and space for a double door fridge
- large open plan living area flowing to private outdoor entertaining
- just three years old and built by reputable builder Mike Greer Homes

www.mikepero.com/RX740821



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**SILVERDALE
MEDICAL**

welcomes
Millwater Medical
to the Hibiscus community

Situated at Millwater Central, the new clinic is only five minutes drive from Silverdale Medical. In response to patient feedback, that a smaller medical centre better suits some family's needs, we are happy to announce we can now provide that service.

We are maintaining one patient registration system across both practices to allow patients to move freely between either clinic, as we are still one entity, but now in two locations.

Millwater Medical opens for business **Monday 2nd May 2016** and will provide general medical services between the hours of 8.30–5.00 Monday to Friday.

Outside of these hours urgent care can be provided by Silverdale Medical who are open later during the week and weekends. All specialised services such as minor surgery and fracture care will be performed at Silverdale Medical.

We are hosting an open day on Tuesday 24th May between 10am-3pm so the community can come for a leisurely walk through and enjoy some light refreshments with the team.

The Doctors at Millwater Medical will be:
Dr Marcus Ang, Dr Dave Hassan and Dr Genevieve Syed.

Silverdale Medical will be providing all the back of house administration for Millwater Medical. To enrol visit www.silverdalemedical.co.nz, complete the enrolment forms and simply mark the enrolment form Millwater Medical.

Millwater Medical 23/175 Millwater Parkway Phone: 09 320 0873
(from 2 May 2016)

millwaterasiancorner

Rice

One beautiful summer afternoon, we were enjoying yummy food straight from the charcoal barbecue while discussing with kids quite a serious topic – culture gap. We talked about how some people would think one thing is very weird if they have no knowledge, or are not used to it, while it is just nor-



mal in other people's lives. Do you know people in Ecuador eat guinea pigs? ("Yuck! Yuck! Yuck!" said the kids).

To make it easier for them to understand, I pointed to a bowl of rice in front of me. "Look, in our home, we eat rice when we have a barbecue, but most Kiwis might find it weird because they are used to having bread or potato instead. But rice is actually a perfect match for barbecue meat, so you shouldn't feel ashamed if people think you are weird – just explain that's our family culture."

At the same time, my husband looked at me suspiciously "Um... I think it is just you, my dear. I don't eat rice with barbecue..."

OK: I have to admit I am a rice lover. If I have no rice for more than 3 days, I will have sleepless nights, craving for rice. I believe rice is certainly one of the comfort foods for many Asians, as it is widely consumed across different countries and plays an important role in their food cultures. However; in China, rice is only popular in the south – in the wheat-growing north the majority eat noodles, dumpling and steamed buns.

There are many types of rice; for example, at a Chinese or Thai restaurant you may notice the rice is always long-grain, while the Japanese and Korean love short-grain rice. Rice balls and sushi can only be made from short-grain rice because of its "stickiness". I personally prefer long-grain, but my husband is a short-grain fan – which caused a little conflict when we were newly-wed! Nowadays we always stock both grains, and use

them according to which cuisine we are cooking.

Thanks to ageing, my blood-sugar level is now sitting at the boundary! For this reason, we introduced brown rice around 6 months ago, mixing it 1:1 ratio with normal rice. I thought it would taste awful but it actually tastes really good! Sometimes I will add some red rice to increase the healthiness and texture too. Kids always feel excited when a bowl of pale red rice is served!



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

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What do shoes and frames have in common?

By Dennis Oliver, owner and optometrist at Visique Hawkins Optometrists

When it comes to buying a new pair of shoes, not only do you want to look good, you also need to feel comfortable. A nice pair of shoes will not only complement your outfit, they will boost your confidence and add that extra pizzazz in your walk. Quality should always be your first consideration, especially if you are going to spend a lot of time in these shoes. When buying shoes, you need to consider:

- Purpose (going to work versus party);
- The size and shape of your foot; and
- Does the colour suit the style of your outfit?

Finding the right pair of frames is no different from choosing a pair of shoes, except that it can be even more daunting. It becomes even more difficult if you happen to forget to wear your contact lenses and you cannot see yourself in the mirror when trying out several pairs of frames.

A well-fitted pair of frames will not only make you look and feel fabulous, you will feel comfortable and you will be able to see well.

When choosing a pair of frames, there are more factors to consider, including:

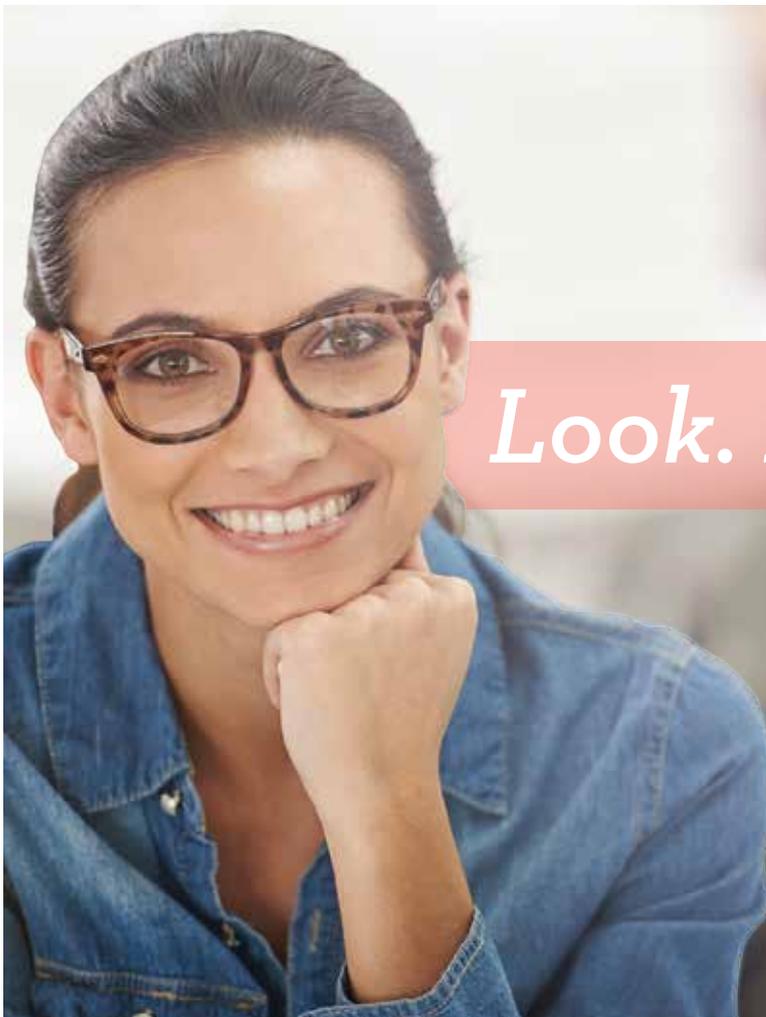
- Purpose (going to work versus sport);
- Your facial width;
- Your eyebrow and cheek lines;
- The bridge of your nose and where the frames sit;
- Your complexion and hair colour; and
- Do the frames suit your style and personality?

And more!

Our eyewear stylists at Visique Hawkins Optometrists have been trained in frame-fitting and have the expertise to help you choose that perfect pair of frames to make you look and feel fabulous.

Come and visit us today at Visique Hawkins Optometrists, Shop 20, 175 Millwater Parkway, Silverdale. Right now we are offering 20% off all frames*, so why not ask one of our eyewear stylists to help you choose that perfect pair of frames today!

**To redeem this offer, you must mention this ad. Offer does not apply to already reduced items, MODA packages and cannot be used in conjunction with any other offer. Ends 30 June 2016.*



20% OFF
ALL FRAMES*



Look. Feel. Fabulous.

Eyewear represents how you look and feel and choosing the right pair of frames to suit you can be a real challenge. Our passionate team of eyewear stylists at Visique Hawkins Optometrists have the expertise to help you find that perfect pair of frames that will make you look and feel fabulous! Come in today!

VISIQUE HAWKINS OPTOMETRISTS

Shop 20, 175 Millwater Parkway, Silverdale
P: 09 426 5308 E: millwater@visique.co.nz
www.seriouseyes.co.nz 



*To redeem this offer, you must mention this ad. Offer does not apply to already reduced items, MODA packages and cannot be used in conjunction with any other offer. Offer only available at Visique Hawkins Optometrists, and ends 30 June 2016.

Would you like a free set of dentures?

Missing teeth can prevent you from enjoying your life to the full. One solution to replacing missing teeth is a set of dentures. Over time, this nifty little device has gained a somewhat bad reputation, due to the methods and materials used in its construction in days gone by. Luckily, the days of embarrassing dentures are gone and, with today's advanced innovations and technology, a properly-fitting and well-constructed denture will improve your quality of life immeasurably.

Here at The Silverdale Dental Suite, we are lucky to have Dr Dusan Kuzmanovic, a specialist Prosthodontist with over 20 years' experience in creating life-changing smile makeovers for his patients. A former Senior Lecturer at the University of Otago, Dusan runs three busy dental practices and continues to teach general dentists.

It is with this in mind that we are looking for patients to volunteer for an upcoming one-day course in denture fabrication, which Dr Kuzmanovic will provide for a group of general dentists. For registering your interest, you will receive a free denture consultation, to determine whether you are an appropriate patient for this course. During the consultation, you will receive the benefit of a specialist examination completely free of charge. If you are selected as an appropriate candidate for the denture course, you will receive a full set of dentures for free. The only condition to receiving your free dentures, if



you are a successful candidate, is that you attend the one-day course fully on the nominated date.

While an opportunity like this may be rare, we are delighted to be able to make this offer and are confident that Dusan's advanced training and academic background in cosmetic and restorative dentistry will ensure successful long-term results for your dentures – and will truly give you something to smile about!

EXPERIENCE THE DIFFERENCE

Book before 31st of May for your chance to win an iPad Mini




THE DENTAL SUITE
SILVERDALE

Suite 6,
44 Silverdale Street
09 426 5262
team@dentalsuite.co.nz
www.dentalsuite.co.nz



NEARBY NEIGHBOURS

Orewa

An unforgettable experience – Orewa offers an abundance of opportunities for both young and old.

Becoming one of the fastest-growing towns in New Zealand, Orewa offers a place for relaxation, and a chance to de-stress and escape. It's one of the few places that offers so much as a holiday destination, yet is only 25 minutes from the city centre. There is a distinct holiday buzz about this place, which encourages a feeling of calmness and a place to detoxify. For the active sport enthusiast, it's one of the top picks for SUP boarders, kite surfers, and cyclists alike.

Spread over 3 kilometres of golden sand, Orewa beach offers a safe place for children and adults to swim, as well as enjoy the relaxing atmosphere. With great facilities such as the beach playgrounds BBQ facilities – and places to sit, eat, and enjoy the stunning views - there's no wonder why Orewa is one of the fastest-growing places on the coast.

The various reserves on Orewa beach play host to various cultural and hobbyist events all year round; where the infamous Hibiscus Coast Hot Rodders park up to show off their timeless classics and wow spectators with quality detail and customised work. The annual sandcastle competition also draws entrants and spectators, from both near and far, offering a chance to see truly skilled sculptors at work.

The town itself offers a good selection of shops and businesses to peruse through; ranging from the art and cultural to fashion and quality eateries. Orewa boasts some of the best cafés and restaurants on the coast, with a wide selection of cultural flavours to suit.

As a place to live, Orewa offers residents with a welcoming holiday atmosphere, which enhances quality of life and sees the locals looking and feeling younger. Orewa attracts beach lovers, young families, right through to retirees. Retirees love the area, largely due to smaller, flatter sites and many single-level dwellings, all with easy access to supermarkets, medical centres and the fabulous lifestyle it has to offer. You have property diversity; with multimillion dollar beachfront homes to the more modest living. If you are thinking about buying or selling in the region, then talk to the experts at Mike Pero Real Estate, Moana Ave, Orewa. Just opposite the New World car park.



Recipes from Millwater Residents

Sashimi

Do you know you can buy sashimi-grade fish from Ocean Seafood in Silverdale? Simply give them a call and ask for stock available. For this recipe, do not pre-slice the fish; bring a whole chunk home and start from there. Instead of pan-fried, this recipe uses just boiling water to make it healthier.

Ingredients

Sashimi-grade tuna 500g in one piece
Chopped spring onion

Sauce

1 tablespoon lime/lemon juice
2 tablespoon soy sauce
1 tablespoon tsuyu (available in Countdown)
1 teaspoon mirin (again, available in Countdown)

To make

1. Cut the tuna into a few long rectangular piece, approximately 3 x 6 x 15cm, depending on the size of your fish
2. Put the fish into a deep bowl or saucepan, pour in hot boiled water. Use chopsticks to quickly turn the fish over to ensure all sides are well covered and turn "white"
3. Immediately soak the fish into cold water to avoid "over-cooking"
4. Carefully slice it into around 1cm thick and it's ready to serve with the sauce!

Nita Wong
Millwater resident



Spicy Chai Bliss Balls

Ingredients

12 medjool dates, seeds removed
1 cup dry roasted almonds
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon cardamom
1/4 teaspoon Chinese five-spice
1/4 teaspoon cloves
1/4 teaspoon allspice
1/2 teaspoon concentrated natural vanilla extract
pinch of salt

Method

1. Place the ingredients into your processor and blend at high speed until the mixture resembles a fine, sticky crumb. Use your hands to press and shape the mixture into balls. Place in the fridge to set.
2. Eat and enjoy!

Sue Reid
Millwater resident



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

TAKE CONTROL OF YOUR SKIN WITH CACI SILVERDALE

ONE SOLUTION DOES NOT WORK FOR EVERYONE – WE PERSONALISE YOUR PLAN

At Caci Silverdale we understand that everyone’s skin is different; we personalise our Reformaskin® treatment plan to suit your individual skin concerns, using our expertise and range of advanced skincare treatment options to make sure you get the very best results.

With Reformaskin® at Caci we can treat:

Pigmentation: Fade pigmentation dramatically using a series of laser (VPL) treatments;

Scarring: Encourage the production of collagen and help smooth scars and fine lines with dermal rolling, also known as collagen induction;

Dryness, Texture: Microdermabrasion is used to improve skin texture, by exfoliating the skin and increasing cell renewal. It is also often used to prepare and condition the skin for other treatments and make them more effective; and

Ultimate in anti-aging: Caci’s most advanced treatment: Fractional CO2 Laser will improve the skin’s tone, firmness, texture and reduce the appearance of lines and wrinkles.

AREAS WE CAN TREAT:

- Face
- Neck
- Décolletage (Chest)
- Back of hands

Caci Silverdale’s Treatment Consultant will assess your skin and talk to you about the changes you would like to see. Based on this consultation, they will be able to advise you on the best Reformaskin® personalised treatment plan for you.

WHAT ARE THE BENEFITS OF BEING ON A PROGRAMME?

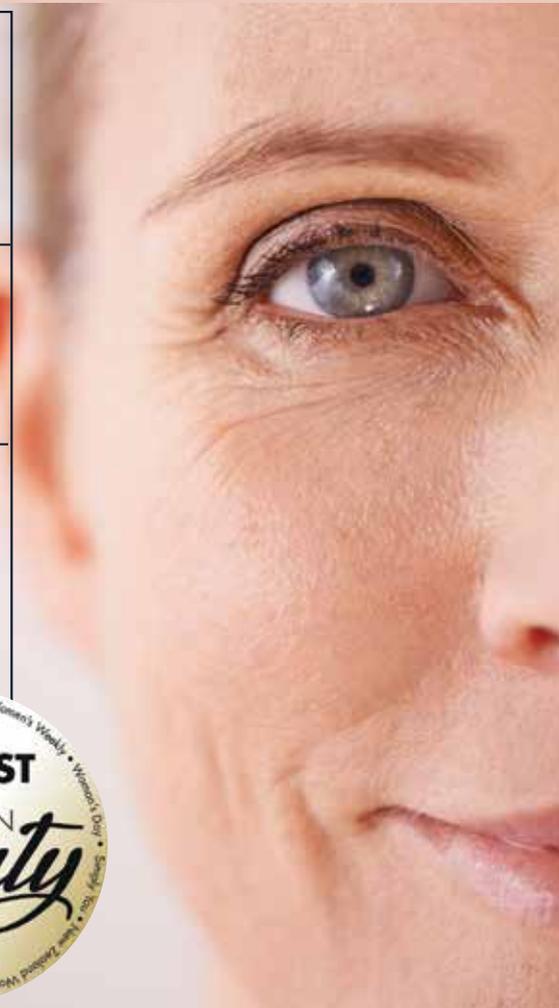
As well as enjoying Caci’s easy payment options (choose to pay for your treatments in weekly, fortnightly or monthly instalments) we will also reward you with an exclusive rewards membership. As a Caci Reformaskin® client, you are entitled to a range of complimentary beauty therapy treatments; including waxing, facials, lash and brow tints or brow shaping.

Call TODAY at the newly-opened Caci SILVERDALE 09 212 6900 and book your complementary consultation.

PLUS: RSVP for our upcoming Reformaskin® information evening **Thursday 12th May 6.30pm**

Caci Silverdale – 2 Milner Avenue, Silverdale - (09) 212 6900
silverdale@caci.co.nz

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<p>Have a free consultation at Caci Silverdale and try one of our favourite skin treatments; Microdermabrasion for only \$50 (usually \$100) until June 30th *</p>	
<p>2 Milner Ave Silverdale</p>	<p>09 212 6900 caci.co.nz</p>





GARDEN CARE FOR MAY

From Living Earth



The Edible Garden

Hungry Birds: This garden centre resorted to bird netting to protect young vegetables from cheeky, hungry birds looking for a meal. At this time of the year, young flower seedlings are equally vulnerable.

Broad Beans: Seeds can be planted directly into the soil – Anzac Weekend is the ideal time!

Free strawberry plants: With the end of cropping, the plants tend to send out runners that end with a cluster of foliage. Help anchor the foliage to the soil, to develop roots, by placing a stone or pebble on the runner. See picture.

Crab Apple Jelly time: if you're keen on the jelly and don't have a tree, put the feelers out on Facebook or in the local neighbourhood. Someone may offer you the crop in exchange for a jar or two. Otherwise, local farmers' markets usually have jars on sale from now on.



The autumn garden

Lawns: A favourite landscaper swears by this means of re-sowing poor performing lawns. Rake over bare areas, broadcast seed and lightly rake in Living Earth Ultra Lawn to incorporate. Water daily and you should have lovely 'green strike' a fortnight from now.

Foliage fun: Best not to go overboard, but many shrubs provide dramatic leaf colour at this time of the year. See photos.

Trim topiary: These pictures are from the Japanese Tea garden in San Francisco. Practice on azaleas, buxus plants and other densely-foliaged evergreen shrubs.

Kids' Gardening: These holidays, get them growing their own vegetables and flowers – pansies are always favourites – children like their happy faces!

Last opportunity for bulbs: Plant tulips, hyacinths and daffodils in pots and into the ground.

Shady characters: Plants with variegated foliage can be very useful in highlighting dark areas of the garden.

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Hibiscus Embroiderer's Guild



Millwater Residents Welcome

We are delighted to introduce a group of local women who meet twice monthly in the HBC Community House, Orewa, to pursue their passion for all things embroidered. Interest amongst the women extends over all aspects of stitching and the talent and work produced is inspirational. A display table of recently completed pieces; an extensive library of reference books; a trading table; a cup of tea and embroidery news updates are the format for the 2-hour meetings to chat and stitch.

Our most recent outing was to the Auckland Museum, to view the archived embroidery pieces held there and next we are off to visit "Ribbon and Rose", supplier of hand-craft resources.

Recently, members started a project: "Pandora's Box", available to view online at blackworkjourney.co.uk. Working the same piece, but with many variations in cloth and colour choices, progress is eagerly shared at meetings and help and advice given if needed.

New to embroidery – or very experienced – all new members can contribute to our group and are welcome at our meetings on the second Wednesday of the month at 7pm and fourth Thursday at 10am. I have recently met several Millwater residents who have expressed their interest; so, if you would like to visit with us, please give me a call.

Judy Browne
021 116 9455

Millwater Women's Group

Our April meeting was scheduled for the week after the magazine goes to print, so nothing to report for this edition. I note one of the Women's Group members using great initiative to organise a clothes swap at her home. What a brilliant idea and I am sure will be well attended. Let's hope the lovely autumn weather holds on for a few more weeks and looking forward to seeing the Women's Group Facebook page used by other members, with great ideas of events to attend or just a simple catch up at the local Café or Garden Centre. Our garden centre visit was very well attended last year and the information given to us all was valuable in preparing our gardens for spring. If there is enough interest, I will organise a repeat visit over winter. Please let me know.

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Pension still in the UK? The clock is ticking!



British ex-pats and returning Kiwis with a UK private or company pension may be unaware that they have a potential NZ tax liability the longer their pension fund remains in the UK. That's the word of caution from Tony Chamberlain, Director of GBPensions, a company that specialises in UK to NZ pension transfers.

Fortunately, it isn't all bad news! If the funds are transferred into a legitimate SIPP (Self-Invested Personal Pension) or NZ QROPS (Qualifying Recognised Overseas Pension Scheme), clients can

currently gain access to their money in larger amounts than is permissible under UK laws, sooner than would be allowed under many UK schemes, and potentially as tax-efficiently as possible.

The most advantageous time to transfer a pension is during the first four years of NZ tax residency but, even if someone has lived in NZ for longer, there are still benefits to be had – but the quicker they act, the better!

From as far back as 1988, GBPensions' financial advisers have been working in the pensions industry, and their experience spans the UK, NZ and Australia. They have chosen to focus on this complex field, providing advice and services only in respect of the transfer of UK pension schemes. The company has no sole allegiance to any one particular product or service provider. "We pride ourselves on offering independent, unbiased advice," explains Tony, "with only our clients' best interests at heart."

To learn more, please visit www.GBPensions.co.nz or for a friendly, no obligation chat, phone Tony and the team on 0800 427 693, e-mail transfers@gbpensions.co.nz or call in to their offices on William Pickering Drive, Rosedale.

Disclosure Statements for GBPensions' advisers are available without charge or obligation.





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artspeak with Estuary Arts



For the month of May, Estuary Arts Centre is working alongside Hibiscus Forest and Bird with another multi-faceted, environmentally-focussed programme; comprising an exhibition of local artists' work, specialist environmental speakers and guided walks. The Exhibition is called 'Fight or Flight' and the purpose of it is to encourage everyone to get behind the 'Pest-Free Peninsula' campaign, aimed at eradicating pests and promoting healthy gardens in which our natives can thrive. Pauline Smith, who is one of our tutors and a strong Forest and Bird supporter, will be holding a solo exhibition of her new watercolours in the Education Wing Foyer for the month of May. Complementing these exhibitions is a sculptural group show called 'Earth Elements', which will be on display in the main gallery. There will be an opportunity for the public to meet the artists at the May exhibition opening on Saturday 7 May between 3 and 5 pm.

Estuary Arts Annual Members Awards
07 - 31 July 2016



An exciting selection of weekend workshops is now on offer for the month of May and includes:

Plein-air Painting & Sketching with Jane Jensen, 6 May – 10 Jun (6 weeks) 1pm – 3pm;

Interior Design – Kitchens & Bathrooms with Cristina Capri, 7 May, 10am – 3pm (1 day);

LHW1: Towards Abstraction – Winter Workshop Series with Lindsay Hey, 10am – 3pm;

*7th May: Defining Shapes in drip and random painting;
4th June: Abstraction of an original work already completed by Student;*

*2nd July: Squeeze bottle painting, pouring and tossing paint;
6th August: Wax resist, cling wrap, multimedia and textures for underpainting;*



Craft Tiles & Embellishments – Polymer Clay with Claire Fairweather, 14 May, 10am – 4pm (1 day);

Glass Bead Making for Beginners with Inge Chappell, 15 May, 11am – 1pm (1 session);

Interior Design – Colour with Cristina Capri, 21 May, 10am – 3pm (1 day);

Glass Bead Making – Intermediate with Inge Chappell, 29 May, 11am – 2pm (1 session).

To book into a class or find out more about the exhibitions, contact the Centre on 09 426 5570 or email manager@estuaryarts.org



Estuary Arts Centre
214b Hibiscus Coast Highway | Orewa | (09) 426 5570
www.estuaryarts.org

Learning about Life through Cheerleading

Eight years ago, we went to the Cheerleading Worlds in Florida. "Worlds" is THE competition that every cheerleader in the world wants to compete at. The atmosphere is electric, intense and contagious, and opens your eyes to more than just what the sport can do for athletes.

We discovered that cheerleading is so much more than "just a sport". We learned that in all the hours of practice, the endless preparation for competitions and the odd bump and scrape that is inevitable, there are life lessons too.

Pacific Cheerleaders was established on our return, and we have built our gym; following the ten life lessons from cheerleading:

The team comes first. Each athlete is encouraged to reach their own full potential, but they also learn that each and every member is equally important to the team's success.

Dedication. If you don't feel like going to practice, the rest of the team will suffer because of it. If you're on a team, be there.

Practice makes perfect. Practice, practice, practice. Going over the moves again and again ensures safety and perfection.

Be a positive role model. The youngest team always shines brightest when the senior team is cheering them on at competition or at the gym.

Learn to trust. When you're a flyer you need to know that the bases are not going to let you fall. Ever. To build trust, you need to build bonds.

Smile, even if you don't feel like it. Being positive in the gym will have you smiling by the time you leave.

Compete with class. Practice sportsmanship. Cheer competitors on when at an event. Everyone is after the same result.

Girls are not your enemy. In the gym environment, the athletes are supportive of each other. They build each other up, not tear down.

Fitness is your goal. Cheerleading demands strong cardiovascular stamina, strength, co-ordination and flexibility. Cheerleaders come in every single shape and size, except unhealthy.



One of Pacific Cheerleaders' youngest athletes being flown by her more senior team-mates at the recent Soap Box Derby at Stanmore Bay, Whangaparaoa. "I trust them."

Give it your all. You can't go out and cheer a little, you can't give half a smile, or sort-of catch a flyer. You must be present for every moment you're there.

Pacific Cheerleaders' cheer gym is situated close to Millwater, in Silverdale. We are always on the lookout for new members to join their teams, from age 5 upwards.

Contact us on 021 137 3047 for more information on how to join for Term Two.

Sleep Your Way to Better Health



Try to get to bed before 10pm every night; it's the hours before midnight that count. Aim for at least 8 hours' sleep. Some individuals may be able to sleep less, but you need to find what is optimal for you. Often, you may need to start at 8 hours for a while, especially if you are trying to correct a disrupted sleep cycle.

Look at the quality of sleep you are getting:

1. How many times during the night are you waking?
2. Are you just waking up and then going back to sleep, or are you waking up going to the bathroom?
3. When you wake up, are you able to fall asleep immediately – or do you have to lay awake for a period of time?

All these may help determine underlying issues. These underlying issues can be anything from Endocrine disruption such as Adrenal Fatigue, imbalances in neurotransmitter function, and musculoskeletal injuries such as headaches and neurological disorders.

Here are a few additional things you can do to improve your sleep patterns:

Go to bed and wake up at the same time every day, including the weekends. Avoid the pattern of sleeping-in over the week-

ends and going to bed late, as this may disrupt your sleep cycle during the week.

Avoid substances that disrupt and can interfere with sleep: caffeine, alcohol and/or nicotine, up to 10 hours before bed time.

Drink plenty of water. Our bodies have very little water reserve and, once dehydrated, the body responds as though it's experiencing stress. If your body is stressed it produces stress hormones, which are awakening hormones.



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

ROWENAs Lunch

The March lunch for the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was organised on this occasion by Diana Lakin, to whom many thanks are due. The lunch took place locally at Jamaica Blue in Silverdale, which proved to be an excellent venue. This time we had 15 ladies present, and I think that is the most we have had at any lunch so far. With 15 present, I am sure you can imagine that the friendship and chatter were in full flow.

Our thanks must go to Jamaica Blue for their lovely food and friendly service. ROWENA Jocelyn Scott-Raynsford organised the April lunch that took place on April 28th at Morris & James Pottery in Matakana and a full report on that will feature in the June issue of the magazine.



millwater bizbuzz

INTRODUCING Focus Hearing



Newly-established Focus Hearing in the Silverdale Medical Centre on Polarity Rise provides expert audiology services through its owner Daniel Kim. Daniel is a lover of music and his devotion to perfect sound led to him developing a serious interest in biomedical science. This, in turn, led to study of audiology and Daniel is a Master's Honours graduate of Auckland University. He gained wide, practical experience in audiology as a diagnostic specialist working in the public health sector in Manukau. Daniel's next move was to develop his expertise beyond adult diagnosis; which led him to Starship where he worked extensively with children who had hearing difficulties.

With his vast knowledge and abilities to work with both adult and children, Daniel decided in 2014 to start his own audiology practice – opening his first clinic in Howick and he is now also in Silverdale, plus operating a smaller satellite clinic in Takapuna.

Daniel described to me how he is able to test accurately the hearing of children from as young as just 7 months; but his abilities cover all age groups and his patient lists reflect this. Daniel says "I chose the Silverdale Medical Centre for this

newest clinic because there are many other related medical professionals nearby and it's a great environment in which to practice my profession."

Daniel is happy to work flexi-time, to suit patients who are unable to attend clinic during normal working hours – all you have to do is to ring up and ask for a time that suits you. Daniel Kim of Focus Hearing in Silverdale can be reached on 09 972 5250, or by email at silverdale@focushearing.co.nz



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millwatermotors

Living nearby is Bill Grieve, who has owned this beautiful 1934 Alvis Crested Eagle since its 70th birthday. Bill's first encounter with the Alvis marque was back in the UK, during his university years studying mining engineering. After first owning a Ford 8, he bought an Alvis Speed 20 in which he toured Derbyshire, Wales and Cornwall. Bill's love and mastery of engineering excellence – and the Alvis Speed 20 was a fine example of that – served him well throughout his career. Bill's passion for the finest in hand-crafted motoring machinery has never abated; so much so that he sought out the last remaining example in New Zealand of this beautiful motor car.

Bill's Crested Eagle was bought by Wellington brewery barons J.R. Hancock and Edward Riddiford and imported, ex-Alvis Works, brand new into New Zealand on July 20, 1934. A succession of loving owners has maintained this remarkable and historic motor car subsequently. Bill has had his Crested Eagle fully restored to the condition you see here – like new! Alvis created perfection in chassis engineering, to which a number of bespoke coachbuilders added the bodywork that matched each original owner's exact specification.

Bill's car, built on one of only 602 Alvis chassis ever created between 1933 and 1939, is one of just 18 of this model with Charlesworth Bodies Ltd coachwork that survives intact, world-wide. The main coachwork is aluminium, with steel

guards, all mounted on a solid English ash-wood frame. Still with its original engine (number 16571), the 2,511cc in-line six cylinder, with triple carburettors and dual coil/magneto ignition, transfers its power very gracefully to the road via the ENV pre-selector transmission. Independent front suspension means that road-holding is remarkably agile and responsive. Bill is one of around 110 members of the Alvis Car Club of New Zealand (including 10 or so overseas members) who own 70 various model Alvis cars between them – some owning more than one example. Of these, about 25 are pre-war and the remaining 45 post-war. The Alvis Car Club is a goldmine of experience, advice and – essentially – spare parts. Some of the latter are precision engineered here in New Zealand, which is cheaper than importing the UK equivalents, some of which might not pass the stringent (crested) eagle-eye of the NZ owners.

Bill has his car serviced locally and, for family and a few close friends, provides what must be the very best in wedding car transport. The often over-used word 'unique' truly does apply to Bill's 1934 Alvis Crested Eagle, to which we must add the words 'classic in every sense.' So, if you see this remarkable motor car on the local roads – and you will – take a long, appreciative look. You will never see another in New Zealand unless someone, equally passionate about motor engineering perfection, imports one.

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- Every Fri Night Market • Silverdale Shopping Centre
carpark • 5:30 -11pm
- Every Wed Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am. See
www.parkrun.co.nz/millwater for more details
- Fri 6 May Silverdale & Districts Historical Society
Coach trip to Auckland Museum to view Air
NZ and "Home Front" exhibitions followed by
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If you know of any upcoming local events please contact Sarah at
sarah@themillwatermag.co.nz



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holiday destinations

Kiri Beven's Fiji

Kiwis love Denarau, and for good reason... lovely 4-5 star hotels, great pools, access to a golf course and other restaurants.

For couples, the Westin Resort is a great choice, with a more traditional Fijian feel to it... the spa is a MUST here, and I personally think it still has one of the best spas in Fiji. If you prefer the more contemporary feel, then I would recommend the Fiji Beach Resort and Spa (Hilton), with its minimalist look and feel. The Hilton as a bonus also has 1 and 2 bedroom options, so a good choice for families, or couples wanting more space.

When it comes to families, the choices in Denarau are excellent, with the family rooms at The Sofitel; 1 and 2 bedrooms at the Radisson, Hilton and Sheraton Villas; slides, kids' clubs, and, in some cases, free meals for children. The Sheraton Villas are constantly a family favourite with Kiwis, but the Radisson gives them a good run for their money, with the addition of a slide and designated family areas. Most resorts these days cater really well for families... even with 3... or 4 children!

Denarau Marina has a well-stocked supermarket, bottle shop, pharmacy, clothing and souvenir shop, as well as a wide range of bars, restaurants, an ice-cream parlour and bread shop. Located between the Sheraton Fiji and Sheraton Denarau Villas is Fiji's first Fijian owned café – Bulaccino; organic coffee and ingredients straight from the garden... well worth a visit.

If you like the idea of the mainland, but would like a nicer beach, then The Intercontinental on Natadola Beach would be my pick for the mainland (40 min from Denarau). It's at the higher end of budget, and a bit further out of town, but a great beach and perfectly suited to families or couples.

The Coral Coast and Yasawas are for another day...

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	May		Low	High	Mon	03:00	09:19	15:32	21:40
					16 May	2.8 m	0.8 m	2.7 m	0.8 m
Sun	01:41	07:52	13:59	20:12	Tue	03:54	10:11	16:28	22:34
1 May	2.8 m	0.7 m	2.7 m	0.7 m	17 May	2.8 m	0.8 m	2.7 m	0.8 m
Mon	02:38	08:50	15:00	21:15	Wed	04:44	11:01	17:20	23:23
2 May	2.8 m	0.7 m	2.8 m	0.7 m	18 May	2.7 m	0.7 m	2.7 m	0.8 m
Sun	03:38	09:50	16:03	22:18	Thu	05:32	11:47	18:08	-
1 May	2.9 m	0.6 m	2.9 m	0.6 m	19 May	2.7 m	0.7 m	2.8 m	-
Wed	04:36	10:48	17:06	23:17	Fri	00:07	06:17	12:30	18:52
4 May	3.0 m	0.4 m	3.0 m	0.5 m	20 May	0.7 m	2.8 m	0.6 m	2.8 m
Thu	05:34	11:45	18:05	-	Sat	00:49	07:00	13:11	19:33
5 May	3.1 m	0.4 m	3.2 m	-	21 May	0.7 m	2.8 m	0.6 m	2.9 m
Fri	00:13	06:30	12:40	19:02	Sun	01:29	07:41	13:50	20:13
6 May	0.4 m	3.3 m	0.2 m	3.3 m	22 May	0.7 m	2.8 m	0.6 m	2.9 m
Sat	01:07	07:25	13:34	19:55	Mon	02:08	08:22	14:28	20:51
7 May	0.3 m	3.3 m	0.1 m	3.4 m	23 May	0.6 m	2.8 m	0.5 m	3.0 m
Sun	02:00	08:19	14:26	20:47	Tue	02:48	09:02	15:07	21:30
8 May	0.3 m	3.4 m	0.1 m	3.5 m	24 May	0.6 m	2.8 m	0.5 m	3.0 m
Mon	02:52	09:13	15:17	21:39	Wed	03:29	09:43	15:46	22:10
9 May	0.3 m	3.4 m	0.1 m	3.5 m	25 May	0.6 m	2.8 m	0.5 m	3.0 m
Tue	03:45	10:06	16:08	22:30	Thu	04:12	10:25	16:27	22:52
10 May	0.3 m	3.3 m	0.2 m	3.4 m	26 May	0.6 m	2.8 m	0.5 m	3.0 m
Wed	04:39	10:58	16:59	23:23	Fri	04:57	11:08	17:10	23:37
11 May	0.4 m	3.2 m	0.3 m	3.3 m	27 May	0.6 m	2.8 m	0.6 m	2.9 m
Thu	05:34	11:51	17:51	-	Sat	05:45	11:54	17:57	-
12 May	0.4 m	3.1 m	0.4 m	-	28 May	0.6 m	2.8 m	0.6 m	-
Fri	00:16	06:30	12:44	18:45	Sun	00:26	06:35	12:44	18:49
13 May	3.1 m	0.5 m	2.9 m	0.5 m	29 May	2.9 m	0.6 m	2.8 m	0.6 m
Sat	01:10	07:26	13:39	19:42	Mon	01:18	07:29	13:38	19:48
14 May	3.0 m	0.6 m	2.8 m	0.7 m	30 May	2.9 m	0.6 m	2.8 m	0.7 m
Sun	02:06	08:23	14:35	20:41	Tue	02:14	08:26	14:38	20:51
15 May	2.9 m	0.7 m	2.7 m	0.8 m	31 May	2.9 m	0.5 m	2.8 m	0.6 m



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For beautiful gift ideas. Pick ups arranged by appointment. Phone 09 421 1267

Retro Records

I buy and sell pop & rock vinyl records!! Huge selection available! Email jurieels@gmail.com or pop in at 10 Emell Street

CLEANING

Paula's Home Cleaning

General home cleaning and household chores, regular or one off service, great eye for detail with references available. Call Paula 02041063099

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One-off house cleaning service available or if you need your home cleaned when you move out please call Kerron, 0274 739193

PHOTOGRAPHY

Paul Conroy 021 1922219

Award winning photographer, will shoot anything except newborns

Photography - Selling your home?

Simone Rinke - 027 456 2333
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www.blakflash.com

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Monique Wiegand BOptom BSc 09 427 5027

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Email paula@nutritionssense.co.nz

PETS

Coast Pet & Home Care

Emma Johnstone-Gill
www.coastpetandhomecare.co.nz
A reliable, trustworthy pet-minding service caring for your pets in their own home.

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www.totalsecuritygroup.co.nz

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Amanda 021 2666615

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