

# theMillwatermag

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

Your FREE monthly magazine of all things Millwater  
April 2017



## HAPPY EASTER EVERYONE

- Max邀请你参与赢取\$5000大奖的机会
- Teriyaki Salmon
- Millwater Property Talk with Grayson
- Remembering our Anzacs



## Editor's note

April brings to mind the tragedy of war and the seemingly senseless loss of life. ANZAC Day should be a time for reflection on the many aspects of times gone by and respect for those who died in foreign fields. If we don't remember the past, how can we plan the future?



Millwater people continue to delight, in their quiet determination to live better lives, in a better community. The recent Clean-up Day, in spite of the weather, made our neighbourhood tidier and you only have to look at the activities of this and other Millwater groups to realise what a great community we have here. It's nice to see a letter from Ronald McDonald House, publicly acknowledging the contribution made by many Millwater families to the wonderful work they do alongside Starship for New Zealand families.

Our motoring page showcases one of the oldest cars we have seen – one with genuine character and dignified old age. It is a constant source of pleasure to be able to meet the personalities who own and cherish such motoring gems.

Hibiscus Hospice will again hold a major book fair 30 June – 2 July and is calling for donations of books, CDs, DVDs, computer games and even furniture. The Rotary Satellite Club of Orewa-Millwater will be part of that action, determined to help Hospice better last year's total of \$13,567 raised. See inside this issue, and on the Millwater Families' Facebook page, for more on that.

Finally, enjoy your Easter break; try not to eat too much chocolate (yeah, really?)

Brian Mullan  
Editor  
April 2017

## theMillwatermag

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Front Cover: Millwater resident Zoe Hastings enjoying the Millwater Sports Day

# themillwaterinterview

theMillwatermag



and praise the number of young people who enjoy the sport nowadays. The Trusts Open Bowls Championships were covered throughout, live on Sky Sports 2.

We offered congratulations to Elaine on her recent twin championship titles and, although she is deservedly happy with her achievements, she was effacingly modest about them. However, readers should be in no doubt that this quiet lady is a powerful and focussed personality, and one who is both mentally and physically strong. We gained a clear impression that Elaine is ambitious and driven to succeed. She told us "You need work out what you want to do, have positive thinking and concentration – and be fit and well-prepared mentally when you enter a nine-day event that requires single-minded determination to succeed."

Elaine has steadily built up her experience and success in bowling over the past 19 years, still representing Brown's Bay where she started, but added "I also play singles for North Harbour Reps and I am already preparing for their next tournament in Wellington." We talked about pastimes outside of her passion for bowls and learned that Elaine and Bruce love to travel, particularly cruising and enjoying especially a 49-day cruise they have taken; and they are planning more.

The Trusts New Zealand Open Bowls Championship at Blockhouse Bay saw Millwater local Elaine McClintock win The Trusts New Zealand Open Women's Singles title 21-17 on February 21st; and then teaming with Marilyn McLeod from Tauranga South the following day to win the Ryman Healthcare Women's Pairs title 17-14. She took time out from her very busy life to talk to us.

Husband Bruce joined the Police not long after they married and so the family moved around a bit; including to Whanganui and Pukekohe before moving back to the North Shore. Bruce played tennis and it was during a weekend when their two children were off at their weekend jobs that Elaine and a friend decided to do something new and different, so they tried bowls. Elaine told us "I quickly realised that bowls was a most enjoyable sport and told Bruce that I had found my niche in life." A week after that Bruce decided to stop playing tennis and also take up bowls with Elaine.

Quick to dispel any false impressions anyone might have that bowls is just an older person's sport, Elaine was keen to mention

In her professional career Elaine worked in an office environment, and for 18 years worked for Farmers Trading Company, both in Auckland and then in Tauranga where they thought they would like to retire when Bruce left the Police. "However, after five years in Tauranga, we missed the family so much that we moved back to the North Shore – our four grandsons are such a joy and we look after them quite a bit."

Elaine and husband of 43 years Bruce built their first house in Millwater way back when there were very few people living here. "I think we were the fourth family who moved into Millwater", she told us. "When we built our first house on Millwater Parkway, we never imagined that the neighbourhood would develop into the great community that it has become." We talked about how the North Shore and Millwater is growing. Elaine said "We wouldn't want to live anywhere else; our only regret is that the area around the Millwater Parkway / Bankside junction had not been better designed (and safer)." Many Millwater folk would agree!

We wish Elaine McClintock continued success in the sport that she so obviously loves.

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## Student Council 2017

Kia Ora. For those who don't know us, we are the Student Council for Silverdale School.

We're very lucky to be part of such an amazing and hard-working school, team and community. We are very excited to help organise and fundraise amazing events and projects that will help and improve our school and the rest of the community.

We have a very positive team and we will all be working hard to make 2017 a year to remember. We are also very excited to see what the Student Council can achieve for the community and others in need.

Niamh Stickland (Chairperson) and the Student Council.

### Our 2017 Mission Statement is:

*Speak out, be heard, make a change.  
Help by leading and representing the  
school through engaging all the students  
and encouraging participation within the  
school and community.  
At all times positively promote the school  
and the school spirit.*

# vetspeak



## What you need to know about spaying your dog

Spaying (neutering a female dog) is a procedure that involves your pet having an anaesthetic and removal of her reproductive organs.

There is no evidence that your pet is better adjusted by having a litter or indeed missing out by not having a litter.

### The advantages of having your dog spayed:

- No unwanted pregnancies
- Reduced risk of uterine, ovarian, and hormone-controlled tumours
- No unsightly seasons
- No unwanted attention by 'wandering males'
- No risk of pyometra (uterus infection)
- Better behaviour

### Many quoted disadvantages are unfounded:

- Increased tendency to put on weight – neutering reduces your pet's metabolic needs and therefore their food and exercise requirements. However, this is easily controlled by adjustments to quantity of food and increased exercise, and not an 'obligatory' side effect of neutering

• Increased risk of urinary incontinence – recent studies have disproved this. The overall incidence is 5% of spayed dogs regardless of the timing the dog is spayed; un-spayed dogs can also get urinary incontinence, and it is a very treatable condition.

• Alteration of coat colour and quality – the incidence of some breeds (setters and spaniels) developing changes in their coat following neutering is relatively low.

• Surgery – spaying is a major although routine form of surgery and, as such, has associated risks. That said, it is a very commonly performed procedure and risks and complications are known and minimised as much as possible.

We recommend spaying at around 6 months of age, before the first season (or 2-3 months after a season). Dogs are admitted in the morning and get discharged that afternoon. We expect dogs to be back to their normal selves within 24 hours of their surgery. Restricted, lead exercise is required for 10 days, post-surgery.

Jemma Hedges

## Are you in pain?

Maybe it's time to get on top of it!

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# Book'em Dano...



I love books. Walking into the Auckland Public Library downtown is like a trip to Disneyland! You see, we are built for stories. It's why we like TV, movies and even Xbox/PlayStation. Games are now designed around a story, as it promotes engagement, which means more Dollars.

Reading to your child is a great way to bond and build the relationship, and did you know you can do it right up into the Middle School years? No, I'm not

delusional. Take a strategically-selected book, offer the chance to stay up another 20 minutes or so and you'll be surprised how eager they become.

Tips for reading with your child:

**Pre-Schoolers:** Read to them as often as humanly possible. It builds vocabulary and helps develop their imagination. Picture books are great. You can stop to ask questions about what they see. Does what they see line up with the direction of the story? This builds visual perception and intuition. Make it part of a bedtime routine and do it as and when the opportunity presents itself.

**Primary Age:** You'll be tempted to ask them to read to you. Yes; they need to do that. They also need a break; they have been working at it all day at school. You can still use picture books. Choose ones that have a bit more text. This helps develop their listening comprehension. Graduate them up to books with few illustrations and more text. This is where their imaginations come out to play. Start to introduce the Classics, even the abridged versions. Most Classic stories get your child thinking about situations they wouldn't encounter in real life, but emotions they would. Keep asking questions, but maybe save them till the end.

**Middle School:** This is when it gets cool. Full family discussions about what will happen, who the baddie really is – or is what they did really wrong – are great, and give insight to your maturing child's thinking. Find more complex storylines that foster critical thinking right at the time your child is embarking on the road to adulthood. Bring in the Classics in full form now.

You can get ideas of books for each stage by Googling it, asking your child's teacher, asking a librarian, or PM me and I can give a list of books our family read.

Remember: reading at its best isn't a dialogue, it's a conversation.

**Rechelle McNair**  
sKids Kingsway

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**Open Days** - Sunday 2 April: 12pm - 2pm, Monday 3 April: 10am - 2pm and Wednesday 5 April: 5.30pm-6.30pm

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# Holiday Programme

12 to 28 April 2017  
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<b>10 Apr - MONDAY</b> <b>School Day</b> Open for Before and After School Care 	<b>11 Apr - TUESDAY</b> <b>School Day</b> Open for Before and After School Care 	<b>12 Apr - WEDNESDAY</b> <b>Colour Day</b> Massive Explosion of Colour with fun arts & crafts, science and games!! 	<b>13 Apr - THURSDAY</b> <b>MasterChef</b> Come create a culinary Masterpiece! Cooking and eating a fantastic 3 course meal all prepared by you! 	<b>14 Apr - FRIDAY</b> <b>Public Holiday: Good Friday</b> 
<b>17 Apr - MONDAY</b> <b>Public Holiday: Easter Monday</b> 	<b>18 Apr - TUESDAY</b> <b>Hawaiian Luau</b> Seashells, Turtles, Leis, Limbo, Pineapples! Games, Dance, Art - ALOHA! 	<b>19 Apr - WEDNESDAY</b> <b>TRIP DAY</b> Lions & Tigers & Bears! Oh My! Join us for fun filled day at the Auckland Zoo! *Bus leaves @ 9am 	<b>20 Apr - THURSDAY</b> <b>Spaghetti Madness</b> Build a Spaghetti Tower, Become a Highly Skilled Spaghetti Warrior, and make your own Spaghetti Hot Dog - YUM! 	<b>21 Apr - FRIDAY</b> <b>Premium Day</b> Old school Carnival games and the best ones of today! Bouncy Castle and make your own Candy Apple Bar. 
<b>24 Apr - MONDAY</b> <b>TRIP DAY</b> Inflatable World - Bouncing good times! *Bus leaves @ 9am 	<b>25 Apr - TUESDAY</b> <b>Public Holiday: ANZAC Day</b> 	<b>26 Apr - WEDNESDAY</b> <b>Great Barrier Reef</b> Cool Science, Games, Art and Performing Arts activities based around this amazing structure! 	<b>27 Apr - THURSDAY</b> <b>TRIP DAY</b> Rock n rolling good times! Roller skate Races, talent quest and more! *Bus leaves @ 9am 	<b>28 Apr - FRIDAY</b> <b>Construction Day</b> Make your own wooden creation using real tools and hardware. 

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<b>Bring a refillable drink bottle each day</b> 	<b>Prepare for Rain or Shine</b> E.g. raincoat, hats, etc. 	<b>Bring morning tea, lunch and each day</b> 	<b>Socks compulsory for Skate day</b> 	<b>Please label the children's clothes with their name.</b> YOUR NAME HERE 
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For more information, call 021 77 33 01, or e-mail [KingsWay@sKids.co.nz](mailto:KingsWay@sKids.co.nz)

Full Day 7.00am to 6pm..... \$55  
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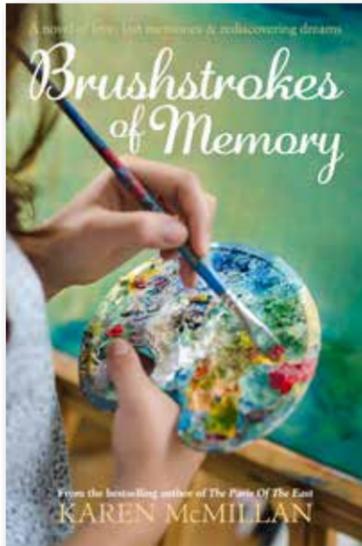
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# millwaterbook of the month

## Brushstrokes of Memory by Karen McMillan

I am delighted to share with you that my new novel is out this month – and obviously, I can't review my own book, so here is what author Hannah Tunnicliffe, the author of *A French Wedding* has to say about it:



'Brushstrokes of Memory is alternately sweet and searing – the tale of a woman, Rebecca, in the midst of memory loss, setting out to piece back together the last decade of her life with those closest to her – her husband Daniel and best friend Julie.

At first Rebecca seems to have it all – a devoted husband, a big, modern home and a passion for painting. She has happy, smiling photographs of trips to Europe and is madly in love with her musician husband. But things aren't quite as they appear, which Rebecca discovers when she first glances in the mirror, noticing she has had surgery for breast cancer some time during the years she has lost. But discovering her battle with cancer is just the beginning of Rebecca's journey to reveal her past; she has plenty of errors and tragedy yet to uncover.

Karen McMillan writes delicately, honestly and intimately about marriage, cancer, loss, love and friendship. I particularly loved the New Zealand context – the familiar neighbourhoods, explosions of pohutakawa blossoms in summer and salty scents of the sea. Brushstrokes of Memory keeps you on the hook throughout, keen to know what happens next and what Rebecca chooses to make of her life. McMillan's writing is very personal and immediately relatable, despite Rebecca's dramatic and unusual circumstances.

In Brushstrokes of Memory Karen McMillan has written a very tender love story – not the typical tale of a young couple falling head over heels – but of a woman remembering herself – her mistakes, her grief and her courage. This is a story of a woman choosing the best version of herself and falling in love with her life – which is ultimately what all of us are truly seeking.'

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

# Wainui.

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selections may not be exactly as shown



# pharmacytalkorewa

## Influenza



Influenza, more commonly known as the Flu, can be a very serious illness, and in some cases fatal. Influenza infection can worsen an existing medical condition like asthma or diabetes, and the elderly and those with an existing medical condition are more at risk.

The influenza virus is different from a cold virus. A cold only affects the nose, throat and upper chest, and only lasts a few days. Influenza affects the whole body and can last up to a week or more. Influenza symptoms can include a high fever, severe headaches and muscle aches. The onset is usually sudden and can cause severe complications like pneumonia.

The 1st of April marks the beginning of the Flu season and getting a Flu vaccination is the best way to prevent potential disruption from the Flu for yourself and your family.

This year we are excited to be able to offer both the funded Flu vaccine for pregnant women and anyone over 65 years old, as well as the unfunded Flu Vaccine for those aged from 16 to 64 years old.

We are proud to have fully qualified Pharmacists who are able to offer these vaccines to our customers in a discrete and timely fashion. We offer a walk-in service, so no appointment is necessary. If you are looking to reduce the chance of becoming ill due to the Flu and spreading it to others, then we recommend coming to see us today.

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Saturday 9:00am - 4:00pm  
Sunday 9:30am - 3:00pm

# themillwaterinsider

## Millwater Clean-up Day

Although the tail of the 'big wet' last month was still hanging around, about thirty willing Millwater families and other individuals turned out to help Keep Millwater Beautiful. Organiser Barry Stevens had consulted his personal Met Service and wisely decided not to cancel the event, which he orchestrated superbly via the Millwater Families' Facebook page.

The Millwater Clean-up Day was strongly supported by EnviroWaste, who provided the collecting bags and the skip, Rex Yap (NZ Home Loans) who provided the umbrellas and Frisbees, Rechelle Herbert McNair (sKids Kingsway) who provided the delicious fruit, and Dickie-Irene Aaron Go Alcantara (Clorox NZ Ltd) who provided the disposable gloves. Pick-up drivers Terry Campbell and Mark Newby toured the Millwater streets, collecting the heavier bags and bulkier items.

In this now annual event, the Millwater volunteers collected and removed an amazing 210kg of rubbish from Millwater streets. EnviroWaste has committed to this event, going forward.

Well done, the great Millwater Community!



Barry Stevens (organiser) and Terry Campbell (pick-up driver)

## Millwater Sports Day

Our wonderful resident, Colin Roberts, organised another Millwater Sports Day for the families. A huge thank you to all the parents who brought their children down to Sports Day.

The children had a fantastic day – plenty of fun and a lot of laughs. Many residents helped make the day special and the children got to try all sorts of sports. The morning including T-Ball, football and netball. In the afternoon, all headed further down the road for the most amazing obstacle course. The kids had heaps of fun in the first round, but the second round was even more fun as they got pelted by water balloons and colour. Kids got to cool off and clean up on a big slip and slide.

Thank you to Roberts Coffee Bar for supplying free ice blocks to all our stars and to Rex Yap for the free sausage sizzle and drinks. Thank you to Sarah Furniss & Grayson Furniss for the sponsored water bottles, also to the lady who dropped off the balls for all the children. A huge thank you to Aziz Kaplan and TABAK for the free pizzas – and most of all a huge thank you to all the volunteers: Nicholas Schultz, Nigel Johnson, Gareth Brown, Chris Benjamin, Louise Petrie, and also to Paul Conroy and Jay Menzies for the photography.



Sabine Petrie enjoying the Sports Day

## Millwater and Totara Views Facebook page

This is a fantastic forum to get to know your neighbours and be involved in your community. If you live in Millwater or Totara Views and have a Facebook account, then it's a great page to be a part of. When you ask to join, you will receive a message asking you to confirm your identity and address. This is to protect the privacy of our members. Please check your 'other' folder for this. This group is open to Millwater and Totara Views residents only, so please do not be offended if you are declined; there are HBC and Rodney Facebook groups for wider audiences. There are also other pages for Millwater and Totara Views residents. They are:

Millwater Buy, Sell & Free

Millwater Gardening Group

Millwater Mums & Bubs Coffee Group

## Hibiscus Coast Busway Station

If you use the Silverdale Park'n'Ride, you will have noticed some changes recently. There is a major upgrade underway. The following link shows what is happening, what it will look like and when it will be completed:

<https://at.govt.nz/projects-roadworks/hibiscus-coast-busway-station/>

# Millwater 區內情報要點

## Millwater Clean-up Day

雖然社區清潔日當日天氣不佳，我們仍然有約30個家庭參與我們的活動，為清潔社區出一分力。統籌的Barry Stevens 在查詢過專業的天氣報告後決定如期舉行，得到了不少居民的支持。

這個活動得到各方單位大力支持，分別是為我們提供了垃圾袋及廢物箱的EnviroWaste，提供雨傘及飛碟的Rex Yap (NZ Home Loans)、Rechelle Herbert McNair (sKids Kingsway) 提供的水果、Dickie-Irene Aaron Go Alcantara (Clorox NZ Ltd) 提供的一次性手套。巡邏司機Terry Campbell 及社區領航員Mark Newby，幫助收取又大又重的物件及垃圾。

在這個一年一度的活動，我們這年總共在Millwater收拾了210公斤的垃圾。所有收集到的垃圾全部由EnviroWaste代為處理。

## Millwater Sports Day

多謝Colin Roberts為我們的為社區籌辦了一次大型的運動會。再次多謝前來參加的家長及小孩。

相信所有的小孩都度過了非常開心的一天，每一個都笑容滿面。他們在上午參加了不少的運動，例如棒球、足球、擦網球。午飯後他們亦非常享受主辦單位精心設計的障礙賽道。他們其後在水滑梯把被撲在身上的顏色粉洗掉，並順便降降溫。

其他全力支持的單位有：Roberts Coffee Bar提供免費冰棒、Rex



Barry Stevens (organiser) and Terry Campbell (pick-up driver) Millwater Clean-Up Day

Yap提供燒烤香腸及飲料、Sarah Furniss & Grayson Furniss送出水樽，亦得到一位女士送出皮球給小孩。另外亦非常多謝Aziz Kaplan and TABAK送出披薩。最後要多謝當天的義工：Nicholas Schultz, Nigel Johnson, Gareth Brown Chris Benjamin, Louise Petrie，還有負責攝影的Paul Conroy 及Jay Menzies。

## Millwater and Totara Views Facebook page

如果你住在Millwater或Totara Views 而且有Facebook 戶口，請踴躍加入我們的群組。當你要求加入的時候，群組管理員會要求你提供住址，以避免非居民加入。他們的訊息可能會在'other' folder入面。

請留意這個群組只限Millwater或Totara Views居民加入，如果你住在另一個區域請加入他們的群組。

另外也歡迎加入以下群組：

Millwater Buy, Sell & Free

Millwater Gardening Group

Millwater Mums & Bubs Coffee Group

## Hibiscus Coast Busway Station

如果你有使用Silverdale Park'n'Ride，你會發覺最近開始了一些升級工程。詳情請瀏覽以下網址：

<https://at.govt.nz/projects-roadworks/hibiscus-coast-busway-station/>

## 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。



Colin Roberts getting amongst the fun

# Hibiscus Hospice calls for Donations of Books and Furniture



Hibiscus Hospice and Orewa Rotary Club are joining forces again to put on the massive Orewa Book Fair. This annual event is held over three days and is a must-visit event for book-lovers, with loads of treasures to be found; from books, magazines, CD's to

DVD's. All proceeds from the fair go directly towards ensuring that Hibiscus Hospice can continue to be there for patients and their families.

Hospice would love your donations over the coming weeks. With the help of the local community, this will be an amazing event – so if you have any unloved books, magazines, CD's and DVD's at home – please do drop them off to 2a John Dee Crescent, Red Beach.

Don't forget to mark the date of the Book Fair in your diary, to fill in the gaps in your bookshelf with new treasures! The Orewa Book Fair is held from Friday 30 June – Sunday 2 July at Orewa Community Centre. Keep an eye on our Facebook page for updates.

Our Hospice Shops are another vital source of income for Hibiscus Hospice, and we are always grateful to receive generous

donations from our community. We are currently on the lookout for donations of quality furniture items.

If you have any pieces that simply don't suit your home, or bits in your garage that are just taking up too much room, please make contact with our Whangaparaoa shop on 09 428 0217 to arrange for collection – or items can be dropped off at either the Orewa or Whangaparaoa shops. Donations of other small goods can also be made at the Silverdale shop.

A huge thanks to the whole Millwater community – without your generous donations we cannot do what we do.

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We currently have the following positions available:

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- Specialist In-Patient Unit Workers
- Car Washers
- Biographers
- Gardeners
- Massage/Alternative Therapies

If you would like to come and work with us, please contact us for more information on these roles. Email Vicki, on [volunteer@hibiscushospice.org.nz](mailto:volunteer@hibiscushospice.org.nz) or call 09 421 9180.



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# OLIVE LEAF – Ancient and Modern Natural Medicine

The olive tree has been revered and used for centuries in many cultures. Ancient Egyptians, Greeks and other Mediterranean civilisations all held the olive tree in high regard. Its branches were also a symbol of peace and prosperity. Olive trees may live 1,500 years or more... So, why was the olive tree so treasured? Because of the incredible health-giving properties of its fruit and leaves.

### Anti-viral and anti-bacterial properties

One of the most common uses of olive leaf is healing various infections in the body. Oleuropein, the compound found in olive leaf, fights bacteria, viruses, and fungal infections. By impairing their ability to reproduce and multiply, it is effective in preventing and treating viral diseases that often have no cure by conventional medicine; such as colds, flu and even herpes.

### Lowering blood pressure

Research from 1962 shows oleuropein is able to relax the blood vessels, lower blood pressure and even prevent the formation of blood clots. Ongoing research shows olive leaf also helps to stop irregular heartbeat, improve blood flow in the coronary arteries and balances blood sugar levels.

### Fighting cholesterol oxidation

The University of Milan research found that olive leaf is able to fight the formation of bad cholesterol (LDL) by preventing its oxidation. This oxidised cholesterol is considered the "bad" cholesterol and is detrimental to our health.

### Building bone

A Spanish study from 2011 found that oleuropein stimulates production of bone-building cells (osteoblasts), thus

preventing the loss of bone density and fighting osteoporosis.

### Balancing blood sugar

The University of Granada's research concluded that olive leaf extracts could stimulate the production of insulin, which plays a key role in blood-sugar utilisation.

### Increased energy

One of the most frequent comments from those taking olive leaf extract is they have much increased energy levels and a feeling of well-being. This is beneficial for 'fatigue' type disorders such as fibromyalgia, chronic-fatigue syndrome, or just having lack of energy.

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# An image isn't a photograph until it's printed



Do you recall as a child sitting down with your parents or grandparents and flicking through the family albums? How did it make you feel at the time and are you going to be able to afford your children and grandchildren the same experience?

Printing photographs doesn't have to be costly but, like anything, you get what you pay for. If you're planning to put pictures on the wall, you can ensure greater longevity by ensuring your photographs are printed with pigment-based ink, and not dye-based ink that will fade quite quickly. Including museum glass with your framing will go even further towards protecting your images from harsh UV light. Vanessa at Orewa Framing is only too happy to provide advice on how best to hang your images on the wall.

If you're planning to take a picture with the intent of having it printed, just be mindful that all cameras are not equal. The quality of the prints from an image taken on a full-frame DSLR camera will be dramatically better than those taken on a consumer-level camera or mobile phone. This difference may not be so noticeable on small prints – however, as the print size increases, the difference in quality becomes much more prominent.

**Paul Conroy**

As a photographer, I spend a lot of time taking photos, editing, and posting to social media. To what end? Are the photos meant to be viewed for the 24-hour period that Facebook displays them and then just gone forever?

Most websites will compress your images and all will use the narrow sRGB colour gamut for browser compatibility. This results in fuzzy images that are not as rich in colour as they could be.

Additionally, technology is changing so fast and there's no guarantee that the social media sites we use today will continue to exist in the future. You only have to look back to VHS tapes, fax machines and even DVDs to see how quickly what is today's mainstream technology can fall out of fashion.

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## ROWENAs

The February ROWENA (Retired Old Women Enjoying Nice Afternoons) lunch outing was to the Orewa Surf Club. There was a good turnout on a beautifully sunny summer day, considering the fact that a number of our ladies were either on holiday or committed to other duties. We were originally due to be seated outside but, due to various issues associated with sitting on backless stools and a very hot sun, we moved inside. Obviously the view isn't quite so good, but nonetheless we counted our blessings that we are very lucky to live in such a wonderful place and enjoy a world-class beach on our doorstep.

The menu at the Surf Club is varied and I think our choices covered a wide selection of their fare, with everyone being satisfied with their choices – and once again the conversation flowed easily. We did welcome one new lady to the group that day; it was lovely to meet you, Maggie.

Once again I am in the dog house with the Editor, as I forgot to take a group photograph – again – and my report card now reads 'must do better next time.'

## letter to the editor

Dear Editor

The team here at Ronald McDonald House would like to say a huge thank you to all the Millwater families who have been donating essential everyday items such as hygiene items and rice, as well as thoughtful things like knitting and books, to our House.

Our Houses provide free accommodation and support for families with children in hospital. Most of our families have to travel away from home so that their child can get the specialist medical treatment they need. Often they have to leave in a rush and it is the little details like a toothbrush or their child's favourite book that get forgotten.

Thanks to amazing supporters like you, we are able to make our House a home away from home for these families, helping to alleviate some of the practical, emotional and financial burdens they may face during this stressful time. We simply couldn't do it without your wonderful ongoing support.

Yours sincerely,  
The team at Ronald McDonald House Charities

## Why you should think twice about running with a buggy



Don't get me wrong – I'm all for getting out with your little one for some fresh air and exercise. It can do wonders; not only for your physical fitness but for your mental well-being too. There are just a few things to consider if you want to keep yourself injury-free in the first few years post-partum.

The main reason for my aversion to buggy-running is that a normal running motion involves an arm swing and counter-rotation motion of the upper body in relation to the lower body i.e. left leg swings forward as the right arm swings forward, right leg extends back as the left arm swings backward and vice versa with each stride. This movement helps to activate our anterior and posterior sling muscles (obliques, adductors, gluteus maximus, and latissimus dorsi), which stabilise the pelvic joints – in particular the sacroiliac joints and pubic synthesis.

These joints become more lax in pregnancy and during breast-feed-

ings due to relaxin (a hormone that helps to relax muscles, joints and ligaments, to accommodate a growing baby and in preparation for labour).

Holding the handle of a buggy while running can interrupt this natural arm-swing, reducing the effectiveness of the sling muscles. Lack of sling muscle activation can make your legs feel heavier to lift, therefore increasing the amount of effort required by the hip and leg muscles every step, creating excessive muscle tightness, which pulls on and increases loading on the pelvis and lumbar spine. This may not present itself as a problem at the time of exercise but its accumulative effect may start to show after several weeks or even months of running.

However, if your sanity is at risk, here's a few tips to help reduce the impact of buggy-running on your body:

- Switch hands regularly
- Choose flat terrain rather than hills
- Try to do the majority of your runs without a buggy
- Try brisk walking instead of running
- Avoid leaning too far forward at the hips
- Draw your shoulders firmly down and back rather than letting them elevate, to help better engage the lats and obliques
- Use your buttock muscles!

I would also highly recommend consulting a physiotherapist at 6 weeks post-partum, before resuming strenuous exercise, to ensure adequate pelvic floor and lower abdominal control is regained and for advice on specific exercises to help prepare you for running and keep you injury-free.



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## NEWS FROM THE TEAM AT OPSM SILVERDALE

### Not all lenses are the same!



At OPSM Silverdale we understand that everyone's eyes are different. That's why we create lenses tailored to your individual needs, not just your prescription.

Did you know that you can now get technically-advanced lenses, including our single vision digital lenses, which provide

the wearer with better viewing at every point on their lens surface, resulting in a wider field of vision? These lenses are also available with Transitions lenses, which are reactive to varying outdoor light conditions, adjusting smoothly to different ultraviolet light levels (they go dark in the sun and stay clear inside).

If you have tried multi-focal glasses before, but you were not able to get used to them – perhaps you couldn't use them while reading or they were not quite right for distance vision – then digital multi-focal lenses might suit you. They are customised to your prescription and frame, using OPSM's

exclusive Accufit Technology, which positions your prescription lens to your pupils, to within 0.1mm, for best performance.

If you use a computer for work, we suggest the Panorama Imperium Progressive, which has a wider reading and intermediate area for computer use. It also has less blur when you look out the side of your glasses. These lenses come standard with Crizal UV, which protects your eyes from harmful UV rays from the front and back surface of the lens. OPSM can also provide blue light lenses 'Crizal Prevencia', which helps reduce harmful blue light transmission, a major factor in today's modern world with high screen usage on computers, smart phones and iPads. If you are interested in discussing the best lens for you, just pop in and see Tracy or Anne.

**Exclusively for Millwater Magazine readers: if you bring this article into OPSM Silverdale, you will receive 20% off<sup>^</sup> any of our digital lens range.**

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## millwaterbizbuzz

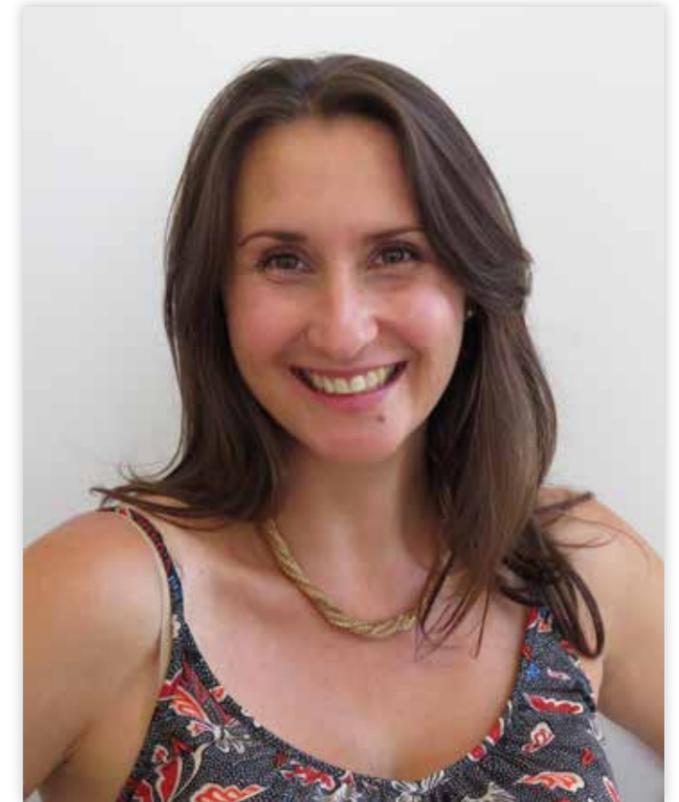
### Introducing Janine Schultz

Before you deal with people, you need to understand people – really understand people. It helps if understanding comes naturally, and you have style, just as local Millwater business-owner Janine Schultz has. She told us "Naming my business 'Natural Style' was like putting on a familiar and much-loved outfit; one that comes easily to hand and in which I always feel and look good."

Janine, husband Nicholas and their two girls moved to Auckland from Capetown in 2008, through Nicholas's work, and fell in love with New Zealand. Having always been a 'people person' and with trained experience in health and beauty, Janine fitted easily into the recruitment business that kept her busy in Auckland for the next 7½ years. Janine then started Natural Style, so that she could apply her knowledgeable experience and help others have the ability to dress well and be naturally attractive.

"What I aim for through Natural Style is not super-high fashion – the clue is in the name; I focus on what is natural and real for each individual", she told us, "...and everyone is different." Janine is very aware of the psychology of appearance and presentation and the impact that this has on others. Her wide experience allows her to make each client individually attractive, through the subtle blending of colour, line, fabric and make-up that complement their personality to the full. "What works best, looks best" she told us.

Consultations with Janine will give you a clear picture and crystallise in your mind just what can be achieved, ensuring that you always look your best. Pre-consultation questionnaires are the basis upon which focussed professional advice is given. Janine can go shopping with



you and help you focus on how to shop in the areas of dress that are genuinely right for you – and you don't have to actually buy anything (but you can). She will come to your home and advise on how to harmoniously organise your wardrobe in a way that allows you to always have the right combination of clothes for every occasion – "Outfits, not items."

Janine's aim is that everyone she deals with enjoys the increased confidence of looking beautiful. You can find her on Facebook and online at [www.naturalstyle.co.nz](http://www.naturalstyle.co.nz)

## Thinking of Selling?

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## Remembering

*They volunteered to face the foe  
In places that they didn't know  
With hearts held high and smiling faces  
Excited thoughts of foreign places.*

*But in war there's many taken  
In places that seem God forsaken  
We still remember, you will find  
And on ANZAC day, we call to mind.*

## Blood-red Poppies

*Blood-red poppies, worn with pride  
Remembering those who fought and died  
In foreign fields, from guns and knives  
Were sacrificed young Kiwi lives.*

*Remember families wrought with grief  
Whose sons and daughters, with belief  
Sailed far away, across sea foam  
Not knowing that they'd not come home.*

ANZAC Day 2017 will commence early for the Hibiscus Coast Community RSA starting with the Dawn Service at 6.00am. This service has been growing in popularity, with well over 1000 people in attendance.

The Dawn Service will be followed by a Civic Service commencing at 11am. This is the main service, which will be attended by the Veterans who served in a number of campaigns, the NZ Defence Force, Pipes and Drums, Police, Fire and many other community groups. It is expected that a crowd of more than 2000 will view the parade.

At 12.15pm a small but growing service will be held at the Silverdale Cenotaph, which is located adjacent to the Silverdale Rugby Club. Students from Kingsway College will support and assist in this service.

12.45pm will see a service at Orewa Remembrance Reserve (approx 100m north of McDonalds, on the beach side of the road). Students from Orewa College will assist in supporting this service.

At 2.30pm we will again be at the Upper Waiwera Cenotaph (approx 10km from Waiwera, up the Upper Waiwera Road) and the service will be ably supported by students from Wainui School.

## Qing Ming Festival at Auckland Memorial Park

### 基督徒清明节要不要去扫墓呢？

Is Ching Ming festival (清明节) just about the traditional ancestral grave sweeping ceremony that blends many heathenisms and paganism rituals? Besides grave sweeping, there are other ways to commemorate observance of ancestors, some will prepare flowers and candles while others burn incense and paper money, but Christians pray to God. For Christians who cannot avoid this traditional ceremony, it is an opportunity to share their belief and witness to their family and relatives. For example, at the ceremony, bowing to pay tribute, but not bow to worship ancestors. We can offer flowers to express the feelings of nostalgia, but we do not burn incense and paper money. As we respect the beliefs of others, we can also express our concern for their loved ones. Therefore, if we observed Ching Ming Festival as filial piety, it will gradually change the atmosphere of our society.

今天是清明节，相信很多基督徒会遇到一个现实问题，就是要不要去扫墓？很多基督徒对春节或清明节会感到压力颇大，正因为传统的祭祖扫墓仪式中掺杂许多异教内容。那面对这样的情况，我们应该怎么办呢？

“到底扫墓要不要去？当然要，我们要主动参与绝不规避”，但我们还是有很多事情可用来表现其纪念祖先的心意，“我们可以预备鲜花和蜡烛，别人上香我们就献花，别人烧纸钱我们就点蜡烛，别人拜土地公我们就向神祷告。

1. 追思不要为了枝节细末，争论不休。台湾牧者魏悌香牧师认为，吃饭时家人多放一个位子，多一个碗，一双筷子，那只是怀念，那只是追思，不是偶像崇拜，不要搞成宗教问题，这只是亲情问题。多放了一碗饭，插了一双筷子，只是说明思念故人。

2. 祭物：有关祭物的处理，林前 10:21“我们不能喝主的杯又喝鬼的杯，不能吃主的筵席又吃鬼的筵席。”保罗说，这是“与鬼相交”，参加这种筵席等于参与他们的拜拜，这是得罪上帝的行为。我们不应与拜偶像的人隔离，但我们必须与这些拜偶像的活动划清界限。

基督徒不能避免葬礼和祭祖问题，但这时也是传福音大好的机会。“我们应该把握好这机会来为我们还不信的亲人和朋友作见证。”

此外基督教必须考虑一件事，就是“福音的本色化”。在外邦国家的基督教，往往将信仰实行于自己的文化中，例如复活节本来是外邦人拜“春女神”的节日。但后来，变成了基督教的大节日，英文的Easter便是从这女神的名字过来的。本来外邦人拜偶像的日子，当福音传到外邦后，慢慢地将它变成了基督教的节日。所以把鬼月当作平安月，把清明节当成孝亲节，逐渐转变整个社会的风气。

关于这方面的话题，基督时报同工特别搜集一些基督徒共同的想法，愿给我们带来启示。

1, 人们清明节去扫墓，是怀念逝去的亲人，说明他们相信人的灵魂不死，还可以和逝去的亲人对话；也相信他们不会变成牛马或其他牲畜。这一点可以为接受福音的种子准备心田。

2, 我们基督徒根据圣经，知道人死后，或在乐园里，或在阴间，等候最后的审判。我们怀念亲人和祖先，纪念他们的嘉言懿行，思念他们对我们的恩情和关爱，感谢他们的养育之恩，学习他们好的品格和精神，是应该的。而不是把他们作为鬼或神来敬拜。

3, 因此在仪式上，我们可以三鞠躬表示敬意，但不跪拜。我们可以献鲜花表达怀念之情，但我们不烧纸钱冥币，不烧纸房子、纸汽车。因为我们认为在乐园或阴间，这一些是用不到的。虽然我们基督徒自己不烧纸，但我们要尊重别人的信仰，看他们这样做，也是表达对亲人的关心，是一种风俗。

作者：梁睿利 来源：基督时报2013年04月04日

奥克兰纪念墓园跟其他墓园的不同

不同于奥克兰的其他墓园，奥克兰纪念墓园拥有隐私和宁静的环境，可以让你爱的人安息在优美的新西兰自然环境中。

不同于奥克兰的其他墓园，奥克兰纪念墓园里的员工团队终年专注于维护园内美丽的花园和绵延至天边的草坪。墓园属于一个信托旗下，整个公园都是永久产权的全副地。你爱的人可以永远安息在这里，这块土地永远不会被出售。

奥克兰纪念墓园信托监督墓园的正式的日常运营和维护，同时也管理所有的记录。

不同于奥克兰大多数的墓园，从收入中拨出一定比例的持续的维修费用。信托意味着可以保证墓园高水准的运营，永远不会有疏于维护的情况出现。



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英語熱線：0800 006 688  
地址：2163 East Coast Road, Silverdale  
網址：www.aucklandmemorialpark.co.nz

## The Importance of Marketing Your Property – FOR SALE



benefit you the most.

There are many marketing options that will be presented to you, such as:

Professional Photos  
For Sale Signs  
Property Publications  
Local or Community Newspapers

You need a real estate company that not only uses all of the traditional marketing mediums that you would expect, but some innovative ways as well. Marketing online, on social networks or on TV are all great ways to reach extra potential buyers.

Listen carefully to the marketing options that your agent will present to you, and don't think that advertising is just another cost.

You'll get one chance to make a first impression, so do it once and do it well. An under-investment in marketing can end up costing you more in the long run. The right marketing campaign will both save time and make you money.



Your marketing campaign will springboard your property into the spotlight, so it's imperative that you and the real estate company you choose gets it right. An effectively-marketed home will often sell in a shorter amount of time and often for a higher price!

Here are some of the things you need to know when marketing your property for sale.

The most important part of selling your property is ensuring that the market knows it is for sale. The greater the exposure a property has in the market, the greater the number of buyers who will be aware of the listing.

To achieve a premium price for your property, you need to create a perception that your property is fairly priced; that there is a degree of urgency, competition amongst prospective buyers and emotional attachment to the purchasing of your home.

If you want your property to stand out from other properties in the local area or within the same price range, it needs to be in the limelight – you need to go the extra mile and go to the market with trumpets, flags flying and the bells ringing!

Advertising is an investment and it will only increase the value of your home. Consider that \$1,000 might return an extra \$2,000 to your final sale price, or it could mean an extra \$5,000 or a quicker sale.

Professional photography, attractive signage, and well-written copy all have the ability to alter the way a buyer perceives the property and the value of the property.

As a rule of thumb, most agents in New Zealand are of the view that you should consider investing between 0.5% and 1% of the asking price for your property in your marketing campaign. Views vary here and your agent will advise you on what marketing best fits within your budget and what marketing will

## 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.

	Feb 2016	Jan 2017	Feb 2017
Number of Sales	8	6	9
Median Sales Price	\$981,500	\$1,120,000	\$1,210,000
Highest Sale Price	\$1,370,000	\$1,475,000	\$1,331,000
Lowest Sale Price	\$620,000	\$1,055,000	\$1,046,000
Average % price to CV	27.92	36.96	44.95
Average Floor Area (sqm)	200	206	214
Weighted Value Index	1283	1415	1463
Average Days to Sell		60.8	64

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

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

**Grayson Furniss**  
Franchise Owner  
SILVERDALE



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Mike Pero | REAL ESTATE

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## millwaterpropertytalkwithGrayson

The sales figures for February make for very interesting reading and are starting to indicate a pattern with regard to who is currently buying what, in Millwater. There has been a distinct move away from sales of the larger houses, with a much greater proportion of the standard 200-220m2 size properties being sold in recent times. We can assume this is a reflection of the type of buyers we have been seeing in the majority recently; mostly more mature couples from the North Shore looking for a smaller, lower maintenance and newer option giving them an easier way of life. This buyer group has always been keen on Millwater and, while they have had some recent issues with selling their existing homes, they are starting to filter through and are now buying.

Recent press coverage and general industry statistics have suggested that pricing in Rodney has taken a bit of a tumble since January, with a 7.2% decrease in median sales price. Fortunately, that dramatic drop has not been seen in Millwater; in fact, we have seen an increase in median pricing. In truth, this looks to be more a statistical anomaly than a long-term movement and it would be very untrue to say that the market is heading back to the crazy days of mid-2016. It would now seem more likely that we will see pricing remaining mostly static for 2017. A number of forces are pulling the market in opposing directions and there is a fine balance at play right now. A word of caution, however; it will not take too much to knock things one way or the other, so any speculation on market movements would now be considered very dangerous.

As always, we recommend making property decisions

because of personal or family need reasons, rather than using your home as a vehicle to make money. If your house is too small, too big, has a pool, doesn't have a pool – or whatever else makes it the wrong house – please give us a call. We would love to help you work out if the next step is possible.

If you want to buy and sell to make money you should probably consult a clairvoyant, because picking the swings and roundabouts in this market is akin to witchcraft.

*Grayson*

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Mike Pero

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OPPORTUNITY KNOCKS IN MILLWATER

4 2 2

Walkthrough Video Online

28 Prospect Terrace, Millwater

- 196m<sup>2</sup> home on flat and fenced 564m<sup>2</sup> site
- open plan kitchen dining & living area with second lounge space adjacent
- spacious kitchen with stone benchtops, breakfast bar, gas cooktop and space for large fridge
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

This property is sure to attract strong interest. View this one ASAP.

[www.mikepero.com/RX1036640](http://www.mikepero.com/RX1036640)

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STUNNING MILLWATER HOME WITH LEGAL SLEEPOUT

4+1 2 3

Walkthrough Video Online

49 Madison Terrace, Millwater

- This is a little bit different from your typical Millwater property. A well designed and built 4 bedroom, 2 living area family (217m<sup>2</sup>) home in a desirable street, PLUS a fully consented 20m<sup>2</sup> sleepout.
- great family layout with living dining and kitchen on ground level plus 1 bedroom and a bathroom
- 3 further bedrooms including master with ensuite, family bathroom and additional living room upstairs
- spacious and attractive ground floor living flows out to north western facing outdoor area
- stunning white and bright kitchen, large breakfast bar and ample bench space
- the consented sleepout sits at the rear of the house with spacious bedsit area plus small ensuite, its own deck and own entrance from the street if needed

[www.mikepero.com/RX1037709](http://www.mikepero.com/RX1037709)

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SUPERB SINGLE LEVEL IN MILLWATER

4 2 2

Walkthrough Video Online

39 Manuel Road, Millwater

- This one has it all - location, great design, quality construction and its available now.
- 2 y.o. Universal Home on mostly flat and fenced 651m<sup>2</sup> site, plenty of room for kids or animals
- open plan kitchen dining living area flowing to outdoor patio
- separate lounge adjacent also flowing to patio
- stunning entertainers kitchen, island bench in engineered stone, gas cooktop, large fridge space with plumbing
- generous master bedroom with walk in wardrobe and ensuite
- balance of Master Build Warranty to transfer to new owner
- durable low maintenance building materials

[www.mikepero.com/RX1038961](http://www.mikepero.com/RX1038961)

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SINGLE LEVEL BRICK HOME

4 2 2

Walk-through video online

15 Moores Road, Millwater

- solidly crafted 5 year old GJ Gardner home
- highly attractive yet low maintenance Devonstone brick exterior
- lovely open kitchen dining and family room area, flowing to covered outdoor space
- adjacent but separate lounge space, great for some separation or inclusion
- stylish kitchen with island bench and walk in pantry
- mostly flat and fully fenced backyard with room to add personality or maybe a pool?
- three double and one single bedrooms, master with ensuite and walk in wardrobe
- 204m<sup>2</sup> home sitting easily on a generous 603m<sup>2</sup> site

[www.mikepero.com/RX1064835](http://www.mikepero.com/RX1064835)

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LIVING THE DREAM - TOP QUALITY AND SPECTACULAR VIEWS 5 2 3 Walk-through video online

31 Pioneer Rise, Silverdale

- 281m<sup>2</sup> Madden Home, beautifully positioned for sun, sea and bush views on a 675m<sup>2</sup> site with room for a pool
- Gourmet quality kitchen with quality F&P appliances, island bench, butler's pantry
- Central air conditioning/heating throughout with stunning gas fire in lounge
- Large upstairs master bedroom with stunning views, ensuite and walk in wardrobe
- 3 additional double bedroom upstairs all with large built in wardrobes plus third living area
- 1 double bedroom downstairs with separate bathroom
- 3 separate living areas for privacy and flexibility, superb flow from living spaces to 2 outdoor entertaining areas



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FREEHOLD MILLWATER TOWNHOUSE 2 1 1 See online for more details

299 Millwater Parkway, Millwater

- 140m<sup>2</sup> townhouse on 149m<sup>2</sup> (approx) of freehold land - no body corp levies here
- low maintenance brick construction with coloursteel roof and double glazing
- quality 2 year old construction by Horncastle Homes with a Master Build Warranty
- spacious open plan kitchen dining and living area with guest powder room all on ground level
- additional utility space upstairs, lounge, office, media room or make a small single bedroom
- two generous double bedrooms upstairs, master with semi ensuite and own patio
- large single internal access garage with carpet and space for additional storage
- heat pump for those times when a little extra warmth (or cooling) is needed



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SPACIOUS AND PRIVATE SINGLE LEVEL 4 2 2 Walk-through video online

11 Ridgedale Road, Millwater

- 219m<sup>2</sup> single level home on 627m<sup>2</sup> of gentling sloping land
- voluminous open plan kitchen dining and living room with extra stud height
- separate lounge / media room adjacent to living room, separate guest powder room
- superb flow from living spaces to sheltered outdoor entertaining
- large impressive kitchen with island bench and 900W oven
- set back from road up long driveway with significant off street parking plus room for a boat or campervan
- master bedroom with ensuite and walk in wardrobe
- Golden Homes construction in 2013



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STUNNING MILLWATER HOME WITH POOL 4 2 3 See online for more details

14 Vera Court, Millwater

- 4 double bedrooms plus office (adjacent to front door)
- stunning outdoor entertaining including heated inground pool, covered decking area with outdoor speakers and fully landscaped
- stylish design and quality construction by Signature Homes
- beautiful open plan living area with polished concrete flooring, schist & gas fire
- large dining space opening to covered outdoor area, separate lounge with double doors
- impressive kitchen with stone bench tops, 900W oven & butlers pantry
- ample off street parking including room for a boat or caravan, quiet cul-de-sac



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SINGLE LEVEL & PARKSIDE, WOW!

3 2 1

Walk-through video online

66 Butler Stoney Crescent, Millwater

- If you have been searching for something with a few extra touches of class then this is the property for you.
- three double bedrooms including master with ensuite and own ranchslider to deck
- stunning open plan kitchen, dining and living room with extra stud height plus separate lounge adjacent
- kitchen with massive stone island bench top, two massive ovens, induction cooktop
- two wonderful outdoor entertaining areas, ideal for avoiding the wind, one with retractable awning
- beautiful materials used throughout with top quality drapes, timber floors, Italian tiles and new carpet
- balance of Master Build Guarantee to transfer to new owners



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# mortgagematters

## Looking to Refinance to get a Better Deal? Things to Consider



When looking to refinance to another bank to get “a better deal” there are a number of logistical considerations that you need to take into account (especially when rates are moving).

1) A lot of banks require a full assessment of your application before they will provide a formal rate and legal contribution quote. These assessments can take 5-7 working days before any offer is presented. If the offer is conditional, then more time will be added to the process.

2) If you are self-employed, the new bank will need your last two years of finished accounts prepared by the accountant, or submitted to the IRD.

3) When you approach a bank for a competitive offer, try and have an idea on what you want. Do you want to fix your new loan for 12, 24, 36 months? This allows the new bank to apply their discount to the relevant term that you are interested in. It saves a lot of time, which is essential when rates are increasing.

4) Due to Reserve Bank requirements, some banks have higher interest rates for rental properties, so keep this in mind.

5) A bank verbal offer of rates is worth the paper it's (not) written on.

6) The banks will put an expiry date on their interest rate offers. This is usually 2-3 working days after the initial offer was made. If you go past this expiry date, then the offer can be rolled over, or it can be taken off the table; the rates could have gone up or the legal contribution reduced.

7) Once you agree to take an unconditional offer from a new bank, you generally have up to 60 days to settle.

8) There will be lawyer costs and potential loan-break fees for you to consider.

Due to the time it takes to organise a refinance, you need to weigh up the risks of moving your lending in a rising market. Please note lending criteria will apply when you apply, and is subject to change.

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

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

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# timlawrence Fishing Spot



As autumn draws to an end and winter creeps in, the days will continue to get shorter, the sun will rise later and the days turn into night sooner. What has this got to do with fishing? The fish can feel this too, and they are busy feeding hard to put on condition before they move into the deep during the winter months. Last year fished well into June and these next couple of months I would say are the best months of the year for fishing. The moon phases are looking good for April, with excellent fishing around the 9th to the 14th and then again at the end of the month from the 26th to the 29th.

Being a bait fisherman, I like to hedge my bets and take a variety of baits for a couple of reasons. The first is that sometimes the fish are fussy eaters and you can bring on the bite by simply changing the type of bait you are using. I generally use pilchard as my go-to bait, but I always buy some mullet and sometimes squid as an alternative. This brings me to my second reason; little snapper can clean the bait right off your hook during a hot bite time, which decreases your chances of landing that big fish. Mullet is a perfect bait, which lasts longer and increases your hook-up rate. Of course, if I land a kahawai or trevally during a session, I always chuck a whole side of fish on a strayline and let it float down current from the burley. Big baits = big fish.

Fishing for me over the last month has been quite successful, with a mixture of dawn and dusk fishing with an overnighter at Great Barrier Island. We managed our limit every trip and I'm sure Easter and ANZAC weekends will be just as successful with the upcoming moon phases and, if you are ever unsure of where to go, Andy and Dave down at Fishing Direct are always happy to give you sound advice. Have fun out there.

Tight lines!

# artspeak

## April School Holiday Arts Programme

The April school holidays are almost upon us and run from 17 to 28 April. This two-week programme offers a range of short introductory classes and longer intensive programmes, such as the three-day clay sculpture class for young people aged 8 years upwards, who will learn the basics of hand-building; right up to final glaze application and firing. For the young painting enthusiast, new tutor Eion Bryant will teach a full one-day art class in acrylic painting, for children aged 7 to 12 years of age. Eion has a wealth of experience in teaching.

On Friday 28 April, we will be running a fun silk fabric painting drop-in session with Kerry Cline, between 11am and 2pm, for only \$12 per person. This is a casual "drop-in" session, so you can take as long or as short a time as you need to paint your silk. Participants attend at any time, for as long as they wish, to take part in this painting session. It is a non-contact class; whereby minor tuition is offered. Parents or caregivers MUST accompany children under 14 years of age and are encouraged to stay and participate themselves. You are never too old or too young to take part!

**Four new exhibitions are featured in April and they include:**

- Jasper Boer and Hillary Campbell in Gallery 1 – featuring original paintings and photography from local scenes
- Jo Bain "Dedication" in Gallery 2 – paintings created on a mixed media surface of leaves, lace and natural fibres – "I am dedicated to capturing the light in our natural world; expressing in my art how important the trees are to our spirit and inner tranquillity"
- Robert Brown "Line work" in Gallery 3. Robert is a young local artist, who chooses everyday scenes and objects as inspiration for detailed line drawings in pen and pencil
- Ray McTeigue "Bays and Vistas" in Gallery 4. Ray admits to experimenting with a range of styles at present, often depending on mood and the weather, as many of his paintings are created outside in his studio garden from reference sketches of the coastal and seaside subjects, or from his own original schematic subject drawings.

The School Holiday Programme has limited numbers in each class, so pre-booking is essential. The only activity that does not need pre-booking is the silk painting day on Friday 28 April. To book into a class or find out more about the exhibitions, contact the Centre on 09 426 5570 or email [manager@estuaryarts.org](mailto:manager@estuaryarts.org). The website [www.estuaryarts.org](http://www.estuaryarts.org) also has all details.



**Estuary Arts Centre**  
214b Hibiscus Coast Highway Orewa  
[www.estuaryarts.org](http://www.estuaryarts.org)



## April School Holiday Art Classes

17 to 28 April 2017

(09) 426 5570 **Booking essential**

Sarah Furniss  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER

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REAL ESTATE



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Auckland

## A Car Named Jed

One of the rarest cars at the Orewa Beach Festival in January must surely have been the 1922 Hudson Motor Car Company's Essex 4 Tourer that arrived into New Zealand in 1923. Proud owners Peter and Barbara Stubbs live nearby and we met up later to learn more about A Car Named Jed.

Pete told us "I've always loved cars since I was a boy and over the years have owned and still own a number of classic marques." Pete spent his career in the meat industry, mainly in wholesale meat procurement, and in 1988 started his own business as a meat broker.

We then asked Pete about the car's name: "Well, it's because when I first saw it I thought of Jed Clampett and the Beverly Hillbillies – and the name stuck." Jed has quite a history and it's a story worth telling.

After regular use and 50,000 miles on New Zealand roads, Jed was retired into the Southward Car Museum in Paraparaumu around 1959, where he stayed until a museum reorganisation in 2014 gave Pete and Barb Stubbs the opportunity to buy him, plus another part-car.



Pete and his brother-in-law Phil (who is Past-President of the Wellington Vintage Car Club) began the task of giving Jed a major mechanical rebuild, plus 'a new hat and shoes.'

They decided, wisely in our view, to aim for conservation and against restoration to as-new condition. Jed has aged gracefully and, as with any 95-year-old, he wears his wrinkles with pride. Wooden framing, including that of the doors, has been replaced where necessary, with a Renovator tool proving invaluable in removing years of oil-soaked grime and hard-set road dust. The wooden-spoked wheels are original and still as tight as a drum.



By July 2015, the meticulous work carried out by Pete and Phil ensured that Jed passed his Warrant of Fitness first time and, in November 2016, he travelled 700 effortless miles around the top of the South Island – often on the gravel roads for which he was designed but which would challenge many a modern car.

One of just 8 or 9 in the country (not all running), Jed has an Essex 2.9 litre 4-cylinder engine still producing sufficient horsepower and torque for Pete to demonstrate to us during a wind-in-the-hair ride that Jed could go effortlessly up the hill at the end of Pine Valley Road in third (top) gear.

With only 52,000 miles under his belt, and wearing his original 1958 registration plate, Jed still has a young heart and lungs and plans many more trips with Pete and Barb Stubbs.

## What's the Big Fuss about Fibre? – Part 2



In the February issue, we looked at some of the benefits of fibre beyond just keeping us 'regular', so this month we'll have a look at different types of fibre, good sources of fibre and recommended daily intakes.

Fibre is only found in plant foods. There are two types of fibre: soluble and insoluble fibre and they have slightly different functions. Insoluble fibre is the fibre we most commonly think of when we hear the word 'fibre'. It's indigestible and helps prevent constipation by acting as a 'bulking agent'. Soluble fibre absorbs water like a sponge and causes a softer stool that is easier to pass, and it also prevents the absorption of cholesterol and slows down the release of sugar into the bloodstream. Fruits and vegetables, preferably with the skin on, are our best sources of fibre, but oats, wholegrains, legumes,

nuts and seeds are excellent sources too.

How much do we need? Generally, 25 grams per day for women and 30 grams per day for men. However, fibre requirements change as we age, during pregnancy and breastfeeding or if we have a health condition. In such cases, it's a good idea to check requirements with a Nutritionist. It is not advisable to put young children on very high fibre diets, as it will make them too full and prevent them from eating enough food to meet all their vitamin and mineral requirements. Children's dietary fibre requirements vary according to their age.

It's important to increase the fibre content of our diets slowly and always with a simultaneous increase in water consumption, otherwise we may end up constipated, as fibre absorbs water which results in a harder, more difficult to pass stool. Suddenly increasing our fibre intake can also cause bloating, gas and discomfort. Fibre is definitely our friend and it is worth making sure we include a good amount into our diets every day.

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

**by Paula Southworth**  
**Nutritionist**  
 (BSc Human Nutrition and Sports Science)  
[www.nutritionense.co.nz](http://www.nutritionense.co.nz)

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## Millwater ROMEOS

Fourteen Millwater ROMEOs (Retired Old Men Eating Out) enjoyed their March outing on a specially arranged tour of the North Shore Men's Shed, adjacent to the Glenfield Tennis Club. The plans to build our own Hibiscus Men's Shed on land adjacent to Bunnings Silverdale are well advanced, so everyone was keen to see what an established, successful Men's Shed looked like.

We were met by Hibiscus Men's Shed trustee member Dave Whiting, who, together with founder and lifetime honorary member Ross McEwan, gave us the background and then a tour of the superb North Shore Men's Shed. The comprehensive range of machinery, tools and facilities – all within a purpose-built space – was seriously impressive. The North Shore Men's Shed offers woodworking, metalwork, electronics and more, each in its own dedicated space. With around 130 members, mostly but not all men, the Shed turns out a great number of items for local community projects, but also accommodates the hobbyist who just wants to work on a personal item.

Probably the most important aspect that the North Shore Men's

Shed offers – and will be offered by the Hibiscus Men's Shed – is the camaraderie and warmth that is extended to people who otherwise would not have somewhere to go and be among like-minded people, working collaboratively as a team. The facilities are quite amazing; from the choice of lathes and welding equipment, to the excellent canteen and some of the finest toilet facilities on the North Shore – all fitted out by its members.

The first-class tour of the Shed was followed by an excellent lunch at The Postman's Leg in Glenfield, where the Thursday Special steak and fries was a popular choice from the widely varied menu. The day was rounded off by returning to the organiser's home in Millwater, for coffee, cake and more conversation.

For more information, Google North Shore Men's Shed and Hibiscus Men's Shed – or come along to the RSA at 11:00 on the first Wednesday of every month and meet some great members of the Hibiscus Men's Shed over a coffee and cream scone.

## Millwater Women's Group

Millwater Women's group met at Stoney Homestead on Wednesday 15th March. The first hour was spent catching up with new and old friends and enjoying a cuppa together. Our speakers, Graham and Neil from Citizens Advice Bureau Orewa, then arrived and told us about their work in the area, which was very informative. Citizens Advice provides a very valuable community service and is free for all to use. It was interesting hearing about their volunteers' training program and what it involved to become a volunteer for them.

The group is really enjoying Stoney Homestead; it is marvellous to be able to plan our year, and the different speakers we have in the pipeline for forthcoming meetings makes each meeting something to look forward to.

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

Marj Noble 021 711 540

# holiday destinations

## Breathtaking Bali

Bali, known as the 'Island of the Gods' is the main destination for tourists and holidaymakers visiting Indonesia. With its abundance of white sandy beaches, there is space for everyone to sit, relax and laze the day away, or take a walk and watch the renowned Bali sunsets.

Shopping in Bali has become an art-form and bargaining is a must. Kuta offers the most diverse range of shopping; with everything from handicrafts and wood furniture to carvings.

There are many restaurants available along the Kuta beachfront that offer great prices, so dining out is extremely affordable.

Legian and Seminyak are the favoured choices for families and couples. Relaxing resorts are flanked by one of the finest beaches on the island, with its 8km of golden sand. Legian offers a maze of roads and alleyways, with a variety of restaurants, markets, bars and shops. Some of the best sunsets can be viewed from Legian Beach, while Seminyak is known as the upmarket and fashionable area of Bali's west coast.

Approximately 45 minutes from Kuta on the southern peninsula of Bali, Nusa Dua is a purpose-built resort area consisting of mostly deluxe hotels and its very own shopping area and 18-hole golf course. Nusa Dua is ideal for those looking to enjoy peaceful beaches and a sophisticated resort holiday.

The beauty of Ubud is inspiring; located in the centre of the island, surrounded by rice paddies, sacred rivers and forests.

For those looking for a restful day, visit one of the beautiful spas situated in the forest or even in caves, with relaxing running waterfalls and all the sounds of nature – you will find yourself drifting off.

Just some quick hygiene tips: it is important to only drink bottled water. Wash your hands regularly, use hand sanitiser and avoid using tap water to brush your teeth. The more careful you are, the less likely you are to get the dreaded 'Bali belly'.

**If you are interested in exploring the wonders of Bali and its culture, please contact me, Helen Baxter, your local Air New Zealand Holidays Travel Broker 021 684 770.**



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# Employment and 'Zero-hour Contracts'



In April last year, the government introduced changes to the Employment Relations Act, which were aimed at ending zero-hour contracts. These changes may have had implications on how many employers organise their employment agreements.

### What's a 'zero-hour contract'?

A zero-hour contract is an employment agreement that contains no guaranteed minimum hours, but requires the employee to be available at the employer's request.

Employees cannot work for another employer during the time they have committed to be available, yet they are not paid unless they are called to work.

### What are the 2016 changes?

The amendments to the Act effectively ended zero-hour contracts, by putting restrictions on an employer's ability to put an "availability provision" in an employment agreement. An availability provision allows for work to be made available at the employer's discretion, and means the employee is required to work if requested. This is a similar concept to zero-hour contracts, but it ensures the employee has protection.

To create safeguards for employees, availability provisions can only be used if:

- The employee has a guaranteed minimum number of

hours of work;

- An employer is able to demonstrate that they have genuine reasons based on reasonable grounds for having the availability provision;
- The availability provision specifies the days and times that the employee is to be available;
- Employees are provided with reasonable compensation for the time they are required to be available; and
- Employees are entitled to refuse work that is offered to them, which is beyond their guaranteed hours of work.

Any employers who fail to meet these requirements are potentially exposing themselves to liability for a personal grievance. The rules have been in place for some time now, so if you are concerned as to whether or not your employment agreements comply with these requirements, our employment law specialists will be happy to help.

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# millwaterasiancorner

## Chinese Medicine

Last summer was a very miserable summer indeed for me; I was suffered from ongoing cough and sinusitis. After two courses of antibiotics the symptoms didn't seem to improve and I began to feel a bit upset about the situation. I then met Kim, who is a Chinese doctor in Millwater, and she reminded me that, yes, maybe Chinese medicine is an option. I could see a glimmer of light at the end of the tunnel!

I have been to a Chinese doctor long ago when I was in Hong Kong. Like what you may have seen in Hollywood movies, the clinic is always dominated by a large wall of wooden drawers, each stuffed with herbs of different kinds. There are Chinese pharmacists busy dispensing prescriptions from what the doctor has just prescribed to the patients, by walking back and forth between drawers and the bench, measuring herbs with a Chinese balance scale. Every prescription is customised according to your physical condition and usually involves many different herbs.

What the Hollywood movie didn't tell you, though, is the busy kitchen inside the clinic that helps some patients to prepare their medicine, and the large round table where patients sit silently sipping the dark-brown bitter liquid while it is still warm.

Boiling herbal medicine is not simply putting everything in the pot and letting it boil. In fact, it is very time-consuming and requires frequent attention. Heat applied to the pot needs to be adjusted at different phases and some herbs need to be added at later stages – it is necessary to follow every instruction by the doctor.

Therefore, because I no longer have the pot with me (it requires a special pot to do the job), the first question I asked Kim was, "do I need to boil my herb medicine?" Happily, the answer is "no." Kim usually prescribes ready-made herbal pills – modernisation! Nothing can avoid it in this fast-moving world. "However" she said, "I can still prescribe you powder or herbs if necessary, where I can adjust the amount of each herb to suit your physical condition."



Taking Chinese medicine in pill form is such a new experience for me. It is easier to swallow compared to the Western-style pills; the only problem is I need to take 12 at a time!

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

★ ★ ★

### TECHNICAL GUY

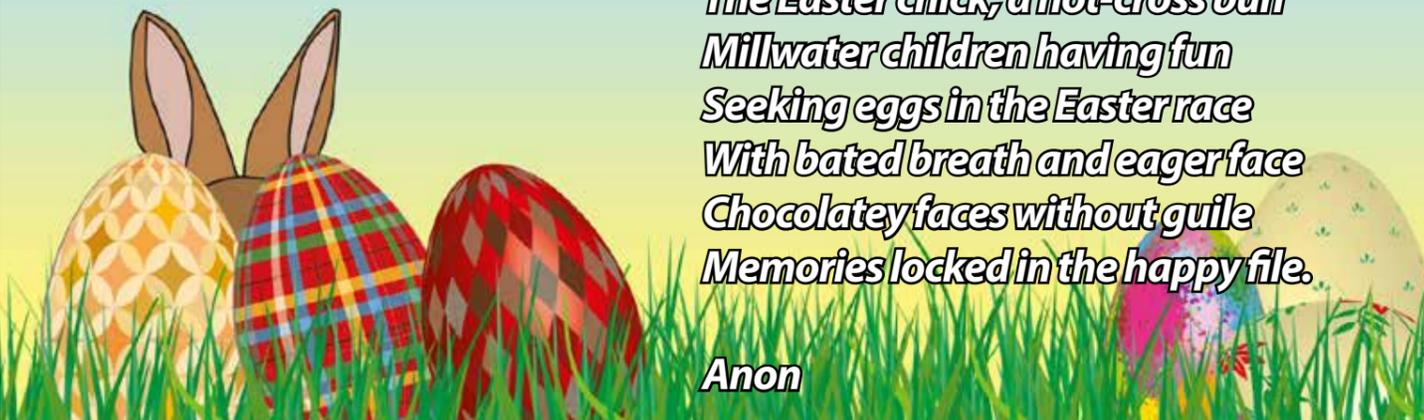
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The Easter chick, a hot-cross bun  
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Seeking eggs in the Easter race  
With bated breath and eager face  
Chocolatey faces without guile  
Memories locked in the happy file.

Anon

## Protect yourself from the bacterial complications of colds this winter



Just one course of Buccaline gives everyone – from young children to the elderly – up to THREE MONTHS PROTECTION against the complications of colds.

All you need to take is seven tiny tablets over three days. Buccaline contains inactivated bacteria that tricks your body into an immune response to give protection.

Buccaline helps prevent the bacterial complications of sore throats, runny noses, sneezing and coughing. You and your family will have fewer sick days off work and school, and recovery time will be quicker.

Take Buccaline at the start of winter, then repeat three months later in the middle of winter.

- Buccaline does not interact with any medication.
- Buccaline can be taken with the flu vaccine for extra protection.
- If your health is compromised or you have respiratory problems, you can take Buccaline monthly for added protection.

Buccaline is only available from your Pharmacist.

### Mandatories:

Should not replace the flu vaccine for those at risk. Always read the label and use only as directed. If symptoms persist, see your healthcare professional. Your pharmacist's advice is required. Pharmabroker Sales, Auckland.

Talk to our pharmacy staff about the right immune-boosting products to best equip you and your family for winter.

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## The Rotten Truth about Sugar



With the chocolate-filled days of Easter coming up, sugar has been on our minds. It's no secret that excessive sugar consumption has a negative effect on dental health, but what can you do to prevent damage to your and your kids' teeth?

The good news is that tooth decay is completely preventable. Tooth decay occurs when specific types of bacteria present in your mouth feed on and digest the food you consume (specifically feeding on sugars). Their digestive process produces acid that can slowly dissolve your tooth enamel and its underlying layer, the dentin, causing tooth decay. These acids cause damage to your teeth for about 20 minutes after eating, so the more sugar you consume throughout the day, the more your teeth are in contact with the decay-causing acids.

Removing sugar entirely from your diet is unrealistic because most foods contain some form of sugar or starch, so what can you do to stay on top of it and protect your family?

- Always wait about 20 minutes before brushing your teeth after eating, to avoid brushing away your acid-softened, post-meal enamel
- Avoid sipping drinks and snacking all day for the same reason – it's not just about how much sugar you consume, but how frequently your teeth are exposed to it
- Avoid sticky or chewy sugary foods that stay in your mouth a long time
- Read nutritional labels and choose foods and drinks that are lowest in sugar
- Swap out fizzy drinks for water
- Oral hygiene is a great defence – brushing your teeth thoroughly every day and flossing once a day will clean away recent sugary foods and bacteria from the surfaces of your teeth, and between them.

Prevention is also the best medicine! Attending regular dental check-ups will allow us to catch any decay early and put a stop to it.

If you're worried about your teeth, or are experiencing toothache, pain when chewing, or sensitivity to hot, cold or sweet foods and drinks, give us a call today on (09) 426 5262 and we'll be able to help!

## Beauty Aspects

### Cracked Heals?

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# Dan's Tips

April 2017

It's time to transition your garden from summer to autumn and remove crops that have finished producing. If you're not doing a winter plant, sow a green crop like lupins; best of all, fork some compost around the garden.

## Growing Food

- **Managing transition from the end of the summer garden:** now is the time to remove spent diseased crops that have given up their best yields
- **Replenish organic matter ahead of spring planting:** Dig over the cleared areas and add compost or Veggie Mix plus some sheep pellets to replenish organic matter ahead of new planting
- **Time to sow a green crop:** generally lupins and mustard seed – lupins must be dug in when knee height before they flower
- **Seed-saving:** the seed from any heritage/heirloom vegetables may be saved and stored in paper envelopes or bags in a cool dry area. However, many modern vegetables are hybridized so they may not seed true to last season. For tomato seeds rub them in a sieve to get rid of pith and dry before storing.

## Other Work

- **Nature's Best:** the planting season of the year. The soil is warm and moist and there is time for to establish plants before the cold hits
- **Fork some compost around everything** in the garden
- **Early flowering camellias (sasanqua varieties)** begin their flowering season from now on. They're generally free of petal blight disease and beautifully perfumed. Excellent for medium height hedges
- **Baby cyclamen and the traditional polyanthus seedlings** are available in punnets in the garden centres – brilliant for some winter groundcover where bright colour is needed
- **Plant spring flowering Bulbs:** tulips, hyacinths and daffodils are ready to hit the soil.



*Sow a green crop*

Plant a green crop like Lupins to help add nitrogen and nutrients back into the soil.



*Spring Bulbs*

Tulips, hyacinths and daffodils are ready to hit the soil.



*The Lawn*

Great time to sow new lawns.

See how to with TV One Seven Sharp gardener Andy Ellis:  
[www.youtube.com/watch?v=tTyHj1dCjsM](http://www.youtube.com/watch?v=tTyHj1dCjsM)



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## Recipes from Millwater Residents



### Teriyaki Salmon

#### Ingredients

2 tablespoons sugar  
2 tablespoons soy sauce  
½ cup water  
Salmon fillets

#### Make the Teriyaki sauce first and let it cool down completely

1. In a saucepan, heat up water, soy sauce and sugar
2. Let it boil for a few minutes until there are big bubbles in the saucepan and most water has evaporated
3. Remove from heat and check the texture; if it is too watery, then keep heating until it reaches your desired thickness

#### To marinate the salmon

1. Descale, wash and pat dry salmon fillets
2. Put 2 tablespoons of teriyaki sauce and salmon into a freezer bag
3. Ensure the salmon is completely surrounded by the sauce, put in fridge for at least 2-3 hours, or even overnight
4. Unused teriyaki sauce can be stored in the fridge for up to 2 weeks

#### To make

1. Line oven tray with a sheet of foil, follow by baking paper (helps to prevent damage of the skin)
2. Put salmon on the tray with skin side down
3. Fan grill in 200c oven for about 3-4 minutes
4. Turn salmon to the other side, remove baking paper
5. Fan grill for further 5-6 minutes
6. If you like a crispy skin finish, put the tray on top level and change oven to grill setting and grill for about one minute

Serve with Japanese mayonnaise.

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

Happy Cooking!  
Nita Wong



### Flax and Pumpkin Seed Crackers

#### Ingredients

1 cup almond meal  
½ cup flax seeds (linseeds)  
1 tablespoon chia seeds  
Himalayan salt to taste  
Freshly ground black pepper to taste  
¼ cup pumpkin seeds  
1 egg  
1 tablespoon coconut oil

#### Method

Preheat oven to 170 degrees.

Place all ingredients in food processor and mix until a dough forms. Turn out dough onto a flat surface lined with baking paper and place another sheet on top to stop dough sticking. Roll dough out to about 2-3mm thickness. Remove top sheet of baking paper and score top of mixture into squares with a sharp knife.

Place dough on tray using baking paper and bake for 15-20mins until cooked through then allow to cool on tray.

Break crackers up and store in airtight container in fridge.

Claire Cameron

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## Collectively Talented in Orewa



This month we have the pleasure of being invited to attend a local 2-day event, "An Airing of the Quilts" by the Town & Country Quilters from Waitoki.

The Event will be held 10am – 4pm on Saturday 8th and Sunday 9th April 2017, Rotary House, HBC Highway, Silverdale. Proceeds of the raffle, refreshments and entry fee (gold coin donation) will be donated to Hibiscus Hospice.

This event is being coordinated by Collective Talents quilting tutor and local Millwater resident Cath Boughtwood. The Town & Country Quilters are a mixed group of very experienced and beginner quilters who meet monthly at the Waitoki Hall.

The group has set themselves the challenge to each make 4 projects to be displayed. Many of the ladies have personal connections to Hibiscus Hospice and also wish to promote the Art of Quilting.

Over 40 quilts and wall hangings will be displayed. Merchant stalls and the group's trading table will be available.

Being a relatively new business in Orewa, it's great to be able to meet Millwater residents at a local event. Collective Talents will have Brother NZ machine sewing, embroidery and quilting demonstrations during the day as well as supplies, fabric and patterns for purchase. Also, come talk to me about sewing lessons for children. Show specials will also be available, PLUS a range of handcrafted jewellery, gifts and design samples.

Road signs will be out on HBC Highway during the week leading to the event.

Rotary House is next door to Silverdale Rugby Club and opposite the Northern Bus Station, providing good parking and bus access to any who would wish to visit.

For more information and booking enquires for classes, please contact us at:  
www.collectivetalents.co.nz  
Helen Bakker (owner)

## Tradie of the Month from Maddren Homes



Maddren homes would like to congratulate Drewe Pyke of Custom Fascia and Spouting for being our March Tradie of the month.

We feel very fortunate to have Drewe and his team as one of our key partners; his team

consistently provides top-quality service and finishes for all our jobs.

The feeling is mutual too: "Custom Fascia and Spouting is proud to be associated with a multi-award winning company like Maddren Homes. It is a pleasure to work with such a reputable company that works to the highest of standard with each house they complete" says Pyke.

On behalf of all the team at Maddren Homes we would like to thank you and your team for all the hard work and effort you put in to meet our clients' expectations. It's really appreciated by us all.

Kind Regards  
Paul

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## millwatermalt of the month



This month introduces a bargain-priced single malt that I picked up on special from Whisky and More; a **Finlaggan Old Reserve**. Finlaggan Castle on Islay is the mysterious ancestral home of the Clan MacDonald, Lords of the Isles, but lies in ruins nowadays. Another mystery is the source of the Finlaggan malt whisky – we know it definitely comes from Islay, but not from which distillery. In fact, there is no distillery at Finlaggan. How important? If you don't know the field from which your vegetables have come but still enjoy eating them, why worry about the distillery origin of Finlaggan Old Reserve?

It is certainly a youthful Islay whisky (no age statement on the label), almost medicinal and heavily peated. Not for the faint-hearted, perhaps, but definitely a well-priced Islay dram that is worth buying and trying.

**Nose:** Concentrated, peaty campfire smoke; not especially complex but definitely malty. Add a few drops of water and the smoke intensifies, and there's also a tang of lemon zest and green apple.

**Palate:** Medium body with an early alcohol 'burn' betraying its youthfulness. There's malted barley/sweet cereals, with a bit of nutmeg. Adding a few drops of water softens the alcohol and improves the experience.

**Finish:** Definitely long, slightly sweet yet with toasted oak and bitter-sweet smoke.

Recommended. 700ml, 40% ABV, under \$50 online, including postage

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I'm Jenny Thompson,  
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and local owner of  
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# dates for your diary

- Every Sat** Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
- Every Tues** Quiz Night at Northern Union
- Every Wed** Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Every Thurs** New to NZ? Orewa **Library** hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** Ukelele Classes • Estuary Arts Centre from 7-8:30pm All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquires/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287
- Sat 8th - Sun 9th April** **Town & Country Quilters Waitoki - An Airing of the Quilts**
- 10am-4pm
  - Quilts on display
  - Raffles (all proceeds to Hibiscus Hospice)
  - Merchant Stalls
  - Trading Table
  - Refreshments available

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



Join us for services throughout the month:

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

**Christ Church, Waiwera**  
1st Sunday 11:15am

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

For further information phone 426 4952  
or [chadorewa@vodafone.co.nz](mailto:chadorewa@vodafone.co.nz)  
[www.hbcanglicanparish.co.nz](http://www.hbcanglicanparish.co.nz)

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 Look for our pages on [www.facebook.com](http://www.facebook.com)

## How to contact your local....

### Health & Well-Being, Fitness & Beauty

Caci Clinic	09 212 6900
Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Foot Doctor	09 320 0873
Orewa Osteopathy	09 426 7111

### Optometrists

OPSM Silverdale	09 426 7902
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### Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
North Harbour Ford & Mazda	0800 044 335

### Florists

Flowers by Joanne	09 426 5287
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### Real Estate

Mike Pero Real Estate, Silverdale	09 426 6122
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### Food, Entertainment & Recreation

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437

### Printing

Treehouse Print	027 4986 202
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### Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	09 929 7824
Collective Talents	09 427 542

### Cleaning

Houseproud	021 025 32085
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### Insurance / Financial / Accounting

MTF Vehicle Finance	09 421 0335
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### Housing

Maddren Homes	09 412 1000
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### Colour & Style Consultant

Natural Style	021 0353 107
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### Medical

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

### Dental

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

### Child Care & Education

Orewa Private Kindergarten	09 426 2160
SKIDS Kingsway Jnr Campus	021 773 301

### Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
Millwater Parkway Pharmacy	09 959 0256

### Pets

Millwater Vet Hospital	09 427 9201
Clip A Dog	09 428 3375

### Home & Garden

Central Landscape & Garden Supplies	09 421 0024
Silverdale Furniture Restoration	09 426 2979
Total Security Group	09 947 5992
Brustics	0800 278 784
Harrisons Curtains & Blinds	029 7708658

### IT Support

Technical Guy	09 280 4690
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### Legal

Simpson Western Lawyers	09 486 3058
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### Photography

Paul Conroy	021 192 2219
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### Housing

Planning Plus	09 427 9966
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### Other Services

Forrest Funeral Services	09 426 7950
Auckland Memorial Park	09 426 9383

### Transport

Hibiscus Coast Freedom Drivers	021 087 22760
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Sat 1 Apr	05:19 0.3 m	11:42 3.3 m	17:46 0.2 m	-	Sun 16 Apr	04:34 0.7 m	10:49 2.8 m	16:52 0.6 m	23:14 2.9 m
Sun 2 Apr	00:05 3.3 m	05:12 0.4 m	11:34 3.2 m	17:38 0.3 m	Mon 17 Apr	05:16 0.7 m	11:28 2.8 m	17:32 0.7 m	23:55 2.8 m
Mon 3 Apr	(23:58 3.2 m)	06:08 0.4 m	12:28 3.1 m	18:32 0.4 m	Tue 18 Apr	06:01 0.8 m	12:10 2.7 m	18:15 0.8 m	-
Tue 4 Apr	00:55 3.1 m	07:08 0.5 m	13:25 3.0 m	19:31 0.5 m	Wed 19 Apr	00:41 2.7 m	06:49 0.9 m	12:55 2.6 m	19:03 0.8 m
Wed 5 Apr	01:56 3.0 m	08:11 0.6 m	14:25 2.9 m	20:34 0.6 m	Thu 20 Apr	01:31 2.7 m	07:41 0.9 m	13:45 2.6 m	19:57 0.9 m
Thu 6 Apr	02:59 2.9 m	09:14 0.7 m	15:28 2.8 m	21:39 0.6 m	Fri 21 Apr	02:25 2.7 m	08:36 0.9 m	14:40 2.6 m	20:57 0.9 m
Fri 7 Apr	04:01 2.9 m	10:16 0.7 m	16:31 2.8 m	22:41 0.6 m	Sat 22 Apr	03:21 2.7 m	09:32 0.8 m	15:39 2.6 m	21:57 0.8 m
Sat 8 Apr	04:59 2.9 m	11:13 0.6 m	17:30 2.9 m	23:37 0.6 m	Sun 23 Apr	04:17 2.8 m	10:27 0.7 m	16:39 2.7 m	22:54 0.7 m
Sun 9 Apr	05:53 3.0 m	12:06 0.6 m	18:24 2.9 m	-	Mon 24 Apr	05:11 2.9 m	11:21 0.6 m	17:37 2.9 m	23:47 0.5 m
Mon 10 Apr	00:27 0.5 m	06:43 3.0 m	12:54 0.5 m	19:13 3.0 m	Tue 25 Apr	06:03 3.0 m	12:13 0.4 m	18:32 3.1 m	-
Tue 11 Apr	01:13 0.5 m	07:29 3.0 m	13:39 0.5 m	19:58 3.0 m	Wed 26 Apr	00:38 0.4 m	06:55 3.2 m	13:04 0.3 m	19:24 3.2 m
Wed 12 Apr	01:56 0.5 m	08:12 3.0 m	14:20 0.5 m	20:40 3.0 m	Thu 27 Apr	01:28 0.4 m	07:46 3.3 m	13:55 0.2 m	20:15 3.4 m
Thu 13 Apr	02:36 0.5 m	08:53 3.0 m	14:59 0.5 m	21:20 3.0 m	Fri 28 Apr	02:19 0.3 m	08:38 3.3 m	14:45 0.1 m	21:05 3.4 m
Fri 14 Apr	03:15 0.5 m	09:33 2.9 m	15:37 0.5 m	21:58 3.0 m	Sat 29 Apr	03:10 0.3 m	09:31 3.4 m	15:36 0.1 m	21:56 3.4 m
Sat 15 Apr	03:54 0.6 m	10:11 2.9 m	16:14 0.6 m	22:35 2.9 m	Sun 30 Apr	04:02 0.3 m	10:23 3.3 m	16:27 0.2 m	22:49 3.4 m

## Mike Pero

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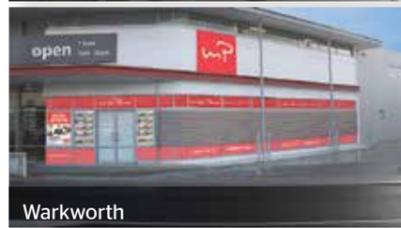
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