



theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
December 2016 / January 2017



THE STONEY HOMESTEAD OPENS!

Editor's note

Regardless of background, ethnicity or beliefs, given the events recently in Kaikoura, Seddon and Wellington, we would hope that every reader will count their blessings and consider how best they might help others less fortunate at this difficult time.

Probably the most important event in Millwater for some time is the opening of the Stoney Homestead – so important that we delayed publishing this issue to include coverage. Most of the images were taken by Paul Conroy and these clearly convey the brilliant restoration and renewal work that has been done, making the Homestead a superb and user-friendly Millwater community space.

It seems we've been waiting a long time for summer to arrive, so I hope that it has arrived by the time you read this (I'm writing in mid-November and lacking a crystal ball). Millwater gardeners have had a tough time with the unseasonably wet weather, so the competition judges are having a harder time than usual in deciding winners. The adverse growing conditions have been taken into account, never fear.

We want again to thank publicly all the volunteers who deliver our magazine to every home in Millwater and Totara Views. Although we at the magazine will be taking a short break this month, as this issue is a combined December and January issue, we will be hard at work again in early January and already have fresh plans laid for the February issue.

From the editor's desk, I want also to thank the good folk who provide the feedback on the magazine. Your constructive comments and suggestions keep us on our toes and focussed.

Have a Happy and Peaceful Christmas and New Year. See you in 2017!

Brian Mullan
Editor
December 2016 / January 2017



theMillwatermag

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Thank you for supporting our great local magazine!

Have a Happy Christmas and a wonderful New Year.

Grayson & Sarah Furniss



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themillwaterinterview

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Multiple gold and silver medal-winning track and field athletes don't come any better than high-jump athlete and Millwater resident Hestrie Els, whom we enjoyed meeting recently.

Hestrie Storbeck was born in the small farm village of Coligny in South Africa in August 1978, with a mother who was a competitive runner, and knew from a very early age that athletics was to be her destiny. Described by some as strong-willed, she used that trait as a driver to be the success she became. Hestrie's strong religious faith and determination to succeed saw her set an under-9 high jump record that still stands today. Hestrie knew and still knows no fear – of anything! "I spent so much time enjoying my athletics that the academic successes became secondary."

Hestrie's 1.85m elegantly slim frame hit international success early, winning the Commonwealth Games gold medal in 1998. "This sudden-death jump-off was a supremely satisfying moment and proved to me that I was indeed following the correct path," said Hestrie. However, recreational sports like skiing were out of the question, because Hestrie could not afford to pick up an accidental injury.

Travelling internationally to athletics competitions, Hestrie initially enjoyed the stability of marriage to Andries Cloete in South Africa, but found that in time they just outgrew each other. While training and competing, her favourite music was by the legendary Afrikaans singer Jurie Els, whom she was later to meet and ask for her CD to be autographed. Jurie recognised her: "Oh, Hestrie the high-jumper" he said. Jurie later helped Hestrie find a new home in Pretoria, the relationship blossomed and they married in September 2005, with daughter Chrizette

being born October 2006.

In 2003, President Thabo Mbeki conferred her with the Order of Ikhamanga in Silver (OIS), for excellence in sport. Hestrie was also voted as World Best Performer in Athletics and enjoyed meeting Nelson Mandela. However, alarm bells rang when, in a late-night phone call from South African Police, they learned that a person in police custody had a list including the name of their baby daughter Chrizette as a potential kidnap victim. This led to a significantly serious discussion and, with Jurie already being a New Zealand resident, they decided to move here permanently in 2008, where their son Jason was born in July the same year.

"Look at the kids, happily playing in the street and not having to worry about anything," said Hestrie. "Millwater means so much to us and we love it here – the only issue of concern is that there is not a pedestrian crossing anywhere on the Parkway other than the traffic lights at Millwater Central, where there is an ongoing issue with red light runners." Hestrie and the family also have a farm near Puhoi, with 20 chooks, 20 sheep and "two very naughty goats" – and Millwater folk will be familiar with the Facebook posts about their 6 guinea pigs.



Hestrie still trains in the gym 6 days a week and remains involved in high jump, through training KingsWay Intermediate School students – whom she is teaching the Fosbury Flop technique. "I don't tell them how high the bar is; I just tell them to jump it," said Hestrie, who also helps out as a centre assistant at Kingsway Pre-School. "My life is all about living the day, trusting in God and never giving up."

We do recommend that you Google/YouTube Hestrie Cloete and read more of her fascinating athletic career successes at Olympic, Commonwealth and World Championships – there is a wealth of fascinating athletic facts about this elegant Millwater lady.

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I love this community. Millwater is filled with people who have open hearts and who regularly open their wallets for worthy causes. Ronald McDonald House, Foster children, a neighbour who needs something for a baby or ride for mum from the airport. How cool is that!?

Whilst our community makes a habit of being generous, for most people it is usually about the time Christmas songs start to play on the radio. It's the time of year that most of us get "the Holiday Spirit" and we open our wallets even more.

Generosity isn't defined by socioeconomic status. Most of us understand ... it doesn't come from the wallet, it comes from the heart. One of the best things we can do for our children is to instil generosity in their hearts.

I started with my children when they were very young, 2 and 3 years old to be exact. This isn't the "share with your brother" manners we're talking about, it goes deeper than that.

Here's what I did:

Had a chat – Explaining at their level that not everyone lives in a nice house, gets nice presents, or has nice things. You'll be surprised what they can understand and how it can encourage their own generous giving.

Included them – We all have a clean out about this time of year. What toys, clothes, games, etc would they like to give away? Let them help with digging out and sorting through. Donating to charities like Salvation Army or Hospice is a double give – those who purchase get good quality items they might not otherwise afford and the charity gets an income. I took them with me to drop off our items so they could see the happy, thankful faces of shop workers.

Inspired them – Adopt a family or child. K-Mart has a tree with ages and gender, charities and churches have a list of families that won't have much of a Christmas without the kindness of strangers. They would choose a child similar in age and choose the gift(s) to buy for them within budget. We'd talk about how happy the child would be on Christmas morning. As young adults, they have happily taken on the cost and carry on the tradition.

These are just 3 ideas and I'm sure you have some of your own. I encourage to keep giving. Because, when you do, you are showing your child how to be generous, and that is the BEST gift you can give them.

Rechelle McNair – sKids KingsWay

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Christmas treats are not always so great!



With Christmas rapidly approaching, it is worth taking a moment to be aware of some of the risks that Christmas and our celebrations pose to our pets.

Cats, being more sensible than dogs (mostly!) tend to have fewer problems, but some mischievous kittens will still get into difficulty. Shiny ribbons can be very tempting, especially for a kitten, but if swallowed can cause serious damage to the intestines and require surgical removal. Lilies are a perennial risk, if you have a cat in the house, try to avoid having lilies at all as the pollen and the leaves are very toxic and eating them leads to a rapid death from kidney failure.

Dogs have a great time over Christmas, but feeding many of our Christmas treats can cause poisoning or severe tummy upsets. Many dogs are not used to the rich food that we eat at Christmas and, in the worst cases, can lead to a very serious condition called pancreatitis, which is very painful and often requires long hospital stays – best to give them a Christmas dog treat rather than let them "clean the plates".

Chocolate is very poisonous to dogs. For a small dog like a Shih Tzu, 30-50g of dark chocolate is enough to cause serious illness; more than this becomes life-threatening. Many dogs will sniff out the wrapped chocolate under the tree (or off the tree) and eat it wrappers and all – which then adds the risk of an intestinal blockage to your list of worries.

Grapes, and their dried forms (sultanas, raisins and currants) cause serious kidney damage; so Christmas cake, Christmas pudding and mince pies are all off the menu. Most nuts only cause irritation of the digestive system due to their high oil and fat content, but macadamia nuts are highly toxic and can cause a range of neurological symptoms, which require immediate veterinary attention.

There are a number of other common foods, including anything containing xylitol, which can cause serious problems.

For more information take a look at <http://www.aspc.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets>

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A New Life

One of Silverdale School's best writers, Eliarna Scowen, has written a beautiful piece of writing that we would love to share with you. Here it is:

I look at the gangplank, my stomach churning with fear. This will be my last time standing on English soil. When my long journey is complete I will live in New Zealand. My body is turning to jelly. It seems like my will to move has evaporated into thin air. Mother urges me to go faster. I clutch the railing desperately. I have to overcome my fear. Of what? I don't know, probably just the unknown. Thomas starts wailing impatiently. I quickly hop aboard not wanting to annoy Mother further. She looks rather vexed.

Once on board the ship, Mother retires to our cabin. Caroline follows suit. I decide to explore my home for the next six months. I don't know how I'm going to fare. Thomas and Father join the other men. I'm left on the deck with Lewis the leech, my younger brother who always follows me around. I feel the vibrations of the ship beginning to move. It's so old and creaky. Our ship must have been around for years! I feel a lump in my throat as I watch England slowly vanish, and I know I will probably never see her again. Land disappears and a wave of sea-sickness hits me. I retreat to my cabin hoping to avoid a bout of sea-sickness.

After two weeks I've recovered. I am fine and my sea-sickness has

ceased. Lewis is still full of beans. Thankfully, he spends a lot of his time with his new friend he met on the ship, William. For once I feel free of my constant shadow and I have the peace I've been craving ever since he was born.

I'm hoping for a brand new future, a brand new beginning, a brand new life, and surely a new country can offer that. I'm a month through my journey and I'm now eagerly anticipating living in New Zealand.

By Eliarna Scowen



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A little about Orewa Osteopathy ...



The team at Orewa Osteopathy
Shanon Coxall-Jones (Osteopath) Cheri Quinton (Osteopath/Acupuncture)
Debbie Perry (Clinic Manager) Hamish Syrett (Osteopath)

Orewa Osteopathy is located in Orewa House (next to Walnut Cottage café) at the Northern end of Orewa Beach, about 5 minutes drive from Millwater.

Osteopathy is a manual therapy, meaning practitioners employ techniques using their hands to treat patients. Manual therapy practitioners include Osteopaths, Chiropractors, Physiotherapists and some Doctors. Osteopathy uses a wide variety of techniques such as deep tissue massage, joint manipulation (if appropriate), joint mobilisation, joint alignment techniques, plus prescribed exercises to help patients.

ACC statistics rate Osteopathy as the most effective form of care for the treatment of back, sacroiliac, shoulder and neck pain,

compared to other modalities (ACC National Services Report, 2016).

At Orewa Osteopathy, care is taken to form a diagnosis and treatment plan with every patient. If necessary, they can refer you for x-rays and ultrasound scans.

Orewa Osteopathy has a well-established referral network of specialists and practitioners; so, if they are not the practitioners to solve your issues, they'll get you to someone who can.

They're open Monday to Saturday and available for late appointments most nights of the week (apart from Wednesdays).

If you would like to read more about Orewa Osteopathy please visit their website: www.osteopathy.co.nz

Testimonial – Lyndsay, 2013

I have been fortunate to have been able to rely on Hamish at Orewa Osteopathy several times over the last five years when faced with a variety of back-related issues.

On every occasion, he has demonstrated a totally professional approach, promptly analysing and identifying the cause of my health issues.

He demonstrates a totally professional approach and is extremely knowledgeable when administering treatment. I have no hesitation in recommending him to anyone who would benefit from osteopathic treatment.

Are you in pain?

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

Osteopathy is a popular form of manual therapy that can help with issues such as:

- Back Pain
- Neck Pain
- Tension Headaches
- Postural Strains
- Shoulder Injuries
- Sports Injuries

At Orewa Osteopathy we have staff trained in Acupuncture, Pilates and The McKenzie Method.

Call us today to make an appointment.




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498 Hibiscus Coast Highway, Orewa
www.osteopathy.co.nz

GOLD, FRANKINCENSE AND MYRRH

Ancient Sacred Medicines - Timeless Gifts of Health



Nearly everyone knows about the three wise men who took gifts of gold, frankincense and myrrh to Bethlehem. But do you understand the particular significance of these valuable gifts? They were considered precious in ancient times and prized for their healing qualities. And they are still used in modern natural medicine to this day. So those three wise men of Biblical times knew a thing or two when they travelled with their precious gifts to present them to Jesus.

GOLD - Ancient Egyptian, Chinese, Middle Eastern, Indian, and South American civilisations all used gold in healing elixirs; to rejuvenate the body and mind, cure diseases, help restore perfect health, and increase longevity. Today, colloidal gold solutions are used for much the same health issues and restorative benefits.

FRANKINCENSE - Once considered to be more precious than gold, this cultural and religious treasure has been used as a multifaceted healing elixir for many centuries. Botanically known as *boswellia serrata*, the extract is more commonly known as frankincense.

Ancient healers and modern scientists alike have conclusively demonstrated frankincense as a powerful internal and external therapeutic. Some of the many health issues that benefit from

frankincense include gastrointestinal discomfort, respiratory illnesses, joint inflammation and pain, low immunity, hormone balancing, stress and anxiety relief, skin cancer, cold sores.

MYRRH - Used as an anointing oil to health the sick. Even more medicinal than frankincense, and also once considered more valuable than gold, myrrh is mentioned in ancient Egyptian medical texts. The Egyptians even used myrrh as part of the embalming process. Myrrh was mentioned in Hippocrates' medical writings and both the Old and New Testaments mention myrrh frequently. Myrrh has been used from ancient times right up to the present day in traditional Chinese medicine, for many and varied health concerns.



Scientific studies carried out have proven myrrh is anti-bacterial (including the dreaded MRSA), anti-tumoral, anti-inflammatory, anti-fungal, anti-parasitic, antiviral, and analgesic (pain relief). Internally, myrrh is highly anti-inflammatory, a potent antiseptic, and wonderfully calming and balancing on our emotions and nervous system.

However you spend your Christmas, make it a peaceful, healthy and happy time with your family and friends with our very best wishes.

Carol and Graham, Health by Logic in Silverdale Village.

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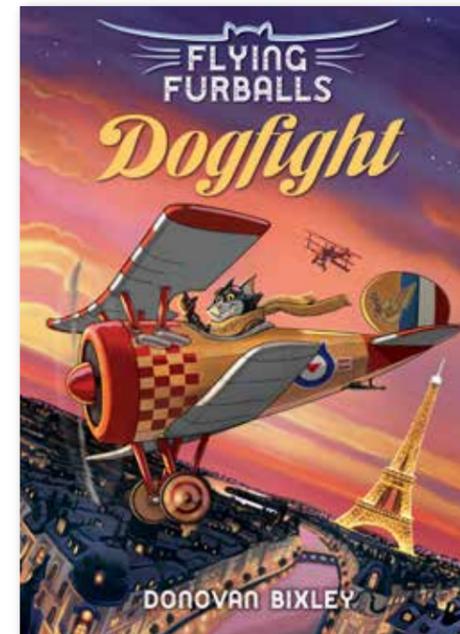
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millwaterbook of the month

Flying Furballs: Dogfight by Donovan Bixley

This month, author and guest reviewer Karen McMillan introduces another great read *Flying Furballs: Dogfight* by Donovan



This is the first in brand new action-adventure series for children, and what a treat this is! Donovan Bixley is an award-winning illustrator and writer, and he has created something really special with *Flying Furballs: Dogfight*.

Set in Europe in 1916, and with all the glamour of old-world aviation, this is a battle between CATs and Dogz. Claude D'Bonair is the youngest pilot in the CATs Air Corps, and he embarks on a dangerous mission to save Major Ginger Tom from the dark castle wherein he is imprisoned in DOGz territory. Will Claude survive with his nine lives intact?

The text of this novel is a delight, full of fun world-play that parents and children will both enjoy. Wonderful humour shines on every page. And the illustrations take the book to another level, with details and additional information that is wonderful to stop and enjoy. I'd highly recommend! (and note that *Flying Furballs: Hot Air*, the next in the series, has recently been published.)

**Karen McMillan, author of *The Paris of the West*
www.karenm.co.nz**

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Stoney Homestead - Coming Home

After extensive and careful conservation, renovation and new additions, our very own Heritage-listed Stoney Homestead opened its doors to the public on Sunday 4th December. Reactions from the visitors ranged from "What a fabulous community facility" to "Where can we book to use this place?" and everyone we met was significantly pleased to have a Millwater community hub that will be used by many local groups and clubs.



Stoney Family at Opening

Keith Stoney watched the slide show of photographs they had provided and admitted "Being in the old homestead once again has brought back many clear memories." Neil Garner of the Citizens Advice Bureau was impressed: "This would make a great local venue for us to



Opening Remarks - Dave Adams

have to have for advising Millwater people."

Dave Adams, Chairman of the Stoney Homestead Trust, said "There are a number of spaces of varying sizes that will suit different needs, including the redesigned outside spaces – with new car parks and a sympathetically designed new toilet block adding to the amenity." The fit-out is of the highest quality and has focussed on the needs of a variety of users. "The registered kitchen will be a great asset for a number of people," said Nita Wong, "Particularly being able to cater for local community families."

Jenny Boomen of Connected Education has already booked space, with English and Maths classes starting in February. Many people made comments and suggestions on the further development of Butler Stoney Park (Metro Park West), including the addition of shade trees and a pond that would attract wildlife.



Opening Remarks - Silverdale School students

The photographs here, courtesy of Paul Conroy Photography, give a glimpse of what you missed if you were unable to make it to the official opening of the Stoney Homestead. The various spaces offer many options for use, with portable furniture easy to move and configure. Laura's room will probably be a very popular space, with soft furnishing being added. Some original wallpaper has been conserved and retained, together with glimpses of the original roofing.

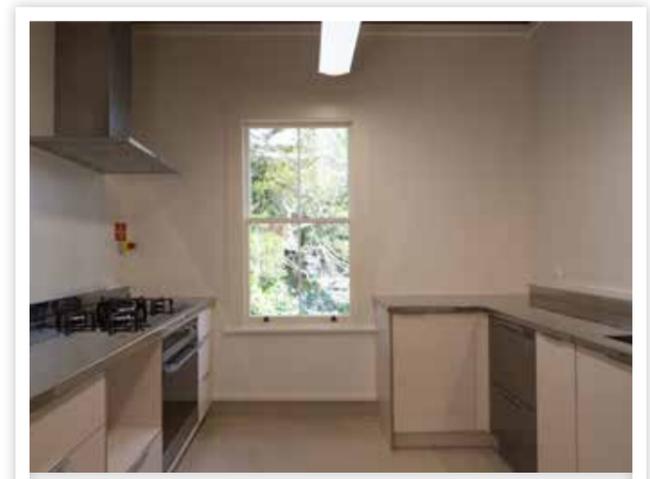
To book space at the Stoney Homestead Community Hub, Facebook @StoneyHomestead, email info@stoneyhomestead.co.nz or call 021 0261 9111.



Stoney Homestead



Galbraith Room



Registered Kitchen



Learning Room - Teaching Space



Stoney Homestead - Rear - New Toilet Block at right

themillwaterinsider

Millwater Women's Group

Our November garden visit unfortunately was cancelled due to the poor weather over spring. We will book again for the New Year and hope for a better day. We stayed locally instead and checked out The Coffee Club in Orewa. Those who wanted took a walk on the beach afterwards. Bookings for our end of year Christmas lunch at Silvermoon Silverdale are filling up, so do let me know if you want to join us for our final 2016 meeting.

We meet on the third Wednesday of the month. Join the Millwater Women's Group Silverdale on Facebook for further information.

Marj Noble 021 711 540

Millwater Adopt a Family for Christmas

Thank you to everyone who has donated; the response was amazing – what a wonderful community we can (again) be proud of! The organisers would like to thank you for your kindness and generosity. You have made this Christmas a very special one for the families in need. Merry Christmas and Happy New Year, everyone!

Millwater Social Mixed Touch Rugby

We are on and have started a social, mixed 'all ages' Touch Rugby event on Wednesday evenings at Metro Park on Millwater Parkway.

The intention is to run up to 4 games per evening (2 at a time), depending on numbers of participants, with the first game slot commencing at 7.00pm, 15 minute halves, 5-minute half time break. The first game slot will end at 7.35pm, with second game slot commencing at 7.40pm and ending at 8.15pm.

We have balls, bibs, cones, referee whistles, so now need players! We have set up a group for interested people to join. Search on Facebook for "Millwater Social Touch Rugby" and request to join the group.

We are also looking for anyone that is interested in refereeing the games, otherwise we will be seeking a referee/s from playing slot 2 to referee playing slot 1, and vice versa.

Here's hoping we can grow and build on the existing social sports and activities at our local sports grounds and continue to get to know each other throughout the community, with some more fun and exercise.

Millwater Spook Tour

Congratulations to all those who contributed to another outstanding local event. The costumes and props were amazing and the children (big and small) had a fantastic time. Special thanks to Emma Johnstone-Gill for co-ordinating the event and to Bunnings Silverdale for supplying the generator.

Golf Day

Our inaugural Millwater Golf Day at Northridge Country Lodge was a huge success. The weather certainly did not dampen anyone's mood and keen golfers got into the spirit of things, with our winning team scoring 2 under par (overall score of 31).

Paul Conroy entertained everyone with his "run up" to the ball

to achieve his longest drive yet. After lunch the game continued with a smaller group of enthusiastic golfers, where John Davies scooped up the trophy as overall winner for the day.

A big thank you to all our sponsors, organisers and to everyone who participated.

Thank you to Colin Roberts for arranging the golf day and for sponsoring the player trophies and drinks.

We look to make this a regular community event so keep an eye out for the next event, coming soon.

Overall Winner of the Day: John Davies

Our great Sponsors: Roberts Limited; Roberts Café; Mike Pero Millwater; Helitraining; Mike Hendry (Pro-golfer) and Tara Cromie; Big Green Carpet Cleaning; GMC Cycling; @thevegery; Gendi Dwight; Esteem Beauty Therapy; OPSM Silverdale; Mumbai Central.

Security

Due to a number of thefts recently around Millwater, sadly we need to remind everyone to be extra vigilant about their home and vehicle security. Thefts have occurred at varying times and valuables taken, sometimes from unlocked cars and/or homes. Please keep your eyes open and, if you see something or someone suspicious, call 111 immediately. Lock it or lose it!

Hibiscus Coast Scottish Country Dance Club

Formed in March 1979, our 34 members are still going strong. The 2017 season starts on Wednesday 15th February at 7.30pm, with the first 4 Wednesdays being Open Nights, where anyone interested in "having a go" for free, on a no-commitment basis, is welcome. Being a very social form of Scottish Dancing, NO partners are required and NO special clothing is needed. You don't even have to be Scottish!

The club would love to see you at one of our Open Nights at Silverdale Hall, starting on Wednesday 15th February, so put it in your diary and make a date.

For further detailed information and contact details see our website at: <http://www.sporty.co.nz/hcscdc>

Alternatively, contact Gail on 09 428 5655 or Keith on 021 0290 4513

Who would have thought – a little bit of the "City" in Millwater?

Now there is more reason to celebrate – Bring in the New Year with us at The Bistro for just \$60 per person. Included in this price is:

3-Course Meal

DJ Brandon - who will keep you dancing into the wee hours of the morning.

By Prior Booking Only

2 Seatings Only – 6pm and 8.30pm Only

Call us for more details – 09 777 6008

Millwater 區內情報要點

Millwater Women's Group

因為天氣不佳的關係我們在11月的聚會未能參觀預訂的花園。改為去了Orewa的Coffee Club。

本年度最後一次的聚會會在Silverdale的Silvermoon舉行，名額快滿，如果你系希望能參加我們這個聖誕聚會請盡速報名。

我們每個月的第三個星期三都有聚會，可以上Facebook看到我們的最新資訊。

聯絡人：Marj Noble 021 711 540

Golf Day

第一次的高爾夫球日已經圓滿舉行。惡劣的天氣並沒有削減比賽的興致，勝出的團隊能夠打出少標準桿數兩桿的佳績。

Paul Conroy努力打出了他個人的遠打，午飯後仍然有不少的參賽者繼續努力，最後John Davies 贏了總冠軍。

在此多謝每一位的參賽者、贊助商及組織這個活動的熱心人。

多謝Colin Roberts的籌備及贊助得獎者的獎杯及當天的飲品。

我們希望高爾夫球日能夠成為我們的固定活動，以後的聚會詳情將會在此公佈，請密切留意。

總冠軍：John Davies

我們的贊助商：Roberts Limited; Roberts Café; Mike Pero Millwater; Helitraining; Mike Hendry (Pro-golfer) and Tara Cromie; Big Green Carpet Cleaning; GMC Cycling; @thevegery; Gendi Dwight; Esteem Beauty Therapy; OPSM Silverdale; Mumbai Central.



Security

最近在本區發生了一些偷竊的案件，請大家緊記無論是房子或是汽車都要注意防盜，沒有上鎖的房子及汽車都很容易令小偷乘虛而入。請保持警覺，如果發現有可疑人物請立即致電111報案。

Hibiscus Coast Scottish Country Dance Club

蘇格蘭鄉村舞蹈團是在1979年3月成立，現今仍然有34人。2017年第一個聚會會在2月15日星期三晚上7:30 (Silverdale Hall)，開始的首四個星期是開放日，歡迎所有人前來參加免費試一試。你並不需要攜帶舞伴或任何特別的衣服，你也不需要是蘇格蘭人，只要有

興趣的都歡迎前來參加。

我們非常歡迎新來的朋友，有興趣的話請立刻記下日子，期待跟你見面！

詳情可瀏覽這個網址：<http://www.sporty.co.nz/hcscdc>

也可致電 Gail 09 428 5655 或 Keith 021 0290 4513

Millwater Social Mixed Touch Rugby

練習正式展開！我們將會有聯誼比賽，適合所有年齡的朋友參加。每逢星期三在Metro Park(Millwater Parkway)運動場練習。四場比賽分兩個時段舉行（視乎出席人數而定）第一個比賽時段由七時開始，15分鐘半場，5分鐘中場休息。第一場比賽時段在7:35完結；第二場比賽時段由7:40至8:15。

我們會提供所有的設備，現在需要的是球員！如果你希望參加的話請在Facebook尋找這個群組："Millwater Social Touch Rugby"。也歡迎加入成為球證。

希望這個球隊的成立能夠更加鞏固我們這個區內的體育交流，令這個區能夠更有活力及提供更多運動項目的選擇。

Millwater Spook Tour

多謝大家前來參加萬聖節的活動，這年的道具及衣著打扮都非常利害，無論任何年紀的人都玩得非常愉快。特別多謝Emma Johnstone-Gill 的統籌及Bunnings Silverdale 為我們提供了發電機。



Millwater Adopt a Family for Christmas

多謝大家參與了Millwater Adopt a Family for Christmas的活動。各個受惠機構都衷心多謝大家的支持，相信大家的愛心及關懷都可以傳達到有需要的家庭。在此衷心祝福各位聖誕節快樂。

Who would have thought – a little bit of the "City" in Millwater?

誰又會想到在這裏也能找到一點"城市"的氣氛？想找個藉口去慶祝一下？The Bistro的新年套餐每人只需要\$60，包括以下：

三道菜的晚餐

會有現場唱片騎師DJ Brandon

必須事先預訂定只限二人枱

晚餐時段分6:00及8:30

立刻跟我們聯絡預留座位09 777 6008

Festive Season & Entertainment

With the festive season upon us, we are fully immersed in Christmas parties, gifts and entertainment. Here is a refresher on deductibility of entertainment expenses.

Fully Deductible Expenses

The following is a list of the entertainment expenses that are fully deductible:

- Donating food to a Christmas party in a children's hospital.
- Dinner for sales rep while out of town selling and no client present
- Taking a client to dinner while you are out of town on business outside New Zealand.
- Costs of gifts such as food/wine to clients.
- Sponsoring a local sports team.
- Providing morning/afternoon tea for your team.
- Sandwiches provided at lunchtime meeting of supervisors.

The following list of entertainment expenses that are fully deductible but subject to FBT

- Costs of gifts given to employees (including gift baskets, movie tickets, restaurant vouchers)
- Gym membership for team member paid by employer.
- Golf club subscription for business owner paid by the Company.

50% deductible Entertainment Expenses

The following is a list of the types of entertainment where deductibility is limited to 50%:

- Staff Christmas party on or off the business premises.
- Friday night drinks for staff or clients in the office or pub.

- Taking a client out to dinner in NZ.
- Restaurants providing food and drinks to staff at a social function in their restaurant
- Sponsoring local sports teams and receiving tickets to their corporate box in return. 50% of the value of the tickets would be deducted from the total sponsorship
- Sponsoring a sports team by providing a meal for the team at their grounds after each game.
- Hire of a launch to entertain clients.

Our Advice

The rules are complex. If you're not sure, call me for advice – 021 464 295.

It's been great to help so many of you this year – Lizelle.



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timlawrence Fishing Spot



Things are really warming up out on the Hauraki and the weather has finally started to settle down enough to get out for a taste of the spring (and now summer) fishing action. This month I have been dining out on fresh scallops, crayfish and snapper after my own successful missions and sharing the bounty of mates. Already we have more excursions planned prior to Christmas, with our local fishing club finally getting around to staying a few nights on Kawau Island and the Raiders Fishing Comp which was held at the end of November. Another highlight of the month was attending the seminar with Tony Orton about chasing marlin, which was hosted by Andy and Dave at Fishing Direct in Silverdale. I'm excited about trying to land one off the Coromandel over Christmas.

I managed to get out twice this month in between the strong SW winds we have been experiencing. It had been a while since we had a decent trip, so we made it a big one with a scallop dive first before heading out to the 50m mark to try our luck while the sun was high. It was always going to be tough fishing with a slight SW wind breezing up the Hauraki and, after a few hours near Horn Rock, we moved into Little Barrier to catch the change of light. There wasn't a lot of current and the boat was swinging on the anchor which messed with the burley trail and made it difficult to set our baits, but this didn't seem to bother the snapper who were feeding hard. It was a tough decision to pull the anchor at the end of the night as the fish were getting bigger and bigger, but it was time to head back with our bin of snapper, blue cod, terakihi, trevally and scallops.

My second trip was with Ultimate Charters on a Senator 940 called 'Reel Action' which had plenty of speed to get out to the work-ups and maximise our fishing time. This was my first time soft baiting. We headed to the 40m mark NE of Tiri Island and, although it wasn't firing that day, we all had a great time taking home approximately 40 snapper between 8 of us. I would do this charter again.

Have a great Christmas and be safe out there with all of those extra boats around.

Tight lines!

letter to the editor



Until recently my involvement with charities was little more than the odd monetary donation to collectors at the supermarket or to friends growing a moustache or running a marathon. With so many worthy charitable organisations bidding for my donations it's impossible to give to them all, so I would often only donate to those to which I had a close connection. Upon seeing collectors, I would often feel bad and cross the road to avoid having to say 'no' to their requests - not because I didn't think they were a worthy cause, but because there's a limit to how much I can give without impacting on the needs of my own family.

Earlier this year I joined Rotary, which has opened my eyes to how many people and organisations in our local community need assistance. I've got to admit I've been living in a bubble that was my own life, where there's always food on the table, a roof over my head and the family are healthy. I actually don't have to look too far from my own doorstep to see how lucky I really am.

One of the first things a long-time Rotarian said to me was, "There are three things you can give to charity: money, goods or services, and time." Whilst my disposable income hasn't increased, I do have time available to help those less fortunate and Rotary has been the vehicle that has given me the opportunity to see where that help is needed. Now, I'm only talking 2-4 hours a month, so it's not a huge commitment, but I now feel like I'm more involved with the wider community. I no longer cross the street when I see charity collectors, and instead will go and say hello and ask them about their organisation. I may not always be able to put a dollar in the tin, and that's okay.

If you'd like more information on Rotary, please feel free to give me a call on 021 192 2219, email paul@conroy.photo or visit <http://rotaryoceania.zone/>

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Adjusting Your Position Can Greatly Improve Your Photographs



Regardless of the camera you have or how expensive it is, everyone can get better pictures by simply moving themselves or the subject they're photographing.

As adults, we see our kids and pets most often from our own standing perspective, so when we take a picture from the same perspective it doesn't stand out as being anything new. Instead, try getting down to their level. Most people will have their cameras set to auto focus, which will focus on the thing nearest the camera – often a nose or rim of glasses. This results in the eyes being slightly out of focus, especially when shot with a wide aperture. Read your camera manual and learn how to manually select the autofocus point, then make sure you always focus on the eyes; after all, they are the gateway to the soul.

We can also make our subjects stand out in our pictures by making sure there are no distractions behind them. If the background is of no interest to you, move your subject to create the largest distance possible between them and the background. Zooming

in as much as you can will help de-focus the background and, if you know how to change the aperture, select the widest possible (smallest number). Again, remember to focus on the eyes if you're doing a close-up shot.

If you enjoy landscape or architectural photography, be sure to look up, down and all around as you will often see shapes and patterns that we don't normally see when looking straight ahead.

Great landscapes are a mixture of great planning and some good luck. Sunrise and sunset are great times for landscapes, as they offer the most beautiful light and longest shadows.



Short courses are available for anyone wanting to learn more about photography. For details please call Paul Conroy on 021 192 2219 or email paul@conroy.photo.

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Golf Do's & Dont's

Get the most out of your summer golf and prevent injuries with these essential DO's & DON'Ts

Do start walking for fitness – walking 18 holes, you will average between 6-9 km per game and spend 4-5 hours on your feet. This can be a shock to the system if you're not used to it. If you're not adequately prepared, fatigue may affect your performance and leave you more vulnerable to injuries.

Don't be fashionably late! Missing your tee-off time is a huge faux pas but it also means there's no time to warm up. Allow 20-40 minutes to stretch, perform a few drills, and utilize the practice range and/or putting green. Warming up will not only improve your game but reduce your chance of muscle and joint strains.



Do work on your technique. Whether it's at a practice range or in your back yard (beware of pets and children!), being disciplined with practice helps consolidate motor patterns for muscle memory, which means fewer injuries and less frustration on the course.

Don't ignore injuries. Don't let "niggles" escalate. Consult a physio and have your technique assessed by a professional, sooner rather than later, to correct any faulty biomechanics and get to the cause of your discomfort.

Do keep those hips moving! Good hip rotation reduces load on the lumbar spine, while strength in these movements will also improve the power of your swing and ultimately the length of your drive. Well worth doing your homework for.

Don't skip the stretches. Shoulder and upper back stretching before and after the game are key to maintaining good mobility and form – not to mention avoiding "golfers elbow".

Most importantly: Do relax and enjoy yourself. See our blog for specific exercise ideas <http://peakhibiscus.blogspot.com/2016/11/golf-dos-and-donts-get-most-out-of-your.html>

Karen Donaldson
Peak Pilates and Physiotherapy, Millwater

ROWENAs



The ROWENAs (Retired Old Women Enjoying Nice Afternoons) October lunch outing took place on the 27th October, on one of the few pleasant spring days that we have so far had this year. There were 16 ladies present and we went to the recently opened Kuzina Mediterranean Restaurant in Orewa.

As you can imagine, with 16 of us, the conversation flowed and we did make rather a lot of noise. This is the largest number we have had attend the lunch for a while.

The choices from the menu were varied; I had the salt and pepper squid, which I can definitely recommend. All the other choices, according to the complimentary comments made, were also excellent. Kuzina is definitely worth a visit if you have not already done so, as the food and service are both excellent, in a clean and bright, pleasant atmosphere.

<p>SATURDAYS</p> <p>Steak Night</p> <p>THE BUTCHERS CUT</p> <p>\$20</p> <p>w/ Potatoes n Sauce</p> <p>NORTHERN UNION</p>	<p>MONDAYS</p> <p>2 FOR 1</p> <p>Buy one meal, get the other FREE - all day!</p> <p>NORTHERN UNION</p>	<p>PIONEERING GOOD TIMES - EVERY DAY!</p>
<p>WEDNESDAYS</p> <p>RIBS with BIBS</p> <p>\$15.00</p> <p>Single Ribs with Fries</p> <p>NORTHERN UNION</p>	<p>FRIDAYS</p> <p>OLD STYLE</p> <p>Fish n Chips</p> <p>\$16</p> <p>NORTHERN UNION</p>	
<p>NORTHERN UNION</p>	<p>NORTHERN UNION</p>	



OLD HANDS AT BUILDING AWARD WINNING NEW HOMES

Local Millwater builder Maddren Homes has enjoyed success at the 2016 Auckland Master Builders House of the Year Awards.

Maddren Homes had four entries and won four Gold awards including a Category win and Gold Reserve. Included in this years entries were two homes in the exclusive Millwater subdivision.

Each of the homes were in differing price categories yet the quality and craftsmanship remained consistent over the four properties.

Sales and Marketing Manager Paul Reid says "The secret to a lot of our success over the years has been understanding clients differing requirements and celebrating their individuality through good design".

The Maddren brand was established in the 1930's and the company has certainly evolved over the years although the family owned and operated ethos still remains.

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FOR MORE INFORMATION VISIT
WWW.MADDRENHOMES.CO.NZ
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SEASONS GREETINGS & TOP TIPS FOR YOUR EYES!

Handy hints and advice from OPSM Silverdale

Can you believe that Christmas is upon us? The year has flown by and now is the time to make sure that we are well planned and organised for the great Christmas/Holiday period.

Tip 1 – Contact Lens wearers: Have you got enough to see you over the holiday period? A lot of optometrists close down over the holidays and freight gets delayed. Stock up early and don't forget your solutions and eye drops too. (OPSM Silverdale is open through the holidays) *

Tip 2 – If you want new glasses for Christmas/the holidays, you need to get them ordered very soon, as lead times are longer at this busy time and we don't want you to miss out. Why not consider Vision Plan** which allows you to pay your glasses off over time – this just might help with the budget in this busy time.

Tip 3 – Coloured Contact Lenses: A great option for that special look/party but, if you have not used them before, we urge you to see an Optometrist to ensure you understand how to use them and care for your eyes – remember, you only get one pair.

Tip 4 – I know we sound like a broken record but, with UV levels at their most dangerous during December and January in cities across New Zealand, local residents need to remember to protect their eyes as well as their skin this summer.

At OPSM Silverdale we are urging locals to wear sunglasses at all times when outside this summer, to prevent the possibility of long-term eye damage due to continued unprotected exposure to the sun. UV levels can record up to three times higher in summer and the damage can be irreversible. Repeated exposure can cause serious eye conditions such as cataracts, skin cancer of the eyelids and macular degeneration. With a pair of good quality sunglasses that block UVA and UVB rays, you can be confident you have the necessary protection and you can look super stylish too. This season sees lots of variety with Cats Eyes, Geometric shapes, lots of detailing and quite a bit of blue! Although, personally, I don't think you can ever go wrong with a good pair of Rayban Aviators – they never date! For the drivers and boaties out there, polarisation is a must for you; it reduces glare and you will notice a massive difference. Remember, we can put your prescription in them too.

* OPSM Silverdale is open throughout the holiday (except Christmas Day and New Year's Day) and we are located in the Silverdale Shopping Centre (Opposite Pita Pit). Telephone 09 426 7902

** Vision Plan is available at OPSM Silverdale – see instore for details and T & C.

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millwaterbizbuzz

The Black Cherry Juicery & Kitchen



The newest business at Millwater Central, The Black Cherry Juicery & Kitchen offers a refreshing approach to eating well without compromising on taste. Knowing that wholefood choices contain a huge amount of goodness,

Millwater local owner Nicola Williams has set the clear objective of delivering a delicious and health-filled range of food and drink for both the café and health food store. The Black Cherry also has a great-sized board room, available to local businesses.

Most people will be familiar with Anna Hansen, the well-known OHbaby! nutritionist who is also a local, whom Nicola has engaged to help plan the café menu with nutrition and the best possible foods in mind. Anna will also be very involved in the evening nutrition and wellness workshops that will be offered. Originally from Doncaster, UK, Nicola (second left) moved to New Zealand in 2006 to set up four major contracts with multi-million dollar annual turnovers (including large catering outsourcing). Nicola's passion has always been nutrition and health and, wanting to kick over the corporate traces and start her own business, she decided on The Black Cherry Juicery & Kitchen. "This is an ethical business, serving the increasing needs of people who want to eat and drink healthy options, whilst knowing the origin of the ingredients – and who also seek enjoyment in doing so" said Nicola.

This family business has involved Nicola's dad, John (second right), and Nicola's daughter Caris (left). John has a professional catering background, including lecturing on catering health and hygiene. Nicola has also brought on board Millwater local Natasha Vautier (right) as purchasing manager, to source the best and most reliable local suppliers of spray-free and organic produce, wholefoods and specialty products for the café and



health shop. The rest of the team are also local and just as committed to ensuring the business continues to evolve and meet the needs of the discerning customer.

Nicola is passionate about serving the local community. "We are already working with schools to offer healthy lunch options, on a not-for-profit basis, because we believe firmly in the importance of setting the best food and drink habits early in our children's lives," said Nicola. "We want them to adopt healthy food as their preferred choice, and that's why we will be adopting fun ways to engage with the children".

So, watch this space!

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artspeak with Estuary Arts

A Record breaking Year for EAC



"This year has been Estuary Arts Centre's Olympic year – we have literally broken record after record this year" says manager Kim Boyd.

We opened the new education wing in December 2015 and since then have successfully run 4 terms of art education classes, three school holiday programmes and numerous arts and culture programmes; like the Japanese cultural exchange and the Mosaic Symposium. During 2016, we have had more than 4,000 people of all ages participating in one of these classes or activities.

Now for our annual visitor number! This year we are well over the 50,000 visitor number threshold and we haven't even had December yet. During October, the National Mosaic Exhibition

attracted record visitor numbers to Estuary Arts Centre, doubling our count of the previous year, with a record of 6,628 visitors through the Centre as well as experiencing a record in gallery art sales.

When the Centre has not been used for art classes and art activities, community groups have eagerly embraced our new spaces, offering music, ESOL, our Local Board Inauguration, dance, health and wellbeing classes.

This December and January, Estuary Arts will be holding the annual Cash & Carry Art Sale, together with a first-ever Christmas Art Market on Friday 16 December, from 4pm to 8pm – a great place to do your Christmas shopping while enjoying a light bite to eat and live music. We encourage you to support your local artists this gift-giving season and buy local.

Looking ahead, 2017 will be Estuary Arts Centre's 10th Anniversary and much planning is happening to bring the community a range of fresh and fun creative opportunities. If you are interested in exhibiting or getting involved in some way, please contact manager Kim Boyd on manager@estuaryarts.org or 021 172 4113.



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estuary arts centre
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Dr Sanjay Namburi
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New Year's Resolutions for Home Sellers



With every New Year comes a raft of noble New Year's resolutions – eat healthier, join a gym, quit smoking, save money, manage debt and the list goes on. However, if you're thinking about selling your home in 2017, then here are some resolutions that could help boost your chances of a swift and successful sale.

Avoid over-spending on renovations

Sometimes people will look to renovate their home prior to selling, with the intention of adding extra value. However, it pays to tread carefully: mammoth makeovers are very risky and it's best not to try and anticipate what buyers want in terms of décor and design. Remember that renovations don't necessarily translate to market value. Smaller and more affordable ways to add value to your home could be as simple as replacing door handles or updating kitchen cabinetry.

Don't neglect minor repairs

It's a wise idea to set aside a few weekends to fix those pesky pieces that need to be repaired. Whether it be that dripping

tap or small crack in the wall – ensure that they aren't a symptom of a larger problem that will crop up in a builders report. Rope in a friend or family member to take a tour through your home. Ask them what imperfections meet the eye and make sure they are brutally honest. They will pick up on things that potential home owners will also notice.

Always be one step ahead

It's important that you don't let your future plans get lost in the whirlwind of selling your home. It's best to be prepared for where you will be going once your home has sold – especially if it sells quickly! On the other hand, you also need to prepare yourself with a 'Plan B' if your home doesn't sell quite as quickly as you anticipated...



Introducing Max Zhang to Millwater

Would you like to know what your property might be worth in the current market? Book your free property appraisal today with Max and we will bring you a bouquet to the value of \$50 sponsored by Fabulous Flowers in The Plaza Whangapararua.

想知道您房产的市值吗？请立即联系我们Mike Pero的华语房地产代理Max Zhang！除了给您做免费房产评估，我们同时还会赠送价值\$50的鲜花花束！（花束由The Plaza Whangapararua的Fabulous Flowers赞助）

Max Zhang

021 521 888

max.zhang@mikepero.com

Mike Pero Real Estate Ltd Licensed REAA (2008)

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.

	Oct 2015	Sept 2016	Oct 2016
Number of Sales	13	8	6
Median Sales Price	\$1,150,000	\$1,161,500	\$1,195,000
Highest Sale Price	\$1,410,000	\$1,528,000	\$1,260,000
Lowest Sale Price	\$880,000	\$775,000	\$1,135,000
Average % price to CV	20.92%	36.33	42.56%
Average Floor Area (sqm)	256	285	236
Weighted Value Index	1233	1308	1405
Average Days to Sell		102	57

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

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

Grayson Furniss
Franchise Owner
SILVERDALE

09 426 6122

021 665 423

grayson.furniss@mikepero.com



Mike Pero | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

millwaterpropertytalkwithGrayson

We are often asked to comment on what is happening in the market: is it going up still, how are things selling, etc. If we were to use one word to describe the market currently it would be – equilibrium. After a long winter of rapidly increasing prices, with multiple buyers for each home and great turnover, we have headed into a summer which is looking decidedly different.

As previously forecast, the Reserve Banks' tinkering with Loan to Value Ratios (LVRs) has virtually stopped investor interest in Millwater and the wider Auckland market. This is also having a real impact on the resale market here, with many owner-occupier buyers now struggling to obtain enough bank funding to achieve the high sales prices sought by many vendors.

Simplified, this means that there are fewer buyers for every home and in some cases only one or two qualified buyers. These buyers are quickly learning that they are in the minority, with a good deal more choice of available properties and less time panic in which to make a decision. The outcome is that the buyers are less decisive and generally happy to wait for the perfect property to come to market.

This has been reflected in the October statistics, with low turnover numbers at reasonable prices. This is in line with our expectations, where fewer houses have been sold but they were typically the perfect house for the buyers who purchased. What these numbers don't reflect is the number of properties that remain unsold. A number of properties have now been on the market for an extended period, with some now being withdrawn from sale.

We anticipate a number of factors coming to play over the next few months. With actual mortgage rates now starting to increase, and some indication from banks that they are

tightening their credit criteria, money is going to be more expensive and more difficult to come by. We also anticipate some vendors making the decision to withdraw properties from market when their pricing expectations are not met. Those vendors that are selling are generally accepting prices below their dream price but are making the wise decision to get on with life and utilise the buying power that they have in this current market. The old adage remains that, if you are selling and buying in the same market, it is only the differential that matters. Again, the likely outcome of all of this is equilibrium, with fewer buyers in the market but, equally, less property coming to market.

As always, the key ingredient when selling your home is having the right agent involved. Use someone who intimately knows the local market and has the integrity to tell you how it really is, rather than what you want to hear. We continue to see locals making the mistake of marketing their properties with agents who do not sell regularly in this area. This is having an impact on selling times and prices, with bad decisions being made because of a lack of local information. Don't fall into this trap; Millwater is not the same as Milford or Glenfield. What works there does not necessarily work here and, if you only have one property for sale locally, you cannot give meaningful feedback on how the market is functioning, just on the property that you are selling.

As always, when it comes to property transactions: advice is cheap but mistakes are expensive. Don't take risks, engage with a local expert. Call Grayson.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)

mike Pero

Silverdale 09 426 6122



SINGLE LEVEL BRICK BEAUTY

4 2 2

By Negotiation

4 Bartlett Drive, Millwater

- Four large double bedrooms
- Master bedroom with ensuite plus walk in wardrobe
- Generous open plan living area with fantastic flow to outdoor entertaining and level yard
- Stylish kitchen with island bench and walk in pantry
- Separate yet adjacent additional lounge
- Double internal access garage with auto door
- Low maintenance rendered brick construction with double glazing
- Balance of Master Builders warranty to transfer to new owner

www.mikepero.com/RX957718

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Silverdale 09 426 6122



QUALITY MILLWATER FAMILY HOME

4 2 2

View now!

6 Walter Crescent, Millwater

- low maintenance 4 year old Stonewood built 221m² home with balance of Master Build Warranty to transfer
- four double bedrooms upstairs including study nook, all with built in WIR
- spacious and light-filled open plan living, dining and kitchen flowing to outdoor entertainment area
- stunning modern kitchen with large breakfast bar, dishwasher and walk-in pantry
- separate lounge with easy flow to covered outdoor living area and secure backyard
- north-easterly aspect with double glazing and quality insulation ensure this home is warm and cosy for winter
- fully fenced and easy care mostly level 517m² site with substantial off street parking
- unique drive through garage to access additional offstreet parking behind, ideal for a boat, car or jetski

www.mikepero.com/RX858955

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STUNNING LIFESTYLE PROPERTY

4 2

Auction

145 Wright Road, Dairy Flat Auction - On-site Sunday 4 December at 3PM

- warm & sunny family home built in durable materials on 3.9376HA (approx) of rolling to sloping land, approx 1/3 grazing
- fantastic orientation for all day sun and enjoyment of the panoramic sea, bush and rural views
- four generous bedrooms including master with walk in wardrobe, ensuite and french doors to own deck
- large farmhouse kitchen with stone benches and gas cooktop, separate dining plus massive lounge opening to north facing deck
- separate laundry & mud room + two large sheds with power & water, one ideal for boat/caravan/campervan storage

www.mikepero.com/RX888640

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FUNCTIONALITY, FLAIR & COMFORT

4 2 1

sold

19 Jelas Road, Red Beach

Our owners have injected style throughout this immaculately presented 4 bedroom home. Natural timber tones and crisp, neutral hues throughout much of the home offer a contemporary feel while splashes of colour off a real sense of personality. The bright, sunny lounge and dining area flow naturally from the kitchen, with the dining area opening effortlessly out to a large wrap-around deck that can easily accommodate both an al-fresco dining and casual living area. Outside, the large private backyard provides an excellent environment for family ensuring there is plenty of room for summertime recreation; a double garage and ample off-street parking ensure that you can easily store the boat and a large workroom off the garage is a further bonus. If you've been searching for an excellent combination of functionality, flair and comfort - this should be top of your viewing list.

www.mikepero.com/RX878304

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Vanessa Jardim
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09 426 6122



Grayson Furniss
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09 426 6122

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Mike Pero

Silverdale 09 426 6122



WALK-THROUGH VIDEO ONLINE

FANTASTIC FAMILY HOME

4 2 2

By Negotiation

12 Arbors Track, Millwater

- stunning two year old Stonewood built property with balance of Master Build warranty
- 216m² family sized home with generous fully fenced back yard
- open plan living area opening to private north-west facing courtyard
- expansive kitchen with large stone breakfast bar, full butlers pantry, 900mm wide stove
- additional separate lounge, ideally located for a TV room or quiet space
- separate laundry and guest WC on ground level
- 4 bedrooms on first level, master with ensuite and walk in wardrobe
- additional open space for study

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PERSONAL WELLNESS WITH HELEN

Abusive relationships: know the signs



Christmas is on its way and for some it's not going to be a time of peace in the home and good will to all. For some it will be just another day of surviving a relationship that feels difficult, or even abusive.

In NZ, the police attend a domestic violence incident every 5 minutes, and they believe around 76% of abuse isn't reported. Statistics show that 26% of women who lived in a home with a household income over \$100,000 a year experienced physical or sexual violence from an intimate partner; 1 in 4 women who have a university degree or higher had experienced physical or sexual violence from an intimate partner. You can see this affects all aspects of our community – and at Christmas the levels rise.

Psychological abuse attacks our spirit and self-esteem and its effects last the longest. I can't find statistics on this type of abuse – I suspect it is far more prevalent than we imagine. You don't have to be bruised to be hurt.

The nature of abusive relationships and domestic violence is such that we are not always certain that we are a victim. Sometimes the abuse is subtle. And for this reason, men and women who are emotionally abused find it hard to 'justify' feeling unhappy, tell someone about what's happening or taking the huge step of leaving their relationship. The huge, brave, scary step.

For some of you reading this, be aware that it may bring up some difficult feelings. Please know that there is support available.

Some of the warning signs that you are being abused (and that it might escalate, because sadly, it usually does)

Your partner:

- Shouts at or criticises you
- Mocks you overtly or subtly in public
- Threatens (if you don't X then I will X)
- Blames you for his/her mood or violent behaviour
- Coerces you into doing things you don't want
- Physically hurts
- Threatens to or hurts your child or pet
- Withholds affection or money from you
- Controls/monitors your social life, social media, phone, friends

This is a year-round problem. One of which many of us are blissfully unaware – because abuse does not survive without secrecy. It is likely that whoever you are reading this, whatever your age or background, that you will have a friend who is in an abusive relationship.

If you believe you are at risk, or have an uneasy awareness of a friend's situation, please feel OK about telling someone: call a friend or one of the support networks. Feel OK about getting help and getting out.

Nobody deserves abuse.

Helen McAuley-Grant
www.evolutionary.co.nz 021 499 824

Tradie of the Month



Maddren Homes would like to congratulate Teo Markov from Casa Ceramica for being our November Tradie of the Month. Teo and the Casa Ceramica team continually provide a professional high-quality job that fits in perfectly with the Maddren Homes ethos.

However, it's Teo's can-do attitude that has won him this month's award; continually going above and beyond the call of duty. In a heated building environment, service and delivery are paramount factors in keeping our clients happy.

So, on behalf of all the team at Maddren, we would just like to say a big 'thank you' to Teo and the team for all the hard work and effort; it certainly is appreciated.

Mike Pero

Silverdale 09 426 6122



WALK-THROUGH VIDEO ONLINE

SOLD

LOCK UP AND LEAVE?

3 1 2

SOLD

5B Blake Greens, Millwater

- brand new Horncastle built 145m² apartment; 10 year master build warranty
- elevated position on first floor, great for outlook and security
- three well proportioned bedrooms and spacious open plan living area
- master with ensuite and walkthrough wardrobe
- large partially covered westerly facing balcony
- privacy with pleasant bush outlook
- massive loft space for storage or more
- carpeted single garage with additional storage space, plus additional OSP

www.mikepero.com/RX957717

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Security & Tech



So, what are they and what can they do?

It is an electronic digital door lock that, in its basic form, operates via pin code or proximity card. This gives you the ability to live a keyless life: how great would it be taking the dog for a walk or going for a run and not having to take any keys! Now let's add some tech to them... Imagine having a small sticker on your phone or keyring that unlocks your door... Well, I developed those too – called a prox dot – when presented to the lock, it simply unlocks. Also available is a remote control, a portable unit that can lock or unlock your door from anywhere within your home... No more checking to see if you locked the door each night... Now let's really step it up, through some smart programming of the right type of alarm (AAP): you can even have the ability to lock and unlock your door from your smartphone – anywhere in the world!

So where do you get more info on this fantastic product?

Check out www.totalsecuritygroup.co.nz or give me a call to have a chat about them.

Over the coming months I am going to bring you some insightful editorials based around a mixture of Security and Tech, how to use what you may already have in your home, or easy upgrades to tech-up your life.

This editorial is about the Yale YDM3109 Digital Door Lock (DDL), by far the best and most popular DDL on the market and there sure are plenty of these around Millwater.

As the person responsible for bringing these into NZ some 5 years ago and having a direct input into their design, it would be fair to say no one knows them better.

Almost daily though I find that most people don't quite know how to operate their lock properly or realise that what they have on their door is capable of some pretty cool things.



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A time to remember



Every year, in the lead up to Christmas, Hibiscus Hospice Remembrance Trees appear in various locations around the Coast. These trees offer locals the opportunity to remember loved ones and they hold a special place in many hearts.

That's because Hospice touches many lives – most of us will know of someone young or old, who has been cared for or supported by Hospice at some time.

The trees soon fill up with Hospice 'candles', each handwritten with a message to loved ones who won't be here for Christmas this year.

Hospice volunteers generously donate their time over the period to staff the trees and collect donations for Hibiscus Hospice as well as providing gift wrapping in some locations.

All funds raised remain within our community, supporting Hibiscus Hospice and enabling us to keep our services free of charge to everyone who needs us.

To honour and remember your loved ones, or to have your Christmas presents wrapped, please visit the centres listed:

Orewa: Remembrance Trees will be in New World from 12th December and the Kensington Park sales office from late November. Gift wrapping will be available at Paper Plus from 21st-24th December.

Whangaparaoa: From 21st November all Farmers stores throughout New Zealand, including Farmers at The Plaza, will be raising funds for their local Hospice via the Remembrance Tree and specially designed hand-painted baubles. This year's bauble was designed by New Zealand artist, FLOX, and is available for purchase at \$10.

Remembrance Trees will be in New World Whangaparaoa from 12th December and Jetts Whangaparaoa from late November.

Gift wrapping will also be available at The Plaza from 16th-24th December in return for a donation to Hibiscus Hospice.



This year's Farmers bauble being sold in aid of Hospice's nationwide

Millwater ROMEOs



Spring seemed finally to have arrived when a dozen of the Millwater ROMEOs (Retired Old Men Eating Out) revisited Soljans Estate Winery in Kumeu. Soljans was also the group's first outing venue in August 2015.

Setting out on the journey, the topic of conversation on everybody's lips was not the upset in the US election, but the record Lotto win sold by the nearby Dairy Flat Food Mart. On establishing that none of us had won, the planned day proceeded minus the chauffeured limos, although 3 members gave their willing best to enable the rest to better enjoy Soljans' fine products.

On arrival at the winery, Amber had an array of their current products for tasting; representing the grape varieties grown in the New Zealand wine producing regions, including Chardonnay and Pinot Gris from Hawke's Bay, Sauvignon Blanc from

Marlborough, Muscat and Pinotage from Gisborne.

Although grapes are sourced from these viticulture regions, they supplement the same varieties grown in Kumeu and all wines are produced and bottled on the premises. A favourite with our group and most visitors is their mouth-wateringly delicious Founder's Tawny Port, which is aged for approximately 10 years in French Oak and Totara barrels.

After tasting, we adjourned to the modern and well-designed winery café for a pleasant lunch from their extensive à la carte menu, complemented by more Soljans products – with red wines being the overwhelming favourite. Then it was back to the organiser's home for more good conversation over coffee and home-made cakes.



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holiday destinations

Something a little different... New Caledonia

To me, New Caledonia is very much underrated. It is not aimed at the families, like Fiji and the Cooks, so it is often forgotten about as a destination. New Cal for me is foodie heaven, and that may seem strange, as most people do comment on how average or expensive the food can be in the Pacific Islands.

Only 2.5 hours to get to, you find yourself in a cross between the South Pacific and the South of France. It is divided into three provinces, the Northern, Southern and the Loyalty Islands. I personally wouldn't describe it as a 'lie on the beach' holiday, and more 'get out and see as much as you can' holiday. From stunning beaches, fabulous markets and spectacular lookouts, to incredible food/wine – and coffee!

Noumea is the place to start your holiday, and fabulous for a long weekend away, but venturing out from there to the Isle of Pines or the Loyalty Islands is an excellent way to see another, completely different side of New Caledonia. The Isle of Pines is referred to as the 'Jewel of the Pacific, with crystal clear lagoons and Araucaria Pines as a backdrop, and 2-3 days here would be a stunning addition to your holiday.

The Loyalty Islands are a 40-minute flight northeast, and this is somewhere to visit if you crave the unspoilt and natural beauty of a destination. A fascinating place, with strong cultural and ancestral traditions, dense forests, historical caves and immaculate beaches.

For a short trip away, or a longer adventure, New Caledonia has so much to offer, and well worth adding on to your bucket list.

Kiri Beven
Travel Broker
t: 09 889 8090 | m: 21 931 637
e: kiri@travelmanagers.co.nz
w: www.travelmanagers.co.nz



Get Moving!



David Kayes, a Millwater local, has just teamed up with Maree Leith from Stanmore Bay, to bring Rodney its very own Walk/Run summer series. David is a keen runner and has done events from 1 mile right up to 100km.

Many will already know David from the Hibiscus Coast Athletics Club, where he is the current President and helped set up the club right here in Millwater's Metro Park. David currently also owns his own lawn mowing business and you will see him driving around the area looking after many a local's lawns as the Mowerman.

If you talk to David, the conversation will at some point turn to running, his love for pushing himself, and his passion for helping others to achieve what so many believed they could not. David only started running in 2006. He completed his first half in 2hr 28minutes, and he was hooked. However, before this time, David spent 18 years in the Royal Navy and could not even pass the fitness test of 2.4km!

For the past four years he has been working with Dion Jelley on the Run Auckland Series, North Shore Marathon and the Huntly half. He says "There is something special about achieving your goal, but something truly amazing in watching and helping others to achieve theirs." He felt it was about time to set up something right in our very own backyard, so he teamed up with Maree to do just that.

The Get Moving Festival series has four events starting on Sunday 29th January 2017. Event locations move around Rodney; with two in Millwater, and one in both Orewa Beach and Warkworth. The events are open to all ages and abilities, with each event offering four distances from 1km up to 15km.

If you sign up to these events, the Get Moving Team will also help you achieve your goal by offering you training plans to suit and seminars to help you with nutrition, footwear and how to look after your body to get to your goal. Plus, they have a number of training sessions to help you improve posture and the core.

For more information about the Get Moving Festival and to register for early bird savings, go to:
www.getmovingfestival.co.nz

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Orewa, Warkworth & Whangaparaoa

GET MOVING WALK/RUN FESTIVAL ★★★

Distances from 1km to 15km WALK or RUN

JAN-APR 2017

EVENT 1
7.5km, 5km, 2.5km & Kids 1km
WALK or RUN
Sunday 29th January
Millwater

EVENT 2
10km, 5km, 2.5km & Kids 1km
WALK or RUN
Sunday 19th February
Orewa Beach

EVENT 3
8km, 4km, 2.5km & Kids 1km
WALK or RUN
Sunday 12th March
Warkworth

EVENT 4
15km, 7.5km, 2.5km & Kids 1km
WALK or RUN
Sunday 2nd April
Millwater

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Phone : 09 777 6008 | Email : Drink@millwaterbistroandbar.co.nz Website : www.millwaterbistroandbar.co.nz

Don't Rush into Signing an Agreement for Sale and Purchase

Buying a house can be an extremely stressful process. Going through numerous open homes, perusing Trade Me listings for hours on end, making unsuccessful offers and getting independent reports can make the entire process lengthy, tiring and expensive! It can be very tempting to start to take shortcuts on the due diligence process, just so you can get an agreement in place. It is important to take a breather and properly consider each property you make an offer on.

When you are presented with an agreement for sale and purchase, this can sometimes come with quite a lot of pressure to sign quickly. It is important to carefully consider an agreement before you sign it. Don't get sucked in to a statement that the agreement 'is standard'. Firstly, most agreements (whilst usually on the Auckland District Law Society form) are varied in some way, so it is hard to know what exactly is 'standard'. Secondly, the standard terms contained in most agreements can be quite onerous if you aren't sure what they are!

One common pitfall is people believing that having a solicitor's approval clause in their sale and purchase agreement is as good as a due diligence clause. It is not! A solicitor's approval clause is useful where there is a genuine legal objection or impediment to the sale. The usual wording of a solicitor's approval clause does not help you if you want to cancel the agreement because of its commercial terms, for example, or if you have changed your mind, if you have been denied finance or you have discovered a building defect

with the property.

Everyone has different experience levels when it comes to buying property. It is important to read your agreement carefully before signing and don't be persuaded to sign anything you're unsure about. Most importantly: talk with your lawyer before signing an agreement – not after.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

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Korean in Millwater



I'm always aware that quite a number of Korean families live in Millwater. They may look similar to Chinese, but their language and culture are very different, which made me very curious. This month, I had the chance to interview a Korean Millwaterian and listen to her story.

Grace came to New Zealand from Seoul one year ago with her 5-year-old daughter and 3-year-old son; meanwhile her husband is still working in Korea.

"People usually plan for many years before they take action and move overseas, but we just played it by ear. We felt the urge to move overseas and did not want to delay any longer."

"In Korea, kids spent most of their time studying; they are too busy with homework, there is no time to play. My husband and I strongly feel this will damage their childhood life. We think it will discourage their confidence and ability to enjoy life."

"After graduation there is another competition, because most people want to work in major companies; but we don't see life this way, we want our kids to have the freedom to choose what they like to do. Let kids be kids, as long as they are happy."

Undoubtedly, being a stay-at-home mum in a new county without a husband around is not easy, so I wondered how she got through this.

"The beginning was very hard; I couldn't sleep well at night, I became very sensitive to everything, even a little noise will wake me up. My kids miss their daddy very much, and of course I miss him too." "My kids also struggled at school because of the language. Although they did learn English in Korea, they did not have the opportunity to speak and practice. Fortunately, their classmates are very friendly and gradually they started to make friends and I can see now they gained more confidence."

Of course I can't forget to ask Grace about their famous Kimchi. I guess every family should have their own 'secret recipe'? The answer is no. Instead, the recipe varies across regions. "Kimchi is a probiotic food and is very good for your health. It is a must on our dining table, but the making involves many procedures. Nowadays many people, including me, would just buy the ready-made Kimchi from the supermarket instead."

Grace's father was a school principal. When he retired he brought a small farm and grew their own vegetables. Once harvested, they make a big lot of Kimchi in winter (in photo), which is sufficient for the family to consume throughout the year.

When I asked her why they choose New Zealand, unsurprisingly she said because of the air and relaxed atmosphere, but what led them to settle in Millwater? "We like the friendly and secure neighbourhood. We are a Christian family and the Christian school here is one of the reasons we settled in Millwater."

I sincerely wish Grace and her family a very happy Christmas. As I mentioned earlier, life without a husband around is not easy, and I hope our friendly Millwaterians can make her feel at home – especially in this special seasonal occasion. Last but not least: Merry Christmas everyone and God Bless!

Nita Wong



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2016 – The Year in Review

2016 has been an extraordinary year for all sorts of reasons.

For the world of UK pension transfers, there was a significant announcement about NZ legislation and then the shock Brexit vote.

NZ rule changes

The New Zealand regulators announced amendments to NZ superannuation schemes to restrict withdrawals. Applications to transfer UK pension funds to NZ superannuation schemes which are QROPS (Qualifying Recognised Overseas Pension Schemes) made after 1st December are affected.

Fortunately, there could be some good news, as recent revisions to the relevant section of the Financial Markets Conduct Act 2013 (FMCA) may significantly reduce the possible impact of the original proposed legislation. Trustees of NZ QROPS may now use the existing rules or a variation of the original proposals, in calculating and making benefit payments.

This outcome has been welcomed by the pension transfers industry and potential scheme members alike.

Brexit

Following the UK's decision in June to leave the EU, there was much concern as to how this could affect pension transfers.

However, as Tony Chamberlain of GBPensions said at the time,

perception could well be worse than reality. At this stage, there is still no suggestion that pension transfers won't be allowed to continue once Article 50 has been enacted. Although the British Pound has taken a hit, it is possible to hold transferred funds in Sterling until such time as the exchange rate improves. And Brexit has caused the transfer value of some pension funds actually to increase.

What effect could the US Presidential Election results have? Unfortunately, it is simply impossible to predict.

Regardless of the global situation, Tony always offers this advice for anyone considering a UK pension transfer. "Don't make assumptions, wait and worry. It's far better to investigate your options with the help of an independent adviser. You may choose to leave your British pension where it is, move it to a SIPP (Self Invested Personal Pension) or transfer it to a NZ QROPS. When you have all the facts, then you can make an informed decision as to which is the most appropriate action for you and your personal goals."

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances.

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

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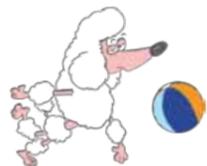
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Recipes from Millwater Residents



Caribbean Carrot Cake

Ingredients

300 g carrot, grated
 100 g Coconut Oil
 3 large eggs
 1 tsp vanilla extract
 275 g canned pineapple pieces (drained)
 80-100 g coconut sugar
 220 g GF plain flour
 2 tsp bicarb soda
 1 tsp baking powder
 1 pinch salt
 2 tsp ground cinnamon
 2 tsp ground ginger
 1 tsp ground nutmeg
 1 tsp ground cardamom
 80 g desiccated coconut
 100 g walnuts or pecans cut into halves (plus extra for decorating)

Method

Preheat oven to 180degC, grease and line a large cake tin (24-26cm) and set aside. Place grated carrot, coconut oil, eggs, natural vanilla extract, sugar, flour, baking soda, baking powder, cinnamon, ginger, nutmeg, cardamom and salt into your food processor until well blended. Add pineapple pieces, desiccated coconut and walnuts or pecans and mix well. Pour into prepared tin and bake for 45-60 minutes or until a wooden skewer inserted into centre of cake comes out clean. Allow to cool for 30 mins in tin then transfer to wire rack to cool completely.

Cream Cheese Frosting:

250gm cream cheese cut into pieces
 180gm butter cut into pieces
 230gm icing sugar
 1tsp natural vanilla extract.

Place all ingredients into food processor and blend until smooth. Spread frosting onto completely cooled cake and sprinkle with extra coconut and walnuts or pecans to garnish.

Claire Cameron



Stir-fry Scallops with Celery

Ingredients:

1 bag of frozen scallops, defrosted
 Half celery
 1 tablespoon of Chilli Bean Sauce or Chilli Garlic Sauce
 1 teaspoon of minced Garlic
 Sesame oil and pepper (to season the scallops)

To Make:

- Carefully de-string the celery and cut it into desired length. Because the celery retains its crispness after stir fry, it is important to have all the string removed to avoid unpleasant texture.
- Use kitchen towel to pat dry the defrosted scallops, then mix with sesame oil and pepper.
- In a wok, heat up some olive oil then lightly pan-fry the scallops, set aside when it is just cooked through.
- In the same wok, heat up some olive oil, then stir in minced garlic, then celery. Stir for about 20 seconds, then add around 1 tablespoon of water, cover and let it simmer for about 1 minute.
- Remove cover, stir the celery and cover again for further 1 minute, stir again.
- When you think the celery has almost reached your desired texture, add scallops and chilli sauce, stir quickly to ensure the sauce covers all the ingredients evenly, then remove from wok as soon as it is well mixed to avoid over-cooking.

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

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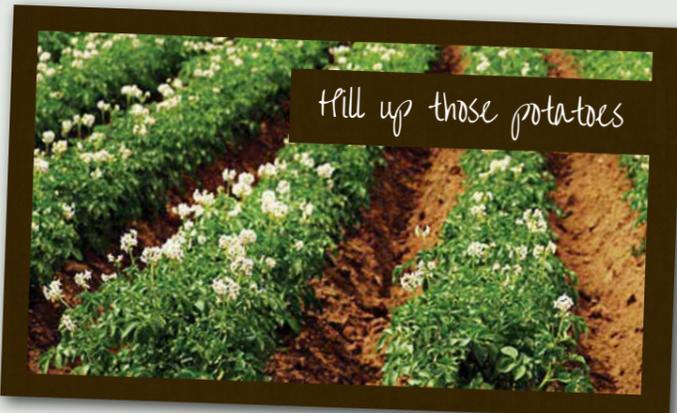
Dan's Tips

December 2016

It's a full-on growing time, so with a few simple garden tasks completed, you can put your feet up and enjoy Christmas in your own piece of paradise!

In the Vegetable garden

- **Leek Planting Tips** – Digger prefers the newspaper wrapped seedlings from Awapuni Nurseries: www.awapuni.co.nz/online-shopping. It is best to drop leek seedlings into deep holes around 20cm deep and let the soil gradually fill in the hole by itself. By planting so deeply you are blanching the leeks (creating the white part). Old gardeners tip: cut off half the green foliage straight after planting
- **Watering** is best done daily, or minimum three times a week at the roots of your vegetable plants. Adding straw or other organic mulches around edibles reduces the amount of water required – good practice if you have limited water over summer
- **Herby heaven** – imagine a table at Christmas groaning with the weight of smart salads packed with lots of herbs – that's perfect because basil, coriander, mint and dill are fast-growers and need constant harvesting!
- **Potatoes** – Continue to hill up the ones that are mid-season ripening, but look out for the yellowing tips of the early season spuds – you might get a feed in time for Christmas Dinner!
- **Get your bug-life in balance** – there's a lot of leaf-sucking and munching going on, so control whitefly, aphids, scale and mites with the all-organic Aquaticus Bugtrol.



The Ornamental Garden

- **Water as a feature** – the hotter it gets, the more we appreciate water outdoors. Birdbaths, bowls of water lilies or other aquatic plants are an easy way to enjoy water in the garden. A good design effect can be achieved with a 'dry riverbed' – usually this is a serpentine path of stones with curving base giving the effect of sides of a riverbank
- Red is traditionally the Christmas flower colour (a la Pōhutukawa in flower), but any garden looks great with hot shades of pinks, reds and corals – colours of **geraniums, petunias and impatiens** – annuals that are easy to grow and flower quickly
- **Deadheading roses**, giving spent **lavender flowers a trim** and **cutting back spring flowering shrubs** – all give the summer garden an instant makeover!



The Christmas Lawn

A wet spring generally favours lawns and leaves them looking lush. But if your lawn tends to go from boggy to hard-baked clay in summer, now is the time to apply Prolawn's Aquaturf G. It's a safe, natural wetting agent that, when applied to lawns, will help cure problems of dry patches that develop through a hot summer

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Collectively Talented in Orewa

Counting down to Christmas can be a stressful affair – unrealistic expectations put pressures on parents and grandparents. What about those alone or not doing so well financially?

I have been impressed that Millwater Streets are “adopting a family” in conjunction with the Salvation Army this Christmas. Likewise, people are being encouraged to spend locally and also buy gift vouchers with local businesses through Orewa.

Writing this article today on the deadline for December printing, more people have been affected across the country with the latest earthquake on Mon 14 November. Roads and visiting family will be affected, plus a new rebuild will be happening.

Maybe we all should think simpler this year and put a bit more meaning into our gift buying or even take it down to basics and create it ourselves. I'm moving house over this period, so a new adventure begins. Definitely trying to involve the kids in simpler and family activities. Great that we have a great coastline!

At Collective Talents, we try our best to match the right gift, help with saving money and making things just that bit more personal. Be Inspired. Create with us leading into this holiday period. Gain knowledge and helpful advice.

We look forward to meeting you leading into Christmas and encouraging you to join our community of creatives in the New Year.

Super School Cricket Takes Over Metro Park

What an amazing day we had at Metro Park on Thursday November 3rd with an historic 28 teams (including 8 girl teams) of year 5/6 children from our local schools Dairy Flats, Kingsway, Orewa, Stella Maris, Gulf Harbour, Stanmore Bay, Silverdale, Warkworth and Red Beach.

There were no losers on the day, with all children having a great time. The Boys/Mixed Champions were Warkworth A, who beat Red Beach A in the final. The inaugural Girls Champions were Stanmore Bay who beat Silverdale in their final. The Boys/Mixed Plate winners were Dairy Flat Black who edged out Silverdale B. The Girls Plate winners were Warkworth who prevailed over Silverdale in their final.

Without great teachers at our local schools, days like this wouldn't happen. They support sports at our schools and go the extra mile to put together teams, teach them the basics, gather support from parents, and then on the day ensure everything runs smoothly. It isn't easy teaching and for them take on this extra work for our children to ensure we had such a great success is incredible – thank you. A special thank you also to all the parents who came along and helped with umpiring, scoring and generally making the day work too.

Don't forget to ask your schools about the afterschool Blitz cricket competition for year 5/6 students for Term 1 – we'd love to see many of these children take part in the same competition format after school in the New Year! Also, while you are having a great holiday season keep a lookout for opportunities to enjoy some cricket with us during the school holidays – we have free beach cricket starting this December!

For more information about Hibiscus Coast Cricket Club please get in touch:

Tony Naidu
Hibiscus Coast Cricket Club Manager
E: tnaidu@aucklandcricket.co.nz
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Auckland Memorial Park Silverdale

Following many years of visionary planning, Auckland Memorial Park opened 16 years ago, located at 2163 East Coast Rd Silverdale, planned with the anticipation of meeting the future needs of our rapidly developing community.

The Park is owned by the Hibiscus Trust, a New Zealand Registered Charity, and all cemetery land is legally designated as cemetery, with operations managed on behalf of the Trust by Auckland Memorial Park Ltd. A levy of 10 percent of all income is invested by the Trust to provide for the perpetual maintenance of the Park.

The legal framework surrounding the ownership and structure ensures that the cemetery remains committed to its intended purpose and use, in perpetuity.

The initial design of the park incorporated terracing and other specialised burial areas that helped meet some specific needs identified within our culturally diverse community, but the Park has always intended to meet the needs of all families and cultures, and this aspect has been clearly demonstrated by the diverse range of burial plot purchasers.

The historic settler's cottage, situated by the two lakes, is currently used for modest funeral services, but, for the initial few years following the opening of the Park, operated as an Artists Gallery, attracting works and exhibitions from throughout the greater Auckland Region.

The Park has also been the setting for weddings and musical events.

The Park has always allowed families and individuals to pre-purchase plots when considering future planning options.

In addition, the Park is always growing and developing in the provision of variations of burial needs and to this end we are currently, in conjunction with a client, developing a private family-owned mausoleum. This will be followed by a small public mausoleum development. These will be the first Mausoleum options available north of the Bridge.

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millwatermaltofthemonth



Post-earthquake Christchurch gave rise to a number of innovations, some highly original – quirky even – and few more original, quirkier or better than a brand new whisky distillery, crafted from scratch by father and son duo Doug and Anthony Lawry.

The 2011 Christchurch earthquake changed many businesses and Doug, a talented engineer, used some redundant equipment in

the factory to develop a long-held desire to produce whisky, building an 800-litre copper pot still, mash tuns, fermenting tanks and the essential steam heating plant.

Their first spirit was produced in 2012 and feedback from Greg Ramsay (NZ Whisky Co), Bill Lark (Lark Distillery), and Michael Fraser-Milne (Whisky Galore), encouraged them to pursue the dream. However, just one 800-litre pot still would not produce commercially viable quantities, so Doug built and commissioned a second stripping still in 2013.

The brand name 'Workshops Whisky' represents the past history of their distillery location; the former Addington Railway Workshops. Doug said "Our vision and passion is to create superior single malt New Zealand whisky, utilising locally sourced New Zealand barley, malting and pure aquifer water, all in our hand-crafted stills."

The honey-coloured inaugural release from Workshops Whisky was produced from a single virgin French oak barrel, yielding just 470 half-litre bottles. So: what's it like?*

Nose: Fresh, clean and fragrant, with notes of fruit salad, pear, rich cherry and just a hint of eucalyptus.

Palate: The palate is robust and vanilla wood-forward, then developing rich fruity notes not unlike that of an apple turnover.

Finish: Barley water and raisins progress through to the finish.

Surprisingly good for such a young whisky and an intriguing first release from this quirky Christchurch distillery; and probably a collector's edition – but only if left unopened...

Bottle No. 317/470, 500ml 46% ABV, \$89 plus postage from Whiskey Galore

**Tasting notes inspired by Workshops Whisky

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	<p>Monday 16 January</p> <p>Volcanos Exciting day in awe of these geological wonders!</p>	<p>Tuesday 17 January</p> <p>Nerf Wars! Bring your gun, ammo and combat skills!</p>	<p>★ Wednesday 18 January</p> <p>North Shore skids Waterslides, Inflatables, Carnival games, Live Entertainment</p>	<p>Thursday 19 January</p> <p>Wind Power Cool things happen when you just add air!</p>	<p>★ Friday 20 January</p> <p>Ancient Rome The sport and art of this ancient culture.</p>
	<p>Monday 23 January</p> <p>Star Wars! Travel to a Galaxy Far Far away...</p>	<p>★ Tuesday 24 January</p> <p>Day at the Park and Make Your Own Lollipop at Ye old Lolly Shop</p>	<p>Wednesday 25 January</p> <p>Wheels Bring your wheels and helmets & let's roll</p>	<p>★ Thursday 26 January</p> <p>NZ Maritime Museum & a day sailing the in the gulf</p>	<p>Friday 27 January</p> <p>Ancient Rome The sport and art of this ancient culture.</p>

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In a complete change from previous motoring articles, we decided to investigate the myths, realities and possibilities of living with an all-electric car. Millwater resident Murray Johnson certainly opened our eyes when we met with him and his Nissan Leaf zero emission car recently.

Canadians Murray and Tracey Johnson first visited New Zealand from Vancouver when Tracey won a trip here to see the millennium sunrise in Gisborne. After 20 years and wanting to work in a non-profit environment and give something back, Murray decided to sell his computer company in Vancouver after 20 years and take an IT position offered to him with the non-profit Tandem Ministries in their Auckland CBD office in 2007.

Already smitten by our beautiful country, Murray, Tracey and their 3- and 4-year-old boys jumped at the opportunity. After a couple of years here, they decided to stay and Murray began working with a Canadian renewable energy company here in NZ as Team Eco Limited, a wholesale solar energy business that does not deal directly with the general public.



Understanding the practicalities of renewable energy, Murray then imported a low-kms Nissan Leaf from Japan. "In 45,000km over the three and a half years of ownership,

the only expense of running the Leaf has been for two new tyres," said Murray. "No servicing costs, no road user charges, no repairs – and regenerative braking minimises use of the physical brakes. The car has paid for itself already, meaning zero cost motoring on top of zero emissions."

We discussed some of the finer practicalities of owning a vehicle that relies solely on battery-power. Compared to 2,650 parts in an internal combustion engine, the Nissan Leaf's 'engine' (actually a DC/AC power inverter) has just 28. The car's roof-mounted solar panel charges the small services battery for essential functions when the car is parked, such as alarm etc. The lithium battery pack is warranted for 10 years or 100,000km by Nissan, who will swap out an old battery pack and recycle it, replacing it with a new battery pack of 192 cells for just \$5,000. Given that the typical cost of running a vehicle with a diesel engine is around \$5,000 a year, it now becomes clear that there are fewer and fewer obstacles to owning an all-electric car.



Murray installed the first electric car fuelling station in Silverdale, powered by the solar panels on the roof of his offices, which also power his office, pay to power his home in Millwater – and return cash each month from the excess power that is fed back into the grid. We looked around all the roofs in the Silverdale business park and were surprised



to see no other solar panels, which seemed odd given the pay-back on installation costs of around three years for an industrial building. Murray calculates that there is sufficient unused roof space in Silverdale to install enough solar panels that could power all of Orewa, in addition to providing free electricity for all of the industrial units.

Range is another issue that can be misunderstood. Nowadays, there are charging stations for electric cars about every 40km across the North Island, but each Nissan Leaf also comes with its own charging pack that uses a domestic socket to charge the car, meaning that you carry your own refuelling station with you. The Leaf has 2 charging ports: an AC 230V slower port and DC 20 minute fast-charge port. Vector and others have installed these at Kings Plant Barn, Auckland Airport and CBD and elsewhere, allowing electric car owners to fill up quickly – and in most cases for free. This has greatly reduced "range anxiety" for EV owners, as fast chargers spring up across NZ almost weekly now. Re-filling at home is typically 20c-30c per litre equivalent using grid power, but nil cost if you have solar panels.



Nissan has developed a Vehicle-to-Home system, whereby the car becomes the power source for your home, as shown in the diagram here (courtesy of Nissan Global). In a country that is more prone to natural disasters than some, having a reliable back-up source of energy makes a lot of sense. When that back-up power pack is also your family car, it makes a whole lot more sense! With around 250,000 Nissan Leaf cars on the roads around the world, none of which appears to ever have had any issue with battery failure or fire, the technology certainly seems to be well established. Of



course, other and more exotic electric cars are available – but at considerably higher costs. A brief look at Trade Me revealed several Nissan Leaf cars on sale at affordable prices well under \$20,000.

So, what's it like to drive? Aerodynamically efficient and quieter than a Rolls Royce Silver Spur, the high-spec Leaf handled impressively well and had no problem keeping up with the traffic. In a situation where you were undertaking a long road trip, had a full load or wanted to tow a trailer, it might be more practical to hire a car just for that specific purpose, but, for the majority of us and everyday motoring in Auckland, we see no reason not to choose the all-electric option – and also to think of other uses of solar energy, such as heating our domestic water or swimming pool and for general domestic and industrial power requirements.



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datesfor yourdiary

- 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 for more details
- Every Thurs 3:30-4:30pm • 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, shop-
ping, 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 Rob-
erts Cafe, Millwater Parkway • 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
- 10th & 11th Dec Coast Basketball 2017 Representative Trials
Stanmore Bay Leisure Centre • \$20 Trial Free
9-10:45am: U11, 12, 13 girls & boys
11-12:45pm: U15 boys
1-3pm: U15, 17 girls, U19, 23 men
3:15-5pm: U17 boys
Please bring water bottles, reversible singlet or
black top and white top • To register email
coastbasketballoffice@gmail.com
- Sun 11 Dec Millwater residents, friends and families are
cordially invited to a "Traditional Christmas Carol
Service to be held in the Silverdale Pioneer
Village Chapel (15 Wainui Road) at 7pm.
Tea and coffee available in the Parsonage from
6pm - gold coin donation appreciated.
Beautiful handmade Xmas decorations and gifts
for sale in our "Treats and Treasures" gift shop
(cash only).

If you know of any upcoming local events please contact Sarah at
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
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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
Real Parenting	021 292 4105

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
Fleurette	09 421 0505

Real Estate

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

Estuary Arts	09 426 5570
Northern Union	09 426 2651
Hoyts Hibiscus Coast	hoyts.co.nz
Millwater Bistro & Bar	09 777 6008

Printing / Editing

Treehouse Print	027 4986 202
Proof Perfect (proof reading service)	029 1230 158

Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	illuminatechurch.org
Get Moving Festival	getmovingfestival.co.nz

Fashion / Retail / Gifts

Collective Talents	09 427 542
Capricho	capricho.co.nz
My Coffee Capsules	mycoffeecapsules.co.nz

Cleaning

Houseproud	021 025 32085
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Insurance / Financial / Accounting

Greenfire Accounting	021 464 295
GBPensions	0800 427 693

Housing

Maddren Homes	09 412 1000
Golden Homes	09 600 1384

Sports Clubs / Fitness

Pacific Cheerleading Silverdale	021 137 3047
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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

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

Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
Life Pharmacy Orewa	09 426 4087

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
Antenna & Satellite Systems	027 280 3043
Digital Solutions, Rodney	09 425 5431
Total Security Group	09 947 5992
Flooring Xtra	09 421 0006
Brustics	0800 278 784

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

Sewing

Pauline's Sewing Services	09 557 4378
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Travel

Helen Baxter	021 684 770
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Thu 1 Dec	03:17 0.4 m	09:40 2.9 m	15:37 0.5 m	21:50 2.8 m	Fri 16 Dec	03:33 0.0 m	09:55 3.4 m	16:03 0.2 m	22:22 3.2 m
Fri 2 Dec	03:54 0.4 m	10:17 2.9 m	16:16 0.6 m	22:29 2.8 m	Sat 17 Dec	04:23 0.1 m	10:46 3.4 m	16:55 0.3 m	23:13 3.2 m
Sat 3 Dec	04:32 0.4 m	10:55 2.9 m	16:57 0.5 m	23:09 2.8 m	Sun 18 Dec	05:13 0.2 m	11:37 3.3 m	17:48 0.3 m	-
Sun 4 Dec	05:10 0.4 m	11:35 2.9 m	17:39 0.6 m	23:49 2.7 m	Mon 19 Dec	00:04 3.1 m	06:03 0.3 m	12:27 3.2 m	18:40 0.4 m
Mon 5 Dec	05:51 0.5 m	12:17 2.9 m	18:23 0.6 m	-	Tue 20 Dec	00:55 3.0 m	06:53 0.4 m	13:18 3.0 m	19:32 0.5 m
Tue 6 Dec	00:32 2.7 m	06:34 0.5 m	13:02 2.8 m	19:10 0.6 m	Wed 21 Dec	01:46 2.8 m	07:46 0.5 m	14:09 2.9 m	20:24 0.6 m
Wed 7 Dec	01:18 2.7 m	07:22 0.6 m	13:50 2.8 m	20:01 0.6 m	Thu 22 Dec	02:38 2.7 m	08:41 0.7 m	15:01 2.8 m	21:17 0.6 m
Thu 8 Dec	02:09 2.7 m	08:16 0.6 m	14:43 2.8 m	20:56 0.5 m	Fri 23 Dec	03:33 2.6 m	09:39 0.8 m	15:53 2.7 m	22:11 0.7 m
Fri 9 Dec	03:06 2.7 m	09:17 0.6 m	15:40 2.8 m	21:54 0.5 m	Sat 24 Dec	04:30 2.6 m	10:36 0.8 m	16:45 2.6 m	23:04 0.7 m
Sat 10 Dec	04:08 2.7 m	10:21 0.6 m	16:39 2.9 m	22:54 0.4 m	Sun 25 Dec	05:26 2.6 m	11:30 0.8 m	17:37 2.6 m	23:56 0.7 m
Sun 11 Dec	05:13 2.8 m	11:24 0.5 m	17:39 3.0 m	23:53 0.4 m	Mon 26 Dec	06:19 2.6 m	12:19 0.8 m	18:27 2.6 m	-
Mon 12 Dec	06:15 3.0 m	12:24 0.4 m	18:39 3.1 m	-	Tue 27 Dec	00:44 0.7 m	07:07 2.7 m	13:06 0.7 m	19:15 2.6 m
Tue 13 Dec	00:51 0.2 m	07:14 3.1 m	13:21 0.4 m	19:37 3.1 m	Wed 28 Dec	01:29 0.6 m	07:52 2.8 m	13:49 0.7 m	20:00 2.7 m
Wed 14 Dec	01:47 0.1 m	08:10 3.3 m	14:16 0.3 m	20:33 3.2 m	Thu 29 Dec	02:11 0.5 m	08:34 2.8 m	14:31 0.6 m	20:43 2.7 m
Thu 15 Dec	02:41 0.0 m	09:04 3.4 m	15:09 0.2 m	21:28 3.2 m	Fri 30 Dec	02:51 0.5 m	09:14 2.9 m	15:12 0.6 m	21:25 2.8 m
	High	Low			Sat 31 Dec	03:30 0.4 m	09:53 3.0 m	15:53 0.5 m	22:06 2.8 m

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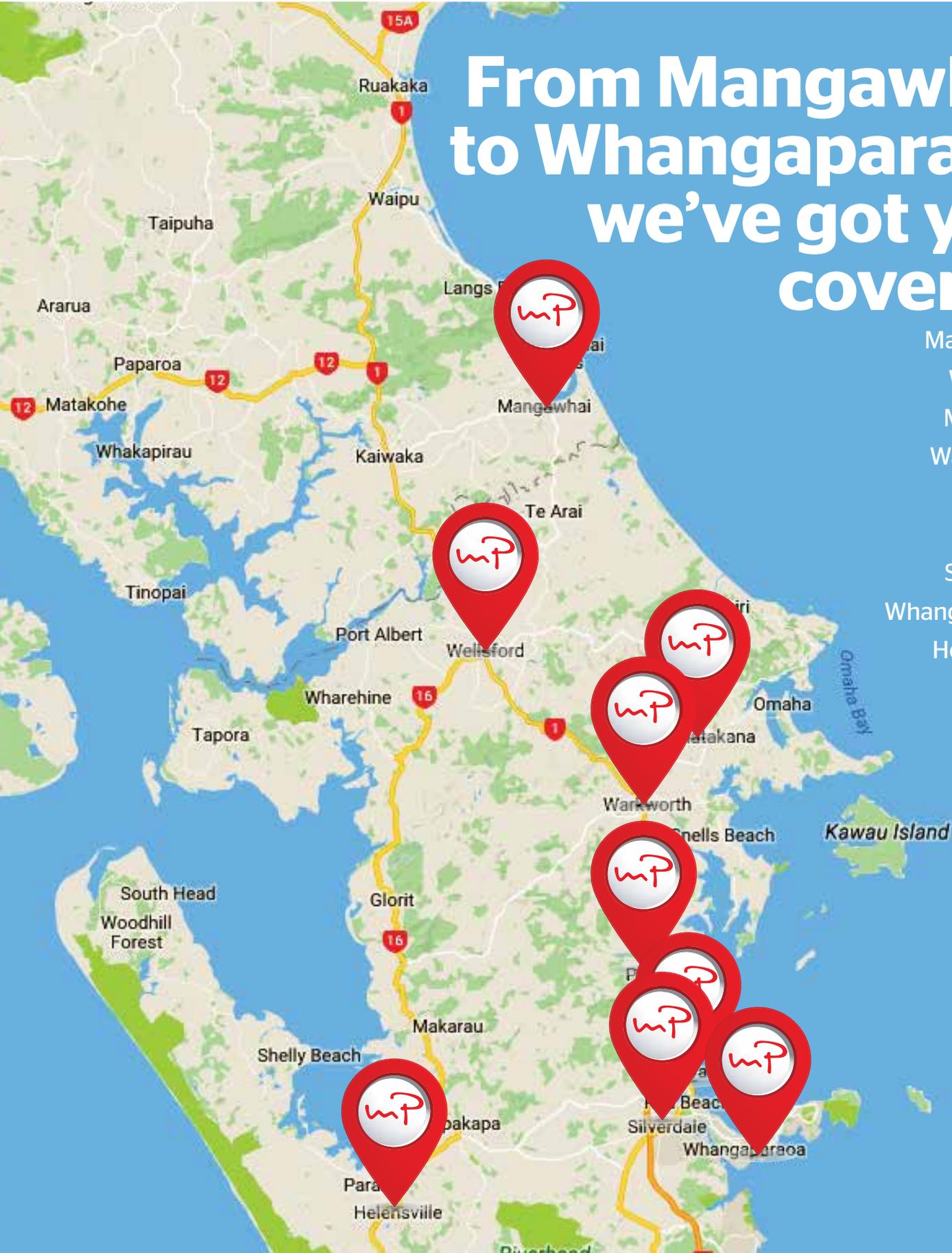
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