

# the Millwater mag

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*Introducing  
Diana Lakin*

Your FREE monthly magazine of all things Millwater  
June 2016

# Editor's note

Half-way through the year already and many of us have managed to stay in summer clothes – some even still having the occasional BBQ! Gardens are still receiving attention and this allows us to stop and chat with our neighbours, old and new. Meeting new neighbours is especially good for us all, for it deepens the passion we all feel about Millwater.



We also have good neighbours in the Silverdale Pioneer Village, who are custodians of the very relevant history of this area. If you haven't yet investigated the Pioneer Village, I would encourage you to make a point of meeting the great people there – and perhaps sharing a cup of tea and a cake with them. See also the Insider in this issue.

It was a delight last month to witness the setting up of a brand new type of local Rotary Club – the Satellite Rotary Club of Orewa – in which more than half of the 24 members are Millwaterians. With an average age under half that of traditional Rotary Clubs and with a clear enthusiasm for the community, this will be a growing success story for our area. You can read more on Facebook, or get in touch through this magazine.

Millwater community-focus continues to inspire many of us and, next month, the Millwater ROMEOS and ROWENAs will get together for a 'mid-winter' soiree at The Wade Tavern. There are reports on the activities of both groups elsewhere in this magazine. Other local and Millwater groups include a book club, a women's group, Scottish Country Dancing – and more.

Finally, we want to thank again the many regular contributors of articles, recipes, health tips and other interesting items. Without the diversity of great content that we see here, this magazine would not be able to continue. So, raise your right hands above your heads, reach over your shoulders and give yourselves a pat on the back!

*Brian Mullan*  
Editor  
June 2016

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# theMillwatermag

## June Issue

- 5 Vet Speak
- 6 Safer Communities
- 8 Strategy gives you business power
- 10 Millwater Book of the Month
- 11 Staying active with arthritis
- 12 The Millwater Insider
- 14 ROWENAs lunch
- 16 Tim Lawrence Fishing Spot
- 18 Pharmacy Talk - Dealing with Winter Ills
- 19 The emotional bond with our animals
- 21 What is Glaucoma
- 22 B Vitamins
- 23 Hypnosis? Why Not!
- 24 The problem with glue ear
- 25 Millwater ROMEOS
- 26 Can diet affect your pet's behaviour?
- 28 Health & Safety Work Act 2015 now in force
- 29 Take control of your skin with Caci Silverdale
- 31 Millwater Property Talk with Grayson
- 34 Local performers rocking in RENT
- 36 Millwater Asian Corner
- 39 Nearby Neighbours - Whangaparaoa Peninsula
- 40 Recipes from our Millwater residents
- 42 Garden Care for June with Living Earth
- 44 The Army Within
- 46 Don't get left in the dark!
- 48 Millwater Malt of the Month
- 49 Hibiscus Coast Community Patrol
- 50 Art Speak
- 51 ANZAC Service at Maygrove
- 53 Millwater Biz Buzz
- 54 Millwater Motors
- 55 Dates for your diary
- 56 Holiday Destinations with Kiri Beven
- 57 Local Business Directory
- 58 Weiti River Tide Chart
- 59 Community Zone

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# themillwaterinterview



Diana Lakin is known to many Millwaterians as the able organiser of the Millwater Clean-Up days and affectionately by some as 'the goose lady'. However, few know much about the complex layers that exist below the more public persona, so we went digging!

Diana enjoyed a comfortable and idyllic childhood in South Africa, with unparalleled happy freedom to develop her enduring love of nature. The family later moved to East Anglia in the UK and lived for a time in an ancient cottage that is named in the Domesday Book. In the early 1960s, they came to New Zealand, where Diana admitted she 'dreamed' her way through school, with her imagination seeing her becoming an actress.

Parental wishes saw her go to business college, however, so thespian desires had to take a back seat – at least for a time. Diana then worked in a number of areas; from legal secretary, through retail to real estate.

Marriage to David brought three children, two boys and a girl.

Diana's earlier desires for the bright lights now saw her join a talent agency and gain successful assignments in modelling and TV – often taking the children along. Creativity was further developed when Diana started her own wedding gown business from home.

A woman of many parts, Diana has also been a School Board Trustee and she worked in interior design for 13-14 years. Never one to sit and watch the world go by, Diana has turned her hand to writing, needlework, painting – and more. Diana said: "When I start something, I go for it at a hundred miles an hour; totally committed."

There is no doubt that there are two loves outside of her family that gain Diana's full attention: one is for the Millwater community and the other is for the feral geese that abound. "Millwater is the greatest place we have ever lived" declared Diana, "The people who live here, no matter their age, ethnicity, origins or beliefs, are so very special." Diana and husband David often walk the neighbourhood, revelling in the sensory enjoyment of others' morning cooking and imagining what is being prepared. Delivering this magazine is just a tiny part of Diana's engagement with the Millwater people. She is a member of almost every social group here and, where a gap is identified, Diana has started a different group that attracts people with ease. "This exemplifies the cohesiveness of Millwater people" said Diana, "There is nowhere else that exhibits the open friendship that we enjoy here as much as we do." We agreed that Millwater can be likened to a jigsaw, with every one of us being the interlocking pieces.

We finally turned to the geese, the love of which has earned Diana the kindly soubriquet 'the goose lady'. Instead of just driving past these geese, we should take time and look more closely at the social structure of the goose families. "With little practice, we will soon observe the goose escorting his ganders and younger geese across the road and taking full care of his family – just another Millwater family."

Shakespeare says, "All the world's a stage, and all the men and women merely players." The quote comes from 'As You Like It' and I was left in no doubt that Diana likes her life – a lot – but she is much more than a mere player: Diana takes life by the throat, with complete positivity, enthusiasm and enjoyment.

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# mortgagematters

## Five areas to review....regularly



I know we all live busy lives with endless demands on our time. But it's important we regularly review areas of our financial lives. At the end of the day, if you don't, no one else will!

### Below are five potential areas of review:

**1)** Have you updated the insurable value of your home? 90% of New Zealand home owners have not! It's your sole responsibility to specify the insurable value of your home. At present, the majority of New Zealand's are under-insured. There are some tools available that will assist you to calculate the insurable value. (Seek advice from a builder, architect, quantity surveyor, or insurance valuer – and there are online tools as well).

**2)** Do you have a Will? Has it been updated recently? Do your beneficiaries know where it is? Dying without a will or one that is not up to date will complicate the transfer of your assets to your loved ones upon your death. I can tell you from personal experience that being unable to locate the Will adds a lot of additional stress at a time already highly charged with emotion. A simple Will is not expensive to prepare – a quick phone call to your lawyer may save you a lot of grief.

**3)** If you lose your ability to earn an income through death, disability or accident, what is your Plan B? How will you pay the mortgage or feed the kids? Most people will insure their house but not their biggest asset – their income. For every house lost from fire, three are lost due to death of the owner – but 38 are lost through disability.

**4)** What is the structure of your current mortgage? Is your mortgage currently floating or fixed? Are you looking at selling? Make sure your loan will meet your short-, median- and long-term goals.

**5)** You are now another year older and another year closer to retirement. Have you started to prepare financially for this? With an ageing population, it may not be wise to rely solely on the Government to provide for your retirement income. As a benchmark, it is generally thought that most people in retirement need about 70% of the income they required before retirement. Your retirement saving plan needs to start today!

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

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



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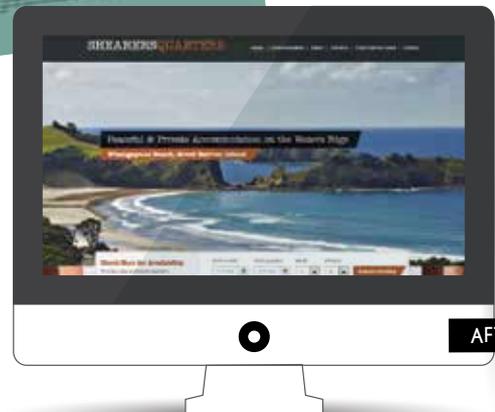
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# vetspeak



## Winter Weight Woes



As for many of us, over the winter many of our pets pile on a few pounds. Something about that cold wet, windy weather puts us off taking the dog out for a walk, and cats being the discerning creatures that they are certainly aren't going to go out there if they are already warm and cosy.

Sadly, it can be much harder to get those pesky pounds off our hounds (and cats) than it was to put them on in the first place, but why does it matter? Research has shown that "middle aged" animals, if they have been overweight from a young age, will be showing the clinical signs of arthritis – in dogs of 7 or 8 years and cats from 8-10 years.

Fat has been shown to increase levels of inflammation in the body, which is particularly significant for cats with urinary problems, as the fat in the abdomen can contribute to the inflammation in the bladder. It is also a factor in the poor skin and coat condition seen in many overweight animals, made worse as the animal is unable to groom themselves because their tummy gets in the way.

Maintaining exercise levels is crucial, but where it is impossible (those dark wet evenings are not great for dog walking), then use diet to keep your pets feeling full and happy without their waistline paying the price. Standard low-calorie diets are fine if your pet is only a little chubby; however, for the pet with a heftier problem or if arthritis or bladder issues are already a problem, then contact us to discuss what options we can offer to help.

**Anna Day BVSc MRCVS**



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# safercommunities

## Being neighbourly

I have a couple of large dogs. They didn't bark a lot but when they did, they were certainly noisy. And when I was away at work I didn't know how much they disturbed our neighbours. We didn't ever discuss it, but I had an uneasy feeling that there could be a problem.

So I've bought a couple of collars that respond to a dog's bark with a very tiny sensation under the throat. The signal doesn't seem to cause the dogs any discomfort. Indeed, my two line up in the morning to have their collars put on without any hesitation at all.

But the collars work. The amount of barking has dropped away sharply. I can be confident my dogs won't be upsetting our neighbours.

That's what was important for me. As a Community Constable I've found that noisy dogs can be a real threat to neighbourly relationships. I am glad to have been able to do something to keep things on an even keel around our place.



**Constable Michael Brown**

**Community Constable**

Orewa Police Station | 4 Riverside Road | Orewa | PO Box 50 | Orewa

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However, for those who live next to less considerate owners of noisy dogs, there's now a gadget that you can buy to protect your property. It includes a microphone that can detect a barking dog up to 15 metres away. The unit then sends out a short burst of ultrasonic sound that is heard by dogs but not by humans. Again, this signal is not severely distressing but it is uncomfortable enough for a dog to learn very quickly that barking is not acceptable.

Of course, this is an investment some complainants might feel they shouldn't have to make. But if it contributes to better neighbourly relationships it could be well worth while.

The key thing in all this is to talk to your neighbours to see if there might be a problem. A chat over the fence can often fix most things.

Editor's Note: Devices of these kinds can be seen at [www.innotek.co.nz](http://www.innotek.co.nz)



## Preparing for the colder months ahead

Hi again, folks.

Well, as we bask in the late summer early autumn weather, it's timely that we prepare for the colder and wet months ahead.

We suggest that electric blankets are tested on a regular basis and, if there are any signs of damage, these should be repaired or discarded immediately.

Over the years, I have personally been to several house fires that were caused by electric blankets catching fire. These devastating fires are usually due to faulty wiring in the blanket, or the blankets left on for long periods of time with washing or heavy weights on the bed.

**One metre from the heater.** Keep everyone and everything back from the heater and the rule of thumb is a metre. Radiated heat from the fire or heater can ignite clothing or furnishings, so please be vigilant at all times.

We have had a dry start to the autumn and winter, so now is a good time to check spouting and drains are unblocked. It's never fun mopping up after a weather event where a blocked

drain or guttering is to blame.

We need your help to keep the community and fellow neighbours safe. If you notice anything unusual or hear a smoke alarm going at your neighbour's, please call us immediately.

### **Have you got your emergency exit plan in place?**

Everyone should have an exit strategy and plan in place, in the event of a natural disaster or fire in the home. This is your 'go-to place' where you can be safe.

If you need further information on fire-safety tips, please don't hesitate to call the nearest Fire Station and we will be happy to provide that support.

**Station Officer Dave Lattimore**  
**Silverdale Volunteer Fire Brigade**



# Have you had your free insurance “warrant of fitness” review?



No one questions the merit of undertaking a warrant of fitness check on our car once or twice a year. Yet, why is it that so many of us don't think about having a similar “warrant of fitness” review of our personal insurances? It's a fact that, over time, one's personal situation, risk exposures and family protection needs can change dramatically.

This was highlighted in a recent conversation I had with “Bob” who is in his early 40s:

**Theo:** Great to hear that you've already got some personal insurances in place, Bob. Have you recently had these reviewed, to make sure they suit your present needs?

**Bob:** Nah... no need for a review. I'm happy with what I've got!

**Theo:** When did you put your insurances in place?

**Bob:** About 5 years ago.

**Theo:** Ok... what's changed in your life over the last 5 years?

**Bob:** Ummm... I got married and now have two kids (2 and 4 years old). Also, I was previously renting and now have a mortgage.

**Theo:** Do you think the covers you put in place 5 years ago,

when you were single, renting and without commitments, provide adequate cover for you and your young family – especially now that you are the sole income earner?

**Bob:** Ummm, no... I see your point. I think we need to do an insurance review!

After we completed the exercise, Bob was very happy with the scope and quality of the new insurances put in place, as well as the competitive cost. He is now sold on the concept of a periodic “warrant of fitness” insurance review.

It is important that any insurance protection plan is both manageable and sustainable, in terms of premium cost. All insurance companies have their specific “sweet spots” – it's the insurance advisor's job to find the best “sweet spot” for you, in terms of the type, quality and level of cover, as well as cost.

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

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

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

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# Strategy Gives Your Business Power



Do you have a weekly, monthly and annual plan to grow your business? Do you know what actions you need to take today, to see positive changes in the future?

Identifying what makes your business special – and then how you are going to tell people about it, and then get them to use your product or service – is what marketing is all about. And while we can sometimes manage, almost by sheer will, determination and luck, having a plan to map your future is a far better way forward.

I will admit that by nature I'm not a planner. I used to depend on my instincts, passion and feelings to grow my business. Sometimes it worked. Sometimes... well, it really did not.

I became a marketing strategist and consultant after seeing the power that came from having a plan and then following it. It's scary when you start – I was personally allergic to having answers around cash-flow forecasting, profit, and spend. I just wanted to work hard at what I did and see success. For me it was simple, but it wasn't working.

Learning how to plan out the financial and strategic parts of my own business eight years ago was the turning point for me. Since then, I've helped hundreds of other businesses around New Zealand take a look at their business and create a marketing plan that takes it towards better profit and growth.

We offer one-to-one marketing consultancy services at Identify. These are eligible for funding through NZTE. I love the positive changes we see in businesses we work with.

For businesses on a tight budget, we also offer STAND OUT – a marketing strategy public course, still funded by NZTE, but only a third of the price of our one-to-one consultancy.

I'd love to talk with you about how either of these options may suit you better. Creating an action-based plan can be a little scary at first, but it's incredibly liberating once it's done. You just need to get started!

**Rachel Klaver, Managing Director of Identify**



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# Wentworth Sailors place 3rd in New Zealand



The close of summer brings with it the end of the sailing season for school sailing teams across the country. Wentworth College's sailors are thrilled with how their season finished.

The 22 sailors in the Topaz team focussed on developing their skills whilst having fun. The long, warm days of summer saw students enjoy wildlife encounters with large rafts of sea birds, schools of fish and even a pod of inquisitive Orca – a thrilling (if slightly overwhelming) experience for the young sailors.

The 8 sailors in Wentworth's elite 420 Sailing Team have also had a successful summer. Competition sailing is the name of the game for these experienced sailors and a successful series of regattas over summer saw them qualify for the 'Gold Fleet' in the National Secondary Schools' Team Sailing Regatta held at Algies Bay at the end of April. After a dazzling start in the first round-robin event, Wentworth went on to claim the Bronze medal, which qualifies them to compete in the Inter-Dominion regatta against Pacific teams later in the year.

Principal Bruce Tong sees the school's proximity to the Gulf Harbour Marina as a huge advantage for the sailors, and has a goal of being the top sailing school in the country.

"Being part of a nationally competitive team in their College years gives our students the opportunity to then go on to the very highest level in their chosen sport," says Tong.

## Entrance Scholarship Examinations – Wednesday, 29th June

Wentworth College has a small number of Entrance Scholarships available to students wishing to enrol in Years 7 to 9 in 2017. Awarded by way of a discount off the annual tuition fees, scholarships are based on a mix of academic, cultural and sporting excellence. Applicants sit three, one-hour examinations (English, Mathematics and General Knowledge) with this testing taking place on Wednesday, 29th June. Interested parents are invited to contact the school office to request an information pack. ([enquiries@wentworth.school.nz](mailto:enquiries@wentworth.school.nz))



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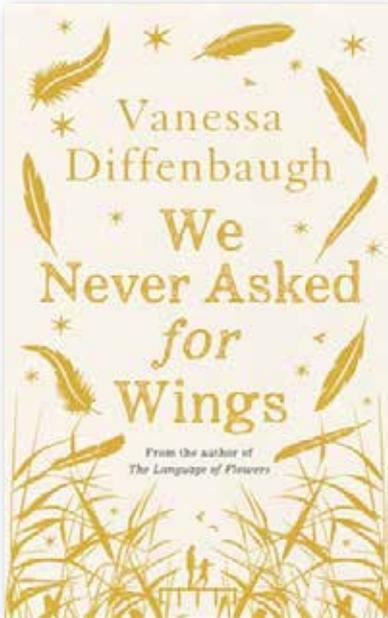
SOME PLACES STILL AVAILABLE



# millwater **book of the month**

## We Never Asked For Wings by Vanessa Diffenbaugh

This month, author and guest reviewer Karen McMillan introduces another great read



It was with great anticipation that I started *We Never Asked For Wings*. I loved Vanessa Diffenbaugh's debut novel *The Language of Flowers* and, although this is an entirely different type of book from her first, it is every bit as good. I loved every page.

Letty is a solo parent of two children; her teenage son Alex and her six-year-old daughter Luna. But being a mother terrifies Letty and for years she has left the raising of her children to her mother while she eeks out a meagre existence working in a bar at the airport. But when her mother decides to leave and go back to Mexico, Letty is forced to step in and mother her two children. Things get complicated when she manages to get her children into a new and better school, a colleague at work looks to be more than just a friend, and the father of Alex becomes part of her life again...

This is a thought-provoking novel about family and love – and how people make mistakes but with help can overcome them. The 'Wings' of the title is a beautiful metaphor that works on a number of different levels in the novel. Read this book and let your imagination and joy of life take flight. A fabulous, page-turning, heart-touching read.

Reviewed by Millwater resident Karen McMillan, author of *Unbreakable Spirit* and *The Paris of the East* [www.karenm.co.nz](http://www.karenm.co.nz)



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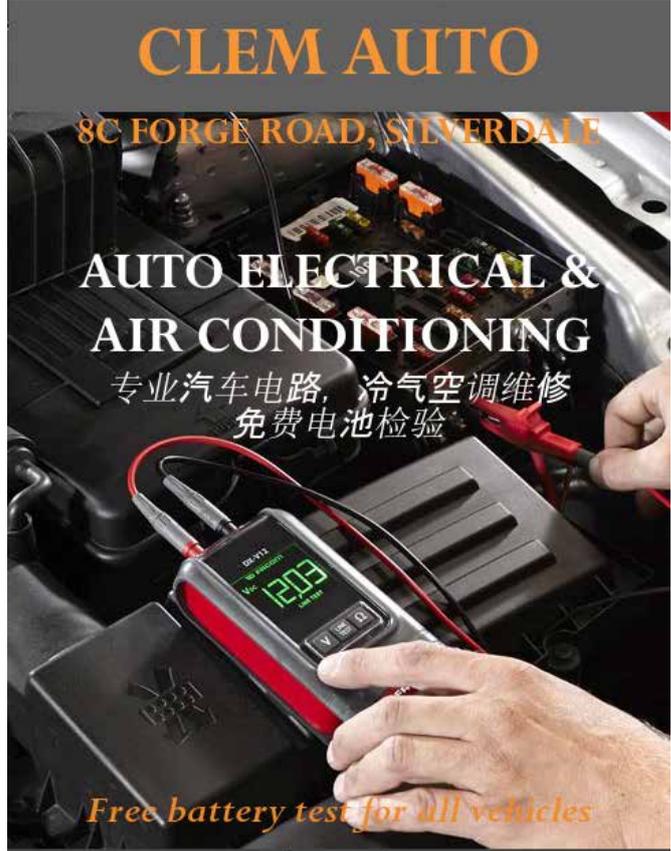
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# Staying active with Arthritis



Are your knees more musical than a symphony orchestra? Are your joints becoming a more reliable forecaster of rain than the Met service? Winter is coming! And it's not the white walkers that we fear (Game of Thrones fans will understand), but the ailments of arthritis that cause sleepless nights and great unrest.

Arthritis is the single greatest cause of disability in

New Zealand and includes over 100 different joint conditions, all of which are characterized by pain, inflammation and swelling. Arthritis can affect multiple joints in the body; the most common being the knees, hips, spine, hands and shoulders. Sounds like a bit of a grim situation, but it doesn't have to be. Understanding the condition is key. We are often asked if Pilates is ok for those suffering from arthritis and the answer is YES!

Pilates can help to strengthen the supporting muscles around the joints and in the areas above and below, to help off-load an arthritic joint. Most Pilates exercises are non-weight-bearing or only partial body weight, which reduces compression on

the joints. Other benefits include maintenance of joint mobility, muscle flexibility, improved posture, and can help prevent load on other joints due to favouring. Improved breathing and regular exercise can help manage stress and improve quality of sleep. Regular strengthening can help delay the need for joint replacement surgery and improve outcomes post-surgery.

Other beneficial exercises include riding a bicycle/exercycle, hydrotherapy and aqua jogging. Walking can be beneficial for arthritis of the spine. In order to minimise disability, it is important to maintain a healthy body weight – especially when the hips, knees, and ankles are involved – otherwise this may restrict walking distance. Diet is the most important factor in weight management for arthritis sufferers, as a poor diet can lead to inactivity, low mood and increased systemic inflammation.

It is important to stay active, but progress slowly in any form of new exercise. Manage symptoms and balance activity with rest. It's easy to overdo things when having a good day, so it's important to know your limits and avoid the roller-coaster of highs and lows.

**For further information or advice see your GP, visit the website [www.arthritis.org.nz](http://www.arthritis.org.nz) or book a consultation with one of our physiotherapists [www.peakpilates.co.nz](http://www.peakpilates.co.nz)**

**Karen Donaldson**

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# themillwaterinsider

## Wainui Road re-opens

Finally, after everyone getting the idea that it was never going to happen, Wainui Road has reopened to the public. No doubt some of the disturbed traffic flows around the area will start to normalise over the next few months. There certainly appears already to be a reduction in heavy traffic flows up and over Bankside Road.



## Estuary Walkway

We are truly lucky to have a wonderful walkway around most of the Estuary and look forward to old parts being reopened and new paths being developed over time. With the increasing use, and the blend of cyclists, walkers and runners using the path, it is important to remember to be alert for other people wanting to get past. If you ride the path regularly, a bell to let people know you are coming past would be a great idea. If walking in a group, maybe try and not block the whole path.

## Great causes

There has been some excellent work being done by individuals on behalf of the Millwater community recently, attempting to improve the safety and enjoyment of our environment. Well done to Kiri Beven and Claire Cameron for advancing the cause of traffic safety; both have been actively involved with Auckland Transport trying to find solutions. While there has been a less than satisfactory response to date from Auckland Transport, it appears that some additional community support may further accelerate this cause. The Insider will be watching this with interest.

It appears that a number of other residents have shown concern around the access to and from schools, as well as local parking being marginalised by construction work around Millwater Central. If you see things that are dangerous, take a photo and get in touch with Auckland Transport and the Council. We don't want to wait for a serious incident before

this becomes a priority for someone.

The lack of a cohesive response seems to be an issue with getting a lot of these problems addressed and it does lead to a question whether a group of concerned residents with a mandate could achieve more. The concept of a Millwater Residents Association has been raised previously – maybe it is time to reconsider this as an option, to facilitate some change on these matters.

## Social Football

There is still a weekly kick-around on Sunday mornings at 8am – all welcome. See Facebook for more details.

## Groups, clubs and general collaborations

If you are a member of a local group, club or other association of residents, then we would like to hear from you. For anyone interested, we will be running a directory of these groups in the next months' magazines. Please email sarah@themillwatermag.co.nz with brief details of who you are, what you do and how to contact someone.

## Did you know?

The Silverdale Pioneer Village require the services of a Secretary. Main tasks are taking minutes and keeping the correspondence flowing. If you have just a few hours to spare each month and could help them, please give Robin a call on 428 3191.

## Stoney Homestead Update

Yes! The Building Consent has been granted and the tender process completed. The contractor for the internal works is still working through his contract with Council. Slow progress, yes, and we would all like it to happen faster, but it will happen. Documentation, planning and preparations are going on behind the scenes. The Trust and the Hibiscus Bays Board are working hard to ensure this project is completed asap and to a high standard. Thanks for your understanding and ongoing support. (Deb Adams, Secretary for The Stoney Homestead Trust).

## Millwater Berms

We are all responsible for mowing our berms and it is especially important if you live on a corner section – both sides of your corner are your responsibility. Keeping all of Millwater looking smart and attractive will improve the appearance and value of all properties – including yours!

# Millwater 區內情報要點

## Wainui Road re-opens

期待已久，Wainui Road 終於重開了！相信可慢慢減輕住宅區內混亂的交通狀況。而事實上Bankside Road的車輛已明顯減少了。

## Estuary Walkway

相信大家都很享受美麗的沿岸步行/自行車專用徑。局部翻新工程將會循序漸進的完成。隨著使用者增加，請大家在步行、騎自行車或慢跑時要多注意其他使用者的安全。可考慮在自行車上加上鈴聲以提示步行人士留意。若是數人以上一起散步時，請不要擋住整條步道，謝謝合作。

## Great Causes

感謝區內的熱心人士，KiriBeven及Claire Cameron、代表Millwater居民向奧克蘭運輸局反映改善區內馬路安全方案。雖然很可惜提議被駁回，但相信若有更多居民同時發聲問題必會被正視。這個專欄將密切留意事態發展。

另外最近在Millwater Central 的施工地盤附近，經常可看到危險駕駛的工程車輛，對上、下課的小孩構成危險。懇請大家下次看到時務必拍照或是記下車牌號碼，向運輸局投訴。

籍著這次的事件，看來要重新考慮成立Millwater 居民協會的可能性，希望能聚焦居民的力量，改善區內生活環境及安全。

## Sunday Football

每星期日早上八時有足球聯誼，詳情請留意Facebook。

## Group, Clubs and general Collaboration

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

## Stoney Homestead Update

建築許可證及招標程序均已完成。現正等待市政府跟工程商處理合約。Stoney Homestead 基金會及Hibiscus Bays Board會盡力讓整個工程能盡快進行。

## Millwater Berms

請留意行人步道及馬路中間的草坪是要自行修剪，特別是住在轉角位的居民，兩邊的草坪均需要打理。務必令整個住宅區保持美觀。謝謝合作。

## Questions? Suggestions?

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

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# Student Council

## Community Group

### Silverdale School Ride the Waves

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



On the 6th of May, Silverdale School's Intermediate Team Karearea were given the opportunity to sail on two of NZ Sailing Trust's yachts, Steinlager 2 and Lion New Zealand. Both of these boats were inspired and skippered by Sir Peter Blake in the Whitbread Round the World races.

Team Karearea was split into two groups; with Rooms 16 & 18 sailing first, and Rooms 20 & 22 who took the ferry to Motuihe Island to plant trees for the Motuihe Conservation Trust. When the students from Rooms 16 & 18 arrived at Motuihe, Rooms 20 & 22 were finished with their planting. Both groups took a turn to walk around the island and spotted many different species of animals, including the Tuatara, Saddleback and Weta.

The sailing trip was a great experience and much was learnt about the nature and history of New Zealand. "The highlight for me was going under the Auckland Harbour Bridge." - Connor



## ROWENAs Lunch

The Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) had a grand time. The weather was cold and cloudy but the friendship was just the opposite. There were nine of us to enjoy the day.

After a very enjoyable and informative tour of the Morris and James pottery, we enjoyed a lovely lunch at their excellent café. It was too cold to sit outside, so unfortunately we had to sit inside. But one advantage was that we did get to know each other a little better – with so few of us sitting around the table, we really got to chat together and share stories. If you haven't been to Morris and James Pottery, to take in the stunning and unique colour palette that they use on their pieces, you are missing a treat. With Matakana and its boutique shopping literally on their doorstep, you can have a superb day out.

### Ode to Millwater

*Millwater ages, new and old  
Hair of silver, brown or gold  
Sharing lives from different parts  
We all remember in our  
hearts.  
Now we live here, side by side  
Happy that we did decide  
To move into this happy space  
Where life moves at a gentler  
pace.  
Anon*

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# timlawrence

## Fishing Spot



Although winter is upon us the fishing is still good out there. We have all experienced some pretty warm and calm weather in May and the water is still holding its temperature well into June.

Our fishing has been with mixed results over the last month, ranging from catching buggie all to some really hot fishing in pitch black darkness waiting for the new moon. Maybe it was the change in fishing spots, the southwest wind or the moon, but it was chalk

and cheese out there for us this month. I can feel the change in the air and it won't be long before the fishing gets really patchy when the water cools down. I shouldn't really complain, as we have still been doing reasonably well with good average sizes of fish and the odd 8kg specimen coming on board. Last year we fished pretty well up until Queen's Birthday weekend and I reckon this year will be similar.

In between fishing I attended the Hutchwilco Boat Show, which was great for likeminded people who dream of a shiny new boat and spending way too much money on the latest fishing technology.

Over the next month for snapper fishing I will be concentrating on fishing in shallower water with lots of burley, making sure the tide is running and the wind is not coming from a southerly direction. There are still a lot of bait fish around but the snapper aren't feeding as hard as they were midsummer. Find some structure and lure those resident snapper out. This is probably your last month before winter really kicks in.

Mike and I have been planning a trip out wide as soon as the weather settles enough to target hapuka and bluenose. We know where to go after prospecting late last year and this year we want to land some bigger fish. Fingers crossed the weather is settled Queen's Birthday weekend.

The Fishing Club trip looks like it will be cancelled, with the forecast currently 39 knots gusting to 50 knots, but that's fishing and no doubt we will get down there later in the month when the big kingies arrive. With that said, we are getting more interest and a few more people are wanting to come along on the next charter. If you are interested, contact me on Facebook or come along to the next catch up.

Tight lines!

# Millwater

## wine review

### Matahiwi Holly Pinot Gris 2012: For lovers of BIG FAT white wines

With the last of Autumn upon us, we start to head towards the richer and heartier dishes that make us feel so good in the cooler evenings. Generally, we tend to gravitate towards a wine to match these richer-styled foods. You wouldn't normally think of Pinot Gris, but I have a recommendation that will surprise the Pinot Gris fans – it's really for the fans of Chardonnay who love them rich; big and golden in colour.

So; why is this such a rich style of wine, as normally most Pinot Gris is light? For the Holly Pinot Gris, the winemaking was considerably more time-consuming and technical. The wine was firstly barrel-fermented in old French oak, then aged for 7 months in older French oak barrels, to develop richness and palate weight. At 4 years old, this has developed the secondary Alsace-style characteristics; where it has become richer, complex and golden in colour. Still dry in style, it displays aromas of summer peach and gala apple, with floral notes that are a perfect match to creamy pasta or a Seafood Mornay.

To give you an idea of the quality: Holly Pinot Gris 2012 has been awarded 5/5 stars by Wine Orbit Wine Reviews, and at the 2014 China Wine & Spirit Awards it won a Gold Medal and Best Value – not bad at \$14.99 per bottle. This is what I would call a bargain for the Chardonnay fans!

Matahiwi Holly Pinot Gris 2012 is available from Manly Liquor, Shop 62 Rawhiti Road, Manly Village, E-Mail us on [manlyliquor@xnet.co.nz](mailto:manlyliquor@xnet.co.nz) or call on (09) 424 2969 to arrange delivery.

**Ivan Tvrdeich**  
Millwater Resident  
Manly Liquor



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# pharmacytalk



## Dealing with Winter Ills

The weather is changing and it's quickly coming into cold and flu season. Along with the flu vaccinations Hickeys Pharmacy can provide, there are various other products we can offer.

### BUCCALINE BERNAL AND IMMUNE BOOSTERS

Buccaline tablets are a pharmacist-only medicine, which provides cover against secondary infections related to colds and is great for people who get sick regularly in the winter months. This product acts by stimulating your immune system to fight bacterial infections and reduce the risk of the problem progressing any further and therefore minimising the chance of having to go and see the doctor.

Immune boosters such as GO Healthy Vir-Defence or Good Health Viralex have high-strength Olive Leaf Extract, which is both antibacterial and antiviral. Incorporated in a capsule with garlic, astragalus, Echinacea and Vitamin C, these supplements help to kick-start the immune system into overdrive, to help combat colds and get your body back up and running.

### USING PROBIOTICS WHEN TAKING ANTIBIOTICS

Antibiotics prescribed by the doctor not only kill the bad bacteria inside us, but also the good ones. 70% of your immune system comes from your gut and the levels of bacteria such as lactobacillus acidophilus are depleted when taking antibiotics. Therefore, people find that during a course of antibiotics they are more prone to things such as stomach pain, flatulence, diarrhoea or thrush. In certain people their immune systems are so depleted that they have to take multiple courses of antibiotics to get over the infection. We recommend a probiotic such as "Go Healthy Antibiotic Support" in conjunction with the antibiotic to restore some of the 'good' bacteria lost and to minimise your chance of getting any nasty side-effects. A product has also been formulated in a powder form for children as their immune systems are not as developed as adults.

Come in and have a chat to us about any of these products and we can shed some light on these or any other products that would be best suited to you.

Regards, Hickeys Pharmacy Team

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# Personal Wellness with Helen



For a long time I had cats, then when I bought my first home it was time for a dog. The breed I settled on was the German Wirehaired Pointer. Meg came home at the beginning of 2001. She was a fantastic dog – kind hearted and gentle. In 2003 I was ready for another dog – in May of that year Gus came home. In the car ride back from Katikati he was car sick. He ended up snuggled on the front passenger seat. I'll always remember the look he gave me – his eyes looked straight into my heart and I knew I was his. Gus was a very different dog – still kind-hearted – but with that came a big soul, independent and protective.

He was always protective of me. Sometimes a little too forcefully but as far as he was concerned he was doing his job.

Meg died at age 10, suddenly. Gus had been struggling with a failing heart and died in March aged 13.

They were such a huge contribution to my life when they were here. Such wonderful experiences and joy from them. And a few dramas. They leave such a huge gap.

I still feel Gus around me – looking out for me. And even though we have other dogs, each one of them is such an individual they never take the place of the soul that was here.

## Emotional Bond with our Animals

My son is reading the "Spirit Animals" books at the moment, so I've been thinking about my animals who are now in spirit. Truth is; my big dog Gus only recently died, so he's not far from my thoughts.

Our animals make such a huge contribution to us. They are part of the family – our fur babies. How is it that they just know to come and sit with us when we are sad, and they are totally ready to play in the next moment. They don't speak to us and they have so much awareness.

## What do your animals mean to you?

Helen McAuley-Grant is a Body & Soul Consultant, and Registered Senior Consultant Kinesiologist. She has been in practice over 12 years, and lives locally. [www.evolutionary.co.nz](http://www.evolutionary.co.nz) Ph 021 499 824



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# Homeopathy for fear of flying

Fear of flying is very real for many people. You are certainly not alone, as you will always find that many people have a similar fear.

Fear of flying can cause palpitations, profuse sweating and panic attacks. These physical symptoms can be triggered by phobias of enclosed spaces, fear of death, the dark or heights, anticipated fear of turbulence, of landing and taking off, or a general fear of being out of control. These are all very real fears and once we acknowledge them they can be treated with homeopathy. Homeopathic remedies are prescribed on a particular fear and also the symptoms caused by that fear, and may bring relief before and during the flight experience.

Many homeopathic remedies may soothe or eliminate the fear of flying. I have mentioned just a few remedies, but an in-depth consultation may be needed to find the specific remedy that matches your symptoms.

**Argentum nitricum:** This remedy may help the very restless, anxious person, fearful that the plane might crash. The per-

son needing this remedy starts getting anxious a few days before the flight. Often, this is accompanied with frequent bowel movements. The person will choose to sit in the aisle seat as he/she is claustrophobic. There is also a fear of heights and therefore avoidance of looking out of the window.

**Aconite:** This is the remedy for utter panic and fear of death to the point of predicting the time of death. The person is restless and anxious, which gets worse if there are any delays in the flight.

**Arsenicum:** Main fear is that of death. This remedy is called for when the person needs reassurance that they will survive the flight. If the travel companion leaves them for only a short time they get anxious and restless.

**Gelsemium:** This remedy is called for when the person feels very weak and heavy. Muscles do not seem to function properly and there is weakness in legs.

**Ute Engel, Millwater Resident**  
Registered Homeopath (DipHom RCHom)  
[www.homeopathyorewa.co.nz](http://www.homeopathyorewa.co.nz)



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# What is glaucoma? With OPSM Silverdale



Your optic nerve transmits the signals received by the back of your eye, the retina, to your brain. Glaucoma is a disease that affects the optic nerve, slowly destroying vision and eventually causing blindness. Sadly, there is no cure for glaucoma but it can be controlled and its progress stopped, or at least slowed down. **This is one of the reasons we recommend an eye examination at least every two years, particularly if you are over 40.** Early detection means we can start treatment before too much vision has been lost.

## What are the symptoms?

Many people with the early stages of glaucoma have no idea at all, as the disease shows few symptoms and develops slowly. The first sign is usually a reduction in side (peripheral) vision. Later, vision becomes blurred and it becomes hard to adjust to low light conditions. If you experience any of these symptoms, make an appointment with your OPSM optometrist as soon as possible.

## What causes it?

Anyone can get glaucoma, but if you have any of the following the risk is higher: • A family history of glaucoma (especially close relatives). • High eye pressure. • Diabetes. • Migraine. • Short- or long-sightedness. • A previous history of eye injury. • High or low blood pressure. • A history of prolonged cortisone drug use (steroids). If any of these apply to you, it's important to have a glaucoma check by the age of 35, and again every two years.

## What is the treatment?

With the right treatment, glaucoma can usually be controlled and further loss of sight either prevented, or at least slowed down. There are three main types of treatment: Eye drops – this is the most common treatment, designed to reduce the pressure in the eyes and the drops must be used as prescribed. Laser surgery – this may be performed as an alternative to eye drops or if eye drops have not had the desired effect. Surgery – in most cases this is performed after the other two options have failed to control the pressure in the eye. A new channel is created to allow fluid to leave the eye. Sadly, the effects of glaucoma cannot be reversed and these treatments will not improve eyesight or repair vision. **This is why early detection and treatment is so important.**

**If you have any questions regarding this or any other eye issue, or would like to book an appointment for an eye test, please call OPSM Silverdale on 09 426 7902.**



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

# B Vitamins

The B vitamins are of a group of water-soluble vitamins, crucial to our overall health. They are not stored in the body, which means that toxicity is unlikely, unless they are taken in very large doses in supplement form. It also means that they need to be consumed every day – whatever our body doesn't need for that day then gets flushed out in the urine.

This group is made up of Vitamins B1, B2, B3, B5, B6, B7, B12 and folate (B9). With the exception of B12 and folate, they help our bodies to extract energy from the food we eat. They are important in helping our nervous systems to function properly and for healthy skin, hair, eyes, muscles, brain and immune system. Vitamin B12 and folate help our bodies make DNA (our genetic material) and help it to function properly, which means that they have an effect on every cell in our body. They also assist vitamin B6 and iron in keeping our hearts healthy. B12 is very important for making red blood cells and ensuring that we have a healthy nervous system.



Women who are pregnant or wanting to become pregnant need extra folate. A daily supplement of 800µg of folic acid onemonth before becoming pregnant and three months after becoming pregnant will prevent neural tube defects such as Spina Bifida. This is the period when the baby's brain and spinal cord develop and is a process that requires folate for it to occur properly.

Vegetarians (who avoid eggs and dairy) and vegans need to



take a vitamin B12 supplement, as B12 is only found in animal products. A deficiency of B12 can result in anaemia, fatigue, memory loss, shortness of breath, numbness in extremities, poor concentration, pale skin and dementia.

Diets that are high in processed foods typically do not provide adequate amounts of B vitamins. Insufficient B vitamins can affect the amount of physical activity we are able to do and may result in issues such as fatigue, memory loss and depression.

B vitamins can be found in green vegetables, milk, meat, eggs, liver, whole grains, fish, poultry and nuts. Folate is found in liver, dark green leafy vegetables, asparagus, Brussels sprouts, peanuts, oranges, strawberries, bananas, dried beans and peas. A good, well-balanced diet, high in unprocessed foods, will provide all the B vitamins you need to stay healthy.

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

**By Paula Southworth**  
**Nutritionist & Health Coach**  
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# HYPNOSIS? WHY NOT!

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Denise Dalbeth has been practicing hypnotherapy in Orewa for 4 years and has been very successful in helping clients of all ages. She is very passionate about assisting her clients achieve a happier, healthier way of life.

Denise has helped clients with a variety of issues; including stress, anxiety, relationship issues, food cravings and exercise motivation, along with post-traumatic shock and a variety of childhood issues.

She finds working with children incredibly rewarding, as it eases their burdens and provides the tools for a happy childhood and beyond.

Your child's conscious mind does not begin to work effectively until they go through puberty. Due to this, children do not have the skills or ability to deflect negative comments made to them by a variety of people. These comments go directly into the unconscious mind,

which never forgets.

Negative and destructive comments, along with unavoidable stressful life events, can cause a variety of insecurities and behavioural issues. Denise finds hypnosis for children over 8 year-olds to be very effective, while, for under 8 year-olds, the Goulding SleepTalk™ programme is invaluable.

Denise says "As an accredited Goulding SleepTalk™ Consultant, it never ceases to amaze and delight me how effective this programme is."

Most adults, when they hear SleepTalk™, think it is children speaking in their sleep. However, this amazing programme, formulated by Joanne Goulding, is where Denise teaches parents to make positive, scripted suggestions directly to their sleeping child.

Yes: your child is asleep; however, the unconscious mind is awake and recep-



tive to positive suggestions. These suggestions have been directly formulated to help your child become self-assured, gain confidence, overcome many childhood issues and feel sure of their parents' unconditional love – thus enabling them to become happy, confident and self-assured as they grow and develop into adulthood.

**Denise Dalbeth**  
**COAST2COAST HYPNOTHERAPY**

**Denise Dalbeth**  
Clinical Hypnotherapist  
HPD DipCAH PNLK UK & NZ  
Goulding SleepTalk Consultant™

## COAST<sup>2</sup>COAST HYPNOTHERAPY

*Learn to use the power of your mind*



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# The problem of glue ear



Hearing occurs when sound waves travel along the outer ear, causing the ear drum or tympanic membrane to vibrate. Behind the eardrum are 3 connected bones that transmit these vibrations to the cochlea or inner ear. The cochlea in turn converts the vibrations into "electric" signals that are transmitted via the auditory nerve to the brain. The brain interprets these signals as sound. The middle ear cavity is usually filled with air. The air pressure in the cavity is equalised by the Eustachian tubes when we yawn or swallow. The Eustachian tubes connect the middle ear cavity to the pharynx (throat). If the Eustachian tube becomes blocked or does not open properly a vacuum can develop in the middle ear cavity, causing fluid to seep into the cavity from the surrounding tissue. Over time, this fluid can become

thick and sticky, which affects the working of the eardrum and bones in the middle ear, causing a dampening of the vibrations, making it feel as if the sound is turned down. Glue ear is more common in young children because the Eustachian tubes differ from those of adults both in length and angle.

Glue ear becomes problematic when hearing is affected over a period of weeks or months while the child's language skills are developing and they are not able to hear well or if the fluid becomes infected. Often, the fluid will drain gradually and the hearing returns to normal – but, if you notice that your child turns the volume of the TV up or keeps asking you to repeat what you said, it may be worth doing some further investigation as glue ear can occur without other symptoms like pain or fever. Studies have shown that, on average, children with glue ear have no more chance of having long-term behavioural or educational problems than children without glue ear. However, if a child has glue ear for many months during the formative years, there may be speech problems that require speech therapy to correct.



**Tanya Collett**  
09 421 1337 • 021 949539  
[www.hearsay.co.nz](http://www.hearsay.co.nz)

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**FDANZ**

# Millwater ROMEOS

For the May meeting of the Millwater ROMEOS (Retired Old Men Eating Out), we did something a bit different from previous outings. Thirteen of the group (almost a full muster) went Ten Pin Bowling, followed by lunch at JAC's Restaurant and Bar at Whangaparaoa Plaza. One of the aims of the group is to support local businesses and not to stray too far away from home unless it is for something special that is not available locally.

We all met at Tenpin Whangaparaoa and took over 4 bowling alleys. None of us had done much bowling previously so the level of bowling was fairly erratic. Thank goodness for automated scoring to help keep track of our scores! The highest score was 109 (well done Roger) and it went downhill from there. The games were a lot of fun and everyone was able to work up a thirst and an appetite for the second event of the day.

For lunch we walked 120 metres up the hill to JAC's Restaurant and Bar, which enjoys a panoramic north-facing view over Whangaparaoa and out to sea. Beginning with our favourite drink we then ordered from the \$13.50 lunch

menu, which offered sufficient variety for everyone to find something to eat that they enjoyed. We were very fortunate to be able to sit over a drink and food, chatting with good company and enjoying the view and the spacious ambience of JAC's.

Next it was back to the host's home for coffee and nibbles. It is a ROMEO tradition that each month a different member organises the day and then members go

back to his home after lunch, to round off the afternoon. This is also good opportunity to discuss whatever is on people's minds. One topic that was discussed was how fortunate we are to live in a safe and secure country, when compared to many other countries around the world where people's safety and security are at risk.

Another great day enjoyed by the Millwater ROMEOS.



## STYLISH CHIC & ELEGANT

This is what you'll feel like after visiting our modern and family friendly salon in Silverdale.

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\* Subject to availability. Valid for new clients only. Voucher is valid June 1st to 31st August 2016. Not to be used in conjunction with any other promotion. Not redeemable for cash. 25% off services only.

Tayla'  
STYLING

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# Can diet affect your pet's behaviour?



Many of our clients tell us that their pet's behaviour alters noticeably upon changing from processed food to a raw diet. We routinely hear things like: "My dog is so much calmer since the change" or "My cat is so much cuddlier now, and less skittish."

Is this a coincidence? Or is there something more to it?

A clear connection between gut health and brain function has been established in humans. It is known as the gut-brain connection, and it gives whole new meaning to the phrase "go with your gut feeling!"

Processed pet foods are high in inflammatory factors, and evidence suggests that they contribute to gut dysbiosis (disordered gut bacteria).

Diet definitely affects behaviour. We know from studies in children that coloured fizzy drinks heighten excitement levels. What if your excitable puppy was actually reacting to additives and preservatives in his food?

An easy way to find out is to pop in to one of our stores. Tell us about the quirky behaviours you are facing with your own pet... We love your stories and we especially love being part of the solution!

A diet of high quality, raw meaty bones, organs and tripe might just be the answer. Your pets will love you for it!



**theMillwatermag**

**Sarah Furniss**  
Publisher

**P** 0274 440 044 • 09 426 6155  
**E** sarah@themillwatermag.co.nz  
[www.themillwatermag.co.nz](http://www.themillwatermag.co.nz)



Yip we're accountants!




Here to keep an eye on your business!

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**MIKE PERO SILVERDALE**

**JUNE  
PROMOTION**

---

**Mike Pero Silverdale would like to celebrate their fantastic first half of 2016 by offering Millwater residents a complimentary marketing package.**

**Complimentary \***

- TV commercial
- Listing on Trade Me
- Listing on Realestate.co.nz
- Listing on Mikepero.com
- Pictorial signboard
- Photography including walk-through video
- Half page advert in The Millwater Mag

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**Mike Pero**

REAL ESTATE

**09 426 6122**

\*Only valid after successful sale. Conditions apply. Mike Pero Real Estate Ltd Licensed REAA (2008)

# Health & Safety at Work Act 2015 now in force



The Health and Safety at Work Act 2015 has made significant changes to workplace health and safety. All businesses should familiarise themselves with the new law and any regulations applicable to their specific sector.

If you haven't already done this, we recommend that you review your health and safety practices, policies and procedures now.

Below are some steps all businesses should be taking:

Identify risks and hazards arising in your workplace (including your workers – they are a hazard too!) Think about ways to effectively eliminate or minimise those risks;

Consult with your workers about any risks and hazards they are aware of or concerned about, and how to eliminate or minimise them. A brainstorming session with a group of workers can be a great way to do this;

Review your health and safety policies, to ensure they deal with every risk and hazard you have identified. Ensure your

policies and rules are followed at all levels of the business. You need to know not only what your workers should be doing, but also what they are actually doing. This will involve observation, training and effective communication with your workers;

Invest in resources to ensure you meet your health and safety obligations and take advice from health and safety specialists (particularly if you're in a business that Worksafe considers to be a high risk workplace);

Make sure that you provide all your workers with adequate, up-to-date and regular health and safety training, so they are equipped to work safely at all times;

Identify who could be deemed an 'Officer' of your business and ensure they are aware of their due diligence obligations. They should all know the risks and hazards arising from the business, and be aware of steps taken to eliminate them. Health and safety should be a permanent and regular agenda item for all board/management meetings; and

Stop any potentially unsafe work practices now – before it's too late!

**For more information about the new legislation and how it will affect you, your business and your workers email us on [savvylawyers@simpsonwestern.co.nz](mailto:savvylawyers@simpsonwestern.co.nz)**

**KATRINA SIMPSON**  
Solicitor  
**SIMPSON WESTERN**

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**Silverdale**  
Cnr Millwater Parkway & Polarity Rise

# TAKE CONTROL OF YOUR SKIN WITH CACI SILVERDALE

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

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

### With Reformaskin® at Caci we can treat:

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

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

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

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



Before



After

### AREAS WE CAN TREAT:

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

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

### WHAT ARE THE BENEFITS OF BEING ON A PROGRAMME?

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

**Call TODAY at the newly-opened Caci SILVERDALE  
09 212 6900**

**Caci Silverdale – 2 Milner Avenue, Silverdale  
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*Reformaskin*

**YOUR SKIN  
TREATMENT  
PROGRAMME**

### Talk to us today about our CORE skin correction treatments

- Fine lines wrinkles & skin firming
- Redness & Pigmentation removal
- Acne or problematic skin types
- Maintenance of a healthy skin

Your personalised skin care program can start today – call to book your free consultation and ask about our payment plan.

Start today for healthy, beautiful skin with **Caci Silverdale.**  
**WE'RE FOR YOU**



# Print Advertising

It's a subject that divides many, but I'm here to say that print is not dead – especially when it comes to selling your home.

If you are selling your home, then you would want to reach every buyer possible; you don't just want to find the first buyer – you want to find the best buyer. Marketing plays a huge role in finding the best buyer and, while the internet is emerging as an advertising authority, it's important to not rule out the power of print.

Print marketing can take the form of newspapers, property magazines and lifestyle magazines. Print advertising has the ability to reach a traditional audience and, while it may not be the most instantaneous method of advertising, it does bring a range of different values to the table.

Print continues to have a strong presence and plays a significant role for those marketing their home, because it has the ability to reach not only a larger audience but it reaches those buyers who have tried and missed out on purchasing in the past. It also allows your home to stand out from the crowd, with many sellers opting to list solely on websites.

Property pages cast a huge net in terms of finding the best buyer because, not only does it target serious buyers, it visually reinforces that your home is on the market. In addition, it's these property pages that continue to get readership from those who aren't in the market – which can ultimately prompt word of mouth to a potential buyer.

While you may think that you are limited by what you can present in a print advertisement, it's important to note that many print advertisements trigger a call to action and, if interested, many will go online to view more information – including additional photos, floor plans or interactive tours.

It's also important to note that print isn't something that you would use as an alternative to digital marketing. Instead, it's something you should use in tandem, to ensure maximum exposure for your property. By employing a frequent, dual approach, you signal to buyers that you are committed to the sale of your property and this can often result in a significantly



reduced amount of time your property is on the market.

Personally, I find it hard to believe that anyone can state that you could achieve the same results with fewer people knowing about the property.

So; here's my question – why wouldn't you use print advertising? You eliminate the possibility of underselling the biggest asset you own by increasing the amount of people who see your home for sale.



**Mike Pero** | REAL ESTATE

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**I'd like to introduce you to a smarter way to sell real estate!**

I can achieve an outstanding result for you and save you thousands of dollars with a competitive fee of just 2.95%\*

Call me today for an obligation free appraisal

\* Our fees are 2.95% up to \$390,000 thereafter 1.95% + admin fee + GST  
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**Vanessa Jardim**  
Licensed Salesperson  
Albany & Long Bay  
021 614 771 • 09 426 6122  
[vanessa.jardim@mikepero.com](mailto:vanessa.jardim@mikepero.com)



# 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.

|                          | Apr 2015    | Mar 2016    | Apr 2016    |
|--------------------------|-------------|-------------|-------------|
| Number of Sales          | 13          | 17          | 19          |
| Median Sales Price       | \$938,000   | \$1,138,000 | \$1,150,000 |
| Highest Sale Price       | \$1,450,000 | \$1,635,000 | \$1,500,000 |
| Lowest Sale Price        | \$843,000   | \$641,000   | \$755,000   |
| Average % price to CV    | 10.69       | 29.85       | 28.11       |
| Average Floor Area (sqm) | 236         | 251         | 230         |
| Weighted Value Index     | 1111        | 1287        | 1389        |

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

The local market seems to have gone against some of the national trends and shown strong growth in sale prices and number of sales in April. While the median price has shown only a marginal increase over March, we can see that the Weighted Value Index has had a massive jump upwards. In reality, this is slightly distorted this month because of a comparatively high number of townhouse resales. However, we can see that there is some upward pressure and the number of properties on the market is falling further, adding to the pressure on prices.

We are often asked the question as to when is the right time to sell a property, relative to winter etc. While it is true that there are more sales over summer, this is usually just reflective of the number of properties that are placed on the market over spring. This follows a traditional – but not necessarily justifiable – position that more people buy over summer. In reality, we see that the number of buyers in the market falls only marginally, compared with the number of listings in the market. The effect is that there are generally more buyers for each available property over winter than can be evident over summer. This is why we often see some price jumps over the winter period, with the greatest price increases last year being between May and September. The long and short of it is; don't discount selling over the winter months – give us a call to discuss

it and we can help you with some more information, so you can make the best available decision.

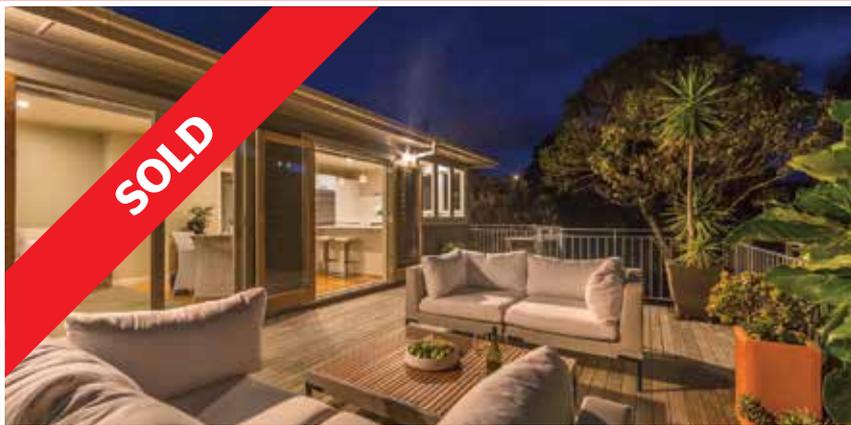
*Grayson*

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# Mike Pero

Silverdale 09 426 6122



**YOUR STYLISH URBAN SANCTUARY - MOVE FAST!**

3 2

**AUCTION**

**6 Park Hill Road, Birkenhead**

- Three bedrooms (two doubles + generous single) plus an office, master suite features walk in wardrobe
- Large 847m<sup>2</sup> approx Freehold site, extensively landscaped including new concrete paths and drive with parking behind automated gate
- Lightfilled open plan living, lovely timber floors and ample windows with wonderful flow through french doors to generous private decking
- Stunning new designer kitchen, engineered stone bench tops, double dish drawers, 900mm Smeg oven with gas cook top & generous cupboards
- Sought after reliable fifties construction



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



**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

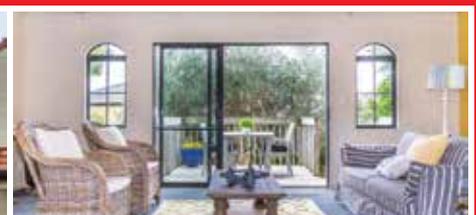
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**CONVENIENT LOCK UP & LEAVE LIFESTYLE**

3 1 2

**\$725,000**

**5B Spencer Road, Oteha**

- Beautifully presented freestanding townhouse with an inviting interior and an attractive hint of charm.
- Open plan kitchen, living and dining spill out to an intimate deck and garden.
- Offering three bedrooms, the master which benefits from a dedicated ensuite and Juliet balcony while a functional family bathroom available for the remaining bedrooms.
- Conveniently positioned close to local amenities and outstanding schooling options including Rangitoto and Long Bay College.

A fabulous opportunity - not to be missed!

[www.mikepero.com/RX794347](http://www.mikepero.com/RX794347)

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Mike Pero

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SINGLE LEVEL, LOW MAINTENANCE, CONVENIENT LOCATION



\$939,000

**29 Old Mill Road, Millwater**

- four double bedrooms, master with ensuite, walk in wardrobe and deck access
- spacious open plan living with wonderful flow to two different outdoor areas
- beautiful entertainers kitchen with breakfast bar, stone benchtops and ample storage
- elevated and northerly facing this wonderful home has a great outlook towards Orewa beach
- large 658m<sup>2</sup> site with room to kick a ball or possibly install a pool
- double garage with great offstreet parking and under house storage options

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

[www.mikepero.com/RX693864](http://www.mikepero.com/RX693864)



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**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

Mike Pero

Silverdale 09 426 6122



QUIET LANE LIVING



\$1,036,000

**8 Seafort Lane, Millwater**

- two year old Mike Greer Home with balance of 10 year guarantee to transfer to new owner
- four double bedrooms upstairs all with built in wardrobes, master with ensuite
- spacious and light-filled open plan living, dining and kitchen including attractive gas fire
- stunning modern kitchen with large breakfast bar and stone bench tops, gas cooktop and dishwasher
- additional lounge adjacent to living with cavity sliders to close off or open up for additional space
- easy flow to outdoor living area and secure backyard, plenty of room for a trampoline or more
- north-westerly aspect with double glazing and quality insulation ensure this home is warm and cosy for winter
- fully fenced and easy care mostly level 526m<sup>2</sup> site

[www.mikepero.com/RX777574](http://www.mikepero.com/RX777574)



**Grayson Furniss**  
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09 426 6122  
grayson.furniss@mikepero.com



**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

# Local performers rocking in RENT



RENT is not your regular musical, full of old 'show tunes'. Written in the 90's with the idea of bringing rock music and contemporary themes to the stage on Broadway, writer and composer Jonathan Larson created a show that was a reflection of the world he knew in Manhattan, New York.

Now, 20 years on from its debut, RENT is widely acclaimed as a revolutionary rock musical, and local community theatre group Centrestage will be presenting their own production of RENT this month.

Millwater brothers Caleb and Kieran Hogan feature in the talented cast, which is led by Sergei Victor in the role of Mark Cohen, a struggling documentary filmmaker. Matt Carr plays his best friend Roger Davis, an HIV-positive musician who is recovering from heroin addiction, and Zaverr Docter is Mimi Marquez, a sexy HIV-positive stripper and dancer who is also a heroin junkie and Roger's love interest.

RENT is an imaginative retelling of the classic Puccini opera, La Bohème, an unforgettable and timeless story of a group of starving artists, who, despite poverty and illness, learn to fall in love, find their voices, and bring a universal message of hope for everyone.

The experienced creative team is led by Director Michael Sanders, with musical direction by George Bonner and choreography by Anna Mortlock. Together, they have enjoyed this challenge and spent many long hours working on bringing this powerful piece of theatre to the stage.

With some formidable voices, and great guitar riffs, RENT will be a powerful and ultimately uplifting theatre experience.

Recommended for Mature Audiences, RENT contains adult language and situations.

**Tickets are available from [www.iticket.co.nz](http://www.iticket.co.nz) or phone 09 426 7282.**

**RENT, June 11 to 25 at Centrestage Theatre, Centreway Road, Orewa**

Centrestage Theatre Company Orewa Inc. proudly presents

# RENT

The Musical

Book, Music and Lyrics by  
**Jonathan Larson**

Original Concept/Additional Lyrics: **Billy Aronson**      Musical Arrangements: **Steve Skinner**

Music Supervision And Additional Arrangements: **Tim Weil**      Dramaturg: **Lynn Thomson**

Directed by **Michael Sanders**  
Musical Director: **George Bonner**  
Choreographer: **Anna Mortlock**

## 11th-25th June

RENT was originally produced in New York by New York Theatre Workshop and on Broadway by Jeffrey Seller, Kevin McCollum, Allan S. Gordon and New York Theatre Workshop. Licensed exclusively by Music Theatre International (Australasia). All performance materials supplied by Hal Leonard Australia.

For tickets call 09 426 7282 or go to [www.iticket.co.nz](http://www.iticket.co.nz)

## Advertising in **theMillwater**mag

A banner this size is only \$150+gst

Booking & artwork deadlines - 15th of the month

**Contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz) or 0274 440 044 to book your space!**



**SILVERDALE  
MEDICAL**

welcomes

# Millwater Medical to the Hibiscus community

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

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

Millwater Medical is now open for business and will provide general medical services between the hours of 8.30–5.00 Monday to Friday.

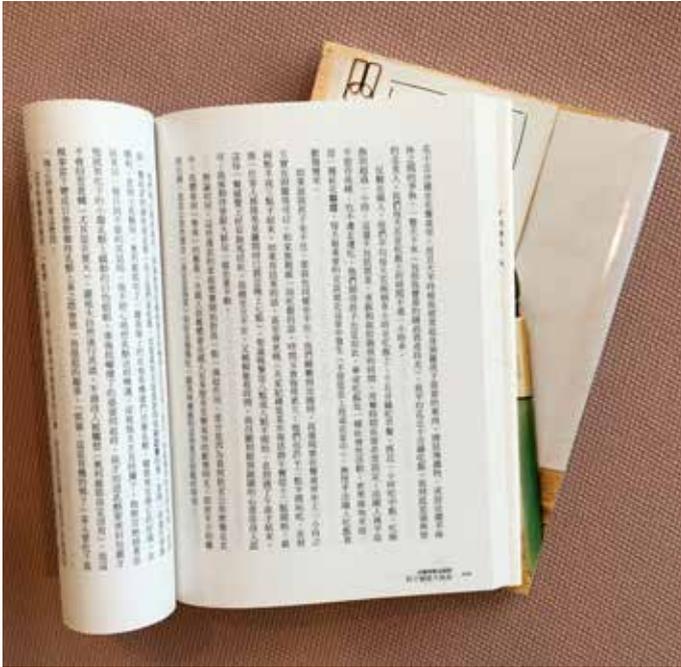
Outside of these hours urgent care can be provided by Silverdale Medical who are open later during the week and weekends. All specialised services such as minor surgery and fracture care will be performed at Silverdale Medical.

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

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

# millwaterasiancorner

## Frequently Asked Questions



Let's face it, although our city and neighbourhood is blended with people from all around the world, being Asian I am so easy to pick out from the crowd! I think that could be the reason why I am occasionally stopped by strangers on the street, who ask me various questions on the Asian culture.

The FAQ: what's the different between Mandarin and traditional Chinese?

Mandarin is a language that is officially spoken across China and Taiwan. Where traditional Chinese is a writing system, with the characters having been developed and used for thousands of years, but nowadays is only used in Taiwan, Hong Kong and Macau. In China, they write Simplified Chinese.

Why is it so complicated? That's because Traditional Chinese is very hard to learn and write; most characters have so many strokes. It was back around 1950 that the Chinese government considered simplifying it in order to reduce the rate of illiteracy, and the modified characters are called Simplified Chinese. Of course, the simplification process has also removed the root and history of the characters, but that is another story. Nowadays, people in China still learn Traditional Chinese in

some way, but simplified is definitely dominant. However, you will find Traditional Chinese is still used across most overseas Chinese printed matter, including **theMillwatermag**. That's because we need to ensure every Chinese can read it, no matter where they come from.

Many, many years ago, the Korean and Japanese adopted some of the Chinese characters, but nowadays only Japanese use them in their writings.

People said you may need to learn 2000 Chinese characters in order to read a book, and 3000 to read a newspaper: that's a lot when compared to only 26 characters in English! As a mum, I really want my kids to speak my mother language, but to teach them 2000 characters? I don't even want to think about it. Raising a kid is not easy, raising a bilingual kid is just double the trouble. I am totally satisfied if they can speak my language and understand what I said. But, how much do they actually understand? Here is a very good joke to finish up my article.

One day my son spotted a coat that I have put away at the very bottom of the wardrobe. He took it out and asked (conversation in Cantonese)

"Why I never see you wearing this?"

"Oh, this make me look like a 'see lai' (a pejorative word to describe a makeup-free, unfashionable woman)"

"Oh, there is no way you look like a 'see lai' mum"

"Really? Maybe I should reconsider this coat then... but wait, do you really know what a 'see lai' means?"

"Yes of course, sea lion! There's one in Auckland Zoo."

Immediately, I throw the coat away.

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



### Know something that we don't?

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

# 6 BENEFITS OF INVESTING IN A GOOD LENS COATING

By David Joe, owner and optometrist at Visique Hawkins Optometrists

Sick of having reflection on your lenses? When buying lenses, most people are unaware of the types of coatings that are available to them. With evolving technology, you can choose a coating for your lenses that will suit your lifestyle, ensure that your vision is very comfortable and also make you look good.

Here are six benefits of investing in a good lens coating:

**1. Scratch resistance & durability:** Protection from damage means your glasses will last longer.

**2. Anti-reflection:** Today's modern anti-reflective coatings can virtually eliminate the reflection of light from eyeglass lenses, allowing 99.5 percent of available light to pass through the lenses and enter the eye for good vision.

**3. Anti-glare:** Lenses with an anti-reflection coating will provide sharper vision with less glare when driving at night.

**4. Appearance:** By eliminating reflections, anti-reflection coating also makes your eyeglass lenses look nearly invisible so people can see your eyes and facial expressions more clearly. Anti-reflective glasses also are more attractive, so you can look your best in all lighting conditions.

**5. Comfort:** Your vision is relaxed and you can wear your glasses for long periods of time.

**6. Easy to clean:** your lenses will repel dirt, staying cleaner for longer.

We recommend choosing a multi-coat over a hard coat.

## Multi-coat

A multi-coat is better than your standard hard coat, and is also otherwise known as anti-reflective coating. This type of coating incorporates a combination of coatings – anti-reflection, scratch-resistant, water repellent and UV protection. It is designed to minimise lens reflections, improve the clarity of your vision and protect the lenses.

## Hard coat

Most modern lenses are made from plastic materials which are relatively soft. The basic Hard Coat is designed to provide a level of protection from superficial scratches and abrasion to ensure the integrity of the lens optics providing you with the best durability possible for these lenses and coatings.

**When choosing a coating for your lenses, there's no substitute for expert advice.**

Come and visit us today at Visique Hawkins Optometrists, Shop 20, 175 Millwater Parkway, Silverdale and let our friendly team help you choose a lens coating that will suit your lifestyle.

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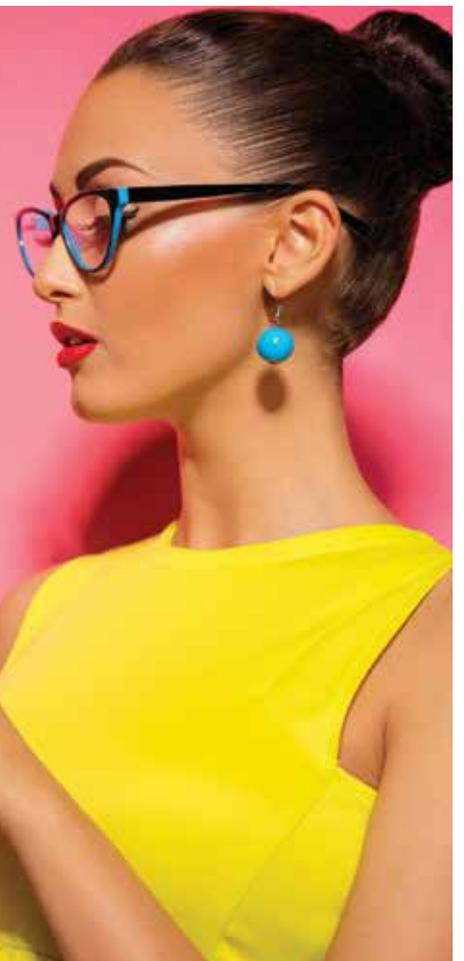
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\*To redeem this offer, you must mention this ad. Coatings discount applies when a pair of lenses are purchased. Offer only available at Visique Hawkins Optometrists, and ends 31 July 2016.



# SMILE MAKEOVER FOR A BUSY MUM

## Tell us your story and be in to win!



As a busy dental practice, we're always trying to find ways in which to give back to the wonderful community where we work. There is one thing we see over and over again; and that is the busy mums with too much to do, and too many people to take care of! It's easy for mums to feel like there's not enough time and not enough money to spend on their own dental health.

We want to try and make a difference to the lovely, hard-work-

ing mums in our community and we think that a free smile makeover would be the perfect way to do it.

The psychological effect of a beautiful, healthy smile can't be overstated. Many people suffer in silence, or live in embarrassment, when they feel their teeth don't meet 'society's beauty standards'. The truth is that all those megawatt Hollywood smiles were only made possible through the expertise and skill of today's dentists, like our very own Dr. Dusan Kuzmanovic.

There is no shame in not having a Hollywood starlet's smile naturally – she didn't, either! If there is something about your teeth you'd like to change, no matter how big or small, we'd like to hear about it! If you're a busy mum unhappy with your smile, or would like to nominate a mum you know, tell us your story and be in to win an awesome opportunity to have your smile turned into what you've always wished it could be.

Write to us at [team@dentalsuite.co.nz](mailto:team@dentalsuite.co.nz) or send us a private message on Facebook at [www.facebook.com/TheDentalSuiteSilverdale](https://www.facebook.com/TheDentalSuiteSilverdale), to tell us about yourself or your nominated mum and why you deserve a smile makeover from The Dental Suite!

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# NEARBY NEIGHBOURS

## Whangaparaoa – the Jewel in the Hibiscus Coast’s crown!

Stretching 15kms from Red Beach to Shakespear Park, the Whangaparaoa Peninsula continues to be one of the most idyllic beachside areas of the country.

Glimpses of the coast, South and North, offer the beauty of the Hauraki Gulf every time you drive, walk or bike it. It’s dotted with parks and playgrounds; when you add 10 beaches you are forgiven for believing it is in fact Heaven!

The Whangaparaoa Peninsula hosts 3 golf courses; one of which, Gulf Harbour, is world-renowned. The world-class marina complex offers divers, sightseers and boaties of all types the gateway to the Hauraki Gulf. Surrounded by a plethora of islands, getting away from it all is simply at your doorstep.

If you haven’t been to ‘Z’ pier to watch the snapper and kingfish fight the sting rays for bait, you simply have to do so. I take all visitors and family members to watch this spectacle – it is truly marvellous!

Regional Parks, including Shakespear, are abundant and offer visitors and ‘coasters’ beaches, play areas and perfect environments to gather as families or friends. Grown-ups to toddlers are all included in recreational aspects that only a true coast has at hand. Whether it’s learning or competitive, or simply for the fun of it, any form of sea-based activity can be had. Clubs abound and getting in or out on the water is easily a major pastime for many.

Land-based clubs are plentiful too, with pretty much every-

one catered for, including the leisure centre in Stanmore Bay. You can swim indoors, swing a squash racquet, play basketball, attend many fitness classes or work out in the gym. Next door is rugby league with its national-leading teams and right across the road soccer players chase the round ball.

Educating the young (and not so young) is a breeze; Whangaparaoa College/Intermediate along with the private Wentworth College in Gulf Harbour. Red Beach, Stanmore Bay, Whangaparaoa and Gulf Harbour all offer primary schooling, and there are plenty of 1st class pre-schools as well.

Dining on the ‘coast’ is superb and virtually all tastes are well and truly catered for. A curry in Manly Village, a Pizza at Jac’s, or fine cuisine at the “Cove” – the choice is endless and the staff are all friendly.

Selling homes in the area for 17 years, I know the many changes over the 20 years I have been living here. The diversity of the houses is awesome; from age-old baches to multi-dimensional mansions, to work-from-home duplexes, to penthouse apartments – and everything in between.

So close to Auckland, yet far enough away, the Whangaparaoa Peninsula offers an alternative like no other. I guarantee when you arrive back from being away, or just coming home from work, your mind will breathe a sigh of relief. You are once again at the beach and feel like you’re on holiday. My only word of caution is: make sure you say “hi” back to everyone, or they may just think you’re visiting!



# Recipes from Millwater Residents



## Five-star Homemade Seafood Soup

I stole this recipe from my husband and, although it is a bit complicated, I guarantee the taste is worth it.

### INGREDIENTS

Tua Tua 1.5kg\*  
 Raw banana prawn 700g  
 Frozen scallop 250g  
 Tomato puree 1 can  
 Handful of star or rice-shape pasta, cook al dente  
 Italian herbs  
 Fresh Basil  
 Grated Parmesan cheese

### TO PREPARE TUA TUA STOCK

In a deep saucepan, bring 1.5 litres of water to the boil. Add Tua Tua, remove from water immediately once the shell is opened (not necessarily fully open)

Retain Tua Tua stock

Remove Tua Tua meat from shell

### TO PREPARE PRAWN STOCK

Remove shell and head, then de-vein it (remove the intestinal track). Put the meat aside

In a saucepan, fry the shell and heads in high heat with garlic and butter for about 10 minutes; try to squeeze as much liquid as possible from the heads

Add in the Tua Tua stock and boil for 5 minutes

Strain the stock with a fine mesh strainer, or a cheese cloth \*\*

### FINALLY

In a deep saucepan, fry prawn and scallop with some garlic and butter, then remove from pan and set aside

In the same saucepan, add strained stock, tomato puree and herbs. Bring to the boil, add pasta and season to taste

Assemble the soup and seafood in a bowl, garnish with fresh basil. Voila!

\*Fresh Tua Tua arrive at Ocean Seafood Silverdale every Friday, you can call them to check for the availability

\*\* I use a soup bag, which is available in most Asian grocery stores

Nita Wong



## Chicken Parmesan Spaghetti Squash

### INGREDIENTS

1 large spaghetti squash  
 500g thin sliced chicken breast cut into strips, OR 500g fish cut into strips, OR 500g cooked mince.  
 2 eggs, beaten

1 cup flour – plain or gluten-free

1 cup panko breadcrumbs

1 cup LSA OR fine ground cornmeal  
 1 Cup of sliced raw spinach leaves (optional) OR 1 raw grated courgette

#### FOR THE SPICE MIXTURE

1 tablespoon salt  
 1 teaspoon pepper  
 1 teaspoon smoked paprika (may sub. regular)  
 1 teaspoons chili powder

#### FOR THE SQUASH

1 cup chunky tomato sauce (home-made OR 1 can Watties Indian tomatoes)  
 1 cup mozzarella  
 1 cup grated Parmesan cheese  
 Italian seasoning  
 Vegetable Oil for frying

#### DIRECTIONS

Preheat oven to 375 degrees.

With a sharp knife, slice the squash in half, lengthwise.

Scoop out the seeds – brush with oil, salt, and pepper, and roast face down in a preheated oven for 40 minutes, until a fork can easily pierce the skin.

Meanwhile, slice the chicken breasts (or whatever other alternative you are using) into strips.

Mix spices together and add to flour, LSA (or cornmeal) and bread crumbs in a medium sized bowl. Set aside.

Transfer beaten eggs to a medium bowl. Set aside.

Coat each chicken or fish strip with the flour mixture, then egg, and then back in the flour mixture.

Pour enough vegetable oil in to a medium-large skillet so that it is 1/4-inch deep and heat over medium-high heat. Fry the chicken strips (in batches if necessary) until golden brown on both sides and cooked through. Set aside on paper towels to drain oil.

Once the squash is out of the oven, let cool for about 10 mins. Flip over and shred the inside of each squash with a fork so that the spaghetti strands are loosened. Be careful not to poke a hole in the skin of the squash.

In each spaghetti squash half: pour some tomato sauce over shredded squash. Top with chicken strips, then more tomato sauce, scatter with sliced spinach leaves and finish with mozzarella and Parmesan cheese, and a pinch of Italian seasoning. Return to the oven to bake for 15 minutes until the cheese has melted.

Enjoy!

**Diana Lakin**



## Feijoa Shortcake

This Feijoa Shortcake recipe is a cute twist on a Kiwi classic. It won't fail to impress.

#### YOU WILL NEED

125 g butter  
 ½ cup sugar  
 1 cup self-raising flour  
 1 1/4 cup plain flour  
 600-800g feijoas, scooped out and chopped  
 1/2 cup sugar  
 2 Tbsp custard powder

#### METHOD

Cream together butter and sugar.  
 Sift together self-raising flour and plain flour and combine with creamed mixture.  
 Divide mixture and press a little more than half in the bottom of greased baking tin.  
 Scatter over chopped feijoas and sprinkle with sugar and custard powder.  
 Crumble the rest of the mix over the top of the feijoas then bake 35-40 mins, 190 degrees or until nicely golden on top. Sprinkle with icing sugar to serve if desired.  
 Serves 8.

**Recipe courtesy of Chika Deane**  
**Millwater resident**  
**Writer for fresh.co.nz**

Do you have a recipe you'd like to share with Millwater?  
 Email your recipe to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



# GARDEN CARE FOR JUNE

From Living Earth



## Edible Gardening

This winter, make a trip to Auckland's Botanic Gardens, where their brick-walled edible garden is outstanding in its display of winter food crops. Warmer than usual temperatures have assisted- there's plenty of inspiration and take-home tips for growing food as we finally head into winter -



**Cold hardy vegetables** – Giant Mustard, silver beet, fennel, red and green cabbages, kale and mibuna are all good to grow as we head into winter. Iceberg-type lettuce varieties tend to be the strongest in the winter months.

**Garlic** – great time to put a crop of garlic in. Gently separate out healthy cloves from a head of garlic and plant 10 – 15 cm apart with the 'pointy end' facing upward.

**The many uses of rosemary** – subtle favouring for winter cooking and beautiful blue flowers in winter are two of the benefits of growing rosemary. But check out the Botanic Gardens' stunning rosemary hedges around their vegetables beds.

**Fruit tree clean-up** – ahead of pruning, pick up fallen leaves and rotting fruit, to eradicate risk of leaving diseased spores in the soil. Spray after leaf fall with copper and oil to further clean-up for spring growth.

**Dig in lupin green manure crops** – when they get to knee-high and ahead of flowering, cut down the plants and dig through the soil.

**Liquid Frost Cloth** – if you tend to get frost in winter, now's the time to protect citrus and other vulnerable bushes by spraying over liquid frost cloth, a heavy oil-based cover that helps lessen frost damage on leaves.

## The rest of the garden

**Hardwood cuttings** – Perfect time to take cuttings of roses, hydrangeas, viburnums etc. Cut 15-20cm pieces of up to 1cm thick and remove leaves. Make sure the top is cut on a slant just above a leaf node. Place cuttings in propagating sand and water regularly until the cuttings have taken root when you transfer to their own pot. (Hydrangea cuttings can go straight into the garden).

**Drainage in Lawns** - If your lawn doesn't drain well in winter, apply a layer of gypsum ahead of rain. Repeat in a fortnight's time.

**Inside** – Reduce water to house plants, letting them dry out between watering. Tidy up old leaves and wipe dusty foliage with a damp cloth.



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We would like to take this opportunity to thank you all for your continued support and custom.

# The Army Within



You have been blessed with an internal army that is constantly at battle with the enemy. This army never stops fighting to keep you protected from the trillions of disease-causing viruses, bacteria, parasites and fungi that bombard your body daily, attempting to set up camp. Mostly unseen and unheard, these nasties attack you from all angles, externally and internally. If it weren't for your personal army, your immune system, you would be in dire straits. But not all bacteria in and on you are bad, as around 100 trillion of them form part of your complex immune system.

Yet at times we can be guilty of expecting our immune system to function without any help. The saying "an army marches on its stomach" means a group of soldiers or workers can only fight or function effectively if they have been well fed. It makes sense then to keep your immune system strong at all times, not just if you feel unwell or when the flu season strikes. Prevention is the key! If you are constantly getting colds or repeat infections, it is a sure sign that all is not well with your immunity.

Bolster your friendly soldiers with a diet full of whole grains, omega-rich oils and healthy fats, unsweetened yoghurt, colourful fruits and vegetables – eat a rainbow; avoid processed grub full of sugar, trans fats and chemicals; reduce stress where possible; get more sleep; supplement with a good quality high potency multi-vitamin and individual supplements such as Vitamin C, Vitamin D, Cod Liver Oil, Olive Leaf Extract, Garlic, Oregano Oil, Medicinal Mushrooms, Echinacea, Colloidal Silver – plus recolonise your good bacteria with a quality probiotic. These and many other excellent singular and combination immunity-boosting supplements are available at **Health By Logic in Silverdale Village.**

## Millwater Women's Group

Our April meeting was held in the gardens of one of the original Millwater residents. Vera generously invited us to have a shared outdoor morning tea and enjoy her lovely garden. We all loved seeing her beautiful mature trees and hearing so much history about the lovely area we live in. Thanks to Vera and her friends who made us so welcome and shared their history so generously with us.

Our May 18th meeting was back at the Pioneer Village where one of our members (thanks Marian) has organised a speaker and some CPR lessons for us. This is something most of us needed a refresher on so will be a morning well spent and of course a chance to catch up with all the other members of the group.

Marj Noble 021711-540



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# IS YOUR UK PENSION SCHEME WORTH MORE THAN £30,000?

**GBPensions' partnership means they can help with your pension transfer to NZ!**



GBPensions have secured an Overseas Alliance, meaning they can still assist clients with the transfer of UK pension schemes with "safeguarded rights". Such schemes include Defined Benefit (DB or Final Salary) pension schemes and other schemes with any form of underlying guarantee. However, GBPensions' director Tony Chamberlain warns that the difficulties encountered achieving this partnership may prove too onerous for many other NZ financial advisory firms.

Restrictions with affected schemes are a consequence of the UK's 2015 Pensions Freedom rules. Under these guidelines, members wishing to transfer out of such schemes must seek advice from a financial adviser who is not only regulated by the UK authorities, but also has appropriate UK pension transfer qualifications. Oddly, very few UK advisers are permitted by the UK authorities to give such advice – even if they have the appropriate UK qualifications and are willing parties.



Tony and the team spent many weeks hunting for, talking to and meeting with potential candidates, but in several cases the advisers' compliance managers or PI insurers would not permit them to proceed. Others wanted to charge clients an additional NZ\$10,000 – thus reducing the potential financial benefits of the transfer.

Fortunately, GBPensions have overcome this serious issue.

"In order to be able to act in our clients' best interests, we simply had to get this done," says Tony. "However, I believe

that many NZ advisers, for various reasons, will no longer be able to assist with the transfer of UK, DB pension schemes."

**For a friendly, informal chat about your UK to NZ pension transfer options please phone GBPensions on 0800 427 693.**

**A Disclosure Statement for GBPensions financial advisers is available without charge or obligation.**



## Do you have a UK pension?

**Act now to beat the November 2016 deadline!**

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**[www.GBPensions.co.nz](http://www.GBPensions.co.nz) | 0800 427 693**

Adviser Disclosure Statements are available without charge or obligation.

# Don't get left in the dark



Thinking about home improvements, doing some renovations, or just need some electrical work done around the house? There are three key things you need to do.

## Know the rules about electrical safety work

There are a few types of electrical work you can do yourself, without being a qualified electrical worker.

These are listed in **Regulation 57 of the Electricity (Safety) Regulations 2010** and include:

1. Removing and replacing fuse links;
2. Connecting and disconnecting permanently wired appliances;
3. Moving switches, sockets and lighting outlets, but only if they are wired with tough, plastic-sheathed cables (TPS); and
4. Replacing switches, socket outlets, light fittings, ceiling roses, water heater switches, thermostats and elements.

But remember: other than these exempt tasks, 'doing it yourself' or having work done by unqualified tradespeople is not only unsafe, **but illegal**.

**Caution:** working with electricity is always dangerous, even for minor tasks. Always switch your electricity supply off at the switchboard when carrying out any electrical work that you are permitted to do. If in any doubt, it's always safer to use a licensed electrical worker.

## Always use a licensed electrical worker

Licensed electrical workers are professionals and are there to do the job safely and correctly. Every licensed electrical worker should carry a licence card.

## Ask for a certificate for all electrical work

Electrical workers should provide a certificate that confirms all installation work is carried out is safe to connect to the electricity supply and has been done in accordance with New Zealand's electrical safety standards. A Certificate of Compliance should be requested and supplied to show the details of the work that has been completed.

## And now to all business owners

As from the 1st of April 2016 all business owners are responsible for the safety of their employees from the dangers of electric shock. This is now required by Health and Safety and Electrical Safety regulation. Hence the introduction of testing and tagging. You could be fined \$5000 for not having that electric jug tested and tagged. If this shock causes your employee harm then you, the business owner, could multiply this fine by 100. This legislation covers all electrical appliances, powerboards, extension leads and any portable machinery. And, of course, that includes all office equipment.

**For further information, ring the experts S.A.C. Electrical for a free quote on 0274827027**

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# millwatermaltofthemonth



## Paul John – Edited, Indian single malt whisky

I know we have featured an Indian whisky before, but it's well worth revisiting the sub-continent once more, to review another – and one of the best kept secrets I know. 'Edited' is an Indian single malt whisky created by Master Distiller Michael John, using Indian 6-row barley as well as peated Scottish barley. The final vatting contains 15% of the peated spirit, with maturation taking place in bourbon casks. This whisky was first launched in the UK in 2012, to critical acclaim from whisky connoisseurs and whisky lovers. Demand has since seen John Distillery whiskies become available across Europe, Scandinavia, Australia, Singapore and New Zealand. Highly-rated by the Jim Murray Whisky Bible at 96.5 points.

**Nose:** Toasted cereal, big barley and honey notes. Slight vegetal peatiness, lemon and seaweed. Some beach bonfire but the peat is not overpowering. Malty.

**Palate:** Wood spices, grassy barley and then the most gentle of peat notes. These dissolve into the palate and grow in intensity.

**Finish:** A slight touch of mocha and chocolate mint, together with a delightful molasses note at the end. Sublime!

**70cl 46% ABV. Target price below \$90 (available online and elsewhere)**



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# Hibiscus Coast Community Patrol



"The Patrol is different from a lot of other community groups," commented Graham Booth last week. "We patrol in pairs, once or twice a month, but don't get together with others very often. So this is a special opportunity to meet and share experiences".

Dinner at the Whangaparaoa RSA provided that opportunity and twenty-eight patrolers and partners turned out for a lively time of conversation. Small table groups made it easy to develop closer friendships.

No fewer than three members of the Police were in atten-

dance, including the Rodney Police District Commander, Inspector Mark Fergus, who spoke briefly but enthusiastically about the Patrol's contribution. He was accompanied by District Crime Prevention Officer, Glenn Adkin, and the Patrol's own liaison officer, Constable Mike ("Brownie") Brown, who is also the Community Constable.

All these Officers made a point of moving around, meeting patrol members and answering questions. They all affirmed the worth of the different styles of patrols, by day or by night. Committee Chair Frank Rands announced that funding was being sought, to send four patrolers to attend the National Training event in Christchurch, June 24-26. This is another significant opportunity for Patrolers to broaden their knowledge and experience.

The Annual Meeting of the Patrol will be held after a one-hour training session at 10am on Saturday 11th June, in Rotary House, adjacent to the Silverdale Rugby Club and opposite the Park and Ride Station. Interested members of the public are warmly invited to attend.

**Dave Mullan**  
 colcom.press@clear.net.nz  
 Media Officer



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I am a local Millwater resident. Many of you will know me as the Hibiscus Coast Athletics man, but I am also your local Mowerman! If you are looking for someone to take the hassle out of mowing your lawns or you want a full garden care package, I'm your man. Give me a call and I will pop around to discuss your requirements.

David Kayes aka 'The Mowerman'!

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# artspeak with Estuary Arts



Midwinter sees the rise of the star cluster Pleiades and marks the celebration of Matariki, which is the Māori name for this star cluster. For many Māori, it heralds the start of a new year. Matariki literally means the 'eyes of god' (mata ariki) or 'little eye'. Traditionally, Matariki was a time to remember those who had died in the last year. But it was also a happy event – crops had been harvested and seafood and birds had been collected. With plenty of food in the storehouses, Matariki was a time for singing, dancing and feasting.

A special feature of Matariki celebrations is the flying of kites – according to ancient custom, they flutter close to the stars.



This is the theme of our June exhibition in the main gallery.

June also signals the annual Auckland Festival of Photography and we have three exhibitions dedicated to showcasing photography. Bas Cuthbert will feature his panoramic range of imagery in the upstairs Hibiscus Gallery, with his exhibition called "A Wider World View". Warkworth photographer Lorraine Brown celebrates South American Wildlife from her travels to the Galapagos and the Amazon. Our printmaking tutor Val Cuthbert will present a range of new prints 'From the Garden' in the Kowhai Gallery.

Planning is well under way for our July School Holiday Programme, which will run from 11–23 July and will comprise a range of classes; from 2-hour casual classes to two-day classes, in a range of mediums; in a fun, creative and supportive environment.

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



## ART CLASSES

- After school
- Weekend workshops
- School Holiday Programmes
- Casual studio use
- Venue Hire
- Cafe

## Exhibitions: 11 June to 03 July

- **'Woven into the Matariki Night Sky'** - Group exhibition
- **Bas Cuthbert** - An exhibition of panoramic photography
- **Val Cuthbert** - New works in printmaking
- **Lorraine Brown** - Celebrating South American Wildlife through the lens (Travels to Galapagos and the Amazon)
- **Pauline Stockhausen** - Photographic story

Opening event  
Sat 11 June, 3-5pm



Photo - Bas Cuthbert

# ANZAC Service at Maygrove

Two Millwater ex-servicemen responded to a request from Helen Precious for people with a military background to attend an ANZAC service at the Maygrove Hospital in Orewa. Karl Gill, ex Royal New Zealand Navy and Paul Conroy, ex Royal Navy, proudly represented the Senior Service.

The hospital is part of the Maygrove retirement village and caters for elderly residents who require a little extra care – many of whom do not have the mobility to attend a service outside of the hospital. A notable number of decorated ex-servicemen and women were amongst the residents who attended, wearing their medals with pride. Held in a common room that was decorated with pictures of those lost in war, presumably family of residents and staff, the service was attended by 40 or so residents and staff.

Whilst the service itself was a formal affair, it was very emotional for all who attended. Karl Gill, dressed in his Royal New Zealand Navy uniform, was asked to lay a wreath, whilst Paul Conroy gave a short talk on his time in the British Royal Navy Submarine Service. The service ended with a traditional tot of rum, a couple of pictures and some poignant stories from the days gone by.



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# Pullup to Success - Part One



Walk into most gyms and you will find the pullup exercise is performed by the minority of gym enthusiasts, compared to the more popular lifts such as the bench press, lateral pulldown and leg press. Performed correctly, the pullup is tremendous for developing upper body strength and muscle mass. Every muscle, from your fingers to your glutes, must be involved – the only problem with the pullup and

chinup is that so that so few people can do the exercise with strict form. One survey of an International Health Club found that 70% couldn't do a single one!

To get around the challenge of the pullup, many people opt to perform the lateral pulldown as the more popular vertical pulling exercise, but the lateral pulldown is not the equiva-

lent of the pullup... With the lateral pulldown, your lower body is locked into place, so all you have to do is pull with your shoulder girdle. Another exercise performed as a substitute for the pullup is the assisted pullup machine, but this does not offer the same muscle-building stimulus, and core work is significantly reduced, as your lower body is locked into place and all you have to do is pull with the muscles of your shoulder girdle.

## So: what is the solution?

In part two of this article, Coach Craig will take you through exercise progressions to begin your journey of performing the mighty pullup. It may take up to 2 months or more to master and, for those willing to invest their time and effort, they can expect improved upper body development, strength and muscle mass.

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



Image A

### Image A

Coach Craig is pictured performing the starting position of a Pullup.

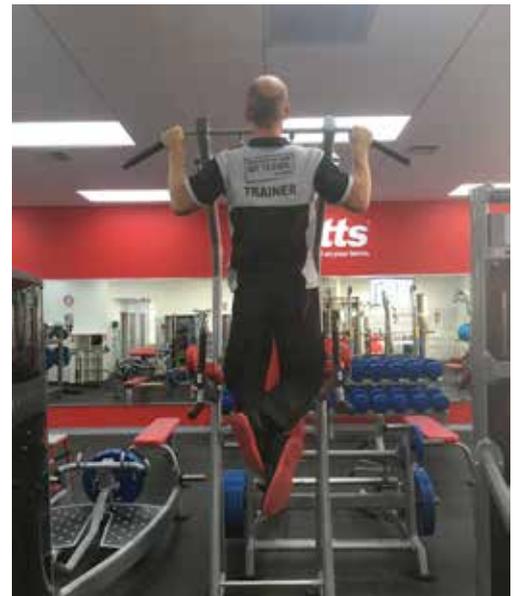


Image B

### Image B

Coach Craig is pictured performing the end position of a Pullup.

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Born and brought up in Capetown, South Africa, Mike is a qualified lawyer who has specialised in the insurance business since 1987, including seven years owning his own business there. Moving to New Zealand in 2009, Mike and family immediately felt the calmness and social warmth of living here. Leveraging directly and specifically from his legal background turned out to be a bonus here in Auckland, where Mike applied his experience and talents to dealing with a very broad spectrum of society. He absorbed quickly the local and NZ-specific issues around balancing risk and debt. Mike said "No matter what your level of income and assets, you will always have a degree of risk, and it is my job to offer custom-



ised solutions that remove at least part of that risk."

Mike has a deep and compassionate appreciation of personal circumstances and, being completely independent of any insurance or financial provider, believes he offers the best solutions to match exactly each customer's needs. To be absolutely certain that customer needs are fully understood and personalised, Mike has established his own specialised insurance and financial business here in Millwater – MORfin Limited.

Mike underlined what his new Millwater-based business offers: "Too few people really understand the personal benefits that come from removing some of the risks, and therefore the stress in their lives – and just how little it takes to protect those we love."

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# millwatermotors



Eddie Grooten, Managing Director of Dad's Pies, is almost as passionate about his classic 1978 racing Porsche 911 as he is about his quality products. Over some excellent coffee, we talked at length about his car and his love for the motorsport of Targa Rallying.

Eddie grew up in Eindhoven in The Netherlands, where he began rallying in a Datsun 1800 at the Eindhoven-Liege-Eindhoven and the Scheveningen-Liege-Scheveningen Rallies. Within six months of moving to New Zealand in 1981, Eddie had started his food business in a small bakehouse in Red Beach and, by focussing on using only the best ingredients and giving best value, this has become the global brand that we know today.

We spent some time with and taking about his classic 911, which proudly bears the company branding and also the name of his co-driver son Ben. The car had been prepared for its next outing and was on the trailer, ready for its imminent next session of racing, but nonetheless very impressive. Eddie has owned the 911 since 2007, just two years after the start of Targa Rallying in NZ, when there were over 220 cars involved. Nowadays, the numbers are around half of that.

Targa Rallying has been misunderstood by many and Eddie is keen to emphasise the professionally managed sport that it is, and especially the enduring comradeship that competitive driving brings. Targa Rallying is carried out in special stages on closed public roads, with a maximum 200kph limit being rigidly imposed. Cars are monitored via GPS and speeders are quickly removed from the sport after just three infringements.

Eddie's car retains the original 3-litre flat 6 air-cooled Porsche engine, fuel injected and naturally aspirated, but with a number of significant improvements carried out in 2015. These include new electrics and a modified transmission that provides the shortened gear ratios better suited to rallying. Extensive use of fibreglass panels mean the car is now 110kg lighter, thereby greatly improving the power:weight ratio.



With these improvements, Eddie is now so satisfied with his car that he sees no need to move on to anything else. The driving characteristics of the classic 911 are so different to those of a modern car that Eddie feels much happier, more in control and connected to the road than he would in a new Porsche. The love for his car is very evident when you meet Eddie and I have rarely met anyone whose eyes light up quite so brightly when talking cars.

'Team Dad's Pies' has had a number of successes in the 911, but it is the love for the sport and the many friendships that have developed that motivate Eddie Grooten. If you ever get the chance to witness or, even better, take part in a Targa Rally, jump at it!

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# datesfor yourdiary

- Every Sat Silverdale Village Market • 8am-1 pm,  
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club  
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am. See  
[www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- 11-25 June RENT, June 11 to 25 at Centrestage Theatre,  
Centreway Road, Orewa.
- 11 June Hibiscus Coast Community Patrol Annual  
Meeting • 10am • Rotary House (adjacent  
to Silverdale Rugby Club).
- 15 June Orewa Library • Dr Sung-Ok Kung , local Orewa  
resident and author - speaking about his book  
'Four National Anthems' at 11am
- 29 June Orewa Library • Astroid Day! • Niven Brown  
from the Auckland Astronomical Society • Real  
telescopes available to look at the night sky •  
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If you know of any upcoming local events please contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



Join us for services throughout the month:

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

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

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

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# holiday destinations

## Kiri Beven's Cook Islands

So; I thought I would move away from Fiji this month and do a stint on the Cook Islands... another island paradise within hours – lucky us!

Some simple little 'bonuses' to the Cooks: NZ currency for one, so simple and pretty good value for money. They drive on the same side of the road, but make sure you have insurance that covers scooters – which is one of the biggest claims in travel, as a lot of policies exclude this. If concerned, just jump on the loop bus that travels regularly around the island with the locals. And lastly, the endless options for accommodation – villas, houses, adult-only options and child-friendly resorts, all pretty much situated on the water's edge.

Add a four-wheel drive adventure into your holiday in the Cooks, Pa's Cross Country Trek, or the Eco friendly bicycle trip – these are parts of Rarotonga that are stunning, and the views are spectacular. I would also personally add in a church visit (if there on a Sunday) and a visit to the local market, with the wonderful fruit and local produce. Food in Rarotonga is outstanding, and I just love the fact that you can visit any restaurant, pop to the supermarket, and even get a decent coffee from their cafés.

When it comes to Raro for the accommodation, I would have to say again; it is such a personal choice and best to call me to chat through options. You will see great prices advertised, and the resort might have the best sunsets on the island – but with a tidal beach – so it depends what you are after. Muri beach is always a favourite, with being a lagoon, and the never-ending water sports – paddle boarding, kayaking, cruises, swimming and the outlook to the small islands. My absolute favourite area in Rarotonga is Titikaveka – just gorgeous, and I think this beach is picture-perfect with fabulous snorkelling!

The outer islands of the Cooks will be another article.

Kiri Beven  
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| Health by Logic          | 09 421 1273  |
| Beauty Aspects           | 021 02972587 |
| Tayla'd Styling          | 09 426 0021  |

## Optometrists

|                   |             |
|-------------------|-------------|
| OPSM Silverdale   | 09 426 7902 |
| Millwater Visique | 09 426 5308 |

## Motoring & Boating

|                    |             |
|--------------------|-------------|
| Rod Harman Motors  | 09 426 6066 |
| Rodney Auto Centre | 09 426 5016 |
| Silverdale Marine  | 09 426 5087 |

## Florists

|                   |             |
|-------------------|-------------|
| Flowers by Joanne | 09 426 5287 |
|-------------------|-------------|

## Cake Decoration & Supplies

|          |             |
|----------|-------------|
| Cake Art | 09 424 3439 |
|----------|-------------|

## Real Estate

|                                   |             |
|-----------------------------------|-------------|
| Mike Pero Real Estate, Silverdale | 09 426 6122 |
|-----------------------------------|-------------|

## Food, Entertainment & Recreation

|                         |                  |
|-------------------------|------------------|
| Estuary Arts            | 09 426 5570      |
| Destination Orewa Beach | orewabeach.co.nz |

## Printing Service

|                 |              |
|-----------------|--------------|
| Treehouse Print | 027 4986 202 |
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## Legal Services

|                         |             |
|-------------------------|-------------|
| Simpson Western Lawyers | 09 486 3058 |
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## Housing

|               |             |
|---------------|-------------|
| Planning Plus | 09 427 9966 |
|---------------|-------------|

## Cleaning

|            |               |
|------------|---------------|
| Houseproud | 021 025 32085 |
|------------|---------------|

## Community Services

|                                |                          |
|--------------------------------|--------------------------|
| Hibiscus Coast Anglican Parish | 09 426 4952              |
| Stillwater Community Hall      | www.stillwater.org.nz    |
| Illuminate Church              | www.illuminatechurch.org |
| Centrestage Theatre            | 09 426 7282              |

## Other Services

|                          |             |
|--------------------------|-------------|
| Forrest Funeral Services | 09 426 7950 |
|--------------------------|-------------|

## Child Care & Education

|                   |             |
|-------------------|-------------|
| Wentworth College | 09 424 3273 |
|-------------------|-------------|

## Sports Clubs

|                                   |              |
|-----------------------------------|--------------|
| Pacific Cheerleading Silverdale   | 021 137 3047 |
| Coast Academy Brazilian Jui Jitsu | 021 273 8212 |

## Medical

|                       |             |
|-----------------------|-------------|
| Coast Care, Red Beach | 09 427 9130 |
| Millwater Medical     | 09 320 0873 |
| Focus Hearing         | 09 533 6463 |

## Dental

|                            |             |
|----------------------------|-------------|
| The Dental Suite           | 09 426 5262 |
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|                         |             |
|-------------------------|-------------|
| Hickey's Pharmacy Orewa | 09 426 5659 |
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|------------|----------------|----------------|----------------|----------------|------------|----------------|----------------|----------------|----------------|
| Wed 1 Jun  | 03:12<br>3.0 m | 09:25<br>0.5 m | 15:41<br>2.9 m | 21:54<br>0.6 m | Thu 16 Jun | 04:02<br>2.7 m | 10:21<br>0.8 m | 16:42<br>2.6 m | 22:45<br>0.8 m |
| Thu 2 Jun  | 04:11<br>3.0 m | 10:24<br>0.4 m | 16:44<br>3.0 m | 22:54<br>0.5 m | Fri 17 Jun | 04:51<br>2.7 m | 11:09<br>0.7 m | 17:32<br>2.7 m | 23:32<br>0.8 m |
| Fri 3 Jun  | 05:09<br>3.1 m | 11:22<br>0.4 m | 17:45<br>3.1 m | 23:52<br>0.4 m | Sat 18 Jun | 05:39<br>2.7 m | 11:55<br>0.7 m | 18:19<br>2.8 m | -              |
| Sat 4 Jun  | 06:07<br>3.2 m | 12:19<br>0.3 m | 18:42<br>3.3 m | -              | Sun 19 Jun | 00:16<br>0.8 m | 06:25<br>2.7 m | 12:39<br>0.6 m | 19:02<br>2.8 m |
| Sun 5 Jun  | 00:47<br>0.4 m | 07:04<br>3.2 m | 13:13<br>0.2 m | 19:36<br>3.4 m | Mon 20 Jun | 00:59<br>0.7 m | 07:10<br>2.8 m | 13:20<br>0.5 m | 19:44<br>2.9 m |
| Mon 6 Jun  | 01:41<br>0.3 m | 07:59<br>3.3 m | 14:05<br>0.1 m | 20:28<br>3.4 m | Tue 21 Jun | 01:41<br>0.6 m | 07:53<br>2.8 m | 14:01<br>0.5 m | 20:24<br>3.0 m |
| Tue 7 Jun  | 02:34<br>0.3 m | 08:53<br>3.3 m | 14:56<br>0.2 m | 21:19<br>3.4 m | Wed 22 Jun | 02:23<br>0.6 m | 08:37<br>2.9 m | 14:42<br>0.4 m | 21:05<br>3.0 m |
| Wed 8 Jun  | 03:27<br>0.4 m | 09:46<br>3.2 m | 15:46<br>0.2 m | 22:10<br>3.3 m | Thu 23 Jun | 03:06<br>0.5 m | 09:20<br>2.9 m | 15:23<br>0.4 m | 21:47<br>3.1 m |
| Thu 9 Jun  | 04:19<br>0.4 m | 10:37<br>3.1 m | 16:35<br>0.4 m | 23:00<br>3.2 m | Fri 24 Jun | 03:51<br>0.5 m | 10:04<br>2.9 m | 16:05<br>0.4 m | 22:31<br>3.1 m |
| Fri 10 Jun | 05:11<br>0.4 m | 11:27<br>3.0 m | 17:25<br>0.4 m | 23:50<br>3.1 m | Sat 25 Jun | 04:37<br>0.5 m | 10:49<br>2.9 m | 16:50<br>0.4 m | 23:17<br>3.1 m |
| Sat 11 Jun | 06:03<br>0.5 m | 12:17<br>2.9 m | 18:15<br>0.6 m | -              | Sun 26 Jun | 05:25<br>0.5 m | 11:36<br>2.9 m | 17:38<br>0.5 m | -              |
| Sun 12 Jun | 00:40<br>3.0 m | 06:55<br>0.6 m | 13:08<br>2.8 m | 19:08<br>0.7 m | Mon 27 Jun | 00:06<br>3.0 m | 06:15<br>0.5 m | 12:26<br>2.9 m | 18:30<br>0.5 m |
| Mon 13 Jun | 01:31<br>2.9 m | 07:47<br>0.7 m | 14:00<br>2.7 m | 20:03<br>0.8 m | Tue 28 Jun | 00:58<br>3.0 m | 07:08<br>0.5 m | 13:20<br>2.9 m | 19:28<br>0.6 m |
| Tue 14 Jun | 02:22<br>2.8 m | 08:39<br>0.7 m | 14:54<br>2.6 m | 21:00<br>0.8 m | Wed 29 Jun | 01:52<br>3.0 m | 08:04<br>0.4 m | 14:19<br>2.9 m | 20:30<br>0.6 m |
| Wed 15 Jun | 03:12<br>2.7 m | 09:30<br>0.8 m | 15:49<br>2.6 m | 21:54<br>0.9 m | Thu 30 Jun | 02:50<br>3.0 m | 09:03<br>0.4 m | 15:22<br>2.9 m | 21:33<br>0.6 m |



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Contact Amelia on 02102972587

### K.T's Colours, Cuts, Treatments

Katie Hodgson - 021 189 3672  
Mobile Hairdresser that comes to you for all your hairdressing needs.

### Classical Homeopath

Reach your own potential and wholeness through homeopathy, an effective approach to natural health care. Ute Engel  
[www.homeopathyorewa.co.nz](http://www.homeopathyorewa.co.nz)

### Hear Say Speech and Language

Specialising in speech and language related disorders in children and young adults.  
Tanya Collett • [Hearsay.co.nz](http://Hearsay.co.nz)

### Optometrist - Mobile & Holistic Specialist

Holistic / Integrative Optometry. Home visits, rest homes & hospitals. Millwater clinic. Eye examinations; glasses; contact lenses. Monique Wiegand BOptom BSc 09 427 5027

### Nutritionist & Health Coach

Paula Southworth (BSc Nutrition & Sports Science), Helping you make sense of what you eat  
Email [paula@nutritionssense.co.nz](mailto:paula@nutritionssense.co.nz)

### Mobile Counselling Service

Low cost mobile counselling - specialising in post natal depression, post traumatic stress, anxiety, relationships, self-esteem  
Sandra Hill 0284046685

### The Urban Escape - Nails & Beauty

Home based salon in Totara Views offering acrylics, hard gel, gel polish, manicure and pedicure  
Mandy Bennett  
Qualified Nail Technician  
[www.theurbanscape.co.nz](http://www.theurbanscape.co.nz)

## TRAVEL

### Jennie Ready - Fine Travel Consultant

Flights, cruises, packages, tours. I would love to assist you with all your travel requirements. Ph: 09 959 0414

## CHILD CARE

### PORSE REGISTERED - HOME EDUCATOR

Qualified Experienced 30yrs Child Care.  
<http://educators.porse.co.nz/auckland/64-03-118141/amanda>  
Amanda 021 2666615

## BUSINESS SOLUTIONS

### OnTrack Business Solutions

Full service bookkeeping, administration & financial management support. Specializing in Xero. Contract basis as required. Call Tanya 0212103124

### Website Design

Need a website created? Let me help you for design a website up to 10 pages POA • Based in Millwater contact me on 027 456 2333 • Evenings and weekends

## HOUSE CARE

### www.totalsecuritygroup.co.nz

09 947 5992 / 021 273 2873  
Your friendly local security specialist. Alarm installation and servicing. Door & Window Security, Safes  
If it's security, it's us!

## OTHER SERVICES

### Pauline's Sewing Services

Machinist offering prompt service for all your clothing alterations and repairs including school uniforms. Curtain making a specialty.  
(09) 5574378

### Music lessons- saxophone, clarinet, flute

Experienced registered teacher. Provide music for your event or concert. Woodwind instrument repairs.  
Stephen Thorne 09 6001002

**Do you want to feature here?**

Email [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# Locals Helping Locals

- ✓ Better Marketing Options
- ✓ Lower Fees
- ✓ Proven Top Quality Results

*It makes good sense!*



**Mike Pero**  
REAL ESTATE

*Sarah & Grayson Furniss*