

theMillwatermag

www.themillwatermag.co.nz



Your FREE monthly magazine of all things Millwater
September 2016

Editor's note

It's not often that I get cross nowadays, but the vandalism on Millwater Parkway and the dangerous red light runners really got to me last month. I genuinely hope that the Police can get useful images from the traffic light camera near the school and that those culprits and the lowlifes with spray cans get caught – and penalised properly. Remember to note rego numbers of cars you see red-light running and report these to the Police immediately. Please consider joining the Community Patrol – these amazing people can make a real difference to our great community here in Millwater. Rant over, but it hasn't made me feel any less angry.



Renowned Millwater author and book reviewer, Karen McMillan, is featured opposite and it was a real struggle to condense her amazing story into a single page. Karen is a really interesting personality and I recommend that you find out more about her and her great books.

This month's lovely Jaguar S-Type might end up being the last motoring item for a while – but only because no more owners of interesting vehicles have come forward. If you own, or know someone who does, a special motor car/van/truck or motorcycle, please let me know. The owners don't even have to be local – they just need to have wheels (new or old) that have a story to tell...

We're still looking for a cartoonist to contribute to the variety of what we publish. You don't have to be a great graphic artist – you only need to be able to tell a story in a picture (or strip cartoon).

This month sees the quest advance, to find the winners of the Millwater Award and Best Photographer and there's more inside the magazine. Both offer great prizes, thanks to local businesses.

Brian Mullan
Editor
September 2016

Published by The Millwater Mag Limited

Circulation is 2200 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz

* conditions apply

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theMillwatermag

September Issue

- 5 Vet Speak
- 6 Silverdale School's Student Council
- 7 Millwater Photo Competition
- 9 Hibiscus Coast Cricket Club
- 11 Millwater Community Awards
- 12 The Millwater Insider
- 14 Debtors & Cashflow with Greenfire Accounting
- 18 Pharmacy Talk
- 19 Kids who can't get to sleep
- 20 Homeopathy for Colds & Flu
- 23 Out to Lunch at Okahu Bay
- 24 Millwater Biz Buzz
- 25 Art Speak
- 27 Calendar Girls with Centrestage Theatre
- 29 Millwater Property Talk with Grayson
- 30 Property for sale
- 36 Do you even Zuu.... with Craig Kilham
- 38 Millwater ROMEOs & ROWENAs
- 41 Advice from Simpson Western
- 42 Millwater Asian Corner
- 43 Silverdale School's Country Show Day
- 46 Recipes from Millwater Residents
- 48 Garden Care for September
- 51 Boron by Health by Logic
- 54 Millwater Motors
- 55 Hibiscus Coast Athletics Club
- 56 Dates for your Diary
- 57 Local Business Directory
- 58 Weiti River Tide Chart for September
- 59 Your Enterprising Community Zone

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themillwaterinterview



Interviewing a successful professional author was a relaxed and very enjoyable experience, as Karen McMillan immediately put me at my ease. It was a joy to listen to her enthuse about her journey through life and I knew straight away that I was very much in the company of a natural story-teller: articulate, resourceful and entertaining.

"Ever since I was 8 years old I loved writing stories, many of which were published in a Sunday newspaper," said Karen. Born in Dannevirke and growing up in Wellington, Karen moved to Auckland in 2000, quickly obtaining a job in publishing. She and husband Iain McKenzie discovered Millwater when he came up to bike around the estuary and both love the community feel here.

Sensing an interesting, earlier background story, we chatted about the years before the move to Auckland. At the age of 17, Karen had wanted to become a journalist but needed to be 18 to start the course so she started work for a year in fashion design and loved it. Two years later, Karen had her own fashion

design business. Part of the less-well-known story is that Karen also sang professionally in a band and that the man who was to become her husband was a drummer in a different band. They literally bumped into each other in Auckland 23 years ago, she still in fashion design and he then in textiles. They subsequently enjoyed working together in a covers band for a time after Karen moved to Auckland.

"As a passionate reader and with a deep love of books, I re-evaluated my life and decided that I had reached a crossroads in my life, so I gave up the fashion world and devoted myself to a career in book publishing and writing," Karen enthused, "I started as one does in a lowly position, but within a year I had a really good position in sales and marketing with a major publisher."

Karen's first book was published in 2003, 'Unbreakable Spirit', which deals with the resilience of the human spirit in the face of cancer. Both Karen's parents died early of cancer and she herself is a cancer survivor. Meeting and talking with people who have made similar journeys has strengthened her focus on helping others and Karen works passionately in helping Hospice North Shore. Other non-fiction titles include 'Love Bytes', 'Feast or Famine', and 'Unleash Your Inner Seductress'.

Writing fiction also is another of Karen's strength and her first novel 'Watching Over Me' was published in the United States and is also available as an e-book. 'The Paris of the East' was a Top Ten bestseller when it publishing in 2014. 'The Paris of the West' has recently published. Far from being a self-taught writer, Karen has trodden the professional path well and has a Diploma in Professional Writing and an Advanced Diploma of Applied Arts (Writing). 'Love Bytes' was originally published as 'Love in Aotearoa' by Random House and the book was short-listed for the Ashton Wylie Book Award in 2005.

Ghost-writing is also one of Karen's many talents and 'From the Blitz to the Burmese Jungle and Beyond' – a memoir by Brian Hennessy – will be published in March, to be followed in April by her next novel 'Brushstrokes of Memory'.

It is simply impossible to convey the breadth and depth of Karen's talent in a single page in this magazine, so you will have to do as I have done and enjoy researching her fascinating and successful career – including her being a welcome book reviewer for Millwater readers.

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What Lending options do I have if my budget gets tight?



At the moment, the market is strong and, for a home-owner, confidence is high.

But, at some stage, things may take a turn for the worse; either in the market or in your own personal circumstances (e.g. redundancy or addition to the family).

A number of insurance or income-generating options exist, but what lending tricks do I have if my budget gets tight?

1) Take your loan off Principal and Interest (P and I) and move to interest-only. This means you will not be paying off the loan, but it could reduce the repayments by hundreds of dollars. This is short-term measure and, once your budget is under control, you can look to move back to P and I.

2) Increase the loan term. Over time, as you pay the loan off, the loan term decreases. We could approach the bank and ask for the term to be increased. For example, moving the term from 10 years to 30 years on a \$400,000 loan could decrease the repayments by around \$2000 per month!

3) If affordable, break the loan and fix at a lower rate.

4) Have revolving credits on standby. A revolving credit (also known as an overdraft or line of credit) is a form of self-insurance. It's best to get these facilities in advance, when your income is strong and easy for the bank to approve.

5) Take a Mortgage Holiday. Talk to your bank or mortgage adviser and be upfront around your circumstances. Generally, the bank wants to retain your business and, within limits, could provide a mortgage repayment holiday of up to 3 months – but note that the missed repayments will be added to the balance of the loan.

6) Asset Lend or Equity Release product. This is a last resort, if the sale of the house is a planned option. With enough equity, a second tier lender can provide cash in advance for the client to live off and make repayments on the loan.

Before acting on any of the above options you may need to engage other professionals, like budget advisers or lawyers.

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

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

Beauty Aspects



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vetspeak

When cats can't pee!

Some pet problems are always an emergency, and perhaps at the top of the list is feline urinary obstruction.

Anything that interferes with the outflow of urine from the bladder through the urethra can result in an obstructed urinary tract. This is mainly a problem of male cats, as they have a much narrower outflow path than females do. When a cat is unable to urinate, urine continues to build up in the bladder. This can be painful and results in the accumulation of waste products in the body. Without treatment, cats who are blocked will die.

Sometimes it is not easy to tell if a cat is blocked or just is experiencing bladder inflammation. Signs that your cat may be having a problem include:

- Frequent visits to the litter box with little or no urine production
- Straining to urinate
- Vocalizing while trying to urinate
- A painful abdomen
- Vomiting and/or refusal to eat
- Lethargy or hiding



Symptoms can be difficult to pick up. For example, it is not uncommon for owners to think that their cat is constipated (because it is straining to toilet) or been hit by a car (because they are so painful and unwilling to move).

There are a many causes of urinary obstruction and not wanting to go outside (unsettled weather, moving house) can exacerbate the underlying cause, so it is important to ensure that you have a litter tray in the home if you think your cat is not wanting to go outside. At this time of year, we see an increase in these cases.

Urinary blockage in cats is a serious business and a common emergency. If you think your cat might be obstructed, it is crucial to get him/her checked as soon as possible.

Jemma Hedges



Millwater

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Student Council Promotional Group



This term, Silverdale Primary School Student Council members have decided to elect a different Chair and Vice-Chair Person. They have also changed the groups that they work in when they get together. Two groups from last semester; the activities group, who plan small events like mufti days, and the fundraising group, who plan fundraising events to raise money for charities, are joining forces.

Last semester, the Student Council took part in planning many events for the school, such as:

The Year 5-6 dance day, in which students from Year 5-6 could

come to the School Hall, where dance teachers from a dance studio, Dance Dimensions, taught them some hip hop moves; The Council also organised a mufti day for the Blind Foundation, where we raised nearly \$700;

Reading to Team Kiwi (Juniors), as part of the school's Book Week; and

A mufti day in which the school raised nearly \$600, as well as another mufti day for Kiara's Angel Walk, in which we raised over \$500.

When you also include the school's contribution to the World Vision 40-Hour Famine Appeal of \$3,500 the charitable donations made by our school community is well over \$5,000.

This semester, the Student Council is involved in presenting submissions and ideas for the development of Metro Park West in Millwater, at a community meeting organised for September. The students will also be busy organising the Year 8 graduation at the end of the 4th term in December. They are also helping in the preparation of our school's Country Show Day. Country Show Day is a fun event held on Saturday 29th October and it is the school's main fundraiser. There will be stalls set up all throughout the school. If you would like more information, there will be a website coming soon.

So: another busy few terms ahead – but that is just how the Silverdale School Student Council likes it!

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theMillwatermag - Photo Competition

Everyone will agree that Millwater is a beautiful place to live and has such a strong community spirit. To help us celebrate the magazine's second birthday, we'd like you to share with us photographs* taken around the Millwater area, which show off what a great neighbourhood it is.

The competition is sponsored by the new Millwater Bistro & Bar, who have kindly donated a \$100 dining voucher, and by Paul Conroy Photography. The winner will also have their photograph featured on the front cover of the October edition.

Conditions of Entry

1. This competition is open only to residents of Millwater and Totara Views.
2. Images should be no more than 2 years old and taken within the Millwater area.
3. All entries must be in JPG format and must be at least 2,000 pixels on the shortest edge.
4. You can only submit images that you've taken yourself.
5. Entries should be emailed to millwaterphotocomp@conroy.photo, along with your full name and contact details.
6. All entries must be received by 15 September 2016.
7. * Maximum of two entries per person.



8. The winning entry will be the one that, in the judges' opinion, best represents life in the Millwater area. The winner's photograph and name will appear in the October edition of theMillwatermag.
9. By submitting an entry, you agree to the publication of your image and name in theMillwatermag and in a photo book designed by theMillwatermag.
10. Entries will not be accepted from anyone employed by theMillwatermag and/or Paul Conroy Photography.

Mike Pero

REAL ESTATE

Our clients are our No.1 priority and for us it's not just about real estate; it's more about people. See what our clients have to say about us!



The biggest compliment we can pay Sarah and Grayson is that they aren't like normal real estate agents. They're business people who sell houses and that means coming up with the right solution for you as a vendor, thinking of other ways to maximise the price you get for your house than the "auction, auction, auction" solutions of their competitors, and their honest and upfront approach about their commission structure. Of course they're truly lovely people, wonderful to deal with and genuine stalwarts of the local community which means you'll have a great experience. As a vendor you're thinking "who is going to sell my house for the highest price?" - on this we can absolutely say, for us, they nailed it. "

Matthew & Melanie Bennett
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Mike Pero Real Estate Silverdale
175 Millwater Parkway
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Do You Back Your Own Business?



When you start a business, you are everything. You need to do all the tasks needed to keep the business running. Smart business owners quickly pass on the work not in their skill set as soon as they can, realising that they need to focus on their core strengths and leave others to do the bits they'd rather avoid.

Sometimes, growing a business also means passing on parts you love doing, for the benefit of your business.

As a marketing strategist, it makes sense that I practice what I preach and work as the marketing manager of our business. After all, I do know what I'm talking about! However, as we've grown, we made the call as a business to pass the marketing manager role over to one of our other strategists, leaving me more time to lead the business – and focus on sales.

In doing so, I've been reminded again just why it's so important

to get another person's eyes on your business from time to time. When we costed out all the activity I had been doing (and not charging the business for, as it's my business), we discovered it was well in excess of our marketing budget – and some decisions had to be made!

When we work with a business, we often look at their costing structure and ask where the sales or marketing spend is factored into the sale. We had done this for much of our marketing, but the incidental costs of employee time hadn't been factored in, as it was always my job. Plus, I was in complete control of the budgets, so could change them when I wanted to!

I had fallen into the trap that I advise so many of my clients about.

To grow, all sales and marketing costs, including staff for implementation, need to be added into your pricing right from the start – so that when you are ready to outsource, you can continue to market and sell, but use other people to do those areas for you (or actually pay yourself).

Both marketing and sales are costs to the business, but they are income-generating costs, so are really important to keep in the mix.

If you've got no idea of how to create this structure and work out how to spend wisely on sales and marketing, we'd love to speak with you.

Rachel Klaver, Managing Director of Identify




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Spring into Cricket with Hibiscus Coast Cricket Club



In other news, our top team is preparing for their first season in the Auckland Premier Reserve Grade, after winning promotion last year. We've also got a new full-time club manager, who is working on launching new initiatives this Summer to encourage more girls, boys and families to participate in cricket.

When we think of cricket, we think of more than just a sport, we think of the "spirit" of cricket. The late Martin Crowe explained this best in his MCC Cowdrey Lecture in 2006: "The spirit of cricket is, of course, about the behaviour of players on the field – acceptance of decisions, respect for one another, integrity. But it is also about an enthusiasm for the game; not just aggression but also to share a sense of fun. And fun is what life is all about."

Children who play cricket early are introduced to the spirit of cricket, with important life lessons of respecting others, integrity and having fun. Registration is now open for all players, and we'd love to see more first-time girls and boys joining



in the fun of cricket this season.

For more information:
www.facebook.com/HibiscusCricket
www.hibiscuscricket.co.nz

If you have any questions about joining, supporting, sponsoring or partnering with our club in any way, contact Tony Naidu, Hibiscus Coast Cricket Club Manager:
 tnaidu@aucklandcricket.co.nz or 022 028 4553

At Hibiscus Coast Cricket Club, the big news is that we have a new home at Metro Park in Millwater. Our main ground will host Auckland Premier Reserve Cricket, which is a real boost for our region. We are working with Council to have everything ready, including temporary club facilities, for October. We are also starting to see progress made towards developing a plan for a multi-use club facility that will be available for community use.

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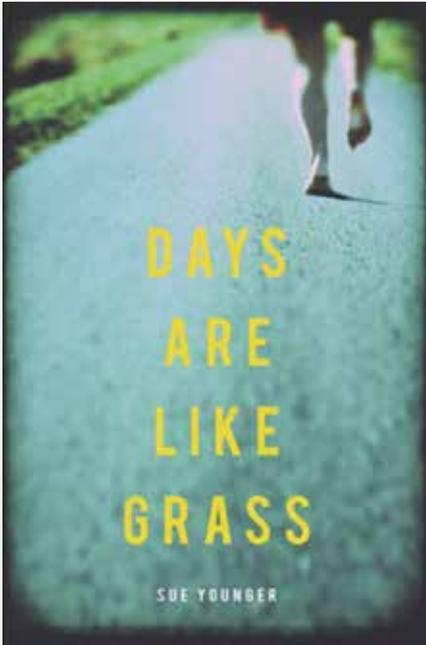
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millwaterbook of the month

Days Are Like Grass by Sue Younger

This month, author and guest reviewer Karen McMillan introduces another great read "Days Are Like Grass" by Sue Younger



Convinced by her partner Yossi to leave London, to return to New Zealand's shores with her 15-year-old daughter, pediatric surgeon Claire Bowerman finally agrees – as long as he promises not to bring up her family. She's uncomfortable being back in her home country, haunted by events from her childhood, but immerses herself in her work.

But when parents refuse to let her operate on their son – even though without surgery the boy will die, Claire finds herself in the media, accused of bullying. But this becomes the least of her worries when people from her past emerge, bringing to life painful events she would rather forget. Is her father innocent or guilty of murder? Sentenced to prison, but then pardoned, has justice really been served?

Sue Younger writes beautifully, and she has created complex characters to really care for. Claire, in particular, is a fascinating woman. Confident and able in her role as a surgeon, she is full of hidden turmoil about her childhood past. The plot is fast-paced, and I found myself eagerly turning the pages to see what would happen next. But there is also a quiet elegance to the story that sparks many questions about how childhood shapes us as adults and how the past impacts on the present – even if we try to keep these worlds apart. I would definitely recommend this wonderful novel.

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

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BOOK EXCHANGE



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millwatercommunityawards

Let the voting begin!

Millwater, you have spoken. Below are our top 5 finalists as nominated by you, along with a selection of your wonderful comments! Each of these 5 deserving people are in with a chance to win a \$500 Bookabach Gift Voucher that they can use towards a bach holiday of their choice – anywhere in NZ! They have also each won a \$50 Meal Voucher from Northern Union.

Voting is now open until the 15th September. Go to www.themillwatermag.co.nz/millwater-awards to vote on the nominee you believe is most deserving.



Margaret Mullan

"For all the wonderful work they (Brian and Margaret) do in this community and the wider community. There wouldn't be a member of the Millwater community who wouldn't know of them or wouldn't have been touched by the generosity with which they give their time."

"Margaret has, consistently and for a long time, arranged and collated support for Ronald McDonald House; making sure they received a regular supply of free cereals from a local supermarket, plus other foodstuffs, toys, books and baby-needs from Millwater folk. Margaret is a true community-minded Millwaterian."



John McSwigan

"I'd like to nominate John for this award because of his commitment to keeping safe the kids who cross at the busy Millwater/Bankside/Longmore intersection. He deserves some recognition for the mornings and afternoons he is out there with a smile and a wave, whether rain or shine!"

"Whatever the weather, he stands there, giving up his own time to make sure our children get to school safely. He always has a smile for everyone and is a genuine all-round guy."



Colin Roberts

"Colin has provided untold support for Millwater and its inhabitants. Publicly, behind the scenes, you name it, he has supported/provided it."

"Colin represents everything that is Millwater. From firework displays, sports days to Party in the Park. If there's something going on in the community, you can be sure that Colin is in the midst of it all. He certainly makes Millwater a better a place to live, directly as a result of what he contributes."



David Kayes

"For his tireless work in establishing and running the junior Millwater Athletics Club. He is very passionate and keen to get a great community feel going during the Summer. I think he is involved in the Winter Cross Country too. Also, I believe he is part of the crossing team at the Bankside traffic lights."

"David Kayes is a true community man. He works tirelessly throughout the Summer months to ensure our lucky kids have access to athletics through the Hibiscus Coast Athletics Club at Millwater Parkway. He encourages the kids and spends a lot of his own personal time coaching and supporting."



Louise Petrie

"Louise keeps the Millwater Facebook page in order, keeps us all in check, sorts out problems and offers resolutions. As well as this, holding down a full time job, raising her 3 kids, she also is secretary of the Silverdale Primary School PTA and helps the school in its day-to-day running! All with a smile, always willing to help her neighbours, friends and constantly provides members of the Pay It Forward community with goods."

"The work she does as admin for the Millwater Facebook page. Always offering advice and help to people, despite working and having 3 kids! Awesome lady, willing to help anyone."

themillwaterinsider

Millwater Awards

Huge congratulations to all those who were nominated in the recent Millwater Awards. You will find a full article elsewhere in this magazine on page 11, with instructions on how to vote for a grand winner. In reality we are all winners, because these people all go the extra mile to make Millwater a better place. So again, thank you for your efforts.



Tagging

Isn't it a great disappointment that some less-than-desirable individuals have decided to vandalise local properties? This again raises the question of whether additional CCTV systems in the area would at least provide some deterrent to this kind of behaviour. It seems unlikely that CCTV is going to get funded by Police or Council, so will probably fall back upon residents and businesses to take the lead.

Gardening Competition

Our annual Gardening Competition will be running again soon, with judging in late November. Categories in the past have been Best Lawn, Best Vege Patch and Best Overall. This year we are looking at introducing some new categories, possibly including something for the Children's garden scene. Please email any enquires to sarah@themillwatermag.co.nz

Red Light Runners

This still seems to be a feature, with a reported increase in the numbers of offenders again. We all need to take responsibility for this. If you stop on the orange then generally the person behind you, who was going to run the red, can't. If we report offenders to #555 then eventually they will get a track record with the Police, who will do something about it. Same goes for people driving around Millwater with phones to their ears;

report them or, if possible and safe to do so, take a photo and send it to the Police.

School Reclassification

Silverdale School recently held a public meeting, hosted by principal Cameron Lockie and the Board of Trustees. Unfortunately, there was some mix-up with the date so attendee numbers were a little low. The Board of Trustees is seeking submissions on a proposal from the Ministry of Education, to reduce the school from taking Years 1-8 to only taking Years 1-6. This is in response to an ever-increasing role and a finite capacity to grow physically on the current site. The presentation is available on the Silverdale School website. In short: it will drop Years 7 & 8 over a two-year period, so that there are only Year 8's in 2018, no Year 7's. Then, in 2019, there will be neither Year 7's nor Year 8's. The assumption is that Orewa College will be able to take up the additional children. However, it was uncertain as to whether they would have actual capacity to do so by 2018, or whether the growth would be accommodated with temporary buildings. The Board is seeking submissions, to be presented to them by 21 October, and Cameron Lockie is seeking a further public consultation with MoE representatives. He is also personally seeking a meeting with local Council, MPs and the MoE to obtain some clarity around a longer-term plan rather than the slightly haphazard approach currently being used.

The concern from a local community point of view is that a lot of the local schools are going to be attempting to limit roles in the future; through either reducing zones or the number of year levels that they take. This will have a huge impact on Orewa and Whangaparaoa Colleges and it seems very uncertain as to whether they are going to be able to cope. The provision of good schooling is essential to the growth of any area and there is now increasing uncertainty as to whether we will be able to claim access to good schools as of right. Get your submissions in and get involved – this is bigger than just Silverdale School.

Photo Competition

In the August issue we launched the Millwater Photo Competition. Paul has already received many great entries but there is still time to submit your photo. All entries must be received by September 15th and the winning photo will feature on the front cover of the October issue.

The competition is sponsored by the new Millwater Bistro & Bar, who have kindly donated a \$100 dining voucher, and by Paul Conroy Photography.

See page 7 for details.

Millwater 區內情報要點

Millwater Awards

非常謝謝大家參與提名Millwater社區獎。本期第11頁會有更詳盡的報道。你可以找到如何投票給你心目中對社區最有貢獻的人士。其實他們都是贏家，因為他們都付出了自己的時間為社區作出貢獻，令這個社區更加美好。謝謝大家的支持，請踴躍投票。

Tagging

實在是非常遺憾地看到有很多房子被惡意塗鴉，實在是不能接受。這不得不再次令我們考慮實施閉路電視的可能性及急切性。希望閉路電視能夠幫助減少同類事情發生。現在警方或是政府會提供撥款的可能性比較低，可能需要居民及商戶支持了。

Gardening Competition

一年一度園藝比賽很快又開始，將會於11月尾舉行評審。項目包括最佳草坪、最佳蔬菜園及園藝大獎。這一年我們可能會加添新的項目，有可能是增設兒童組。有任何建議請電郵sarah@themillwatermag.co.nz



Red Light Runners

又是很遺憾地衝紅燈的問題仍然未解決。我們每人都有責任確保交通道路安全。如果看見黃燈請務必停下來，這樣後面的車子便不能衝紅燈了。如果看見有人違規請即致電#555向警方提供資料，警察將會跟進。同樣地，駕車時也不能使用手機或發短信。若你看見違規者請跟警方提供資料，如果可以的話請用手機拍下違規的司機或車牌交給警察。

School Reclassification

Silverdale School最近就刪除七及八年級（初中）舉行家長聚會。可惜因為舉行的時間有溝通錯誤，出席的家長數

目未如理想。

因為人口不斷快速增多，未來學校將沒有足夠的空間接收所有的學生，因此教育局建議學校由2019年開始不再提供初中的課程。這是假設Orewa College能夠接納額外的初中學童；而實情是，他們能否有這麼多空間去接納也是一個未知數。

現在校董局正收取家長的意見，請大家踴躍發表並在10月21日前交給校董成員。同時地校長將會爭取機會跟教育局的成員再舉行一次公眾諮詢會，同時亦希望市政局及議會代表都能參加。我們需要的是一個長期計劃而不是一個短視的措施。

若Silverdale School不再提高初中教育將會導致 Orewa及 Whangaparaoa Colleges 難以負荷，那我們亦不能說本區有優質的教育了。所以請大家盡力參與反應意見。

Photo Competition

Millwater 攝影比賽仍在招募攝影作品，請踴躍參加。截止日期為9月15日。勝出的作品將會做為10月的雜誌封面。攝影比賽由Millwater Bistro & Bar(\$100現金卷)及Paul Conroy Photography贊助。

詳情請參考第七頁。



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。

Debtors and Cashflow



Business is good. Customers love your products. You provide a superb service. So why is your cashflow trickling, not gushing? You have analysed the numbers. Your overheads are reasonable and there's no wastage. But what about your debtors?

If your business isn't strictly 'cash over the counter' you probably already understand the work – and the pain – of chasing money from overdue payments.

Good debtor-management can make a real difference to cashflow. Poor debtor-management can be a major roadblock. You can have a lot of money tied up in debtors that you could use better elsewhere, to keep driving the business forward. Think about it this way: the money you have tied up in debtors is your (reluctant) investment in your customers' business. Wouldn't you rather invest in your own business?

A cloud of negativity sits over debtors. People don't like to deal with and so it usually just gets worse. It sucks up time as you try to unravel the paper-trail in invoices, statements and call logs. It can be a nightmare to figure out.

So...

Be upfront with your trading terms. Let customers know as early as possible about your terms of trade and bill promptly after product delivery or work completed.

Manage credit risk. Wherever possible, run a credit check before you offer credit.

Stay on top of your debtor ledger. Review it frequently and sound the alert on overdue payments.

Do the numbers. How much money do you have currently tied up in payments pending? On average, how long does it take you to collect debt in your business? Aim to reduce these numbers.

Have a system. Delegate the task and give your debt manager the tools to make it work.

The key to managing debtors is not to let it get away from you. Call me if you want to talk through how to manage debtors in your business.

Lizelle Swart 021 464 295

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timlawrence

Fishing Spot



It's official: Winter is over and Spring is here and that means two things – scallops and work ups. The last month has been terrible weather for fishing, with lots of wind and rain and only a few opportunities to get on the water. Cabin fever certainly set in over the last couple of months and I have been trying to keep busy by working on the boat to get it ready for summer and making my own tackle.

Every day I have been watching the forecasts, looking for that little weather window, hoping and dreaming of a calm day so I can sneak out wide. Little windows would open up and then, two days before, the forecast would change back to 25 knots with rain, but my persistence paid off and a window appeared on a Monday. Now; how could I make this happen... Meetings were moved, excuses were fabricated and I slipped out the door without saying a word.

We hit the water about 11am and headed around the north side of Little Barrier; this time to test out some old marks from previous winter sessions. In the end we settled along the eastern side where the water looked fishy and you could see the current moving along the reef and forming an eddy on the seaward side. A perfect spot for straying.

The fishing was good, the bite was strong and the fish kept getting bigger and bigger – to the point where we started releasing the bigger specimens as they wouldn't be very nice for eating. I even straightened a hook on a monster right beside the boat. It was a good day.

With September kicking off the scallop season I will be out there testing the water and the scallops (yes it's cold but I am from the lower North Island where the water gets to sub 10 degrees, so Auckland water is balmy). In June there was a shellfish ban for the Mahurangi Harbour area down to the Whangaparaoa Peninsula due to a biotoxin. This alert has been lifted, so it is safe to gather shellfish along our coastline. You can check for further details at <http://www.mpi.govt.nz/travel-and-recreation/fishing/shellfish-biotoxin-alerts>.

We have a trip booked to Kawau Island early September; there will be around 10 of us heading over for two days of fishing and diving. If you would like to come along, then please get in contact.

Tight lines!

Millwater

wine review

Stony Estate Organic Reserve Pinot Noir 2012

With Winter dying away, lighter-style reds are a perfect way to end the day. Pinot Noirs go perfectly with lamb dishes and there's nothing like a lamb rack or roast on a late Winter or Spring evening. Just writing that whet's the whistle!

The Organically-grown and produced Stony Estate Reserve Pinot Noir 2012 is a real find. Originally marketed as the Reserve tier of a leading Central Otago vineyard, we've been able to secure a limited quantity of it under this new label, and it's an exclusive to Manly Liquor.

"Beautifully matured and complex, the bouquet shows dark berry, smoked meat, nutmeg and earthy mushroom characters. The palate is sweetly fruited and generously textured, and offers layers of fine texture and polished tannins. A richly savoury style with plenty of seductive flavours. At its best: now to 2017." That's Sam Kim's 4.5-star review and it tells the story well. But let's ask Peter Saunders as well: "(An) elegant style Pinot as does so well in Central Otago. A very fair-priced wine for all that it offers; some delicate fruit flavours, good balance, a touch of bitterness to suit food, and a very good food partner. Enjoy with a roast of lamb or beef cutlets, spicy pasta or pizza. Sound from now into 2018 in a normal cellar."

With comments like this, you know you're getting a super deal at just \$15.99 a bottle – or \$15 a bottle when you buy six or more. You typically pay \$20+ for a Central Otago Pinot and that won't be reserve quality.

Stony Estate Organic Reserve Pinot Noir 2012 is available exclusively from Manly Liquor. Contact us to arrange free delivery.

Ivan Tvrdeich
Millwater Resident
Manly Liquor



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pharmacytalk

World-first: New Zealand anti-ageing serum now at Unichem Hickey's Pharmacy



Many women spend a lifetime searching for anti-ageing skin care that actually works. The answer is at hand! Following 5 years of research at the University of Auckland, NZ skin-care brand Snowberry developed the New Radiance Face Serum with Cu-PEP™, which an eight-week clinical trial by Dermatest Medical Research Institute in Germany showed to produce an average reduction in wrinkle volume of 25.6%! Benchmarked against a leading USA anti-wrinkle product using the vaunted peptide complex Matrixyl 3000, The Snowberry serum proved to be 31% more effective in reducing wrinkle volume.

And, by comparison with published trials for prescription-only retinoic acid products (the only anti-ageing products routinely recommended by dermatologists), and Retinol products, the Snowberry serum is superior to both in effecting wrinkle reduction.

Because of the science and the clinical trial results, the New Radiance Face Serum was the only anti-ageing serum in the world invited to be presented to the prestigious 23rd World Congress of Dermatology in Vancouver.

So, what's the secret? While the Serum contains a high loading of the superb moisturising humectant, Sodium hyaluronate, it is the Cu-PEP™ that makes the New Radiance Face Serum a breakthrough in anti-ageing effectiveness. Cu-PEP™ refers to copper tripeptide 1. This extraordinary peptide that

occurs naturally in our skin, but reduces as we age, is also known as a skin-remodelling peptide and is instrumental in assisting with wound healing. According to Snowberry Chief Scientist, Dr. Travis Badenhorst, the peptide also stimulates collagen and elastin production; helps to counter inflammation and to stimulate the skin's own anti-oxidant processes. It is, he says, a wonderful multi-functional peptide that benefits skin in several ways. The challenge is in being able to deliver the peptide into the skin – and this is what Snowberry has been able to do.

Since the Serum was released it has become a favourite with thousands of New Zealand women, and, observed Snowberry Founder, Soraya Hendesi, many customers ask, "If the serum is really this good, why does it cost just \$40?" It's a very good question, she says. Snowberry could easily have charged much more, but the Snowberry team simply wanted to create an anti-ageing product, proven to work, which is also affordable for most women.

Unichem Hickey's Pharmacy in Orewa is the sole stockist of this anti-wrinkle serum and for the entire Snowberry range in both Orewa and Silverdale. Visit us instore today for a free sample and to view the range.

Unichem⁺

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PERSONAL WELLNESS WITH HELEN

Kids who can't get to sleep



As many of you know, during the last school holidays, I ran free Access Bars sessions for kids.

Access Bars can help kids with a lot of different things, but the thing most parents were asking for help with was that their child struggled to go to sleep at night. I have one of those kids. One

of the first comments our midwife wrote was "Alex fights going to sleep," and he still finds it difficult at age 9.

Running his Bars regularly has helped. What else can we do to help our restless kids?

1. Take the pressure off – you and them. Bedtime is not the time for a fight.
2. Have a bedtime routine intent on relaxing.
3. No electronic devices in the hour before bed.
4. Consider if they are getting enough iron.
5. What are they reading in bed – no scary stories.

6. Check their rooms for electromagnetic fields and other earth energies (I can help here).

7. Make sure they have had enough to eat.

8. Where they physically active during the day?

9. Are they worrying about something?

10. Consider a flower essence for sleep and relaxing (available from me).

Do any of these ring true for you?

Would you like to work with me on this?

I'll be running free Bars sessions for kids again in the holidays at the end of the month, and offering a 1-day class if you'd like to learn for yourself. Connect on my Facebook page (@EvolutionaryYou) if you'd like updates.

Helen McAuley-Grant is a Body & Soul Consultant, Registered with the Natural Health Council as a Senior Kinesiologist. She has been in practice for over 12 years, and has lives locally. www.evolutionary.co.nz, 021 499 824



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Homeopathy for Colds and Flu

Colds and flu occur particularly when temperatures change. They are often thought to be the same health issue, but they express differently and are caused by different viruses.

Both cold and flu have symptoms of sneezing, coughing, runny or blocked nose and sore throat. Contrary to the cold, flu develops quickly with fever, muscle aches, sweating and a feeling of exhaustion.

During a homeopathic consultation your specific symptoms are taken into account, to match them with a remedy that causes similar symptoms. What is also taken into account are prior stresses, upsets or grief. A homeopathic prescription is more based on your individual symptoms rather than a specific illness, as is the case in allopathic prescribing.

Below are a few remedies that can be used at the onset of flu:

Aconite: Sudden onset of symptoms, with high fever, especially after exposure to very cold, dry, windy weather. The person may be anxious, may have a tickly cough, sneezing and a clear runny nose.

Nux vomica: This remedy is for the "A" type person with digestive complaints. The person is often overworked, suffers from lack of sleep or overindulgence of rich foods or alcohol.

Gelsemium: Onset of symptoms is often slow. The main features of this remedy are drowsiness, sleepiness and fatigue. The person feels cold and achy and does not move due to sheer fatigue.

Bryonia: One of the most frequently indicated flu medicines. Any motion worsens all symptoms. The person may have headache, dry cough and body aches, even hold their chest when coughing to keep the body still. The person can be irritable, and likes to be left alone. A fever tends to spike around 9:00pm.

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

Ute Engel, Millwater Resident
Registered Homeopath (DipHom RCHom)
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Can you imagine being cooped up in a shower for an entire day, well that's how long it's estimated that we spend shaving our legs each year, that's right- a whole day!

Laser hair removal is a great alternative to waxing or shaving, it's quick, it will save you money in the long run, and you don't need to worry about getting caught in 'hairy situations', as it's a long lasting treatment to keep those pesky hairs away! Caci have a laser hair removal treatment plan called Freedom®, which is pretty spot on really, who wouldn't want to be free from hair! It's a 12 month programme and each session is six to eight weeks apart to ensure the hair is being removed during its active growth stage; that's why a series of treatments is required to catch the hairs in this cycle.

There are a few different types of machines, all treating unwanted hair using an intense pulsating beam of light/laser; but for the sake of simplicity, they are often all referred to as 'laser hair removal'.

Caci has offered laser hair removal for over 20 years, and have found that the latest generation VPL (variable pulsed light) is best suited to a wider range of hair and skin types; making it a safe and more effective treatment for hair removal. You can expect to notice results after the 2nd or third treatment, and you will see up to an 80% reduction of the hair at the completion of Caci's programme.

As the laser hair removal industry is unregulated in New Zealand, it's important to choose somewhere you trust. All Caci laser operators undergo extensive training, so you know you're in safe hands.

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Probiotics, Prebiotics and Your Gut - Part 2



Last month we looked at the role of the bacteria in our gut. This month we'll have a look at how to optimize the health of those bacteria.

Diets that are high in refined carbohydrates, processed foods and sugar, and low in fibre, can encourage the growth of bad bacteria and inhibit the growth of beneficial bacteria. Stress can also have a negative impact on the health of our gut microflora. Antibiotics destroy all gut bacteria, both good and bad. The gut is then slowly re-colonised by bacteria, but it appears that the re-colonisation happens with a greater proportion of less-beneficial bacteria.

The activity of probiotic bacteria is short-lived and so they need to be consumed daily to benefit from their health-giving properties. A daily intake of 1 to 10 billion bacteria is needed, to have a beneficial effect. Probiotics are found in foods such as yoghurt, fermented foods like unpasteurised sauerkraut and kimchi, brined olives, kefir and also probiotic supplements. Side-effects from taking probiotic supplements are rare; however, in some people who have intestinal damage or immune system issues, they may not be beneficial. Additionally, people who are lactose intolerant need to make sure they select a dairy-free probiotic supplement. The most common side-effect is gas, in some people, and this usually disappears with continued use.

The hygiene hypothesis suggests that, because we are exposed to fewer infections in infancy due to modern families being smaller with fewer siblings and a cleaner, more sterile environment, we are not exposed to small doses of bacteria that help our immune systems to mature. This may be one of the causes of increased incidence of allergies and asthma in developed countries. One has to wonder about the effect of antibacterial soaps, hand sanitizers – and that children don't play in the dirt as much as they once did. Are we somehow compromising the health of our gut bacteria in this way?

Prebiotics are fibres in foods that we are unable to digest, but are digested by the good bacteria in our gut, which keeps them healthy and enables them to keep us healthy. They are found in foods such as oats, apples, onions, artichokes, beans, asparagus, leeks, garlic, onions, coconut and bananas.

Perhaps it's more accurate to say that we are not what we eat, but rather we are what our gut microbionota eat.

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

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

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outtolunch Okahu Bay

True Food and Yoga is a brand-new restaurant and wellness centre that had been open for a little over two weeks when we visited for lunch at the beginning of last month. Husband and wife owners Nic and Kelly Watt have cleverly converted the old Hammerheads at 19 Tamaki Drive in Okahu Bay into a very stylish and modern all-day restaurant and an adjoining wellness centre.

Nic had been chef some time ago at Hammerheads before leaving to work in Michelin-starred restaurants in London and then returning to open Auckland's Metro Top 50 restaurant MASU by



Nic Watt before opening True Food and Yoga, which enjoys unobstructed ocean views over the Hauraki Gulf and Rangitoto. Considering that it was a Monday when we called in for lunch, the restaurant was pleasantly busy and obviously already popu-

lar with some of the varied clientele.

The menu designed by Nic and Kelly is exemplary and it was difficult to decide which of the organic, locally-sourced dishes we would have. In the end, I chose the medium-sized Bones to Broth, which presented chicken broth, kombu seaweed, pulled chicken & egg, edamame, shiitake & puha (gluten-, dairy- and nut-free). Management decided on the Lean Green, which comprised turkey, courgette, cumin patti with smoked eggplant & grapefruit labne (gluten-free). Both dishes cleverly combined a delightfully clean eating experience, with the Art of Copper cutlery adding just the right touch of luxury.

The thoughtfully constructed, internationally-inspired drinks list is equally involving and, again, focuses on the organic – all chosen by Nic and Kelly to complement the dining experience. I chose and was delighted by the Thierry Germain Domaines des Roches Neuves Cabernet Franc, with Management being equally impressed with the Central Otago 2015 Maude Pinot Gris.

This is a truly great restaurant that will draw us back, again and again. Highly recommended for its innovative and top-quality dining experience. Check it out at truefoodandyoga.co.nz/

** Photo Credits: Babiche Martens

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Most of us have a computer of some sort; be it laptop, desktop or tablet. Modern software and hardware evolution means that most of us will need qualified technical expertise to sort it out – and this is where Next Step Network Services, our own Millwater resident business, comes to our assistance. Owner Stephen Hooper talked to [theMillwatermag](#) about the expert computer services available on call from Next Step.

Stephen grew up on a small farm in Drury, where he attended primary school before going on to Rosehill College, and then AUT where he graduated in 2007 with his Bachelor of Engineering Technology, specialising in Computer Systems Engineering. Stephen had been working part-time in Dick Smith Electronics in Papakura since he was 15, and he returned there as full-time assistant manager for the first year after graduating. Stephen then moved to Edtech as a junior systems administrator and was assigned to Rosehill College, where, over the next three years, he rose to become senior network administrator and then systems engineer.

Being true Kiwis, Stephen and wife Kate then took off to Europe on their OE, and it was during this time that Stephen decided to start Next Step. Stephen explained the business name, which came partly from him being known as 'Step' at school, plus he wanted to signify his commitment to the future of computer technology by using the word 'Next'. Computer technology continues to evolve rapidly, as we know, and Next Step Network Services aims not only to be in step with this evolution but to understand what will be the next steps. Stephen contributes proactively in the fortnightly meetings in Orewa of TNG



(The Network Group), which is a like-minded peer group of successful people who share business experience, contact information and more.

The breadth and depth of Stephen's computer expertise has seen Next Step Network Services be in demand across the North Shore and the wider Rodney areas. His trusted abilities have seen his business grow through word-of-mouth recommendations, added to an effective presence on Google AdWords, on Facebook and in local media.

Next Step Network Services provides highly-experienced and personalised support for all aspects of computer network engineering hardware and software requirements. If you need help or advice for Windows 10 or other software upgrades, computer and network planning, back-up and restore issues, computer running slow – and more – call Stephen on 021 052 3531 or email him on stephen@nextstep.kiwi

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IntsaGran?

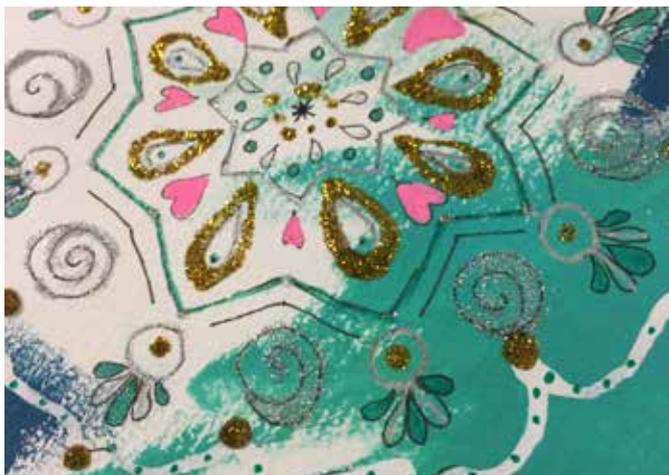
Upstairs in the Hibiscus gallery is a youth-focussed photographic exhibition called, "InstaGran" – a wonderful initiative by Ahuroa /Mauhuangi teacher Theressa Butler. This showcase of work features young people's photography of their grandparents or significant older people in their lives. This project has opened up some really meaningful dialogue and fun story-sharing between these two generations.



In the education wing gallery, view new artwork by Ruby Jude and friends. Her mantra is Art Heals... It washes away the dust, the debris and the sadness of everyday life with colour movement, form and a sense of place

Ruby Jude says she loves to agree with Picasso, her art hero...

"The meaning of life is to find your gift. The purpose of life is to give it away!!!"



The school holiday programme will run from Monday 26 September to Friday 7 October, with the theme of "Spring". Classes will be taught in painting, ceramics, body painting, building a dream-catcher and more.

During the July school holiday art programme, Estuary Arts held a very successful public art programme where families could come along and paint a ceramic mug. Keep a look out for the fun public programme that will take place on the Fridays.

Don't forget to check out the website www.estuaryarts.org for details on weekend workshops.

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

Auckland Council
Creative Communities NZ

InstaGran
Exhibition
@EstuaryArtsCentreOrewa

Connecting our online generation with our offline generation through photography

3-25 Sept 2016

Featuring images of residents from Summerset Falls Retirement Village; plus great and very grand parents from within our local community

Mahurangi College
NIUPEKA SCHOOL
Mahurangi Kindergarten
Estuary Arts Centre

AUCKLAND COUNCIL AND MILLWATER

A report from your Local Ward Candidates

Millwater has got a lot going for it and there's much that Council is doing and can do for Millwater.

John Watson and Wayne Walker have been involved with Millwater from the start. Before serving on Auckland Council, they were both Rodney District Councillors – they worked to ensure the extensive reserve space that is now Metro Park, Millwater Park and the local reserves network linked by walkways and cycleways.

Millwater's filling up fast though. Fortunately, we've seen early completion of the Millwater motorway connection, new bus routes going through Millwater (3 years ahead of the Shore) and continued progress on Penlink to relieve Silverdale congestion. Negotiations are underway – and Council funding – for early starts to East Coast Road extension across to Millwater and Curley Avenue link, and more Park and Ride spaces at Silverdale this financial year. Planning is underway for another Park and Ride at the new Millwater extension across the motorway. Private funding plays a big part in these projects.

Later this year, the 'dynamic laning' of Whangaparaoa Road between Red Beach Road and the Hibiscus Highway/Millwater/Whangaparaoa Road intersection will improve peak flows

in and out of Millwater from Whangaparaoa.

The Busway should be extended up to Millwater (ideally as light-rail in the future – dependent on light rail across the harbour). In order to fund these projects Council needs to find alternative funding sources such as a regional fuel tax and a charging regime on road use.

Development of the sports facilities at Metro Park will progress much more quickly with the collaboration and contribution of local sports clubs. Rugby, hockey, football, netball, cricket and athletics are all working on their requirements. There is the prospect – and certainly the location – for a recreation centre in the future.

The Stoney Homestead – now safe from demolition – will provide a valuable space for local Millwater clubs and associations – and an important link to the area's interesting rural past. Ongoing Council funding has ensured its restoration.

With all these Council improvements underway or planned, Millwater is a fantastic place to live.

Wayne Walker 021 882861
John Watson 021 2875999

Putting People First
Your Local Ward candidates

Wayne **Walker** ✓ & John **Watson** ✓
for **AUCKLAND COUNCIL Albany Ward**

www.PuttingPeopleFirst.co.nz

Authorized by: S. Johnstone
188 Bridge Road, VCEI

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Licensed Salesperson
Albany & Long Bay

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vanessa.jardim@mikepero.com



You have seen the movie Calendar Girls – now see the play!



Our local theatre company at Centrestage is producing another entertaining show in September; this time it's a play promising laughs, and lots of feel-good factor.

Director Prin Barry and her talented cast have been working hard to bring this story to life in a fun, entertaining and sensitive way.

Calendar Girls is set in the small town of Knapely, Yorkshire, where Annie Clarke has just lost her husband, who was ill with leukaemia. Her best friend Chris decides to make an "alternative" calendar with local middle-age women from the Women's Institute posing nude, to raise funds for a new settee in the local hospital waiting room.

As interest snowballs, the 'Girls' find themselves revealing more than they'd ever planned...

It's a very British story, with a very British heart – Calendar Girls is based on an inspiring true story that is quirky, poignant and hilarious.

Actresses Shelley Charlton and Vauneen Stevens lead a local cast of wonderful ladies (and a few men) who have had a ball rehearsing to bring this internationally successful play to Orewa.

Calendar Girls is at Centrestage Theatre from September 9th to 17th. Tickets from www.iticket.co.nz or ph. 426 7282.

Grayson Furniss
LICENSED SALESPERSON
 BRAND & TERRITORY OWNER





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- Ball Gowns
- School Uniforms



Centrestage Theatre Company
 Orewa Inc. proudly presents

Calendar Girls

by Tim Firth

Directed by Prin Barry

9th-17th September

For tickets call 09 426 7282 or go to www.iticket.co.nz 

9 Ways Under \$500 to Add Value to Your Home – Part Two

If you're looking to put your home on the market and you want to add value, or you just want to freshen the place up, then you will be surprised what you can achieve with a little elbow grease and a surprisingly small budget.

Here are the remaining 6 tips that can help you improve your home for under \$500. We also show the approximate value that you could potentially add to your property; ranging from hundreds of dollars (\$\$) to several thousand dollars (\$\$\$\$\$)*.

4. Smarten up your garden

Cost: From \$0

Value added: \$\$\$\$

A well-presented garden can add great value to any home. You can create an inviting outdoor oasis by simply mowing the lawn, pruning overgrown plants and disposing of any stray branches or leaves. However, you could go a step further and add a splash of colour by planting some shrubs or perennials.



5. Repaint your walls

Cost: From \$450 for a small house

Value added: \$\$\$\$

A fresh coat of paint can add a new lease of life to your house. It's best to repaint with a neutral palate – this allows the new owners to easily put their own touches on the house. It's a great idea to use a paint calculator to help you work out how much you will need.



6. Make your fence fantastic

Cost: Around \$50 for 10L of fence paint

Value added: \$\$\$\$

Once again, this will add to the street appeal of your home. By applying a coat of stain or paint you will revitalise your fence and get rid of any aging imperfections like chipped paint.



7. Take care of the little repairs

Cost: From \$0

Value added: \$\$\$

Potential buyers are going to be your biggest critics and while you may have become accustomed to dripping tap, it is something that will appear on their radar. Simple cleaning and repairs that don't cost a penny can include cleaning your windows, fixing creaky doors and filling in tiles where grout may be missing.

8. Install new interior door handles

Cost: From \$350 for 10 interior doors (DIY installation)

Value added: \$\$

This is a relatively quick and cheap way to make your home look more modern. You may no longer notice your tired, outdated door handles, but potential buyers will. By replacing handles, you can give any room an instant boost.

9. Clean your carpet

Cost: Around \$200 for a professional clean on a medium-sized house or do it yourself with a Rug Doctor for around \$70.

Value added: \$\$

The family carpet gets a lot of wear, spilt food and pet hair, so cleaning the carpet helps it to look – and more importantly smell – its best.

*Estimates for value are a guide only and actual returns will depend on the original condition of the house, the quality of the improvements and many other factors. Talk to a real estate agent or valuer who can recommend the best ways to add value to your property before selling.



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.

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

	July 2015	June 2016	July 2016
Number of Sales	30	23	16
Median Sales Price	\$1,057,000	\$1,150,000	\$1,077,500
Highest Sale Price	\$1,430,000	\$1,507,000	\$1,490,000
Lowest Sale Price	\$870,000	\$870,000	\$810,000
Average % price to CV	16.86	35.34	35.67
Average Floor Area (sqm)	249	238	221
Weighted Value Index	1161	1398	1397
Average Days to Sell	72	69	80

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Franchise Owner
SILVERDALE



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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.

Mike Pero | REAL ESTATE

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millwaterpropertytalkwithGrayson

So: we have passed through the shortest day and then a very wet and miserable month for July and the market has trundled along almost without taking a breath. The July statistics tell a slightly skewed story, unless you break them down a bit further. Sales numbers were down; more a reflection of shortage of properties for sale than a drop in demand. The median price was also well down – again this was a reflection of the number of sales of smaller (190m-215m) homes in July, rather than a fall in the overall market price. This can be seen by the stable Weighted Average index, a representation of bang for buck in the local market. A slight warning here – this index is an algorithm of a number of factors, including land and house size, so should not be assumed to represent an actual dollar amount for anything.

At the coal face, we are seeing a number of factors all at play at once. Some investors have been spurred on recently to get stuck in and purchase before the new Reserve Bank Loan to Value rules kick in. Interestingly, other investors with ample equity have pulled back from the market temporarily, waiting to see whether the new rules may cause a change. Generally, these factors are balancing out to a 'business as usual' level. A stronger demand-side influence in recent weeks has been the poor weather and the Olympics, causing slightly lower numbers at open homes. In reality, this hasn't really seen much of a slowdown in actual sales, with the serious buyers still out there. The generally low stock levels of recent months mean that our database

is now overflowing with buyers hunting for the right property. Generally, this is translating into excellent price outcomes for our vendors, with us receiving multiple offers on the majority of properties that we market.

As always, we are keen to know of properties that may be coming to the market in the future, even if it is just a thought in the back of your head right now. Let us provide you with some information on your property value, so you can complete your thinking fully informed.

Grayson

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Mike Pero

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STYLISH UNIQUE HOME WITH POOL

4 2 3

SOLD

14 Vera Court, Millwater

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



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AWARD WINNING SINGLE LEVEL HOME

4 2 2

Sold

10 Gumdigger Rise, Millwater

- 217m2 Sicato home on nearly level 655m2 site
- 4 double bedrooms all with built in wardrobes
- master bedroom with ensuite and walk in wardrobe
- warm and sunny open plan living area with great flow to North and Westerly facing decks
- stunning kitchen with walk in pantry, engineered stone benchtops, island bench, 900W gas cooktop
- separate and spacious lounge / media room
- double internal access garage with walk through laundry
- beautiful tiled bathrooms with underfloor heating, main bathroom with stunning freestanding bath



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QUALITY MILLWATER FAMILY HOME

4 2 2

View now!

6 Walter Crescent, Millwater

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



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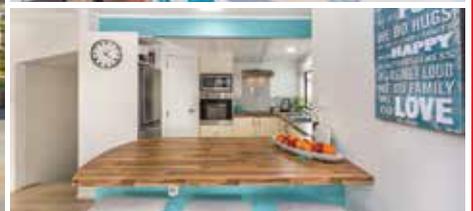
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FUNCTIONALITY, FLAIR & COMFORT

4 2 1

Offers Over \$850,000

19 Jelas Road, Red Beach

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



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Grayson Furniss
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09 426 6122

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Mike Pero

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A HIDDEN GEM

3 1 2

\$895,000

157 Cowan Bay Road, Warkworth
For Sale
Viewing by appointment

Hidden from the road this property has views both sides - out to the east is the Mahurangi Harbour and the westerly views are a peaceful picture of rural life, yet still close to Warkworth and Puhoi Village. This property consists of 3 bedrooms, 2 bathrooms and a study. The open plan kitchen/dining and family room is light and airy complete with a feature log burning stove to keep the house toasty warm in the winter, in addition there's a separate lounge with French doors to the outside. Choose from one of three decks to take advantage of the views and sun, with plenty of room for the kids to be kids.



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WAKE UP TO THIS VIEW!

\$649,000

Lot 1 / 103 Green Hollows Road, Puhoi
For Sale
Viewing by appointment

Be inspired by the dramatic natural beauty and tranquility of this unique site with expansive bush, rural, and sea views, imagine waking up to magnificent misty mornings and fabulous sunrises.

Sections are becoming very rare in what's becoming an increasingly popular area, 10 minutes to Millwater, 20 minutes to Albany and 35 - 45 minutes to Auckland City depending on the traffic.
Puhoi - 'close to Auckland but... a World away' and a wonderful community too!



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LANDSCAPED FAMILY TREASURE

3 2 2

Negotiation

18 Fendalton Place, Hatfields Beach
Open Home - Sunday 2:00pm to 2:30pm

Perfectly positioned at the end of a quiet cul-de-sac is this immaculate single level brick home. With picturesque views of the countryside and capturing all day sun, this north-facing property has everything going for it. Surrounding the home is an abundance of landscaped garden features including terraced steps, paved patio areas, vege patch, tranquil walkway, and all this with low maintenance in mind. The home itself boasts 2 living areas including a bright open plan living, dining, and kitchen space taking advantage of great views and easy indoor/outdoor flow. The good-size bedrooms all come with built in wardrobes and the 4th room, currently used as an office, can easily be made into a 4th bedroom. Don't delay, this property will tick all the boxes. Arrange a viewing today, speak to Lane or Sophia.



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09 426 6216



Sophia Ellender
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09 426 6216

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COMPLETE FAMILY WISH LIST!

4 2 2

Auction

123 Grovenor Drive, Orewa
Auction - held Saturday 17 September '16 at 12:00pm, onsite (unless sold prior)

Spacious, sunny and beautifully presented. This exceptional family home is a must view for those looking for plenty of space, style, and sunshine, all in a superb location. Features include a semi-formal wing and family wing both with living and dining areas. Open plan and stylish, the kitchen is complimented by a granite benchtop, walk-in pantry, and plenty of light. Sea views can be seen from the master bedroom with ensuite and a fully fenced section offers space for children and pets to play safely. Located in a sought after area and only minutes to shops, beach, and motorway. Seeing is believing with this property so don't delay, book a time with Lane or Anita for a viewing.



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Anita Yahya
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HIGH QUALITY SINGLE LEVEL HOME

4 2 2

SOLD

49 Timberland Drive, Millwater

- fully landscaped large (653m approx) elevated north west facing site with bush outlook
- stunning low maintenance 206m brick and timber weatherboard single level home
- stunning kitchen with high grade appliances, butlers pantry, stone benchtops and an island bench
- sarked pitched ceiling in the lounge along with heat pump for those colder evenings
- easy flow through massive sliders to expansive kwila decking and generous grass area
- 4 double bedrooms, master with ensuite and walk in wardrobe
- beautifully tiled bathrooms with underfloor heating plus separate toilet
- balance of 10 year master build warranty to transfer to new owner

www.mikepero.com/RX826749

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Mike Pero

0508 HIBISCUS



A VIEW TO THRILL!

4 1+ 2

Be Quick!

44 Cochrane Avenue, Arkles Bay

Auction - 6pm 14th September unless sold prior

Nestled amongst a bush backdrop this exciting home offers not only a spectacular sea and Island view, but ultimate privacy and stunning outdoor areas. Two level living, with large living areas and a well designed indoor and outdoor flow, perfect for family time and entertaining friends!

Imagine the views from the living and front decking, or sitting out on the back deck area and taking in the birdsong, whilst enjoying close company. Arkles Bay Beach is within strolling distance, and winter or summer, a walk along the sand, or a dip will have you wondering why you didn't make the move years ago!

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RELAX IN RED BEACH

4 2 2

AUCTION

29 Driftwood Drive, Red Beach
Auction - Onsite, 4pm Sun 18th Sept 2016 (unless sold prior)

Positioned in a mature location is this low maintenance brick & weatherboard home that offers exceptional living options, particularly for the impending summer months. Arranged with family living in mind, the functional split-level floor plan features 4 bedrooms including master with ensuite. The casual, open plan living spills effortlessly out to the easy-care outdoor area which is both private and sheltered. A second, more formal living area provides versatile entertaining options to please family and guests alike. With so much on offer, this property is likely to attract a significant amount of attention - you're encouraged to act quickly.



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A CLASSIC KIWI BACH!

2 2

Great Sea Views!

88 Pacific Parade, Army Bay
Deadline Sale - 4pm 7th September unless sold prior

Remember the days spent at the Bach? Long evenings spent taking in the sea views & sunsets, the barbecues and laughter with family & friends. Well this may be just what you need, take a step back, and take a good look at this! A classic Kiwi Bach, set in prestigious Pacific Parade in Army Bay! Ideal Bach, ideal do-up, or just simply ideal to get your foot in the door in a location that's second to none! Freehold Title, room for improvement, and fantastic North Facing Sea Views! It doesn't get better than this! Call now!



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Do you even ZUU? Pardon me...



ZUU was created by Nathan Helberg and emerged from the rivalry between himself and his brother who both lifted heavy weights. But, when it came to movement, Nathan was stunned at how vulnerable his joints felt, so he began his quest to improve his strength, athleticism and mobility. Thus ZUU was born.



I can remember the first ever ZUU session that I took a client of mine through, and at the end of the session they remarked "What was that?" Through beads of sweat and a few laughs, they exercised using primitive movements like Bear Crawls, Frogs, Iguanas and Polar Presses; all based off primal movements from the animal kingdom. Now: if that doesn't raise an eyebrow, what will?

but your own bodyweight, and can be performed in an area with limited space, and in as little as 20 minutes. Simple and effective. No gimmicks. No gadgets.

Carleen Boot, an amazingly dedicated and awesome client of mine, demonstrates both the beginning and end position of a Frog squat that assists in improving mobility of the hips. #GAT Carleen.

In my experience and observation, working in the Fitness Industry for over 12 years, there is far too much reliance on using machinery and other one-dimensional approaches to training, which have played their part in an ever-increasing injury toll among gym users.

For more information and to receive a 30-minute Complimentary Consultation, please contact Coach Craig on 021 1611 789 or genesishealthnz@gmail.com.

ZUU encompasses a full body approach to conditioning; focusing on mobility, flexibility, agility, and seriously improving cardiovascular endurance, but that's not all. It strengthens mindset, muscles, joints, ligaments and tissue, using nothing



RYAN JACKSON
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- ✓ Warm, comfortable & quiet
- ✓ Ideal play area for children
- ✓ Tough, durable & weatherproof
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- ✓ Lifetime guarantee against zipping
- ✓ Significantly reduces dust and dirt tracked into the home
- ✓ Finance Available. (Approved applicants only. Conditions and fees apply.)

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Millwater ROMEOs



The Millwater ROMEOs (Retired Old Men Eating Out) gathered again in August for their monthly get-together. 14 ROMEOs visited the showroom of Total Security Group in Orewa and listened to an enjoyable interactive presentation by Managing Director and local Millwaterian, Dougall Cameron.

Total Security Group provides services to Millwater residents and beyond and, although most of our homes are new, many buildings have only basic or limited security installed. Dougall demonstrated a number of security improvement products; including door and window locks, CCTV surveillance cameras (we were caught on camera!), home alarm upgrades and enhancements, and safes. The ROMEOs had many questions

during Dougall's thought-provoking presentation.

The ROMEOs then travelled a short distance out to the brand new Wainui Golf Club in Windmill Road, which has just opened initially for members only (watch for news soon about the opening to the general public). The group was able to explore the magnificent new clubrooms, which have spectacular views over the new golf course. The ROMEOs then enjoyed a wonderful meal including salads, steak, fish and a variety of burgers. Wainui General Manager Terry Yacshen spoke to the group after the lunch and gave an overview of new membership options, from full-playing to social member.



Finally, it was back to the host ROMEO's home for coffee, nibbles and a chat, to cap off yet another successful and enjoyable get-together.

Millwater ROWENAs

The July lunch for the ROWENAs (Retired Old Women Enjoying Nice Afternoons) was held at Tides Restaurant & Café at 936 Beach Road, Waiake Beach; between Browns Bay and Torbay, with 11 ladies attending.

The setting for this establishment is delightful. You can sit and look out of the large picture window across the reserve and out to sea. We were there on a lovely clear and crisp Winter's day and the view was lovely. The menu is varied, with delicious and very reasonably priced food. We chose a selection of dishes and all agreed that it was really enjoyable. Diana Lakin, who is the coffee aficionado of the group, had a coffee and it passed the test – which is always a good sign. The service was excellent, considering that they only had one wait person working that day. The lady was delightful and nothing was a problem; everything done with friendly chatter and a smiling face, even though she was dealing with a rather lively bunch.

If you have never been before, give Tides a try.



holiday destinations

Back to Fiji... and the beautiful Coral Coast

Although it may be stunning outside today, don't be fooled that summer is nearly here... now is a perfect time to escape to the islands. I personally love this time of year in the islands; the humidity is not too high, but the pool and sea temperature is just perfect.

The Coral Coast is another popular area among Kiwis visiting Fiji. The main point of difference is within the name really – the 'Coral' Coast. Like Denarau, these resorts have beautiful pools, since the area is tidal and at low tide you cannot really swim. The two hotels that do have areas to swim at low tide are The Warwick and The Shangri-La, but I would suggest families with children pack their reef shoes for peace of mind. Both of these properties are great for families if you are after the large 4-star resort feel, with the Shangri-La being the larger of the two. Both properties offer all the bells and whistles – kayaks, fishing, several restaurants, kids' clubs, and spas to name a few, and they are both fantastic value for money. The Outrigger is also a great option, with a fabulous spa for the mummy's (whoops is that a bit sexist...?) for those that need it! The Outrigger in my eyes is the nicest of the hotels on the Coral Coast but, having said that, the location of the Shangri-La and Warwick gives you a better beach.

The Coral Coast has an endless list of activities, should you decide to leave your hotel... Sigatoka River Safari, Kula Eco Park, Off-Road Cave Safari, just to name a few.

Until next month...

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Um... Are your parents home?



Have you noticed there aren't many parents around on TV these days?

Sure, every now and then you get the occasional older sibling. Or, if parents do exist on the show, they are usually the butt of the jokes or totally incompetent. Sadly, Dads have it the worst.

If you want to influence a nation, start by educating the next generation. History is full of examples and we can look in our own backyard to see how different views

are today compared to when we were younger (e.g. smoking, the environment, etc.)

I read a statistic that says 80% of children learn visually. That means what they take in visually is what they retain and learn. So, what is watching TV shows that have kids who have no adult support system, no safe place, no parents, and who are left to figure out life on their own teaching them?

Yes, we want our kids to be independent. Yes, we want our kids to learn problem-solving. We also know that they are still kids and

our place as parents is to help them through this thing called life, regardless of their age.

Growing up, and I'm about to divulge my age here, I watched the Brady Bunch, Happy Days, Dukes of Hazzard – pretty much all the shows on the Jones Channel. The 'kids' in those shows were always getting into trouble or having to solve some problem. Whether it was their fault or not. But they always sought and were given direction and advice from their parents or parent figure in the family (good ole Uncle Jesse).

The next time your kids are watching another one of those no-show parent shows, I encourage you to watch it with them. Use it as an opportunity. During the ads, ask them questions about what is happening. What do they think will happen next? What would they do in the same situation? What does your child think the parents, if they were around, would say about the situation?

This allows your child to gain objectivity about what they are watching and lets you in on your child's thinking. Both of which are of real and lasting value for you and your family.

Rechelle McNair



Holiday Programme



<p>Kingsway Junior Campus 2 Bonair Crescent, Millwater, Silverdale</p>		<p>Onsite Activity 07:00 a.m.-06:00 p.m. \$55.00 Onsite Short Day 09:00 a.m.-03:00 p.m. \$45.00 Trip/Premium Day 07:00 a.m.-06:00 p.m. \$65.00</p> <p>"Our daughter has been to other programmes and she says yours is by far the BEST." AJ "Our son would not even entertain the idea of looking at alternative programmes." RD</p>		
<p>Ice Cream Madness</p> <p>Mon 26 Sep</p>  <p>I scream. You scream. We all scream for ice cream!! Fun ice cream themed activities including make your own ice cream, ice cream relay & more!</p>	<p>Trip Day</p> <p>Tue 27 Sep</p>  <p>Explore the wonder of MOTAT including the interactive Da Vinci Machines exhibit plus many more things to touch, see and do!</p>	<p>Wheels Day</p> <p>Wed 28 Sep</p>  <p>Bikes, Scooters, Skates, Skateboards! Bring your helmet & wheels for a rolling time! Build your skill, race, games and much more!</p>	<p>Trip Day</p> <p>Thu 29 Sep</p>  <p>So much fun to be had! Experience the Cosmic Playzone, Tube slide, Moon Buggies, Spaceship Simulator, Luge, Bungee & Zip Line! What a day!</p>	<p>Technology Day</p> <p>Fri 30 Sep</p>  <p>Get to know your technology from the inside out. Make a crafty robot, learn about internet safety and BYOD for a bit techie fun!</p>
<p>Under the Sea</p> <p>Mon 03 Oct</p>  <p>Journey into the fantastic world of sea creatures! Fun and interesting activities around the wondrous creatures that live in the deep!</p>	<p>Premium - HungerBall</p> <p>Tue 04 Oct</p>  <p>HungerBall where the line between ally and enemy is ever changing! Build your ball skills and fitness all while having an absolute blast!</p>	<p>Detective Day</p> <p>Wed 05 Oct</p>  <p>It's gone! Someone took it! But who? How? Why? You'll need all your super sleuthing prowess to find the clues and solve the mystery!</p>	<p>Trip Day</p> <p>Thu 06 Oct</p>  <p>Hook in with skids KingsWay for a great time! Choose from 34 fun climbing gyms, or try the Leap of Faith or the Vertical Drop Slide!</p>	<p>Angry Birds</p> <p>Fri 07 Oct</p>  <p>Fun games & activities with Red, Chuck, Bomb and the whole gang you won't want to miss! Who can be angry when there is so much fun to had?</p>

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"Kids just love it!"

Business owners should keep their wills current



Updating your will is one of those things that is often placed on the 'to do' list. If something happens to you and your will isn't current, or properly considered, there can be huge headaches for everyone left behind – for your spouse or partner, your children, and for your business partners and fellow trustees.

The first step to take when you are updating your will is to list what assets you have. Your will only deals with things that you own in your personal name – not those things that you might have in a trust. If you hold assets in a trust, you should also have an up-to-date memorandum of guidance (also called a memorandum or letter of wishes) that lets your trustees know how, and when, you wish trust assets to be distributed.

You then need to work out to whom you would like to leave your assets, and on what terms. For example, would you want your 20-year-old child to receive control of your assets? Or would you prefer that someone else had control until your

child is a bit older? An issue that many business owners fail to address is what would happen to their business assets if they die suddenly whilst they're still working in the business. If you have a business partner, what would happen if you left your share of the business to your spouse? Would your spouse be able to work alongside your business partner? Would your business partner have the financial means to buy out your spouse? All of these aspects should be considered. Insurance arrangements and shareholder agreements should be revised, to ensure that they are consistent with your wishes set out in your will.

And it's not only the business aspects of will-planning that you need to think about. If you are in a relationship and have children from an earlier relationship, you'll need to consider what may be the conflicting interests of your current partner and your children in terms of your assets. It can be very complex to work through these issues but it's important that you do so, as it can prevent your partner or spouse and children battling each other further down the track.

If you've not reviewed your will for a while, get it out of the drawer and have a good look to check if it still reflects your current situation wishes – in your personal relationship and also what's happening in your business. And do the same with your trust.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

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Fish



A common Chinese family dinner usually consists of three dishes and one soup. Among a large variety of ingredients, fish is always popular for those who live near the coastal provinces. For the Chinese, nothing can be called 'fresh' unless it's straight from the water tank or the sea. When I was young, my mum usually went to the wet market in the morning, to buy everything we need for dinner – all except fish. At around 5:30 in the evening, while mum is busy preparing dinner, dad will walk to the wet market, pick a fish from the water tank and bring it home immediately to steam. It takes less than 30 minutes from water tank to table, and with such effort the fish always tasted so good!

While some fish are not suitable to live in the tank, or some just can't live long enough to meet their customers, there is always a table lining up for these kinds of fishes. My father, who was once a fish distributor, taught me some basic tricks to pick a fresh fish (in this case, 'fresh' means very recently dead): always choose the fish with clear eyes and shiny scales – and check the gills to ensure they have a beautiful bright red colour.

I think this will help you to understand why Chinese restaurants always have a tank filled with swimming fishes (and other sea creatures) as a selling point. I believe most Chinese will tell you; the best way to cook a fresh fish is steam. Other cooking methods such as stir-fry, deep-fry or braising are believed to be some cooking tricks to cover the fishy smell of the not-very-fresh fish.

Besides freshness, another element to make perfect steamed fish is technique. Precise timing and heat are very important. If

the fish is fresh enough, and cooked with care, it should have an appearance of cracked skin, with little bits of meat that still stick to the spine. Steamed fish is definitely a dish that can test a chef's skills.

Generally, there are two traditions of eating fish. Firstly, always cook a whole fish, symbolising 'complete', where the head means beginning, the tail means end. In order to eat a whole fish most Asians have developed a very special skill, which is spitting out the bones. All of my family and friends could put in their mouth a big piece of fish, chicken leg, spare rib or whatever has bone, chew for a while then easily spit out the cleaned bones onto the plate. They said the meat surrounding the bones tasted the best. Shamefully, I have not learnt this technique well. Some of my friends laugh at me and say I am not a real Chinese because I can't spit bone. I usually fight back by saying "I am a Kiwi and I love fillet!"

Secondly, when the top side is eaten, never flip the fish onto the other side; just lift up and remove the spine to access the meat underneath. This is to respect the fisherman because flipping the fish symbolises "flip boat."

This month, I have included a steamed fish recipe (please see the recipe page). While it is not quite possible to buy swimming fish from the tank in New Zealand, the freshness of fish in our local fish shop is actually quite good for steaming. Just keep in mind to look for the 3 tricks: eyes, scales and gills. Next time my mum comes to visit, I will ask her to show you how to eat fish eyes!

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



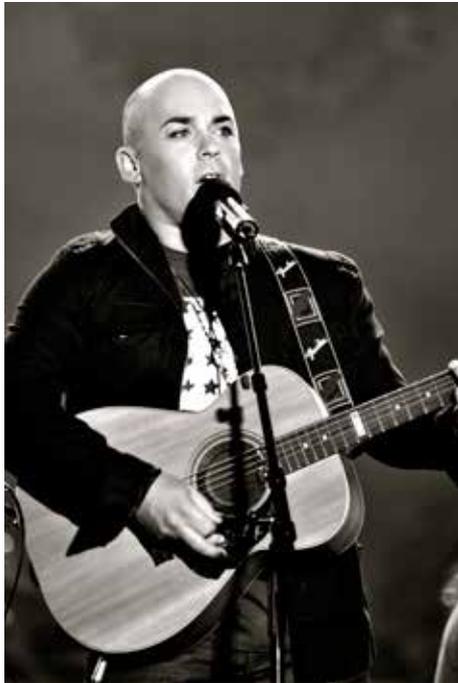
Know something that we don't?

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



Country Show Day 2016

Saturday 29 October



Freda's Roast and Barbeque, Millwater
 Jesters Pies Silverdale
 Millwater Takeaways
 No'na Bakery, Millwater
 TABAK Millwater
 Urban Sushi Orewa

... and great coffee from Roberts Coffee Bar, Millwater

We are very fortunate to have such great community support for this event, but it's also the perfect opportunity for the wider community, or local people who may live here but work in the city, to make contributions such as auction items, sponsorship or prizes. Everything is greatly appreciated, whether something big or small.

This is the largest event on the Silverdale School fundraising calendar. Funds raised this year are for new play-based learning equipment in our new-entrant classrooms, and an upgrade to the existing School library.

We are hugely grateful to Mike Pero Silverdale, our Platinum Sponsor for Country Show Day, for their incredible support for the second year running. Grayson and Sarah Furniss are the business owners of Mike Pero Silverdale. They live and work in Millwater and know the market extremely well. Their clients attest to their enthusiastic and professional approach as well as the high value proposition that the Mike Pero Real Estate brand provides. Clients appreciate that, because they are locals, they not only have an in-depth knowledge of the current market but also strive to make a fabulous impression by delivering optimum results.

Keep an eye on our website www.silverdaleshowday.com in the build-up to the day; for further details on en-

tertainment, stalls, sponsors and auction items.

If you need further information about Silverdale School's Country Show Day or would like to make a donation, please contact Rachael on 027 418 4745 or email silverdalepta@gmail.com.

Silverdale School's much anticipated annual Country Show Day returns next month. This year promises to be a bigger and better fun event; with entertainment, live and silent auctions, dog performances, food, stalls, teacher-dunking, rides and a White Elephant sale.

The incredibly talented local singer and songwriter Phil Madsen will be entertaining the crowds throughout the day, from 10.00am to 2.00pm. Phil Madsen is a recent winner of 'Top Male Vocalist' at the New Zealand Variety Artist Awards and has shared the stage with Air Supply, Hank Marvin, Cher, The Pointer Sisters and, most recently, Spandau Ballet.

You can find Phil's original songs on iTunes, or you can download from his own website: www.philmadsenmusic.com.

Local eateries are generously supporting the School with tasty dishes from:

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Brush up on your oral hygiene



Brushing, flossing and regular check-ups are three simple steps you can take to keep your teeth and mouth healthy. But are you using the correct techniques to make the most of your daily routine?

EFFECTIVE BRUSHING

Brush twice a day with a fluoride toothpaste to remove plaque from your teeth – this is the “furry” film that builds up on your teeth over the course of a day.

Use a soft-bristled toothbrush at an angle, so the bristles are in contact with your teeth and gums. Gently sweep the brush away from your gum-line and down your teeth. Make sure to brush the inside, outside and chewing surfaces of your teeth, and remember your tongue! Brush it gently to remove built-up bacteria and freshen your breath.

Rinse your toothbrush and allow it to drain and dry in an upright position. Avoid using a closed container for your toothbrush, as this will encourage the growth of bacteria and

mould. When the bristles start looking frayed, replace your toothbrush.

EFFECTIVE FLOSSING

We recommend flossing a couple of times a week, if not daily! Regular flossing will clean out areas of your teeth and gums where your toothbrush cannot reach.

To floss effectively, use about 40cm of dental floss. Floss one tooth at a time, using a fresh part of the floss regularly. Gently guide the floss between your teeth and follow their natural curves, using a rubbing motion. When you reach your gum line, allow the floss to slide under your gums, then gently sweep the entire tooth.

If using floss is uncomfortable, try a pre-threaded flossing stick available at any supermarket, or contact us for other flossing solutions we can provide!

VISITING A DENTIST

Regular visits to your dentist will help stop problems before they develop. We recommend having a check-up once a year, or more often if you have dental problems that need careful monitoring. During check-ups we also take X-rays of your teeth. X-rays are a simple way of detecting dental problems not visible to the naked eye, and can help an issue from developing into something more serious. Additionally, regular dental cleanings are an important step in maintaining the health of your gums. This is a simple procedure and is usually done in just a single regular appointment!

Please contact us on 09 426 5262 if you have any questions or concerns about your daily dental routine, and we'll be happy to help you out!

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Tongue Thrust - What is it?



Tongue thrust, also known as an infantile swallowing pattern, occurs when the tongue moves forward to touch the teeth or comes out between the teeth when swallowing. Infants will tend to push out their tongues and food while they are learning to swallow but this should fade, and at around the age of 4-5 years, when a more mature swallowing pattern should develop. The correct swallow occurs when the tongue tip is placed on the upper gum ridge just behind the front teeth. The tongue pushes the "bolus" (that which is being swallowed) to the oesophagus in a front-to-back motion, with the tongue tip remaining at the gum ridge as described before, the lips remaining relaxed. This should also be the resting position of the tongue. If the lips are tense during swallowing it may be an indication that an infantile swallowing pattern is still present.

Tongue thrust can occur due to factors such as:

- Mouth breathing and medical conditions that lead to mouth breathing (e.g. allergies)
- Anatomical factors such as a high, narrow palate or malocclusion of the teeth (e.g. under-bite)
- Oral behaviours such as thumb- or finger-sucking
- Associated speech problems e.g. lisping

Management of the tongue thrust, therefore, requires a team approach and may include a dentist, orthodontist, physician, and a speech therapist. It is the therapist's job to provide education and training about the importance of correct tongue placement and lip closure for proper dental facial growth and development. The therapist will help the child to form new habits and learn to swallow correctly. This often has a positive effect on aiding the correction of speech sounds that can be effected by a tongue thrust such as S, Z, Ch and J sounds.

If you have any questions regarding tongue thrust, please call me for an obligation-free chat.



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Recipes from Millwater Residents



Gluten-Free Peanut Butter Cookies

You need only 3 ingredients to make these delicious Peanut Butter Cookies. For different nut flavour variation, you can substitute peanut butter with almond butter, cashew butter, hazelnut butter or tahini.

Ingredients (make about 40 cookies)

250g peanut butter (unsweetened – I used crunchy, but the smooth one works well too)
200g caster sugar (white or golden)
1 egg

How to make gluten free peanut butter cookies

1. Pre-heat oven to 180°C. Line a baking tray with baking paper.
2. Mix well peanut butter, sugar and egg.
3. Scoop about 1 teaspoon of peanut mixture onto your palm and roll it into a tiny ball, then flatten to make a small disc-shaped cookie. Place the cookie on lined baking tray. Continue until you use up all the mixture. This amount should make about 40-50 cookies.
4. Bake in the pre heated oven for 12-15 minutes.
5. Leave to cool on the baking tray. The cookies are very soft when you take them out of the oven, but become solid and light as they cool down.

Enjoy!

Chika Deane, writer for fresh.co.nz



Steamed Fish

I have modified this recipe from the traditional one by adding tofu at the bottom. Tofu will soak up the juice from the fish while steaming, which tastes delicious and it is also a very healthy food.

Ingredients

Whole cleaned snapper around 700-800g (other fish like gurnard, mullet and flounder are all good for steaming)
Tofu 1 pack

Sauce

Shredded Spring Onion
Shredded Ginger
Sesame oil 1 table spoon
Olive oil 2 table spoon
Soy sauce 1-2 table spoon

To Make

Drain tofu, cut into small pieces and lay on a plate, wait for about 10-15 mins to allow it to release excess water, drain again.

Check if all the scales on the fish are removed, have

another clean and pat dry.

Place a pair of chopsticks on top of tofu, then the fish won't be touching the tofu while steaming.

This will help the fish to cook evenly (see photo).

In a wok or steamer, steam the fish for about 12-13 minutes (exact time depends on the size of the fish).

Mix all the sauce ingredients in a microwave-proof bowl, cover and microwave for about 15 seconds.

Remove the chopsticks and pour the sauce on top of the fish.

Please find the steamed fish photo from my Asian Corner page.

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

Happy Cooking!
Nita Wong



Paleo Super Soft Bread Rolls

Ingredients 'Dough'

60 g psyllium husks (I buy these already ground down)
80 g coconut flour (I prefer Avalanche, or Ceres Organics)

25 g chia seeds (you can also buy these already ground down)

25 g linseeds

25 g pumpkin seeds/pepitas

25 g sesame seeds, plus extra for sprinkling

25 g sunflower seeds

10 g coconut sugar

2 heaped tsp baking powder

1.5 tsp sea salt or Himalayan pink salt

3 eggs

2 tbsps coconut oil

400 g water

Recipe Preparation

Preheat oven to 200°C. Place psyllium husks into a food processor and blitz until ground finely. Add rest of dry ingredients: coconut flour, chia seeds, linseeds, pumpkin seeds, sesame seeds, sunflower seeds, coconut sugar, baking powder and salt and blitz until seeds are ground well, but not to a super-fine dust.

Pour into a large bowl, then working quickly add wet ingredients: eggs, coconut oil and water. Mix well to form a fairly wet/sticky dough. Knead dough 2 mins, then turn out onto a mat or clean bench top and roll it in to a log. Cut in to as many pieces as you like, and roll into balls (I usually do 4 pieces, then divide each again in to 4 pieces, so I end up with 16 small balls slightly bigger than golf balls). You can do larger balls or rolls if you want for burger buns or hot dog-style rolls.

If you wish to cover in sesame seeds, sprinkle seeds onto bench and roll balls through the seeds (I don't actually do this as I find I have enough sesame in the dough that is still intact, not ground). Place balls/rolls onto baking paper-lined tray, and bake for 20-30 minutes depending on size of rolls (I do 22-25 mins for my 16 rolls).

Allow to cool completely on a wire rack before cutting. They usually last about 3 days stored in pantry before they start to go sticky (the coconut oil seeping). They last longer stored in the freezer in an airtight container.

Claire Cameron



GARDEN CARE FOR SEPTEMBER

From Living Earth



The signs of Spring are beginning, with longer daylight hours and slightly less water-logged soils, so let's get into the Edible Garden!

- Don't be overly ambitious with the new seasons vegetables – tomatoes, capsicums and zucchini are more successful when we see warmer temperatures. Unless your vegetable garden is very sheltered and very sunny, it pays to wait a month

- But: do plant the 'cut and come again' lettuces – rocket, miner's lettuce and mesclun mixes. Put in a crop of snow peas and sow onions and radishes

- The prettiest way to ward off carrot fly is to mix the seed with nigella or cornflower seeds and sow – such a pretty way to control pests in the garden

- Focus on growing citrus and other fruit in pots – lightly fork a layer of our Living Earth organic-certified Compost through the potting mix, but take care not to dig too deeply. If you've put a good layer of mulch on them, simply remove it, then replace after you've applied the compost

- Top up your raised garden beds – with our Living Earth organic-certified Veggie Mix – a perfect chemical-free way to grow food!

- Aphid watch – unbelievably, aphids appear quite soon after the mild weather begins – an initial infestation can normally be controlled by wiping them off with your fingers! Plants under attack can be leafy varieties such as lettuce and brassicas, or watch for black aphids on plants of the onion family

- Remember to liquid feed everything in the edible garden up to twice a month – most liquid fertilisers, such as Living Earth organic-certified Liquid Compost are ideal for foliar feeding, using a sprayer or a watering can

- 'Hill' up soils around newly emerging potato foliage, so you get lots of spuds for Christmas!

Staking Broad Beans – this bean variety makes it through winter with ease – but often they get forgotten over Winter. Now is the time to straighten up the plants, staking them up or gathering them together, so that the sun and the bees get to the flowers!

And, while we're at it – right now you should fertilise your lawn – Central Landscapes have Turfmaster Gold, a high-performance professional grade slow-release fertiliser, which is perfect for use on all lawn grass types

Great news for Gardeners – the Annual Millwater Gardening Competition is on again in November 2016! **theMillwatermag** and Central Landscapes Silverdale are delighted to bring this to Millwater residents for the 3rd year in a row! We'll keep you posted about when to enter.

Email sarah@themillwatermag.co.nz for more information.



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BORON... yet another undervalued nutrient

Much information is now available from published scientific studies regarding the benefits of boron for prostate health. In 2001, a dietary study of over 7000 men demonstrated the importance of the mineral, concluding that the men with the highest amounts of boron in their diets were 64% less likely to develop prostate cancer(1). A later study of 8720 healthy males and 95 prostate cancer patients produced similar results(2). In animal studies, oral supplementation of boron resulted in a decrease of 25-38% in prostate tumour size and an astounding 86-89% decrease in PSA levels(3).

This is compelling scientific evidence, demonstrating the benefits from having good levels of boron in your daily diet. But, in New Zealand, obtaining good levels of boron from food alone is difficult, as our soils are seriously deficient in the mineral. Supplementation helps ensure high enough boron levels to offer protection against prostate and other health issues.

Boron has many other important roles in the body, and some of these are:

- Supports the absorption and function of calcium, magnesium, and vitamin D – important for growing and maintaining healthy strong bones, which reduces the risk of osteoporosis
- Raises natural oestrogen levels in post-menopausal women (Nature's hormone-replacement therapy alternative)

- Cognitive Performance – enhances brain function, eye-hand coordination, short-term memory and concentration

- Arthritis relief – reduces the risk of getting arthritis, plus aids in joint repair.

The minimum level of boron per day is suggested to be 3mg to stay healthy, and a range of 3 to 12mg per day is suggested to counteract health issues. Quality boron supplements are available at HEALTH BY LOGIC in Silverdale Village.

1 Crit. Rev. Food Sci. Nutr. 2001

2 Toxicol. Pathol. 2004

3 Clin. Cancer Res. 1995



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theMillwatermag

**Sarah Furniss
Publisher**

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millwatermaltofthemonth



Not a whisky this month, but rather a specially-designed whisky glass that claims to change, forever, the way we enjoy nosing and drinking our whisky. Most of us have used straight-sided whisky tumblers for years; some occasionally use a nosing glass for that more intimate whisky experience. However, Norlan has identified drawbacks to both designs and says that we need to change.

Nosing glasses concentrate the vapour and cause the ethanol element to 'punch' into the eyes and nose. It is necessary to tilt the head backwards when drinking from a nosing glass, thereby cutting the drinker off from his/her surroundings, whereas a tumbler allows the drinker to sip whilst maintaining eye contact – but also allows the aromatics of the spirit to diffuse too widely away from the primary sensory organ – the nose.

Norlan came up with their own, unique design, which has specially-developed protrusion forms inside the glass "adapted through studying bio-mimicry" that increase the surface to air ratio of the liquid when swirled, allowing the less pleasant ethanol to evaporate more easily. The shape of the inner wall of the glass first narrows and then flares out again towards the rim, so as not to hit the nose and also to diffuse the ethanol away from the face, "fantastically improving the taste of your whisky," according to Norlan.

The Norlan glass is a transparent, double-walled, hand-blown borosilicate glass, formed by blowing the molten glass into two separate two-part moulds; one for the inner and one for the outer wall. When the inner is inserted inside the outer and the rims reheated and sealed, the result is a hollow-body glass with very different internal and external shapes. Norlan says "the effect of this double-walled construction is the intensity of colour added to spirits in the bowl, which is further carried up into the rim of the glass."

The glass is the brainchild of Sruli Recht, an Icelandic designer recognised for his innovative design in many materials and his use of experimental technologies.

And so, to the acid test: does it actually improve the whisky-drinking experience? Having received a pair of these special glasses as a birthday present from our son in the UK, I put one to the test with a previously-reviewed Paul John Edited malt and concluded that, yes, it really does appear to do "what it says on the box."

Available online, US\$48 for a pair, plus shipping. www.norlanglass.com

Millwater Spring

After the rain out in the sun
Millwater people having fun
Walking dogs and cutting grass
Can this be really Spring at last?

Look over there; some daffodils
Help chase away those Winter ills
Millwater friendships warming, too
With a glass of wine at the barbecue.

Anon



It's Hip to be Square



Unfortunately, for a lot of women, the angle from their hip to their knee is far from square, increasing the chance of developing hip bursitis.

Bursitis develops when the bursa, a fluid-filled sac that protects tendons from friction over bone, becomes inflamed. This can be due to sudden trauma, e.g. a fall onto the side of the hip, or due to continual compression.

Symptoms include pain and tenderness over the bony point of the hip and referral into the side of the thigh, which increases with exercise and after sleeping on the side.

Reduced hip muscle-strength and an increased angle from the

hip to the knee (curse those childbearing hips), put the hip and buttock muscles under greater stretch, which increases compression on the trochanteric bursa.

Getting on top of the pain starts with reducing acute inflammation – rest, anti-inflammatory creams and medications, ultrasound, and steroid injection can help. Offloading pressure around the bursa with either taping, massage above and below the hip bone, and acupuncture is common practice. It is important to avoid or modify aggravating activities – sleeping on your back or on the opposite side with a pillow between the knees, use handrails up the stairs, avoid low chairs and prolonged sitting especially with legs crossed, and don't limp – try to maintain a normal walking pattern with a slightly wider stance, or use an aid if this isn't possible. The final step, and possibly the most important for preventing recurrence and restoring better control and biomechanics, is to start a gradual strengthening programme for the hip, pelvic, and abdominal muscles.

It is recommended to see a physiotherapist, to help guide you through the rehab process and progression of activity, to help get you back on your feet.

Karen Donaldson-Barron
Principal Physiotherapist at Peak Pilates & Physiotherapy Red Beach / Millwater

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The Beach Series is coming to Orewa!

G.J. Gardner. | Orewa Beach Series

HOMES | Keep fit and have fun

The long-standing Harcourts Cooper & Co Beach Series in Takapuna, coming into its 12th season, has expanded its horizons this year and will be making its debut at Orewa Beach this summer for all to enjoy.

The inaugural Orewa Beach Series, with new naming sponsor GJ Gardner Homes, will kick off on December 1 and will take place every Thursday evening for 10 weeks over summer.

The Orewa Beach Series offers people of all ages and abilities the choice of ocean swimming, running or stand-up paddling (SUP), with the option to alternate sporting choices each



week. All events are electronically timed, with series points being allocated each week. Below is a breakdown of the event options and distances on offer at the Orewa Beach Series-

Ocean Swim

- 250m junior swim (12 years and under)
- 500m swim
- 1000m swim
- 1500m swim
- 2000m swim

Run

- 2.5km junior run (12 years and under)
- 5km beach run

Stand Up Paddle (SUP)

- 1km SUP
- 3km SUP
- 4km SUP

Participants have the option to sign up for a 1, 4 or 10 event pass and can come down and use their credits whenever they choose; there's no need to commit to specific events at the Orewa Beach Series.

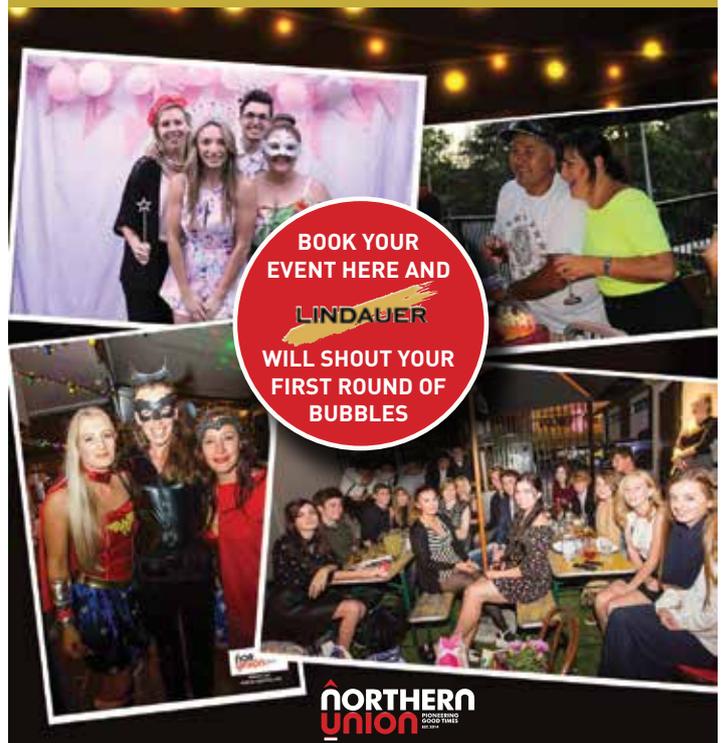
The GJ Gardner Homes Orewa Beach Series offers a fantastic opportunity for families, groups and individuals to get fit ev-



ery week in a fun and safe environment. "We're very excited to welcome the new series to Orewa Beach this summer and look forward to meeting new and old participants from the North Auckland region," says Nick Carroll, the owner and Event Director of the Beach Series.

To find out more or to register visit the website www.beachseries.co.nz or turn up at the Orewa Surf Club on Thursdays from December 1 from 5.00pm. Bring on summer!

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millwatermotors



Forget The Cat in The Hat – we have the Jag in The Mag! Local Millwater resident Mark Parkinson, a self-confessed petrol-head, is the proud owner of a very desirable S-Class Jaguar and we spent some time getting to know both Mark and his Jag.

Born in Blackpool in the UK before the family moved to Albrighton, Mark went to Apley Park boarding school in Bridgnorth from age 11 to 16 before taking further academic qualifications and joining the Police Cadets at 17. "The Royal Marines might have been an option but that would have meant me waiting until I was 18," said Mark. "I just wanted to get on with my life, so I became a warranted Metropolitan Police Officer just three months after I turned 18."

You would have needed to be a very fit criminal to get away from Mark, for he was a very useful 400m runner and played competitive rugby. A successful Police career followed over the next 30 years, 25 of them in central London. After 10 years in Fulham, Mark was selected to be part of the Royal and Diplomatic Protection team, assigned to look after Princes William and Harry whilst they were at school in Kensington. Although this all sounds glamorous, Mark assured "Routine Police protection duties were mostly quite boring and, after passing my Sergeant's exam, I transferred South of the Thames, to Streatham and Brixton."

Mark saw service in robbery squads, armed response and vice squads, as well as a period as Acting Inspector at Gypsy Hill. He was a highly-trained advanced driver, owned serious motorcycles and has always loved the adrenalin thrills of driving high-powered machines.

Mark's wife Sharon bought a hotel in Suffolk in 2002 so they relocated after 25 years in London and Mark joined the Norfolk Police. This was quite a job change for Mark – especially the move from driving high-powered BMWs and Range Rovers to

patrolling in Ford Escort estate cars – but they both loved their home in Gislingham, which had been built in the 1450s and is mentioned in Pevsner's Suffolk.

Following a holiday in New Zealand, Mark and Sharon decided it was time for a change and so the family upped-sticks and emigrated here in July 2011 – just in time for the Rugby World Cup. Mark first worked for a drug detection agency as a training and business development manager before becoming a Senior By-laws Officer for Auckland Council.



"My 2003 S-Type Jaguar 3.0L is the top of the range model, with all of the toys," said Mark. "It fills an emotional spot in my heart – and, to Sharon's relief, it stopped me returning to high-powered motorcycles." Mark has worked on his NZ-new, one previous owner Jag, including fitting new carpets throughout. It is now in showroom condition and, as you can see here, is a worthy and very beautiful evolution of the original Mk.2 Jaguar of the 1960s.

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Come join The Hibiscus Coast Athletics Club

With the Olympic Games fresh in our minds, you may have your children asking about how they can be the next Valerie Adams, Nick Willis or even Usain Bolt? Well, they don't have to look very far, with the local Athletics Club based right here in Millwater.

The Hibiscus Coast Athletics Club is now open for registrations, for the 2016/2017 season. Come join us in October as



we open for the 3rd year at Metro Park in Millwater. The Club offers a programme for all levels: from 3 years old (age based on 31st December 2016) to 17.

For the under 7's we have a great Athletics NZ 'Get Set Go' programme, mixed with our own athletics programme, to help with skill, discipline and coordination, as well as introducing them to Athletics. Club night will start from Wednesday 26th October and run between 5:30 and 6:30pm.

For the over 7's Club night will start a few weeks earlier, on Wednesday 5th October, from 6pm until 7:30pm. We will help them improve on the skills and techniques for each of the athletics disciplines. We will be offering sprints and middle-distance running, plus long jump, shot-put, discus and high jump.

Costs to sign up are \$50 for under 7, \$95 for 7 to 14 years old and \$90 for 15 and over. This includes all Auckland and Athletes NZ levies. To register visit the Club website at www.hcac.co.nz or email info@hcac.co.nz for more details.

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

Hibiscus Coast Athletics Club 2016 - 2017 Season

Beginning Wednesday 5th October: 7yrs+
and Wednesday 26th October: 3 - 6yrs.



- 3 - 6 years : 5.30pm - 6.30pm
- 7 - 17 years : 6pm - 7.30pm
- Metro Park Sports Grounds
Millwater Parkway.



REGISTER ONLINE

www.hcac.co.nz

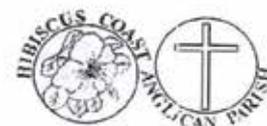
info@hcac.co.nz

www.facebook.com/HibiscusCoastAthletics

dates for your diary

- Every Sat Silverdale Village Market • 8am-1pm,
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am • See
www.parkrun.co.nz/millwater for more details
- Every Thurs 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs Rotary Satellite Club of Orewa-Millwater • at Roberts Cafe, Millwater Parkway • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Sat 24th Sept to Sun 9 Oct Pioneer Village is participating in this years Auckland Heritage Festival • Special exhibition of photos & memorabilia entitled, "Remember When?" • Festival weekend hours - 10am-3pm Devonshire Teas available in The Parsonage Exhibition closes on 9 Oct with a Special Open Day featuring costumed volunteers demonstrating various hands-on activities & a return of the popular "Kidzone", with old-fashioned games for children • Call 09 426 8272 for more information or visit silverdalemuseum.org.nz
- 25 Sept Stillwater Seasonal Markets • 10am - 2pm • free magic show, arts, crafts, face painting, food, music! • Great atmosphere at our beautiful Stillwater reserve • 1A Duck Creek Rd • Pack the car boot & join us for only \$12 a stall • Call Lilly 021 210 3896 or email stillwater.market@outlook.co.nz Follow us on Facebook
- Twice wkly Organic Gardening Course-Northtec is offering a fees-free gardening course covering raised beds, seed starting, growing home vegetables & keeping a garden diary • 9am to 3pm • Tutor is a certified organic grower • Betsy Kettle 426-4909 or dbkettle@slingshot.co.nz

If you know of any upcoming local events please contact Sarah at sarah@themillwatermag.co.nz



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Wednesday 9:30am

Christ Church, Waiwera
1st Sunday 11:15am

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

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Fri 2 Sep	01:39 0.4 m	07:56 3.0 m	13:56 0.4 m	20:14 3.1 m	Sat 17 Sep	01:06 0.3 m	07:22 3.1 m	13:29 0.3 m	19:48 3.2 m
Sat 3 Sep	02:22 0.4 m	08:40 3.0 m	14:37 0.4 m	20:56 3.0 m	Sun 18 Sep	01:55 0.2 m	08:12 3.2 m	14:16 0.2 m	20:37 3.3 m
Sun 4 Sep	03:04 0.4 m	09:21 3.0 m	15:17 0.4 m	21:37 3.0 m	Mon 19 Sep	02:44 0.1 m	09:01 3.3 m	15:04 0.1 m	21:26 3.3 m
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Thu 8 Sep	05:39 0.6 m	11:58 2.7 m	18:00 0.7 m	-	Fri 23 Sep	00:02 3.1 m	06:06 0.3 m	12:28 3.1 m	18:39 0.4 m
Fri 9 Sep	00:14 2.7 m	06:22 0.7 m	12:43 2.6 m	18:49 0.8 m	Sat 24 Sep	00:58 3.0 m	07:03 0.4 m	13:27 2.9 m	19:41 0.5 m
Sat 10 Sep	00:58 2.6 m	07:09 0.7 m	13:33 2.5 m	19:42 0.8 m	Sun 25 Sep	01:57 2.9 m	09:05 0.4 m	15:30 2.9 m	21:46 0.6 m
Sun 11 Sep	01:47 2.5 m	08:03 0.8 m	14:30 2.5 m	20:39 0.9 m	Mon 26 Sep	03:59 2.8 m	10:10 0.5 m	16:34 2.8 m	22:49 0.6 m
Mon 12 Sep	02:42 2.5 m	09:02 0.8 m	15:29 2.5 m	21:37 0.8 m	Tue 27 Sep	05:02 2.7 m	11:13 0.5 m	17:33 2.8 m	23:48 0.6 m
Tue 13 Sep	03:41 2.5 m	10:02 0.7 m	16:27 2.6 m	22:32 0.7 m	Wed 28 Sep	06:02 2.7 m	12:12 0.5 m	18:29 2.9 m	-
Wed 14 Sep	04:41 2.6 m	10:59 0.6 m	17:20 2.8 m	23:25 0.6 m	Thu 29 Sep	00:42 0.5 m	06:58 2.8 m	13:04 0.5 m	19:19 2.9 m
Thu 15 Sep	05:38 2.7 m	11:51 2.9 m	18:10 2.9 m	-	Fri 30 Sep	01:31 0.5 m	07:48 2.9 m	13:50 0.4 m	20:05 2.9 m
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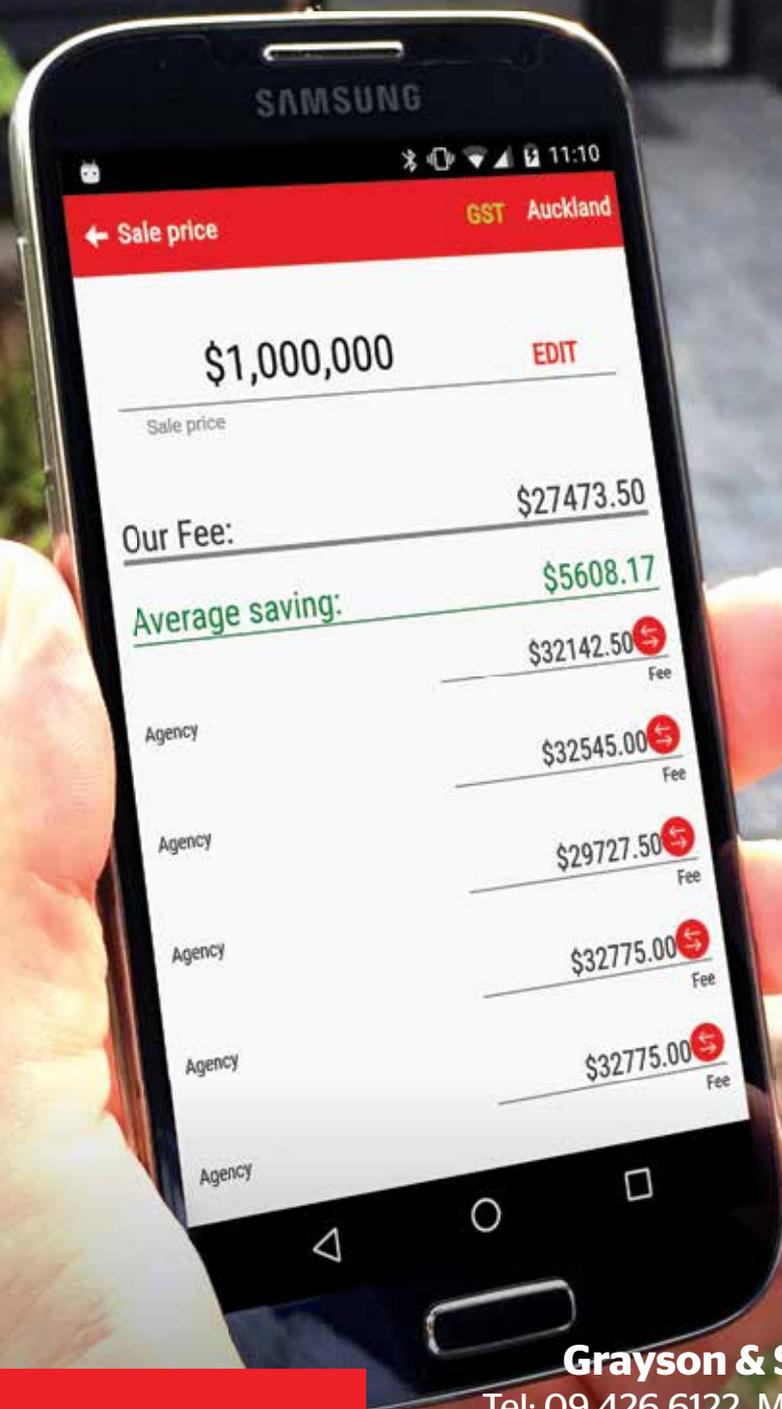
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