

# theMillwatermag

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

Your **FREE** monthly magazine  
of all things Millwater  
September 2017



**FATHER'S DAY Sun 3 September**

- Local sports clubs registrations
- Millwater Property Talk with Grayson
- Lemongrass beef skewers
- Dan's Gardening Tips for September

# Editor's note

Welcome to the September edition of TheMillwaterMag. It is an honour and a pleasure to be your guest editor this month. Thank you to Sarah and Grayson Furniss, and chief editor Brian Mullan, for giving me this opportunity to contribute to the community.



I step into this role wielding language skills that have been honed by years of academic study and fiction writing. In April, I graduated with my Master of Arts, and this month my first novel will be published by Steam Press. (I'll be talking more about that later with TheMillwaterMag's own Karen McMillan.) My family and I have lived in Millwater for over two years now, and have appreciated every day here. From support for the needy, to cultural exchanges and lessons, TheMillwaterMag offers a taste of the local talent, skill, and community spirit which makes living here such a privilege.

I would also like to commend Silverdale School for their recent removal of gender distinction from their uniform policy. Girls are now allowed to wear cargo shorts and long pants during the cold winter months, and boys with longer hair now have guidelines regarding their hair accessories. It is a sign of the progressive and inclusive community that we live in, and I want to personally thank principal Cameron Lockie and the BOT for listening to the parents and children of the school.

As the weather warms and the sun returns south, I hope everyone has a safe and enjoyable spring.

Jessica Copping, Guest Editor  
September 2017

# theMillwatermag

## September 2017 Issue

- 4 Mortgage Matters
- 5 Vet Speak
- 6 Rechelle McNair and our dads
- 7 OsteoMe discusses exercise as medicine
- 8 Millwater Book of the Month
- 9 Pharmacy Talk Orewa - Allergy & Hay Fever
- 10 The Millwater Insider
- 12 Pharmacy Talk Millwater
- 13 Introducing the Zonta Club of HBC
- 14 Health by Logic - what is MSM?
- 16 Local Sports Clubs - time to register
- 18 Millwater In Focus
- 20 Protein by Paula Southworth
- 22 Millwater Biz Buzz
- 24 A property's true worth by Mike Pero
- 25 Millwater Property Talk with Grayson
- 31 Fusion Dance off to Nationals
- 32 Financial Security Part 1
- 33 Millwater Motors
- 34 Millwater Malt of the Month
- 36 Tim Lawrence Fishing Spot
- 37 Art Speak with Estuary Arts
- 38 Introducing Harpur Family Chiropractic
- 40 Introducing Jeanco Jewellers
- 44 Recipes from Millwater residents
- 45 Healthy Mouth, Healthy Life
- 46 Dan's Gardening Tips
- 48 Dates for Your Diary
- 49 How to contact your local
- 50 Weiti River Tide Chart
- 51 Your Enterprising Community Zone

Front Cover: Millwater resident Sachiv Mehra

# themillwaterinterview



Millwater local and father of two, Sachiv Mehra has become the 'go-to guy' for IT solutions, and we wanted to get to know him better.

Born in the Taj Mahal town of Agra, Sachiv left India at the age of 1 when his family's jewellery business expanded into Tokyo, where Sachiv happily spent the next 6 years. "By age 5, I was catching three trains to the American school without an issue – all by myself," he told us.

At the same time, Sachiv's uncle started a car export business and its expansion into New Zealand saw Sachiv and family move to Glenfield in 1988, with Sachiv later starting Rosmini College first form at age 10.

In 1997, his family opened the first Indian restaurant in Queenstown, but the seasonal nature of the Queenstown hospitality business back then saw the family return to Auckland in 1999, when they opened another restaurant in Birkenhead and Sachiv and older brother went to Westlake Boys.

The family later moved to Sunnynook and Sachiv began studying at AIT (now AUT). At age 18, he graduated with his

Diploma and worked at Air New Zealand for nearly 3 years, during which time he travelled Europe and sparked the travel bug that was to bite him again later.

His next job was with Lumley Insurance and Sachiv then headed off to the UK in 2007, to spend time with his married brother Shalabh in Surrey. Sachiv said, "I experienced for the first time the pressure and the excitement of IT contracting in the UK, working and living in Weybridge in Surrey – and then came the GFC in 2008."

The dormant travel bug re-awoke and Sachiv toured the African continent from Cairo to Cape Town by road, having a fantastic time experiencing the different cultures before returning to the UK to see if job prospects had improved in his absence. They hadn't. Sachiv returned to Auckland and began contracting for the Health Board for 6 months before joining Datacom, where he still works.

Through family relatives, Sachiv met his future wife, Kashish, and after a year travelled to Singapore to ask for her hand in marriage. They moved to their first home in Glenfield, where first son Aarav was born in December 2013. "We took Aarav to swimming lessons at the Northern Arena and became aware of Millwater, deciding to move here in February 2016," Sachiv said. In January this year, second son Aaryan was welcomed into the family and Kashish took a year off from her finance role.

"After joining the Millwater Families' Facebook Group and discovering there was no obvious IT help available, I decided to offer a structured community IT service and CTRL ALT Complete was born," Sachiv told us, adding "I wanted to be able to offer transparent solutions and outcomes for people and be able to explain options and costs to them."

Sachiv's full-time, hands-on role as an IT consultant is important to him and he still regards his Millwater IT support more as a hobby, serving the community and giving him the opportunity to pay forward those earnings into other Millwater community groups. Sachiv's other hobby is bush-walking and he looks forward to sharing this more with the family when the boys are a little older – but he has another budding hobby that he revealed: "I would love to do stand-up comedy, and I am always taking notes about people and situations."

We await with interest his first stand-up comedy performance!

### Published by The Millwater Mag Limited

Circulation is 2600 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

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Millwater Mag Ltd.



## Urgent Care Doctor Red Beach

Open 7 days 8am - 8pm

No appointment necessary.

FREE ACC visits for under 13 year olds

Ph (09) 427 9130

Red Beach Shops,  
Red Beach Road

coastcare  
accident + medical centre

# mortgagematters

## Mortgage Studio



Here on the Hibiscus Coast we often discuss the cost of petrol, and how the big fuel companies seem to be taking advantage of us. Some of us will go out of our way to pay a cheaper price and deprive the overcharging companies of our custom.

Do you apply this same logic to your mortgage?

Many borrowers don't realise that their mortgage structure could be improved. They could potentially save thousands of dollars, and shave years off their loan terms, without having

to research the options themselves. Of course, the value of the potential advantage depends on the available options for improvement.

If you had the opportunity to potentially save thousands of dollars and reduce the term of your mortgage (perhaps by years), for around 90 minutes of your time, would you take it?

Better structural options might be available, either within your own bank, or with another bank. Or your current mortgage structure might be fine. Either way, it is good to know whether there is a better option available.

Interest rates are an important part of the big picture, but they are not the only part. There could be opportunities to save money, and/or manage risks that you are unaware of. A review with an experienced Mortgage Adviser, who has an in-depth knowledge of bank products and policies, can identify such opportunities and risks and recommend changes that could lead to a significantly better outcome for you. Many Mortgage Advisers will offer a free review, so why wouldn't you take advantage of it? What have you got to lose? Remember, the bigger the debt, the greater the opportunity for potential savings.

Now, if only we could sort out the price we pay for petrol so easily!

Wayne Lawrie is a Registered Financial Adviser specialising in mortgages. His disclosure statement is available free of charge, upon request.



Looking to buy? Fixed Rate falling due? Wanting a mortgage review? The value of quality advice cannot be underestimated. And the right advice can save you time, stress and money. Best of all, it's free!

Contact the Mortgage Studio team today. We're keen to help you.

Ph: 09 428 2223 | Mob: 027 470 9990 | Email: [enquiries@mortgagelstudio.co.nz](mailto:enquiries@mortgagelstudio.co.nz) | [www.mortgagelstudio.co.nz](http://www.mortgagelstudio.co.nz) | [www.facebook.com/MortgageStudioLimited](https://www.facebook.com/MortgageStudioLimited)



Wayne Lawrie



Morgan Moore



Jo Hook



**NATURAL STYLE**

Learn your colours that best suit your skin tone. Understand line styles that compliment your body shape. Wardrobe edits – building a capsule wardrobe. Special occasion styling. Professional Image. Personal Shopping.

Janine  
Colour and Style consultant

[www.naturalstyle.co.nz](http://www.naturalstyle.co.nz)  
[Fb.me/naturalstyleltd](https://fb.me/naturalstyleltd)  
021 0353107

Have you started thinking about your... **Christmas** advertising yet?

**BOOK YOUR DESIGN NOW TO GET 20% OFF...**

Be prepared for the Silly season and...

Call Me...  
Michelle Thomas [CallMeDesigns@gmail.com](mailto:CallMeDesigns@gmail.com)

**022 038 2644**

POSTERS  
BANNERS  
MAILERS

BILLBOARDS  
ADVERTISING  
POINT OF SALE

WEBSITES  
DIGITAL BANNERS  
FACEBOOK POSTS

.....PLUS HEAPS MORE

Early bird special applies to bookings made before October (min 2 hours charge)

The Millwater Mag: Graphic Designer [2017]

# vetspeak

## Poisonous Plants

With all the new homes being built and landscaped, it seems pertinent to raise awareness about plants that can be poisonous to pets. Some plants will only cause mild symptoms of lethargy or listlessness, while others can cause seizures, comas, or even death. Some of the common poisonous plants are:

**Aloe vera:** contains anthraquinone glycosides, which when ingested can result in vomiting and diarrhoea.

**Devil's ivy and Chinese evergreen:** signs of ingestion can be noticeable immediately and include pawing at face, foaming, vomiting, and swelling in the mouth, which can make it difficult to breathe or swallow.

**Tomato plant:** ripened fruit is okay, but the green parts of the plant contain solanine, which is toxic to dogs and cats.

**Chives:** are part of the Allium family (onion, garlic, leeks) which are all toxic to cats and dogs.

**Chrysanthemum:** pyrethrins, which are used in pesticides and dog flea and tick medications, are extracted from this plant.

**Dracaena:** will cause drooling, vomiting, weakness, and dilated pupils (cats) when ingested.

**Asparagus fern:** plants that are considered 'true ferns' – Boston, maidenhair, bird's nest, and staghorn – are considered non-toxic for pets. Asparagus fern, however, IS toxic.

**Mother-in-law's tongue (Sansevieria):** when ingested can result in gastrointestinal signs like drooling, vomiting, and diarrhoea.

**Peace lily:** eating just two or three leaves, or even drinking water from a vase containing them, can be potentially fatal. In fact, cats have even been known to suffer kidney failure after ingesting lily pollen. Asiatic, Day, Easter, Japanese Show, and Tiger lilies are also toxic.

**Rubber tree plant and weeping fig tree (Ficus benjamina):** all parts of these plants are poisonous to pets if ingested.

**Hydrangea:** this shrub contains cyanogenic glycosides in its leaves and flowers. It can cause vomiting, diarrhoea and lethargy.

**Cyclamen:** don't be fooled by their vibrant flowers! Cyclamen can result in clinical signs of drooling, vomiting, and diarrhoea.

For a full list of plants that are poisonous to your pets, or for more information, refer to the Pet Poisons Helpline: [www.petpoisonhelpline.com](http://www.petpoisonhelpline.com).

Jemma Hedges



**Millwater VET HOSPITAL**

'Caring for your pet's health 24/7'

Corner Bankside Rd and Stables Lane, Millwater Central

**Available on (09) 427 9201 24hrs / 7 days**

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

Our other clinic remains at-

Orewa

**VET HOSPITAL**

19 Moenui Ave, Orewa  
(09) 426 5407  
[www.orewavethospital.co.nz](http://www.orewavethospital.co.nz)




## He's still Daddy to me



I was in my late teens when I really got to know him. What I learned forever changed our relationship. Under the hardnosed ruler was a man who desperately loved his children, but was totally ill-equipped to demonstrate that love emotionally. As an adult, I have and still do run into his arms, and even now they feel like the strongest arms I've ever felt.

There's just something about daddies. Whether they are related to us biologically or not, daddies hold a special place in our hearts and in our lives. We all know the importance of a father figure in a boy's life; seldom do we look at the effects on a girl's life. We throw around words like "daddy issues" without really understanding the dynamics.

Dads: strict, loving, silly, staunch; whatever their personality, whatever the strengths or failings, they hold a special place in our lives. Like us mums, they are going to get it wrong a few times. But those mistakes don't override the love in their hearts.

As we celebrate Father's Day this month, I want to honour all the men who step up to be more than just a father, they are Daddy.

**Rechelle McNair**  
sKids Kingsway

I can't recall ever feeling like I could run into his arms as a child. He was strict, uninviting, and our house was a dictatorship, not a democracy. By today's standards, he was downright mean. His own dad had died when my daddy was 14 and, being the oldest of six kids, this meant he became the man of the house. No one showed him or instructed him with the finer details of the job description, so he ruled the only way he knew how.

He was our provider. He gave us a roof over our head, clothes on our backs and food on our table. We still called him Daddy.

## Exercise as Medicine

Most of us are aware that exercise has benefits for many systems in our body. Not only does our musculoskeletal system (muscles, joints, bones) benefit, but there is well-established and growing evidence that exercise also helps mental health, heart health, blood pressure, cholesterol levels, endocrine disorders (e.g. diabetes), the pulmonary system, and inflammatory arthropathies (e.g. rheumatoid arthritis).

**Exercise can benefit in many aspects of a disease process. It may be in prevention, the disease process itself, symptoms of the disease, or in quality of life.**

Let's use type 2 diabetes for an example of prevention. In both a Finnish (Tuomilehto et al., 2001) and an American (Knowler et al., 2002) study of individuals with impaired glucose tolerance (i.e. a pre-diabetic state), exercise and lifestyle modification were demonstrated to reduce the risk of progression to type 2 diabetes by 58%. These individuals were completing about 150 mins of moderate intensity exercise per week (5 x 30 mins). This is similar to what the New Zealand Heart Foundation recommends – 30 minutes daily.

Exercise can also affect disease processes. To continue the previous example, exercise has been demonstrated to improve muscle sensitivity to insulin, and enhance muscle contraction induced glucose uptake in working muscles (meaning glucose can get into the muscle cells more easily). Exercise also has a beneficial effect on the endothelial (the inside of blood vessels) dysfunction seen in patients with insulin resistance, encouraging smooth muscle relaxation and vasodilation (Pedersen & Saltin, 2006).



This exercise can be in any form. An increased respiratory rate and feeling hot or a light sweat would suggest you are exercising moderately. Your daily exercise doesn't need to be all at once for it to be effective. For example, if you choose to cycle to work and it takes you 15 mins each way, then you've done your 30 minutes for the day. If you haven't exercised for a while, move into new exercise gradually, give your body time to adapt to the new stress. In general, if exercise starts to produce symptoms, talk to your GP.

**Hamish Syrett**  
**Osteo Me**  
References on request

**The GOLDSMITH** Manufacturing jeweller since 1978  
**NOW OPEN IN MILLWATER!**  
www.thegoldsmith.co.nz

**QUALITY HANDMADE JEWELLERY MADE BY OLD SCHOOL JEWELLER AT THE BENCH ON SITE**

- Custom Design • Diamond Specialists • Repairs • Stone Replacement • Alterations
- Insurance Work • Watch Service and Batteries

SHOP 3, 177 MILLWATER PARKWAY, SILVERDALE • 09 427 5072 • 021 455 812 • GEOFF@THEGOLDSMITH.CO.NZ

**OsteoMe**  
REGISTERED OSTEOPATHS

**ARE YOU IN PAIN?**  
Maybe it's time to get on top of it!  
At OsteoMe, we can help you with:

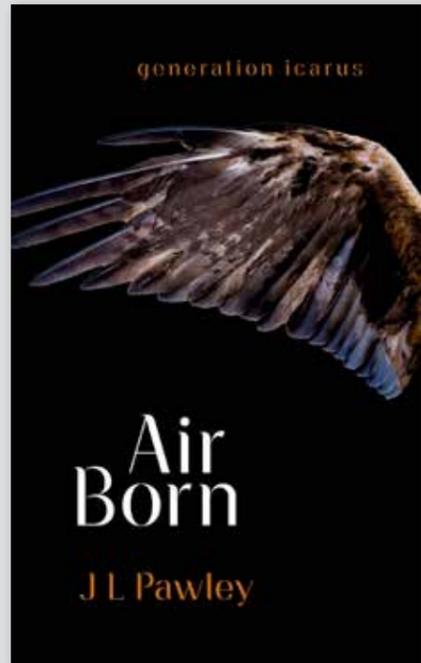
- Back Pain • Neck Pain • Tension Headache
- Postural Strains • Shoulder Injuries
- Sports Injuries

At OsteoMe, we have staff trained in:  
Acupuncture, Pilates and The McKenzie Method.  
CALL US TODAY TO MAKE AN APPOINTMENT.  
**0508 OSTEOME**

OsteoMe Orewa: 498 Hibiscus Coast Highway, Orewa.  
OsteoMe Silverdale: 29B Silverdale St, Silverdale.

# millwaterbook of the month

## Air Born by JL Pawley



*Air Born* thrills from the opening pages. 17-year-old Tyler has been experiencing back pain, but has been ignoring it as he doesn't want to miss out on doing his first solo skydive. But, during his skydive, the completely unexpected happens when wings emerge from his back – wings that save his life at the time but destroy the life he knew. To make things even worse, his skydive is caught on camera and is an instant viral hit. People speculate it confirms the existence of angels; others believe it is the result of genetic engineering; still others think it is a hoax and that the wings are strapped on. All the attention, especially from sinister radical groups, forces Tyler to go on the run, leaving behind his friends and family and his dreams of becoming an officer in the air force.

With his altered body, as well as having wings, Tyler also has acute hearing and vision, and he is more worried about avoiding the cameras and phones that are everywhere in the modern age that could capture him in his new form.

But the Internet attention also brings others forward who are like him – and they band together finding out what it is like to be the first of a new species. Miguel is the first to find him, and they find comfort knowing they are not alone. When Tyler wants to give into despair, Miguel believes there must be a reason for them to have their wings. Soon there are seven of them...

*Air Born* is the first in a four-part young adult series, *Generation Icarus*, which is perfectly pitched to its target audience; with compelling characters, a fantastic page-turning plot and taut, well-paced writing. It is action-adventure from start to finish, and a very enjoyable read. I'm looking forward to reading the rest of the books in this series as they publish.

Available 23 September

Karen McMillan, author of *Brushstrokes of Memory*. [www.karenm.co.nz](http://www.karenm.co.nz)

## Wainui.



### EAT. PLAY. MEET

Choose Wainui for your next occasion. The locals choice for great food, great golf, and better memories.

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.

Championship 18 Golf  
Social 9 Hole Golf  
FootGolf \* Tennis \* Dining

THE VIEW OUTLET  
PUBLIC WELCOME

35 Windmill Dr  
Wainui, Auckland 0992  
Tel (09) 444 3437

[wainui.online](http://wainui.online)

# pharmacytalkorewa

## Allergy & Hay Fever



Winter is coming to a close, and as we head to the warmer months of spring and summer, this means havoc for allergy sufferers. This month we are talking about products that will help tackle the allergy season.

Hayfever is an allergic reaction that occurs seasonally, most commonly in spring and summer. Hayfever presents with symptoms similar to coughs and colds - these include itchy nose/throat/eyes; sneezing and a runny or blocked nose; and red or watery eyes. Hayfever can affect a person's quality of life. Here, at Unichem Hickeys, we have many products to help you get through.

One of the most effective products for preventing hayfever and allergies is Flixonase. Flixonase is a nasal spray that works by reducing inflammation. This reduces swelling and irritation in your nose and helps to relieve and prevent itching, sneezing, and a blocked or runny nose. Flixonase can be used for both the prevention and treatment of hayfever. It is useful for those who suffer from moderate to severe hayfever or other allergies caused by pollen, house dust mites, and animal dander. There are other nasal sprays available at our pharmacy which also work well at preventing these symptoms, and we can help find one suitable for you.

Another great product that can be used to treat hayfever is the Neil Med Sinus rinse. Sinus rinse is a natural soothing saline nasal wash that is easy to use and is effective in relieving your nasal symptoms.

If you are someone who doesn't suffer regularly from hayfever, or if you only get mild symptoms, there is a group of medicines called antihistamines that work fast at relieving hayfever and can be taken either regularly or when required. Antihistamines work by stopping the release of histamine. Histamine is released in our bodies when we come across an allergen; this release causes the symptoms of hayfever described above.

We have a wide range of antihistamine products, including tablets, nasal sprays, liquids, and eye drops. The liquids are easy to use and great tasting for children.

It can be hard to figure out which may be the most suitable product for you, which is why our friendly staff are here to help and answer any questions you may have.

Hickeys Pharmacy

**Unichem**  
Hickeys Pharmacy

care - advice

**Present this  
voucher to receive  
10% off all hayfever  
products**

**Unichem Hickeys Pharmacy**  
16 Moana Ave, Orewa  
Ph: (09) 426 5659 Email: [dispensary@hickeys.co.nz](mailto:dispensary@hickeys.co.nz)

**Store Hours**  
Monday - Friday 8:30am - 6:00pm  
Saturday 9:00am - 4:00pm  
Sunday 9:30am - 3:00pm

### Beauty Aspects

#### Father's Day Promotion

Buy Dad any 2 Saramouche and Fandango products and get a complimentary 1/2 hr Express Facial for dad this Father's Day  
Valid till 3/9/17

#### Lose a Dress size with the NEW Katherine Daniels body treatments

8 sessions over 4-6 weeks  
Hourly sessions  
Get your body ready for this summer  
\$135 each  
\$65 slimming cream for home care

Your local beauty salon offering all aspects of beauty

3x45 min  
massage for  
only \$199!

Contact Amelia 02102972587  
41 Fennell Crescent  
Millwater

[facebook.com/beautyaspectsltd](https://www.facebook.com/beautyaspectsltd)  
For all up to date specials  
Open Mon-Sat

# themillwaterinsider

## Millwater Business Mums

Are you a stay-at-home mum thinking of returning to work? Come along and meet us to find inspiration, ideas, and share experiences. We meet every fortnight to support one another, motivate, provide guidance, and help bring back that all-important confidence to help mums search for work. Contact Tiz Davy for more details on 021 757 584, or email [tizdavy@gmail.com](mailto:tizdavy@gmail.com).



## Byrne Homes

Massive congratulations to the team at Byrne Homes, who were recognised in the 2017 Registered Master Builder House of the Year Awards. They brought home a Gold Award and a Local Category Winners Award. Byrne Homes focuses on building quality property in Millwater, and is owned by local residents Joe and Lisa Byrne.



## Doing your bit

Hopefully, with the warmer weather on its way, we will see more children walking to school again. In the meantime, you can help ease the congestion at Silverdale and Kingsway schools. There is ample parking in the carparks along Millwater Parkway. Please consider parking there and walking your kids in and out of school.

## Silverdale School Country Show Day

The school PTA is once again organising this massive and

popular event, to be held on 28 October 2017. Mike Pero Real Estate Millwater has again signed on to be the platinum sponsor for this event. The organisers are looking for further expressions of interested from other potential sponsors.



## Fighting cancer, or know someone who is?

Local author Karen McMillan and Sam Mannering are hosting an evening at the Millwater Bistro, on 12 September at 5:30, to discuss their new book "Everyday Strength: Recipes and Wellbeing Tips for Cancer Patients". Karen and Sam will be discussing their personal stories, how they created the book, and how the book is going to help families facing cancer. Please RSVP to [karen@beatnikpublishing.com](mailto:karen@beatnikpublishing.com).

## Community Spirit

Your monthly copy of **theMillwatermag** wouldn't be possible without the host of volunteers who walk the streets every month delivering to your letterbox. Here are 2 of our helpers, out delivering with their mum last month. Thank you everyone.



# Millwater 區內情報要點

## Millwater Business Mums

如果妳是全職媽媽打算返回工作，但不知道怎樣開始或者想重拾面試的信心，歡迎來我們每兩星期一次的聚會。我們都是一群在找工作的媽媽，讓我們大家互相支持及鼓勵。更多詳細信息請聯繫Tiz Davy 021 757 584，電郵 [tizdavy@gmail.com](mailto:tizdavy@gmail.com)。

## Byrne Homes

恭喜本地居民Joe和Lisa Byrne，他們的建房公司Byrne Homes獲得2017年註冊認可建築商年度大獎。他們共贏得了金獎和本地組別優勝獎。

## Doing your bit

天氣開始轉暖，我們將會看到更多的孩子走路上學。同時，我們希望您可以幫助緩解在Silverdale和Kingsway學校的交通擁堵問題。在Millwater Parkway停車場有充足車位，請考慮把車停在那裡，然後步行接送您的孩子。謝謝合作！

## Silverdale School Country Show Day

Silverdale學校家長教師協會再次舉辦這個一年一度，非常受歡迎的盛事。Country Show Day將在10月28日舉行。Mike Pero Millwater房地產再次簽約成為本次活動的白金贊助商，同時主辦方仍需要其他的贊助商提供不同程度的支持。

## Fighting cancer, or know someone who is?

本區作家Karen McMillan和Sam Mannering會在9月12日下午五時三十分在Millwater Bistro 舉辦新書發布會，將會討論他們的新書“每天更強壯：癌症患者食譜和調理”。Karen和Sam將討論他們的個人故事，這本書的靈感，及這本書如何能夠幫助面臨癌症的家庭。希望出席的話請電郵：[karen@beatnikpublishing.com](mailto:karen@beatnikpublishing.com)。

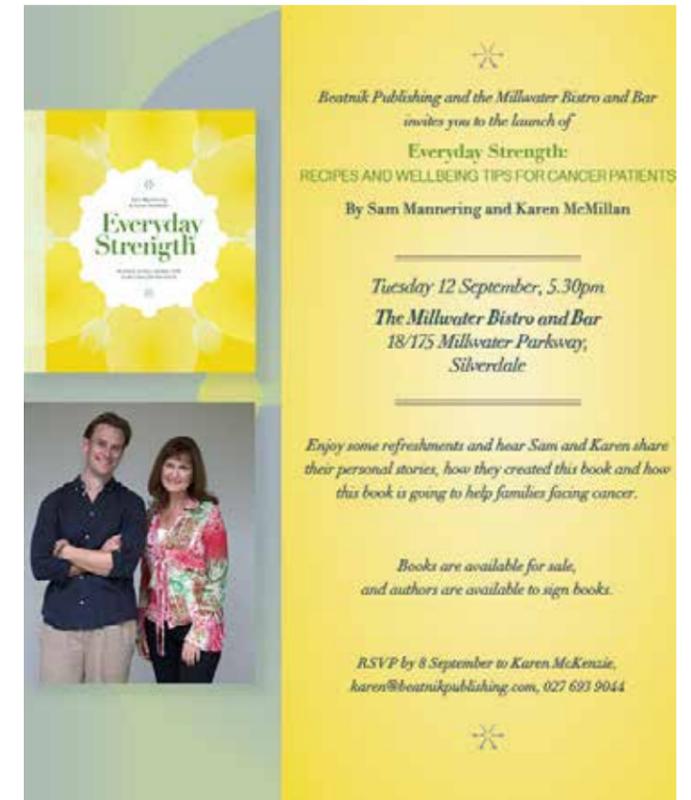
## Church Camp

木槿灣台福教會於今年10月勞工節長假舉辦“我們心合一”家庭生活營，帶您了解天家的兒女本着融入+參與+委身的精神，凡事謙虛、溫柔、忍耐，用愛心互相寬容、用和平彼此聯絡，竭力保守聖靈所賜合而為一的心，領受從基督耶穌那得着來的平安與喜樂。營會時間：10月21日至23日

營會地址 & 電話：Formosa Golf Resort 09 5365895

費用及細節部分請聯繫黃傳道或Abby師母0275033464

木槿灣台福教會歡迎您帶上家人於每周日下午2時到Kingsway Junior School與我們一起領會上帝的恩典。



**Max Zhang**  
LICENSED SALESPERSON  
房產中介



**Mike Pero**  
REAL ESTATE

**M** 021 521 888  
英語、國語  
**E** [max.zhang@mikepero.com](mailto:max.zhang@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd, Silverdale Office  
Cnr Millwater Parkway & Banksie Road, Millwater  
Licensed REAA (2008)

**Visual Voice**  
PHOTOGRAPHY



196 Centreway Road, Orewa **09 391 4444** [www.visualvoice.co.nz](http://www.visualvoice.co.nz)

# pharmacytalkmillwater

## Holistic Hair: New Zealand's Premium Natural Haircare Brand



It has been a little over 11 years since Holistic Hair, a range of natural hair care products, first entered the New Zealand market. Founder, trichologist, and hair stylist Nigel Russell developed the first Holistic Hair products in response to a growing need in the market. At the time, many of his clients suffered from scalp complaints and hair disorders. So, with a strong belief in the power of natural remedies, Nigel set out to create products that delivered real results without the use of synthetic chemicals.

From the beginning, Nigel leveraged his credentials in trichology, the study of scalp and hair disorders, as well as his career in hair styling, to set Holistic Hair apart from other brands. His in-depth understanding of the physiology of the scalp and hair, combined with an interest in aromatherapy, inspired his formulations and provided the customised solutions his customers were looking for.

In keeping with Holistic Hair's philosophy, natural and naturally-derived ingredients are central to every product in the range for their nutrient-rich benefits and highly functional properties. Their Pure shampoo and conditioner features aloe vera, manuka honey

and vitamin E. For delicate scalps and those with finer hair, the Sensitive shampoo and conditioner offers a calming blend of lavender, chamomile and neroli with apple cider vinegar. A Hydrating shampoo and conditioner combines a unique blend of avocado, geranium, radish and palmarosa oils. Their star Extra Care products are the Essential Scalp Spray, offering support for normal hair growth; a Scalp Treatment Oil; and a Herbal Finishing Rinse for sensational shine.

The market for natural products continues to grow as consumers become increasingly aware of the harm that certain synthetic chemicals pose to their health, and seek the safest and most effective products. Similarly, plant ingredients are receiving increased attention from research and science organisations who are investigating the positive health benefits of plants and providing evidence of this through scientific studies.

With a recent rebrand involving new packaging, and a company vision to be leaders in natural haircare, Holistic Hair are set to capture local and global attention.

### Millwater Parkway Pharmacy

Millwater Parkway  
**Pharmacy**



**HOLISTIC HAIR®**  
NATURE'S HAIR CARE  
Premium Natural Hair Care made in New Zealand



**FREE GIFT**

Purchase any Holistic Hair product and receive a  
**FREE 40ml Herbal Finishing Rinse.**

While stocks last. Limit one per customer.

Unit 19, 175 Millwater Parkway  
Silverdale 0932  
Ph/Fax (09) 959 0256

**Mon-Fri:** 8.30am – 6.00pm  
**Saturday:** 9.00am – 3.00pm  
**Sunday:** Closed

## Introducing the Zonta Club of Hibiscus Coast



presented at a function this August to a worthy recipient. We also provide Year 12 Leadership awards through local secondary schools. The International Young Women in Public Affairs applications are now open to young women between the ages of 16–19 who demonstrate outstanding leadership qualities and a commitment to public service, encouraging participation in public and social issues. Application forms are available on the website.

If you are interested in getting to know more about Zonta, you are welcome to join us on the 4th Tuesday of the month for a dinner meeting and interesting guest speaker. For further information go to [www.zonta.org](http://www.zonta.org), email [hibiscuscoast@zonta.org.nz](mailto:hibiscuscoast@zonta.org.nz), or check out our Facebook page.

Want to meet new people? Want to make a difference? Want to belong to an international organisation which supports and empowers women and girls? **Become a Zontian.**

Zonta is an international service organisation described by the International President as "an army, who through friendship, understanding, cooperation, and goodwill, are an irresistible force to secure that women's rights are human rights." The purpose of Zonta is to serve the community at a local, national, and global level, working to improve the political, economic, educational, health, and professional status of women.

At a local level, the Zonta Club of Hibiscus Coast supports local initiatives and offers a range of educational scholarships. A biennial Second Chance Education Scholarship will be

## ROD HARMAN MOTORS LTD

Automotive Repairs • Servicing  
WOF Testing

1/8 Curley Ave, Silverdale

Ph (09) 426 6066  
Fax (09) 426 1066

Fleurette

Florist



Shop 16, on Central Boulevard, Silverdale  
Phone 09 421 0505 sales@fleurette.co.nz www.fleurette.co.nz



# TOTAL SECURITY GROUP

Sales | Installation | Service

**ALARMS & MONITORING**

**T.V. AERIALS & SATELLITE DISHES**

**NETWORK DATA & WIFI**

**FULL AUDIO-VISUAL INSTALLATIONS**

**DIGITAL DOOR LOCKS**

**CCTV**

YOUR LOCAL TRUSTED SECURITY, AERIAL & AUDIO-VISUAL SPECIALIST



021 **2SECURE** (021 273 2873)  
Ph (09) 947 5992

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



## MSM... what's that?

MSM is the short name for Methylsulfonylmethane, a dietary supplement form of sulphur that is found in our living tissues. MSM supports healthy connective tissue like tendons, ligaments, and muscle. Thus, it is very important for conditions such as arthritis, muscle pains, bursitis, ongoing sports injuries, and aching niggles.

MSM is a naturally occurring sulphur compound essential for normal functioning of the body's growth and repair mechanisms. Like magnesium, which I wrote about last month, sulphur is a major mineral our body requires. My view is most of us simply don't get enough of either mineral in our food intake. Combine that with the scenario where, as we get older, our ability to digest nutrients and minerals from our food reduces - for example, stomach acid levels decline with age. So, we can eat healthy food, but if the factory isn't working as well, we simply don't digest enough of what we need. Also, dietary content of sulphur has reduced over the years due to over-farming, pollution, soil depletion, and increased food processing. If the body is not receiving enough sulphur, it produces weak dysfunctional cells.

One of the most significant uses of MSM is its reported ability to relieve pain and inflammation. When rigid fibrous cell walls swell and become inflamed, pressure and pain result. MSM assists with restoring flexibility and permeability to cell walls, helping fluids pass through the tissues more easily. This helps equalise pressure and ease pain. Harmful substances such as lactic acid and toxins are allowed to flow out while the nutrients flow in. So, MSM is very beneficial to athletes with

muscle soreness, aches, and pains in knees, shoulders, and other joints after training and sports.

As well as the profound results people often get taking MSM for relieving joint and muscle pain, customers often tell me their hair and nail health vastly improves. We even use it on troublesome, irritable skin! Win, win, win!



Oregon Health Sciences University conducted arthritis studies with mice. The mice which received MSM had no degeneration of articulate cartilage. The other non-MSM mice did have cartilaginous degeneration. The university has used MSM on over 12000 patients!

So, try MSM. Come in to Health by Logic to discuss your specific needs.

**Health by Logic**

## HEALTH BY LOGIC

*your specialist local health store  
where good health comes naturally*

- \* everyday low prices
- \* super specials
- \* quality-assured products

**20 Silverdale Street, Silverdale Village**  
(09) 4211273 [www.healthbylogic.co.nz](http://www.healthbylogic.co.nz)  
Mon to Fri 9am - 5pm: Sat 9am - 3pm

## ALL-NEW MAZDA CX-3

FROM ONLY **\$28,695** +ORC

MAZDA FINANCE

FROM ONLY **\$88** PER WEEK\*

North Harbour Mazda  
Cnr Wairau & Target Rds | Glenfield | 0800 72 0004 | NorthHarbourMazda.co.nz

## North Harbour Ford & Mazda Silverdale Service Centre

✓ Your Local Servicing Specialist
✓ Servicing All Makes & Models
✓ Factory Trained Technicians

<p style="text-align: center;"><b>\$50 OFF</b></p> <p style="text-align: center;"><b>YOUR FORD FULL MANUFACTURERS SERVICE</b></p>	<p style="text-align: center;"><b>\$249</b></p> <p style="text-align: center;"><b>FIXED PRICE SERVICE PETROL VEHICLES</b></p> <ul style="list-style-type: none"> <li>- Rotate wheels from front to rear in order to improve tyre life</li> <li>- Oil change with quality brand motor oil</li> <li>- Replace oil filter</li> <li>- Check and top up all fluid levels (including battery, brake, power steering, radiator and windscreen washers)</li> <li>- Inspect engine belts (external only)</li> <li>- Inspect condition and pressure of all tyres, including spare</li> <li>- Check operation of handbrake</li> <li>- Visual inspection of brakes</li> <li>- Check operation of all instruments</li> <li>- Test wipers and inspect blades</li> <li>- Includes 20 point safety inspection</li> <li>- Includes complimentary wash &amp; vacuum.</li> <li>- Up to 4.5 litres of oil</li> </ul>	<p style="text-align: center;"><b>\$30 WOF</b></p>
<p style="text-align: center;"><b>FORD &amp; MAZDA TYRES FROM ONLY \$110</b></p> <p style="text-align: center;"><b>FITTED &amp; BALANCED</b></p>	<p style="text-align: center;"><b>\$69</b></p> <p style="text-align: center;"><b>Wheel Alignment</b></p> <p style="text-align: center;"><b>INCREASE TYRE LIFE</b></p> <p style="text-align: center;"><b>NEW TYRE QUOTAS AVAILABLE</b></p>	

\*Terms & Conditions apply. Fixed price servicing surcharge applies for more than 4.5 litres of oil. All offers are not valid alongside any other special promotions or discounts. Booking essential. Please mention voucher at time of booking and tear off and present your voucher upon arrival. Offers expire 30th Sep 2017.

PLUS, BOOK YOUR SERVICE WITH US AND MENTION 'THE MILLWATER MAG' AT TIME OF BOOKING TO GO INTO THE DRAW TO

## WIN

USE OF A BRAND NEW MUSTANG OR MX-5 FOR THE WEEKEND!

## FORD MONDEO

FROM ONLY **\$45,790** +ORC

FROM ONLY **\$152** PER WEEK\*

MY FORD FINANCE

North Harbour Ford  
Cnr Wairau & Target Rds | Glenfield | 0800 72 0004 | NorthHarbourFord.co.nz

\* Mazda CX-3 based on 260 weeks with 25% deposit and 25% balloon at the end including \$677 establishment fees and total repayments of \$29786.29. At a rate of 9.95%. Finance company terms and conditions and lending criteria apply. \*Ford Mondeo based on 260 weekly payments, 25% deposit, 25% balloon payment, and total repayment of \$37907. Includes establishment fee of \$677 at a rate of 9.95%. Finance company terms and conditions and lending criteria apply.

North Harbour Silverdale Service Department

NorthHarbour.co.nz | 0800357004 | 10 Keith Hay Court | SILVERDALE

# localclubs

## Whangaparaoa Tennis

Nestled in the heart of the Whangaparaoa Peninsula at Edith Hopper Park, Manly, Whangaparaoa Tennis Club offers six recently re-surfaced artificial grass floodlit tennis courts, as well as a fully equipped clubhouse with licenced bar and plenty of parking.

But it's the thriving social scene that attracts players from all over the Hibiscus Coast. Millwater resident Alf Sayers says, "After moving over from the UK last year, I checked out the local tennis clubs and Whangaparaoa just had this buzz that made me want to get involved. I'm now a member there and play regularly as well as helping out behind the bar on club days. I would recommend the club to anyone – you're guaranteed a friendly welcome."

Throughout the year, the club runs organised social club play, and organises inter-club teams at all levels for Seniors, Juniors (8-19yrs), and Midweek players in the Tennis Northern and North Shore Ladies competitions. Ken McLeod, who was recognised as the Tennis Northern Coach of the Year in 2016, runs programmes for all beginner players from the age of 4 through to 99. So, whether you're a seasoned player, haven't played for years, or have never picked up a racket, there's something for everyone!

Club Open Days are a great opportunity to find out more and see why Whangaparaoa was Tennis Northern Club of the Year in 2015 and 2016. Open Days for 2017 are as follows:

Midweek Ladies: Wed 30th August, 9am

Seniors: Sun 10th September, 2pm

Juniors: Sat 23rd September, 9am

All ages and levels welcome. See you there!

For more information, visit [www.wgptennis.co.nz](http://www.wgptennis.co.nz).



## Join the Cricket Party @HibiscusCricket



Do you and your children enjoy a bit of backyard cricket? For most Kiwis, it is our summer tradition. However, many parents dread the moment their children want to play long formats of the game. On the Coast, it is especially hard to contemplate sacrificing fishing and beaches for boring days of cricket.

With new junior cricket options today, those long boring days are over! New, exciting, short formats are here now. Games take less time, everyone is involved, and the goal is fun. Games can last as little as 1 hour for the youngest, and most juniors are finished on Saturday morning, leaving plenty of time to head out to the beach. Junior cricket is also played during school terms, so you can still enjoy your bach. Players, partners, and parents can form lifelong friendships over a summer of cricket.

It doesn't matter what level of cricket you are interested in, we will welcome you into our club at Metro Park.

- **Senior Men's** Grade Cricket, T20 Leagues, Presidents (over 40 years old), with competitive and social league options.
- **Junior Boys** Cricket from School Year 4 through to Year 10, including the North Harbour Club of Origin Competition.
- **Junior Girls** Quikhit Friday Fun League, Under 12 Junior Hearts and Under 15 Future Hearts – ask us about our Girls Scholarship!
- **Superstar Girls and Boys Skills Academy** for children from 5-9 years, where they play fun games and learn important cricket skills.
- **School Holiday Programmes** in October and January.

Metro Park is already shaping up as one of the best cricket facilities in Auckland, and it will only get better each year. If you are keen on cricket, join the cricket party @HibiscusCricket!

For more information or to register:  
[www.facebook.com/HibiscusCricket](https://www.facebook.com/HibiscusCricket)  
[www.hibiscuscricket.co.nz](http://www.hibiscuscricket.co.nz)

## Serving Up A New Season at Orewa Tennis Club

Looking for a fun summer activity for you or the kids? Orewa Tennis Club has been providing local tennis enthusiasts with a club for 70 years. The friendly club is set in a picturesque corner of Victor Eaves Park, off Florence Ave, Orewa. With 6 all-weather courts and lights, there's always a game to be had.

### Kids

Tennis is a fantastic sport for helping kids to develop hand-eye coordination, get fit, learn strategy, and develop social skills. As part of their junior membership, kids from 5-15 years old receive free weekly tennis coaching from Tennis Northern's 2017 Coach of the Year, Jason Ward, on Saturday mornings. The coaching is part of the Hot Shots programme where the focus is on fun and development. The under-10s use special balls that greatly aid their play. Racquets are provided free of charge. The programme runs in Term 4 and Term 1, and junior members can use the courts to play and practice with a parent or guardian anytime.

Junior Open Day dates will be posted on the Millwater & Totara Views Families Facebook page.

### Adults

Been thinking about dusting off the racquet? Tennis offers fun, health and social benefits, and with players being able to play well into their golden years, it really is a game for life. There are club days throughout the week, with a healthy level of fun competition and camaraderie. All levels welcome.

Feel free to drop in for a hit from 5:30 pm on Wednesdays and 9:30 am on Sundays. Veterans club days are on Monday and Friday mornings, followed by morning tea.

### Interclub

For the competitive among you, the club has a number of senior and junior teams playing interclub in the weekends and midweek evenings.

For more information call Michelle on 424 3652 or visit [www.orewatennis.co.nz](http://www.orewatennis.co.nz).



See over page for information on the Hibiscus Coast Athletics Club

ILLUMINATE CHURCH

## ALL WELCOME

It is entirely worth checking out...

Every Sunday 10:15am

**The Events Centre**  
 Kingsway School,  
 100 Jelas Road, Red Beach

[www.illuminatechurch.org](http://www.illuminatechurch.org)

## BLIND PRO

BLINDS • AWNINGS • SHUTTERS • OUTDOOR SCREENS

**SHUTTER SALE 15% OFF**  
 WITH FREE INSTALLATION  
 FOR THE MONTH OF SEPTEMBER \*

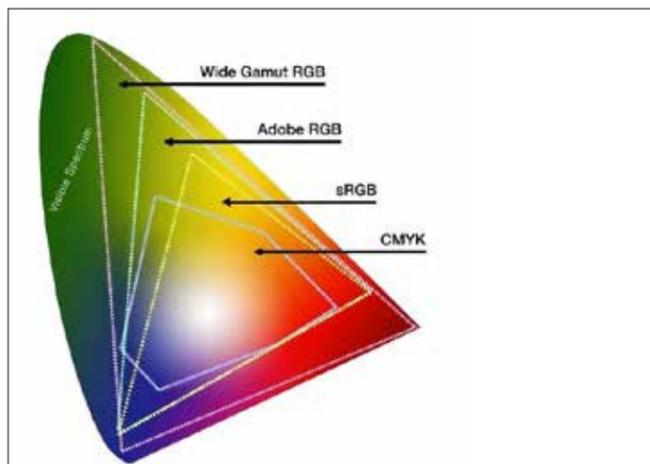
AVAILABLE IN 13 COLOURS CHECK OUT OUR  
 WEBSITE [WWW.BLINDPRO.CO.NZ](http://WWW.BLINDPRO.CO.NZ)  
 FOR COLOUR AND THEME IDEAS.  
 5 YEAR WARRANTY.

...Call Geoff today for  
 a free, no obligation  
 consultation & quote



Ph 09 423 9661 | [info@blinpro.co.nz](mailto:info@blinpro.co.nz)

\*Applies to our indoor shutters only, orders must be placed by 30 September 2017



If you gave 10 people a recipe, you're almost certain to get 10 different slightly different dishes. The same is true whenever you download an image from your camera onto your computer. Camera RAW files are simply a recipe used by software to render an image. Just like in the kitchen, different applications have their own interpretation of RAW files and subsequently produce a slightly different image. Computer screens, printers and even paper also interpret these recipes on their own, so it's very common to see significant differences in colour depending on the medium on which the image is presented. Besides interpreting the recipes slightly differently, the available colours (gamut) may also differ across devices.

When you shoot camera RAW, there is no gamut applied, regardless of what your camera is set to. It's only when you

copy the RAW image to a computer does the gamut come into play. There are many gamuts available, certainly too many to represent in this article. What's important to understand as a photographer are the available colours across the different gamuts used by the applications and devices being used to edit and print your pictures.

Most computer monitors will use the sRGB gamut, as will websites. It's the smallest colour space that is a subset of most other larger gamuts. Now, even if your computer screen is sRGB, it doesn't necessarily mean it can show all of the sRGB colour space. Screens need to be regularly calibrated to ensure they are showing the colour as intended by the manufacturers.

Here's where it gets tricky. If your editing application uses Wide Gamut RGB, which is larger than the Adobe RGB gamut and your monitor is only sRGB, then you're not going to see all the available colours as you edit your image.

Equally, if you edit in sRGB and your printer is capable of printing in Adobe RGB, then print will not be as vibrant as it could be.

If you're not already super confused, then this might put the nail in the coffin. File bit depth affects the gamut. JPGs are 8-bit files, which means from black to white there are 255 steps. 16-bit files have over 65,000 steps between black and white which means the gradation and tone is much more gradual, resulting in better quality images.

If you want to know more about colour management for your own equipment, don't hesitate to drop me an email [paul@visualvoice.co.nz](mailto:paul@visualvoice.co.nz)

## NEW! In Millwater and the wider Hibiscus Coast



Reach us through Facebook, or call:  
Gwenda Holster-Dowler on 0210 847 3120, or  
Brian Mullan on 021 031 1232, or  
Email [rotary.orewasatellite@gmail.com](mailto:rotary.orewasatellite@gmail.com)  
'Be Part of the Action, be Part of the Fun'



With 4 GPs Available, new patients welcome  
AND Open Saturday morning  
Orewa Medical Plaza, 8D Tamariki Ave, Orewa  
Phone: (09) 426 5437  
[www.orewamedicalcentre.co.nz](http://www.orewamedicalcentre.co.nz)



Open 7 Days  
Life Pharmacy Orewa  
8 Tamariki Ave, Orewa  
Phone: (09) 426 4087  
[www.lifepharmacyorewa.co.nz](http://www.lifepharmacyorewa.co.nz)



# The Hibiscus Coast Athletics Club is gearing up for the Summer Athletics Season 2018

## Cross Country Champs

Sunday 10th September from 1pm at Butler Stoney Park, Millwater

ALL welcome \$2 entry

Distances to suit all from 3 years old to 17

## Athletics Club Open Day

Sunday 17th September between 10am and 12pm at Metro Park, Millwater

Learn about the Athletics club and the season ahead

Fun games and prizes

Register for the season

## Athletics Club Season

3 – 6 years

Wednesday 18th October 2017 – Wednesday 28th March 2018

5:30pm until 6:30pm

7 years +

Wednesday 4th October 2017 – Wednesday 28th March 2018

6pm until 7:30pm

Age based on age on 31st December 2017



Check out our website [www.hcac.co.nz](http://www.hcac.co.nz) and like our Facebook page

# PROTEIN

## Are you getting enough or are you eating too much? – Part 2

Last time we looked at the importance of proteins and their various functions in the body. This month let's have a look at how much we actually need to adequately provide for our body's needs. Requirements are worked out based on body weight, activity levels, age and, for women, whether they are pregnant or lactating. For the average person, 0.8g of protein per kilogram of body weight is sufficient. Children, adolescents, body-builders, endurance athletes and pregnant or breastfeeding women have higher requirements.

Protein on its own will not cause muscle growth, only regular weight training can cause muscles to increase in size if sufficient protein is available.

It is important to drink more water if you have a high protein diet, as this assists in the excretion of the by-products of protein metabolism.

Generally, though, it is easier to get all the essential amino acids from animal protein than it is from vegetable sources.



Some examples:

135g of lean beef steak provides 38.2g protein

100g canned tuna provides 25.3g protein

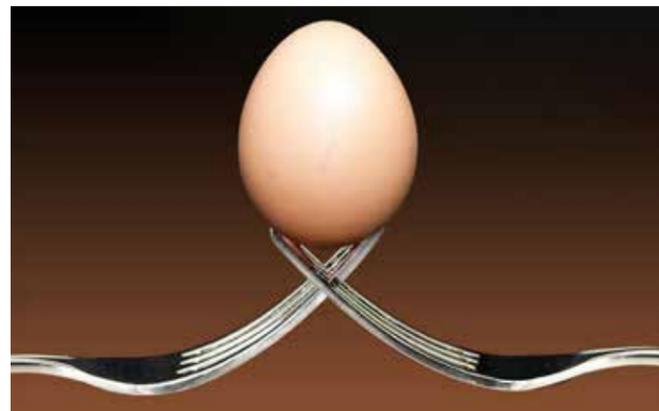
100g tofu provides 8g protein

100g boiled red kidney beans provides 7.9g protein

1 boiled egg provides 6g protein

Protein is a very important part of our diet, but it really doesn't need to be excessive. Balance is the key. If you would like to find out what that looks like for you, connect with me at paula@nutritionense.co.nz

by Paula Southworth  
Nutritionist from NutritionSense  
(BSc Human Nutrition and Sports Science, Massey University) [www.nutritionense.co.nz](http://www.nutritionense.co.nz)



Food sources of protein are pretty obvious: meat, poultry, fish, eggs, dairy, soy products, legumes, nuts, seeds, and small amounts in wholegrains and vegetables. Interesting fact: Quorn is a vegetarian meat substitute, made from fermented fungus, which contains all the essential amino acids found in meat.

## Tradie of the Month with Maddren Homes



Congratulations to Kyle Munro, our Tradie of the Month.

Kyle owns Concrete Connection, and has been laying concrete paths, driveways, and vehicle crossings for Maddren Homes since 2015.

Tony describes Kyle as "a great team leader and player who is an excellent communicator with both our clients and site supervisors".

His workmanship is top notch. He is dedicated and takes pride in his work, always working in where he can.

Well done, Kyle!

Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.

## FOCUS HEARING

We Focus on Your Hearing

Free  
Check

Free  
Consult

Free  
Fit



## Take control of your hearing NOW! Enjoy life to the full

Hearing loss can get worse the longer it is untreated. At Focus Hearing we have a wealth of experience and a deep understanding of the impact that an undetected hearing issue can have on your life. We offer:

- **FREE**, quick, hearing check
- Full hearing assessment and report (adults and children)
- **No-obligation** advice
- Hearing device fitting, adjustments and repairs.

We are authorised for third party funding and can advise on any subsidies from ACC, the Government, WINZ, or War Pensions that you may be eligible for. We are affiliated to Southern Cross.

**Call now for a FREE hearing check, FREE consult and FREE fit\* Call 09 533 6463**



Silverdale Medical Centre  
7 Polarity Rise, Silverdale  
Phone (09) 972 5250  
[focushearing.co.nz](http://focushearing.co.nz)

## Comprehensive Committed Dentists

*Caring & Affordable*

- Restorative & Cosmetic, Whitening
- Dental Implants, Orthodontic & Invisalign
- Crown & Bridge, Dentures partial/complete
- Emergency Treatment, Wisdom teeth removal
- Treatment under Sedation - Oral & I.V, Adult & Children
- ACC/WINZ/Dental Benefit for under 18 ys old Provider & under 13 ys old with DN referral

We offer a **Free** Consultation, **10%** discount for Seniors and Uni students, **\$75** Exam, 2 BW xrays & Hygienist appointment/clean for new & existing customers.

Please check our conditions/policy regarding our services.



### Situated in the Silverdale Medical Centre

7 Polarity Rise, Silverdale

Ph (09) 972 1406

**Open on Saturdays and late nights**

email: [sfdentists@hotmail.co.nz](mailto:sfdentists@hotmail.co.nz) web: [www.SilverdaleDental.co.nz](http://www.SilverdaleDental.co.nz)



# millwaterbizbuzz



General Store. Our first child was born at that time, so we decided to return to Auckland and I went back to tutoring before taking up a position as General Manager of the Puhoi Cheese Café and Cheese Store for 3 years."



With a wealth of experience and knowledge gained, Mark decided to focus on sharing his unique skills with people who have a hunger; both for good food and the knowledge of how to prepare and cook for top quality results. "We built at Manuel Road with the design focussed on facilities that allow me to present to around 25 people at a time; and to allow them to relax comfortably with canapés and a glass of wine or beer, yet still be close to the action and enjoy tasting what is made." And, with a name like Mark Lane, what better name for his engaging business than Culinary Lane?

Mark has delivered a number of cooking demonstrations for charities, and with his tutoring experience he is a relaxed and interactive teacher who will appeal to all who share a love of good food, well prepared and expertly cooked. "I am aiming for 1 to 2 demonstration sessions each month, but I also offer out-catering and provide my Executive Chef skills for those special private dinner parties – preparing, delivering and serving everything you could ever want for a gourmet meal in your own home – without the stress," Mark concluded.



Definitely not just like mother made – Mark Lane clearly demonstrates how good food can be made a whole lot better! You will learn much more on Mark's Facebook page or [www.culinarylane.co.nz](http://www.culinarylane.co.nz)

## Introducing Culinary Lane

Millwater resident Mark Lane, Executive Chef extraordinaire, has evolved a uniquely amazing culinary experience business. After watching and sharing in one of his mouth-watering home-cooking demonstrations, we returned to get to know Mark better.

"I knew from the age of 12 that all I wanted to do with my career was to be a chef," Mark told us. Not just any chef, you understand: Mark set his sights high, and began in 1984 by landing a job at the 5-star Regent Hotel in Albert Street (now the Stamford Plaza), then became the Sous Chef at the Bronze Goat and Harbourside and a couple of high-end venues in Australia, before ending up cooking at Terence Conran's Le Pont de La Tour in London – where he met his wife Amanda.

The couple returned to Auckland and Mark became, at just 26 years of age, Executive Chef at Hammerheads Restaurant. Mark then began tutoring at Auckland's Hotel and Chefs' Training School. "I next went as Executive Chef to Ibiza and Isobar in Takapuna, with Isobar being at the forefront of the gourmet pizza business, and then opening the 5-star Somerset Grand Metropolis Hotel in Auckland City," Mark added.

A year as Executive Chef at the Oakford Towers in Melbourne followed before returning to Auckland and the exclusive private club, The Northern Club. Mark told us, "I then opened my own restaurant, the Beach House Restaurant in Waipu Cove, plus turning the dairy in front into the Waipu Cove

## How the right exercise can make a 50-year-old as fit as a 20-year-old



Exercise won't just help you maintain a healthy weight. It could be the single most important step you can take for your mental and physical health, and is the best way possible to keep the effects of ageing under control. It can also boost mood and sleep quality, and reduce your risk of depression.

New research from the Norwegian University of Science and Technology's K.G. Jebsen Center of Exercise in Medicine provides statistical evidence that 50-year-olds can be every bit as fit as someone 30 years younger. But exercise - how much, and how intense - is the key.

The study shows that by increasing the intensity of your exercise you can beat back the risk of metabolic syndrome. When the Jebsen Center researchers looked at the importance

of the intensity of exercise versus the duration, intensity was far more important than duration in determining peak oxygen uptake.

They also looked at the benefits of high intensity exercise in the form of interval training, where four or more short periods (typically 4 to 10 minutes) of very high intensity exercise are followed by a similar number of short periods of lower intensity exercise. This approach, called 4x4 interval training, is a quick way to increase your overall fitness, the research from the Jebsen Center has confirmed.

The advice I give to my clients is making fitness a non-negotiable priority. "Like eating, breathing and sleeping." Secondly, it's important to workout smarter as we get older. Warming up, variety, and dynamic stretching are a must to avoid overuse injuries. We've learned a lot since the days of high impact aerobics. Overworking the same muscles all the time is a prescription for injuries, and "we don't heal like we did when we were in our 20s." Finally, we just need to adopt an overall healthier lifestyle.

*Fernanda is a certified PT Registered with REPS UK and a new addition to Millwater, having moved here last month and loving it. She is a freelance mobile PT with a home studio on Ormonde Drive.*

### CULINARY LANE

The ultimate culinary experience

*Private dinner parties, cooking demonstrations & outcatering right here in Millwater*

With the festive season fast approaching, you can make life easier by booking outcatering or a VIP private 5 course dinner party in your own home cooked by international chef, Mark Lane.

Go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) for outcatering, private dinners & cooking demonstration menus.

f [culinarylane](https://www.facebook.com/culinarylane) | [mark@culinarylane.co.nz](mailto:mark@culinarylane.co.nz) | 022 400 3001

## Pauline's Sewing Services

**Pauline Saunders**  
Millwater Resident

T: (09) 557 4378      M: 021 0866 5581

- Clothing alterations/repairs
- Wedding Dresses
- Curtain Making
- Ball Gowns
- School Uniforms

## 1950's Retro furniture

If you are looking for the highest quality commercial grade, American made diner and kitchen furniture... you have come to the right place!

- Tables
- Chairs
- Stools
- Booths
- Bar Sets
- Bumper Edging (2 sizes)

**American Retro FURNITURE**

Phone: 022 190 3354  
23b Foundry Rd, Silverdale, Auckland

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

# A PROPERTY'S TRUE WORTH

By Mike Pero, Chief Executive, Mike Pero Real Estate



**Understanding the real value of your home, and how it is calculated, will help you establish expectations when it comes to sale time.**

Naturally, sellers want top dollar for their homes, but overpricing can prove just as detrimental as underpricing. The old saying 'you can always come down but you can't go up' is somewhat misguided when it comes to effectively marketing a property, and sometimes the cost of a missed opportunity far outweighs a minor price adjustment on your property's asking price.

## Gauging the Market

Assuming you engage a licensed real estate agent to sell your home, you will most likely receive a Comparative Market Appraisal (CMA) to help you and your agent establish the most appropriate price.

The purpose of a CMA, which includes a number of recent sales in the geographical vicinity of your property, is to give you a reference point in order to establish your property's value.

## Determining Factors

The value you arrive at will take into account a series of factors, including: location, perspective, land size, dwelling size, age, quality, and so on. It is often difficult to be objective with your

own home because you know all the extra effort and money you have invested in the property over the years - details that are often overlooked or of no consequence to potential buyers.

No two houses are identical in every respect, so it's up to you and your agent to work together to reach an agreed value of your home. When you do arrive at an 'ideal value', it is important to consider the absolute 'rock bottom' price you would accept.

## Managing Expectations

All going well, your eventual sale price will be somewhere between the two, and on a good day it could be even more than you anticipated. The most common, and successful, way to exceed your expectations is by going to auction. You may have a figure in mind before auction day; but if there is fierce competition for your home, and if the emotions of bidders are running high, then it could well be your lucky day.

0800 000 525

Mikepero.com

Mike Pero Real Estate Ltd Licensed REAA (2008)



**treehouse**  
PRINT

**RYAN JACKSON**  
M: 027 498 6202. E: ryan@treehouseprint.co.nz  
P: 09 810 8609.  
PO Box 133, Kumeu 0841 Auckland

## Locals helping locals

*Proud to support Silverdale School*

Cnr of  
Millwater  
Parkway and  
Bankside Rd,  
Millwater

**Mike Pero**  
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



**Grayson & Sarah Furniss**  
Tel: 09 426 6122 Mob: 021 665 423  
grayson.furniss@mikepero.com  
www.mikepero.com

# millwaterpropertystats

Every month Mike Pero Real Estate Millwater assembles a comprehensive spreadsheet of all the recent sales in the Millwater area that reviews the full range of residential transactions that have occurred.

	July 2016	June 2017	July 2017
Number of Sales	16	18	17
Median Sales Price	\$1,077,500	\$1,140,000	\$1,165,000
Highest Sale Price	\$1,490,000	\$1,570,000	\$1,610,000
Lowest Sale Price	\$810,000	\$865,000	\$870,000
Average % price to CV	35.67	34.95	34.19
Average Floor Area (sqm)	221	277	249
Weighted Value Index	1397	1317	1374
Average Days to Sell	84	96	89

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

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

**Grayson Furniss**  
Franchise Owner  
MILLWATER

09 426 6122

021 665 423

grayson.furniss@mikepero.com



**Mike Pero** | REAL ESTATE

Mike Pero Real Estate, Licensed REAA (2008)

## millwaterpropertytalkwithGrayson

In last month's column, I promised to put some light on how we have arrived here. The current market in Millwater is the result of many factors. The first, and possibly most obvious, is price. Prices in Millwater got high, quite quickly, pushing the area beyond the financial capacity of many purchasers. We first started noticing this back in 2015 when the makeup of buyers in Millwater changed away from predominantly families to retirees, investors and overseas buyers who seemingly had fewer issues with price relative to income levels.

One of the biggest influences was the introduction of Loan to Value Ratios (LVRs) by the Reserve Bank of New Zealand in October 2016. Ensuring a minimum deposit of 20% for owner-occupiers, and 40% for investors, almost stopped sales in Millwater overnight. While investors were involved in around 50% of sales prior to introduction of LVRs, they dropped to almost nil immediately afterwards. The number of owner-occupier buyers also dropped significantly, with many now unable to access the required deposits. Interestingly, the exemption that allowed only 10% deposit to be required for new build properties continued to support sales off-plan of new properties for a longer time. The fact that these, too, have now slowed, points to price and apprehension over future market conditions also having a big impact on this part of the market.

The final factor was the stopping of overseas buyers. While we know that changes made by the Government to ensure that all buyers had NZ bank accounts and IRD numbers prior to purchasing has caused some of this activity to stop, there appear to be a number of international changes that have also added to it. In particular, we know that many Chinese buyers have struggled to extract money from China to fund

NZ purchases. Whatever the reason, foreign buyers also stopped buying around the same time as investors.

The result was that over 50% of the active buyers in the market disappeared over the course of 2-3 months. These buyers have largely stayed out of the market, so demand for Millwater properties has fallen, while the supply of new and existing properties has (until very recently) stayed at high levels. The reality is that the last 9 months have been the best time for buying in Millwater in recent years; however, if you haven't purchased yet, then you might want to move quickly.

The good news for most Millwater property owners is that prices are mostly proving to be resilient. While we have seen a slight fall-back from last year's peaks, we are now seeing sales solidify around the same pricing as this time last year. The significant underlying factor here is that supply has reacted to a fall in demand, with less new builds coming to the market and far fewer resale properties being listed in the last 4-6 weeks.

While we anticipate some uncertainty remaining in the market over the next month or so until we have a clear election result, assuming all things being equal, we do not anticipate that there will be any significant further softening in price.

*Grayson*

Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

Silverdale 09 426 6122



CUTER THAN A BUTTON AND NEARLY AS AFFORDABLE 3 1 1 \$700,000

52B Tiri Road, Manly

If you have been hunting for a great opportunity to join the market, a nice house in a great area, something with some character but not too old, something with a feeling of space around it, THIS IS IT!

This wonderful home is cute and cosy, basking in the sun during the day and soaking up the woodburner heat in the evening. Well built in the 1980's there is plenty of scope to add value or just sit back and enjoy this fantastic location. In mostly original condition there is some room to improve this delightful home, put your own ideas and personality into it and enjoy a wonderful location and life for years to come. Call now to view!

[www.mikepero.com/RX1117137](http://www.mikepero.com/RX1117137)



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

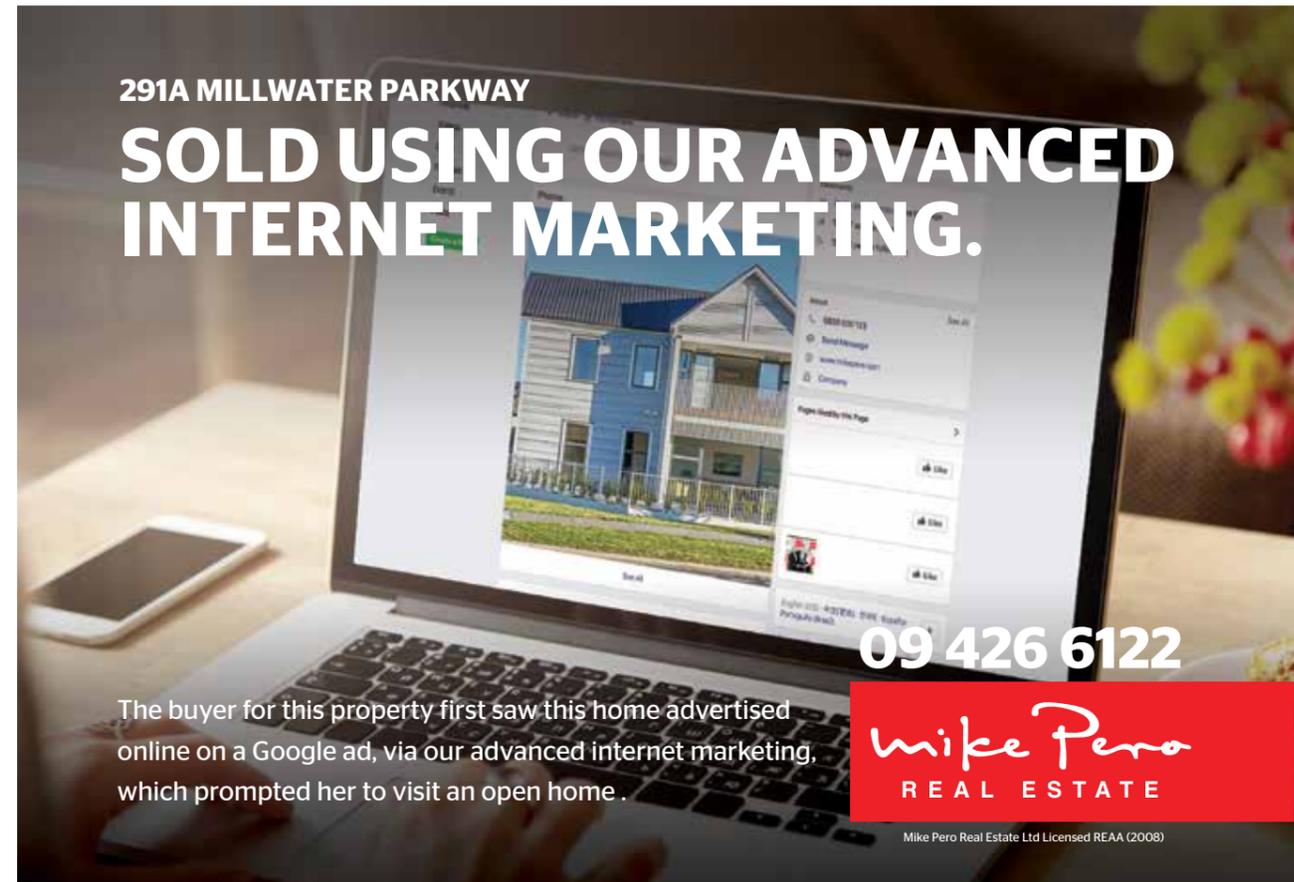
**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

291A MILLWATER PARKWAY

SOLD USING OUR ADVANCED INTERNET MARKETING.



09 426 6122

The buyer for this property first saw this home advertised online on a Google ad, via our advanced internet marketing, which prompted her to visit an open home.

Mike Pero  
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



NEW OPPORTUNITIES:  
[www.maddrenhomes.co.nz/buy-now](http://www.maddrenhomes.co.nz/buy-now)



Artist impression only. Colours and finishes may vary dependant on design choices

FOR SALE

KINGFISHER ROAD MILLWATER - LAND SIZE 522m<sup>2</sup> - HOUSE SIZE 223.66m<sup>2</sup>  
Estimated completion date of October 2017

PHONE  
0800 666 000  
maddrenhomes.co.nz

Mike Pero

Silverdale 09 426 6122



SINGLE LEVEL AND ELEVATED WITH VIEWS 4 2 2 [www.11whaleygreens.com](http://www.11whaleygreens.com)

11 Whaley Greens, Millwater

- 2 year old GJ Gardner 196m home on a 586m site
- Warm and sunny master suite with ranchslider to deck
- North/west facing outlook over rural areas beyond Millwater
- Beautiful kitchen with breakfast bar and ample bench space and storage including butler's pantry, great for evening entertaining
- Separate lounge, great for excluding the TV noise or creating a quiet reading space
- Dining area opening onto expansive and sheltered deck
- Fully fenced with large side access gate

[www.mikepero.com/RX1176765](http://www.mikepero.com/RX1176765)

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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

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

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

Mike Pero

0800 000 525



STUNNING MILLWATER HOME WITH POOL

4 2 3

See online for more details

14 Vera Court, Millwater

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

[www.mikepero.com/RX1059192](http://www.mikepero.com/RX1059192)



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

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

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



BETTER THAN NEW!

4 2 2

[www.2wharescourt.com](http://www.2wharescourt.com)

2 Whares Court, Millwater

This beautiful five year old Sierra Homes (Fletcher Construction) property is perfectly positioned in one of Millwater's most desirable streets. Already built to a high standard, the current owners have worked tirelessly to make this their dream home, adding a long list of extras and improvements. From the quality low maintenance construction materials through to the stunning and functional covered outdoor area, you will soon discover that this is a home of both substance and style.

For more information please call Grayson or Sarah or check it out online at [www.2wharescourt.com](http://www.2wharescourt.com)

[www.mikepero.com/RX1227501](http://www.mikepero.com/RX1227501)



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

Sarah Furniss  
027 444 0044  
09 426 6155  
sarah.furniss@mikepero.com

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



CAN'T BEAT CLASSIC BRICK & TILE

3 2 2

Walkthrough Video Online

23 Bankside Road, Millwater

Only five years old, this classic single level brick, tile and weatherboard home offers three double bedrooms, two bathrooms (one of which is an ensuite) plus a separate laundry and functional open plan living area flowing out to a sunny, north facing patio. Set well back from the road with a large internal access garage and workshop, ample off-street parking plus space for the family boat and trailer - this is ideal for the savvy investor, empty nester or young family looking for a quality home in Millwater. Conveniently located in Bankside Road, close to the local primary school, shops, cafés and restaurants of the bustling Millwater community.

Buy with confidence knowing this brick and tile beauty, built by Sentinel homes, will stand the test of time.

[www.mikepero.com/RX1237402](http://www.mikepero.com/RX1237402)



Vanessa Jardim  
021 614 771  
09 426 6122  
vanessa.jardim@mikepero.com

Max Zhang  
021 521 888  
max.zhang@mikepero.com

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Mike Pero

0800 000 525



WHERE THE LIVING IS EASY

4 2 2

[www.80ridgedale.com](http://www.80ridgedale.com)

80 Ridgedale Road, Millwater

Want the benefits of a near new home, and the community lifestyle Millwater offers? This sunny, warm home feels spacious and fresh with four bedrooms, two bathrooms, generous open plan living, dining and kitchen with butler's pantry and a second, separate lounge. The spacious master bedroom provides an excellent retreat with a walk-in wardrobe and ensuite. This home has the added bonus of a separate laundry and underfloor heating in all bathrooms. Built two years ago by GJ Gardner with the balance of a 10 year Masterbuild warranty, the current owners have paid great attention to the family friendly layout and excellent indoor/outdoor flow. Made for entertaining, the living areas, with stunning polished concrete floors, open out to a large deck and level, easy care section - fully fenced with plenty of room for the trampoline or a game of soccer!

[www.mikepero.com/RX1235422](http://www.mikepero.com/RX1235422)



Vanessa Jardim  
021 614 771  
09 426 6122  
vanessa.jardim@mikepero.com

Max Zhang  
021 521 888  
max.zhang@mikepero.com

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

**two for one**

**LASER HAIR REMOVAL OFFER**

Treat two areas for the price of one until September 30 with Caci's laser hair removal plan!\*

Caci Silverdale  
Upstairs, 2 Milner Ave

09 212 6900  
caci.co.nz

**WINNER**  
NZ BEST IN  
*Beauty*  
2017

**PAYMENT OPTIONS AVAILABLE**  
INCLUDING 12 MONTHS NO  
PAYMENTS, NO INTEREST\*\*

**caci**

\*Offer available for new Freedom® programme memberships until September 30 2017. Not to be used in conjunction with any other offer. Second area must be of the same or lesser value. Can be shared between two clients. For more details please see in clinic. \*\*12 months no payments and no interest ("Payment Holiday") is available on Flexi Payment Plans. Minimum spend \$200. Account fees may apply. A \$55 Establishment Fee for new Cardholders (\$3 PPSR - Q Card Only) and a \$35 Advance Fee for existing Cardholders will apply. Standard Interest Rate applies to any outstanding balance at end of Payment Holiday Offer is ongoing. Lending criteria, fees, terms and conditions apply.

## Fusion Dance off to Nationals



Fusion Dance Studio in Orewa is like a second home to its dancers, and they have spent even more time there since they won the opportunity to compete in PACANZ (Performing Arts Competitions Association of New Zealand) national dance troupe competition in October.

The troupe beat 6 other groups to receive their nomination at a local competition in March this year. They were ecstatic, but realised there would be a long road of hard work and perseverance to get ready for the tough competition in Palmerston North on the 20th of October 2017.

The team of 13 local girls (aged 12 to 18), coached by Rosanne Sims and choreographed by Rebekkah Schoonbeek, has

been meeting at 7.00am twice a week for hour-long morning trainings before school since May, and recently have added in another Sunday rehearsal so that they can be competitive against the other teams from all across New Zealand come October.

The work done has not just been the students' dancing, though. All the girls and their parents have participated in fundraising through selling raffle tickets, a car wash held at Orewa College, chocolate bar sales, and regular weekend sausage sizzles at Bunnings Warehouse in Silverdale from 10am – 4pm, which are still ongoing.

Fusion Dance also has five soloists who will be competing in PACANZ, representing Fusion Dance on a national level. Most of these talented individuals will also be competing in the troupe.

The troupe, teachers, and families have been working incredibly hard to achieve their goal of being competitive at the prestigious competition, and are continuing to fundraise. If you are interested in donating or sponsoring the troupe, please contact Rosanne Sims at rosie@fusiondance.co.nz.

**By Elliette Dean (Troupe member – aged 15 years)**

## Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life. **Call us 09 412 1000 or visit [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz)**



You can count on us every step of the way

**FDANZ**

**Forrest**  
FUNERAL SERVICES  
EAST COAST BAYS | HIBISCUS COAST

**Because the time you have to celebrate a life is precious.**

Caring professional staff  
Onsite chapel  
Prearranged funeral plans  
Prepaid funeral options  
Monumental and Headstones

39 Riverside Rd, Orewa. Ph (09) 426 7950  
[www.forrests.co.nz](http://www.forrests.co.nz)

**FD FUSION DANCE**  
STUDIO

**DANCE LIKE NO-ONE IS WATCHING...**  
HERE IS YOUR CHANCE TO LEARN HOW!

**FUSION DANCE STUDIO IS NOW TAKING ENROLMENTS**

AWESOME, EXPERIENCED TEACHERS!

- RAD BALLET
- NZAMD CONTEMPORARY
- NZAMD JAZZ
- NZAMD TAP
- HIP HOP
- MUSICAL THEATRE

PHONE ROSIE ON 09-428-3132 OR 021-627-068 FOR MORE INFO

Find us on facebook FUSION DANCE STUDIO

ROSIE@FUSIONDANCE.CO.NZ WWW.FUSIONDANCE.CO.NZ

BALLET • JAZZ • HIP HOP • CONTEMPORARY

## Financial Security - Part 1



would be similarities, but the priorities assigned to each one would be influenced by each family's long-term goals. So, for simplicity's sake, let's break financial security into 3 categories. In a series of 3 articles I will share my thoughts on each of the following topics in turn:

1. Covering your current expenses;
2. Being prepared for significant unplanned expenses or financial loss; and
3. Setting yourself up for retirement.

Does a good income ensure financial security? Not necessarily! What is most important is the ability and discipline to manage our expenses – we need to spend less than what we earn. It is simple. Someone earning a 6-figure income could still struggle to achieve financial security by spending too much.

An effective strategy is to prepare a personal and/or family budget. There are online resources to help you do this, including [www.sorted.org.nz](http://www.sorted.org.nz). Begin with an honest and rigorous analysis of your 2 most recent bank and credit card statements. This will help identify your spending patterns and identify your good and bad habits, providing valuable

information to assist budget setting. Within this new plan, review your debts and determine if they can be restructured to minimise your interest cost, or simply focus on paying off your most expensive debt first.

Setting a budget and managing it does not mean having to abstain from the fun stuff. It simply enables you to take control of your finances. A budget is a living tool, and requires regular reviews to ensure its relevance as your lifestyle changes.

These strategies will provide an empowering start towards financial security. Next month we will discuss tools to ensure you are prepared for unplanned expenses or financial loss. In the meantime, get started with your budget planning – this is the key component to financial control.

*Valentina Pereira is a Registered Financial Adviser and a member of the Institute of Chartered Accountants in England & Wales. The comments above are her personal opinions and is not intended to be personal advice. If you would like to discuss the content of this article, contact her at [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) or 021 627 802.*

Everyone aspires to achieve financial security, but what does it actually mean?

There is no definitive dollar value that determines financial security. Instead, it is being in a position where a financial crisis does not significantly impact your lifestyle. If I spoke to 10 Millwater families, I would get 10 different responses. There

## Millwater Women's Group

Millwater Women's group met at Stoney Homestead on Wednesday 19th July. One of our members (thanks, Diana Lakin) arranged the well-known local dietician Anna Sloan as our speaker. This was such an interesting session. Anna gave such down-to-earth advice and busted lots of the myths which surround good food/bad food. Anna was an engaging speaker and very knowledgeable in her field, and provided us all with motivation to do better in our quest to eat well and nourish our bodies, and to enjoy and savour what we eat. Another good morning enjoyed by us all.

Next time, we have some cruise specialists coming to talk to us, which will be very enjoyable.

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

Marj Noble 021 711 5

### Do any of these describe you?

- A busy family
- Working hard and every cent is precious
- Think you are young, fit and healthy and nothing can go wrong?

**Truth is** *Life happens...* and I can help you plan for the unexpected

**When was the last time you reviewed your insurance?  
Do you know what you have versus what you really need?**



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?** Contact me, Valentina Pereira and we can chat over a coffee. † 021 627 802 | e [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) | [www.mirockfs.co.nz](http://www.mirockfs.co.nz)  
*Disclosure Statement available upon request*

**MiRock**  
FINANCIAL SERVICES

Personal Insurance | Business Insurance | ACC Restructure | Mortgages | KiwiSaver | Estate Planning

## millwatermotors



The Riley RM series motor car was the last produced by the independent Riley Motor Company in England, prior to the merger with the Nuffield Group in 1952 that formed the British Motor Corporation (BMC). The RMA was the first of this series and we were privileged to meet proud local owner Malcolm Jacques and his gleaming fawn and black 1947 RMA Riley 1½ litre.

Moving with his wife Joan to New Zealand in 1999 from the UK, Malcolm had an abiding love of beautiful motor cars and got in touch with the Riley Car Club in Auckland. The result was that he bought his Riley 1½ litre from the Secretary of the Club in 2001. "We took part in the South Island Rally, based in Oamaru, but making a holiday of it and travelling as far as Dunedin and back – 2,500 trouble-free miles," Malcolm told us,



"We have also taken part in other rallies and will take part in the National Rally in February 2018, up at the Bay of Islands." He is also a member of the North Shore Vintage Car Club and occasionally takes part in rallies with them.

Malcolm's Riley is also a film star, having featured in the August 2016, 6-part TV series biography of Sir Edmund Hillary; as the transport for the mother of Hillary's first wife. The producers got in touch with Malcolm through the Riley Car Club and the series is still available on TVNZ OnDemand, at <https://www.tvnz.co.nz/shows/hillary>

"We moved from Greenhithe to Orewa in 2010 and love the area," said Malcolm, "and it's always a joy to drive up and visit our friends in Millwater."



Malcolm's Riley has the distinctive dark blue badge of the 1½ litre; the 2½ litre has the pale blue badge and that's how to tell the two apart (the UK Police used the 2½ litre model). Our featured Riley was first registered in 1947 by a New Zealander in London, using the New Zealand High Commission address there, and was imported into New Zealand in 1961. Malcolm has all the original ownership history, logbooks, etc for the car, including photographic history of its renovation in the 1980s. A 4-speed gearbox, with synchromesh on 2nd, 3rd and 4th gears, was standard and the car, which, as you can see here, is still in immaculate condition, with its distinctive RMA 47 rego plate.

# Rodney AutoCentre Ltd

Automotive Repairs, Servicing & WOF

Dean Aspinall 09 426 5016 [dean@rodneycarcentre.co.nz](mailto:dean@rodneycarcentre.co.nz)  
14 Agency Lane, Silverdale (next to Spa Pool shop)

**Vehicle Servicing, Repairs & Maintenance**

For all your automotive requirements & WOF's.

- Silverdale's AA & MTA Licensed repairer. Quality workmanship guaranteed.
- Free pick up and drop off service throughout Millwater and surrounding areas. Free courtesy cars available.
- All vehicle repairs and servicing receive a complimentary groom.
- All repairs, servicing, WOF's, electrical, brakes, cambelts etc. including the latest in diagnostic scanning, all carried out on site.

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

# millwatermalt of the month



Increasing numbers of versions of the classic malt whiskies are being developed – some would say that there's just too much choice nowadays and they don't know where to begin. However, my inquisitive mind and taste buds mean that I am always on the lookout for something that's worth tasting, just to see if they live up to the hype of being definitely better than the original.

I'm certainly glad I decided to buy and taste the First Fill version of The Glenlivet 12 Years of Age this month, for it's a whisky that should be on everyone's shopping list – and on their lips.

The colour is bright amber-gold, catching wonderfully the light in my Norlan whisky glass, and inviting a closer acquaintance. Who needs further encouragement!

**Nose:** Oaky vanilla with rose petal floral notes. Tarte Tatin, crème caramel with grated nutmeg.

**Palate:** Buttery vanilla, a slice of hot buttered toast with sweet orange marmalade. Smooth and silky.

**Finish:** Warm, medium length but rewarding, oak-scented, gently spicy with almonds.

**Conclusion:** A great whisky at a great price.

700ml, 40% ABV, Target price \$62 (or \$67 online, delivered)

## HOW TO PROTECT YOUR EYES AND LOOK AMAZING THIS SUMMER!

by Tracy Kendall-Jones (Proud Owner, OPSM Silverdale)



Aviator



Clubmaster

How great is it to see little hints that summer is just around the corner, bringing with it lots of fun at the beach and outdoor activities with the family. I love the longer nights and summer sunshine.

I think it is a great time to plant the seed about the importance of caring for eyes, and protecting them from the sun's harmful UV rays. Think of sunglasses as sunblock for the eyes. As you know, even on cloudy days, you can still get sunburn - it works the same with your eyes.

Investing in a good quality pair of sunglasses will ensure your eyes are protected against the harmful rays, and you can look amazing whilst doing it. Rayban Sunglasses are an ideal way to protect your eyes whilst looking great.

Why do I love Rayban? It's quite simple. They are timeless, and most Rayban sunglasses can be made with your

prescription in the lenses. Better still, no one knows, as they look just the same as normal sunglasses (no prescription). You can choose your frame and then select your favourite lens colour, maybe choose a mirror finish, and a must for me is polarisation – great for reducing the blinding glare.

My two favourite Rayban styles (pictured here) are the Aviator and the Clubmaster, both a firm favourite on the catwalk and with many well-known celebrities.

Why not pop into OPSM in the Silverdale Centre, where you will find the largest selection of Rayban (and other) sunglasses on the Coast. We look forward to helping you find the perfect pair for you, so you can protect your eyes whilst looking fantastic!

**Tracy Kendall-Jones**  
**OPSM Silverdale**

For Artistic Excellence



5 Riverside Rd, Orewa  
(09) 426 5287

flowersbyjoanne@xtra.co.nz  
www.flowersbyjoanne.co.nz

Ray-Ban

GENUINE SINCE 1937

NEW RAY-BAN  
PRESCRIPTION  
LENSES  
FOR YOUR FAVOURITE  
RAY-BAN FRAMES



Visit OPSM Silverdale today

Silverdale Centre  
61 Silverdale St  
Ph: 426 7902

EXCLUSIVELY AT

OPSM  

# timlawrence Fishing Spot



and go and buy some sharp new hooks. There's snapper to be caught.

Now, it's time for a quick trip report about our excursion to Whitianga, fishing off the three Epic Adventures boats last month. The weather was kind to us this year, with a fresh 15-20 knot sou'wester. But man, it was cold out there, and I mean the kind of cold where the water is warmer than your hands, and you try to seal all the gaps around your neck and arms to stop the warmth escaping. Some of the boys had too much fun the night before, and the sloppy seas 20km out from the Alderman Islands didn't do any favours, but at least the fish were fed well.

Once again, the Epic boys took us to their hotspots for the morning bite time, which was productive. All three boats landed their quota with good sized kingfish. I was on Mad Max, and we had to sit on our fish bin to squeeze the kingfish in! After lunch (I use this term lightly, as there were a few who couldn't eat due to seasickness or other reasons), we changed tackle to target snapper and john dory. It wasn't long before we had enough fish for a few feeds for everyone, and headed home. It was a great day out.

Scallop season started this month and we are planning some dive trips, if you are keen to come along please get in touch. Otherwise, I will see you at Northern Union on Wednesday 6th September – tight lines!

Spring is here! It's time to take that cover off your boat, brush all the leaves away, check the battery, and make sure the wheel bearings haven't seized over winter. Spring work-ups have already arrived, and you have been missing out on some excellent fishing on the coast. The food chain in the Hauraki will fire up as the water temperature continues to rise. Fishing gannet work-ups in springtime can be some of the most exciting fishing you can get. Don't hesitate, dust that rod off



**spindel**  
SPECIALIST LAUNDRY DRYER

**BRAND NEW!**



**2800 RPM SPIN DRYING POWER:**

- Removes up to 80% of moisture in 3 minutes
- Heat free drying
- Highly energy efficient
- No damage to fabrics

Order your Spindel for just **\$299** and stand a chance to win a **Scentsy** laundry hamper.

**Tired of waiting for laundry to dry?**

www.spindel.nz | Sales: 021 126 7627 | Free delivery within Hibiscus Coast



## Spring into Art Action this September

September brings about the beginning of spring and, thankfully, the end of a challenging winter. For the month of September, ten embroidery guilds from the Auckland and North Regions will display their new textile embroidered work that they have been creating over the past two years.



The exhibition, called "The Embroiderers Art", will run from 7-24 September, 9am-4pm daily. It is free to enter, and will showcase an array of different embroidery and stitching methods with contemporary interpretations.

In the Education Foyer will be "Plastered"; an innovative printmaking exhibition featuring local printmakers and tutors who are experimenting with printing onto plaster of Paris. This allows flexibility of shape and canvas, and moves the medium of print into a 3D sculptural platform. Meet the artists Bev Head, Debbie Marin, Lianne Timin, Val Cuthbert, and Erinna Law on



Saturday 9 September from 3 to 5pm.

Don't forget to book early for the October school holiday programmes, running from 2 to 13 October.

Get that spring back in your step with a weekend workshop:

**Watercolour workshop (landscapes) with Ginette Wang, Sat 2 September, 10am – 3pm, \$115**

**Plastered – printmaking workshop with Val Cuthbert, Sat 23 September, 9.30am – 12.30pm, \$55**

**Drypoint printmaking with Val Cuthbert Sat 21 October, 9.30am to 11.30am, \$40**

estuary arts centre



**"Embroiderers Art"**  
A range of embroidery artwork by over 10 guilds  
07 to 24 September



**"Plastered"**  
A print exhibition by Bev Head, Debbie Martin, Lianne Timin, Val Cuthbert and Erinna Law  
04 to 24 September

**"Spring"**  
October School Holiday programme  
02 - 13 October  
Suitable for children 5 years and up  
Booking essential



214b Hibiscus Coast Highway, Orewa | www.estuaryarts.org  
09 4265570 | Open 7 days a week, 9am- 4pm | FREE ENTRY

## Harpur Family Chiropractic



Dr Kimberly Harpur became a chiropractor after suffering a back injury that led her to seek chiropractic care herself.

"Having been a competitive athlete running 800 and 1500 m all through my teens, I woke up one morning in incredible pain, and could hardly walk. After trying many other modalities over a 6-month period, and having no luck, I eventually went to see a chiropractor. After my first adjustment, I knew that it was going to help me. For this reason, I decided to become a chiropractor."

Dr Kimberly then went on to complete a post-graduate diplomate in pregnancy and paediatrics, and specialises in family healthcare.

"My daughters both got adjusted within days after birth, and it has helped them with sleeping, reflux, and colic. Adjusting children is very gentle and includes craniosacral therapy and other light force modalities."

Dr Kimberly believes that every single one of us should be checked for spinal subluxation, as by the time you feel pain, the problem has more than likely been present for a long period of time. "Like the straw that broke the camel's back," she says.

Checking your spine can identify problem areas before they actually become a major problem. If you leave minor problems for a period of time, there is a high likelihood that they will develop into greater problems later on. Identifying and correcting these problems early on will save your body from breaking down as you age.

If you already have pain in your spine, are experiencing headaches or other maladies, book an appointment for a free spinal health check with Dr Kimberly.

### Clip A Dog Grooming Studio • Dogwash

#### Clip A Dog Grooming Studio & Dogwash For All Your Grooming Needs

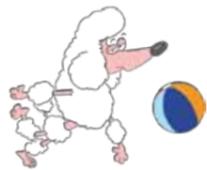
Flea & worm treatments. Leave your dog with us for a professional wash, dry, brush and nail trim.

We'll get them squeaky clean and perfectly dry while you shop or visit a local cafe.

We have a variety of top quality shampoos to choose from including those for sensitive skin, itchy skin, broken skin, extremely dirty dogs, very smelly dogs and flea control!

#### What We Offer:

Dog Grooming  
Cat Grooming  
Pet Bathing & Drying  
Nail Trimming  
Flea & Worm Treatments  
Face/Teeth/Long Coat  
Furmination Treatment



Address: 22 Karepiro Drive, Stanmore Bay, Whangaparaoa  
Website: [www.clipadog.co.nz](http://www.clipadog.co.nz) | Phone: (09) 428-3375 for bookings  
Mobile: 027 202-1422 | Email: [clipadog@yahoo.com](mailto:clipadog@yahoo.com)

### Gentle Chiropractic care for the whole family

healthy body, healthy mind, healthy soul



Checking your spine for misalignment can prevent problem areas from turning into more major issues over time. If you leave areas that aren't functioning correctly for a period of time, there is a high likelihood that they will develop into areas of pain and malfunction.

By identifying, and correcting these misalignments early on, you will prevent deterioration as you age.

Dr Kimberly Harpur  
(B Chiro, BAccSpC, DCCP)

Harpur Family Chiropractic

027 296 6179  
(09) 420 5482

\$50 off an initial consultation with Dr Harpur. Normally \$60. NOW \$30

# MIKE PERO MILLWATER SPRING PROMO

List with the team at Mike Pero Millwater during the month of September and have your \$1800 (approx) marketing package refunded on sale.



## Marketing Package

- 3 week Super Feature Campaign on Trade Me
- Listing on [realestate.co.nz](http://realestate.co.nz)
- Listing on [mikepero.com](http://mikepero.com)
- Pictorial signboard
- Advanced Internet Marketing on Facebook + Google
- Top quality photography and walk-through video
- Half page advert in The Millwater Mag
- National TV Advert on TV3

Terms & conditions apply

*Mike Pero* | REAL ESTATE

**09 426 6122**  
**[www.mikepero.com](http://www.mikepero.com)**

## Introducing Jeanco Jewellers



Jeanco Jewellers is a family owned and operated company creating bespoke jewellery pieces to suit your taste and needs. There is no limit to their creations, and their passion clearly shows in each design.

Jeanco's consultants and jewellers are Juan, Jean-Thereze, and Chaznel Steenkamp, who will assist you with your requirements and choices – including a chance to look through tray after tray of glittering diamonds and precious gemstones. They make use of CAD (computer aided design software) to create each piece. Once you are happy with the concept, they 3D-print a prototype model which can then be altered to taste. The system allows a bespoke piece to be delivered with speed, efficiency, and precision.

Jeanco Jewellers also have beautiful and unique jewellery on display in-store. Other services include remodelling, rhodium plating, and repairing for all types of jewellery.

The Steenkamps have lived on the Coast for four years and recently shifted their business from Milford to Stanmore Bay. They love the new three-minute commute. Chaznel, the eldest daughter in the family, is a former Kingsway College student who joined the family business full-time after finishing school at the end of 2016. She has plenty of experience as she started helping with the business at a young age.

They refer to themselves as "The Family Jewellers". To quote Juan, "every family needs a doctor, a dentist, a solicitor, and of course a family jeweller, and that's who we are."

Something blue ... Something new ...

mail@jeanco.co.nz www.jeanco.co.nz 09 424 2299

## Millwater ROMEOs



The August get-together of the Millwater ROMEOs (Retired Old Men Eating Out) celebrated the second anniversary of the group's formation. In the past two years, the group has enjoyed a wide variety of experiences during their monthly gathering, and August 2017 was no exception.

Many of the ROMEOs are car enthusiasts and, with this in mind, a visit was made to Fraser Cars on the North Shore. For nearly thirty years, this company has been manufacturing their own version of the legendary Lotus 7 sports car in their small factory in Beach Haven. Thirteen ROMEOs were given a guided tour of the factory by the company manager, Dan Eriksen, and saw a number of Fraser vehicles in various stages of being assembled, repaired, or serviced. These vehicles are unique and a rare sight on the road, with only 345 being manufactured in the last 30 years.

Fraser Cars are also licensed to issue LVVTA (Low Volume Vehicle Technical Association) certification for modified road and sports cars. The ROMEOs saw a variety of vehicles being inspected, ranging from old classic cars to high performance muscle cars.

Following the factory tour, the ROMEOs enjoyed a relaxing social meal in a nice warm sunny position at The Merchant Bar and Kitchen in Albany.



## MILLWATER DENTAL

Ph: 6008601 | Unit 21, Millwater Central, 175 Millwater Parkway, Silverdale

- Free for school students under 18 (GDB)
- Panoramic and Digital X-Rays
- Extractions (including Wisdom Teeth)
- White Fillings
- Dentures
- One Visit Crowns
- Specialist Orthodontics
- Preventive Dentistry
- Teeth Whitening
- Mouthguards
- Root Canal Treatment
- Crown and Bridge

### SPECIALS: \*Terms & conditions apply

FREE consultation and 2 bitewing X-rays for new patients

FREE Specialist Orthodontist consultation for the month of September



## Who can you trust with your smile? Choose an orthodontist.

Orthodontists have the knowledge and training to advise on the full range of orthodontic treatment options. An orthodontist is a registered dentist who has gone on to do 2-3 years full time university study specialising in orthodontics.

An orthodontist specialises in straightening teeth, making them bite together properly and creating a great smile that will last a lifetime.

Be confident you're in the care of a specialist.

www.orthodontists.org.nz

**Dr Sanjay Namburi**  
Specialist Orthodontist

BDS, NZDRex, FDSRCS(UK)  
MDS(Ortho), NZDSPIRex, MOrthRCS(UK)



## Buying a house off the plans



Buying an apartment or house "off the plans" is a common way to buy into a new development. It means that you agree to purchase a property that is not yet built. Because you can't see or touch what you are buying, it is extra important to make sure that the documents are right.

### What to look for

As a first step, you should check out the background and history of the developer. It is a good idea to have a look through other projects the developer has completed, and have a chat to other people who have purchased from that developer.

You should consider whether your building is going to be constructed to the minimum standard, or whether higher

standards will be met. It is very important that you carefully check the plans and specifications, and that the plans include all fixtures, fittings, and chattels you are getting with the property. It can be expensive to make variations to the plans and specifications after the contract is signed. Does the developer have a show home you can look at to get an idea of size and proportion?

Triple-check your contract and, with the help of independent legal advice, make sure you understand it. There are usually some provisions which allow the developer the rights to vary the build in certain situations - you need to understand and be comfortable with these. It is very important that your deposit is adequately protected, and you should also have an ability to cancel the agreement (and get your deposit back) if there are unexpected time delays.

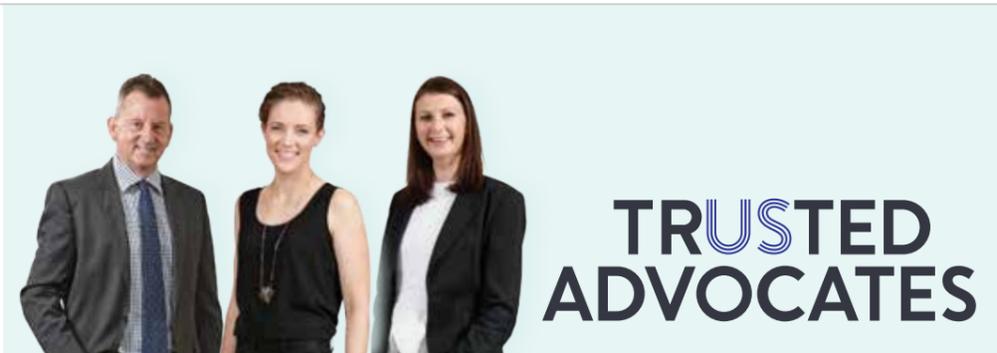
Our property team would be more than happy to assist you with understanding a contract before you get locked in. Despite sales agents saying that agreements are "standard", the reality is that such agreements do vary in fairness (and quality) between developers. It is important that you fully understand it before your hard-earned money is on the line.

Feel free to give the friendly team at Simpson Western Silverdale a call on 09 421 0559.

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

Whatever your legal issues or aspirations, we can expertly champion your best interests, whether you're an individual, a small enterprise or a business of scale. **We're on your side.**

**SIMPSON WESTERN**



**TRUSTED ADVOCATES**

**Silverdale Office** Corner Millwater Parkway and Polarity Rise p. 09 421 0559  
**Takapuna Office** Level 3, Takapuna Finance Centre, 159 Hurstmere Road p. 09 486 3058

[simpsonwestern.co.nz](http://simpsonwestern.co.nz)

**Grayson Furniss**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER

**Mike Pero**  
REAL ESTATE



**P** 09 483 9693  
**M** 021 665 423  
**F** 0800 FAX MPRE  
**E** [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
Auckland

**Finance available**

MTF finances cars, trucks, motorbikes, and almost anything else that drives, floats or flies.

Terms, conditions and lending criteria apply.

Talk to us today

**09 421 0335 or 022 FINANCE**  
Cnr Millwater Parkway and Milner Ave  
[mtf.co.nz/silverdale](http://mtf.co.nz/silverdale)



millwaterasiancorner

## Everybody loves Kung Fu fighting!



What is the weirdest question you have ever been asked in your life? Mine happened around 10 years ago, when I had a work trip to Sri Lanka for a regional meeting. I met colleagues from all across Asia. After introducing ourselves, a colleague from Bangladesh rushed over to me, vigorously shook my hand with both of his and said eagerly, "You are from Hong Kong? You must be very good at Kung Fu fighting!"

While I was trying to figure out what he meant, he continued, "You must be practicing Kung Fu for many years? Do you practice fighting everyday at school?"

Hilarious!

While I tried my best not to burst out laughing, I politely apologised to him. "No, sorry, I don't know any Kung Fu."

With great disappointment (poor him, he thought he had just met a Kung Fu master), he explained action movies are extremely popular in Bangladesh, especially movies with those action stars from Hong Kong; Bruce Lee, Jackie Chan, and Donnie Yan. In these movies, people learn and practice Kung Fu at school from

a very young age, and thus people from Bangladesh thought Hong Kong people are all very good at Kung Fu fighting. Oh dear, what a big misunderstanding.

In reality, we do not learn Kung Fu at school. While the term in western culture usually refers to Chinese martial arts, in Chinese "Kung Fu" can mean any skill you have been practicing diligently for years, and have reached a high skill level that you can be proud of. For example, I can say "My cooking Kung Fu is pretty good," or when you are in the passenger seat while your spouse is driving, you can scream "Your driving Kung Fu is driving me mad!"

If someone asked me the same question again today, my answer would be a little bit less disappointing. Don't get me wrong, I could never do lightning kicks or expertly timed punches, but recently I have started to practice Tai Chi, which is a kind of internal Chinese martial art. It is considered to be a defence type of Kung Fu, with its slow, soft, and calm movements. Many believe it has benefits for both mental and physical health. It is especially good to enhance body balance, which is why Tai Chi is a type of martial art that is suitable for all ages, and it is never too late to learn. However, don't ever underestimate the amount of exercise required for Tai Chi. The slow movements may look easy and relaxed, but if the movements are performed correctly, you should feel pretty tired afterwards.

Just bear in mind, although Tai Chi may look powerful in the movies, in real life it is not designed for fighting. There was once a Tai Chi master who challenged a mixed martial art (MMA) fighter. Unsurprisingly, the Tai Chi master was K.O. in under 10 seconds .... oh well.

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

## Thinking of Selling?

Call the Mike Pero team!  
Experts in the Millwater market.

**09 426 6122** | [silverdale@mikepero.com](mailto:silverdale@mikepero.com)

**Mike Pero**  
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



**Max Zhang**  
021 521 888

**Grayson Furniss**  
021 665 423

**Sarah Furniss**  
027 4440 044

**Vanessa Jardim**  
021 614 771

## Recipes from Millwater residents



### Lemongrass Beef Skewers

#### Ingredients:

300g beef, thinly sliced (eye fillet works best; alternatively use beef skirt or scotch fillet)

#### Marinade mixture:

2 cloves minced garlic  
Bottom half stalk of lemongrass  
2 tablespoon fish sauce  
1 teaspoon raw sugar  
Lime wedges for dressing

#### To make:

1. Finely dice the lemongrass, the finer the better.
2. Combine all marinade ingredients in a bowl, stir and mix well. Have a taste, and adjust to your own desired flavour
3. Add beef to mixture, marinate for at least 1 hour (can put in fridge and use the next day)
4. Soak bamboo skewer in cold water for 30 minutes
5. Thread beef onto skewer
6. Fan grill in oven at 220-250 degrees for 2-3 minutes. Turn and grill for further 2-3 minutes
7. Serve with a squeeze of lime juice

This recipe also works well with chicken. In summer, this skewer is perfect on the barbecue.

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



### Traditional German Beef Rouladen (Rinderrouladen)

READY IN: 2hrs 30mins

#### Ingredients:

Beef schnitzel, 1 or more per person depending on appetite  
Streaky bacon, 1 slice per roulade  
Dijon mustard, 1 tbsp per roulade  
Sweet/sour pickled gherkins, 1 per roulade  
Salt and pepper  
Oil  
Some red wine (optional)  
Beef stock/water  
1 chopped onion  
Couple of bay leaves  
Some peppercorns

#### Method:

Spread each beef schnitzel with mustard, sprinkle with salt and pepper, lay slice of bacon on top, then halved gherkin; roll up schnitzel from the narrower end to the wider end, fasten with toothpicks.

Fry the chopped onion in hot oil, add schnitzel and brown all round, add red wine if using and reduce, then add beef stock and water to top of schnitzel rolls, add bay leaves and peppercorns.

Bring to boil, then simmer for about 1.5-2 hours, making sure liquid does not cook away too much, top up with beef stock or water if it cooks down too low. (The actual cooking can be done in a slow cooker on high for 4 hours, or low for 6 hours.)

Either use the gravy as-is (thin), or thicken with arrow root.

Serve with new boiled potatoes, or mash, and green beans or red cabbage.

Gaby Ellis

## Healthy Mouth, Healthy Life



Your mouth is intimately connected to the rest of your body. Problems that affect your oral health can also have unwanted consequences for, or offer clues about, your general wellness.

Certain conditions will require careful management by your dentist. If you or someone you love suffers from any of the following illnesses, it pays to visit a dentist regularly to make sure everything possible is being done to protect your teeth and gums, as well as your overall health.

**Diabetes** - Diabetics have a higher risk of developing gum disease than people who have healthy blood sugar levels. Research shows this relationship works in reverse too, indicating people with a serious gum infection can have a harder time controlling their blood sugar levels, making regular periodontal care by their dentist very important. Diabetes can also make people prone to oral fungal

infections, since high sugar levels lead to better conditions for yeasts to grow.

**Osteoporosis** - As a disease that causes bones to become brittle and porous, osteoporosis can also affect the jawbone, causing a loss of density that leads to tooth loss. Bone loss in the jaw can also cause problems with the fit of dentures, making regular dental check-ups important even for denture wearers. Medicines used to treat osteoporosis have been associated with a rare, but serious, condition called osteonecrosis that can cause severe and irreparable damage to the jawbone. Because these medicines will affect dental treatment decisions, it is extremely important to advise your dentist of the medications you take before your next visit.

**Dementia and Alzheimer's disease** - As Alzheimer's disease progresses, oral health tends to worsen. Regular dental exams are important to help prevent gum disease and tooth decay in people suffering from dementia. Preventive treatments like dental cleanings, and regular tooth brushing and flossing also make a big difference.

Even if you don't suffer from any specific illness, always consult your GP before embarking on major dental treatment. Likewise, make your dentist aware of the medications you take, and any conditions you may have. With such an intimate relationship between the health of your mouth and the health of your body, it is vital to look after both in tandem.

Contact us on (09)426-5262, or email us at team@dentalsuite.co.nz, if you have any questions or concerns about the way your oral health might be impacting the rest of you.

## EXPERIENCE THE DIFFERENCE



THE DENTAL SUITE  
SILVERDALE

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

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



# Dan's Tips

September 2017

Now's the time to add compost, fertilise the lawn and add nutrients back into the soil.

Get rid of pests and do weeding while the soil is still moist. Plant snow peas, onions, radishes and herbs, plus don't forget the flowers to add some colour.



Beer bait for garden pests

Tip some beer into a small marmite size jar and half bury in the garden near prized new seedlings.

Make sure part of the jar is angled level with the soil so slugs and snails can crawl in.

## Growing Food

- Successful cropping starts with **Living Earth Garden Mix**, our 100% weed-free growing mix, packed with fertiliser and Living Earth's famous compost!
- Sow a crop of **snow peas, onions or radishes**.
- It's early to plant out tomatoes capsicum or zucchini, but you can **place tender young seedlings under cloches** (cut-off plastic drink bottles will do) in the garden. Or, try them in pots under the eaves in a sunny spot.
- **Herbs such as sage, coriander, parsley and thyme can be planted** – but basil is much more susceptible to cold, so wait a month or so.

## Lawn

- **Go forward with the fertilising!** After the wet winter, lawns will be looking for nutrients that have probably washed through the soil. Apply Prolawn Turfmaster Gold – it's perfect for all lawn types.



### Fertilise Lawns

After the wet winter your lawns need nutrients, we recommend Prolawn Turfmaster Gold

## Other Work

- Do lots of **hand-weeding** while the soil's still moist – creates room for new and spreading plants.
- **Go floral** – plant fashion's darlings – gladioli and dahlia bulbs, delphiniums and larkspurs – but sprinkle slug bait or use the beer trick (below) to ensure they don't get lopped off in their prime.
- **The Beer Trick** – tip some beer into a small marmite size jar and half bury in the garden near prized new vegetable and ornamental seedlings. Make sure part of the jar is angled level with the soil so slugs and snails can crawl in. It's very effective in catching them.
- **Cats be gone** – they don't like the smell of citrus, so if they're digging in your best soil, sprinkle citrus - lemon, mandarin, lime and orange skins, over it.
- **Fruit trees and ornamental cherries** that are prone to diseased leaves later in the season, can be sprayed with copper now, as long as they are not yet in bloom.



### Protect the trees from disease

Spray copper on fruit trees and ornamental cherries that are prone to diseases later on in the season before they bloom.



# Feed the soil, help your garden grow

Add Living Earth Garden Mix to your gardens and raised beds to help replenish the soil and help your plants grow.

At Central Landscape & Garden Supplies Silverdale we have a wide range of fertilisers, composts, barks and mulches so come talk to our friendly staff about your garden needs.



Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm  
[www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz) • 09 421 0024 • 90 Foundry Road, Silverdale Business Park

# datesfor yourdiary

- 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** 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?
- Wed/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney  
Homestead Community Hub, Galbraith Greens • 1st  
Wed every month 6pm • 3rd Thursday every month  
7pm
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am  
noon • Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm  
All welcome - classes for beginners to advanced so  
just turn up and bring your uke for a night of com-  
munity fun! Enquiries/book a spot, call Avon  
Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of  
each month** HBC Grandparents Parenting Grandchildren  
support group • 11am - 1.45pm • Red Beach  
Methodist Church • Free group offering support,  
friendship, guest speakers and lunch • Further  
details contact Sonia 0274 802 287
- 4th Tues o-  
each month** Zonta Club of Hibiscus Coast, not-for-profit ser-  
vice club • Dinner meetings with guest speaker  
The Wade Hotel, 2 Tavern Road, Silverdale •  
6.00 pm • Visitors are most welcome • Contact  
hibiscuscoast.zonta.org.nz
- Every school  
term Tuesday** Crafts Group • Orewa Community Church  
235 Hibiscus Coast H'way, Orewa  
10am - 12pm • \$2 for morning tea & craft  
creche provided
- Every school  
term Friday** Arts Group • Orewa Community Church  
235 Hibiscus Coast H'way, Orewa  
10am - 1pm • \$2 includes morning tea •  
suitable for beginners

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



Join us for services throughout the month:

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

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

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

For further information phone 426 4952  
or chadorewa@vodafone.co.nz  
www.hbcanglicanparish.co.nz



**SILVERDALE  
FURNITURE RESTORATIONS™**

09 426 2979



**COUNTRY CHARM  
FURNITURE**

**Timber Furniture Specialists**  
with quality workmanship guaranteed

*Specialising in Antique, New Furniture  
and all other timber surfaces*



- Furniture Restoration
- Re-Spraying
- Special Finishing
- Colour Matching
- Insurance Quotes
- Furniture Repairs
- Custom-Made Furniture
- Modifications and Repairs
- Recycled or New Timber
- Upholstery, Leadlight  
and Cane Work



Phone Grant or Lesley  
23b Foundry Road, Silverdale

09 426 2979  
www.silverdalefurniturerestorations.co.nz

09 426 8412  
www.countrycharm.co.nz

 Look for our pages on www.facebook.com

# How to contact your local....

## Health & Well-Being, Fitness & Beauty

Caci Clinic 09 212 6900  
Health by Logic 09 421 1273  
Beauty Aspects 021 02972587

## Optometrists

OPSM Silverdale 09 426 7902

## Osteopath

OsteoMe 0508 OSTEOME

## Motoring & Boating

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

## Florists

Flowers by Joanne 09 426 5287  
Fleurette Florist 09 421 0505

## Real Estate

Mike Pero Real Estate, Silverdale 09 426 6122

## Food, Entertainment & Recreation

Estuary Arts 09 426 5570  
Wainui Golf Club 09 444 3437  
Culinary Lane 022 400 3001

## Printing

Treehouse Print 027 4986 202

## Community

Hibiscus Coast Anglican Parish 09 426 4952  
Illuminate Church 09 929 7824  
Forrest Funeral Services 09 426 7950

## Insurance / Finance / Accounting

MiRock Financial Services 021 627 802  
MTF Vehicle Finance 09 421 0335

## Pets

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

## Sports Clubs

Hibiscus Coast Athletics Club info@hccac.co.nz

## Mortgage Adviser

Mortgage Studio 09 428 2223

## Medical

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

## Dental

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

## Dance

Fusion Dance Studio 09 428 3132

## Pharmacy

Hickey's Pharmacy Orewa 09 426 5659  
Millwater Parkway Pharmacy 09 959 0256  
Life Pharmacy Orewa 09 426 4087

## Home & Garden

Central Landscape & Garden Supplies 09 421 0024  
Silverdale Furniture Restoration 09 426 2979  
Total Security Group 09 947 5992  
American Retro Furniture 022 190 3354  
Blind Pro 09 423 9661  
Spindel 021 126 7627

## Legal

Simpson Western 09 486 3058

## Photography

Visual Voice 09 391 4444

## Housing

Maddren Homes 09 412 1000

## Jeweller

The Goldsmith 09 427 5072  
Jeanco Jewellers 09 424 2299

## Chiropractor

Harpur Family Chiropractic 09 420 5482

## Sewing

Pauline's Sewing Services 09 557 4378

## Graphic Design

Call Me Designs 022 038 2644

## Colour & Style Consultant

Natural Style 021 0353 107

Advertise in The Millwater Mag and feature here for free!

Mike Pero  
REAL ESTATE

This page is sponsored by Mike Pero Millwater  
Grayson Furniss • 09 426 6122 • 021 665 423 • grayson.furniss@mikepero.com  
Mike Pero Real Estate Ltd, Licensed REAA (2008)

# weirivertidechartSeptember

Proudly sponsored by



For sales & service find us on  
www.silverdalemarine.com  
10 Agency Lane, Silverdale Village  
Ph 09 426 5087 and we will come to you!



<b>Fri 1 Sep</b>	02:54 2.5 m	09:13 0.8 m	15:41 2.5 m	21:46 0.9 m	<b>Sat 16 Sep</b>	03:11 2.8 m	09:23 0.5 m	15:48 2.9 m	22:01 0.6 m
<b>Sat 2 Sep</b>	03:50 2.5 m	10:11 0.8 m	16:36 2.6 m	22:39 0.8 m	<b>Sun 17 Sep</b>	04:16 2.8 m	10:28 0.4 m	16:51 2.9 m	23:02 0.5 m
<b>Sun 3 Sep</b>	04:46 2.5 m	11:05 0.7 m	17:27 2.6 m	23:29 0.8 m	<b>Mon 18 Sep</b>	05:19 2.9 m	11:28 0.4 m	17:48 3.0 m	23:59 0.4 m
<b>Mon 4 Sep</b>	05:39 2.6 m	11:54 0.7 m	18:13 2.8 m	-	<b>Tue 19 Sep</b>	06:17 3.0 m	12:23 0.4 m	18:41 3.1 m	-
<b>Tue 5 Sep</b>	00:15 0.7 m	06:28 2.7 m	12:38 0.5 m	18:56 2.9 m	<b>Wed 20 Sep</b>	00:52 0.4 m	07:10 3.1 m	13:13 0.3 m	19:30 3.2 m
<b>Wed 6 Sep</b>	00:59 0.5 m	07:14 2.8 m	13:20 0.4 m	19:38 3.0 m	<b>Thu 21 Sep</b>	01:41 0.3 m	07:59 3.1 m	13:59 0.3 m	20:17 3.2 m
<b>Thu 7 Sep</b>	01:42 0.4 m	07:57 2.9 m	14:01 0.4 m	20:20 3.1 m	<b>Fri 22 Sep</b>	02:27 0.3 m	08:45 3.1 m	14:43 0.3 m	21:02 3.1 m
<b>Fri 8 Sep</b>	02:25 0.4 m	08:40 3.0 m	14:43 0.4 m	21:03 3.1 m	<b>Sat 23 Sep</b>	03:10 0.3 m	09:28 3.1 m	15:26 0.4 m	21:45 3.0 m
<b>Sat 9 Sep</b>	03:09 0.3 m	09:24 3.1 m	15:25 0.3 m	21:47 3.1 m	<b>Sun 24 Sep</b>	04:51 0.4 m	11:10 3.0 m	17:07 0.4 m	23:26 2.9 m
<b>Sun 10 Sep</b>	03:53 0.3 m	10:08 3.1 m	16:10 0.4 m	22:33 0.4 m	<b>Mon 25 Sep</b>	05:31 0.4 m	11:51 2.9 m	17:49 0.5 m	-
<b>Mon 11 Sep</b>	04:39 0.3 m	10:54 3.1 m	16:58 0.4 m	23:22 3.1 m	<b>Tue 26 Sep</b>	00:07 2.8 m	06:11 0.5 m	12:32 2.8 m	18:33 0.6 m
<b>Tue 12 Sep</b>	05:27 0.3 m	11:44 3.0 m	17:50 0.4 m	-	<b>Wed 27 Sep</b>	00:48 2.7 m	06:53 0.6 m	13:15 2.7 m	19:19 0.7 m
<b>Wed 13 Sep</b>	00:13 3.0 m	06:19 0.4 m	12:38 3.0 m	18:48 0.5 m	<b>Thu 28 Sep</b>	01:31 2.6 m	07:38 0.7 m	14:03 2.6 m	20:11 0.8 m
<b>Thu 14 Sep</b>	01:08 2.9 m	07:15 0.4 m	13:38 2.9 m	19:51 0.6 m	<b>Fri 29 Sep</b>	02:18 2.5 m	08:29 0.8 m	14:57 2.5 m	21:07 0.9 m
<b>Fri 15 Sep</b>	02:08 2.8 m	08:17 0.4 m	14:43 2.9 m	20:56 0.6 m	<b>Sat 30 Sep</b>	03:10 2.5 m	09:26 0.8 m	15:55 2.5 m	22:04 0.9 m

# you're enterprising community zone

Featuring your Millwater residents who have a home-based business or a service to offer

**PHOTOGRAPHY**  
**Photography - Selling your home?**  
Simone Rinke - 027 456 2333  
Available evenings and weekends  
www.blakflash.com

**CHILD CARE**  
**Porse Registered - Home Educator**  
Qualified Experienced 30yrs Child Care  
Amanda 021 2666615

**EDEN Childcare Homebased Educarer**  
Trustworthy, experienced homebased educator. ECE, WINZ subsidies available. I have spaces now. Contact Serene: 021 02527471

**CLEANING**  
**Paula's Home Cleaning**  
General home cleaning and household chores, regular or one-off service, great eye for detail with references available. Call Paula 027 202 1410

**Big Green Carpet Cleaning**  
Thorough cleaning of carpet/upholstery (couches, rugs, mattresses, leather, caravans, boats, cars). Vacuuming & furniture-moving incl. Stanley Ross 021 510 457

**BUSINESS SOLUTIONS**  
**OnTrack Business Solutions**  
Full service bookkeeping, administration & financial management support. Specialising in Xero. Contract basis as required. Call Tanya 0212103124

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

**HOME WARES**  
**www.creativegiftbaskets.co.nz**  
For beautiful gift ideas. Pick-ups arranged by appointment. Phone 09 421 1267

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

**BABYSITTING**  
**Experienced Babysitting**  
Kayleigh - local references available • experienced with all ages • Ph 022 187 9947

Reliable, responsible 15 year old Orewa College girl, over one year's experience babysitting other Millwater families. Emily (phone or text) 027 222 4938

**BEAUTY / HEALTH & WELL-BEING**  
**Beauty Aspects Ltd**  
Offering all beauty treatments  
Contact Amelia on 02102972587

**K.T's Colours, Cuts, Treatments**  
Katie Hodgson - 021 189 3672  
Mobile Hairdresser that comes to you for all your hairdressing needs.

**Classical Homeopath**  
Reach your own potential and wholeness through homeopathy, an effective approach to natural health care.  
Ute Engel • www.homeophyorewa.co.nz

**Hear Say Speech and Language**  
Specialising in speech and language related disorders in children and young adults  
Tanya Collett • Hearsay.co.nz

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

**Nutritionist and Health Coach**  
Paula Southworth (BSc Nutrition & Sports Science), weight loss, IBS, high blood pressure, high cholesterol, anaemia, healthy eating and more. For more information www.nutritioninsense.co.nz

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

**The Urban Escape - Nails & Beauty**  
Home-based salon in Totara Views offering acrylics, hard gel, gel polish, manicure and pedicure • Mandy Bennett • Qualified Nail Technician. www.theurbanscape.co.nz

**Stand Tall Physio**  
Local physiotherapy services- ACC & private • Call Kathryn Todd - 0211 689 902

**Experienced Avon Representative**  
More than makeup, shop online or request a brochure. Affordable, 90 day money back guarantee.  
Melissa Clay 027 2358210

**Naturopath & Medical Herbalist**  
NZ Bachelor of Natural Medicine Qualified. Specialises in Food Intolerances and Gastro Intestinal disorders.  
Carlene Arnold • jcgarnold@yahoo.co.nz

**Natural Style Ltd**  
Offering Personal Colour analysis, Line Style, Makeup • World Organics Consultant Certified Organic makeup, beauty products. Janine http://fb.me/naturalstyleltd

**TRAVEL**  
**Jennie Ready - Fine Travel Consultant**  
Flights, cruises, packages, tours. I would love to assist you with all your travel requirements. Ph: 09 959 0414

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

**INSURANCE**  
**UProtectNZ Insurance Services**  
Insurance specialist, providing security and peace of mind for you, your family and your business. Theo Simeonidis, 027 248 9320

**OTHER SERVICES**  
**Pauline's Sewing Services**  
Machinist offering prompt service for all your clothing alterations and repairs, including school uniforms. Curtain-making a speciality. (09) 5574378

**Music lessons - saxophone, clarinet, flute**  
Experienced registered teacher. Provide music for your event or concert. Woodwind instrument repairs.  
Stephen Thorne 09 6001002

**TAGNZ: Portable Appliance Test & Tagging**  
Compliance with new Health & Safety Regulations • Testing to AS/ NZS 3760 standards • Servicing all workplaces.  
Chris 021 251 0088

**Celebrant - Experienced & Professional**  
Weddings, Funerals, Naming/Dedication, Renewal of Vows & more • Kaye Mooney • 0212776222

**Proof Perfect - convenient Millwater location**  
Comprehensive, confidential & affordable copy editing & proofreading services for documents, manuscripts & website contents. Renell Judais 029 1230 158

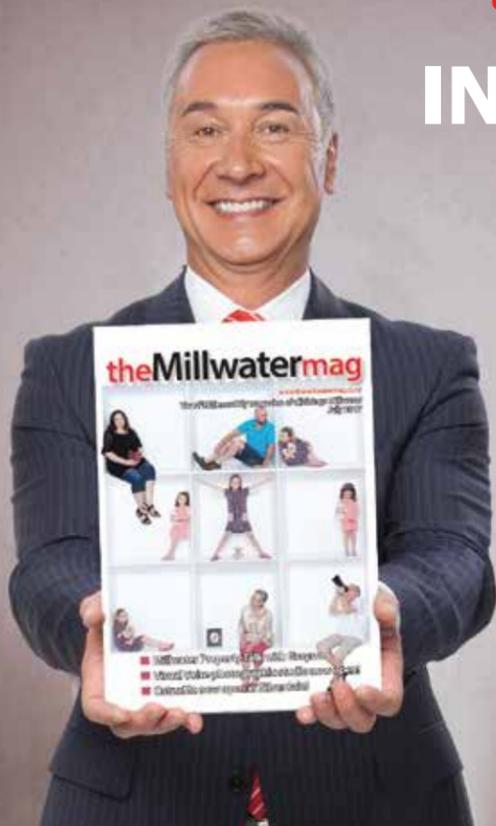
**Quilting / Patchwork Classes**  
Small friendly classes held on Weds & Sats, a variety of projects. Contact Cath 021 433 070, cathboughtwood@gmail.com

**“FREE ½ PAGE AD IN THE MILLWATER MAG IF YOU LIST WITH US!”**

Plus

- A Free Tv Ad
- Lower Fees
- Proven Top Quality Results

Give us a call now on (09) 426 6122 and find out more about the benefits of listing with Mike Pero Real Estate. Experience the difference.



**mike Pero**  
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)

**mike Pero**  
REAL ESTATE

**The Community Zone is sponsored by Mike Pero Millwater**  
Grayson & Sarah Furniss • 09 426 6122 • 021 665 423 • grayson.furniss@mikepero.com

Mike Pero Real Estate Ltd, Licensed REAA (2008)

# We try harder.

“We’ll go to **great** lengths to sell your home for **more**, in **less** time and with **lower** fees.”

**0800 000 525**  
**mikepero.com**



**FOR SALE**

Mike Pero  
Real Estate  
Licensed REAA  
2008

0800 000 525  
mikepero.com

