

theMillwatermag

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Your FREE monthly magazine of all things Millwater
November 2015

- Blueberry Sour Cream Cake
- Shakespear Open Sanctuary Society Inc
- Internet Parental Control
- 區內情報要點及社區小統計

The Millwater Interview - Tim Lawrence

Editor's note

This month sees the challenge go out to our Millwater Men to 'grow-a-mo' for prostate cancer awareness. Many of you will make the effort and there is an extra bonus if you do – a proper wet shave with a razor at the end of the month by Becca at The Man Cave – see page 23.



Many will also be anxious to know how their entries have fared in the gardening competition, the results of which will be announced in next month's magazine. Having seen some of the excellent gardens around Millwater, I hope that the judges have had a hard time picking the winners. Good luck to you all.

This month's challenge for me has been editing your magazine whilst away on vacation, mostly driving around the South Island. I was blessed with my wife's brilliant choices of the many B&B establishments at which we stayed, all of which had Internet access. The weather was at its best, with Arthur's Pass and the scenic inland road from Christchurch to Twizel being a driver's dreams come true.

Talking of driving, this month we make room for the first of our many lady motorists – and not before time. Donna McDonald's '39 Chevy pick-up is a delight to behold and also to drive (thanks, Donna).

With Christmas not far off, we have a selection of great recipes – and more to come next month. Although I had planned for another 'Millwater Malt of the Month', events conspired against me this time – but I promise to have one for the December/January issue.

Our great Millwater community has no shortage of like-minded individuals who like to get out and about, and this month's reports from the Millwater Ladies Group, the ROWENAs and the ROMEOs show just how much fun you can have by not going very far for a decent lunch.

We had a superb Halloween event for the children in the wooded reserve alongside Millwater Parkway, where many parents dressed up to entertain and (sort of) scare the children. This was the initiative of Millwater resident Emma Johnstone-Gill, without whose innovative imagination and organisational flair this event could not have happened.

Finally: the man you all want to know more about – Tim Lawrence, who catches the fish that we all dream of catching. Well, I managed to catch him for this month's interview (opposite).

Brian Mullan
Editor
November 2015

the Millwater mag

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themillwaterinterview

Introducing Tim Lawrence



Tim with his picture of Castlepoint

Most of us have already met Tim Lawrence through his excellent monthly column in this magazine and this month we take a closer look at the man behind the column.

Tim grew up on the family farm in the Wairarapa and loved his time spent at the family bach at Castlepoint, where his grandfather introduced Tim at the age of 5 and his two brothers to fishing off the jetty for spotties. Granddad had a 12-foot dinghy with a 9.9 Evinrude on the back and Tim loved being part of the netting for fish and snorkelling for paua and crays with his family. At the age of 13, Tim gained his free diving certificate and in 1998 qualified as a Scuba Schools International open-water diver and began scuba diving for crays and scallops around the Wellington coast.

Perhaps it was the restlessness of the sea that prompted Tim to move to Wellington at the age of 18. Here, he worked initially in the hospitality industry before joining Ansett Pace (now Pace Couriers), working his way towards operations manager over a 10 year tenure. He later became operations manager for Armourguard in Wellington for two years before moving with them to Christchurch – at the Easter before the first of the two big earthquakes in September 2010 and February 2011. Armourguard put Tim's talents to full use at this critical time, when there were urgent demands from Civil Defence, CERA, Police, Fire, Christchurch City Council and Telecom for security services.

Tim was then asked to come to Auckland and work with the Armourguard operations here before becoming the Auckland Regional Manager. Initially, this meant 3-months stints between Auckland and Christchurch. With Ali, the girl he first met at Castlepoint in his early teens and now with a young family, they moved briefly to Henderson Heights before discovering Millwater. They immediately loved the community feel, proximity to the beach (and boat ramps) and excellent schools and decided that this is where they would put down roots.

Fishing locally began by going out with work mates for a short time before Tim gained full-time access to his parents' 5.5 metre Senator for about 8 months. Tim and his fishing soul-mate buddy Mike did a lot of fishing in that 8 months, before the need to return the Senator to his parents provided the catalyst to find a boat of their own in October 2013. This is 'Magpie'; a 6.2m Stabicraft, which was originally owned by renowned TV fisherman Adam Clancey and is fully equipped with autopilot, bait tanks, etc.

Tim and Ali are dedicated family people and proud parents of daughter Ryan (9) and son Jacques (6) – the Cousteau story influenced the choice of their son's name (unfortunately he isn't mad on fishing just yet). Like dad, Ryan is also keen on fishing and she recently landed a 6.5 lb snapper. Asked about his plans for the future and his ambitions, Tim replied "I am certainly ambitious but I realise that it's not about the race to the finish; it's about the journey". As for the next boat; the dream is for a bigger one – 7.5 metres with an inboard diesel and a cabin, which would allow for longer trips and better economy. Fishing ambitions already include a big fishing trip booked to Three Kings next February, on Gladiator.

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Buying at Auction

Love them or hate them, auctions are a common feature when looking to buy in the Auckland property market.

Things to consider before when you purchase via an auction:

- 1) Regardless of the age of the house, you should get a building inspection done. Just because the house is new or near new does not mean it was built in a professional way. The last thing you want is to buy a lemon;
- 2) Remember to consult your lawyer: they will need to review the LIM report and the Sale and Purchase Agreement. Depending on the LIM's availability, this could take two weeks;
- 3) If you are relying on mortgage for the purchase, then you must consult your mortgage adviser and obtain a pre-approval. The lender will have to approve the property before you bid;
- 4) Organize a deposit. Generally, a 10% deposit is required. However a 5% deposit could be placed if you talk to the real estate agent and the vendor agrees; and
- 5) Most importantly: if you have completed your due diligence and are ready to proceed, why not place a pre-auction bid. Not all vendors want to go all the way to the auction date and may prefer a quick sale; with fewer open homes and less marketing.

If your unconditional offer is accepted, the auction is brought forward, to be held 48 hours after acceptance. This change of auction date can considerably reduce the number of people at the auction, improving your chances of success. On the flip side; if your offer is not accepted, you will get a feel for the vendor's price expectations and can either walk away or reassess your initial offer.

For further details feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan@ivanurlich.co.nz
Ivan Urlich is a registered financial adviser specialising in mortgages. His disclosure statement is available free of charge on request.

Please note the above should be considered a general rather than a complete list of items approaching an auction purchase.



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These 3 bedroom homes enjoy the advantages of urban built environment with park-like outlooks or sea views from the second and third level decks. Interiors deliver modern spacious open-plan areas showcasing this great outlook. The contemporary kitchens offer clever storage solutions and quality fixtures and fittings.

For more information on Stables Lane Townhouses, visit metroterraces.co.nz
Or visit the Horncastle Homes Display home at 259 Parkway Terraces, Millwater.

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Slug Bait Poisoning



With the arrival of spring come new bulbs and blossoms breaking through the earth. But spring also brings slugs and snails, followed close behind by the perennial gardening-season danger – slug bait. Unfortunately, it's highly toxic and even small amounts are enough to cause poisoning: less than a teaspoon per 10 pounds of body weight can be life-threatening.

The toxic substance found in slug bait is a compound called metaldehyde. The majority of toxicities are accidental; either due to lack of knowledge of its dangers or thinking that the compound has been properly stored or applied.

To attract the snails, slug bait is formulated in chewable pellets that are flavoured with molasses, apple and bran. Unfortunately, dogs find this a tasty treat as well. Slug bait is also available in liquid and powder formulations, which can get onto paws and be licked off with normal grooming.

Signs of poisoning begin quickly after the bait is ingested. Generally, the first clinical signs observed are anxious behaviour with mild twitching, which progresses to uncontrollable and severe twitching, followed by seizures and possibly

death if not treated promptly.

Unfortunately, there is no direct antidote for slug bait toxicity and treatment is aimed at controlling the clinical signs. If you think your dog might have been exposed, get it to a vet as soon as possible and take the packaging of the product so your vet can evaluate the active ingredients. If your dog has recently ingested slug bait and is stable your vet will induce vomiting, which will improve the chances of recovery.

There are various alternatives to using toxic slug baits: watering schedule, seaweed, copper, diatomaceous earth, electronic "slug fence", lava rock, salt, beer, overturned flowerpots, garlic-based slug repellents, coffee grounds...

Jemma Hedges



Millwater

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safercommunities

Are your Batteries Charged?

Most households have a number of battery-powered appliances, such as cell phones, laptop computers, power drills and a variety of other outdoor tools. The batteries in these modern devices are called lithium batteries that, under normal circumstances, are stable and provide power to run our device effectively.

Overcharging these devices from the mains supply can cause damage; mishandling can and has caused issues and, in some rare instances, cause thermal runaway – this is where the batteries literally catch fire. **Having a cell phone, iPad or outdoor tool left on charge for several weeks or months on end is not a safe option and may cause a fire.**

Only charge your cell phone, outdoor power tools etc to the manufactures recommendations.

MATCHES AND LIGHTERS ARE TOOLS

Every holiday period we often see a spike in deliberate fires – and in some cases these fires are started by children playing with matches or lighters.

The NZ fire service has intervention programmes to assist children: Call 0800 Fire INFO.

Please keep matches and lighters out of reach from very young children. Teach children that matches and lighters are tools and not toys... they can harm. Reward you children if they bring these items to you if they find them left lying around.

IT'S GOING TO BE HOT

We are already seeing the effects of what appears to be an early and hot summer ahead. The fires in the South Island recently reminded us all how quickly and devastating scrub and bush fires can be. Houses and buildings were lost.

Please adhere to the outdoor fire rules and prevent a fire starting.

If you need advice please contact your local council for further information.

Stay safe and install SMOKE DETECTORS. You are gambling with your life if you don't have any smoke detectors and, if you do have them, check they work.

Station Officer, (D) Dave Lattimore
Silverdale Volunteer Fire Brigade.

Station Officer Dave Lattimore
Silverdale Volunteer Fire Brigade



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themillwaterinsider

New Playground

As can be seen clearly on the cover, the new play park off Ridgedale Road is now open for business. It appears to have received the tick of approval by many of our younger residents. Thanks again to Paul Conroy for the cover picture; we are so lucky to have talented locals prepared to contribute to making Millwater a better place.



Recycling

This seems to be an issue that springs up reasonably regularly. The local recycling occurs on a Thursday and will remove your glass, cans etc, as well as your paper recycling. As many locals have found over the last few years, the paper recycling people have a very strict adherence to a set of rules and anything outside those rules will most likely result in all your paper being left on the street. We have found that if paper and collapsed boxes etc fit inside one of the blue recycling bins, then it will usually be taken. You can have more than one blue recycling bin, so contact the council if you need one.

Christmas Lights

Last year The Millwater Mag team donned their dark hoodies and skulked all around the area late at night, checking out the various Christmas decorations on houses. Whilst there were some reasonable efforts from around Millwater, the prizes (yes, there were prizes) were largely handed out in Totara Views. The same team will be out and scouting again this year, so get them up and drop us a hint so we can come and check out your efforts. We will be hunting around in the prize cupboard again this year and rewarding those who go to the most effort.

Grass Berms

A gentle reminder that maintaining the grass berm in front of

your property is your responsibility. Yes: it belongs to council, but they will not be coming along and mowing it anytime soon. Leaving it long will not only frustrate your neighbours but will also lessen the appeal of your property and others in your street. Let's please keep Millwater beautiful.

Guy Fawkes

November 5 will bring with it some interesting challenges for a growing community. We all live in a relatively confined space and will need to exercise some tolerance and respect for each other and the different ways we choose to "celebrate" this period. There are some wide open spaces around Millwater, ideal for letting off all manner of exploding devices. Avoiding these raining down on the neighbour's roof will probably keep local relations more cordial – and save the local firemen a visit. If you are letting off fireworks in a public space, please remember to clean up afterwards. Exploded fireworks are not only messy but they make attractive but none too healthy play toys for our four-legged friends.

Millwater Central and Terraces

Broadway Property have confirmed that, as they have sold all 37 of the residential units in the new mixed-use complex adjacent to Millwater Central, they have closed the show home next to the stairwell in the middle of the building. This will be reopening as a restaurant / bar sometime around March 2016. Half of the 14 retail units have now been sold or leased, with completion of the complex scheduled for the end of 2016.

Did You Know?

Christopher Bates, aged 17 and a student in Year 12 at Kingsway School, continues to be recognised for his musical talent and performances, having just received the Pat McMinn Rising Star Award from the Variety Artists Club of New Zealand at their annual Benny Awards. The awards were presented at a black tie event held in the Crown Plaza on Sunday 11 October and had a number of New Zealand legends performing at the event. John Key welcomed the attendees by video and congratulated all the award recipients.



Millwater Women's Group

Our 18th November 2015 meeting is a chance for you all to clean out your wardrobe and make some much needed space available. We are holding a "Second-hand Rose" swap meet at Silverdale Pioneer Village from 9.30am-on, morning tea as usual and then we will auction off the goods. **Keep in mind that your "Reject" may end as a "Precious" wardrobe item for some lucky person.**

Please bring clean, good condition items to swap... clothes, bags, accessories (scarves, jewellery etc, etc). We will put a nominal sum of \$1.00 on each item but if two people would like the item then an auction can take place at 50c bids. All items left can either be taken home by you or, if you wish, we can donate to the Women's Refuge Shop in Silverdale.

This should be loads of fun and gives us all the chance to have a good clean-out of those "didn't work out so well" items. All money raised on the day from items sold will be donated to the Pioneer Village to assist with their expenses. So: gather your rejects, come prepared for some bargains and bring lots of gold coins with you.

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Wentworth Students Punch above their Weight



Across New Zealand, the winter sports season is drawing to a close for college students. At Wentworth, students can look back on this past winter season with a great sense of accomplishment. From netball to hockey, golf and water polo to snow sports, our teams have enjoyed some fantastic successes and have become recognised as a force to be reckoned with on the Hibiscus Coast and across the North Island.

Wentworth's philosophy is to foster academic achievement and also the growth of well-rounded young people. Involvement in sports and other co-curricular activities is actively encouraged. This is reflected in our students' above-average sports participation; being almost 70%, compared to the national average of just 52%, across 23 sporting codes.

While Wentworth takes pride in its low class numbers, with an average of just 11 students per class in the senior school, outsiders could be fooled into thinking that, with a total student body of just over 200 pupils, our ability to 'foot it with the big players' would be seriously compromised. They would be wrong! Wentworth students are regularly victorious over schools that boast 2,000+ students (10 times our size!) and hence have a wider talent pool from which to choose their teams.

With the winter sports season now behind us, students at Wentworth are already in training for the eagerly-awaited summer sports of sailing and rowing (amongst others). The rowers have begun their intensive fitness regimes and our sailors have already had their first taste of victory, **winning the Spring Regatta** in Whangarei at the beginning of October. With the addition of marine studies to the curriculum next year, Wentworth students have another opportunity to not only make the most of the school's amazing location across from the Gulf Harbour Marina, but also to blend their classroom studies with their choice of water sports.



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Student Council Community Group

On Wednesday the 26th of August, Silverdale School took six Year 7 and 8 teams to Orewa College, to compete in the 2015 Technology Challenge. Each team was given a certain amount of supplies for different activities. We had to complete three challenges which were making:

- A bridge out of newspaper;
- A toboggan; and
- A cannon gun that could shoot out a shuttlecock.

Each challenge was rated a score for how well it was done and each of the three challenges were judged on specific criteria. Schools we competed against were: Orewa College, Murrays Bay Intermediate, Kristin School and Waitoki School. All of our Silverdale teams did really well and enjoyed the experience.

One of our teams that consisted of Sophie Knapp, Lucy Pierce, Amber Rouse and Tayla Gemmell were fortunate enough to come away with 1st place in all 3 of our challenges.

By Sophie Knapp, Year 8



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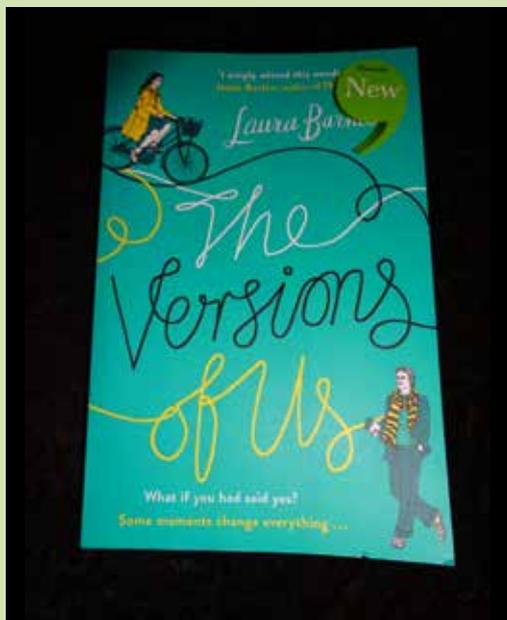
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Millwater

book of the month



“The Version Of Us” by Laura Barnett

Diana Lakin’s November review brings us an astonishingly brilliant debut novel.

I love crossword puzzles and this novel really tests your powers of observation... Not for the faint hearted, as the tome gives you three versions/scenarios of one occurrence.

I LOVED it... but it wouldn’t be everyone’s cup of tea, however. It is somewhat difficult to give a review of this book but, just to whet your appetite; here is the gist of the story. Eva and Jim are nineteen and students at Cambridge when their paths first cross in 1958. Jim is walking along a lane when a woman approaching him on a bike swerves to avoid a dog. What happens next will determine the rest of their lives. I loved the intricacies of the story and it kept me intrigued and alert the whole way through.

Happy reading!

*Do you have a great read to share?
Email a review to
sarah@themillwatermag.co.nz*

Millwater ROWENAs

On September 24th, the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) had their first lunch outing at our first planned venue, which was The Wade Hotel in Silverdale. Currently, we have a group of 12 ladies and 10 of these went for lunch. A table was booked in the conservatory, where we met at 12 noon for lunch at 12.30.

Nine of the ladies chose the special lunch menu at a very reasonable cost of just \$12.50; I had the Warm Thai Beef Salad, which was very good indeed. Everyone enjoyed their lunch and all were well satisfied with their choices of food and drinks.

The conversation flowed easily and the topics were varied as we got to know everyone. Some of the ladies already knew one another but obviously we didn’t know everybody. By about 2.00 p.m. we had finished lunch, had coffee and decided it was time to give our tongues a rest.

We will be meeting for lunch on the last Thursday of each month, and it will be a case that whoever is free on the day will attend the lunch. The second lunch was at the Puhoi Cheese Factory on 29th October and the November meeting will be at Walnut Cottage, Orewa, on 26th November. If anyone else would like to join us, please make contact via the magazine’s email address.

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timlawrence Fishing Spot

Game on! The fish are here and the weather has been kind enough to let us get out there to take advantage of the action. Softbaiters are doing well under the workups around the 35m-40m mark, along the line between Tiri and Kawau Islands. As predicted, the moon phases have played an important role in bringing the fish onto the bite. This year is already turning out to be better than last year. You needn't try hard to get a feed of good-sized fish, because there are plenty of them. Seriously, it's kicking off out there and the fish are nice and close to shore too.

I managed to get on the water four times during October, with mixed results; three times on the Magpie and once on a mate's newly acquired Surtees. I was impressed with the performance of the Surtees – especially cutting into a stonking Norwest wind, which I reckon was gusting to about 20 knots by the time we decided it was best to head home.

One weekend I was booked to go fishing but the person I was meant to go with pulled out last minute. I had no-one to go fishing with!!! Desperation set in so I rallied up the wife and kids and shot up to Omaha for a couple of hours' fishing with the family. Ryan did really well catching four good-sized snapper, with her biggest weighing in at 6.59 pounds. Fishing with the family can be busy untangling lines, baiting hooks etc. I really wanted to get a bait out and I couldn't resist throwing a whole pilly out the back on a strayline. I missed the first run, with the hook pulling from the fish's mouth, but the second shot worked like a charm and a huge fish made a run out wide like a shark does. It wasn't until I saw colour that I realised it was a donkey of a snapper, weighing in at 21 pounds! Sadly, it didn't survive the release and we had to drive around and net it into the boat again. Nothing went to waste though, with the frames and head all getting eaten.

Our next adventure will be dragging the Magpie up to Houhora for a look around. Fingers crossed the wind drops and we get a look at the Karikari Peninsula.

Tight Lines!!



Millwater ROMEOS

The third outing of the Millwater ROMEOs (Retired Old Men Eating Out), attended by all 10 current members, was held at the Puhoi Valley Cheese Company, which started in 1981 as a humble dairy goat farm making goat's milk powder, ice cream powder and milk shake powder before expanding into the production of goat's milk camembert. Fast-forward to the present day and the Company, now owned by Goodman Fielder, produces camembert, brie, feta, blue cheese, ricotta, crème fraiche, mascarpone, yoghurt and custard.

A cheese-tasting session had been organised for the group and this was conducted by the head cheese-maker, Franck Bearain, a Frenchman with considerable experience. The four cheeses presented for tasting were Fiddlers Hill goat's cheese, Kaipara Washed Rind, Cellar Range Farmhouse and Goat Blue. There was quite a variation in taste and texture and also obvious differences of opinion when it came to likes and dislikes of the group, but all-in-all quite an informative session regarding manufacture, classification, tasting and storage of cheeses.

As a wine match, the following were recommended:

Soft White Cheese: Light Wine (Sauvignon Blanc);
Mild Cheddar: Medium bodied (Chardonnay);
Aged Cheddar: Full-bodied reds (Pinot Noir or Cabernet Sauvignon);
Camembert or Brie: Sparkling (Champagne); and
Gorgonzola or Creamy Blue: Dessert (Riesling).

On the conclusion of the tasting, lunch was enjoyed by all at the excellent café, which has quite a varied menu to suit all tastes. The day would not have been complete without sampling the award-winning ice cream produced on site – a satisfactory ending to an informative and most enjoyable day out.

Caci is now open in Silverdale

Your skincare and appearance experts for over 21 years

The team at Caci Silverdale are back with our next edition of Caci Skincare 101

This month we are talking.....Toners – *What are they, what do they do and why is it so important to include them in our skin care regime?*

There are many opinions regarding the use of toners and whether they are a necessary part of a skincare regime. Regardless of what we may read about the use of toners, their place in a skincare regime is important.

What is a toner...

Toners are a liquid that can be sprayed or applied with cotton pads onto the skin following cleansing. They were originally used as a way to restore skin's pH balance after using soaps or harsher cleansers, because those types of cleansers often disrupted the skin's natural pH level. However with today's more gentle and 'skin condition specific' cleansers, toners are designed to not only restore the skin's pH levels but also to treat the skin, adding invaluable hydration & nourishment.

What they do...

Toners are applied to the skin after cleansing to restore the skin's pH balance. Toners also offer gentle nourishment to the skin, containing ingredients such as antioxidants, and skin repairing substances like glycerin, fatty acids and ceramides that hydrate & repair the skin surface.

Why include a toner in your skincare routine...

These active ingredients can be found in our Murad toners and make a real difference to the absorption of serums and treatment creams that are applied after cleansing.

Once it is understood what ingredients are essential for achieving a healthy, radiant glow, you will find that applying a toner can be the perfect addition to your skin care routine.



The team at Caci Silverdale have a gorgeous range of Murad toners available for many skin conditions and concerns. Here are our top faves!



Murad® White Brilliance® Radiant Toning Lotion

The milky lotion brightens skin, with gentle exfoliators, restores skin resilience whilst making skin look clearer and with advanced Vitamin C technology, enhanced with maximum strength skin brighteners, it attacks dark spots and assists in inhibiting melanin production while promoting an even-toned complexion.

Discover unmatched brightening, powered by Murad's revolutionary White3 Technology!



Murad® Resurgence® Hydrating Toner

Hydrating Toner is a lightweight mist that rehydrates and refreshes skin while restoring skin's natural pH balance and neutralizing surface impurities. Sodium PCA improves hydration, while chamomile and cucumber extracts soothe and minimize skin irritation. Lecithin helps bind water to restore skin's suppleness as vitamins C and E combine to provide powerful antioxidant protection.



Murad® Environmental Shield® Essential-C Toner

This patented formula restores balance and rejuvenates environmentally stressed skin, tones and brightens the skin for a healthy radiance, while natural moisture factors condition and help skin retain healthy hydration levels. Essential-C Toner strengthens the skin's natural defense system while natural moisture factors gently condition and hydrate skin and re-establishes normal pH level so the skin is more receptive to treatment. It gives environmentally stressed skin a refreshing, hydrating lift any time of day.

Don't forget - Millwater residents can receive the following exclusive facial offers at Caci Silverdale, valid until November 30th 2015

The Millwater Microdermabrasion | 45min

Usually \$136 – Millwater readers Price: \$69

Includes:

- Full skin consultation
- Firming eye mask
- Microdermabrasion facial
- Murad skincare prescription



Microdermabrasion gently resurfaces the skin using mineral crystals to promote cell renewal and encourage circulation, revealing a more vibrant and glowing complexion. Regular non-invasive Microdermabrasion treatments are an effective way to maintain healthy skin that feels as good as it looks. It is definitely one of our favourites at Caci!

The Parkway IP5 | 75min

Usually \$180 – Millwater readers Price: \$130

Includes:

- Full skin consultation
- Glycolic peel
- Firming eye mask
- IP5 Illuminating facial
- 15 minute facial massage
- Murad skincare prescription



This intense facial dramatically resurfaces, brightens, firms, plumps and deeply hydrates. It also includes an instant eye-lift that plumps deep wrinkles while increasing skin firmness by up to 75% in just 15 minutes. Our most comprehensive and advanced anti-aging facial - recommended for dehydrated skins and is also perfect in preparation for an upcoming special occasion.

Contact **Caci Silverdale** today to book one of these fabulous treatments on (09) 212 6900 or silverdale@caci.co.nz
Caci Silverdale - First Floor 2 Milner Ave Silverdale

Terms and conditions: This offer is valid until 30th November 2015 at Caci Silverdale only and cannot be used in conjunction with any other offer.

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*One gift per person, while stocks last. Offer available for completed appearance medicine consultation only until Nov 30 2015. For full terms and conditions see in clinic.

Look fabulous and feel younger this Summer

The rise of medically-inclined appearance treatments means 'looking good' has never been easier. The majority of appearance medicine clients get their first touch of enhancement to address a problem that's bothered them for a long time. It might be dermal fillers to enhance the lips, Botulinium toxin to reduce the deep wrinkles between their eyebrows, eyelid surgery to remove excess skin, laser treatment to get rid of facial pigmentation and broken capillaries.

For those of you who want to know more about these treatments, we help demystify some of them below;

Botulinium toxin injections are used to soften wrinkles, balance asymmetry, slim the jaw line, lift the brow and correct a droopy smile; therefore giving a more refreshed look. It can also be used to help treat excessive sweating and headaches.

Any facial line or fold can be treated with dermal fillers, which can also be used to enhance lips and your appearance in a natural way. Treating upper lip lines, folds that run diagonally between the sides of the nose and corners of mouth, is a popular shortcut to a more youthful appearance. The tops of the hands can also be rejuvenated using fillers.

Intense Pulsed Light (IPL) and laser treatments can be used to improve fine lines, skin tone, brown spots, enlarged pores, scarring and facial veins. This process stimulates the growth of new, healthy skin tissue and collagen regeneration; thereby tightening the skin.

Treatments for sun damage, wrinkles, facial veins, skin tightening and rejuvenation using medical grade equipment and highly trained staff are available at the Skin Institute.

With so many options now available for anti-aging, the pursuit to stay looking youthful and fresh is more achievable than it has ever been.

Contact the **Skin Institute Silverdale** on 0800 754 637 for a FREE 15-minute cosmetic consultation with one of the specialist nurses, to discuss their total approach to your skin.

Website: www.skininstitute.co.nz



FREE Cosmetic Consultation

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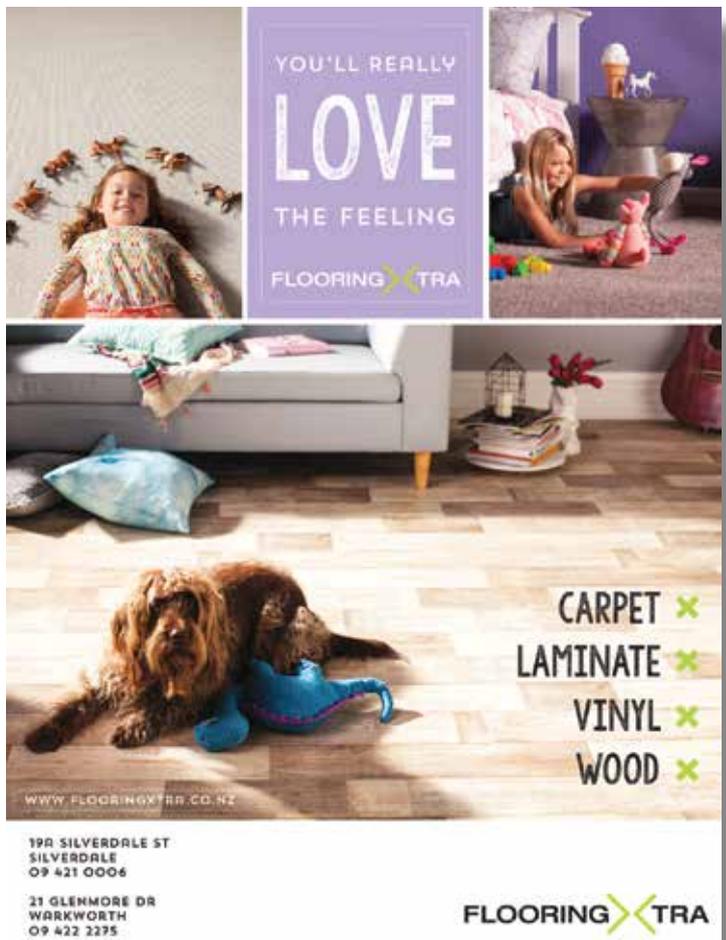
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Millwater wine review

Spring is in the air, asparagus is available, birds are singing their songs early morning and the weather has warmed just enough for a glass of Rosé.

From Marlborough, Two Rivers L'île de Beauté (Isle of Beauty) is the evocative name given to the French island of Corsica, located in the Mediterranean Sea. After three vintages in Corsica, wine-maker David Clouston became passionate about producing fresh, pure and vibrant salmon-coloured Rosé. Two Rivers L'île de Beauté Rosé is Mediterranean in style, using Pinot Noir grapes and is dry in style.

When smelling the wine, you'll get floral aromas of orange blossom overlaid with nuances of crushed berries. The generous palate exudes fleshy tangelo flavours and finishes with a peppery twist. An ideal match with all Mediterranean cuisine. At \$22.99 it is a very serious wine that hits the mark.



Regards
Ivan Tvrdeich (Millwater Resident)
Manly Liquor



FREE delivery to Millwater residents with purchases of 1 case or more

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Millwater 區內情報要點

New Playground

看到本期封面相信大家也知道Ridgedale 路的公園及遊樂設施已經開放。謝謝Paul Conroy在公園為我們拍下本期美麗的封面。

Recycling

請留意市政府在紙張回收的規格很嚴謹，基本上摺起的紙張不能超過藍色回收箱的長、闊及高。如果達不到要求，市政府是不會回收的。另外如果你需要額外的藍色回收箱，請跟市政府聯絡。

Christmas Lights

這一年Millwater月刊將續辦聖誕節燈飾佈置比賽，如果你家打算佈置的話請跟我們聯繫。我們會安排團隊來評分。獎品仍有待確定。

Grass Berms

大家在割草時請多花一點時間為行人路和馬路之間的草坪割草。雖然那是屬於市政府的土地，可是短期內他們大概不會來割草。為保持地方整潔美觀，及避免對鄰居造成困擾，請大家合作，謝謝。

Guy Fawkes

十一月五號是一年一度的煙火節。請大家放的時候要保持克制，不要為鄰居造成困擾。在Millwater有好幾處廣闊的空地都是合適的放煙火地點。放完後請記得要收拾煙火的包裝殘骸。

Millwater Central and Terraces

總數三十七個Millwater Terraces單位已全部售出。在Millwater Central 的售樓處將會改為餐廳或酒吧，約在三月投入服務。

Hot Topics in Millwater this month 本月Millwater關注話題

Wasp Nest

春天是黃蜂築巢的季節，如果能及早發現初築的巢可避免黃蜂大量繁殖，如被黃蜂攻擊可產生致敏反應，因此請花數分鐘觀察屋外的欄柵，如發現小蜂巢請及早毀滅。如蜂巢體積以經有相當的大小請找滅蜂公司幫忙毀滅。

Millwater Clean-Up

上月居民發起了清潔運動，收集了不少的垃圾，並由市政府收走代為丟棄。暫定在年底會再有一次大型清潔運動，請踴躍參加。詳情請密切留意此專欄。

New Bus Route 新公車路線

在十月十八日新的公車路線會經過Millwater，分別前往Orewa及Silverdale Park and Ride 的方向。路線圖可以在這個網站找到。 <https://at.govt.nz/bus-train-ferry/service-announcements/the-hibiscus-coast-new-network/> 下個月我們將會在這裡介紹乘車的方法，敬請留意。

Questions? Suggestions?

如您對本刊有任何提議、又或者希望我們能用中文替大家刊登什麼有文章、資訊等，都歡迎用中文電郵至millwatermag@gmail.com聯絡Nita Wong。

Facebook Millwater Families- Silverdale

您知道嗎？在Facebook 有一個Millwater Families-Silverdale 的群組，您可在那兒看到區內最新動向及活動，並一些有用的生活資料可供參考。您需要按“join”，然後admin會傳訊息詢問您的地址以確認您是Millwater的住戶，確認後您便可以開始瀏覽及留言。

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Fundraising – Really?

Is there no-one else who can do it?

Fundraising is often a hot topic that rarely seems to excite people, as it often requires a great deal of time and effort and inevitably the surrendering of your money!

Many parents have done their time with events such as galas, raffles and sausage sizzles and many are totally exhausted with requests to fundraise!

However, if we can really make a difference for children and young people; providing opportunities to improve their health, or quality of life, or enhance their confidence, abilities or education – surely it is all good!

My name is Amanda A'Court and I am passionate about enabling children, young people and not-for-profit organisations to realise their potential and to become all that they can be.

With an extensive professional background across health, social services, education and not-for-profit organisations, my mission is facilitating opportunities for individuals and organisations striving to identify and meet all their fundraising needs.

Upon local request, I am supporting a group of forty young NCEA Art & Drama students who have an amazing opportunity to travel to Europe in December 2016.

Such a venture is a huge financial pressure on families and hence I am working with like-minded community people, to help bridge the gap and work towards enabling this trip to be realised.

It is my privilege to inform you that our first fundraising event will be working in partnership with local residents Theo and Cristina Simeonidis.

They offer 'Sounds of Greece' – providing a nostalgic journey through the varied musical styles of Greece, with live music and dancing entertainment.

Sounds of Greece are coming to Millwater!

Live Greek Music, Dancing, Authentic Greek Nibbles & Refreshments – \$30 pp. Limited tickets.

Come join us for an amazing musical and cultural experience on Saturday 5th December, from 6-9pm at Stella Maris School Hall, Millwater.

All proceeds go towards raising funds for NCEA Art/Drama Students for an Overseas Educational/Cultural European Tour.

For more information and tickets or if you can help with a donation for a prize, please contact Amanda amanda@actualise.co.nz

We are requesting donations for our fundraising raffle from businesses and our local community for our Greek Fundraising night.





Homeopathy and Insomnia

Insomnia or sleeplessness can occur at any age and can have a great number of causes, such as anxiety, stress and worry. Women over 60 are particularly affected by insomnia, due to the body's decrease in serotonin. Insomnia may occur also as a result of a medical condition such as heart disease, arthritis, cancer or heartburn amongst others, causing wakefulness.

Nux vomica is a useful remedy when sleeplessness is due to mental overstimulation, study at night, and also overuse of alcohol, coffee and tea. The patient wakes at 3am and only falls asleep shortly before it is time to get up. Often there are abdominal disorders present too.

The remedy Coffea cruda is called for when the patient is wide awake without the slightest inclination to sleep, due to excitement of good news or excessive mental or physical activity. It can also be used for sleeplessness of teething children. Chamomilla is a great remedy for sleeplessness in children due to severe pain and irritability. There is a feeling of great drowsiness but the patient cannot sleep.

Arsenicum album can be a useful remedy when the patient is very restless and tosses and turns a lot. There is an inability to fall asleep once woken up at night.

The remedy Ignatia amara is useful when there is insomnia due to grief, sadness or depression. The person who needs this remedy is a very light sleeper.

Cocculus indicus is called for when there is sleeplessness due to night watching, nursing with worry and anxiety. Thinking of events of the day prevents sleep.

These are only a few remedies that can be used for insomnia. Always remember to consult a registered homeopath for chronic health issues.

Ute Engel, Millwater Resident
Registered Homeopath (DipHom RCHom)
www.homeopathyorewa.co.nz

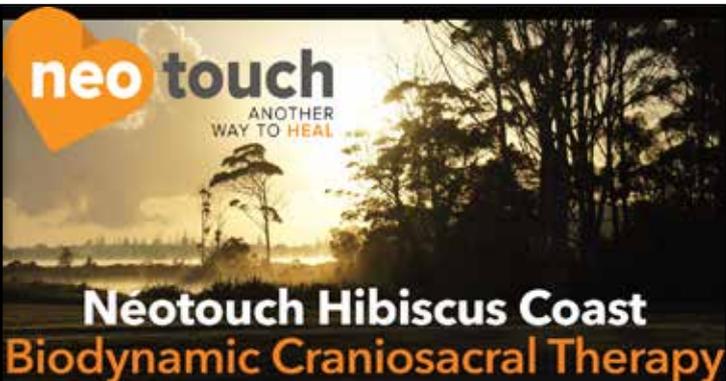
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BY APPOINTMENT ONLY



Eye Tests - Why you need one!

There's a lot more involved in an eye test than most people think. At OPSM, our comprehensive eye examination involves spending 40 minutes with the Optometrist and includes a review of your personal and family history relating to the eyes; both your distance and near vision and measuring the prescription for spectacles and/or contact lenses. In children, we also assess colour vision, eye movements and depth perception.

We also conduct a full health examination, including making sure the eye muscles are working well, assessing the front of the eye for abnormal changes or infections, looking at the lens in your eye for cataracts and we look right into the back of the eye in order to assess risk of glaucoma, macular degeneration, hypertension, diabetes and many other eye and systemic conditions. We also measure the eye pressure for glaucoma and take retinal photographs of every patient to monitor changes.

How often should I have my eyes tested?

Most optometrists recommend that people have their eyes tested at least every two years, although I may suggest returning sooner depending on your age, risk factors or any eye conditions.

It is recommended that all children have a full, thorough eye examination at around 3 or 4 years old, before starting school, as there are some eye conditions that need to be treated in those early years of development. We then usually recommend annual eye tests, since children's eyes can change rapidly as they continue to grow.

For adults aged 18-80, it's advisable to have an eye test every two years. In particular, if you have a family history of any eye conditions such as glaucoma or macular degeneration you should make sure that you have a regular check, as you are at a higher risk of developing these conditions. Many eye diseases can come on without you noticing any changes in your vision until there is significant damage to the eye tissues. Glaucoma, for example, normally comes on slowly and without pain. It affects your peripheral vision in patches and, as such, it's unlikely you will notice these early changes. It is our aim to diagnose glaucoma before you have noticed the vision changing, so that you can start appropriate treatment to maintain adequate vision in the future.

If you have any eye conditions (or a strong family history of one) we may ask to see you annually or sooner. Also, contact lens wearers need to have annual eye tests to ensure there is no change to the eyes caused by the contact lens wear and to keep the contact lens prescription up to date.

If it's been a while since you last had your eyes tested, and you think you might need to have your vision or eye health assessed, come in to see us at OPSM in the Silverdale Centre or call us on 09 426 7902 and we'll provide the best care for you and your eyes.

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BOptom TPA Endorsement



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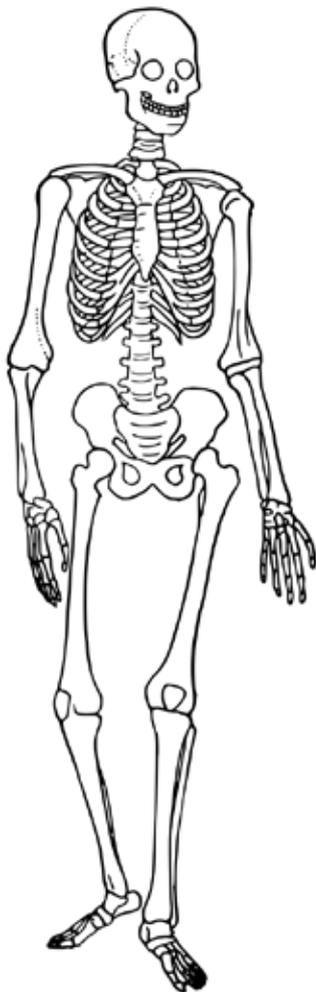


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[^] Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to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

Bone health - part one



Bones are something we really take for granted... until they fail us. Bones are active, living organs that contain bone tissue, nerves, cartilage and connective tissue. Our bodies are constantly in the process of making new bone, while simultaneously breaking down and removing old bone. Most of our blood cells are manufactured in bone tissue, so healthy bones are critical to our overall health. Bones are made up mostly of calcium and phosphorous (which give them their rigidity), but also substances like collagen – a fibrous protein that provides flexibility, strength and durability. In fact, these fibres are actually stronger than steel fibres of the same size.

Growing strong bones begins in childhood and is especially important during adolescence. Adolescence is a critical time for bone formation and this is when we have the opportunity to really maximise the strength (or density) of our bones and will determine the strength of our bones for the rest of our lives. Between the ages of 10 and 18 our bones are in a kind of 'hyper drive' mode and are very good at making denser, more compact bone, so this is the time to really focus on getting into our diets the minerals and vitamins that promote good bone health. After the age of about 30, we start to lose more bone than we make, so the more dense our bones are by that time, the stronger our bones will be as we age.

Our likelihood of developing osteoporosis (weak, brittle bones that break easily) depends on:

How much bone we have stored up in our younger years;
 What we do to maintain the bone we have; and
 What we do to prevent excessive bone loss.

Building good bone strength means making sure that we obtain enough:

Calcium;
 Vitamin D;
 Phosphorous;
 Magnesium; and
 Vitamin K.

Next month we will look at food sources of these vitamins and minerals that can help us achieve these goals – and some things to avoid that can have a negative effect on bone health. You can find me on Facebook as NutritionSense, for regular posts on health related topics and recipes.

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



www.nutritionssense.co.nz

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The Man Cave Barbers

Real, Honest Barbering for Local Dads & Lads



The Man Cave Barbers & Men's Grooming Shop in Silverdale Village has been going strong, with Senior Barber Becca managing the shop.

Since moving here from Surrey earlier this year, Becca says she is fortunate to live and work in such a fantastic place and loves the lifestyle of the Hibiscus Coast. She and her partner enjoy the outdoors and all the adventures that it has to offer. Becca is a keen sportswoman and plays with the Hibiscus Coast soccer team.

Becca was working and educating at The Full Monty Barbers in the UK, where there was a high demand for retro hot-towel wet shaves. She brings her blade skills and vast experience to The Man Cave in Silverdale Village, where she enjoys the variety of her job; incorporating classic barbering into the young, high fashion demands of on-trend men's styling.

Razor cartridges are getting very expensive, so there is a resurgence of guys wanting to go back to the traditional blade razors, which are more economical and, when the skin is prepped properly with a brush and foam, you get a great close shave.

Call into the Man Cave at 29d Silverdale Street and Becca will be happy to explain the products available, give you a free demo shave – and set you up with the right gear if you would like to start a traditional razor-shaving regime for yourself at home.

As well as PRORASO shaving supplies such as T-razors and brushes, the Man Cave stocks MITCH, PURE and Proformance Men's ranges – all chosen for their quality and reasonable pricing.

The Man Cave hosts its annual fundraiser for Prostate Cancer on the last Sunday in November, holding a Beer & Blade day; shaving off the "Movember" Mo's for a donation.

Check out their Facebook page for more details.



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What to do about an Auditory Processing Disorder



Last time I wrote about the areas that a child with APD may find challenging. If you suspect that your child may have difficulties in this area, it would be good to speak to their teachers to determine the extent of the problem and the effect it is having on your child's learning. A formal diagnosis of APD can only be made by an Audiologist after extensive testing. If you have any concerns please feel free to call me, as I cannot elaborate on the process in the space available here.

There are however some things that you could try that will benefit most children; not only those with APD.

- Use the child's name to gain their attention and then give an instruction;
- Keep instructions short and simple. Have the child repeat a set of instructions back to you before you enact them;
- Slow your own rate of speech down somewhat, as people with APD say that they hear speech at an accelerated speed with distortions;
- Try to eliminate background noise at times when it is important for the child to listen and absorb information;
- For a complex task or during the school day, write a list of tasks down for the child to refer to when they are unsure of what to do next; and
- Adults with APD report feeling very tired after a noisy day. Allow your child some quiet time after school to recover. Listening to baroque music can be beneficial to aid relaxation.

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- ✓ Renovations
- ✓ New Buildings
- ✓ Inspections

"Where Knowledge and Experience Count"

Introducing Celi Fonseca and Fashion Brazil



This month, recent Millwater resident Celi Fonseca introduces herself and her new business to our readers.

Celi was born in São Paulo, Brazil but spent all her teenage years in Ipanema Beach, Rio de Janeiro

One of her passions is Latin dancing and the other is fitness gear: she began dancing when she was 9 years old, in Brazil, later becoming a dance instructor and participating in many stage and television shows.

In 1991, Celi moved to New Zealand to live with her older sister and she graduated from Auckland Girls' Grammar. With her NZ dance partner, they were the first South American dancers in Auckland. Celi had her own Latin Dance company in Auckland and has travelled with shows all over NZ.

She left NZ in 1998 for Dubai, where she taught Latin Dance and Performing with her NZ dance partner Paul Te Whata.

In 2002, Celi moved to Bahrain where she founded SalsaBahrain.com, a Latin Dance School and Entertainment provider. She spent several years in Bahrain, where she taught classes – from Salsa to Latin Fitness and organised many Latin events.

Celi then moved to Sydney, where she worked for 6 years with her sister at Fashion Brazil in sales, administration and marketing.

In June 2014, Celi returned to NZ for a better quality of life for herself and her 2 children. They chose Millwater as all the good schools are nearby and also for the family environment. Having Orewa beach nearby is a bonus, as it reminds Celi very much of the city she was born in on the coast of São Paulo. Celi established Fashion Brazil and began trading from home in December 2014; her small business specialising in importing high quality Activewear from Brazilian Sportswear giants Rola Moca, Caju Brasil and Oxyfit and bringing all the vibrancy and colours of Brazil to New Zealand.

Most of her designs are very colourful and it will for sure make you stand out from the crowd – and Celi had no idea what the response of the NZ public was going to be, as everyone she saw at the gym wore mainly black tights. One day Celi put a post on the Facebook page, looking for people to help her get her clothing lines out there and that is how she met Brad Barron from Peak Pilates in Millwater; showing her gear to his lovely wife Karen and the staff at Peak and they began to work together.

Today, both studios in Millwater and Red Beach sell her Activewear line and every few months they hold a VIP event at the studio in Red Beach, which their entertainment guru Brad calls their "Very Important Pants event".

Celi is also a certified Group Fitness Instructor from Tafe Randwick Sydney and also hold 4 Zumba instructor's licences; currently teaching Zumba at Orewa Community Centre.

She is also a certified assistant nurse from Tafe Ultimo Sydney and currently works in the Hibiscus Coast community as a carer.

Peak Pilates Saint Heliers and Viva Dance Studios in the City will also be stocking Fashion Brazil and Celi is looking for more businesses around Auckland who would be keen to sell on her behalf. She can be contacted via Facebook or through [theMillwatermag](http://theMillwatermag.com).

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Millwater
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Mob: 022 4283610

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A Sign of Things To Come



Technology may have superseded large parts of marketing. However, the faithful signboard still remains an integral part of marketing a property and is likely to avoid being banished by the technological takeover.

Signboards serve a valuable purpose, although some argue that signboards are purely for the benefit of the agent – but just remember; you can't sell a secret and, if signboards are used correctly, they are a brilliant tool that can help you reach more buyers.

Signboards serve as a 24/7 billboard for your home and can work in your favour in a number of ways.

Placement

It's important that a signboard is strategically and visibly placed on the property boundary, while also complementing your home from the street. When placed correctly, it will suitably stand out to house-hunters travelling through your area.

However, it also targets those who love your neighbourhood but aren't actively searching to buy a property – the attraction of a particular house in a certain neighbourhood can be a big draw card and has the ability to trigger a call-to-action.

Confirmation

By having signboards outside your home, it confirms what potential buyers have seen online or in real estate office windows. A large portion of buyers are inclined to visit an area before they commit to an open home.

It also acts as an added convenience for buyers – it saves them driving up and down the road to find your home. If you live on a street corner, a signboard should be placed on the corner of the street or on both streets.

Neighbours

Word of mouth is a powerful tool and having a signboard outside your property can certainly get your neighbours talking. Your neighbours may talk with family and friends interested in buying in the area – so, not only does word of mouth extend your audience reach, but it could also lead to a sale.

Billboard

At Mike Pero, we have a uniquely designed sign that commands the attention of those near it. The large red Mike Pero logo makes it blatantly obvious that your property is on the market and, for those driving past, they know exactly who to contact if they want to find out more information.

In specific instances, we will use photo boards and these are particularly useful for homes that aren't visible from the road and for roads that get a lot of foot traffic.

It's important to note that signboards should be used as part of a wider marketing strategy, in conjunction with other marketing channels.



Advertising in **theMillwatermag**

A banner this size is only \$150+gst

Booking & artwork deadlines - 15th of the month

Contact Sarah at sarah@themillwatermag.co.nz or 0274 440 044 to book your space!

millwaterpropertystats

Every month Mike Pero Real Estate Silverdale assembles a comprehensive spreadsheet of all the recent sales in the Silverdale area that reviews the full range of residential transactions that have occurred. If you would like to receive this full summary please email the words "full statistics" to grayson.furniss@mikepero.com. This service is free from cost.

	Sept 2014	August 2015	Sept 2015
Number of Sales	10	17	23
Median Sales Price	\$851,500	\$1,069,000	\$1,035,000
Highest Sale Price	\$1,181,000	\$1,585,000	\$1,630,000
Lowest Sale Price	\$770,000	\$639,000	\$880,000
Average % price to CV	23.65%	17.87%	24.59%
Average Floor Area (sqm)	204	240	240
Weighted Value Index	1046	1205	1251

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

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

Phone Grayson on 09 426 6122 or 021 665 423

Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



millwaterpropertytalkwithGrayson

Another healthy month of property sales has come and gone, with some great prices recorded and a solid number of sales. As has been reported widely in the media, Auckland median prices have gone up again in September, whereas Millwater has seen a slight drop. This is really more of a statistical anomaly than a significant trend, as the average price for the month was actually up to \$1,149,000. In addition, the index figure this month reached its highest ever level and this is a good guide of "bang for buck" pricing, taking into account section size, house size and the sale price.

A couple of actual examples from September will probably clarify this.

Sale Price	House Size	Section Size	Index
\$930,000	221m	521m	1157
\$950,000	199m	509m	1289

The easiest way to interpret this is that we would typically expect a house that is larger on a larger site to sell for more. Clearly, there are a number of other factors involved in the final sales price for a house – location, condition, specification, presentation and the skill and knowledge of the agent. If you would like more information on this, please contact me directly; I am always happy to have a chat.

A red flag for those of you out there who have your home(s) protected in a Family Trust: recent new legislation means that you may need to have an IRD number for your Trust before a sale on your property can be settled. This will not impact on the sales process, but could impact on your ability to settle on the nominated date, if you don't have an IRD number. Our suggestion is that you contact your conveyancing solicitor for legal advice and get this sorted early, preferably prior to a sale.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

09 426 6122


SPLIT LEVEL BRICK AND TILE

4 2 2

\$945,000

21 Prospect Tce, Millwater

If you have ever wanted to experience what being part of a truly wonderful community feels like, here is your opportunity.

- split level low maintenance brick and tile Universal Home with balance of warranty to transfer to new owner
- 4 bedrooms including master with ensuite and walk in wardrobe in family friendly layout
- open plan kitchen and dining area with flow onto covered patio, wonderful shelter from the sun or the rain
- bright and warm with double glazing and ample north facing windows to soak up all the available winter heat
- additional separate "spa deck", relax and enjoy the bush views
- fully fenced 656m² (approx) gently sloping site, great for kids and pets



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Sarah Furniss
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www.mikepero.com/RX495933

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Mike Pero

09 426 6122


SINGLE LEVEL & SUPERB

4 2 2

AUCTION

8 Bartlett Drive, Silverdale

Auction On-site - Tuesday 17th November at 7:30pm unless sold prior

At last, a quality low maintenance single level home in a great Millwater location plus you can buy it now and be in for Christmas. Without a stair in sight this home is well designed with sun, warmth and convenience in mind.

- four generous double bedrooms plus an additional office space, master with ensuite & walk in wardrobe
- open plan kitchen living & dining area with easy flow to outdoor entertaining and level yard
- separate lounge, great for closing off the TV noise
- Stylish kitchen with gas cooktop, breakfast bar and ample storage
- stunning high specification tiled bathrooms



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Mike Pero

Silverdale 09 426 6122



WALK THROUGH VIDEO ONLINE



SOPHISTICATED AND SPACIOUS

4 2 2

\$1,400,000

18 Galbraith Greens, Millwater

If you have a taste for the finer things in life then you are going to love this fantastic Millwater residence. Gloriously situated in the Seaview portion of Millwater, this is a statement home sitting high amongst other quality properties.

- Truly executive quality (Horncastle showhome) 284m² home on a wonderfully landscaped site in a top location
- Huge master suite with large walk in wardrobe, stunning ensuite plus expansive sea views
- Impressive entertainers kitchen with very large walk in pantry, ample benchtops, large oven and gas cooktop
- Stunning open plan dining and sitting room plus separate lounge, all with flow to outdoor entertaining areas
- Low maintenance brick exterior with balance of a Master build warranty to transfer to new owners



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OH WHAT A VIEW!!

4 2 2

Auction

5 Fig Tree Lane, Millwater

Auction - On-site Sunday 22 Nov 4:30pm unless sold prior

This is a stunning two year old home, with a view that will be the envy of many and a functional layout to please the entertainer or a growing family.

- Four generous double bedrooms including one adjacent to front door, ideal for home office
- Master bedroom with walk through wardrobe, ensuite and sea views from the bed
- Open plan kitchen dining and family room with easy flow to deck
- Separate lounge and formal dining area with stunning views of the sea and estuary
- Great north facing deck, recessed toward the center of the house for shelter and fantastic flow from living areas



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Point Wells



Puhoi



Whangaparaoa



Warkworth



Orewa



Helensville



Kumeu



Silverdale

At Mike Pero Real Estate, we've got Rodney covered.

If you are in Silverdale give Grayson & Sarah a call to experience the difference.



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Mike Pero

34 Driftwood Dr, Red Beach

Mike Pero Real Estate Ltd Licensed REAA (2008)

SOLD



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sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

09 426 6122



MAGICAL IN MILLWATER

4 2 2

\$965,000

30 Bankside Rd, Millwater

- three double bedroom on first floor including master
- 4th bedroom / office on ground floor
- open plan kitchen dining and family with great flow to outdoor entertaining
- additional separate lounge space also flowing to outdoor area
- master bedroom with large ensuite and walk in wardrobe
- quality Universal Home, balance of 10 year Master Build warranty to transfer to new owners
- one year old with landscaping complete and ready to be moved into



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Mike Pero

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NEED SPACE? WILL 5 BEDROOMS DO?

5 2 3

Auction

18 Vera Court, Millwater

Auction - On-site Tues 24 Nov 7:30pm unless sold prior

Do you have a large or extended family, a live in granny or nanny, or maybe just a lot of guests coming to stay? If so this spacious (258m²) and stunning Millwater property may well be perfect.

- five double bedrooms, three bedrooms incl master suite on first floor with family bathroom
- two further double bedrooms and another bathroom on ground floor
- massive master suite which includes reading / study nook (could be nursery), walk in wardrobe and ensuite
- large open plan living spaces on ground floor with wonderful flow to outdoor entertaining areas
- fully fenced and landscaped outdoor area including space for a spa pool with generous grass area



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Millwater Asian Corner

Chinese Tea

You may have already tried Chinese tea in a Chinese restaurant, but do you know there are many blends of tea and are roughly divided into white, green, oolong, black and red? These are according to their level of fermentation; from lightly to fully, respectively.

Green tea is actually very commonly consumed in China, but nowadays people usually relate it to Japan because of their fascinating tea culture. In Japan, the way they roast and prepare green tea is very different from China, which makes the flavour and experience unique. On the other hand, Taiwan's oolong tea is considered the best in Asia. In New Zealand, we also have people planting oolong tea in Waikato! I found it very delightful and occasionally send it to my overseas friends as a souvenir. If you are interested to try, you can find the products available from the Farro stores.

I remember when I was a kid, my mum used to prepare a big pot of tea to drink throughout the day – we drank it even more than water. I can't recall when I started to drink tea; maybe 10 years old? or even earlier? No one cared about caffeine daily intake at that time, it's just normal to pick up the tea pot and drink the tea – and I really love it!

Besides drinking tea as a beverage, tea is also served on special occasions as a ceremony; a symbol for the younger to show their respect to the older generation. It is a very important part of our culture. How important? For instance, I may have the world's most simple wedding ceremony, where we just go to the Registry Office at Queen Street, read our vows, sign our names, all done in 15 minutes. (Just to clarify, we didn't get married in a rush, we did plan and pick a date that has special meanings for us, and no, I was not pregnant, we just wanted a stress-free wedding).

Although we can skip almost everything, we cannot skip the tea ceremony. The first thing when we arrived home was to kneel in front of our parents and serve them each a cup of tea,



using a brand new tea set. Without doing this they won't consider our wedding ceremony as completed.

When my brother got married, they needed to serve me tea too, even though I am only 5 years older! To be honest, it was one of the most emotional moments in my life and I strongly felt that my brother is not my baby brother anymore from that point.

Next time when you go to a Chinese restaurant, why not order Chinese tea to go with the food? The most common tea you could find in Auckland Chinese restaurants are Tieguanyin, Shoumei, Jasmine and Pu-er (warning: this is very strong!)

I hope you find this article interesting to read. If you need any further information or comments, feel free to email me at millwatermag@gmail.com, or just simply PM me through Facebook.

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



Millwater 小統計

Millwater Little Survey

為了讓大家更了解住在Millwater的新西蘭人，我們每個月會在Facebook問他們兩個問題。
In order to know your Kiwi neighbour more, we will ask them two questions every month.

本月問與答

Question and Answer of the month

1) 你有喝過中國茶嗎?

Have you tried Chinese Tea?

有 Yes 70%

沒有 No 30%

2) 如果有的話，你喜歡喝嗎？為什麼？

If yes, do you like it? Why – or why not?

喜歡 Yes 96%

不喜歡 No 4%

(Total respond: 41, 回應人數：41人)

Comments: 居民留言

Toni Kenyon

我喜歡喝中國茶。我也喜歡香草茶，我在家的後院種了不少的香草，也有自己獨家的香草茶配方，現在喝的是冬天收成的馬鞭草配檸檬。

Yes and I love Chinese tea. But I drink a lot of herbal teas and also grow a lot of my own herbs in the garden so I can make my own blends. I'm still drinking my way through my winter supply of Lemon Verbena.

Karen Alden

我喜歡烏龍跟香片，這應該是中國茶吧？小菜配中國茶是最棒的。而且中國茶也比西方的黑茶更健康。

I like oolong and jasmine teas... are they Chinese teas? Best with a stir fry – and healthier than black tea with milk and sugar, which I also like.

James Arnold

我在香港長大也住過台灣，最近常往中國工幹。我最喜歡的中國茶是在北京喝到的青茶。

I grew up in Hong Kong. Lived in Taiwan more recently and spent years travelling to China for business. My favourite Chinese tea is the standard green tea served in Beijing.

Dean Risetto

我昨天在廈門工幹，每一個談判的過程都少不了茶。我很喜歡。我現在上海明天要回紐西蘭了。我會很想念中國，不過我下年3月又會來啦。

I was in Xiamen yesterday for business and every negotiation process involved an elaborate tea ceremony- and I loved it. I'm in Shanghai now and heading home tonight and definitely going to miss China; but I'm back in March, so no worries.

Graeme Osborne

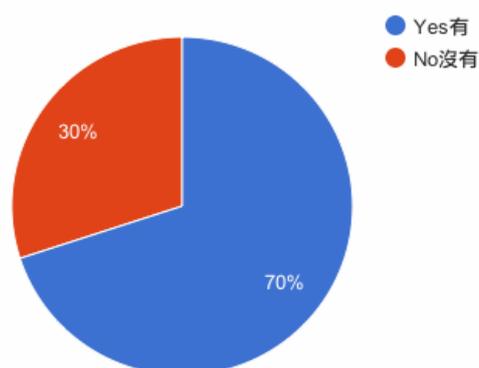
我們在中國有喝過。我們現在每天早上都有喝一到兩杯。

Yes, it was our drink of choice while we were in China – refreshing; especially in June. We now have a cup or two every morning before breakfast.

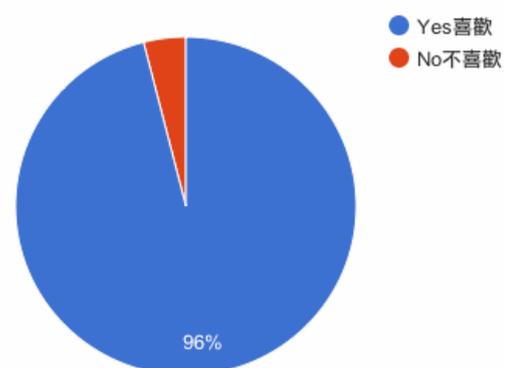
原來大家都很喜歡喝中國茶，有機會的話不妨邀請鄰居一起喝，或以此打開話題也不錯！

Seems like Chinese tea is quite popular in the community! Why not invite your neighbour to have a cup of Chinese tea next time?

Have you tried Chinese tea? 你有喝過中國茶嗎？



Do you like it? 你喜歡嗎？



A wee problem.....



The great taboo... something that is considered normal but you shouldn't have to put up with.

A third of all women engage their pelvic floor muscles incorrectly. It is estimated that 80% of the female population will have pelvic floor issues at some stage in life. Thirty percent of women have ongoing urinary incontinence post-pregnancy, with half of these including some form of prolapse. The good news is that the majority can be treated with muscle retraining and strengthening.

Pelvic floor insufficiency can be associated with back and pelvic pain, with around 50% of ladies experiencing symptoms post-pregnancy, but again this should not be considered 'normal'.

During pregnancy, your body produces hormones that make your ligaments lax; at the same time your stomach muscles slowly lengthen and your pelvic floor is required to take extra weight, exposing these areas to damage during childbirth.

Post-partum, we often substitute a healthy pelvic floor con-

traction with one that is pain-free and learn to grip with the buttocks and thighs, or hold our breath when attempting to engage the pelvic floor. Not only is this ineffective in strengthening the pelvic floor, but it can actually place strain on a weakened system.

Getting your pelvic floor and core muscles working again can help with everything; from sleep quality and sexual function, through to resuming exercise and shedding baby weight.

For the first few weeks post-partum, try to keep the tummy muscles gently tucked in when lifting your baby. Resume low-impact exercise such as walking, cross-trainer or swimming and combine this with core-conditioning exercises such as Pilates. Ensure you have good core control before starting high-impact exercise such as running, boot camps and gym classes – but be patient; this often takes around 3 months.

Most importantly; if in doubt ask for help – a simple problem and often a simple solution.

Melanie Bennett is a Physiotherapist & Pilates Instructor at Peak Pilates & Physiotherapy – Millwater.

For more information you can contact Melanie on 09 959 0211.

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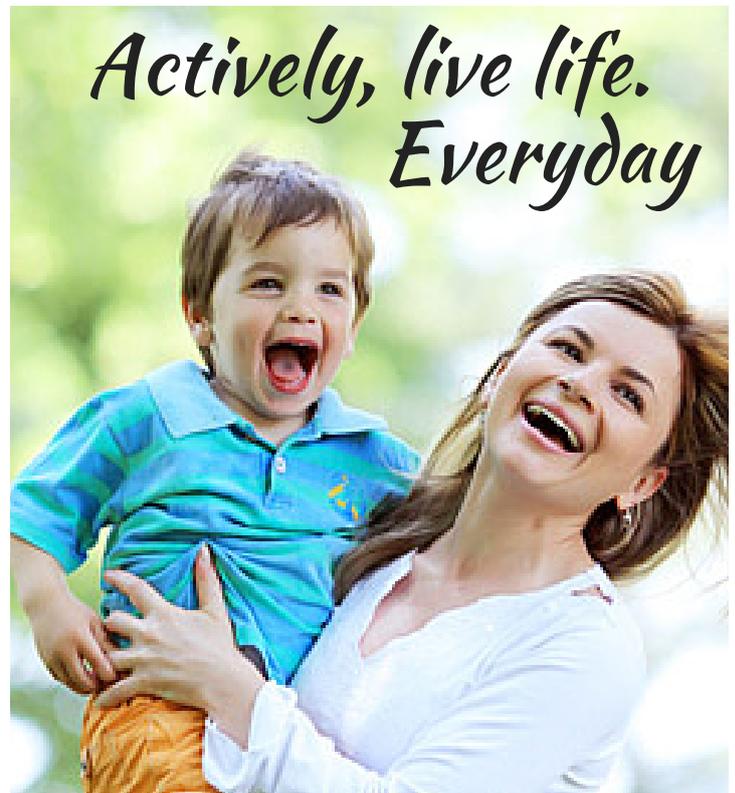
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millwaterbizbuzz



Bruce Lee Sushi & Roll

Focus on Fresh and Healthy

Our local Bruce Lee Sushi & Roll outlet is already proving to be a welcome addition to Millwater and we recently met the man behind the brand. What we had not realised fully was the extent of the Bruce Lee operation, which now stretches to 15 stores across Auckland – with four more planned this year. Bruce also has a store in Kuala Lumpur in Malaysia and a new Melbourne store will open this month.

Bruce hails from Incheon in South Korea, where he first started in the restaurant business.

He is a very likeable and incredibly fit personality. Bruce is a 6th Dan Black belt in Tae Kwon Do and, before coming to Auckland in 2000, he was a bodyguard for Government ministers, film stars and the wealthy in Korea. His Auckland sushi business model was launched successfully in 2008, with his first store opening in Botany Junction.

A keen family man, Bruce Lee has two daughters studying violin at Auckland University. His stores do not open on Sundays and this is a direct reflection on him being a committed Christian, with plans to open his own Mission. He is already involved in supporting the deserving people of Fiji and providing support for a church in Vanuatu. Bruce also arranges the supply of food, clothing and medicine for the people of North Korea.

The strong business mantra of "Focus on Fresh and Healthy" is carried through in the ethical way that Bruce Lee consistently sources the ingredients for his excellent sushi and rolls. This quiet, modest and focussed man certainly deserves all of the success that he continues to achieve and we wish Bruce Lee well for the future.



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What makes our Sushi so Healthy?

Our Chicken is fresh every day – never frozen – boiled up to two hours to remove the fat, making it lean and excellent for your heart and your diet. We use healthy Nelson Salmon, delivered twice weekly, so it's local and always fresh.

No MSG in our food or ingredients.

We are proud to use the highest quality ingredients, right down to our premium sushi rice.

**THE BEST FOOD FOR YOUR DIET AND HEALTHY LIFE!
THE BEST SUSHI IN TOWN!**

Shop 3 175 Millwater Parkway
Silverdale
09 200 0043

SUNDAY CLOSED (Lord's Day)

Chia Seed Jelly

Summer is coming and it is so exciting to see new season strawberries on the market! This recipe uses lots of berries and is a healthy substitution to jelly made from powder.

Ingredients

1/2 cup chia seed
2 cups water
2 tablespoons honey
2 cups frozen or fresh mixed berries
Fresh strawberries

To make

- 1) Soak chia seed with water in a bowl for around 15 minutes, stir occasionally with fork to avoid lumps. After absorbing water, a "jelly" coat will be formed around the seed.
- 2) In a food processor, blend frozen berries and honey together to make a smooth paste.
- 3) Mix the chia seed and berry mixture together.
- 4) Garnish with fresh strawberries.



Simply adjust the amount of each ingredient to suit your desired texture or sweetness.

Enjoy!

Nita Wong

Milk Biscuits

My grandchildren LOVE these biscuits and they are so easy to make.

Ingredients

1 ½ cups of Sugar
½ cup Milk
½ teaspoon baking soda
225 g butter
1 teaspoon vanilla extract
4 Cups Spelt Four, Gluten-Free Flour OR ordinary flour
1 cup EITHER Nestlé milk chocolate chips OR 1 cup of Craisins/raisins

Method

Preheat oven to fan bake 150 C.
Line two baking trays with baking paper.
Melt sugar, milk, butter and baking soda in a pot.
Take off heat and LEAVE TO COOL (Very important).
Then add vanilla, flour and Chocolate Chips OR Craisins and mix to combine.
Place tablespoons of mixture on tray and flatten with the palm of your hand.
Cook 12-15 minutes. Cool on a rack. Store in an airtight container.

TOP TIP: These biscuits freeze well.

Diana Lakin



Pumpkin Gnocchi

Ingredients

1kg pumpkin, peeled, cut into 3cm cubes
 Olive oil / cooking spray
 Salt and white pepper, to season
 1–1½ cups plain flour
 ¼ cup pecorino (or parmesan), finely grated
 125g butter
 ½ cup sage leaves
 Pecorino (extra), finely grated, to serve

Method

1. Preheat oven to 200C. Line a baking tray with baking paper. Put pumpkin on prepared tray and spray with oil. Season with salt and pepper. Roast pumpkin for 30–35 minutes or until soft. Transfer to a large bowl. Mash until smooth.
2. Sift flour into pumpkin. Add pecorino. Stir until well combined and a soft dough forms (dough should not be sticky). Turn dough onto a lightly-floured surface and lightly knead. Roll dough into 4 x 30cm long rolls. Cut each roll into 5cm pieces.
3. Bring a saucepan of salted water to the boil over high heat. Add a quarter of the gnocchi and cook for 2 minutes or until it floats to the top. Cook for a further 2 minutes. Remove with a slotted spoon and transfer to a large bowl. Cover to keep warm. Cook remaining batches of gnocchi.
4. Meanwhile, to make sage butter, heat butter in a saucepan over medium heat until sizzling. Add sage leaves and cook for 2 minutes or until butter turns golden. Put gnocchi in serving bowls. Spoon over sage butter. Season with salt and pepper. Sprinkle with pecorino (extra) and serve.

Caroline O'Reilly

Blueberry Sour Cream Cake

A very quick and delicious recipe to put together.

Base:

1 cup flour
 100g butter
 1 egg
 ½ cup sugar
 1.5 tsp baking powder
 1 tsp vanilla essence

Cream the butter and sugar together, add the egg, mix in, and then add the dry ingredients.

Spread into a greased pie dish or 20cm tin.

Sprinkle base with 1.5 cups approx of blueberries – or any other fruit; raspberries, apricots etc.

Using the same mixing bowl – to save dishes – mix the topping ingredients together and pour over base.

Topping:

2 cups sour cream
 1 tsp vanilla essence
 2 egg yolks
 ½ cup sugar

Bake for 1 hour at 180c – until custard topping is firm.

Option:

You can slightly undercook this, so the custard is softer – great for a dessert. Or cook till firm and then it can be used to slice up and put in lunch boxes.

Sharon Whitaker





Nearby Neighbours

Waiheke Island

Although Waiheke is known by many as the land of the vineyards, vino and olives, there is so much more to the island. It has become and will continue to be a large tourist destination. Waiheke has a little micro-climate; as soon as one gets off the ferry in Summer, the sound of cicadas is quite deafening.

A unique blend of people exists here, from all over the world. It is unlike any other place on earth as far as mixture of people goes. Usually, a small place with such a small population of 8000-plus would be concentrated on an industry such as farming, mining or forestry – or perhaps retired people, to name but a few. However, Waiheke Island is really in a world of its own. There is a wide range of people from all walks of life and interests; bohemian and professional. With movie, TV and singing stars coming in their helicopters to have lunch, take a dip, go for a fish or just chill out, this is starting to be known throughout the world. Waiheke has featured in many well-known publications throughout the globe for its charm, friendly people, fishing, food, wine and olives; as well as the number of festivals they have each year. They also have one of the biggest wedding numbers here on island – with around 650 couples per annum tying the knot.

When you mention Waiheke you will see the smile cross people's faces and before you have a chance to talk they will start telling you a story about their time on Waiheke and how they love the place. Just a 35 minutes ferry ride from downtown is the ultimate island retreat. Despite being so close to the CBD you'll feel another world away.

House sales on Waiheke have been very good and Mike Pero Real Estate has seen a steady increase of sales, particularly in the lower end. Gone are the days when you can buy a 2-bedroom bach on island for, say, \$450k; and that was not that long ago. As a result, those who have discovered that the island was quite affordable have done a great job by moving or investing there while it was still a long way behind Auckland; those of you who are still thinking about it – it is not too late!



artspeak

“Feather and Fin” - Giving Nature a VOICE conservation series

Our beautiful natural environment is the focus of Estuary Arts Centre's October/November exhibition programme, which coincides with Conservation Awareness week. Estuary Arts has teamed up with Hibiscus Coast Forest and Bird, to develop a comprehensive programme of exhibitions and educational displays, together with guided walks and specialist environmental talks by experts.

The gallery will showcase a range of local artists, whose artwork features New Zealand native birds, fish and the environment and has a strong focus on our Hibiscus Coastal area. The exhibition runs from 29 October to 22 November. Artists include Virginia and Stuart Angus, who work in stoneware ceramics and Stuart forges large wading birds, wetas and fish from recycled copper. Tiina Power's paintings show native birds, expertly painted in exquisite detail amongst blossoming Kowhai. Susanah Law's young students will have a selection of their ceramic and mixed-media work alongside these artists, with work inspired by our local flora and fauna.

The programme of guided walks and talks can be obtained from your local library, the Arts Centre and online at www.estuaryarts.org. Keynote speakers include Martin Sanders, who will give a talk on Tiritiri Matangi on Tuesday 3 November from 7.30 – 8.30pm.

If you are more of an active learner, then join one of the guided walks that will take place each Sunday at 10.30am; Philip Wrigley will guide you around the Alice Eaves Scenic reserve; while Richard Chambers will introduce you to the abundant and flourishing birdlife at Shakespear Regional Park. Take a leisurely walk around the Estuary Walkway with Karen Baird, a sea-bird conservation advocate. All of the guided walks and talks are donation only, but booking is essential; so phone the centre on 09 426 5570 or email your booking to admin@estuaryarts.org.



estuary arts centre



Feather and Fin

“Giving Nature a Voice” - Conservation Series

29 October - 22 November 2015
Opening function Sat 31 Oct, 3-5pm
Kowhai & Tui Galleries

Exhibition Talks Walks Educational Display
Featuring Susannah Law's student work








The Millwater Gardening Competition!

Woohoo! We're in the countdown to the gardening competition – Judging is the week of the 23rd November, so get those entries in now:

Here are the categories:

Best Lawn;
Best Vegetable Garden; and
Best OVERALL Garden

How to register: email sarah@themillwatermag.co.nz by 20th November



The Vegetable Garden

Bean Time – November is a great month to start a crop of beans. They are easily grown by directly placing the bean seeds in the soil, where there is a supportive framework for them to grow up. Use a trellis, fence, build a bamboo tepee or invest in a pre-framed bean-pole. Beans need luscious soil – think Living Earth organic Veggie Mix – and plenty of sun. If space is limited or your vegetable garden is in pots, try the dwarf beans that only grow to 0.5 to 1 metre high and can be easily trained up a decorative plant support. Water well.

Basil – The best basil crops are grown from now on. Use garden centre raised plants, not culinary ones from the supermarket. The reason is that basil is very tender and the varieties from the garden centre will be hardy! Plant under the tomatoes or in a pot and don't saturate – they can tolerate dryness.

French Tarragon – check the label on the pot because Russian Tarragon has an entirely different flavour! French tarragon is delicious in cheese dips, chicken dishes and with eggs.

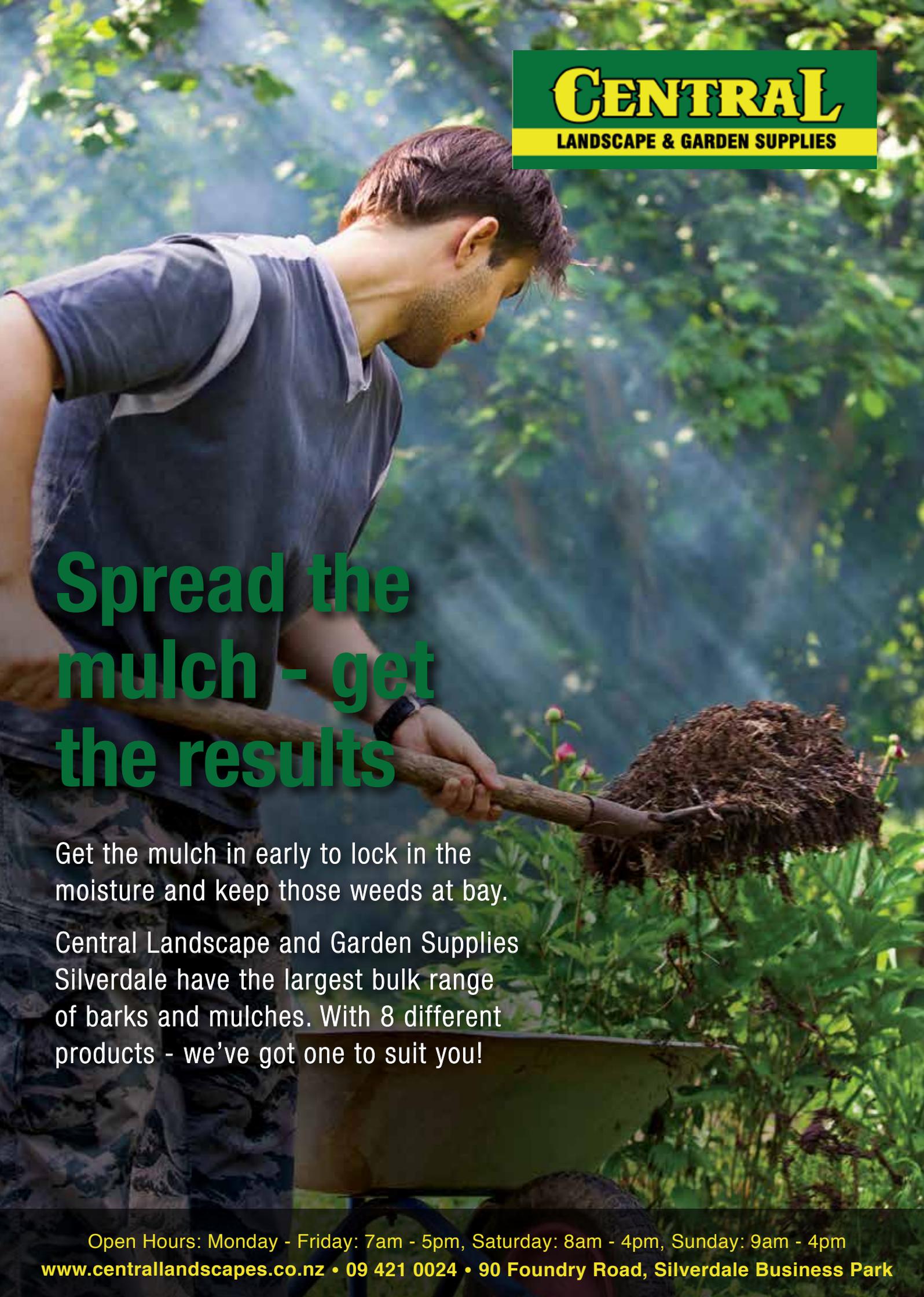
Broad Beans – Be patient! So many think they aren't getting beans – but there's some lead time between the flower drop and the bean pods forming. They'll be ready soon – all that bee activity around the flowers wasn't in vain – promise!

Codling Moth Alert – Last season home growers experienced great success by spraying with Yates Success Ultra (four sprays per season only), a low toxicity control of this pest at the crucial laying time. Nobody wants to bite into their apples and pears, only to munch on a caterpillar. Start now!

Water Conservation – Living Earth has come up with BLACKGOLD Mulch exclusively for Central Landscapes. This is the scientific way to nurture your garden through our region's dry summers. It's a blend of natural-dyed, untreated wood chips that suppress weeds and, importantly, lock in moisture to the roots of your plants. And the Living Earth Compost contained in this mulch has an amazing trickle-down effect on the soil beneath! Best layer it on your garden and be ready for summer heat!

Hedge trimming – many hedges can be trimmed now, particularly buxus, pictured. The right time is when fresh new growth has 'hardened off' to a darker colour. Best done before it gets too hot, or you risk burning newly exposed foliage. Lightly forking compost around the base gives it some great nourishment too!

Good Luck in the garden competition Millwater residents! See you in your garden – Sarah, Dean, Heather



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Personal Wellness with Helen



Scientists find physical clutter negatively affects your ability to focus and process information.

When your environment is cluttered, the chaos restricts your ability to focus. The clutter also limits your brain's ability to process information. Clutter makes you distracted and unable to process information as well as you do in an uncluttered, organized and serene environment.

The clutter competes for your attention in the same way a toddler might stand next to you annoyingly repeating, "I want, I want, I want, I want, I want ...". Even though you might be able to focus a little, you're still aware that a screaming toddler is also vying for your attention. The annoyance also wears down your mental resources and you're more likely to become frustrated.

There is real value in clearing our physical spaces, so that the chaos becomes ordered and simple. In the same way, we can directly de-clutter our minds with a process called Bars®.

The Bars® are 32 bars of energy that run through and around your head that connect to different aspects of your life. The Bars® store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that we have ever had about anything, or we picked up from our parents, teachers, TV, magazines, ads, etc. and are now running the show.

Each Bars® session will clear some of your old, limiting thought patterns away and leave you with the space to choose something different. So you can create the wonderful life that you'd really like to have. What could be better than that?

What would it take for you to give yourself the gift of some peace and bliss? Especially in the next few weeks, as we fly ahead to Christmas and the end of the year.

So here are 2 challenges for you: For the physical clutter – every time you bring something new into the house, throw out 2 things (or more) that you no longer need, AND, for the mind clutter – call me to book An Hour of Bliss and have your Bars® run.

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

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Imagine your head being gently touched, and easily releasing the stuck bits from your life.

millwatermotors

You may have met Donna McDonald when you have visited Dalton's Landscape Supplies in Silverdale, but you probably would never have suspected that this lady is the proud owner of a magnificent 1939 Chevrolet V8 pick-up truck.

Donna was adopted and spent the first five years of her life in Gisborne before moving and growing up on the North Shore. After spending a couple of years OE travelling around Europe, she returned to take up office management work around Auckland before joining Daltons 15 years ago. When her children were 8 and 11, Donna suffered the tragic loss of her husband and the ability to stay local to Red Beach was a high priority.

Donna later met a friend who kindled her interest in hot rods and, for a time, she was half owner of a 1933 Model A Pick Up "rat rod" with clear coat bare polished metal and patches of fake rust. For the uninitiated, a "rat rod" is a restored car that is built from anything that might be lying around the shed or readily available – but could be a serious motor. Having seriously been bitten by the hot rod bug, Donna started looking around for her own wheels and soon discovered what looked like her ideal motor on Trade Me – but it was in Christchurch. No matter what other motors were available more locally, there was nothing as appealing as the one seen on Trade Me eight months previously.



After confirming that it was still for sale, Donna paid for trusted auto technician Josh Alldridge from the Rodney Auto Centre to fly down to Christchurch with her, to validate the worth of the prospective purchase. In life, timing is everything and the big 2013 earthquakes had just knocked out the SH1 Kaikoura Bridge, so they knew that the return trip would have to be via the South Island West Coast – and Josh was on tenterhooks as his wife was soon due to give birth!

They flew down on a delayed flight on the Friday, arriving around midnight and were picked up by the owner of the Chevy. After Josh had given the thumbs-up, Donna purchased the '39 Chevy pick-up and they were on the road within an hour, calling at a friend's house about 1 a.m. for toasted sandwiches and a spare tank of petrol. Sleep was out of the question, so the overnight driving via the West Coast was shared between them and they made it to the 11 o'clock ferry on Saturday morning. After just 3 hours' sleep on

the ferry, they arrived back via Taupo into Auckland at around 2 a.m. on Sunday!

Donna's eyes light up as she talks about the 1939 Chevy roof-chop pick-up with the modified 350 cubic inch V8 that is now 383 cubic inch and has a great set of wide wheels. Apart from her children, the Chevy is undoubtedly the love of her life – nothing else comes close.

Donna's dream car? Only a 1956 baby Thunderbird convertible could ever fill the special place in her heart that is today filled by her gleaming '39 Chevy.



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Is your brain feeling the strain?

Your brain is an organ that can become overloaded like any other. Pressures from work, lifestyle, eating habits, stress and environmental influences all affect brain health. Toxins can build up in the brain; just as in any other part of your body. Keeping your alcohol consumption in check is also key, since alcohol kills brain cells. Let's face it, without a fully functioning brain, you can be in a bit of strife – yet many of us don't take good care of our personal on-board computer.



No matter what your gender, age or circumstances, it is important to preserve and enhance your grey matter – and there are lots of things you can do to improve your memory and mental performance. Just as the body needs fuel,

so does the brain. You probably already know that a diet based on fruits, vegetables, whole grains, healthy fats and oils and lean protein will provide lots of health benefits, but such a diet can also improve memory.



Oil the cogs. Omega-3 fatty acids from fish, flaxseed, coconut, olive and hemp oils, plus nuts and seeds, are particularly beneficial for brain health.

Eat more fruit and vegetables. Colourful fruits and vegetables are particularly good antioxidant 'superfood' sources that protect your brain cells from damage.

Drink green tea. Green tea contains

polyphenols; powerful antioxidants that protect against free radicals that can damage brain cells and may even enhance memory and mental alertness and can also slow brain-ageing.

Drink pure, clean water. Water gives the brain the electrical energy for all brain functions, including thought and memory processes. Studies have shown that if you are only 1 percent dehydrated, you will likely have a 5 percent decrease in cognitive function.

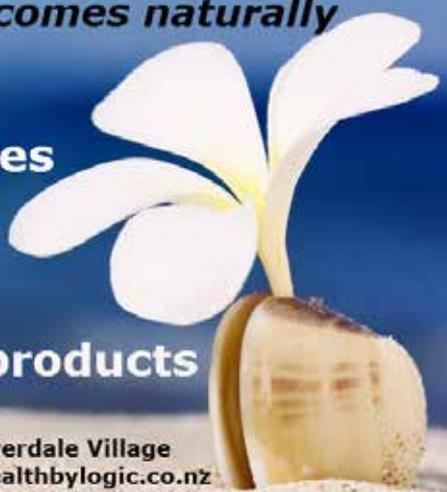
Supplements worthy of mention: Omega-3 DHA, Gingko, Resveratrol, Turmeric, Huperzine, Vitamins D; E; B12, Ginseng, Phosphatidylserine, also combination supplements for brain and memory enhancement.

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Who's Looking After Your KiwiSaver?

The number of KiwiSavers in New Zealand is now at almost 2.5 million and The Financial Markets Authority is worried that some don't know enough about where and how their share of over \$28 billion is invested. Can you answer these questions about your KiwiSaver?

1. Who is your KiwiSaver provider?

A KiwiSaver provider is an organisation that offers a KiwiSaver scheme and is responsible for managing your savings in the scheme.

There are over 20 KiwiSaver providers in NZ - from the big name banks, insurance companies and investment managers, through to specialist or boutique managers.

2. What type of fund are you in?

If you enrolled to KiwiSaver automatically through your bank or employer, the chances are that you're in a default fund, which may not be appropriate for your life stage. Default funds are generally invested very conservatively, which means your money may be earning interest and not a lot else.

Growth-oriented funds take your contributions and invest them in assets like property, infrastructure and international equities. While the figures in a growth fund will tend to see more ups and downs than a conservative fund, investors are more likely to gain better returns on their savings in the long-run.

It's worth taking the time to investigate which KiwiSaver fund is best for you and making an active choice - it could mean the difference of hundreds of thousands of dollars by retirement.

Jil O'Brien is a registered financial adviser. This article is of a general nature and is not personalised financial advice.

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Got that gut feeling?



Our gastrointestinal system does not get the attention it deserves, yet its proper functioning is vitally important if we want to be healthy and to lose body fat. Consider the following statistics about our gastrointestinal system:

There are more nerves in our gastrointestinal system than there are in the entire spinal cord.

There are supposedly more bacteria in our gut than there are stars in the sky.

The gastrointestinal system contains up to 80% of our body's entire immune system.

Based on the information above, it should be very clear how important the gastrointestinal system is to our health. A dysfunctional gastrointestinal system can hinder fat loss in a number of ways. Consider how the following three processes can contribute to stubborn fat loss:

Thyroid dysfunction: If someone has a disproportionate amount of good to bad bacteria (Dysbiosis) in their gastrointestinal tract, there will be a decrease in the amount of active thyroid hormone capable of increasing one's metabolic rate.

Oestrogen balance: Dysbiosis can increase oestrogen balance in the body by increasing an enzyme that breaks a connection with the liver in an attempt to remove oestrogens from the body. When this connection is broken, the oestrogen can go back into circulation and lead to fat gain.

Excess calories: Research has demonstrated that a dysbiotic state can lead to an increase in calories extracted from food. You could be eating an 1800 calorie diet, but be extracting 2000 calories from your food.

What to do?

Take a look at your symptoms. If you have any symptoms of bloating, gas, constipation or diarrhoea, you likely have some kind of gastrointestinal dysfunction.

Refer out to an integrative practitioner, who may run a comprehensive GI stool analysis.

One of the best ways to stop a vicious gastrointestinal-related cycle is to control inflammation and identify food sensitivities, via a strict elimination diet for a period of 3-6 weeks.

Craig is a Holistic Personal Trainer based at Jetts Fitness Whangaparaoa & Millwater.

For more information and to receive a 30 minute Complimentary Consultation, please contact Craig on 021 1611 789 or craig.kilham@jetts.co.nz

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And for all orders placed prior to 15th November, Quality Meats will donate \$5 from every ham to your local nominated school – our way of saying thanks and Merry Christmas!

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Select either a traditional Ham on the Bone or Champagne Ham from our range of cuts. Champagne ham has the bone removed (except for the hock) so it is really easy to carve and is also a slightly softer, moister texture than traditional ham on the bone. Depending on how many guests you are expecting, you can choose half and whole ham size options; half hams weigh approx 6kgs and whole hams are approx 12kgs.

And, with Quality Meats' delivery guarantee, you can rest assured that your ham will be delivered in time well before Santa arrives at your door.

And if you're searching for some great ways to create heavenly ham dishes this Christmas, then check out our website for some great ham recipes, ideas and inspiration.



Jason McIntyre
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Trusts need an IRD Number to Convey Land

Over the past few months there has been a lot of talk about the upcoming changes to rules regarding buying and selling land. Unless you fall within one of the limited exceptions, anyone that buys and sells land must now have an IRD number to complete that transaction. This is particularly important for Family Trusts that own land, since many family trusts do not have an IRD number.

Trustees need to be prepared and get an IRD number well in advance of contemplating buying or selling land, as the transaction cannot be processed without the IRD number and the IRD are taking some time to process all applications. You do not want to be in default of settlement simply because you did not have an IRD number! While the IRD number is required for land transactions, trustees need to consider what other implications there are for the Trust, in applying for an IRD number. Trustees should discuss making an application with their solicitor and accountant, to ensure they are taking the correct steps.

It's also worth noting that, where two or more Trusts are buying the property in a partnership, the IRD number and information must relate to the partnership. This may require individual Trusts to obtain an IRD number and then these Trusts applying for a Trusts partnership IRD number. You therefore need to be prepared before signing any Agreements for Sale or Purchase agreements.

This is just one of the recent and proposed changes to buying and selling property in New Zealand. If you are thinking of selling your property, or purchasing a new property, whether it is owned by a Trust or not, talk to us at the very early stages; so you can ensure you are aware of all the changes that may affect you – and have plenty of time to get ready for settlement.

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Shakespear Open Sanctuary Society Inc (SOSSI)

Seabird shenanigans

It is all go for the seabird restoration project at Shakespear Open Sanctuary! Thanks to a number of very generous donations from members of the public and funding from Auckland Council we were able to purchase three solar-powered speaker systems for the project. These were installed by a terrific bunch of Tuesday volunteers at the end of April and have been broadcasting seabird calls out into the Hauraki Gulf by night ever since.

Less than a month later, the cameras we have set up to monitor the sites have shown the first visiting birds inspecting the cacophony coming from the speakers at all of the sites.

We are aiming to enhance the population of Grey-Faced Petrels at the sanctuary to begin with, as this is the species already present (although in very low numbers so far).



However, the first visitors caught on camera appeared to be Diving Petrels and possibly Fluttering Shearwaters. We can't tell whether or not the birds were the same individuals, but the time and date stamp on the photos show that the visitors were at the site at different times during the night and across different nights. Either way, it was very exciting to see the first birds checking out the speakers. Hopefully they are convinced to nest at Shakespear Open Sanctuary in the near future!

Several Millwater residents are already members of SOSSI and this on-going support is much appreciated and is very important to the future of the Sanctuary.

We still need more members – there is no commitment to take part in the physical activities at Shakespear Park (unless you want to volunteer). It still costs only \$10 for one year but we've added two new options which we'd much prefer you to use (so we don't need to do this every year). These are:

- \$40 for 5 years; or
- Automatic Payment of \$10 per year (until you cancel it), via PayPal; and
- You can pay online at www.sossi.org.nz/supporters/ by direct credit, credit card or PayPal, or send a cheque to SOSSI, PO Box 790 Whangaparaoa, Auckland 0943.



Term 4 registrations are now open! Are you or anyone you know interested in cheerleading? We have a range of teams to suit all ages and abilities! We will be running the first round of trials for our 2016 competition season throughout this term so if you are thinking about joining us there is no better time to start than right now! **Contact us today!**

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Internet Parental Control

In today's world, our children have increasing access to Internet-connected devices; yet, though lack of education, very few parents are able to control the content they are exposed to and how long they spend on the Internet. Whilst we can't protect them completely from being exposed to Internet 'nasties', there are some things that everyone can do in their own home, to minimise the risk.

OpenDNS: Think of DNS or Directory Naming Services as the telephone book for the Internet. When you want to browse a page, your computer needs to know the IP address for that page, which is retrieved from DNS Servers. OpenDNS allows you to restrict which site categories are allowed into your home, thereby reducing the chance that your child may be exposed to unsavoury sites. This is a free service for home users, and can be setup very quickly by making a change to your Internet router. To sign up, visit <https://opendns.com>

Microsoft Family Safety: For users of Microsoft Operating Systems, Microsoft provides a free service that helps you control the sites that your child has access to, how much time they can spend on the Internet and the times that they are allowed to use the Internet. Guides for configuring this service can be found at <http://windows.microsoft.com/en-us/windows/set-up-family#set-up-family=windows-10>

Apple Mac Parental Controls: Just as Microsoft has their Family Safety service, Apple also includes parental controls in their Operating Systems. You can find instructions for configuring parental controls on your MAC here: https://support.apple.com/kb/PH18571?locale=en_GB

Router Controls: Most fibre routers will allow you to setup profiles for different devices, meaning you can turn off Internet access for your children at a particular time of day, limit the websites they are allowed to visit and even control how much bandwidth they are allowed to consume. Talk to you Internet Service Provider if you want additional information on how to configure your router for these services.

Education: Schools will try and educate our children around good Internet habits and this needs to be continued at home. There are some great resources to help with this at <https://www.netsafe.org.nz/advice/parenting/>

There are obviously many more tools out there to help monitor and control your child's Internet usage, but I've found the above the most commonly used and easiest to setup for parents who are not entirely "tech savvy".



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Mon 01 Nov	05:31 0.2m	11:53 3.2m	18:02 0.4m	November		Low	High		
Mon 02 Nov	00:20 3.0m	06:20 0.3m	12:44 3.1m	18:55 0.4m	Tue 16 Nov	05:03 0.4m	11:26 2.9m	17:29 0.5m	23:42 2.8m
Tue 03 Nov	01:12 2.9m	07:11 0.4m	13:37 2.9m	19:51 0.6m	Tue 17 Nov	05:45 0.4m	12:10 2.9m	18:16 0.5m	-
Wed 04 Nov	02:05 2.7m	08:06 0.6m	14:31 2.8m	20:48 0.6m	Wed 18 Nov	00:28 2.8m	06:30 0.4m	12:58 2.9m	19:06 0.5m
Thu 05 Nov	03:00 2.6m	09:04 0.7m	15:27 2.7m	21:45 0.7m	Thu 19 Nov	01:17 2.8m	07:21 0.5m	13:50 2.9m	20:01 0.5m
Fri 06 Nov	03:57 2.5m	10:05 0.7m	16:23 2.6m	22:41 0.7m	Fri 20 Nov	02:10 2.7m	08:18 0.5m	14:47 2.9m	20:58 0.5m
Sat 07 Nov	04:55 2.5m	11:03 0.8m	17:16 2.6m	23:34 0.7m	Sat 21 Nov	03:10 2.7m	09:21 0.6m	15:46 2.9m	21:59 0.4m
Sun 08 Nov	05:50 2.6m	11:56 0.7m	18:06 2.6m	-	Sun 22 Nov	04:14 2.8m	10:27 0.5m	16:47 2.9m	22:59 0.4m
Mon 09 Nov	00:22 0.6m	06:41 2.6m	12:43 0.7m	18:52 2.7m	Mon 23 Nov	05:18 2.9m	11:30 0.4m	17:46 3.0m	23:58 0.3m
Tue 10 Nov	01:06 0.6m	07:27 2.7m	13:25 0.6m	19:35 2.7m	Tue 24 Nov	06:20 3.0m	12:29 0.4m	18:44 3.1m	-
Wed 11 Nov	01:47 0.5m	08:09 2.8m	14:05 0.6m	20:17 2.8m	Wed 25 Nov	00:55 0.2m	07:18 3.1m	13:24 0.3m	19:41 3.2m
Thu 12 Nov	02:27 0.4m	08:48 2.9m	14:45 0.5m	20:57 2.8m	Thu 26 Nov	01:50 0.1m	08:13 3.2m	14:18 0.3m	20:35 3.2m
Fri 13 Nov	03:05 0.4m	09:27 2.9m	15:24 0.5m	21:37 2.8m	Fri 27 Nov	02:42 0.1m	09:04 3.3m	15:09 0.2m	21:28 3.2m
Sat 14 Nov	03:43 0.4m	10:05 2.9m	16:04 0.5m	22:17 2.8m	Sat 28 Nov	03:32 0.1m	09:54 3.3m	16:00 0.3m	22:19 3.2m
Sun 15 Nov	04:22 0.4m	10:44 3.0m	16:45 0.5m	22:59 2.8m	Sun 29 Nov	04:20 0.1m	10:43 3.3m	16:50 0.3m	23:08 3.1m
					Mon 30 Nov	05:07 0.2m	11:31 3.2m	17:40 0.4m	23:57 3.0m

datesforyourdiary

Every Saturday
Every Tuesday
Every Thursday
Every Saturday

Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
Quiz Night at Northern Union
Night Market • Silverdale Shopping Centre carpark
Millwater parkrun 8am. See www.parkrun.co.nz/millwater for more details

3 November
5 November
10 November
15 November
17 November
18 November
22 November

A Visitor's Illustrated Guide to Tiritiri Matangi with Marti • Estuary Arts Centre • 7:30pm -8:30pm
Guy Fawkes
Young Ocean Explorers - Meet Steve & Riley Hathaway • Estuary Arts Centre • 6:30pm - 7:30pm
European Christmas Market • Silverdale Hall • 9am-2:30pm
Sea Birds & Threats to their Survival • Estuary Arts Centre • 7:30pm - 8:30pm
Millwater Women's Group meeting at Silverdale Pioneer Village
Explore the Te Ara Tahuna Walkway, Orewa Estuary • Estuary Arts Centre • 10:30am - 11:30am

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