

# theMillwatermag

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Your FREE monthly magazine of all things Millwater  
December 2015 / January 2016

*Merry Christmas Millwater*



# Editor's note

Christmas holidays are not far away and we must all be looking forward to better weather, when we will enjoy the traditional, long BBQ days. We have some great recipes that will impress your guests and all are worth trying. Nita Wong's article on chopsticks reminds me that I, too, would benefit from some tuition in their correct use.

We caught up with Colin Roberts in this month's interview and learned that there's much more to the man than meets the eye. He is one of Millwater's achievers, adding social value to our great community and beyond.

Motoring features large this month, with the emphasis on hot rods – the transport choice of many over the summer months. The Orewa Beach Festival at the end of January will be a great weekend of fun for all the family and an opportunity for us to feature more gleaming metal in the February issue.

A new facility coming to this area soon will be the Men's Shed, which will provide access for Millwater people to a very well-equipped, hands-on workshop – where, as the Irish would say, the 'craic' will be great!

Our amazingly diverse Millwater community continues to thrive; with Marj Noble's group, the ROMEOS and the ROWENAs all enjoying time together. The third group has been so successful that it's time to think of a ROWENAs Mark 2!

Last month's interview has not blunted Tim Lawrence's appetite for fishing, as you will see in this edition. Tim's fishing buddy, Mike, is shown holding a fantastic 15-pound snapper that was caught by sharing Tim's insider fishing knowledge; also shared here with you.

New Millwater residents are arriving all the time and we extend a special welcome to them. Don't wait to be introduced – take the initiative, go knock on their door and demonstrate our great Millwater community welcome.

Professional photographer Paul Conroy kindly gave one of his occasional walk-and-talk photo tours along the estuary last month, which provided some great and easy-to-understand advice for the less adept photographer. Why not send in some of your holiday photos for our next edition?

Finally, from all of the team at the Millwater Mag, we wish you a safe, happy and wonderful Christmas and New Year. We will back in your mail boxes at the end of January, bringing you more of what you enjoy!

Brian Mullan  
Editor  
December 2015 / January 2016



# the Millwater mag

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# themillwaterinterview



**Meeting Colin Roberts** at the Millwater Coffee Bar that bears his name proved to be a revelation. The man is much more than many will have suspected they knew. Colin is one of those guys who just gets on and gets the job done. Although always aware of the feelings of others – and particularly the feelings of families with children – he does not suffer fools gladly.

Colin grew up in Leeds, in Yorkshire – and he grew up hard. His father left the family at short notice and mum successfully brought up Colin and his two brothers all on her own by going out, also to work hard and get the job done. The evidence is three successful sons, of which Colin is the much more practical and hands-on. By any measurement, all are successful.

Colin began his career by qualifying as a carpenter and joiner before joining the British Army and being selected to join the Special Forces unit; serving in Northern Ireland, Iraq and Afghanistan. After leaving the army and just a year before his mum died in 1998, Colin set up his first business. This successful venture was sold on to a keen buyer in 2002, thus allowing Colin to set up Roberts Joinery in Garforth, Leeds. Again, this was a success and soon afterwards he became the proud dad to two daughters; Emily in 2003

and Lilly in 2007.

New Zealand had been a holiday destination in earlier years and, in 2010, Colin and family emigrated to start a new life here, while simultaneously selling a majority share in Roberts Joinery in the UK. Not long afterwards, Colin and his wife separated and then divorced, and it was not until 2013 that he met school teacher Terese, whom he describes as his rock. They now have a handsome young son, Carter.

In 2012, Colin set up Roberts in Auckland and now has an office in Tauranga, which has a 700 square-metre workshop offering complete turnkey solutions: including shop-fitting, building, interiors and joinery. Never one to rest on his laurels, Colin already has plans for his construction business to begin building houses next year.

In the middle of all this, Colin noticed that, almost no matter where he went for a coffee, there were poor facilities for families with young children. Those that catered for families almost inevitably served poor coffee. Now we begin to understand the ethos behind Roberts Coffee Bar where families and good coffee come equal first. Having observed the operation first-hand, it is patently obvious that his staff come a very close second. It was also easy to see the prime importance that Colin places on his partner and family.

Always keen to be involved in our great Millwater community, Colin has plans for a number of events, both sporting and social – watch the Millwater Mag for more details! Not least, there is already a post box at Roberts Coffee Bar, in which letters for Santa are posted – to all of which replies from Santa will come (Colin has friends, too, in the frozen North Pole!) There will be a Santa's Grotto at the Millwater Roberts Coffee Bar for children to come and meet Santa himself on the 19th or 20th of December.

We talked at length about Colin's life, how he arrived here and his plans for the future. Asked to describe himself in a sentence, Colin said "I'm still just a kid at heart – enjoying life, loving my family and being with other people". A genuinely modest man, he opted for his staff to be in the photo, rather than himself.

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# mortgagematters



## Auckland Region Loan to Value Ratio (LVR) restrictions

### Making their impact felt

As you may be aware, the Reserve Bank of New Zealand has recently introduced new rules around the deposit required to buy an investment property in the Auckland Council region. Below are some of my observations so far:

- 1) My last twelve investment clients have been looking to buy in either Tauranga, Hamilton or Whangarei. Not a single client was looking to buy in Auckland. The greater deposit required and low rental returns have forced them to look elsewhere.
- 2) Four of the above twelve clients are buying "lifeboat" investment properties in the regions. When the time is right, they will leave Auckland and move into the rental property – and most will be debt-free.
- 3) I've seen client's pay premium prices (in my eyes) in these areas. Be clear on what you are trying to achieve; buying property for the sake of it could be expensive.
- 4) When your advisor places your application with a lender, you have to be very clear and disclose which property you intend to live in and which property will be the investment.
- 5) Be very careful when buying on the edge of the Auckland Council border (for example, around Wellsford). The lender must

approve the new property's location. They need to make sure the proposal fits into the new regulations.

6) If you currently have Auckland investment properties, I would suggest building a buffer into your equity position. In the future, having your portfolio close to 70% LVR could place you a tight situation. In the past, banks could lend to 80% and go over this threshold at their discretion.

However this level of discretion has been reigned in and Banks will not lend over 70% of the investment's value – end of story. They risk losing their banking licence or large fines. The "I've been with the bank for years" attitude won't wash.

If you have any concerns about your current situation or further plans, please consult your mortgage advisor and/or accountant.

For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan@ivanurlich.co.nz](mailto: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 approaching a property purchase.



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# vetspeak



## Heat stroke



As we head into the warmer months, it is important to remember that dogs get overheated easily. Unlike humans who can sweat, dogs do not have efficient cooling systems – they release heat primarily by panting and they sweat through their foot pads and nose. Some cases of heat stroke are mild, but unfortunately they can be severe and prove fatal despite aggressive treatment.

Early recognition of the common signs of heat stroke is critical to saving the dog's life. A dog suffering from heat stroke can display several signs: rapid panting, bright red tongue, red or pale gums, thick sticky saliva, depression, weakness, dizziness, vomiting, diarrhoea.

If you suspect that your dog might have heat stroke, lower his temperature by wetting him thoroughly with cool water (not ice-cold water), then increase air movement around him with a fan. Allow free access to water if the dog can drink by himself. Then get him to a vet as soon as possible.

### Tips for preventing heat stroke:

Keep pets with predisposing conditions like heart disease, obesity, older age or breathing problems cool and in the shade;

Provide access to water at all times;

Do not leave your pet in a hot parked car, even if you're in the shade or will only be gone a short time;

Make sure outside dogs have access to shade;

On a hot day, restrict exercise and don't take your dog jogging with you;

Wetting down your dog with cool water or allowing him to swim can help maintain a normal body temperature;

Move your dog to a cool area of the house. Air conditioning is one of the best ways to keep a dog cool, but is not always dependable.



Millwater

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# safercommunities

Summer has arrived and we all want to take advantage of the good weather. The Rodney Police want everyone to enjoy our beautiful coast and beaches safely and happily.

The local boat ramps are already full of cars and trailers left for the day, while boaties enjoy a day on the waves.

I would like to remind everyone to keep their valuables secure and out of sight. Please don't leave the keys to your vehicle on the tyres of your vehicle – that is the first place any diligent thief checks.

If you are spending the day on a boat, secure your keys and phone in a waterproof floating container, making sure it is secure and assessable. A click/clack lunch box is a common solution.

Trailers have become sought-after items as, once the number plates have been removed, it is very hard to distinguish them. Having the rego welded onto the chassis is a cheap and effective

method to ensure identification.

The keen fishermen are up and gone at first light to guarantee a decent catch and often pack the boat the night before to ensure an early start. Unfortunately, an open boat packed full of expensive gear is a target for the opportunist thief. It's very difficult to catch fish without your rods, fish-finder or petrol tank.

For those of you who enjoy more leisurely pursuits like lying on the beach, just remember not to leave valuables unattended.

Secure your home before heading to the beach; take 2 minutes to check the doors and windows before leaving. Don't return home from a great day at the beach to find you have had unwelcome visitors. Burglar alarms provide great peace of mind and are a proven deterrent.

This brings me to my last summer hint: If you sleep with windows open, make sure you have security stays fitted. Check all your windows and doors before turning in for the night. The mild weather means more people are out and about wandering in the evenings.

Be safe this Summer.



**Constable Michael Brown**

**Community Constable**

Orewa Police Station | 4 Riverside Road | Orewa | PO Box 50 | Orewa  
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## Danger Alert: Linseed Oil Can Be A Real Danger

The festive season is rapidly approaching and high on the agenda for some is tidying up the garden and getting a few handy jobs completed.

I want to remind everyone to take extra care when re-staining decks or outdoor furniture. A common product to be used is linseed or teak oil. These products do a great job – BUT there are some real dangers if the cloths or brushes are not handled carefully after use.

**Always refer to the manufacturer's warning label**

Linseed oil can and will self-combust under certain conditions, so always read the manufacturer's warning label and dispose of or store oiled cloths and brushes with extra care. One tip is to place cloths, brushes or towels in an air-tight container, preferably a tin, semi-filled with water.

**DON'T LEAVE IN A BOX OR IN THE CORNER OF THE GARAGE!**

Linseed oil is linked to many fires and a quick search of the Internet will confirm what I have seen personally.

**Please take care: Linseed oil is a potential, silent killer lurking in your garage.**

Fire-fighters around the country – and in particular in the Rodney

area – have been kept busy attending scrub and bush fires of late. Most were started from fireworks or people not thinking of the potential risk of the fire.

Please refer to the local Council Office for fire permits and please use common sense.

**Check the BBQ**

Before the BBQ gets a bit of use, please check connections are tight and the BBQ and fittings are in a sound and safe working condition.

**Have a safe Festive Season**

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





# Student Council Community Group

## Prime Minister Discovers the Key to Success at Silverdale School

John Key, Prime Minister of New Zealand, visited Silverdale Primary School on Friday 13th of November. It was a very special occasion for the whole school and we were very lucky that we were the school chosen for the Prime Minister to visit. First thing in the morning, the whole school gathered in the hall and awaited our special guest. While we were waiting, we had some entertainment from the school band. Finally, our guest arrived and the band played one more song as John Key was led into the hall, with people crowding him. 650 pairs of eyes all turned around and welcomed him to Silverdale School.

The Kapa Haka group entertained John Key with a Waiata and a Haka and the school choir also performed 'Slice Of Heaven' by Dave Dobbyn. Once the assembly finished, the three MCs – Blake Murphy, Poppy Pierce and Tayla Gemmell – dismissed the school and our Student Council Chairperson Ann-Mari Liebenberg, our Vice-Chairperson Ruby Pierce (with help from Brennan Webb, a member of the Student Council), led Mr. Key out of the hall and started his tour.

During the tour we were questioned about the new school site as well as the history of our school by Mr. Key, who bonded with the children well and asked many questions. After the school tour, the Prime Minister had a Q&A session with the years 7 and 8; when some chosen students had the opportunity to ask Mr. Key some questions.

### Here are some reflections from those students who accompanied the Prime Minister on his tour around the school:

**Ann-Mari Liebenberg:** "Before meeting Mr. Key, I was quite nervous to meet the Prime Minister of New Zealand, but, as soon as we met him, he made me feel really comfortable and his manner was very gentle. John Key had lots of meaningful things to say and inspired a lot of us. Thank you, John Key, for visiting Silverdale School."

**Ruby Pierce:** "I was incredibly nervous while we were waiting for John Key to arrive, but, as soon as he arrived, it felt like I had already met him."

**Tayla Gemmell:** "I thought that he would be too posh for anything to do with our school, but he seemed really humble and he made it seem like he was just an ordinary guy who has a big part in a small country."

**Poppy Pierce:** "My first impression of John Key was that he is a very funny, humble man. I was lucky enough to be one of the MCs for the assembly and, as he was led into the hall, the excitement from everyone was so thrilling. It was an amazing experience to have John Key come to our school and have the privilege to MC the assembly and help out with his tour."

**Brennan Webb:** "It felt like he was just another guest coming to our school and he was really easy to talk to. He told us about his dream to become Prime Minister and how he fulfilled it and how his mother was there to help him along the way and what his life was like before he became Prime Minister."

**Blake Murphy:** "When touring the school with John Key, he seemed like an ordinary guy that had big dreams and fulfilled them with hard work and resilience. He is very inspirational because he used to be just like us – small kids with big dreams".

**By Ann-Mari Liebenberg, Ruby Pierce, Brennan Webb, Tayla Gemmell, Poppy Pierce and Blake Murphy.**



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# What's in a name?

**Technology.** Today's baby-boomers would have grown up with cooking and sewing technology for the girls, and woodwork and metalwork for the boys – with possibly some electronics, if your school was particularly progressive! As we moved into the politically-correct decades, the subjects were split into Hard Technology and Soft Technology, with both categories being available to both sexes. And then came the 21st Century and the exciting, futuristic world of Digital Technology...

In addition to the full range of traditional Technology subjects, Wentworth College students also have the opportunity to build rockets and study robotics. Now, the latest addition to the suite – **Computer Science** – is definitely pushing the right buttons for some students. Whilst the subject of Computing or Computer Studies teaches students how to operate a computer and its various applications, Computer Science



students a much more in-depth understanding than its NCEA equivalent and opens exciting future career doors in fields such as medicine and engineering, as well as the more obvious career paths of systems analysis, software development and computer engineering.

The future looks bright for today's students – and the importance of selecting the best courses for their senior high school years can make a world of difference to their future prospects.



takes students' learning to a whole new level. Offered at the senior year levels (Years 11 to 13), Computer Science teaches computational thinking; with students learning how to develop computer-based solutions to problem-solving using a high-level programming language.

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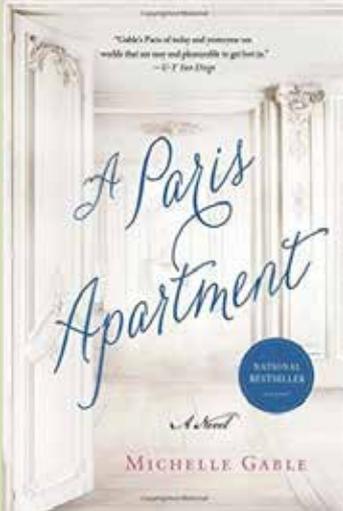
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# Millwater

## book of the month



### *“A Paris Apartment”* by Michelle Gable

Our regular reviewer Diana Lakin has found a very apt book to share this month – especially as she has recently returned from France. Who wouldn't love to stumble across such an apartment and particularly in a city like Paris, which is filled with the most amazing old buildings and antiques?

A Paris Apartment is a book based on the fascinating true story of a treasure-stocked Parisian apartment that is opened for the first time in 70 years. This is a particularly stunning debut book, which will capture a wide audience – but particularly those who are interested in stories about the women behind famous men.

Michelle Gable superbly weaves romance, mystery, past and present in a wonderful page-turner. The story draws you into Parisian life, the Arts and the high-end antiques trade, while unfurling an exceptional mystery. April Vogt, a Sotheby's continental furniture specialist, is the central figure in this book.

Happy reading!

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

# Millwater ROMEOs

The November trip of the Millwater ROMEOs (Retired Old Men, Eating Out) was to the Warkworth Museum, situated in the Parry Kauri Park alongside great stands of native bush. Nine ROMEOs attended and enjoyed a brief tour of the various exhibits that are a credit to the many local volunteers, but further trips will be necessary to take more in. The plethora of memorabilia, photos and household items of yesteryear is well-displayed and is a must-see for everyone.

A born and bred local, Judy Walters gave us an outline of the local Warkworth history; from its founding in the 1820's to the present day. Early settlers included Browns, Southgates, Wilsons and Pullams, who established sawmilling, boatbuilding and lime kilns.

The Browns came from Tasmania as saw-millers, to harvest kauri timber for export. Nathaniel Wilson established the production of commercial-quality cement from the lime kilns, which moved to and are still operating at Portland.

Shipping up the Mahurangi River was the main contact for transport to and from Auckland and many photos show the types of goods being transported – from cattle to roading material. Copper mining at Kawau and Great Barrier brought many workers and transients through the town.

The abundance of Kauri timber was the economic driver for the district but, with decrease in availability, general farming became the main land use. Sale yards and a dairy factory were to follow, with the local press being established in the early 1900's and printing the Rodney & Otamatea Times. The Rodney Times is still in circulation, now-days printed in Auckland.

We then went from the Museum to the Bridgehouse Restaurant for an excellent lunch and much conversation, with the great day-out concluding over drinks at the hospitable home of Jim Malcolm.



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# themillwaterinsider

## Christmas Lights

A gentle reminder: we will be on the hunt shortly for prize-worthy efforts at adorning your property in Christmas decorations. We are looking forward to seeing the Millwater residents lifting their game and lighting up the night sky. Here is a photo from one of the outstanding contenders from last Christmas.



## Silverdale School Country Show Day

Another big "congratulations" to the PTA, parents, teachers, students and multitude of sponsors and visitors, who all contributed to making the Country Show Day a raging success and exceeding last year's funds raised. Well done!



## Stillwater Market

Stillwater market will be celebrating Christmas with one of Santa's little helper's. On the 13th December from 10am-1pm, come and join us for some fantastic Christmas shopping. Arts, crafts, plants, jewellery, clothing, bric-a-brac, food and music! A great vibe down at the Stillwater reserve; let the kids play in the park while you take a wander around the stalls. Plus, there's more – for every purchase made at one of our awesome stallholders, get a ticket and be in the draw to win a basket filled with goodies! Our first market of 2016 is Sunday 10 January!

Fun for everyone! Stalls \$10 call Lilly on 021 2103896 or email [stillwater.market@outlook.co.nz](mailto:stillwater.market@outlook.co.nz) and please visit us on FB.

## Guy Fawkes

A big "congratulations" to the vast majority of participants who managed to celebrate this year without creating harm to property or alienating the neighbours. A very gentle reminder to some; that using marine flares in a residential area is dangerous, illegal and highly irresponsible. Also, a

big "thank you" to a certain Café owner for allowing many residents enjoy his family's rather large fireworks display – a great success and another great contribution to making Millwater rock.



## Millwater Spook Tour

Wow, what a turnout! Yet another amazing effort by local residents putting in time and money for all to enjoy. For those that did not attend, a group of local residents banded together and created a Halloween spook tour through part of the bush reserve on Millwater Parkway. To suggest it was a runaway success would be an understatement. While there was no official count of numbers through, a conservative estimate was made at around 400-500. It was great to see so many great costumes and happy faces at the end.



All photos kindly provided by Paul Conroy, Millwater Resident

## Book Club

A local resident is interested in launching a book club which takes up to 10 people. If you would like to be part of it, please have a look at this website [www.bds.org.nz](http://www.bds.org.nz) and get back to Ute Engel preferably by email ([uteengelnz@gmail.com](mailto:uteengelnz@gmail.com)) or phone Ute on 554 1466, to discuss further details.

## Merry Christmas and Thank You

We would like to wish all of our neighbours a very Merry Christmas. Thank you for supporting our great 'little' magazine. We hope you have an enjoyable Christmas holiday and hope to catch up with many of you over the coming weeks.

Kind regards, Grayson and Sarah Furniss



# Summary of The Millwater Insider

## Millwater 區內情報要點

### Christmas Lights

溫馨提示：我們的團隊很快便會四出尋找裝置了漂亮聖誕節燈飾的房子，並進行評分。期待大家踴躍參加。

### Guy Fawkes

感謝大家在煙火節時保持對鄰里的尊重。亦非常感謝本區咖啡店大方地放了相當可觀的煙火給Millwater居民欣賞，讓我們的社區更美妙。

### Silverdale School Country Show Day

感謝PTA、家長、老師、學生的努力，本年度的Country Show Day非常成功。也要多謝所有的贊助商及遊客，使本年度籌得的善款能超越上年。

### Millwater Spook Tour

真了不起！由鄰里發起及籌備的萬聖節活動得到了很大的成功，據非正式統計約有400-500人參加，大家都玩得非常盡興。

### Stillwater Market

Stillwater將會在12月13日，由上午10時至下午1時舉行聖誕節活動。到時會有各式各樣的商品攤位、美食及現場音樂表演。當天買東西更可參加抽獎。另外，下年第一個Stillwater市場日是1月16日。若有興趣租個攤位請聯絡Lilly (021 2103896) 電郵 stillwater.market@outlook.co.nz，費用只需10塊。

### New Bus Route 新的公車路線

新的公車985路線由Orewa 往返Hibiscus Coast station，途經Millwater。在 Hibiscus Coast station可接上其他公車往北岸及市區，為居民、特別是在市區上班及不會駕車的年輕人和長者帶來不少的方便。

公車時間可以從www.at.govt.nz找到，不過最方便的莫過於下載奧克蘭交通局的AT Metro Track My Bus App，利用這個軟件可隨時查看即時的交通資訊，如公車正在那條街行駛及何時到達指定車站等。你可同時查看數條公車路線資訊，以方便計劃接駁下一程車。

上車後有兩種付款方法，一是直接付現金給司機，他們都會有零錢找續。另外一個簡單又省錢的方法就是使用HOP CARD。只需

在上車時拍卡（同時會看到卡內餘額）。下車時也別忘了要拍卡以扣除該程車資。下月會有關於更多HOP CARD的詳情，請勿錯過。期間如有任何疑問歡迎與我聯絡。

### 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。

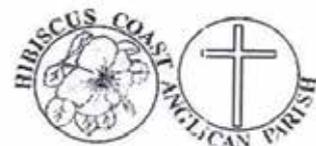
### Book Club

居民Ute Engel希望能成立一個讀書會，最多可容納10個會員。如有興趣請瀏覽www.bds.org.nz及聯絡Ute(電郵 uteengelnz@gmail.com，電話 09-5541466)

### Merry Christmas and Thank You

在此謹祝各位聖誕快樂及有個愉快的假期。多謝大家對本刊的支持，期待能在假期裡跟大家見面。

Grayson and Sarah Furniss



Join us for services throughout the month:

#### St Chad's, Orewa

Sunday 8:00am and 9:30am  
Wednesday 9:30am

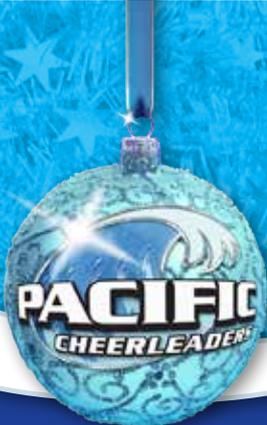
#### Christ Church, Waiwera

1st Sunday 11:15am

#### Holy Trinity, Silverdale

2nd & 4th Sundays 9:00am

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# millwater **malt** of the month



This month, we stay close to home with a superb whisky that is worth seeking out. I found mine under \$100 at the Fine Wine Delivery Company on Constellation Drive.

The whiskey in question is the Dunedin Master-Blended DoubleWood 40% ABV, aged 15 years, from the New Zealand Whisky Collection. Before we get to the tasting - a short history lesson might be useful. Whisky distilling began in New Zealand in the 1830s, with the arrival of Scottish settlers in the Otago region. Their nascent industry flourished until the 1870s, when onerous government regulation effectively shut it down. In the 1950s it gradually re-emerged and, in 1974, the Baker family founded the Willowbank Distillery, producing the popular Wilsons and 45 South whiskies.

Seagrams bought Willowbank in the 1980s and produced the world-renowned Lammerlaw malt whisky; now extremely rare, expensive and much sought-after. In 1997 Seagrams

sold Willowbank to Australian brewers Fosters – who closed it down and sold the remaining barrels over a period of time. The New Zealand Whisky Company bought the last remaining 443 barrels of cask-strength whisky and it has been maturing quietly in the Oamaru bond store ever since.

Now: the whisky! Produced using only the finest local barley and pure snowmelt from the Southern Alps, the whisky was aged initially in American oak ex-bourbon barrels, then finished over 10 years in French oak ex-NZ red wine barrels. This has imparted a ruby colour to the dram and given it the distinctive depth of character and its superbly rich flavour.

There are subtle fruit and floral notes, reminiscent of an old-fashioned Christmas cake, under which lies a delicious toffee-like sweetness. The vanillas from the oak are evident to just the right degree and the creamy malt explodes in the mouth. Definitely one for Christmas!



**GLAUCOMA:** This is a family of eye conditions that affects about one person in fifty over the age of 40 years.

It can be a primary disease, or secondary to other conditions. The common type (primary open-angle glaucoma) is referred to as the “silent thief of sight” because it may reduce vision slowly and progressively without warning, which is why it is so important to have regular eye examinations. That way it can be detected and treated at an early stage. It is an arrestable condition, usually treated with drops.

Sometimes it runs in families; so, if you have a family history of this, it’s even more important to have that regular check-up.

Less commonly, acute angle-closure glaucoma occurs. Symptoms of this may be headaches or halos around lights. Your optometrist might detect a sign of this at an eye examination

## Glaucoma

(narrow anterior chamber angles) and recommend treatment by an eye specialist.

Here at Visique Millwater, our optometrists will screen for glaucoma at each eye examination; by assessing the optic nerve head and taking photographs for future comparison. The intraocular pressure is measured and visual fields (peripheral vision) examined, as well as examining the anterior chamber.

It is important to remember that glaucoma can affect people who don’t need glasses or only need readymade reading glasses; so, even if you think you don’t need our help to see better in the short term, please take the time for an eye examination and eliminate the possibility of glaucoma – that way you will look after your long-term vision. We are here to look after your eyes, not just to make glasses.

An appointment takes about 45 minutes and the cost is similar to a haircut!

**VISIQUE HAWKINS OPTOMETRIST**  
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**SILVERDALE 0932**  
**TEL: 09 4265308**

# LOOK & FEEL YOUR BEST WITH CACI SILVERDALE

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

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

## What is a moisturiser...

Moisturiser's are topical products that are used to treat skin conditions, such as dryness, dehydration, excessive oil, redness and pigmented skin

## What they do...

Moisturisers are absorbed into the epidermal layers of the skin to treat and repair skin conditions.

## Why include a moisturiser in your skincare routine...

No matter whether your skin type is dry, oily or sensitive, you shouldn't skip the moisturising step in your skin care routine. Leaving it out might quickly cause redness or flaking, and in time it can allow wrinkles and other aging signs to show up on your skin earlier than they otherwise might. Also, if you have sensitive skin or a skin condition, moisturising regularly might help ease some of the irritation.

In NZ at this time of year – a sunblock is also essential, and should be applied everyday.

**The team at Caci Silverdale have a gorgeous range of Murad Moisturisers available for many skin conditions and concerns. Here are our top 2 sellers!**

## Murad® Age Defence® Hydro-Dynamic Moisturiser

Broad Spectrum SPF30 PA+++



A super-rich, anti-ageing moisturizer formulated to relieve dry, dehydrated skin and restore youthful resilience and tone; yet it is gentle enough for sensitive skin. The formula for the face cream locks in optimal moisture with olive fruit oil, while Collagen Support Complex restores a youthful appearance.

## Murad® Resurgence® Age Balance Moisture

Broad Spectrum SPF30 PA+++



Featuring Resurrection Plant proteins, this formula deeply nourishes dry, hormonally aging skin and protects with powerful broad-spectrum UV sunscreen providing long lasting hydration, leaving skin hydrated, plump and smooth.

**Don't forget! - Millwater residents can receive the following exclusive facial offers at Caci Silverdale, valid until December 23rd 2015**

### **The Millwater Micro facial | 45min**

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

Includes:

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



### **The Parkway IP5 | 75min**

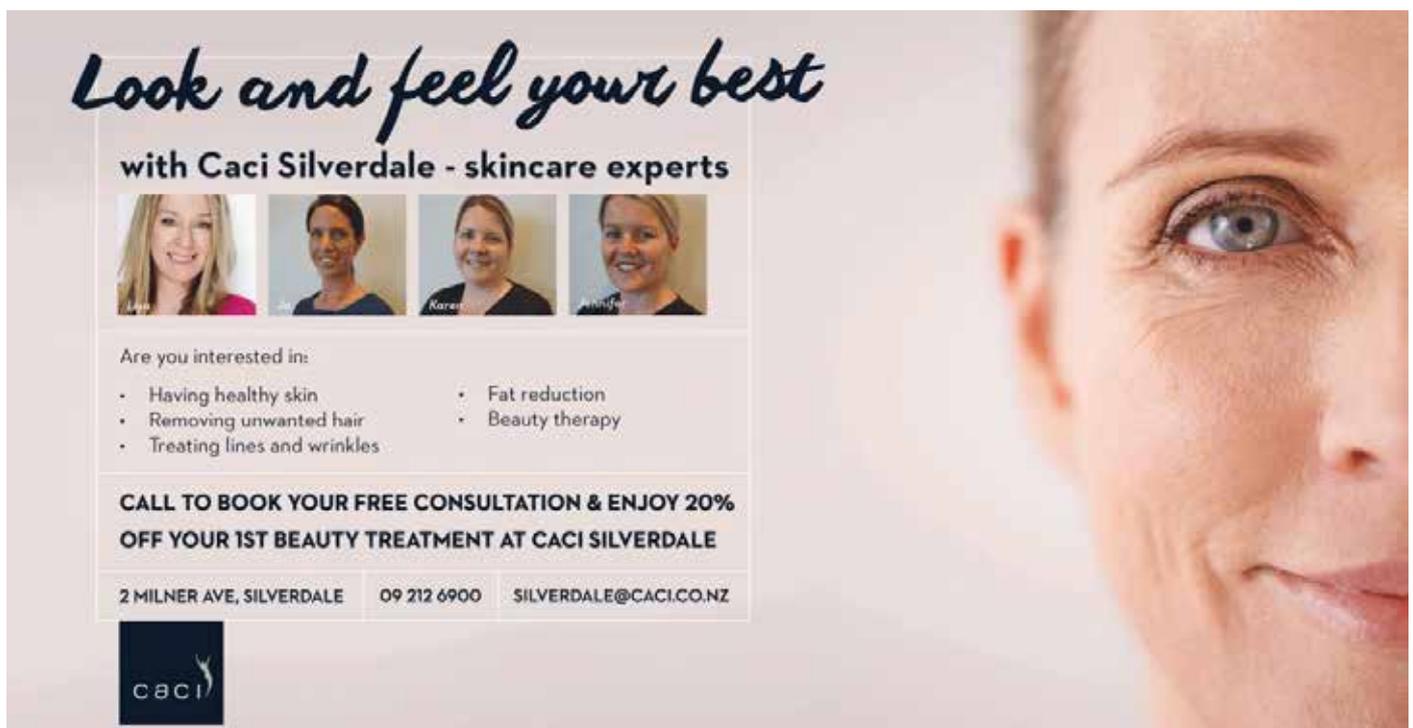
Usually \$180 – Millwater readers Price: \$130

Includes:

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



Contact **Caci Silverdale** today to book one of these fabulous treatments on (09) 212 6900 or [silverdale@caci.co.nz](mailto:silverdale@caci.co.nz)



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**with Caci Silverdale - skincare experts**



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- Treating lines and wrinkles
- Fat reduction
- Beauty therapy

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Terms and conditions: This offer is valid until 23<sup>rd</sup> December 2015 at Caci Silverdale only and cannot be used in conjunction with any other offer.

# timlawrence Fishing Spot

"Fantastic" best describes the fishing out there right now and it doesn't seem to matter what style of fishing you prefer either. The snapper are here in large numbers and big fish are hungry and feeding aggressively. We are bait fishermen, so burley is still the key to bringing those bigger fish around. Remember, big baits equal big fish – so don't mess around with cubes of pilchards on small hooks; get that whole pilly rigged with 8/0 hooks on some 60 or 80 pound fluorocarbon trace. Trust me: it works.

Hopefully by now you have worked out how to read the tides in your fishing spots. Personally, I prefer an outgoing tide, due to the prevailing westerly winds up here. Most spots will set the boat up nicely; with the burley behind the boat facing down current and your big baits way out the back of the burley trail. Another good indicator is The Fishing Website which records bites times. You can find this information at [www.fishing.net.nz/fishing-advice/bite-times](http://www.fishing.net.nz/fishing-advice/bite-times). Check the wind direction and the tide against the times on this website and your results will improve.

Last month, I mentioned we were heading up north to Houhora. Well, it didn't go well; with 18-20 knot southerly winds, a flat tyre on the boat trailer, a jandal blow-out and snapping my favourite Daiwa VIP – so let's not talk about that trip. Instead, let's talk about our trip to Little Barrier on a Friday after work. The conditions were great, with an outgoing tide and a slight easterly wind; meaning we had the wind and enough current setting the boat up nicely to sit right on the weed line where the fish were. I hadn't even baited my hook before Mike caught a fish that must have been about 12 pounds and his next fish was just over 15 pounds. We knew this was going to be our night and we ended up catching



our limit by about 8.30pm – but decided to chase that BIG fish; releasing the 14th fish each time, hoping for a monster. Sadly, the fish went off the bite so we called it a night with 13 snapper and a big trevally.

There are some really good things happening in the fishing community up here. Fishing Direct held the Shimano Night, the Raiders held their annual fishing competition, Hibiscus Boating Club held their competition and the Facebook group 'NZ Fishing Community' also held a meet-and-greet at the Northern Union. Glenn at the Northern Union has been talking about starting up a fishing club, too! I knew Millwater was the perfect place to live and this confirms it!

Tight Lines!

## ILLUMINATE CHURCH

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It is entirely worth checking out...  
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[www.illuminatechurch.org](http://www.illuminatechurch.org)

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**In the spirit of Christmas and the New Year:**  
December - First treatment free, additional treatments by Koha.  
January - treatments by Koha.

**MERRY CHRISTMAS**

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e: [leighton@neotouch.nz](mailto:leighton@neotouch.nz)  
fb: [www.facebook.com/neotouchhibiscuscoast](http://www.facebook.com/neotouchhibiscuscoast)

**BY APPOINTMENT ONLY**

# Breaking News!

Stanley Ross has been voted the best looking carpet cleaner in all of Millwater!

Seriously, you will be amazed, not just by Stanley's good looks, but by **what comes out of your carpet** and **how different your home will feel** after its been cleaned by **Millwater's most renowned dust mite exterminator**.  
**Customers love him, dust mites fear him!**

## The entrée:

your experience begins with a full vacuum using our powerful 3-stage vacuum that removes dry dirt & dust mites.

With furniture moved of course.

## The mains:

a thorough hot-water extraction clean that eradicates stains & grime with exceptional 'green' products.

## For dessert:

your carpet will be left deodorised with the fragrance of a far-off tropical island breeze!

**Our aim is to assist you in creating a clean, healthy home. Bon appetite!**



Call Julia today on:

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for a quote or booking,  
or email [coast@bgcc.co.nz](mailto:coast@bgcc.co.nz)

What locals are saying:

"The carpet looks & feels super clean, it was dry in no time. Our dirty couches look brand spanking new! Excellent service, highly recommended!"

"We would highly recommend the services of Stanley from Big Green Carpet Cleaning. His work is thorough and delivers a great result. Stanley is professional, knowledgeable & easy to deal with. So nice to have clean carpets!"



## We clean:

- Carpets
- Couches (incl leather)
- Rugs & Mats
- Mattresses
- Dining chairs
- Car/Caravan/ Boat Carpets

**big GREEN**  
CARPET CLEANING

# SUMMER FUN

## Did the waves get the better of you?

### I can tell as soon as someone walks through the door – the classic forehead graze.

A surfing injury: typical of this time of year; people out having a fantastic time in the waves. But with that, as many surfers will know, are the classic wipe-outs! And for those who are really unlucky, a nasty whack to the forehead as they get dumped onto the sandy ocean floor.

### It's just a graze, isn't it?

Well, although the embarrassing graze makes for a good story over the BBQ, it also means that your head had been subjected to a significant 'compaction trauma'. This creates a lot of problems including headaches, neck- and upper-back pain, dizziness and lack of concentration. Some people get a nasty 'pinching' feeling lower down in their neck too. This means that one or more of the joints in your neck have also been affected – a bit like trapping your seatbelt in the car door.

### The Science bit

The base of the skull is actually a very important area – not

only is it where the spinal cord relays information to the brain, but there are lots of very sensitive muscles nearby too, and they don't like being squashed, stretched or twisted in an uncontrolled manner. In fact, if they get too tight, they can actually prevent blood draining back out of your brain (the most chemically active area), and it kind of floats around in a toxic soup. No wonder this causes headaches!

### Get it sorted for summer

Both neck pain and headaches caused by these kinds of injuries can be sorted really easily with the right treatment. But don't leave it too long! If it hasn't gone away within a week, it's not going to. And just because you no longer feel pain, the joint compression and restrictions will still be there, as will the tight muscles.

So, if you have had a whack to the head, been caught off guard by the waves crashing on top of you – or are suffering some of the symptoms above – give me a call. Get sorted for more summer fun!

**Holly Royal B.Ost**  
**ThreeSixty Osteopathy**

## Get sorted for summer with ThreeSixty Osteopathy

Osteopaths use their hands to ease aches and pains coming from the Musculoskeletal system - muscles, joints, ligaments and tendons. We use stretching and massage techniques to treat:

- Back & neck pain
- Headaches
- Sciatica & trapped nerves
- Hip & knee pain
- Shoulder pain & frozen shoulder
- Elbow pain & tennis elbow
- Plantar fasciitis and foot pain
- Muscle spasms
- Sports injuries
- General aches & pains

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 Sat 16<sup>th</sup> Jan  
 11am to 2pm



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**\$999**  
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# Millwater wine review

We're well into spring, with warmer weather on the horizon, but we still get the occasional chilly day that requires a red wine.

Australian producer Johnny Quari-sa, who is based in South Australia and has been in the wine trade for a number of decades and has gone out on his own, is now creating a number of ranges that are absolute bargains.



With 4 Gold Medals under its belt so far and more to come, Caravan Petite Sirah, also known as Durif, is a BIG red.

Very dark, densely saturated black-red colour. The bouquet is fresh and vibrantly rich, with ripe primary-fruited aromas of plums and spicy, earthy, blackberries at the core; with fragrant raspberry and boysenberries intermingling with minerals and oak.

Full-bodied, fulsome and deep; sweetly rich fruit flavours of ripe dark raspberries, plums and boysenberries show with decadence. The fruit is driven and supported by generous alcohol warmth and fine-grained tannins, providing power. The fruit lusciousness is enhanced by integral fine acidity and the flavours flow with vitality to a long succulent finish of plums and boysenberries.

This is a full-bodied, lusciously rich and powerful Durif, with excellent structure. Serve with casseroles and slow-cooked red meats. At \$16.99, this over-delivers by so much and more.

Regards

Ivan Tvrdeich (Millwater Resident)

Manly Liquor



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OPEN 7 DAYS 9am - 9pm

## Millwater Women's Group

We all enjoyed our last meeting for 2015 on 18th November. We have had a good year, getting to know each other and it has been a privilege to meet at the Silverdale Pioneer Village, where we have enjoyed morning tea and a chat in a relaxed and quieter environment than at some of the busy local cafés.

We will start the meetings again in February 2016. I would love some feedback from members – if you have any great ideas on places we could visit, or speakers you would like to hear. Take care on the roads over the busy holiday period. I look forward to catching up with you all in February. Please watch the Facebook page for details of the next meeting.

Marj Noble 021 711 540

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Website: [www.sps-nz.co.nz](http://www.sps-nz.co.nz)



# Homeopathy for nausea, vomiting, hangover and food poisoning

We are getting close to Christmas; celebrations, barbecues and generally too much food and drink. Too much of the good stuff can lead to indigestion, hangovers, nausea and vomiting. We have to be mindful in keeping food cold in the heat as spoilt food can lead to food poisoning – especially from chicken.

Homeopathy can alleviate all of those health issues effectively when using the remedy that matches your particular symptoms.

One of the most common homeopathic remedies for treating acute nausea and vomiting is Ipecacuhna. It is effective in case of vomiting with gagging, lack of thirst and generally feeling better in open air. A headache and cough may accompany the nausea.

Another effective remedy for nausea and vomiting is Arsenicum, especially as a result of food poisoning. Generally, the person who needs Arsenicum cannot stand the sight or smell of food and has a strong thirst but can tolerate only sips at a time. The person may experience burning pains in the stomach.

Nux vomica is a remedy for acute nausea and vomiting, es-

pecially when these symptoms are the result of overeating, too much alcohol, or food poisoning. It is often accompanied by flatulence, bloating, heartburn, and either diarrhoea or constipation. This remedy provides relief from hangovers. People who need Nux vomica usually experience the worst symptoms in the morning upon waking. They feel some relief from warmth, warm applications and warm drinks.

Podophyllum is a valuable remedy when the person experiences diarrhoea with nausea and vomiting. The diarrhoea is painless, profuse, offensive and expelled with gushing force. Typically, much gurgling in the abdomen is felt and, prior to having a stool, much gas released with the diarrhoea.

These are only a few remedies that can help you over the holiday period.

Always remember to consult a registered homeopath for chronic health issues.

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



*OPSM Silverdale would like to wish a Very Merry Christmas to all readers of The Millwater Mag and thank everyone for their support this year.*



OPSM Silverdale  
Shop 11B  
Silverdale Centre  
61 Silverdale St  
Silverdale  
09 426 7902  
[www.opsm.co.nz](http://www.opsm.co.nz)

Please note that we are open throughout the holidays (excluding 25 Dec - 1 Jan) so why not pop in and see us.

# KEEP YOUR EYES WIDE OPEN to the dangers of the Summer sun

## OPSM Silverdale's top eye protection tips for summer

As UV levels are at their most dangerous during December and January across New Zealand, local residents need to remember to protect their eyes as well as their skin this summer. Local Optometrists James Park and Zaria Burden from OPSM Silverdale are urging locals to wear sunglasses at all times when outside this summer, to prevent the possibility of long-term eye damage due to continued unprotected exposure to the sun.

"UV levels can record up to three times higher in summer and the damage is irreversible. Repeated exposure can cause serious eye conditions such as cataracts, skin cancer of the eyelids and macular degeneration.

"Sunglasses don't have to be expensive. As long as they block UVA and UVB rays, you can be confident you have the necessary protection," said James.

### James and Zaria's top tips to protect eyes from UV damage:

Ensure your sunglasses are rated four or five by the ARPANSA Australian and New Zealand Sunglass Standards. These block almost all UV radiation

Don't be fooled by a cloudy day; the sun's rays can still pass through clouds

Wear a hat with your sunglasses, to give you even more protection

Never look directly at the sun, even during an eclipse, as it can cause damage to the eye's retina

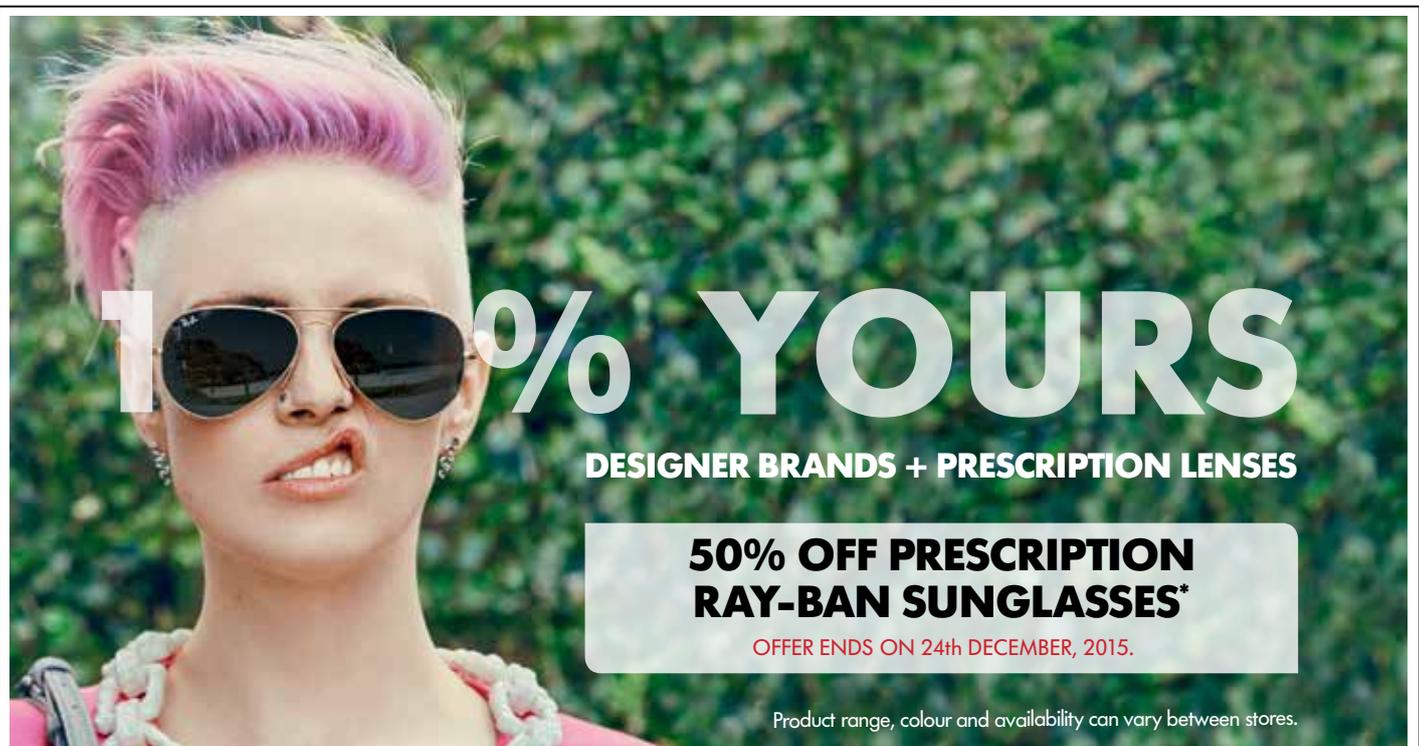
Ensure your kids have the proper protection so their eyes aren't exposed at a young age, as sun damage is cumulative

Many New Zealanders are also complacent outside the traditional harmful sun hours of 11am and 2pm and are risking serious eye conditions.

"A common misconception is "out of sight, out of mind." However, cloudy days can register just as high UV levels as sunny ones, so it's important to keep your sunglasses on at all times," said Zaria.

For more information, you can contact James or Zaria on 09 426 7902 or visit them at OPSM Silverdale.

**Zaria Burden**  
BOptom TPA Endorsement

\*Lens exclusions apply. Terms and conditions apply. Offer cannot be used in conjunction with any other offer, discount (including health fund discount), rebate or benefit other than a health fund rebate.

**Visit OPSM Silverdale**  
Shop 11B, Silverdale Centre  
61 Silverdale St, Silverdale  
Ph: 09 426 7902

# BONE HEALTH

## Part Two

Last month I talked about how important it is to look after our bones, so this month we will continue with this topic and take a look at nutrients that are important for good bone health.

**Calcium:** good sources include not just dairy products, but dark-green leafy vegetables like bok choy, kale and green cabbage; also various nuts and seeds like almonds and pumpkin seeds.

**Vitamin D** is important because it helps our bodies absorb the calcium in our food. Oily fish such as salmon and sardines contain good amounts of vitamin D and, of course, our skin makes vitamin D when exposed to the sun.

**Phosphorous** works together with calcium to give hardness to bone. It's found in many different foods; especially meat, dairy and eggs.



**Magnesium** helps to give structure to bone and is found in leafy green veggies, whole grains, nuts and seeds.

**Vitamin K**, a fat-soluble vitamin, is found in green-leaf vegetables, broccoli, cabbage and Brussels sprouts. Eating olive oil, avocado oil or a little butter with your greens helps your body to absorb this vitamin more effectively. Vitamin K is also produced by the bacteria in our intestines.

Smoking and too much alcohol can interfere with our body's ability to absorb calcium, causing weak bones. Excessive salt



and caffeine consumption can have a detrimental effect on bone, as they cause more calcium to be lost in urine instead of being stored by the body. Interestingly, studies have shown that high soft-drink consumption has a detrimental effect on bones. However, researchers have not yet been able to determine why.

High levels of thyroid hormone and low levels of oestrogen (especially at menopause) can cause bone loss, so in both these cases it is important to make sure you look after your bones well.

Weight-bearing exercise protects against bone loss. Just like a muscle needs a certain amount of stress to grow stronger, it works the same way with our bones. Any weight-bearing exercises such as walking, running, strength training and tennis put a healthy stress on the bones, causing them to become stronger. With summer well on its way, it's a great time to add some exercise to your daily routine – and your bones will love you for it!

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)



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



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# Bone Broth & Raw Diets

Cats and dogs on a well-planned diet of raw meat, bones, organs and tripe can safely enjoy and benefit from bone broths – whether it is being used to address a particular health issue, or fed regularly as a nourishing treat.

**Modern lifestyles and increased reliance on processed food has led to an increase in digestive disorders.**

Broth (slow cooked bones and other connective tissue) is a gelatinous, nutrient-dense superfood. Easily digested, even when other foods are not, broth has been used in nourishing traditions the world over; to heal and restore gut health in people and pets.

**Good health relies upon an intestinal barrier that allows the absorption of beneficial nutrients, but prevents the absorption of harmful dietary and environmental compounds.**

When the intestinal barrier (gut wall) is compromised by our modern lifestyle (including the consumption of food-like products rather than real food, and overuse of antibiotics and painkillers), it becomes 'leaky' (more permeable).

A leaky gut can cause and contribute to a host of conditions such as:

- Itchy and irritated skin
- Otitis/ear infections
- Cystitis/urinary tract issues



- Joint disease
- Dental disease
- Inflammatory bowel disease
- Autoimmune conditions

Broth is easily assimilated by a leaky gut. It is nutrient-dense, rich in minerals and a highly-available source of protein in times of malnourishment, or when little else will be tolerated.

**Broth can heal and seal a leaky gut, allowing the body to start utilising nutrients that are necessary as part of a healing protocol.**

*In our modern environment of readily available, highly processed food, and growing rates of chronic disease, broths offer a welcome return to simple, effective supportive nutrition.*

**Raw Essentials stock bone broth and bone broth-making kits. Talk to Manager and Vet Nurse Debbie and her team at the Silverdale store about whether bone broth is a good fit for your pet.**



Summer is almost here and many people will be heading off to explore this lovely country of ours, you can't beat a New Zealand road trip.

Have your vehicle serviced ready for summer and get a 10% discount with this advert.

Offer valid until 23-12-15

The team at Wade Motors would like to wish all our customers a very Merry Christmas and a safe & Happy New Year

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# How to read stories to young children

Have you had the experience of trying to read a story to very young children, only to find that you are reading to yourself as they bounce around the room or the bed?

That may be because the story or the language is at a too-high level compared to the language skills of your child at



that time. Although children are able to comprehend more than they are able to verbalise, it is still important to meet them at a language level that they can understand and, to some degree imitate, so that they are learning new language skills as you go. So; if for example you child is 2 years old and is starting to combine words into 2-4 word sentences, it would be best to keep your sentences under 6 words in length. The content of the story should be simple and even repetitive to some degree. Illustrations need to capture the child's attention and be concrete enough that the child can recognize



objects.

When reading a book together, you can maximise your child's learning by making it an interactive experience. At first, you could page through and see what captures your child's attention. Name objects of interest and allow your child to comment on what they see. Lift-the-flap books are always good for creating anticipation or getting your child to guess what might be under the flap. When the child is familiar with the book, try paging through again and, if the content is too advanced, you could paraphrase the story at a level that your child can understand. Children will often ask for the same books over and over and this is often because they are still learning something from the story with each retelling. You could also give them a turn to "read" the story to you and then you will be able to tell how much they have learned from it.

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---

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Auckland

# Skin

## Your Largest Organ

**Skin is the largest organ of the body.** It is our protective covering, our first barrier to fight illness and disease and a passageway straight to our bloodstream. Our skin holds our bodies together and it is a barometer for overall health. Early warning signs of many diseases manifest themselves on the skin, providing practitioners with invaluable diagnostic information. Our skin works so well that it's easy to take skin for granted.



Because skin can absorb what you put onto it, it is important to ensure you are not slathering chemical-based products all over yourself, as some of these toxins will end up inside you. None of the products we put on our skin stay on the surface;



they are absorbed. If you don't believe this is true, just think about how nicotine patches work! Research published in 2007 found that a woman who uses makeup daily will absorb over 2kgs of chemicals per year. And that's just makeup! It is said that we absorb 60% of what we put on our skin. That's a scary thought.

Read your labels – understand what you're putting on your skin and consider a gentler alternative. There are many well-priced natural and organic skin-care ranges available, all offering healthy options. These include Sukin Organics, Andalou Naturals Fruit Stem Cell Science, La Mav Organic Skin Science (cert. organic); plus, for sun protection, Oasis Organic SPF30 or Ecotan Natural Coconut SPF30 Sunscreens. **All are available from HEALTH BY LOGIC in Silverdale.**

Skin comes in many shades; it can be thick or thin, hairy or smooth, taut or a little saggy. No matter what skin you are in, give it some natural love.

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# Preparing for the Classic Kiwi Summer

Whiling away the long, balmy evenings with a cold beverage and a barbeque epitomises the classic Kiwi summer. So; whether you're looking to add value to your home before it goes on the market or you simply want to make the most of the warmer weather, then here are some good ideas to transform your outdoor area into a summer sanctuary.

## Clear the Decks

The outdoor area of a home is the centre of relaxation for many over the summer months. If you have a deck, a tiled or concrete outdoor area, then it's a good idea to clear it away and give it a clean before the summer festivities get underway. A simple hose-down will give the area an instant boost, but if you have a deck and you want to keep it looking its best, then it pays to give it a little TLC. This can be as straightforward as applying a fresh coat of stain or replacing stressed boards.

## Edible Garden

If you want to have an impressive array of herbs or vegetables at your fingertips, then now is the time to get planting. Not only do they add a great splash of colour to any outdoor area, but with a little love and the right amount of sunlight, they can thrive and are a great feature of any courtyard or outdoor area. If you have limited space to work with, then consider investing in a planter box – not only do they look great, but they make it easy to grow a collection of herbs and veggies.



## The Right Light

If you want to showcase your home and landscaping, then consider outdoor lighting. This can be done in a variety of ways; including in-ground lighting, garden lighting, wall-lighting or even fairy lights. Not only do they create a warm and idyllic ambience, but they will also see you through beyond sunset.



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# 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](mailto:grayson.furniss@mikepero.com). This service is free from cost.

	Oct 2014	Sept 2015	Oct 2015
Number of Sales	10	23	13
Median Sales Price	\$894,500	\$1,035,000	\$1,150,000
Highest Sale Price	\$1,025,000	\$1,630,000	\$1,410,000
Lowest Sale Price	\$790,000	\$880,000	\$880,000
Average % price to CV	24.55%	24.59%	20.92%
Average Floor Area (sqm)	243	240	256
Weighted Value Index	1006	1251	1233

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.

**Grayson Furniss**  
Franchise Owner  
SILVERDALE

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021 665 423  
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Mike Pero Real Estate, Licensed REAA (2008)

## millwaterpropertytalkwithGrayson

### What a difference a month can make in real estate!

While the property statistics above indicate a reasonably rosy picture, the reality of the current market is quite different. What is now reasonably clear is that the new IRD regulations for overseas purchasers and speculators, along with a change in lending policies for investors, have created an unusual disruption of the market. We can see that there was a significant increase in buyer activity leading into 1 October (when the rules changed), causing the reasonable spike in September sales; with some flow-on spilling into the October figures. A lot of this activity has now stopped, leaving us with a much smaller buyer pool across Auckland and equally so in Millwater. We know that, in several of our traditional feeder markets, would-be Millwater buyers are now having difficulty selling their properties at the level they were expecting; having a direct impact on their ability to purchase in Millwater. And the outcome of all this... fewer buyers with less money and less urgency. It is a fair bet that this will be seen in the November figures.

We anticipate that this will be a temporary disruption, with some small indications already that buyers are returning to the market. Our advice is: if you are considering buying, then between now and the end of the year is probably your best chance to buy at a reasonable market price. There is certainly more property available now than for some time, with some vendors becoming more negotiable on price. Don't delay though – investors will soon find other ways of financing their purchases and foreign buyers will discover that obtaining an IRD number is not impossible; so both will come back into the market.

We have already had discussions with potential sellers who are happy to wait until the market picks up – so supply is slowing, reducing options for buyers and eventually pushing the prices up again. The fundamentals of the market still indicate long-term price growth, with ongoing immigration exceeding the pace at which we are building homes. Shortages of property look to continue for some time. So; don't wait – act now because next month could be too late...

*Grayson*

Mike Pero Real Estate, Licensed REAA (2008)



# Mike Pero

09 426 6122


**SPLIT LEVEL BRICK AND TILE**

4 2 2

**\$925,000**

### 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 656m<sup>2</sup> (approx) gently sloping site, great for kids and pets



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# Mike Pero

09 426 6122


**SINGLE LEVEL & SUPERB**

4 2 2

**\$949,000**

### 8 Bartlett Drive, Silverdale

At last, a quality low maintenance single level home in a great Millwater location. 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

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**SOPHISTICATED AND SPACIOUS**

4 2 2

**By Negotiation**

**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) 284m<sup>2</sup> 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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Mike Pero

09 426 6122



**OH WHAT A VIEW!!**

4 2 2

**By Negotiation**

**5 Fig Tree Lane, Millwater**

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 centre of the house for shelter and fantastic flow from living areas



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WALK-THROUGH VIDEO ONLINE

**SUBSTANTIAL SINGLE LEVEL BRICK HOME**

3 2 2

**Auction**

**17 Ridgedale Road, Millwater**

**Auction - On-site Tuesday 8th December 7:30pm unless sold prior**

- large (255m<sup>2</sup>) single level 3 year old Generation Home on easy care 709m<sup>2</sup> (approx) section with balance of MB warranty
- massive open plan kitchen, dining and family room flowing to private covered outdoor area plus additional lounge
- stunning kitchen with large butlers pantry, island bench, 900mm wide oven plus under bench steaming hot water supply
- spacious master bedroom with ensuite and walk in wardrobe plus two further double bedrooms including one with semi ensuite



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**30 Bankside Rd, Millwater**

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By Negotiation over \$860,000

**263 Millwater Parkway, Millwater**

- fantastic freehold lock up and leave opportunity, no body corp fees and balance of 10yr Master Builders warranty to transfer
- sunny and spacious open plan living area flowing to generous north western facing outdoor courtyard, great for BBQ's
- great entertainers kitchen with large bench space and breakfast bar, ample storage and room for an extra large fridge
- three double bedrooms including master with walk in wardrobe, ensuite (with bath) and personal deck plus additional media room / office / lounge convertible to 4th bedroom



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Mike Pero

09 426 6122



**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 (258m<sup>2</sup>) 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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# VILLAGE DEPOT

The NEW place to shop, eat and discover creativity in Silverdale Village



Located at 8-10 Silverdale Street, VILLAGE DEPOT is easily recognisable by the black cedar cladding and full-height glass frontage. Inside is a chic industrial interior with polished concrete floors, exposed beams and mixed natural and recycled materials.

The vision of Village Depot is to provide a collaborative boutique village shopping experience, with a clear focus on creativity, quality products and exceptional customer service. Step inside and you will find like-minded businesses collaborating in an open environment that allows visitors to wander freely between each shop.

## JONES DEPT

Is a high-end women's fashion outlet store offering NZ and International designer brands, accessories, handbags and more. Jones Dept believes that an outlet store should have the same focus on customers' experience as any other high-end fashion store and, as such, provides a spacious, modern boutique customer shopping environment.

## GATHER 'N FEAST

Chef Matt Gilray and his team gather the freshest high-quality produce, meats, wines, beers and coffee locally, allowing their customers to feast in a relaxed, friendly environment. Matt, a trained chef and butcher, believes that partnering with passionate farmers and growers results in uncompromised quality and flavour – just ask him about his unbelievable eggs and handmade bacon cured in local honey! Exceptional coffee is a priority; with beans from award-winning roaster Orb, brewed by talented baristas using the latest espresso technology from Italy.

Open every day for breakfast, lunch and takeaway coffee and for dinner service Wednesday to Saturday.



## ZAVEDO DESIGN

Is a unique homewares and interior design store that is focused on enhancing homes by sourcing, designing and making products that are both functional and aesthetically pleasing. Their taste is contemporary with a warm and minimalist feel and they are inspired by architectural structures, interiors, landscapes and fashion that evoke emotion. You will find an ever-expanding range of beauty products, home decor, art, lighting and gifts that are unique in every sense. Soaps from NY, throws from the Netherlands and natural beauty products are only some of the uniquely-sourced goodies you will find on offer.

## CAPRICO

Is an importer of high-quality European bed and bath linen. They work directly with Portuguese textile manufacturers to deliver the highest quality 100% cotton, high thread-count sheet sets, duvet sets, bedspreads and towel sets to New Zealand. They are passionate and knowledgeable about high-quality linen and delight in knowing their products are created to last. As importers who sell direct, their prices for European linen are incredibly affordable.

Village Depot and the brands are open 7 days a week, with the restaurant open early for breakfast every day and late for dinner Wednesday to Saturday.

You can find out more about Village Depot and their boutique stores below:

[facebook/villagedepot](https://www.facebook.com/villagedepot)

[jonesdept.nz](https://www.jonesdept.nz)

[zavedo.nz](https://www.zavedo.nz)

[gathernfeast.co.nz](https://www.gathernfeast.co.nz)

[facebook/capricho](https://www.facebook.com/capricho) pop-up shop



# VILLAGE DEPOT

a new place to shop eat and discover creativity

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GATHER N FEAST

JONES DEPT

CAPRICHIO

ZAVEDO

BED & BATH LINEN

FASHION

DECOR + DESIGN

8-10 SILVERDALE ST SILVERDALE



# Rocky Mountaineer Trip

We arrived after a 13-hour direct flight to beautiful, cloudless Vancouver. We took two days exploring Vancouver; enjoying the highlights of Granville Island markets, with the amazing selection of fresh fruits, cakes, restaurants and crafts – and then Gas Town for its eclectic shops.

We had booked on the Silver package and were collected from our hotel early on the first morning of our train trip. There are 3 packages to choose from; each indicating what type of carriage you travel in and the class of hotels you are booked into.

We had two days on board the train, taking us from Vancouver to Kamloops and then on through to Lake Louise. The train was very comfortable, with large picture windows to take in the extensive panorama of the scenery. All the meals were provided and were of very good quality; fresh scones baked on the train for morning tea etc. The staff allocated to each carriage are with you throughout the whole journey and look after all your needs; from serving meals to providing a great commentary of interesting points all along the way – and there are many.

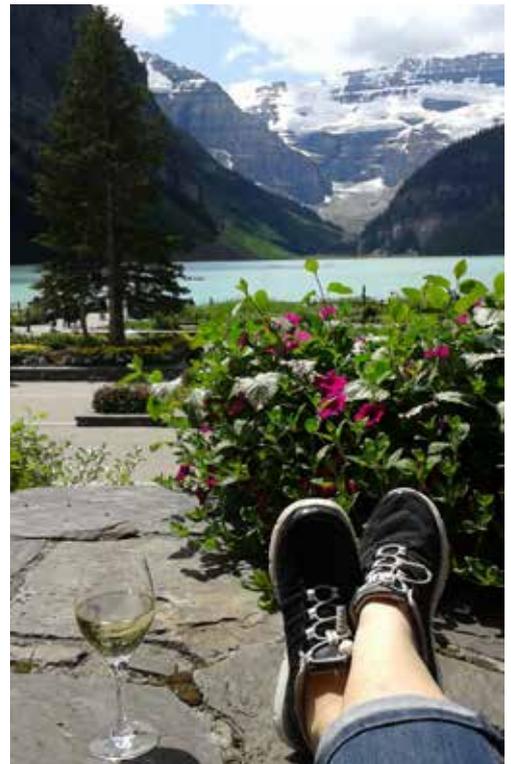
When you vacate the train at the end of the day, there is no hassle of locating and carrying heavy bags; they are all waiting for you in your hotel room and, again in the morning, they are collected and returned to the train.

Our final destination was Lake Louise, although others went on to Banff as a final stop. We felt it would be such a shame to go past Lake Louise, which is absolutely majestic – the beautiful aquamarine of the lake, the closeness of the incredibly steep mountains and the luxury of the Fairmont Chateau Lake Louise – all making you feel so privileged and at a reasonable price. Make sure you walk up to the lookout. Although it's a short walk, because you are at a high altitude, it pays to take a few breathers along the way – but the view is worth the climb.

After a few days, we caught the bus through to Banff; a nice easy trip along the great straight Canadian highway and then we took the Banff Gondola up to the walkway at the top of the Rockies – the 360-degree views were incredible!

The overall package was great and we all would highly recommend this relaxing and well-managed trip to anyone wanting to enjoy gorgeous scenery.

**Sharon Whitaker - Millwater Resident**



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# holiday destinations

## Jennie Ready's Melbourne

Only 4 hours from Auckland, Melbourne is the perfect destination for a romantic getaway, a girls' shopping weekend – or, if you have more time, a longer holiday to explore the surrounding areas.

From outlet shopping and department stores to heritage arcades and boutique designer stores, Melbourne is certainly perfect for the shopaholic. The discount outlets have some great deals, where you can shop until you drop. However, some of the best shopping gems can be found in the historic cobble-stoned lanes where there are designer stores, quaint boutiques, galleries and cafés. A great way to explore these lanes and make sure you don't miss anything is to do one of the Melbourne walking tours.

There is certainly more to Melbourne than its amazing shopping. It is also home to a number of art galleries, museums, theatre productions, amazing restaurants and, of course, the annual event that brings the whole nation to a halt – the Melbourne Cup.

If you have some time, it's definitely worth exploring some of the surrounding areas. The Yarra Valley, renowned for its wine, is only 90 minutes away, as is the beautiful Mornington Peninsula with its vineyards and stunning coastal scenery.

If you are feeling adventurous and would like to venture a bit further afield, then I highly recommend taking a drive along the Great Ocean Road, which is one of the world's most scenic drives.

Alternatively, if you're in need for some relaxation, a great location to explore is Daylesford and Hepburn Springs, which is known as Spa Country. This area is well known for its healing mineral waters and there are plenty of spas available, offering therapies and treatments.

So; if you're looking for somewhere to visit with amazing food, shopping, spas, arts and culture – then Melbourne is the place to go.



## Millwater ROWENAs

The October lunch was held at the Puhoi Cheese Factory and was attended by 14 of the 19 ladies who belong to the group. We car-shared and met for lunch at 12.30 on a rather miserable damp day – but that certainly didn't dampen our enthusiasm to meet for a lovely lunch and friendship. Several ladies and I had the vegetarian tart and salad, which was delicious, and all the other ladies reported that their choices from the menu were equally good.

Even although there were 14 of us, the Cheese factory was very well organised. They took all the orders and then passed them to the chef, who managed to provide all the meals pretty much at the same time. This made for a very convivial and conversation-rich lunch. It was noted that a least two of the ladies did indulge in a delicious, award-winning ice-cream after their lunch and a number also purchased some of their

delicious cheeses to take home.

Our November outing was to Walnut Cottage in Orewa on November 26th – after this magazine went to press, but we will report in February. The ROWENAs is now 19 members strong and, for administrative reasons, we need to close this group to further membership. However, if there is interest in starting another of this type, I am sure that a second group could be formed easily – "ROWENAs 2" perhaps? If so, why not email the magazine and we will assist you in starting a second group.

Margaret Mullan

# millwaterasiancorner

## Chopsticks



Do you find chopsticks hard to use? Have a little observation at any Asian restaurants; you may be surprised to see not every Asian can use the chopsticks properly. I was one of them! My parents never forced me to use chopsticks in the correct posture, mostly because I am a left-handed – so they didn't really know how to show me the correct way with their right hand. So, as long as I can use chopsticks without making a mess, they are pretty happy.

However, after my first date with my boyfriend who is now my husband, he threw me a very romantic advice: "My parents dislike people who can't use chopsticks correctly; they consider it as improper manners. So, if you want to meet them, you had better learn properly". So here I was, at the age of 18; I decided to learn how to hold chopsticks in the correct posture and it took me about a month to get used to it. I have to admit, it was hard!

However, after I have mastered the skill, I was really surprised at how much a pair of chopsticks could do. Besides picking up food, chopsticks could also stir, cut, whisk and fold! Some say chopsticks are like an extension of our fingers. I can't agree more, especially in the kitchen – most of the time, I only need a pair of chopsticks to cook a meal. For example, chopsticks are great to stir boiling pasta and whisk eggs!

In the photo is a selection of chopsticks from my kitchen drawer. Starting from left, the longest are used for cooking (seriously good for deep frying); the wood chopsticks we use daily; Korean stainless steel chopstick (they are flat!), and beginner chopsticks for kids at different stages. Nowadays beginner chopsticks are even available for left-handed people – I wish I

had had these! However, my husband always complains these chopsticks are actually misleading kids rather than helping them, but I still think it is quite a good way to encourage them to use chopsticks.

Although etiquette varies between countries, there are still a few basic things to remember and these are: never point chopsticks toward people while holding them in your hand; do not use them to spear food and always lay them down parallel while not in use.

I hope you find this article interesting to read and I would love to hear your comments and suggestions. Please feel free to email or PM me through Facebook to let me know. Merry Christmas to you and your family.

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



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# Millwater Families' Facebook 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) 你覺得筷子難用嗎？

**Do you find chopsticks hard to use?**

不難 **No 75%**

難 **Yes 25%**

2) 你家裡有沒有筷子呢？

**Do you have any chopsticks at home?**

有 **Yes 90%**

沒有 **No 10%**

(回應人數：20人, Total respond: 20)

**居民留言 Comments：**

**Barry Stevens**

我在馬來西亞住了9個月，起初我的同事會笑我不懂用筷子。後來我挑戰他們試用另一隻手拿筷子吃東西，他們便不再取笑我了。

Lived in Malaysia for 9 mths which helped - My work colleagues at the time laughed at me at first when I was learning but stopped pretty quickly when I challenged them to eat their whole meal with their opposite hand.

**Helen Shaw**

我喜歡在外出吃飯時使用筷子。這樣說有點傻但我覺得使用筷子會讓食物更美味。

I love using them when I go out for a meal - it may be silly but I think it makes the food taste much nicer...

**Nadine Broomhead**

我覺得難用而且不多用，下次大概又會記不起怎麼用了吧。

Yes I find them hard to use, don't use often so forget how by next time.

**Corli Husselmann**

我好像掌握不到拿筷子的竅門。我家裡有筷子因為我老公喜歡煮亞洲料理。我們還打算要買不銹鋼的筷子呢！

Yes it is tricky and I don't seem to master the art, we have chopsticks as my husband likes making Asian food. Want to upgrade to stainless steel ones.

想不到大部分洋人也很會用筷子，真的很了不起，看來筷子已經融入了本地的生活習慣裡。看來我們也要加緊努力了解他們的文化啦！

What a surprise most Kiwis can use chopsticks and how well it has blended into their lifestyle, They are amazing! Seems like we should have to spend more effort to learn about their culture too!



# Summer Shoulders



With the summer upon us, so too are the aches associated with reawakening muscles as we return to summer activities. As physios, we commonly see shoulder injuries brought on by repeated overhead movements in summer sports such as tennis and swimming, or DIY jobs involving a paintbrush. Pain may be felt locally to the shoulder joint or spreading down the arm or up into the neck.

The shoulder, being such a mobile joint, relies heavily on good muscle function. The joint that connects the collar bone to the shoulder blade (AC joint) is the only 'true joint' connection that the arm has to our central skeleton. All other articulations in the shoulder are reliant on muscles and ligaments to give control and stability.

The main group of muscles around the shoulder are collectively known as the rotator cuff. When operating well, they keep the shoulder centred within its socket, as well as creating movement. When they go wrong, however, pain and loss of function occurs. Early intervention to correct abnormal movement patterns is essential, to prevent further damage to surrounding structures.

Physio management will focus initially on managing pain and



restoring lost motion. Shoulder blade control will be addressed, along with looking at how your spine and shoulder operate together. A rotator cuff-strengthening programme is often key, and your physio should tailor this to the daily demands of your shoulder. A swimmer, for instance, needs strength and stability in an overhead position. Technique and biomechanics of problematic activities will be addressed; so don't be surprised to be asked to demonstrate your paddle-boarding technique.

Like all good things, strengthening takes time – and it is much easier to influence a shoulder that has only been compensating short-term rather than long. So, in the words of a recent client: "When it comes to shoulders, you need to tell everyone how important it is to be seen sooner rather than later."

**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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# millwater bizbuzz

Millwater is fortunate in having a Jesters pie outlet in Silverdale, where Steven and Fiona Davey are owner-operators of this great local franchise. Fiona is also a full-time flight attendant with Air New Zealand and supports the business during her breaks. They have a 5 year-old son, Max.

Steven is a North Shore local and has a solid track-record in the food trade; gaining a Management Diploma from McDonalds after opening their flagship store in Belmont and another as grocery manager with PAK'nSAVE in Taupo. Additional management experience was gained during his OE, when he opened a flagship Sports Soccer store in Fulham, London; and as project manager with the Wandsworth Council. Returning to NZ in 2003, Steven worked as project manager with The Warehouse and later with Auckland Council, before bringing to fruition his deep desire to start his own business.

With his wide experience in the food and catering industry, Steven decided on Jesters because of their robust business growth model and quality products. Recently opening in Silverdale, Steven and Fiona are building a strong business and can see that expansion of the Millwater/Silverdale area will favour their plans for a secure future.



Steven is also a Volunteer Ambulance Officer and Emergency Medical Technician with St John and the Jesters business strongly supports local school and other appropriate charity events. Both he and Fiona love the Millwater community and the friendliness of everyone they meet here.

Special offers at Jesters include a pie and coffee for just \$5 before 10:30 every day; and a great pensioner deal of free coffee with a pie, all day on Monday to Wednesday inclusive. One regular customer was asked "why Jesters?" and she said, "Simply; for great pies, coffee and service – all with a chocolate fish!"



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www.flowersbyjoanne.co.nz



## Goat Cheese-stuffed Chicken Breasts with Cranberry Salsa

### Salsa

1 can (14 ounces) whole cranberry sauce  
 1/3 cup finely-chopped fresh coriander leaves  
 1/4 cup minced red onion  
 1½ teaspoons freshly-grated orange zest  
 1 teaspoon balsamic vinegar

1 teaspoon rock salt  
 Freshly ground black pepper  
 ¼ cup crumbled goat cheese  
 4 boneless chicken breast halves (with or without skin)  
 2 tablespoons extra-virgin olive oil  
 2 teaspoons finely-chopped fresh thyme leaves

### Instructions

Combine the salsa ingredients, including ½ teaspoon of the salt, and mix well. Reserve ¼ cup of the salsa to use as a stuffing for the chicken breasts. (The salsa is best if made a few hours before serving. Keep it covered and refrigerated.)

Prepare the BBQ grill for direct cooking over medium heat (350° to 450°F; 175° to 230°C).

Place the chicken on a work surface, skin (or smooth) side down, and then cut a large pocket in the thickest part of each breast. Push about 1 tablespoon of the cheese inside the pocket, and then spread about 1 tablespoon of the reserved cranberry mixture on top of the cheese. Press the pocket closed. Brush both sides of the chicken with oil and season evenly with the remaining ½ teaspoon salt, the pepper, and thyme.

Grill the chicken, skin (or smooth) side down first, over direct medium heat, with the BBQ lid closed, until the meat is firm to the touch and opaque all the way to the centre (8 to 12 minutes), carefully turning once. Remove from the grill and let rest for 3 to 5 minutes. Serve warm with the remaining cranberry salsa.

**Helen Wreaks, Gatmans Mowers&More, Silverdale**



## Teriyaki Chicken with Crispy Skin

**Japan will host the 2019 Rugby World Cup, so why don't you prepare yourself with some delicious Japanese food?**

### Ingredients

2 Chicken breasts (boneless and skin-on)  
 1/4 Cabbage

### To Make

1) Remove the tenderloin, use tip of a knife to make a couple of scores on the thickest areas. (Save the tenderloin for other use such as stir-fry).  
 2) Marinate chicken breast with 2 cloves of whole crushed garlic, 1 tablespoon of soy sauce, 1 tablespoon of cooking rice-wine

(optional). Put into fridge for at least 12 hours; ideally one day.

3) On a plate, arrange a layer of corn flour and put the chicken onto it with skin facing down. Ensure every part of the skin is covered by corn flour; then quickly transfer it to an already-heated saucepan with skin facing down.

4) Add oil around the chicken, cover and pan-fry on high heat for about 8 minutes.

5) Remove cover; turn the chicken with skin side up, fry for a further 2-5 minutes depending on the thickness of the chicken. Add oil if necessary.

6) Once the breast is fully cooked, transfer it to an oven rack with skin up and grill for around 2-3 minutes, or until the skin turns crispy.

7) Cut into pieces and serve on a bed of shredded cabbage; pour Teriyaki sauce over.

### To Make Teriyaki sauce

1) In a the same saucepan, heat up 2 tablespoons of sugar, 2 tablespoons of soy sauce and 1/4 cup water.

2) Let it boil for around 3 minutes or until most water has evaporated, where there are big bubbles in the saucepan (see photo). Remove from heat and check the texture; if it is too watery, then keep heating until it reaches your desired thickness.

**Enjoy! Nita Wong**



## Best Muffins Ever!

These muffins are great as a base for all sorts of flavours. They also freeze brilliantly; take them out of the freezer to pop into lunch boxes and by morning tea they will be ready to go.

### Ingredients

- 1 1/4 cups plain flour
- 1 1/4 cups wholemeal flour
- 1 1/2 tsp baking powder
- 2/3 cup baking bran
- 2/3 cup brown sugar
- 1/3 cup milk
- 1 cup of yoghurt (I use any sort, fruit, plain, vanilla, Greek)
- 1 mashed banana

### Method

Mix all above together slightly; then:

- 125g butter
- 2tbsp golden syrup
- 1 1/2 tsp baking soda

Melt butter and golden syrup. Once melted, add the baking soda – this will froth up – immediately add to the other ingredients.

Other options to add to the mixture: sultanas, coconut, chopped apple, walnuts, almonds, cocoa (I also add some protein powder for my son whose is working out at the gym), or a 1/2 tsp of cream cheese in the middle of each

You can also decorate the tops with a slice of apple or a chocolate button.

Line a muffin tin with paper cupcake cups.

3/4 fill muffin cups and bake at 180C for 12-15 minutes. Test by putting a sharp knife in the middle and if it comes out clean, the muffins are ready.

**Enjoy! Sharon Whitaker**

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



## Nearby Neighbours

### Kumeu and Huapai

Kumeu, also known as the wine country, is a small town 25km North-West of the Auckland City centre. There are many vineyards in the area; such as Nobilo, Soljans, Matua, Kumeu River Wines and Coopers Creek. The wineries of Kumeu date back to the 1940's when wine families of Croatian origin established winemaking in the area. These families are still living and working in the area today, making some of New Zealand's most renowned wines.

With a population of around 6,000 people, there is a diverse range of people from all walks of life and interests and there are many things to do in Kumeu or nearby.

From October to February is a great time to pick strawberries in Kumeu, where there are multiple strawberry fields. You can go out on a beautiful day and pick as many strawberries as you want, which is a must-do for everyone to experience in summer.

A 16 kilometre drive North-West of Kumeu will take you to Muriwai Beach, where a windswept rugged coastline stretching 60km north showcases Muriwai's spectacular black sand surf beaches. At its southern end, Otakamiro Point is the site of one of our few mainland gannet (takapu) breeding colonies. There are also 5 walking tracks that can take you to var-

ious look-outs overlooking the coastline and beautiful views.

About a 22 minute drive from Kumeu is Bethell's Beach, where you will also find, behind the sand dunes, Lake Wainamu – a popular swimming alternative to the rough West Coast beaches. It is a geographically contained area, with constrained vehicle access and limited parking capacity. There are 8 different treks you can do; varying from 1km to 8kms, seeing amazing views, bush and scenic activities.

House sales in and around Kumeu have been very good and Mike Pero Real Estate has seen a steady increase of sales: a fair mixture of old and new property on offer, with the odd bare section available for the quick-to-act buyer. The older homes in the area are selling between \$775,000 and \$815,000 – with new homes selling at \$880,000 to \$927,000. The supply of homes on offer through multiple house-and-land package companies may provide some better value options in the future, as supply outstrips demand in the category. This was always going to be matter of time versus the supply of new homes. Lifestyle in the area has increased as a result of speculation and SHA activity, with larger land lots selling from \$1,710,000 to \$4,850,000. Smaller lifestyle properties of 1 hectare are relatively static as buyers are not seeing the potential for future gains.



# artspeak

center and the 1st and 2nd of January. The café will be open and running a juice and iced-tea bar as well as their famed coffee and treats – great for the upcoming hot summer months.

In February 2016, Estuary Arts will kick-start the year with a fabulous arts programme, delivered by experienced art tutors. A range of classes will be on offer: from ceramics, drawing, painting and craft. To find out more about these programmes, visit the website [www.estuaryarts.org](http://www.estuaryarts.org) or visit the Centre, located at 214b Hibiscus Coast Highway. Our first holiday programme for our young people aged five years and up will be in the April School holidays, but we will be focussing on providing small intensive art extension classes for young people to participate in after school. So; get on down and join YOUR arts centre.



## New era: New opportunities at EAC

With all the new building and development taking place on the Western Reserve, Estuary Arts Centre is thrilled to announce the opening of its new education wing. This brand-new facility, which has been lobbied for by everyone involved with the Arts Centre, is finally a reality and will provide much-needed space for our community to make and engage with art; but not only art – a great space for other groups to meet and utilise.

For the months of December and January, we will be showcasing the annual Cash and Carry Under \$500 Sale in this new facility; a great time to support local artists by buying local, home-grown crafts and artwork this gift-giving season. From Friday 12th December, people will be able to view the work in our new custom-designed and built facility and get a feel for the space. Local artists from around the Hibiscus Coast and further afield in Rodney submit a range of their affordable artwork. You can expect to find beautifully-turned wooden bowls, ceramic tiles, paintings in all mediums, prints, glass jewellery and hand-made beadwork, alongside hand-crafted paper books and glass bottles recycled as canapé dishes.

The Centre is open daily from 9am to 4pm, but will close for a few days over the Christmas and New Year period; 24th, 25th, 26th and 31st De-



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In the New Education Wing

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**SALE**



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FREE ENTRY (donation appreciated)

# Garden Care for December



Judging has occurred for The Millwater Gardening Competition – Winners will be announced in the February issue of **theMillwatermag** and on the Millwater Families' Facebook page. Good Luck to all entries!!



**Feed** – Liquid feeding works really well with vegetables, but limit to fortnightly because some fertilisers are too high in nitrogen and you may get all leaf. If you talk nicely to the staff at Central Landscapes Silverdale next time you're in, they might reach under the counter and give you a free sample of Living Earth's Liquid Compost. Water in well.

**Stake** – Most tomato and bean varieties get to 1.8m high (that's 6 feet in days gone by) so make sure you firmly train plants upward, ensuring the produce doesn't disappear inside a great big thicket of growth!

**De-bug** – Chewing is now in full swing, with beetles and caterpillars ravaging plants! Low-toxicity remedies for caterpillars include Success; Pyrethrum. Beetles are virtually indestructible, but the answer may well be a repeat spray of a deterrent, such as those containing garlic and chilli.

**Cover up** – Berries are in full swing and the birds frequently get there first! Throw some netting over strawberries, blueberries and raspberries – anything in the berry patch. Some gardeners report good results from hanging the silver CDs (retired movies you no longer want to watch) in the garden, to deter the berry thieves.

**Deadhead** – Always a great idea to do a bit of a clean-up with spent blooms before you head away. It encourages the plant to put energy into re-growth while you're away. If you're waiting to collect seed, then obviously leave flower heads of plants you desire.

**Water Conservation** – Grey water from the laundry, shower and dishwashing; and watering systems using drippers and BLACKGOLD Mulch (exclusive to Central Landscapes) are all great ways to reduce plant stress as it heats up. If you're away for a while, move pot plants to a more shaded area while you're gone.



The logo for Central Landscape & Garden Supplies is located in the top left corner. It features the word "CENTRAL" in a large, bold, yellow, serif font with a black outline, set against a green rectangular background. Below this, the words "LANDSCAPE & GARDEN SUPPLIES" are written in a smaller, black, sans-serif font on a yellow rectangular background.

**CENTRAL**

LANDSCAPE & GARDEN SUPPLIES

The background of the entire advertisement is a close-up photograph of a garden bed. The left side is filled with a thick layer of reddish-brown wood mulch. On the right side, there are several green plants with large, glossy leaves and some bright red flowers. The overall scene is vibrant and festive.

# Barking up the right tree this Christmas!

Central Landscape and Garden Supplies Silverdale wishes you a very merry Christmas and a happy New Year!

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# millwatermotors



Shane's '84 Chevy Pick-up & Tony's '56 Ford F100 Pick-up

There's a bit of a hot-rod theme developing, which will reach a climax on January 28th to 31st at the Beach Festival in Orewa. I caught up with Vice President of the Hibiscus Rodders, Tony Jeffries, who gathered a few friends and their cars at Signpost Signs in Silverdale, owned by Gavin and Rebecca Hollier – both of whom are also very much into great cars, as we will learn below.

Tony originates from Ponsonby and lives currently in Red

Beach – and is the proud owner of both a '56 Ford F100 pick-up, which he rebuilt in the last 2 years with an XR8 Falcon engine, and a dazzlingly-white '68 Mustang of which he is only the second owner. Tony has been self-employed for the past 33 years and is a highly experienced repairer of home appliances and all white goods. He's always had a passion for cars, having been in the Zephyr/Zodiac Car Club 1982-1993. Taking a break in the USA, he bought the Mustang in 2006 before returning and joining the Hibiscus Rodders in 2007, of which he was also President for 2 years. The Rodders have over 70 members and are a great crowd of like-minded people.

The Hibiscus Rodders are heavily into fund-raising for deserving charities, especially the Westpac helicopter for which they have raised over \$80,000 – and \$30,000 this year alone – with their logo being proudly affixed to one of the Westpac helos.



Tony's 68 Mustang

Rebecca's '68 Pontiac Firebird

They have also raised money for prostate cancer, breast cancer (Tony dyed his hair pink for the month of October), and for an Orewa Surf Club lady whose dad has cancer. Every year, the Hibiscus Rodders have their 'Wrinkly Run' and take senior members of the local community out for the day, to have 'tea and cakes' – this year to the Kumeu Hot Rod Festival, where appearing on TV ensured that it was smiles all round!

Tony introduced me to Shane Bennett, a farmer's son from the Waikato who has lived locally for the past 15 years and who has been into hot rods since he was 14 – and is now the proud owner of a unique 1984 red Chevy pick-up, one of only a very few that are right-hand drive, NZ new and which has had only 1 former owner. I also met Sharon Morris from Orewa, who runs the Orewa Beach Festival and who has the most incredible pink '59 Cadillac – "long enough to have a bowling alley in the back". This pink lady has a custom interior and paint-job – and sports heart-shaped tail pipes on the exhausts that run back from its still-original engine.

Keen members of the Hibiscus Rodders and owners of Signpost Signs Gavin and Rebecca Hollier, respectively, have a '67 Buick Electra and a '68 Pontiac Firebird. Gavin and Rebecca willingly made the time and provided the space for us all to meet for the photo-shoot, after which it was difficult to tear myself away from the gleaming metal and growly V8's.

The February issue of the Millwater magazine will feature a montage of some of the huge variety of hot-rods and custom cars that will be on display at the Orewa Beach Festival, January 28th to 31st. This is an event not to be missed by Millwater Motors followers – there will be much more than cars and car enthusiasts to see and be part of. It will be a fun day out for all of the family and I look forward to meeting again the current President of the Hibiscus Rodders, David Swan, and to learning more about this great community-minded organisation. Watch this space...

Gavin's 67 Buick Electra



Sharon's 59 Cadillac



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## The Luv Bug - Luv'Em or Hate'Em



Andy Connor lives locally and first got introduced to Beetles when his daughter decided she wanted one for her first car. After much searching, a 1971 Super Beetle was found and together they restored it.

Being a fully-trained Mercedes Benz UK Ltd technician, Mercedes ran through the blood but Andy had a soft spot for classic cars, also owning and restoring an Austin Healey in the UK before immigrating 15 years ago. However, rather than just restoring another Beetle, Andy designed his own take on the Beetle, coming up with two, one-of-a-kind, hot-rodged Beetles – better known as Volksrods.

First up, a 1969 Volksrod Roadster (V1): this underwent serious engineering by Andy to fit a standard factory-height chassis, but also to look like it had been lowered. This vehicle took out 4 awards in 6 competitions, including Best European Custom in the 2014 ASB Show Grounds CRC Speed Show and 3rd



Place People's Choice at Kumeu Hot Rod Show 2015, where it was in 'the Shed'. To date, the Kumeu award is his most-prized trophy of any kind, as it was voted for by 'the people'.

Andy's favourite band, Iron Maiden, also sponsor the car via their Trooper Beer brand in New Zealand, which, with all the Beer bottles on top and Trooper Flag in tow, brings a smile to a lot of people.

The second 1962 Volksrod (V2) required every bit of Andy's

creative and engineering skills, as he incorporated every conceivable idea he could think of; pushing boundaries of what had been achieved before on any Volksrod. From dual rear wheels to pick-up crane, it has it all. Not only that, just like the first Volksrod, he only used Beetle parts and if it doesn't look like a Beetle part, he fabricated it himself – including the crane and exhausts on the back. This picked up 2nd place Unfinished Custom at CRC Speed Show 2015.



V2 will be appearing in 'the Shed' at the Kumeu Hot Rod Show in January, so Andy is hoping it will again tickle the fancy of the People's Choice.

44 year-old Andy is taking a year out from his midlife crisis of building cars, to run 5 marathons, raising money for children in need via World Vision NZ – and he only completed the first Marathon in Auckland on 1st November! No doubt you will see him training around Millwater.



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# Personal Wellness with Helen

As we race towards Christmas and all that it is to us, money can be an issue or a blessing. How does it feel to you?

There are 5 main money-types that we can fall into – which one resonates with you?

**Amasser**

Happiest when has large amounts of money to spend, to save, and/or to invest;  
Tends to equate money with self-worth and power;  
Enjoys making own financial decisions.

**Avoider**

Has a hard time balancing cheque book, paying bills promptly and doing taxes on time;  
Avoids making a budget or keeping any kind of financial record;  
Feels incompetent or overwhelmed when faced with dealing with money.

**Hoarder**

Likes to save money and prioritise financial goals;  
Has a budget and enjoys the processes of creating and reviewing it;  
Has a hard time spending money on self and loved ones, for luxury items or practical gifts.

**Money Monk**

Thinks that money is dirty, bad, and that, if you have too much of it, it will corrupt you: “money is the root of all evil”;  
Identifies with people of modest means;  
Would feel uneasy and anxious at the thought of receiving a windfall.

**Spender**

Enjoys using money to buy goods and services, for gifts and immediate pleasure;  
Has a hard time saving money and prioritising the things you'd like in life;  
Spends most or all of the money earned – and you may even be in debt.

So; did you see yourself in there? Your money-type is influenced by the things you have learned about money; from other people (especially family), your experiences and the stage of life you are at.

Understanding your money personality is key to understanding how to master the energy of money and set your life free. If this

article has bought up some worries or unhelpful points of view about money, please get in contact and we can sort it out together.



Helen McAuley-Grant is a Body & Soul Consultant, and a Registered Senior Kinesiotherapist. She has been in practice for over 12 years, and has lives locally.

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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.*

## How's your KiwiSaver Performing?

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# Obesity in Older Women Linked to Memory Loss



Memory is often a problem as we get older. Sometimes we forget where we put something, or we can't remember names — the variations are endless. We've come to accept this condition as "normal" in the older population, but a new study shows that, if you're a woman, memory loss and cognitive function may be linked to your weight.

The study, which involved 8,745 cognitively normal, post-menopausal women aged 65 to 79, showed that, for every one-point increase in a woman's body mass index (BMI), a point was lost from her memory score.

The problem for pear-shaped women, who carry the extra body-fat on their hips rather than their waist, was more pronounced. Researchers suspect this might be due to the type of fat around the hips having different hormonal effects than the fat that accumulates around the waist.

Regardless of the type of fat, or where it is on the body, the results of the study are clear.

"The message is that obesity and a higher Body Mass Index (BMI) are not good for your cognition and your memory," said

lead author of the study, Diane Kerwin, M.D., an assistant professor of medicine and a physician at Northwestern Medicine. "While the women's scores were still in the normal range, the added weight definitely had a detrimental effect."

Further studies need to be done regarding the effects of different types of fat.

"We need to find out if one kind of fat is more detrimental than the other, and how it affects brain function," she said. "The fat may contribute to the formation of plaques associated with Alzheimer's disease or a restricted blood flow to the brain."

This is the first study to link obesity and body shape to brain and memory function, and it opens the door to weight-loss as a treatment for cognitive function. Simply losing a few kilograms could improve memory and the ability to think clearly — in addition to being good for one's overall health.

SOURCE: Northwestern University. <http://www.northwestern.edu/newscenter/stories/2010/07/obesity-reduces-memory.html> and <http://www.medicine.northwestern.edu/departments/10/mar/new-faculty-focus-diana-r-kerwin-win>

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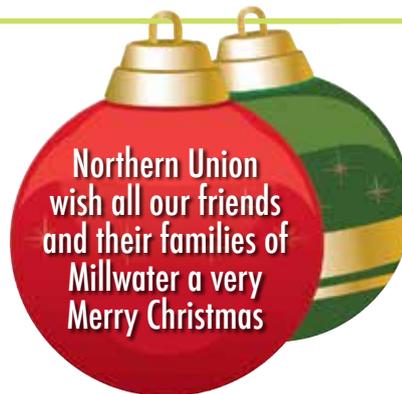
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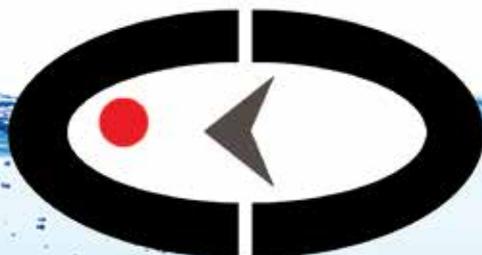
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# New Loan-to-value ratio restrictions from 1 Nov

A loan-to-value ratio (LVR) is a measurement of how much a bank lends against residential property, in comparison to the value of that property. For example, if a bank lends more than 80% of the value of the property, the LVR is more than 80%. The Reserve Bank currently restricts the amount of 'high LVR' lending that banks can do. These LVR lending restrictions on banks have changed from 1 November 2015, and are now:

1. More restrictive for loans secured over Auckland investment property only (Auckland Investor Loans);
2. Less restrictive for loans secured over property outside of Auckland only (Non-Auckland Loans); and
3. The same for loans secured over Auckland property that is not investment property (Auckland Loans).

Properties that come under the jurisdiction of the Auckland Council are considered to be in the Auckland area.

## Auckland Investor Loans

Loans with an LVR of more than 70% must now make up no more than 5% of the banks' total new lending for Auckland Investor Loans. The practical effect of this is that it will become more difficult to obtain loans that are more than 70% of the value of the property (with a corresponding deposit of less than 30%), where that loan is secured only against an Auckland investment property.

The purpose of this restriction is to reduce the upward pressure on house prices by restricting lending to borrowers with low deposits.

## Non-Auckland Loans

Loans with an LVR of more than 80% must now only make up less than 15% of the banks' total new lending for Non-Auckland Loans. This restriction has eased from 10% to 15% and is designed to encourage investment outside Auckland, by enabling banks to increase their proportion of lending to 'high LVR' borrowers who are looking to purchase properties outside Auckland, and to secure their loans with mortgages over properties outside Auckland.

## Auckland Loans

Banks must restrict new residential mortgage lending at LVRs of more than 80% to no more than 10% of the dollar value of that bank's total residential mortgage lending. This restriction will remain for loans secured against Auckland property that is not investment property.

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# Shakespear Open Sanctuary Society Inc (SOSSI)



In the gecko-monitoring surveys of March and April this year, we were rewarded with some very encouraging observations. Most notable was the re-discovery of the Auckland Green gecko (*Naultinus elegans*). This species was known to be present in the Sanctuary from a historical record circa 1980's but, when there were no sightings in recent surveys, it was feared that they could have been lost.

It is normally uniformly green on the back and sides and a paler green or pale blue on the undersides. Of the nine green geckos in New Zealand's *Naultinus* genus, the Auckland Green is one of the smallest. They are active by day, generally concealed by the foliage of their favoured manuka and kanuka, where they feed on invertebrates and sun bask. When threatened, they gape their mouth widely but rarely vocalise.

In other aspects of the survey, there was a sighting of another Forest gecko; a considerable distance from the initial observation of this species back in December 2014. It is to be hoped that this indicates a widespread population of this

species.

There were twentyone observations of Pacific geckos during the survey period, including 10 neonates (babies born this year). In mid-April, a dead Pacific gecko was found on the road, having been run over by a vehicle. This may not sound like something to celebrate, but it obviously lived close by in an area not known to have Pacific geckos.

Shakespear Open Sanctuary is a great asset for Millwater and the whole Hibiscus area and your support is important to the future of the Sanctuary.



You can support us online at [www.sossi.org.nz/supporters](http://www.sossi.org.nz/supporters) by direct credit, credit card or PayPal, or send a cheque to PO Box 790 Whangaparaoa, Auckland 0943. It still costs only \$10 for one year but we've added two new options which are: Just \$40 for 5 years, and Automatic payment of \$10 per year via PayPal.

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# Hibiscus Men's Shed Development

The development of the Hibiscus Men's Shed stems from the success of the North Shore Men's Shed opened in 2013 and from the support of the

Chairman of The North Shore Men's Shed Trust; an Orewa resident who recognised that the rapidly-growing Hibiscus Coast demographic could support a new Shed. With support from the Hibiscus & Bays Local Board, a public meeting held in May led to the establishment of the local Trust.

The Men's Shed movement in NZ developed from a similar organisation originating in Australia, where there are now over 1500 such facilities. The number in NZ is growing rapidly, with 93 already underway or in operation and mostly affiliated to the NZ 'Menzshed' umbrella organisation. The movement has spread throughout the UK, Canada, Denmark and Sweden. These NZ project 'Sheds' are all funded by Public, Private, Community and/or Council grants and donations with, in most cases, machinery donated by deceased estates or families down-sizing.

The Sheds are open to all community members, but primarily target men in retirement; many of whom find themselves with surplus time and often having lost 'man space' in downsizing. The Shed will provide a not-for-profit community facility in the form of a workshop to which members can drop in and spend time chatting and working on either personal or community-support tasks, using the machinery provided, and/or

partaking of general camaraderie – often forgone once divorced from a lifetime in the workforce, the loss of which can impact on the mental and physical health that workplace human interaction provides.

Since inception, the Hibiscus Men's Shed Trust has developed a comprehensive strategic plan and engaged with Hibiscus & Bays Local Board and Auckland Council staff regarding a number of local sites in an effort to find a suitable Coast location, with a formal lease application having been lodged. To date, a steady supply of machinery, hand tools, fixtures and fittings have been generously donated by many community folk and are safely stored, courtesy of Guardian Storage in Silverdale, pending construction of our Shed.

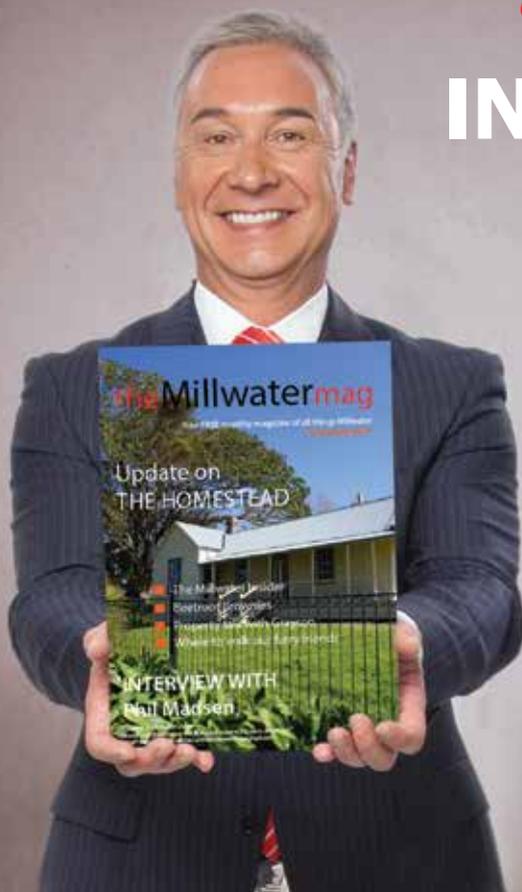
To learn more about the Hibiscus Men's Shed Trust, enquire about membership or discuss an equipment donation, please contact Stuart Johnston, Ph: 424 7854 Mob: 027 492 3357 [hibiscusshed@outlook.com](mailto:hibiscusshed@outlook.com)

Interested parties may also like to attend a Trust open meeting on 8th December at the Auckland Council Service Centre, Level One, 50 Centreway Road, Orewa, 1.00 – 2.00pm. RSVP to Stuart (above).

**Stuart Johnston,**  
Chairman of Hibiscus Men's Shed Trust



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					December				Low	High
Tue 01 Dec	05:54 0.4m	12:19 3.0m	18:29 0.4m	-						
Wed 02 Dec	00:45 2.8m	06:42 0.4m	13:07 2.9m	19:20 0.5m	Thu 17 Dec	00:11 2.9m	06:13 0.4m	12:41 3.1m	18:49 0.4m	
Thu 03 Dec	01:33 2.7m	07:31 0.6m	13:56 2.8m	20:11 0.6m	Fri 18 Dec	01:01 2.9m	07:04 0.4m	13:32 3.0m	19:42 0.4m	
Fri 04 Dec	02:24 2.6m	08:24 0.7m	14:47 2.7m	21:03 0.7m	Sat 19 Dec	01:54 2.9m	08:00 0.5m	14:27 3.0m	20:37 0.4m	
Sat 05 Dec	03:17 2.5m	09:20 0.8m	15:38 2.6m	21:56 0.7m	Sun 20 Dec	02:51 2.8m	09:01 0.5m	15:24 3.0m	21:36 0.4m	
Sun 06 Dec	04:12 2.5m	10:18 0.8m	16:30 2.6m	22:48 0.7m	Mon 21 Dec	03:54 2.8m	10:05 0.5m	16:24 2.9m	22:37 0.4m	
Mon 07 Dec	05:08 2.5m	11:13 0.8m	17:21 2.6m	23:39 0.7m	Tue 22 Dec	04:58 2.9m	11:09 0.5m	17:24 3.0m	23:37 0.4m	
Tue 08 Dec	06:02 2.6m	12:03 0.8m	18:10 2.6m	-	Wed 23 Dec	06:01 2.9m	12:09 0.5m	18:24 3.0m	-	
Wed 09 Dec	00:27 0.6m	06:51 2.6m	12:49 0.7m	18:57 2.6m	Thu 24 Dec	00:36 0.3m	07:00 3.0m	13:06 0.4m	19:22 3.0m	
Thu 10 Dec	01:12 0.6m	07:36 2.7m	13:33 0.6m	19:43 2.7m	Fri 25 Dec	01:31 0.3m	07:55 3.1m	14:00 0.4m	20:17 3.1m	
Fri 11 Dec	01:55 0.5m	08:19 2.8m	14:16 0.6m	20:27 2.8m	Sat 26 Dec	02:23 0.2m	08:46 3.2m	14:52 0.4m	21:10 3.1m	
Sat 12 Dec	02:37 0.4m	09:00 2.9m	14:58 0.5m	21:11 2.8m	Sun 27 Dec	03:13 0.2m	09:35 3.2m	15:42 0.4m	21:59 3.1m	
Sun 13 Dec	03:18 0.4m	09:41 3.0m	15:41 0.4m	21:55 2.9m	Mon 28 Dec	03:59 0.2m	10:22 3.2m	16:30 0.4m	22:47 3.0m	
Mon 14 Dec	04:00 0.4m	10:23 3.1m	16:25 0.4m	22:39 2.9m	Tue 29 Dec	04:44 0.3m	11:07 3.1m	17:16 0.4m	23:32 2.9m	
Tue 15 Dec	04:42 0.4m	11:07 3.1m	17:11 0.4m	23:24 2.9m	Wed 30 Dec	05:28 0.4m	11:52 3.0m	18:01 0.5m	-	
Wed 16 Dec	05:26 0.4m	11:52 3.1m	17:59 0.4m	-	Thu 31 Dec	00:16 2.9m	06:11 0.4m	12:35 2.9m	18:45 0.5m	

At the time the Millwater mag went to print the January tide chart was not available. This is the link to the site where it can be obtained - <http://metsservice.com/marine/tides/weiti-river-entrance>

## dates for your diary

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](http://www.parkrun.co.nz/millwater) for more details

Sun 6 Dec

Christmas Twilight Gala • Silverdale Pioneer Village • 5-7:30pm • Traditional Christmas displays will be in all the Village's houses. A variety of stalls selling locally produced crafts and goods. Handmade Christmas decorations. Hoop-La and Lucky Dips for children. Sausage Sizzle, plus Light Refreshments in the Parsonage. Entertainment from the Warkworth Brass Band

Sun 13 Dec

Stillwater Market • 10am - 1pm (see The Insider on page 12 for more information)

If you know of any upcoming local events please contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

# your enterprising community zone

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

## Little Hugs Baby & Kids Clothing

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Gorgeous and affordable products for babies and kids

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A reliable, trustworthy pet-minding service caring for your pets in their own home.

## Bright Creative

Lisa Byrne - [www.brightcreative.co.nz](http://www.brightcreative.co.nz)  
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## Mind My Ministry

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## Homeopath

Ute Engel - Registered Classical Homeopath  
[ute@homeopathyorewa.co.nz](mailto:ute@homeopathyorewa.co.nz)  
Homeopathy can restore your health naturally, giving you balanced and optimum health.

## Speech & Language Therapist - HearSay

See: [hearsay.co.nz](http://hearsay.co.nz) or call Tanya at 021 949 539 or 09 421 1337

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## Motivating Maths in Millwater

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## Babysitting & Piano Lessons

Queenie Yong - 16 years old, 021 263 1889

## Nutritionist & Health Coach

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

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## Photography

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## Diane de Jong, Personal Travel Manager

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



— ... —  
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