

theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
May 2017

MOTHER'S DAY Sunday 14 May

- **Sophie's Smile Makeover**
- **Advice from Orewa Osteopathy**
- **Millwater Property Talk with Grayson**
- **Oreo Muffins**

Editor's note

To have met two delightful, young, ambitious and successful rising stars in the world of gymnastics was a great pleasure, and you also now meet them on the opposite page. We will follow their careers with interest.



Easter and ANZAC so close together gave families a lot of time together, some of which involved chocolate, but also some time for reflection.

Millwater groups are growing in number, and all are focussed around people giving time, energy and material to share with others. We are so happy that we chose to live here in this great community.

The Hibiscus Men's Shed Trust has now got Resource Consent for the new building that will soon start to rise from the ground at the former bowls club next to Bunnings. This will be great social as well as practical asset to us all.

Good news about the new petrol stations opening soon. We will have a full suite in the area: BP, Caltex, Z and Gull - ensuring that our tanks are full. Bring on the competition!

Powerful cars stir powerful emotions and this month's is no exception. Nearly 700bhp growling contentedly under a carbon-fibre bonnet, with a cobra on the grille. Next month will be something completely different - and I really mean different

The Rotary Satellite Club of Orewa-Millwater will be sizzling sausages and raising funds at PAK'nSAVE Silverdale over the first two weekends in May, for Red Beach Surf Life Saving Club and other local charities. Why not head on down and bag a banger?

Brian Mullan
Editor
May 2017

theMillwatermag

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Front Cover: Hayley Nithi, local resident and owner of new business, Invive Spa. See page 23 for more details.

themillwaterinterview



We have met a number of very interesting Millwater adults since the magazine launched almost three years ago. This month we are delighted to bring you an insight into not just one, but two, delightful young local Millwaterians - and not just any two; but two sports-mad identical twin girls.

Talia and Madison Mills are just 10 years old, yet their growing list of successes in trampolining is seriously impressive. The girls are fortunate in having super-supportive parents, Diane and Craig, both of whom have been and still are very active sports people, and naturally proud of the girls' achievements.

Madison and Talia were keen gymnasts when they were very young. As part of a gymnastic development programme at Browns Bay, they quickly went from training one hour a week to 4½ hours a week, the intensity of which all became just a bit much. Switching to the trampoline as a specific sports medium came when they were still under 6 years of age, and their talent was such that they entered their first competition after just 3 weeks - and won! Entry into the North Shore development team came as a natural progression, with the trampolining

club moving to Wairau Park when the Browns Bay site was redeveloped into an apartment block.

"We moved from the North Shore development team into the regional squad and then entered the 10-and-under competition when we were 7," said Madison. "We qualified for the national team" added Talia, "but the rules wouldn't allow us to compete nationally until we were 9." This meant ongoing and focussed dedication and practice until they turned 9, ensuring entry into the national finals in Invercargill in September last year. Gold and silver medals were well earned and further stoked their ambition to qualify for the Australian national competition.

The Trampolining Federation has now introduced a youth international division, which has also meant a change in the points-scoring for qualification. "We were both chosen for the New Zealand team this year" said Talia. "And we have to re-qualify each year" added, Madison "with qualification for the New Zealand team being surprisingly harder than in Australia." The next stage is re-qualification again for the national team, which takes place in Christchurch in September this year.

We wanted to know how much time is spent trampolining in order to remain competitive at a national level. "A one-and-a-half-hour training session, three times a week" said Talia. "We want to work towards qualifying for Commonwealth, World and Olympic level trampolining, and that means a lot of practice" added Madison. Both are justifiably proud of their achievements at national level, in what is a demanding but enjoyable sport. Dad Craig added "...and Madison won in the North Island championships double-mini, but Talia was ill and missed that competition."

Although Madison and Talia are identical twins, they don't settle for being just as good as one another. Oh, no - they are competitive and constantly try to outdo one another. A friendly rivalry is evident in their sisterly attitude towards each other, with perhaps a more determined rivalry surfacing at competition level. Both live and breathe trampolining.

Madison and Talia met New Zealand's first-ever Olympic trampolinist Dylan Schmidt during the last NZ national finals and, having had a photograph taken with him, both are even more determined that they, too, will be New Zealand Olympic competitors in the future.

Look out world - the Mills twins are coming!

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Silverdale School Student Council



Silverdale School at the ANZAC Parade

On Anzac Day, Tuesday 25 April, we honoured the memory of the New Zealand and Australian troops (known as ANZACs) who fought in World War One, in Gallipoli. The acronym ANZAC stands for Australian and New Zealand Army Corps.

On the 25 April there was an ANZAC parade at the Hibiscus Coast Community RSA. The Silverdale School Student Council remembered the men and women who died serving their country at Gallipoli by laying a wreath at that parade.

Student Council Fundraising initiative

On Thursday 13 April the Student Council ran a mufti day to raise money for Starship Hospital. We chose to support Starship Hospital so we could bring some joy to those children who needed it this Easter. We held an Easter-themed event and raised \$400 for Starship. It was a great day fundraising for a great cause.

BABY BLISS ADVICE

The 4th Trimester: Helping your Baby Transition from Womb to World



this reassured and comforted your baby. Swaying, rocking and jiggling can calm an unsettled baby.

Sucking: When babies are unsettled they instinctively want to suck. Sucking has a deep effect within the nervous system, triggering your baby's 'calming reflex'. Offering the breast, a pacifier (only once your milk supply is well established) or a clean little finger can work like magic.

Rhythmic Noises: Babies love sound and sleep better with noise, so using white noise while your baby is settling and sleeping has been proven to be very effective. Studies have confirmed that babies are exposed to up to 90db in the womb – that's louder than a vacuum cleaner, so they are simply not used to a quiet environment.

Create a Calm Dim-lit Environment: Calming or settling your baby to sleep in a dim-lit room has been shown to be more effective for most babies. Managing your baby's environment is also very important, to prevent your baby from becoming over tired or over stimulated.

So; if your baby is unsettled and you have ruled out hunger by feeding your baby, then assume that your baby is missing the womb and place them back into their womb-like environment.

Elysia Gobbie
Baby Advisor
Dip HSc (Midwifery) BHSc (Nursing)

021 428 500
elysia@babybliss.kiwi.nz
www.babybliss.kiwi.nz

My last editorial focused on the importance of the 4th Trimester and how replicating the environment of the womb helps your baby to adapt to their new world. Some babies will transition much more easily while others will need more comfort, support and nurturing during this time. In this editorial we will focus specifically on how to achieve this.

Physical Comfort and Touch: Hold your baby close to your chest with their ear against your heart, pat them and use shushing sounds e.g.: 'whoosh-whoosh' to imitate the sounds of the womb. Babies also love to hear the soothing tone of your voice and are comforted by the familiarity of your smell. Another beautiful way to achieve this is by doing **skin-to-skin contact**.

Swaddling: This gives your baby security and comfort and can instantly calm them. It reduces the chance of their 'startle reflex' from being triggered by sudden movement or sound.

Movement: The womb was a constantly moving space and

vetspeak

But Mum, I'm bored...

With the dark nights closing in and Winter weather settling in, many people keep their pets inside and safe – particularly those with cats, as there is a much higher incidence of road traffic accidents through the darker months. Unfortunately, without the stimulation that exercise and access to the great outdoors can provide, some animals can become bored and stressed. There are several easy ways to help fill those hours and help keep your pet stimulated.

Food is one of the easiest tools available to help your pet use their brain. If your pet is fed biscuits, then the first step is to stop using a bowl. Initially scatter the biscuits on the floor in a fairly obvious area; then, as your pet gets used to foraging for their food, you can make it a more challenging game by hiding biscuits in less obvious places so the pet has to go hunting. This gives the benefit of not only mental stimulation, but also increased physical activity and, as your pet will be eating their food more slowly, they are more likely to feel when they are full and don't need any more. There are special mats that have deep ridges, which can also be used to slow down eating for those who can't have their food scattered; for example, if they have canned or sachet food.

Both dogs and cats enjoy having a selection of toys, but rotate through the selection on a weekly basis to keep it fresh



and new. Dogs love having something to chew and there are a number of fairly indestructible toys available. The Kong toys are designed to be stuffed with food, peanut butter or a special sticky paste, which takes the dog a while to get out. If your dog prefers a more natural chew, then antler is a safer alternative than canon bones.

For further information, try these websites, or search for Pet Enrichment online for a plethora of ideas.

www.foodpuzzlesforcats.com
<https://positively.com/dog-wellness/dog-enrichment/>
<http://bestfriends.org/resources/cat-enrichment>

Jemma Hedges



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Becoming Mum



The day I found out I was pregnant filled me with equal parts of joy and fear. I was living 15,000kms away from my momma and, even though I had the best mother-in-law in the world, I wanted my momma close so I could ask her questions and get her advice (even if I did ignore it 90% of the time). But these were the days before email, FB, IG and Twitter.

There is something about mums. Their place in our hearts can never be replaced

or filled. Looking back, I giggle at memories of my momma and the things she would say to us kids. You have to imagine this is Texas: she was a young mum and, let's face it, there were four of us and we were bad kids!

We knew we were safe, we weren't abused by her but these phrases got the desired effect; our compliance. Here's a little of Momma Joyce's pearls to make you smile this Mother's Day:

"I brought you into this world, I'll take you out and make another one just like you."

"Keep talking and you'll leave with a limp."

"I'm gonna break your arm off and beat you with it."

Or my all-time favourite, used on us when we were teens and would say to her "How you gonna stop me?", she would just say "Go ahead. I'll tell you what, you gotta sleep sometime, and when you do, I'll be there."

She used her quick wit to get us to listen. We knew she would never hurt us. We knew that she loved us, and she would be there for us when we needed her. Right up until the day she died, she was trying to help us learn to live without her.

The person I am today is the sum of my life experiences and my ability, and my desire to learn from those experiences. Learning from my momma and my mother-in-law, trying to be the best mum I can, and making my own mistakes along the way. My daughter will do the same, I imagine. Because that's what mums do. We leave a legacy of strength, hope and laughter for our families.

Here's to us! Mum's of all kinds. We Rock! Happy Mother's Day!!

Rechelle McNair
sKids Kingsway

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Preventing Low Back Pain¹

Low back pain is the most common physical patient complaint to Osteopaths, Physiotherapists and General Practitioners. The lifetime prevalence of low back pain in adults is between 50 and 80%. It is perhaps little surprise then that up to 5% of primary care physician consultations are due to low back pain (Walsh et al, 1992).

You are at more risk of having an episode of back pain if you:

- Have a previous history of back pain
- Are exposed to heavy or frequent lifting (builders' and nurses' back)
- Are exposed to whole body vibration (as when driving)
- Perform prolonged or frequent bending or twisting
- Are in awkward postures a lot (especially prolonged forward-bent postures such as while gardening or a mechanic working on a car)

There are a number of things that are important in preventing low back pain. And, while they improve your probability of not getting back pain, they are not a guarantee. The most important of these is how we use our body. This includes posture, bending technique and lifting technique.

Posture

Poor posture, especially slouching while sitting, puts stress on the posterior wall of the discs in your lower back. This is the area where most back pain comes from. If you are sitting, always sit upright. If you are sitting for prolonged periods, then make sure your back is supported – i.e. by the back of a chair rather than free sitting – and take regular breaks (once every 15 mins). If you are prone to back pain because of sitting, consider the use of a lumbar roll.



Bending and Lifting

Attempt strategies to reduce the frequency of bending – i.e. don't put the washing basket on the ground, put it on a chair or similar.

If you need to get down low, bend your knees; even better, put one knee on the ground. If you need to get lower, try to keep your back straight and bend from your hips.

If you are lifting and it is heavy, bring the object closer to you – i.e. into your chest – further away puts more stress on your back. If it is really heavy, get assistance – don't try and be like Arnold (Schwarzenegger). Lift slowly and carefully; sudden acceleration is more likely to injure your back.

If you have any further questions, don't hesitate to contact the team at Orewa Osteopathy.

Hamish

¹ Walsh, K., Cruddas, M., & Coggon, D. (1992). Low back pain in eight areas of Britain. J Epidemi Comm Health (46) Pg 227-230.

Are you in pain?

Maybe it's time to get on top of it!

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millwater **book of the month**

The House of New Beginnings by Lucy Diamond



This is a lovely novel, with three central characters who are staying at a Regency house near the sea at Brighton. Georgie has followed her partner to Brighton, but is a bit stuck on how to occupy her time until she takes on a journalism role for a local paper. It's a great way for her to learn about the city, but it's not long before she's got herself in trouble. Rosa has run away from London and is starting over as a sous chef with a demanding boss. But, when one of the tenants of their house is rushed to the hospital, she is forced to look after her stropky teenage daughter, which leads to many challenges. Meanwhile, Charlotte is grieving a terrible loss and is avoiding people, full stop. But the elegant, elderly lady who lives on the top floor forces her to confront the outside world again, with far-reaching consequences.

The House of New Beginnings is certainly a novel of three stories: equal time is devoted to Georgie's, Rosa's and Charlotte's lives. But the novel goes off in different directions when the character's lives intersect, making it a more surprising read. This is a warm-hearted story about second chances. Believable, enjoyable and engaging.

Karen McMillan, author of *Brushstrokes of Memory*. www.karenm.co.nz

pharmacy **talk** orewa

Shingles



Following on from last month's topic on influenza and the flu vaccine, this month we are discussing shingles and the vaccine Zostavax™.

Shingles is an infection of a nerve and surrounding skin surface that is supplied by the nerve, and is caused by varicella-zoster virus, commonly known as chickenpox. Anyone who has had chickenpox can get shingles, including children.

Shingles usually appears as a rash of painful blisters that affects one side of the face or body. It can cause a burning, throbbing, shooting or stabbing pain that lasts up to 30 days. One in four people experience a longer-lasting pain called post-herpetic

neuralgia, which is a chronic nerve pain that can last for months or even years.

Shingles is extremely common and affects one in three people in their lifetime, with this risk increasing as we get older. When you are young, your immune system is usually strong enough to keep the virus in check, but as we age our immune system is not as effective and therefore it becomes easier for shingles to overcome our immune defences. The risk of getting shingles sharply increases over the age of 50 and this is the age that we can administer the shingles vaccine Zostavax™.

Zostavax™ is a vaccine that is available to help prevent shingles and is available from Unichem Hickeys Pharmacy. Zostavax™ is a single dose injection and it can be given at the same time as the flu vaccine, and is available for those over 50 years of age. If you are thinking about getting this vaccine, come and see us today.

Don't forget: we are in full swing in regards to the flu vaccine, no appointment is necessary. This year we are able to provide FREE flu vaccinations to those over the age of 65 and to pregnant women. We are also offering a discount to all Millwater Magazine customers – just mention this advert to receive \$10 off.

Have a great month!

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themillwaterinsider

Term 2 ESOL class at The Stoney Homestead

Are you new to New Zealand or looking for an opportunity to improve your English?

Stoney Homestead now offer English classes in 2 sessions per week. Term 2 will run from 5 May to 7 July. Details as follows:

Friday 11:00 to 13:30 (for people with some/or reasonable English who would like to practice conversational English)

\$80 per term or \$5 per hour.

Friday 14:00 to 15:00 (beginners' class for all ages)

\$40 per term or \$5 per hour

The Stoney Homestead is at 12 Galbraith Greens, Millwater

For more information, please contact Lulu Wang at 021-618199 or email: luluwinnz@gmail.com

Millwater Family Meal Support Group

We are a group of volunteers who cook and deliver meals to Millwater families who are struggling to cook a decent meal, perhaps due to sickness, injury, loss of loved one or arrival of new born etc. We are hoping to create a caring community by supporting each other during hard times.

Please join our group if you:

1. Are willing to cook a bit more on top of your meal once in a while, or you simply love to cook and share with others; and/or
2. Can help to coordinate between the cooks and recipient for meals requirements, visit and deliver meals to support the recipient (we need coordinators as much as cooks!)

Last but not least: if you know of any family in Millwater who needs our support, please contact us – we are here to help.

Please find our group on Facebook or contact Nita Wong for more information. (nita.millwater@gmail.com)

Mind Your Covenants

With some areas of Millwater starting to show signs of maturity, we are also starting to see some renovations, additions and a load of landscaping being undertaken. This is great to see – but, before you start adding on sheds and shelters, make sure you know the restrictions as to where and what you can do. These are partly covered by building consents and resource consents – but also by the local covenants, which can be a minefield and have changed slightly as each area has been developed.

Art and Chocolate – Indulge yourself

Most of us appreciate great art and everyone loves great chocolate. A group of Orewa College students, raising funds for their Drama and English trip to the UK, invite you to participate in a fun event on Saturday 6 May, at the Orewa Arts and Events Centre. You will experience New Zealand artists and artisan chocolatiers; viewing 10:30am to 3:30pm during the day and at the Gala Evening Event 6:30 to 9:30pm.

The exclusive Gala Evening will present art and artisan chocolate for purchase and auction, with pieces sponsored or donated by both prominent and upcoming artists and chocolatiers, many of whom will be there to share their passion for their art. The Gala Evening includes live music, fine wines/bubbles, cheeses and (of course) chocolate.

To buy tickets and find out more online and on Facebook – search artandchocolate, or contact Event Organiser Robyn Dyer brdyer@farmside.co.nz or phone 09 421 1807.

Silverdale Pioneer Village

The Pioneer Village, with its leafy gardens and old houses in the heart of Silverdale, is nearing its half-century; but the Village is also approaching a crisis. It is run by the Silverdale Historical Society, which, at its AGM in May, will lose nearly half its committee members as a result of age and illness. The present President is prepared to continue if good, self-motivated people volunteer to become Secretary and Treasurer – and these are easy jobs for people with some relevant experience. The Committee would also benefit greatly from more male participation. This local historical treasure is in significant danger of being lost to us all unless some new volunteers come forward, to give just a few hours a week.



Please contact Robin Grover on 09 438 3191 or rogro@xtra.co.nz if you are able to help.

Millwater 區內情報要點

Term 2 ESOL class at The Stoney Homestead

第二学期的英语班由5月5日周五开始，到7月7日共10周。欢迎想学英语或想要提高英语能力的朋友参加：

提高班每周五11:00- 13:30

初级班每周五14:00-15:00

一共10次课。坚持去上课的学生请一次性交费，提高班2.5小时收取\$8/人，初级班1小时收取\$4/人。临时去上课的学生以\$5/小时来计算。

地址：The Stoney Homestead, 12 Galbraith Greens, Millwater

联络人：王璐璐 (021-618199) 电邮：luluwinnz@gmail.com

Millwater Family Meal Support Group

我们成立这个群组的目的是希望能够帮助Millwater里患病、受伤或因其他问题而不能好好预备晚餐的家庭。

如果你能够：

- 1) 间中多煮一点食物、或非常喜欢跟其他人分享你的巧手家常菜
- 2) 有兴趣做家庭探访，协调受惠家庭及提供食物的义工，把食物提取及送交受惠家庭

请参加我们这个群组，详情请跟Nita Wong联络。电邮：nita.millwater@gmail.com

最后，如果你知道有任何家庭需要协助请与我们联系，我们务必会帮助。

谢谢！

Silverdale Pioneer Village

Silverdale开拓者观光村座落在Silverdale的中心，四周被美丽的树木环绕，已经在这里超过半个世纪。但是因为委员会成员已步入老年，很多人因为离世或疾病的缘故，导致委员会的人数越来越少，不能再继续运作。会长希望能够有新的义工加入他们的委员会，参与秘书及财务的工作。如果你有这个经验的话，这个工作只需每周花数个小时便可以完成。另外委员会也需要多一些男士加入。

这个满有历史意义的村庄，很需要我们的帮助，如果你能够出一分力请联络：Robin Grover (09 438 3191) 电邮：rogro@xtra.co.nz

Art and Chocolate – Indulge yourself

我们大多数人都喜欢艺术及爱吃巧克力。一群Orewa学生正为“英语和戏剧团体”的英国之旅筹集资金，邀请您参加5月6日星期六在Orewa艺术和活动中心的有趣活动。您将体验新西兰艺术家和手工巧克力；观看当天上午10时30分至下午3时30分及晚上6时30分至9时30分的Gala晚会。

独家的晚会将有艺术和手工巧克力的选购和拍卖，全部由著名艺术



家和未来的艺术家、巧克力赞助商捐赠。其中许多将在那里分享他们对艺术的热情。晚宴包括现场音乐，优质葡萄酒/香槟，奶酪及理所当然的巧克力。

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随着Millwater的一些地区开始出现成熟的迹象，我们也开始看到一些装修、扩建和一系列景观美化。这都是很好的事，但在开始添加工具储存棚子和遮阳栏等等之前，请确保您知道相关的限制。这些部分有可能需要申请建筑和资源同意书，也可能有公约限制。这些地方公约会随着每个地区的发展而略有变化，请大家注意，以免触犯相关规定。

Questions? Suggestions?

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Trilogy Brand Story



When New Zealand sisters Sarah Gibbs and Catherine de Groot discovered the powerful benefits of rosehip oil for skin back in 2002, they created Trilogy and took natural skincare into the future. Originally a range of five rosehip skincare products, Trilogy now craft over 40 incredibly effective natural alternatives to synthetic skincare, body care and hair care, and sell them in over 20 countries around the world.

15 years later, Trilogy is still driven by discovery. Led by the belief that nature is by far the best laboratory, Trilogy goes to the ends of the earth to find Nature's most ingenious ingredients. They invent formulations that are concentrated, effective and unique for their customers – amazing everyday women who want to live beautiful, not complicated, lives.

So what is natural? What is organic? It can be hard to tell the difference between truly natural or organic skincare products from those that are not. That's why Trilogy believes independent certifications matter.

Trilogy achieved NATRUE Natural Cosmetics Certification in 2012, the first New Zealand skincare brand to do so. NATRUE certification means Trilogy only uses natural and organic ingredients, soft manufacturing processes, and environmentally friendly practices. It also means no animal testing, no synthetic fragrances or colours, and no silicone oils or derivatives.

BioGro New Zealand is the country's leading certifier of natu-

ral and organic skincare. The BioGro logo guarantees that a product is made with no animal testing, with no genetic modification and without the routine use of synthetic pesticides. It is the mark of a genuine organic facial product. You'll find it on Certified Organic Rosehip Oil, Rosehip Oil Antioxidant+, Rosehip Oil Light Blend and CoQ10 Booster Oil.

Trilogy takes the commitment to ethical, environmental and social responsibility seriously. Building a meaningful business is about being responsible with every choice they make – which helps you make a conscious decision about the way you care for your skin, your wellbeing and the world. Maximum effect on your skin, minimum effect on our environment™ – it's our mission and our mantra.

This month we celebrate servicing the Millwater community for TWO years. We thank you all for supporting us and look forward to continuing to provide our best service to you all.

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Fabulous Flowers is situated in the Coast Plaza, Whangaparaoa, on the sunny Hibiscus Coast. They are a small happy team of professional florists who create and design floral arrangements for all occasions; from corporate work, weddings, funerals – to special events and flowers for the home. They take special pride in their fast, efficient and friendly approach and their work is consistently of the highest standard.

The flowers and plants they supply are all produced in New Zealand. Their potted plant range is varied; from very small cuties such as the gerbera or kalanchoe, to the colourful begonias and chrysanthemums and the very elegant Phalaenopsis orchid plants – all exquisitely wrapped.

Fabulous Flowers has served Whangaparaoa for over 10 years. Emma, the owner of Fabulous Flowers, is actually a Millwater resident. She visits the flower market 3 times a week, to ensure the best blooms are on hand every day. She is looking forward to working with our lovely Millwater community now. Please don't hesitate to give Fabulous

flowers a call or visit them at their shop, the one-stop florist shop in the Coast Plaza. They also have many nice gift lines including Ecoya home fragrance and body care. With any flower purchase in May, you'll get 40% discount for any Ecoya products!

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Traditional diets of our ancestors included higher amounts of gelatin, since a 'nose-to-tail' eating approach of animals was normal. But, today, the average person runs low on animal-derived compounds like gelatin and collagen since

many edible animal parts are often discarded. It's not chicken breast or filet mignon that supplies gelatin naturally; it's the 'gelatinous' parts of the animals that aren't usually consumed nowadays, including the animal's skin, bone marrow and tendons.

Keep in mind that it is important to consume gelatin and collagen products only from animals that have been grass-fed or pasture-raised, since these animals are healthier overall and are not raised using artificial hormones or antibiotics.

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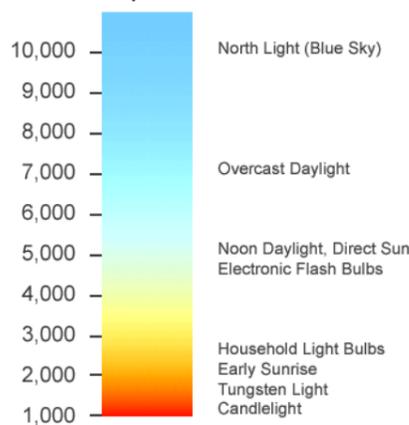
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When White Isn't White

Colour Temperatures in the Kelvin Scale



you think of cold winter mornings you'll often see more blues in the sky, whereas a summer evening will have more oranges. Different light sources such as incandescent and fluorescent lights also have different temperatures and consequently cast different colours.

The setting on your camera that sets the colour temperature is White Balance. For much of the time, setting your camera to auto white balance (AWB) will produce satisfactory results. However, there will be times when you'll need to adjust the camera's white balance to align with the temperature of the main source of light.

different settings, although nearly all cameras will have white balance settings for sunshine, cloudy, shade, tungsten light, florescent light and flash. Some cameras will also let you set a custom white balance temperature as a value measured in Kelvin.

The white balance setting can also be used as a creative tool to give your pictures a very different look to what you'd normally expect. I encourage you to try each of the white balance settings on your camera, to see how they affect the colours in your pictures. You'll get some very interesting images.

Different cameras will have slightly

Paul Conroy



Have you ever noticed that some of your pictures have a strange colour tint to them, often increases in blue or orange? Our brains are clever enough to process objects that we know are white to appear as white when we look at them, regardless of the surrounding colour temperature. Cameras however are not so clever and sometime fail to evaluate the colour temperature correctly.

I won't get into the technical explanation of colour temperature, but if



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outtolunch

If you're in the area, it's well worth stopping at St Heliers Bay Café & Bistro, and it's even worth making a detour to enjoy the food, the ambience and the views.

We were there recently for lunch and were pleasantly surprised that, even at 12:30, we could choose from both the breakfast and the lunch menus. Management chose the hotcakes with summer berries, mascarpone and vanilla, whereas I had the line-caught market fish, chickpea and salsa. As an indulgence, we also shared a side of hand-cut chips with smoked garlic aioli (which were amazing and went down well with both dishes). From the extensive drinks menu, I enjoyed the Leigh Sawmill IPA; management being very happy with the home-made plum and star anise soda.

The food was excellent, as was the attentive but not overbearing service, and the happy but gentle buzz of conversation from the many diners added to the general feeling of wellbeing. Comfortable, modern furnishings

and proper linen table napkins added a quality touch. The adjacent courtyard offers a bright and airy space to meet and mingle at leisure, before or after a meal.

Lunch for two, including drinks, came to just \$70. Highly recommended.



'Brushed Words'



'Conversations with a two year old' Tut Blumental

Can a poet and artist put pen and brush together for greater creative impact? Hibiscus Coast Writers and the Estuary Arts Centre Trust have once again collaborated, eight years after their first combined exhibition of artwork inspired by poetry.

'In 2009, poets and visual artists first strutted the artistic world together at Estuary Arts in a successful showing of their work. It was an enjoyable experience I was proud to be part of.' Annie G.

Over the past several months, members of the Estuary Arts Centre have made selections from original poems written by the Hibiscus Coast Writers. The poets' names were withheld so the artist might have free range of expression.

The local community should be intrigued and delighted by the enlarged vision produced by such a creative exercise.

After all, art is poetry and poetry is art. Together they produce FINE ART.

The 'Brushed Words' exhibition will be on display at the Estuary Arts Centre, 214b Hibiscus Coast Highway, Orewa, from 12 June to 2 July 2017.

Mothers Day Sunday 14th May



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Having your Cake ... and Eating It

Using a rental property to pay down your personal home loan



As a Mortgage Advisor, I've seen a number of my investor clients use their rental properties to pay down, or pay off their personal home loan. You may think this is nothing new; however, this has been done without having to sell their rental property. Basically, my clients have done this in two ways. In this article we will cover off the first strategy, with the second strategy to come next month.

Strategy One – Moving an Investment Property from

Personal Ownership to a Company.

A lot of people have purchased investment properties under their personal names. If so, your accountant may suggest having the property valued, and then moved into a company, where you are the sole directors.

For example, Jack and Jill own two properties, the house that they live in, and a rental property purchased 6 years ago. The rental was purchased for \$300,000 and, with capital gain over 6 years, the property is now valued at \$500,000 – so a net gain of \$200,000.

Once the rental is moved into a company, the gain is then used to pay down their personal home loan by \$200,000. The clients end up with \$200,000 more in tax deductible debt, which allows greater tax efficiencies.

Things to watch out for when moving properties into a com-

pany or changing ownership:

- 1) When a property changes ownership, the loans involved with that property will need to be floating. This means you could have to break some of your loans, and lose the interest rates that they are fixed at.
- 2) Breaking a loan could result in a break fee. Talk to your accountant, but these fees should be tax-deductible.
- 3) To generate a new loan, the bank will need a full application, ensuring you have enough income and equity for the proposed restructure. Bank criteria is subject to change, so what was approved 2 years ago may not work today.
- 4) A conveyancing lawyer will be needed, so budget for their cost.
- 5) Allow 1-2 months for the restructure, and be mindful that interest rates can move up or down during the process.
- 6) Moving your investment property into a company may also trigger depreciation claw-back.
- 7) Watch out for Capital Gains Tax; especially if you have owned the property for fewer than two years.

It's essential that a professional accountant is used before, and during, the process.

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

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

Millwater ROWENAs

The March lunch outing of the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was to the new Wainui Golf Club on Windmill Road. It was a beautiful day with plenty of sunshine, which added greatly to the very pleasant setting. We had a lovely view over the golf course and watched approximately 100 ladies playing in a tournament.

There were just 9 ladies present for lunch on this occasion, which was due to holidays, illness and various other previous appointments by the remaining members. Even though we were a small select band we had a very enjoyable lunch, selecting various items from the varied menu; I had the Wagyu Beef Burger which was delicious. As usual, there was excellent conversation covering a wide range of topics and, as you can see here, I was reminded by a number of the



ladies that I had to have a photograph of the group taken this time, otherwise it was the 'naughty corner' for me...

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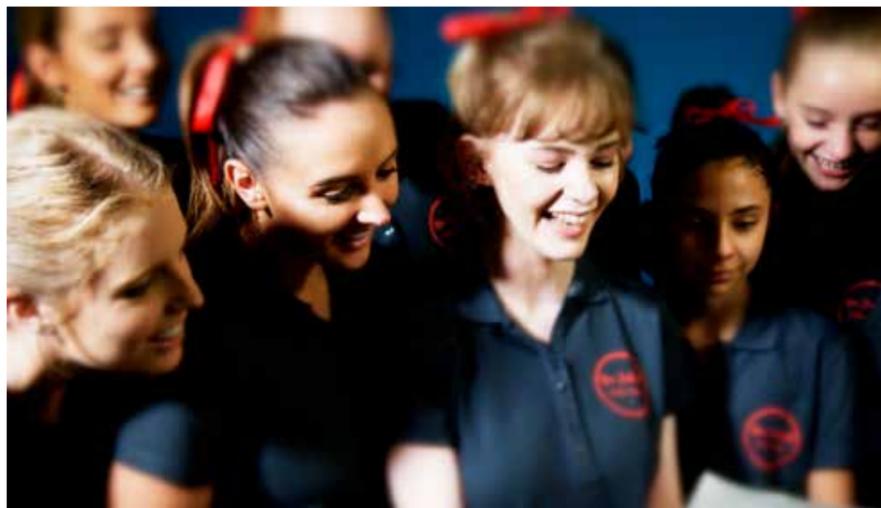
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Eliette's Music Academy



In January 2017, Eliette Roslin launched The New Zealand Girls' Choir. The New Zealand Girls' Choir's repertoire is aimed at modern POP music. "We want to sing music the girls already know, understand and relate to and artists like Katy Perry or Adele are high on the list".

Eliette is a great believer in the Orff philosophy of teaching. Orff is unique in the way that it brings music, movement,

drama and speech together and is able to take away the barrier that so often exists between teaching and learning.

In 2016, Eliette opened Eliette's Music Academy (EMA) in Albany. She wanted to create a space where she could teach music in a natural and comfortable environment, with large rooms that had as much light as possible. EMA teaches piano, voice, guitar, ukulele, bass

guitar and drums and it was only a natural development to include a choir to that list.

Eliette has that unique ability to make a connection with students and to teach people of all ages, with a great deal of fun and understanding that everybody learns in their own way. "It's the teacher that has to make the connection with the student, not the other way around" Eliette says. We see beginning piano students play between 15 to 20 tunes in the first year alone.

The New Zealand Girls' Choir is aimed at girls from 5 to 18 years old, broken up in appropriate age groups. The choirs meet every Monday and Tuesday evenings, from 4pm for the young girls, and to 8pm for the older and adult choirs.

General Information:

Eliette Roslin

Ph: 021 067 6333

Email: admin@nzgirlschoir.co.nz

Studio : Shop 6 - 28 The Avenue, Albany

millwaterbizbuzz

Introducing Hayley Nithi and Invive Spa

The latest Millwater shops are attracting an interesting variety of new businesses and this month we look at one that will make you feel good – literally! Millwater local Hayley Nithi will soon open Invive Spa and we thought you might like to know a little more about her and her new business.

Hayley enjoyed a rural upbringing, where everything was natural and unspoiled, and happy memories of childhood days spent at her grandparents' farm near Kaiwaka influenced her values and positive approach to dealing sensitively with the people she meets in her everyday life.

Working in a number of business environments since leaving school and climbing the corporate ladder on the way, the ever-watchful Hayley noted the things, emotions, events and experiences that influenced people's lives – whether for the better or otherwise. "I firmly believe that Invive Spa will provide balance to a busy life and do this in a holistic way."

Hayley has an abiding love of spa treatments and has never missed a chance to indulge herself, no matter where in the world she has travelled – and she is a seasoned traveller. This solid personal research into what works best, and what definitely does not, has refined her business plan and helped her ensure that only the very best will be provided in the new Invive Spa facility.

Invive Spa will provide spa treatments (spa treatment packages, massage, facials, body wraps and scrubs and general beauty) and yoga. "We are delighted to be part of this great community of Millwater and able to offer the very best available," said Hayley. "At Invive, we will add wellness to everything we do and deliver an undeniable experience. We aim to re-frame the ideals around what true beauty is and we strongly believe what you give your body from the inside is just as important as what you give your body from the outside. This reflects in everything we do."



Three private treatment rooms will be available, staffed with well-trained and experienced specialists who are empathetic to every client's needs. "Because everyone is unique, we listen closely and create bespoke solutions to suit each individual perfectly," added Hayley. "When people leave after an Invive Spa experience, they will feel nourished, reenergised and much more balanced in their busy lives."

Invive Spa will be coming soon, watch this space.

INVIVE SPA

BALANCE IN A BUSY LIFE

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Eliette's Music Academy

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Are you exempt from the British government's new 25% tax penalty?



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This is just the latest example of the perennially "moving goalposts" of pensions legislation, both in the UK and New Zealand.

However, the potentially good news is that there are some exceptions to the new ruling – notably, if the QROPS and individual are both in the same country. Tony Chamberlain, managing director of GBPensions explains. "In other words, as would be the case for our clients, if you are a New Zealand tax resident and you transfer your UK pension to a NZ QROPS, you are exempt from this tax penalty."

The Chancellor, Philip Hammond, said that the policy was being introduced in the interests of "fairness in the tax system." It appears therefore that the new legislation is aimed primarily at individuals who retire in one country, but "park" their pension in a more tax-friendly location, such as an off-shore tax haven. "There are generally between 10,000 and 20,000 transfers to

QROPS each year," reported Her Majesty's Revenue & Customs (HMRC). "It is expected that only a minority of these transfers will be subject to this policy."

Even so, the UK Exchequer estimates it will be £315 million better off by 2021/22 as a result of this new legislation.

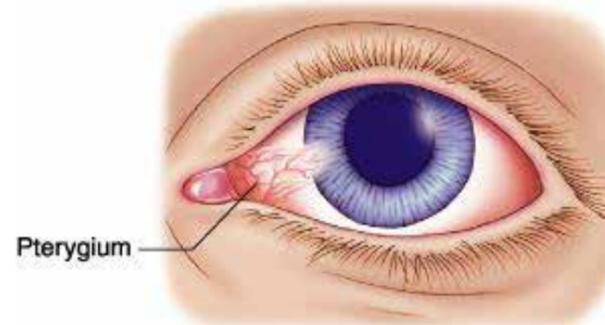
Tony Chamberlain offers a final point of clarity. "GBPensions are unusual in New Zealand, in that we also offer our clients the option of moving their UK pension to a Self-Invested Personal Pension (SIPP). Since a SIPP is not a QROPS, SIPP transfers remain unaffected by this latest announcement."

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances.

The Chancellor of the Exchequer used his Spring Budget to announce that, with effect from 9th March 2017, pension transfers by UK residents to QROPS (Qualifying Recognised Overseas Pension Schemes) not in the European Economic

ADVICE FROM OPSM SILVERDALE

What is a Pterygium?



lead to permanent vision loss by obscuring the optical centre of the cornea (e.g. by covering light going through the pupil).

To reduce the risk of developing a Pterygium or to slow down the existing Pterygium, wearing protective sunglasses and/or a hat is very important, and regular use of artificial tears is useful. Polarised lenses in particular are useful, as they block 100% of UV rays reflecting off the surface of ground and water.

There are surgical options available to get rid of a Pterygium, but this is usually only recommended if there is a sign of rapid change in vision due to its growth, or if they are causing an ongoing discomfort and/or if they have grown close to the centre of the cornea.

If you have chronic red eye problems or if you already have a white or yellow lesion growing over the conjunctiva, it is a good time to have an eye examination.

If you would like any further information on this subject or any other eye related issues, please call 09 426 7902 to make an appointment with local Optometrists James Park or Jessica Tay at OPSM in the Silverdale Centre (Near Countdown).

A Pterygium is a benign growth of the conjunctiva, which is primarily caused by ultraviolet-light exposure; sometimes associated with low humidity, windy and dusty conditions. A Pterygium itself is harmless but, when this is starting to grow over the cornea, it can create an astigmatism (irregular focus in vision) and discomfort from dry or itchy eyes and a foreign-body sensation, with lids catching the pterygium during blinking. They can also leave a permanent redness appearance on the conjunctiva.

They usually grow slowly over time, but sometimes they can grow rapidly and, in that case, it can invade the cornea and

By James Park BOptom (TPA Endorsement)

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Selling Your Home in Autumn & Winter Has Its Advantages



Better Price for Your Home

Because there are fewer homes for sale, if you market your home right you have the potential to get a better price for your home.

Here are a few tips to help make your home look appealing during the Winter Seasons:

- Wash down the house exterior, including paths and driveways.
- All outdoor lighting must be working and on during viewings.
- Clean the garden and mow the lawns. Provide photos of what the garden looks like during the Spring and Summer months.
- Ensure your home feels warm and cosy. Put on all heating including fires, underfloor and bathroom heating.
- Turn on all lights in the house to create a bright and welcoming environment.
- Dehumidifiers and washing must be put away.
- Use essential oils to mask any winter smells.

Autumn is here and Winter is not far away, so you may be thinking that it is better to wait until Spring before you look to put your house on the market.

Think again! There are some advantages to selling your home during Winter. Your local Real Estate Agent will help guide you, but Winter can be a great time to sell! Here are some reasons why:

There are Buyers, Even in Winter!

There are always buyers in the market. Life changes that cause buyers to look for a new home occur all year-round, not just during Spring & Summer – a new job, growing family or downsizing, marital changes.

Fewer Homes on the Market Means Less Competition

There are usually fewer homes on the market in Winter, which means less competition and a better chance of your home standing out.



Motivated Buyers

Buyers who are out looking during the Winter months are extremely motivated. People willing to brave the cold and wet weather are serious about finding a home and are more likely to be qualified and pre-approved for a mortgage.





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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.

	Mar 2016	Feb 2017	Mar 2017
Number of Sales	17	9	9
Median Sales Price	\$1,138,000	\$1,210,000	\$1,200,000
Highest Sale Price	\$1,635,000	\$1,331,000	\$1,328,000
Lowest Sale Price	\$641,000	\$1,046,000	\$1,000,000
Average % price to CV	29.85	44.95	36.99
Average Floor Area (sqm)	251	214	233
Weighted Value Index	1287	1463	1360
Average Days to Sell		64	58

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

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

Grayson Furniss
Franchise Owner
SILVERDALE

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



millwaterpropertytalkwithGrayson

I have long maintained that the Millwater real estate market is a 'micro-climate' all on its own, affected by a range of factors unlike most other markets. The number of decision inputs in this market is much larger, especially for buyers. It is an understanding of these inputs and the impact that they have on the buying cycle that often makes the difference between achieving a sale or not, and it is why we always recommend that vendors only consider agents who are actively selling in the Millwater area. As a vendor, how do you gain context from an agent who only sells one or two houses in the area each year? How do you know whether having 1, or 3 or 10 people through your open home is a good, bad or indifferent result if that agent is only marketing your property? How much better informed will you be if that agent can tell you that in the other 10 open homes they have done for the weekend, the average was 1 or 5 or 10 people and that there were three offers on two different properties over the weekend.

Activity and experience in an area provide context that singular or aggregate sales figures cannot. I mention this because, while many agents and even the general public can access some aggregate sales figures for the general area, without understanding the background to those figures they can be highly misleading. Mark Twain once stated that there are "lies, damned lies and statistics" – and I think nowhere is this more evident than in real estate.

So: onto this month's damned lies and some context.

You will see that the sales turnover has been very consistent over the last few months and this, without context, would indicate market stability. However, when we look back at the sales numbers for March 2016 (17) and March 2015 (20) we see that, on a seasonal basis, that this March result is very low. A little more context adds another layer; there were roughly double the properties available for sale over this period compared to previous years, which is partly expected due to their being more houses in the area.

So: why is the turnover lower than expected? Well yes, buyer

numbers are significantly down and this has had a marked impact. The other significant factor is that many vendors have been happy and able to wait for the "right" buyer, the one that sees value in their property at a level commensurate with the vendor's expectations. In some cases, that "right" buyer has not existed and the vendor has withdrawn from the market rather than accept a lower price. Generally speaking, the sales that have occurred in the last few months have done so because the vendors have been prepared to accept that market conditions are different to last year.

A similar argument can be made about the distortion of median sales prices. While these appear to be consistent over the last months, this hides the underlying reality that, while sales prices at the lower end of the scale have been maintained at good levels, the results at the higher end are actually less prevalent and generally at lower levels than might otherwise have been expected. This is in line with my commentary last month about a slow-down in the sales of bigger homes, with the standard 200-220m properties generally enjoying good turnover and returns.

As always, the biggest concerns with reading too much into historical statistics is that they are just that – historical. What is actually happening on the ground today looks a bit different, with us experiencing a recent upswing in buyer activity. This is particularly centred around properties that are showing competitive pricing and in these situations deals are getting done.

To find out more about what is happening today in Millwater real estate, please give me a call. I am always happy to have a chat about Millwater specifics and to explain how that might differ from the generic statistics that other agents may be telling you.

Grayson
Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

Silverdale 09 426 6122



A LAND OF SEAVIEWS AND OPPORTUNITY

3 2

Walkthrough Video Online

85 Jordan Road, Kaukapakapa
For Sale - \$1,280,000

If you have a touch of the pioneering spirit that made New Zealand great, you will love the opportunity that this lifestyle property affords. The home, a relocated bungalow sits elevated and proud at the end of a long palm lined driveway. From its lofty spot you have panoramic views over your land and out to the enticing Kaipara Harbour. With approximately 9 hectares of land you have some great options available. The house itself is full of charm and character features with some modern renovations and additions completed. There is a wide variety of ways that you may choose to update or improve further, or just sit back and enjoy as it is.

www.mikepero.com/RX1085553

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STUNNING MILLWATER HOME WITH LEGAL SLEEPOUT

4+1 2 3

Walkthrough Video Online

49 Madison Terrace, Millwater

- This is a little bit different from your typical Millwater property. A well designed and built 4 bedroom, 2 living area family (217m²) home in a desirable street, PLUS a fully consented 20m² sleepout.
- great family layout with living dining and kitchen on ground level plus 1 bedroom and a bathroom
 - 3 further bedrooms including master with ensuite, family bathroom and additional living room upstairs
 - spacious and attractive ground floor living flows out to north western facing outdoor area
 - stunning white and bright kitchen, large breakfast bar and ample bench space
 - the consented sleepout sits at the rear of the house with spacious bedsit area plus small ensuite, its own deck and own entrance from the street if needed

www.mikepero.com/RX1037709

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SUPERB SINGLE LEVEL IN MILLWATER

4 2 2

Walkthrough Video Online

39 Manuel Road, Millwater

- This one has it all - location, great design, quality construction and its available now.
- 2 y.o. Universal Home on mostly flat and fenced 651m² site, plenty of room for kids or animals
 - open plan kitchen dining living area flowing to outdoor patio
 - separate lounge adjacent also flowing to patio
 - stunning entertainers kitchen, island bench in engineered stone, gas cooktop, large fridge space with plumbing
 - generous master bedroom with walk in wardrobe and ensuite
 - balance of Master Build Warranty to transfer to new owner
 - durable low maintenance building materials

www.mikepero.com/RX1038961

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SINGLE LEVEL BRICK HOME

4 2 2

Walk-through video online

15 Moores Road, Millwater

- solidly crafted 5 year old GJ Gardner home
- highly attractive yet low maintenance Devonstone brick exterior
- lovely open kitchen dining and family room area, flowing to covered outdoor space
- adjacent but separate lounge space, great for some separation or inclusion
- stylish kitchen with island bench and walk in pantry
- mostly flat and fully fenced backyard with room to add personality or maybe a pool?
- three double and one single bedrooms, master with ensuite and walk in wardrobe
- 204m² home sitting easily on a generous 603m² site

www.mikepero.com/RX1064835

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THE POSSIBILITIES ARE ENDLESS

6 2 4

Walkthrough Video Online

29 Philson Tce, Browns Bay
Auction - Onsite, 30 Apr 2017 5:30pm (unless sold prior)

With this solidly built 1970's home the options are amazing. A large family home that has been converted into a multi generational dwelling over time, the only limiting factor here is your imagination. On two levels, each level featuring. The choice is yours, do a little or a lot just don't complain if you miss out and have to watch someone else reap the rewards. Whichever way you look at this property, there are opportunities. The fundamentals are all there for someone to capitalise, you just need to decide which is the right direction for you. Because opportunities like this are rare you will need to move quickly to secure this wonderful property.

www.mikepero.com/RX1091431

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FREEHOLD MILLWATER TOWNHOUSE

2 1 1

See online for more details

299 Millwater Parkway, Millwater

- 140m² townhouse on 149m² (approx) of freehold land - no body corp levies here
- low maintenance brick construction with coloursteel roof and double glazing
- quality 2 year old construction by Horncastle Homes with a Master Build Warranty
- spacious open plan kitchen dining and living area with guest powder room all on ground level
- additional utility space upstairs, lounge, office, media room or make a small single bedroom
- two generous double bedrooms upstairs, master with semi ensuite and own patio
- large single internal access garage with carpet and space for additional storage
- heat pump for those times when a little extra warmth (or cooling) is needed

www.mikepero.com/RX1070020

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SPACIOUS AND PRIVATE SINGLE LEVEL

4 2 2

Walk-through video online

11 Ridgedale Road, Millwater

- 219m² single level home on 627m² of gentling sloping land
- voluminous open plan kitchen dining and living room with extra stud height
- separate lounge / media room adjacent to living room, separate guest powder room
- superb flow from living spaces to sheltered outdoor entertaining
- large impressive kitchen with island bench and 900W oven
- set back from road up long driveway with significant off street parking plus room for a boat or campervan
- master bedroom with ensuite and walk in wardrobe
- Golden Homes construction in 2013

www.mikepero.com/RX1077839

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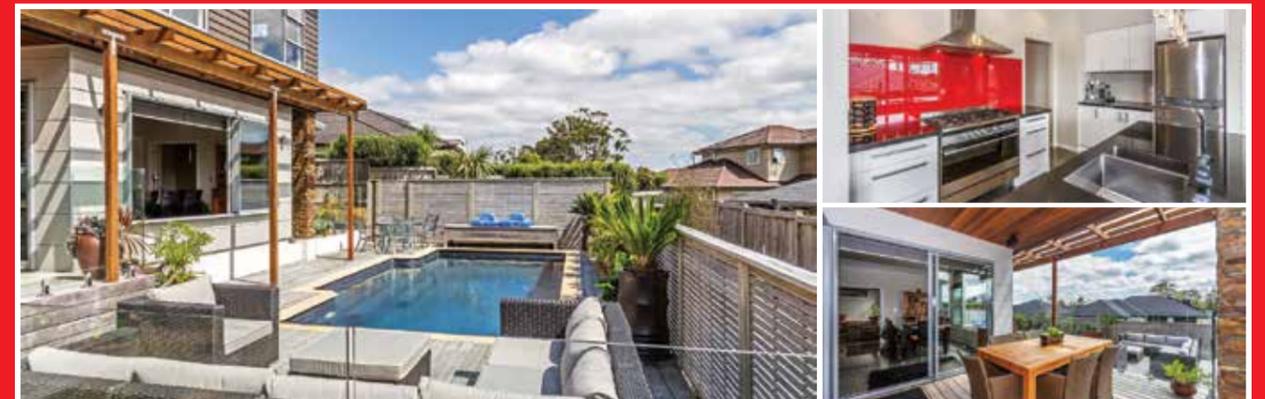
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STUNNING MILLWATER HOME WITH POOL

4 2 3

See online for more details

14 Vera Court, Millwater

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

www.mikepero.com/RX1059192

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WHEN SIZE DOES MATTER

5 2 3

By negotiation

8 Wisteria Lane, Millwater
See online for viewing details

- The ideal house for a family with multiple generations living under one roof or those considering a nanny or student.
- large and impressive 310m² two storey home on quiet and desirable Millwater street
 - 5 bedrooms, 2 with ensuites, 1 with walk in wardrobe
 - 3 large living areas with great separation
 - spacious open plan kitchen dining & living area opening to western facing deck
 - lovely westerly outlook over Millwater towards rural areas and setting sun



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timlawrence Fishing Spot



May will have the last of the warm weather before winter sets in. Already it's getting cooler at night, so it won't be long before the water temperature drops low enough for the fish to start disappearing for the winter. For now, the fish are in close; with reports of catches around the East Coast Bays from the Rangitoto Channel right up around the Hibiscus Coast, including Whangaparaoa Bay. Make the most of May and get a few bags of fish in the freezer before winter comes.

March saw the end of the scallop season for a few months and there were still plenty of scallops around, which is a great sign of healthy stocks for seasons to come. We managed to get out after work on the 31st March (the last day of the season) to collect a feed of scallops and a cheeky half dozen snapper before heading home. That night we had a curfew of 7pm, but some creative story-telling about having motor problems bought us another hour and

a half while the bite was hot. These fish were all caught in 10m of water on the edge of Tiri!

Our next trip is out of Whitianga for a charter on the 'Whai' for two nights. The plan is to dive for some crayfish each morning before heading off to catch snapper and kingfish. This charter is great value for money and the skipper's reputation means the boat is booked 12 months in advance. I can't wait.

Thinking forward, we are looking at running some more charters in 2017. The first is looking to be on 'Thor' out of Leigh; either a day trip or an overnight at Great Barrier. The next trip after that will be on 'Epic Adventures' out of Whitianga. We are planning on booking all three boats for a day trip (but the trip will be Friday night returning home Sunday). If you are keen on coming along, either contact me on Facebook or I will see you at the Northern Union 6.30pm the first Wednesday of each month.

Tight lines.

artspeak

Fabrics, Silk, Felt and Paint with Estuary Arts



Landscape by Jill Bryce

With the cooler months upon us, the May exhibitions will feature lush and luxurious silk scarves, paintings and quilts of all sizes. Jill Bryce will be exhibiting her large coastal acrylic paintings in Gallery 2, while in Galleries 1 and 4 "Road to Colour" will adorn the walls in rich textiles. This group of textile artist is motivated by bold colour and inspired by dramatic textile designs. They meet at All Things Patchwork each month and create contemporary interpretations on the old art-form of

Term Two art classes commence on 8 May and, while the Winter weather sets in, what a great time to take a course in one of the painting, drawing, sculpting or printmaking classes. If you are renovating or moving into a new home, then one of the Interior Design courses will assist you in making smart design choices.

For more information, view the website www.estuaryarts.org or phone 09 426 5570.



ArtySmarty Kids class on Mondays

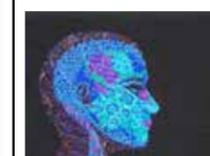


Clay Classes

quilt-making. Rebecca Owen's vivid use of colour and powerful design is an artwork in itself.

Kerry Cline will be exhibiting in Gallery 3 for the month of May and has just returned to New Zealand after living since 1996 in Seward, Alaska, where she opened her Gallery/Studio. She enjoys working in different mediums; dye on silk, oil on canvas, and acrylics. Her commissioned works include: murals, oil paintings and silks currently on display in New York, Los Angeles, Michigan, Utah, Hong Kong and Alaska. More recently, she had work in the Hospice Show in Matakana. Kerry will be present, painting onsite on Thursdays 27 April and Saturday 27 May, 10.00am to 2.00pm, to demonstrate her silk-painting techniques.

estuary arts centre



Road to Colour
Contemporary Quilting Group Exhibition



Kerry Cline
Expressions in silk, acrylic and oils



Jill Bryce
Coastal Views in both realism and abstraction



Term 2 Art tuition
Classes start 8 May
Booking essential

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millwatermotors

Few cars have stuck in the mind of the general public more than Steve McQueen's Mustang in the classic car-chase scene from the film 'Bullitt' – and it seems that nearly everyone has a dream of owning a Mustang. However, as we will learn, not all Mustangs are created equal.

The Carroll Shelby name is synonymous with the very fastest Mustangs and Shelby was proud to give his blessing and his name to the 2010 Shelby Mustang GT500. This month is the 5th anniversary of the passing at 89 years of age of motoring legend Carroll Shelby, on May 10th 2012.

Ford produced a limited run of just 2,000 of the 2010 Shelby Mustang GT500s and Millwater local Wayne Guiney is the proud owner of one of these rare and now highly collectible Mustangs. We met up with Wayne recently and realised quickly that rarely have we met a more dedicated motoring enthusiast; aka serious petrol-head.

Wayne's dad was in the motor trade and introduced him to pretty much anyone and everyone that was associated with that business, many of whom were involved in motorsport. From the age of three, Wayne began going regularly to Western Springs, and thirty years ago he realised his dream of racing TQ Midg-



ets for two seasons at Western Springs and Kihikihi, before budget issues changed his direction. Also a keen motorcyclist, Wayne has ridden in Enduro and motocross, and still enjoys riding his Harley Davidson 'Fat Boy' socially with his friends. "Like everyone else, I've done up cars and lost money over the years, putting V8s into utes and vans – but petrol is in my blood," Wayne told us, "Attending the F1 Grand Prix in Australia is a favourite and later this year we're off to the motorbike GP at Philip Island and the speedway GP in Melbourne."



Wayne, wife Kim and family moved to Millwater very recently and had some of their belongings in store for a time at Silverdale. In the storage unit next to theirs were two Mustangs – one of which is the Shelby GT500 that Wayne subsequently bought and features here. "A Mustang was always on my bucket list – but it had to be a Shelby, it had to be left-hand drive and it had to be manual," added Wayne.

This Mustang is not just a standard, production model – special though they are – it is fitted with a carbon fibre Shelby 'Super Snake' bonnet. "Ex-factory, the supercharged DOHC 32-valve V8 was rated at 540bhp; but new headers and pipes throughout and modified pulleys on the Eaton 2300 supercharger, coupled with completely new engine mapping, has brought this up to almost 700bhp," said Wayne. 19-inch wheels shod

with Goodyear Eagle F1 Supercars rubber transfer the huge power through the Tremec TR6060 transmission effortlessly to the road via the six-speed, rifle-bolt mechanical action short-shift. A wide spoiler replete with Gurney flap adds downforce – if you need it.

"We use the GT500 as a Sunday car, meeting with friends and relatives, some of whom also have Mustangs," he added. We asked about stretching the car's legs. "Having done the racing thing earlier in my life, there is no pull to take it to a race track," a relaxed Wayne told us, "We just enjoy it as a useable but very potent everyday car, thrilling to the sound of the twin 4-inch-tipped exhausts."

Dream car? "Pretty much the Shelby Mustang GT500 I have now – unless I win big on Lotto, in which case it would be the new Bugatti Chiron," beamed Wayne.



NEW! In Millwater and the wider Hibiscus Coast

Rotary
Satellite Club of
Orewa-Millwater



Reach us through Facebook, or call:
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Hartbeeps

The most original and musical baby, toddler and pre-school class on the planet is coming to the Hibiscus Coast in June. Hartbeeps is exciting, interactive and fun, offering super fun and developmental baby, toddler and pre-school sessions. Your child is put at the heart of our magical, musical adventures.

All of our sessions are set to a soundtrack of original songs, remixed nursery rhymes, musical stories and lullabies. We take you and your young child on a sound journey and bring the story to life.

Come and experience the amazing world of Hartbeeps, which complements and enhances every stage of your child's early years. Our sessions are suitable from birth to 5 years.

9:45am **Happy House** is for young children who are confident walkers – Take a sound journey into storyland (This session is also suitable for younger siblings).

10:45am **Baby Beeps** is for sitting to toddling babies – Adventures in rhythm, baby babbles and beyond.

11:45am **Baby Bells** is for new-born to sitting babies – Awakening baby's senses.

Here is what some parents have said about Hartbeeps:

'Hartbeeps provides opportunities for young children to become aware of music and rhythm. I have watched them grow in self-confidence and social skills'

'Fun and engaging classes for babies and toddlers; great songs and brilliant props!'

'My daughter loves Hartbeeps. The activities and music really keep my daughter engaged and have helped with her hand-eye coordination...'

'Pure joy to attend, loved by both the babies and parents!'

BIG fun characters and colourful themes; there is so much to do, learn and make believe...

At Stoney Homestead Community Hub on Thursday mornings.

Other venues will also be opening up on the Hibiscus Coast.

Bookings are required.

Contact: Diane diane.nz@hartbeeps.com 021 292 4105

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Hartbeeps Hibiscus Coast
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Internet Service Providers

I am often asked who is the best Internet provider for Millwater. Easy question you may think, but there is actually quite a bit to it so I ask quite a few questions to figure out which provider would be the best for the client's needs.

The move from copper cables to fibre brings a whole new level of complexity when looking for a new ISP. It is no longer so much as 'who provides the best speed or service', as it all comes through the same fibre anyway, but more about how they connect their equipment, what backend system they use, how your house has been wired and how you want to live your life.

Let's start with the basic phone line: If you want to use a landline then obviously you need to ensure you have ports wired to the area that you want to place your phone, but if you also want to relocate your modem from your hub cabinet to another part of the house to get better Wi-Fi in that area, then for some ISPs you will need to ensure the ability to back-feed the phone line from the modem to the Optical Network Terminal in the hub, as well as the network to connect the other outlets. This means 3 network cables required at your modem's new location – not a common thing in most houses.

Alarms, security cameras and even some P2P online gaming can sometimes require you to port-forward your modem to allow the 2-way communication. Some of the smaller ISPs block port-forwarding at their end as they don't have as many IP numbers to allocate, so they use a sharing system. If you need to

port-forward, you will need to request a static IP, which comes with a charge that no one can tell you about beforehand.

Speed can depend on what plan you are on. Don't just look at the fastest speed but also ensure you check the minimum speed guarantee. Some smaller providers throttle back your connection to cope with high demand and you can end up with speeds about 1/10th of normal. I have recently come across an ISP who has no late night or weekend support desk; critical if you have an issue after hours and do not have the skills required to diagnose a connection problem.

To assist your initial requirement, here are some of the main providers and where they locate the phone lines:

Spark: Optical Network Terminal (ONT)
Trust Power: ONT
Vodafone: Modem
Orcon: Modem
Snap/2 degrees: Modem
My Republic: ONT

If you need help deciding which would be the best ISP based on how your house is wired and how you want to lay things out, then give us a call at Total Security Group and we can provide unbiased advice and offer great solutions, to get the best for your lifestyle.



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Millwater ROMEOs

For the April meeting of the Millwater ROMEOs (Retired Old Men Eating Out), 12 of us headed up to Puhoi. Terrible weather was forecast but only one heavy shower eventuated.

Firstly, we visited the Puhoi Bohemian Museum. The Museum is housed in the historic Covent School and displays many exhibits – photographs, models, historic tools and equipment, household goods, clothing etc; also a large and impressive scale model of the village as it was in 1900.

On arrival we were met by Jenny Schollum, pictured here, who provided an informative talk on the history of the village. In 1862, the early settlers came from Bohemia, an area of what is now the Czech Republic. After a long voyage, during which several new Bohemians were born, the settlers arrived in Auckland before being brought by sailing cutter to the mouth of the Puhoi River. They were then transferred to Maori canoes for the last 4 miles of their 124-day journey. They certainly bred them tough in those days!

Then off to the Puhoi Pub for a great lunch in their spacious dining room. On the way we stopped off at the Catholic Church of Saints Peter and Paul, which was built in 1880 and opened in 1881. This historic wooden church has 22 stained glass windows and the altar painting is an exact copy of the one in the church in Bohemia.

The day was rounded off by returning to the organiser's home for afternoon tea, where all the world's problems were discussed and sorted out. Another great day out enjoyed by the Millwater ROMEOs.

Millwater Women's Group

Millwater Women's group met at the Stoney Homestead Community Hub on Wednesday 19th April. Our speaker for this meeting was the lovely Janine Schultz, a local Millwater resident, who has the business Natural Style. Janine showed us the difference that the right colours make to how we look in our clothes; and hopefully help us to resist buying those clothes where we love the colour or the fabric, but they are not right for us although they might look lovely on someone else. Janine brought along Therese as her model and it was inspiring to see the difference that could be made depending on colour choices.

Janine is passionate about her work and this really shone through as she showed us simple tricks to help us look and feel our best. Janine also sells the lovely World Organics brand of natural skincare and makeup, and again emphasised the importance of being aware of the right colours for your skin tone. Next month we are looking forward to learning how to improve our memory.

Please contact me if you would be keen to speak to the group. Our interests are varied and wide.

We meet on the third Wednesday of the month.

Marj Noble 021 711 540

holiday destinations

Welcome to the Big Apple

You'll fall in love with New York City; a one-of-a-kind destination that pulses with life and buzzes with excitement. With something happening on every street and something to do around every corner, no wonder it's known as the city that never sleeps.

Home to hundreds of world-famous landmarks and attractions, New York City and its five boroughs will have no trouble filling your holiday itinerary. Take in the panoramic views of the amazing Big Apple from the top of the Empire State Building, catch a ferry over to Liberty Island to see the city's most recognisable landmark, the Statue of Liberty, or visit Times Square to take in all the excitement with its neon lights and billboards.

Central Park is an urban oasis of trees, gardens, and meadows in the centre of the city and there is so much to see and do here. Visit Central Park Zoo, ride the Friedsam Memorial Carousel, take in the beautiful elm trees that line The Mall, ice-skate in winter or enjoy a romantic horse-drawn carriage ride.

New York City's nightlife and entertainment scene is sure to take you late into the night. Take in the bright lights and a live show at one of the famous theatres on Broadway, enjoy a casual beer or a 'Sex and the City' style cocktail at any of the numerous bars and nightclubs. Be sure to catch a New York Yellow Cab home!

For a history and culture fix, the city is home to many museums and galleries, including The Guggenheim, the Natural History Museum, MoMA and the Metropolitan Museum of Art. Or shop till you drop at the famous department stores such as Saks, Macy's, Bloomingdales and Barneys – or stroll along Madison and Fifth Avenues and admire the chic boutiques.



Do any of these describe you?

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

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

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



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

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Powers of Attorney



Recent changes mean it is now easier to take care of your future and put enduring powers of attorney (EPA) in place.

An EPA is a document appointing somebody else to have the authority to make decisions or sign documents on your behalf, if you are temporarily or permanently not able to do so yourself.

EPAs are often assumed to only be used for the elderly, but younger people should also consider whether they want to have them put in place, in case of unforeseen accidents or illnesses.

What does an EPA mean for me?

In your EPA you name a person (or people) to act on your behalf and make decisions for you in respect to property, and/or personal care and welfare. The person you appoint is called your attorney, and does not have to be a lawyer (and, most often, is not a lawyer).

There are two types of EPAs; the first in respect of property and the second in respect of personal care and welfare.

The EPA in respect of property is for matters that relate to anything you own (which includes real estate, bank accounts and any other assets you might have). This EPA can, at your election, come into effect immediately on

signing the EPA, or only if you become mentally incapable. An EPA in respect of personal care and welfare relates to matters such as where you will live and who will care for you. An EPA relating to personal care and welfare can only come into effect when you become mentally incapable.

Why have EPAs in place?

An accident or unexpected illness could mean that you are left in a position where you are unable to make decisions for yourself. It is better for you to plan in advance as to whom you would want to speak and act for you if this happens.

If something was to happen to you and you do not have EPAs in place, it is likely that the only option for your family will be to make an application to the Family Court for somebody to act as your Welfare Guardian and/or Property Manager, or get a one-off Personal Order. This can be expensive, stressful and time-consuming. In addition, the end result may not be the result that you would want if you had made the decision yourself.

KATRINA SIMPSON
Solicitor
SIMPSON WESTERN

millwaterasiancorner

First Name? Last Name?

It took me ages to get used to answering a simple question without thinking: 'what is your last name?'

This is actually a logical question for the Chinese, because our last name is always positioned in the beginning of the name, which is actually our 'first' name. Vice versa, our first name is positioned after our last name.

To avoid more confusion, I will use surname instead of last name in the rest of the article.

For the Chinese, surnames are patrilineal and because of this people usually favour boys more than girls – even in modern days. For the same reason, women do not change their surname to their husband's surname when they are married, but some may add their husband's surname in front of their surname to let people know they are married, but it is getting less and less popular.

There are thousands of Chinese surnames; some are very common, some are very rare. You may start to wonder: then how come people always seems to share the same surname? That's because the common ones (usually called the 'Hundred Family Surnames') are shared by around 85% of the population (according to mighty Google). I am sure you must have known some common ones like Zhou, Wang, Zhang, Chen – and do you know that some Chinese surnames have a meaning? For example: Ma is horse, Ye is leaf, Li is plum, Lin is forest.

Talking about Chinese surnames, it reminds me of an old (bad) joke that a politician cracked a few years ago while making comments on NZ Chinese immigrants: 'Two Wongs don't make a right.' Interestingly, the Wong quoted in this joke is Cantonese, not Mandarin. In Mandarin, spoken by the majority of people from China, Wong should be pronounced as Huang or Wang (depending on which Chinese character is used), and the meaning of the surname Huang is Yellow, which is the exclusive



colour worn by the Chinese emperors.

So: Is it true that two Wongs don't make a right? I don't think so. My husband and I have the same surname; Wong. Even if we have been together as a couple for more than 20 years, I still think he is Mr. Right for me!

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



Hibiscus Hospice 2017 Art Exhibition & Sale

The Hibiscus Hospice 2017 Art Exhibition and Sale is set to be a visually stunning event, with around 300 works for sale or auction from more than 70 artists. This includes over 20 new artists as well as favourites from previous years.

Not only is there something to suit every taste, but there will be items to suit every pocket; with works ranging from \$20 to over \$3,000. Old favourites include Lisa Bindon, Sarah C, Pamela Cooper, Sonja Drake, Keith Grinter, Kairava Gullatz, Gloria Hodge, Rogan James, Donna Massey, Yana Meech and Murray Stuart.



The event is in its 12th year and is run by the Hibiscus Hospice Women's Committee. Proceeds go towards Hibiscus Hospice so they can continue to be there for patients and their families.

Alongside works using oils, acrylics, watercolours and pastels on paper, canvas and board, there will be works on oars, cork,



Perspex and steel. The exhibition will also feature ceramics for indoors and outdoors, prints, photography, glassware and jewellery.

The 12th annual art exhibition and sale is on from Friday June 2nd throughout Queen's Birthday Weekend to Monday June 5th. The exhibition opens with a ticketed preview and auction on the evening of Thursday 1st June. Tickets are available online at www.hibiscushospice.org.nz or by phoning hospice (09) 421 9180. Opening hours on Friday, Saturday and Sunday are 9.00am – 4pm and on Monday, 9.00am – 2pm. Entry on these days will be by gold coin donation with EFTPOS available.

The exhibition will be held at the Estuary Arts Centre, 214B Hibiscus Coast Highway, Orewa.

VOLUNTEERS WANTED



Hospice care changes lives - without our volunteers we couldn't do what we do.

At Hibiscus Hospice we rely on our army of volunteers to keep our organisation running. If you would like to make a difference in your local community and meet new people, please get in touch.

We currently have the following positions available:

- Shop Volunteers
- Specialist In-Patient Unit Workers
- Car Washers
- Biographers
- Gardeners
- Massage/Alternative Therapies

If you would like to come and work with us, please contact us for more information on these roles. Email Vicki, on volunteer@hibiscushospice.org.nz or call 09 421 9180.

Sophie's Smile Makeover



My Smile competition, Sophie now has a perfect set of pearly whites, thanks to a combination of state-of-the-art dental implants and complete dentures, all placed by Dr Dusan Kuzmanovic and Dr Sonya Wallis of The Dental Suite in Silverdale. "She is a genuinely nice person and I'm really glad we were able to help her," says Dusan of Sophie.

Having had bad experiences with dentists in the past, Sophie was initially nervous about the dental work awaiting her. "They would judge me and growl at me about my teeth," Sophie says of previous dentists. However, Dusan and the Dental Suite team made her feel comfortable immediately. "They totally had my trust and treated me like a person," she says. "They didn't make me feel bad. The only way to describe it is that they treated me like my family. Like my closest friends."

Sophie Turgoose's life has changed forever. Once hiding her badly damaged teeth from even her own family, Sophie now embraces every day with enthusiasm and a new confidence. As the winner of More FM Rodney's Fix

Initially entered into the competition by her daughter Angela in 2016, Sophie was lucky enough to have her treatment completed and revealed at The Dental Suite surgery by the More FM Rodney team on March 1st this year,



only one day before Angela's wedding. For a woman who had no photographs of herself with her adult children, the reveal was timed perfectly and produced poignant results. "I'm not a very emotional person, but I just burst into tears," Sophie says.

With a new smile, Sophie now faces the world with aplomb. No longer hiding her mouth behind her hand, she is enthusiastic, open and cheerful. "Now I can talk to people. I'm getting used to smiling openly. There is not enough I could say about how much Dusan and the team have changed my life."

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Dan's Tips

May 2017

It's time to replenish the garden beds with fertilisers and mulch and plant some of our favourite fruits - citrus, blueberries and feijoas.

Plus, sharpen those pruning tools!



Sow broad beans

Plant broad beans now in a warm, sunny part of the garden.

Growing Food

- **Perfect time to sow broad beans** – in a warm area of the vegetable patch, that will see some sun over winter; but don't put them where your last legume (bean or pea) crop was – crop rotation works best.
- **Also good to plant some of our favourite fruits:** Citrus, blueberry and feijoa bushes, not to mention the sub-tropicals - avocados, bananas, mangoes and guavas – do choose frost-free areas for planting the latter.

Lawns

- **Mow less often** – a late over-sow of bare patches can be attempted in warmer areas.

Other Work

- **Replenish Garden Beds:** raised beds are intensively worked gardens: replenish depleted organic matter and fertilisers by adding more Living Earth Garden Mix.
- **Sharpen:** It's time to sharpen tools for pruning. It's amazing what the local tool sharpening service can do – get rid of rust, replace the springs on your favourite pair of secateurs and of course, sharpen blades.
- **Flowering polyanthus love dried blood** – yucky but true!
- **Weed and mulch:** Tuck the garden up for winter, by getting rid of weeds and layering a thick (50-100mm) layer of BLACKGOLD Mulch around your garden.



Plant fruiting trees and plants

Citrus, blueberry and feijoa bushes are ready to be planted. Also avocados, bananas, mangoes and guavas can be planted in frost free areas.



Sharpen pruning tools

Sharpen those pruning tools - get rid of rust, replace springs and get those blades nice and sharp!



Get your outdoors ready for Winter

Time to clear up all those fallen leaves, spread mulch and fertilise plants and gardens and tidy up before winter sets in.

At Central Landscape and Garden Supplies Silverdale we have a large range of planting soils, barks and mulches to get your outdoors all ready for winter - plus you can drop off your green waste!

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

Recipes from Millwater Residents



Oreo Muffins

Ingredients

One 137g pack of Oreo
20g olive oil
1 egg
1/3 cup sugar
1 cup milk
2 cups flour
4 teaspoons baking powder

To make

1. In a large mixing bowl, mix egg, oil, sugar and milk.
2. Put Oreo into a freezer bag, tied. Roughly break them into medium and small pieces. (I usually ask my pre-schooler to break them up with a pork hammer). Put a cutting board underneath to protect your bench top if you choose to do it this way.
3. Sieve in flour, baking powder and Oreo pieces.
4. Fold and mix ingredients gently, until everything is just combined. Do not over-mix.
5. Spoon into greased muffin trays.
6. Bake in preheated 200c oven for approximately 15 minutes. Time may vary, depending on the size of the muffin cup.

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

Happy Cooking!

Nita Wong



Pineapple Bran Muffins

Ingredients

1 cup Flour
1 ½ cups baking bran
1 tsp baking powder
1 tsp baking soda
3 tablespoons brown sugar
1 egg
1 tablespoon golden syrup
50g butter
400g can crushed pineapple

Method

Sift flour, baking powder and baking soda into a bowl. Add in the bran and brown sugar and make a well in the centre. Melt golden syrup with butter. Lightly beat the egg. Pour egg, golden syrup mixture and crushed pineapple into the dry ingredients and mix to just moisten. Three-quarter fill greased muffin pans with mixture (about 10 or 12) and bake at 220c for 10 to 15 minutes.

Diana Lakin

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

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Tradie of the Month from Maddren Homes



On behalf of all the team at Maddren Homes, we would like to congratulate Gemma from kitchen designers Fluid Interiors.

Gemma and the team are amazing to deal with and I think our clients' recent feedback in dealing with the company, and in particular with Gemma, really speaks for itself.

"We just wanted to say how much we have enjoyed working with Gemma at Fluid Interiors. She is an extremely talented interior designer, who quickly picks up on a client's vision or ideas and executes them in a patient, practical manner. She is sensitive to her client's budget, without restricting the options and scope of ideas she presents. All of this is done with exceptional customer service, flair and attention to detail. We would highly recommend her to any of your clients wanting something special in their home. She is amazing! Thanks for sending us there."

"A short note to say thank you for the introduction to Fluid Interiors. Gemma, who has been in charge, has been very good to deal with; understanding of things we put forward, very accommodating of us wanting to supply timber, and she was happy to involve Steve when needed for technical advice. She never once got grumpy at us for changes we made. She is simply awesome!"

Thanks again Gemma and everyone at Fluid Interiors for the continual hard work and quality you provide for our customers – it is much appreciated.

millwatermalt of the month

Bruichladdich Port Charlotte Scottish Barley, Heavily Peated



If I often feature a smoky whisky, it's only because that style continues to please me so much. I agree that smoky, peaty whiskies are an acquired taste, but I believe that a taste for this particular one is well worth acquiring. So, once again, a splendid smoky Islay single malt whisky that I picked up through a special offer from a mailing list that I signed up for. The special offers are usually open for just 24-48 hours, so the price may be different by the time you read this.

We'll start with that strange-looking name, which comes from two geographically descriptive words in the Scottish Gaelic – Brudach a Chladdaich (literally, The Brae by the Shore). Over the years, the Gaelic has been Anglicised and the accepted pronunciation nowadays is Brook Laddie, which is much easier to say.

Nose: Waves of intense peat smoke and salty tang. Charred oak, black pepper, iodine and leathery tobacco; followed by the sweetness of oaky vanilla, dates and figs, with also a hint of toffee.

Palate: Potent waves of youthful sweetness and smoke. Deeply complex; the barley sweetness balances beautifully the toffee and vanilla, with just a tang of citrus.

Finish: The lighter oak betrays its zestful youthfulness, yet the peaty smoke is gentle alongside the late-arriving spice.

Conclusion: A young 'Laddie' that is sure to grow on you. 700ml, 50% ABV (I added a drop of water to mine...), \$86.99 plus postage, on special offer online. The Jim Murray Whisky Bible rates it at 94.5/100: "A superstar whisky that gives

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Millwater Medical, located in central Millwater
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We offer family medicine

We thank those patients who are already a part of our clinic.
We welcome new families to the Millwater area and invite you to enrol now.

Our hours are Monday – Friday 8.30 am – 5.00 pm.

If we are closed: Silverdale Medical, 7 Polarity Rise runs an Urgent Care service
Monday – Sunday, 8 am – 8 pm daily.

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dates for your diary

- Every Sat** Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
- Every Tues** Quiz Night at Northern Union
- Every Wed** Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
- Every Sat** Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details
- Every Thurs** New to NZ? **Orewa Library** hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** Ukelele Classes • Estuary Arts Centre from 7-8:30pm All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquires/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287

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



Join us for services throughout the month:

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

Christ Church, Waiwera
1st Sunday 11:15am

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

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How to contact your local....

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Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Invive Spa	relax@invive.co.nz

Osteopath

Orewa Osteopathy	09 426 7111
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Optometrists

OPSM Silverdale	09 426 7902
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Motoring & Boating

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

Florists

Flowers by Joanne	09 426 5287
Fabulous Flowers	09 428 7047

Real Estate

Mike Pero Real Estate, Silverdale	09 426 6122
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Food, Entertainment & Recreation

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437
Centrestage Theatre Company	09 426 7282

Printing

Treehouse Print	027 4986 202
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Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	09 929 7824
HBC Writers	www.hibiscuscoastwriters.weebly.com

Cleaning

Houseproud	021 025 32085
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Insurance / Financial / Accounting

MiRock Financial Services	021 627 802
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Housing

Maddren Homes	09 412 1000
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Medical

Coastcare Urgent Care, Red Beach	09 427 9130
Focus Hearing	09 533 6463
Orewa Medical Centre	09 426 5437
Millwater Medical	09 320 0873

Dental

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

Child Care & Education

KiNZ Orewa	0800 MY KINZ
Hartbeeps Hibiscus Coast	021 292 4105
Eliette's Music Academy	021 067 6333

Pharmacy

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

Pets

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

Home & Garden

Central Landscape & Garden Supplies	09 421 0024
Silverdale Furniture Restoration	09 426 2979
Total Security Group	09 947 5992

IT Support

Technical Guy	09 280 4690
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Legal

Simpson Western Lawyers	09 486 3058
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Photography

Paul Conroy	021 192 2219
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Housing

Planning Plus	09 427 9966
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Other Services

Forrest Funeral Services	09 426 7950
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Transport

Hibiscus Coast Freedom Drivers	021 087 22760
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Mike Pero
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Mon 1 May	04:57 0.4 m	11:17 3.2 m	17:20 0.3 m	23:43 3.3 m	Tue 16 May	04:49 0.7 m	11:00 2.7 m	17:01 0.7 m	23:27 2.8 m
Tue 2 May	05:54 0.4 m	12:12 3.1 m	18:14 0.4 m	-	Wed 17 May	05:33 0.8 m	11:41 2.7 m	17:43 0.7 m	-
Wed 3 May	00:40 3.2 m	06:54 0.5 m	13:09 3.0 m	19:13 0.5 m	Thu 18 May	00:11 2.8 m	06:19 0.8 m	12:26 2.7 m	18:30 0.8 m
Thu 4 May	01:39 3.0 m	07:55 0.6 m	14:09 2.9 m	20:15 0.6 m	Fri 19 May	00:58 2.8 m	07:09 0.8 m	13:14 2.6 m	19:22 0.8 m
Fri 5 May	02:39 3.0 m	08:56 0.6 m	15:09 2.8 m	21:19 0.7 m	Sat 20 May	01:50 2.8 m	08:02 0.8 m	14:07 2.6 m	20:20 0.8 m
Sat 6 May	03:37 2.9 m	09:55 0.7 m	16:10 2.8 m	22:19 0.7 m	Sun 21 May	02:44 2.8 m	08:57 0.7 m	15:05 2.7 m	21:21 0.8 m
Sun 7 May	04:33 2.9 m	10:50 0.6 m	17:07 2.8 m	23:13 0.7 m	Mon 22 May	03:39 2.9 m	09:53 0.6 m	16:07 2.8 m	22:20 0.7 m
Mon 8 May	05:25 2.9 m	11:41 0.6 m	18:00 2.9 m	-	Tue 23 May	04:35 3.0 m	10:49 0.5 m	17:07 2.9 m	23:17 0.5 m
Tue 9 May	00:02 0.7 m	06:14 2.9 m	12:27 0.6 m	18:48 2.9 m	Wed 24 May	05:31 3.1 m	11:44 0.4 m	18:05 3.1 m	-
Wed 10 May	00:47 0.6 m	07:00 2.9 m	13:11 0.5 m	19:32 3.0 m	Thu 25 May	00:12 0.4 m	06:27 3.2 m	12:38 0.3 m	19:00 3.3 m
Thu 11 May	01:29 0.6 m	07:43 2.9 m	13:51 0.5 m	20:13 3.0 m	Fri 26 May	01:05 0.4 m	07:22 3.3 m	13:32 0.2 m	19:53 3.4 m
Fri 12 May	02:08 0.6 m	08:24 2.9 m	14:30 0.5 m	20:52 3.0 m	Sat 27 May	01:58 0.3 m	08:17 3.3 m	14:24 0.1 m	20:46 3.5 m
Sat 13 May	02:48 0.6 m	09:03 2.9 m	15:07 0.5 m	21:30 3.0 m	Sun 28 May	02:52 0.3 m	09:12 3.3 m	15:16 0.1 m	21:38 3.5 m
Sun 14 May	03:27 0.6 m	09:42 2.8 m	15:44 0.6 m	22:07 2.9 m	Mon 29 May	03:46 0.3 m	10:06 3.3 m	16:08 0.2 m	22:31 3.4 m
Mon 15 May	04:07 0.7 m	10:20 2.8 m	16:22 0.6 m	22:46 2.9 m	Tue 30 May	04:41 0.4 m	11:00 3.2 m	17:01 0.3 m	23:25 3.3 m
			High	Low	Wed 31 May	05:38 0.4 m	11:54 3.1 m	17:55 0.4 m	-

your enterprising community zone

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Silverdale

At Mike Pero Real Estate, we've got Rodney covered.
If you are in Silverdale give Grayson & Sarah a call to experience the difference.

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* Nielsen Television Audience Measurement, May-Oct 2016
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