

# theMillwatermag

Your FREE monthly magazine  
of all things Millwater  
April 2018

Helping our pets adjust  
to cooler weather

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Introducing Rechelle  
McNair

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Glazed Lemon Tart

Primary School  
Programme

  
**sKids**  
Safe Kids In Daily Supervision

"Kids just love it"

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## Editor's note

As you read this, I hope that the sun is shining – the skirts of Cyclone Hola were brushing past my window as I wrote the intro to this month's magazine. However, clouds have silver linings and I have enjoyed seeing many gardening successes on the Facebook page, which have come about as a result of excellent quantities of 'sky water'.



Easter has brought hot-cross buns, Easter eggs and bunnies, and maybe the occasional hard-boiled egg to roll (as children, we used to love decorating eggs and rolling them down hills; long ago and far away!) For some, despite our seemingly secular society, it has also been a time for reflection and religious celebration. How fortunate we are, to live in a free society that accepts the beliefs of others.

You've read her parenting articles and some of you may have winced at the truth striking home. Well, we have had the joy of meeting her in person and now you too can meet Rechelle McNair on the opposite page.

The first ever RotarySwimathon was held on March 18th, which closely involved your own Rotary Satellite Club of Orewa-Millwater alongside the other 2 local Rotary Clubs and Inner Wheel. Huge thanks are due to the many Millwater folk who came along to count the laps, and for the fun and friendship at this great event. 123 swimmers swam 3,945 laps (97.9 kilometres!) and we received pledges of \$6,111. Every cent of every dollar raised by our swimmers will be donated to local youth charities.

Millwater! I am SO proud of you – and to be a part of this great community!

Brian Mullan  
Editor  
April 2018

theMillwatermag

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Front Cover: Rechelle McNair - Millwater local of sKids Kingsway and writer of our fabulous parenting articles each issue (see page 7).

# themillwaterinterview



Having loved the practical common-sense articles so well-written each month by Rechelle McNair of sKids, we just had to get to know her better.

Rechelle was born to a hard-working family in South-east Texas and grew up in San Antonio, where she began volunteering her time at just 18 through charity groups, churches and schools, to help children between 5 and 18 years old. Rechelle was still studying there when she met her future husband, New Zealander Brett, who was vacationing in the USA. "I followed him to NZ a couple of months later, to see if the spark was real – and it was," smiled Rechelle. "Brett then moved to the States for a few months and we up ended getting married about a year later before coming straight back to NZ."

Rechelle began work at Southern Cross Healthcare's (then) fledgling customer services department, rising quickly to corporate trainer and special projects manager. She developed the efficient integration of business and IT systems over the next 7 years and recalled that Southern Cross were fabulous

employers. "The only reason I left was that my husband got a job flying with US Airways and we and our two young children moved to Maryland in the year 2000."

The tragic events of 9/11 changed forever the way of life in the USA, particularly near Washington DC, so the young family took the decision to return to NZ earlier than originally planned. Airline jobs were in short supply, so Brett took a break from flying to start a business. "With young children, this allowed us to continue the home-schooling we started in the States, as well as travel." Rechelle said. "Then the time came to put the kids into school. I took a year off; doing volunteer work around the school before re-entering the workforce in 2009."

The local accountancy firm Rechelle joined saw her potential and provided a flexible, school-hours role for her as executive assistant. "I worked on marketing, communications and business development for the next 7 years, also developing the consultancy and advisory side of the business." Rechelle's role included organising and running business-owners' workshops aimed at improving their businesses. It was at one of these she met the sKids National Director. "Helping families and working with kids is really what I love. Joining the sKids franchise allows my skillset and passion collide! It's my happy place!" Rechelle currently has sites at Sunnynook School and Kingsway.

At this point in our conversation, the lights really came full on as Rechelle's passion for giving kids a whole lot more than just child-minding became palpable. "It's all about growing awesome Kiwi kids," Rechelle enthused, "providing for other children what I would want for my own; it's not about being a glorified baby-sitter." The serious business of developing the children in sKids includes offering them activities like computer coding – and involving them in the William Pike Challenge. Rechelle added, "We are the only approved out-of-school William Pike Challenge provider for the 10-14 years age group. We also can offer FoodStorm – where kids learn to cook using fun recipes approved by the NZ Heart Foundation! We are MSD approved and MPI registered with a complete food control plan in place that allows us to make yummy afternoon teas like butter chicken and fried rice!"

Had I been an orphan child, Rechelle McNair is exactly the mum that I would have wanted – firm, fair and loving – and with the greatest sense of fun.

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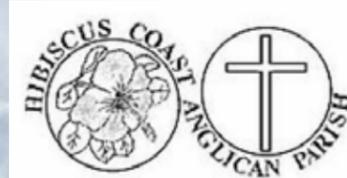
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- Every Sat** Millwater parkrun 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Every Thurs** New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday 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
- Every Weds** Hibiscus Coast Mid-Week Badminton Club • 9am-noon Orewa Badminton Hall, Victor Eaves Park
- Every Thurs** Ukelele Classes • Estuary Arts Centre from 7-8:30pm • All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquiries/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of each month** HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church • Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287
- 4th Tues of each month** Zonta Club of Hibiscus Coast • Visitors welcome to to join us for dinner & interesting guest speakers The Wade Hotel, Silverdale • 6pm Contact [hibiscuscoast@zonta.org.nz](mailto:hibiscuscoast@zonta.org.nz) or 027 577 1888
- Every school term Tuesday** Crafts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 12pm • \$2 for morning tea & craft creche provided
- Every school term Friday** Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm \$2 includes morning tea • suitable for beginners
- Every Tues** Hibiscus Coast Rock & Roll • Whangaparaoa Hall 7pm lessons • 8pm general dancing • Wear soft sole flat shoes • Wear layers as you get extremely hot dancing • Further info on our website & Facebook.
- Every 2nd Thurs** Join Hibiscus Coast Concert Band! • all ages & abilities welcome • see our website [hccb.org.nz](http://hccb.org.nz) or call 021 186 4599 to check when our next rehearsal is.

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



Join us for services throughout the month:

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

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

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# vetspeak

## Helping our pets adjust to cooler weather



As summer begins to leave us and it feels like autumn in the air, we need to remember our pets feel it too. We need to help our pets adjust to the changing weather and keep them comfortable too.

It is a good time to check the outdoor kennels and shelters for weather-tightness; are they draught-free and dry? Do they need a blanket or extra bedding in their kennels? Maybe they could be moved inside overnight? These things seem so simple but can have a huge impact on our pets. It can also

help manage other conditions such as arthritis and keep them going.

Are they getting slower in the morning? Are they having difficulties jumping or getting up? Are they less inclined to play? Sometimes the symptoms of arthritis are very subtle and hard to pick up and we usually brush them off as "just old age" but, as the cooler weather approaches, these symptoms may start to be noticed. If you are concerned, please pop them in to the clinic or think about a "Senior Surfer"

Our "Senior Surfer" programme is a comprehensive wellness check of your pet, which includes full blood tests, urine tests and a screening x-ray to check for arthritis and general health. We provide a full report on discharge, along with any recommendations for preventative healthcare – or indeed treatment, if indicated.

Lastly, as it gets cooler, rodents move inside and if you are laying bait, it's important to keep any rat baits or poisons laid out of our pets' reach; dogs especially are inquisitive and eat things they shouldn't.

For any more helpful hints and tips, check our website or pop in for a chat.

Jessica Ashley VN



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# mortgagematters

## Complacency can be Costly



actively seek out mortgage advice? Were you offered it by your bank? Did you fully consider the options around the term of the loan(s), certainty, flexibility and repayment options, and was the outcome conducive to your circumstances at the time? Have you reviewed your mortgage since it was set up? Have your circumstances changed?

Many borrowers just don't realise that they might be able to do better, given the right advice. Others accept that better options might be available but are willing to incur the cost of leaving things as they are as they think that it might be too hard to address.

I find it ironic that, when most aspiring homeowners are seeking mortgage finance, they are wanting the lowest cost; whereas, after the finance is in place, it is hard to convince people that their mortgage might be costing them more than it should be and/or that they may be incurring unnecessary risks that they are unaware of.

Our experience suggests that many borrowers who have obtained finance through banks have a loan term of 30-years. Not all. But many. We generally don't recommend such a loan term unless we believe it is warranted, and we think that there are plenty of borrowers that could benefit from a shorter loan term.

When you bought your home, did you

A common situation we also see is

borrowers having all of their fixed-rate debt on one fixed-rate period, without realising that, if interest rates were to increase significantly during that period, they would apply to all of the fixed-rate debt upon expiry. This risk can be mitigated by splitting the fixed-rate debt into more than one loan and fixing for different periods.

Although changing your loan set-up might seem confusing or complicated, a good Mortgage Adviser can assess your situation, explain your options and make recommendations based on your circumstances. We offer a free, no-obligation, no-pressure review, and our clients attest to the value of our advice. So, what have you got to lose?

If you're ready to take the next step toward making your mortgage work for you, please get in touch with me and my team.

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

## Stuff and Things



Stuff here, stuff there. Stuff in drawers. Stuff in cabinets. Stuff in the closet. Stuff under the bed. Stuff, stuff and more stuff. Sometimes our houses are stuffed full of stuff!! Most of that stuff – toys.

With so many options on offer, children can easily get bored. Sounds crazy, I know, but stay with me.

"Necessity is the mother of invention". There is no need for imagination, for creativity or experimentation when all the work is done for you.

In our attempts to give options and the latest must-have toy to our children, we can sometimes rob them of the opportunity to create and imagine. Creativity and Imagination: are they important? Ask these guys – Bell, Einstein, Bill Gates, Oprah Winfrey, Elon Musk... this list goes on.

So, how can we as parents give our kids their Birthday Wishes without feeling like villains? Simple. Rotate.

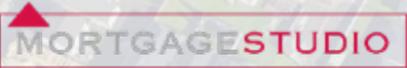
Rotate the toys they play with each week, fortnight or month. Whatever works for you. Have "this month's" toys within reach. Other toys, put away. Expect push back and the odd "but that's my favourite" followed by the most pathetic face you've ever seen. You know the one. (And yeah, maybe there are 1-2 that live on the bed etc that never get put away.)

But, if you have patience, you will be rewarded by seeing your child's imagination and creative play increase. These allow children to feel freer to share their thoughts and dreams, as well as increasing collaborative play. You could also see an improvement in their creative story-writing at school.

I started rotating when my kids were toddlers. I was teaching them independent play (vs always needing to be entertained by a sibling or parent). I put boundaries around the play space and limited the toy options to 3-4. It worked so well I never thought to change the pattern. As they got older, the number changed to 5-8 toys and I would ask them to help decide which toys were going away and which ones would come out. I made an Executive decision some toys only came out in the School Holidays.

Rotate. If it works, keep it. If it doesn't, don't. Your child already has the number one ingredient needed from you to succeed – Love.

**Rechelle McNair, sKids Kingsway**



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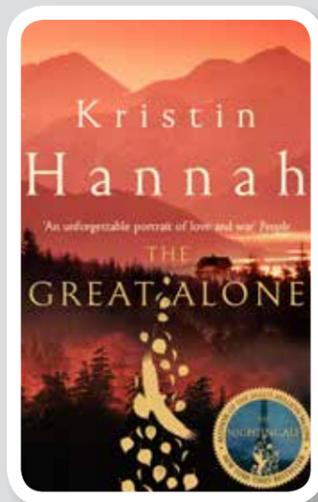
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# millwater book of the month

The Great Alone by Kristin Hannah



Kristin Hannah is the bestselling author of the much-praised *The Nightingale*, and her new novel, *The Great Alone*, takes us to the vast wild expanses of Alaska. But once again Kristin Hannah has written an extraordinary novel with a wonderful sense of place, unforgettable characters and a plotline with loads of emotion and heart. I loved this book!

The novel opens in 1974 and Ernt, a Vietnam veteran who was a POW, is a changed man from his former happy self. Since he has returned from Vietnam, he has dragged his wife Cora and his daughter Leni around the USA, always looking for a fresh start. But then he inherits a cabin in Alaska and he uproots his family one more time. Leni is thirteen-years-old, and we see most of the story through her eyes. The unbelievable beauty of the Alaskan landscape, but all the terrible brutality, where one mistake could mean death in the unforgiving wildness. Slowly, over the summer the family transform their rundown cabin into something that resembles a home, with the help of the local community. Leni starts again at another school and quickly makes her first real friend, Matthew, the son of one of the oldest families in the area. But, as winter approaches, her father's demons return, and then it feels nothing it safe anymore as they share their isolated home with a man who is increasingly unstable.

*The Great Alone* is an intimate story of family love and people tested beyond endurance. It's also an epic tale of survival against the elements. The Great Alone is a beautifully-written novel with a great deal of heart. I challenge anyone to read the ending and not cry, or to read the story as it unfolds and not be completely captivated. I would highly recommend this wonderful novel – it is outstanding!

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

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## Capsule Wardrobes



Bit of a buzz word right now and really took the world by storm when project 333 came about; emphasising on decluttering your life, starting with your wardrobe. Although this method can be quite strict, it doesn't need to be. I think most women or men just want a well-functioning wardrobe.

What do you want out of your capsule wardrobe? Are you traveling, do you want simplicity, versatility? Here are a few things you can ask yourself:

**Personality** – Do you prefer a large choice of items or having

less? Which will make you feel happier? A small wardrobe doesn't suit everybody!

**Lifestyle** – Does your wardrobe content reflect your current lifestyle? Working, staying home, relaxing, socialising.

**Register** – take stock of what is in your wardrobe. What are you wearing or not wearing?

Have a play with your clothes; see what you can put together with what you already have. What do you feel is missing to complete a look?

Why do you enjoy wearing one thing more than another? Analyse it; is it the colour, fabric or style/cut? Be honest with yourself.

**List** – have a plan when you go shopping. Don't buy random things because they're on sale, or you see someone else looking amazing in an outfit. Know what you want and what will work for you – avoid filling your wardrobe space with clothes you never wear.

**Match** – when shopping think of what else you can wear the item with? Can it fit in with multiple lifestyles? Offering you more options...

Putting together a wardrobe that truly reflects what's true to you is great fun! You might realise you prefer having less or maybe you are struggling with it. Either way, you are getting to know yourself and what will make your life easier.

Janine Shultz | Natural Style

# SIREN

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# pharmacytalk

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## DHA for Children's Learning



Children with learning disabilities have no physical characteristics that distinguish them in a crowd. Those with learning difficulties are often perceived as lazy, clumsy, hostile, hyperactive – when in actual fact they have little control over their behaviour. Inability to sit still, lack of attention, “daydreaming” and reading/writing problems are only some of the external signs. Many people with learning challenges are extremely intelligent, talented, creative and entrepreneurial, but they don't perform in school or socially to the level that is expected.

An interesting fact is that learning difficulties are less likely to develop in long-term breast-fed infants. But what is the connection between mothers' milk and lack of attention?

Mothers' milk is the ultimate nourishment for a new-born baby. It contains specific fatty acids that are critical; in particular, for brain and visual development. The brain is comprised of LCPs (Long Chain Polyunsaturated fatty acids); one of these being DHA, which is also a major constituent of eye retina cells and is therefore vital for eyesight.

Well-established research reconfirms this, showing that children suffering ADHD, dyslexia and dyspraxia experience significant improvement in attention, reading, writing and social skills after consuming high DHA supplementation. It has become apparent that learning disorders are a widespread epidemic in the Western world. It is estimated that 15-20% of the population suffers from some form of learning disorder.

Respected researchers have argued that humankind's superior brainpower is the direct result of the abundance of LCPs – specifically DHA (found in marine fish) – in our primitive ancestor's diet. Scientific evidence now shows a clear deficiency of those in the modern diet, probably due to manufacturing processes producing foods high in Omega 6 and damaged fats, and low in DHA. It is no coincidence that the prevalence of learning disorders seems to be worse in developed countries where consumption of processed foods is the highest.

Pop into Health by Logic in a Silverdale Village to discuss the best solution.

**Health by Logic**

## Millwater Women's Group

Millwater Women's group met on February 21st 2018 at the Stoney Homestead Community Hub. It was great to catch up with everyone after summer holidays.

Nita Wong came along for our first session of the year and demonstrated how to make Vietnamese Summer Rolls and dumplings. Nita did a wonderful job of showing us tips and tricks to making these great light meal options. After her demonstration, we all made a summer roll and wrapped several styles of dumpling.

The dumplings were then cooked and enjoyed by the group

– and I think we all went home confident we could make these and enjoy them at home. In March, we had a visit to Couldrey House at Wenderholm with a guided tour which was very interesting. We then headed to Walnut Cottage in Orewa for some lunch.

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

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# themillwaterinsider

## Stoney Homestead Community Hub

Our full contact information is:  
Address: 12 Galbraith Greens, Millwater; Email info@stoneyhomestead.org.nz; Facebook @StoneyHomestead; and Phone 021 0267 9111

## Millwater Gardening Competition

Our annual competition didn't occur prior to Christmas due to the unseasonal amounts of rain during November. The organisers (Central Landscapes Silverdale) considered doing it in March but, after speaking to some highly regarded Millwater gardeners, have decided to hold off until September. This will allow them to make the prize pool bigger, so that's something to look forward to. For those new to Millwater, this competition has been a regular for some years now. There is a range of categories, including Best Lawn, Best Vegetable Patch and Best Landscaping. [theMillwatermag](#) looks forward to once again supporting Central Landscapes Silverdale with this competition come September.

## Barnes Dance Crossing

The traffic light road junction at Millwater Parkway-Bankside Road has been the site of some scary near-misses and the Millwater Action Group petitioned Auckland Transport through the Local Board before Christmas. Bureaucratic wheels grind slowly but we now have confirmation from AT that a Barnes Dance pedestrian crossing (or 'pedestrian scramble') will be installed at this junction, with the works due to be done in May/June. You can Google 'Barnes Dance Crossing' for the details but, basically, it means that all lights turn red simultaneously and all pedestrians can cross at the same time; in all directions, including diagonal. There will be new traffic lights and clear road marking – and it should certainly be safer than the existing arrangement!

## Silverdale Pioneer Village

Upcoming Events May

### Friday May 4

Auckland Maritime Museum Visit and Harbour Cruise.

Departs Pioneer Village, 15 Wainui Road, Silverdale at 8.30am. Pick-ups at 8.35 (Loop Rd), 8.45 (Westhoe Rd) on request.

Maritime Museum at 10am for tour.

Lunch – Viaduct Harbour – bring your own or choose one of the many downtown cafés and restaurants.

Return to the Museum by 1.15pm to check in for harbour cruise on the historic scow 'Ted Ashby'.

Bus Trip \$20 + \$20 for cruise, Total \$40.

Phone Ngaire Langdon on 424 8615 to book your seat.

Bookings by 26 April. All welcome.

### Tuesday May 15

Historical Society Coffee Morning, Silverdale Pioneer Village, The Parsonage, 15 Wainui Road

Discuss historical artefacts or items of historical interest over coffee. Bring along your items of interest. 10 am.

All welcome

Paul Maguiness  
Publicity Officer  
Silverdale & District Historical Society  
pioneervillage1968@gmail.com

## The Millwater Mag Distribution

We are proud to announce that the magazine has just increased its print run to 5000. This enables us to provide more copies to some of our distribution outlets, which can only benefit our readers and our advertisers.

## Publisher's Note

We'd like to take this opportunity to mention our wonderful editor, Brian Mullan. He is often behind the scenes of many wonderful community initiatives such as our new Barnes Dance Crossing, the recent Rotary Swimathon, Hospice events such as Book Fairs etc. He does a lot for our community and I'm sure you'll join Grayson and I in thanking him for the generous time he gives to making our community a better place.

(I apologise for any grammatical errors in this paragraph as I didn't send it to Brian for editing). :-)

# Millwater 區內情報要點

## Stoney Homestead Community Hub

Millwater社區中心，歡迎租用或查詢活動資訊  
地址：12 Galbraith Greens, Millwater  
電郵: info@stoneyhomestead.org.nz，聯絡電話：021 0267 9111. Facebook @StoneyHomestead

## Millwater Gardening Competition

由于上年十一月期间的降雨量太大，我们的年度园艺比赛并未在圣诞节前进行。举办单位Central Landscapes Silverdale曾考虑把比赛延期至三月，但经过与一些资历丰富的Millwater园丁讨论后，举办单位决定把比赛推迟到九月份。这即是说会把奖品增加，令人值得期待！在此跟新来的Millwater居民解释一下，这个比赛已经办了好几年了。到时会有一系列的比赛类别，包括最佳草坪，最佳菜园和最佳园林绿化。本杂志热烈期待今年9月再次支持Central Landscapes Silverdale举办的这个活动。

## Barnes Dance Crossing

位于Millwater Parkway-Bankside Road的红绿灯交汇处一直是高危的险要地点，Millwater Action Group在圣诞节前向奥克兰交通部提出请愿。虽然处理需时，但我们现在已经得到奥克兰交通部的证实，“Barnes Dance Crossing”将安装在此交界处，工程将于5月/6月完成。若您想知道什么是Barnes Dance Crossing，请利用谷歌Google的搜寻了解细节。但简单来说，这代表所有马路红绿灯都会在同一时间变红，让所有行人在同一时间横过马路；包括对角线在内的所有方向。到时会有新的交通灯号和清晰的道路标记 - 它肯定比现有的安排更安全！

## Silverdale Pioneer Village

Silverdale先锋村即将举行的5月份活动

5月4日星期五

奥克兰海事博物馆参观和港口巡航

早上8点30分，离开15号Wainui路Silverdale先锋村

可应要求提供接送服务8.35(Loop Rd), 8.45(Westhoe Rd)

上午10点参观海洋博物馆

午餐 - Viaduct Harbou港 - 自备午餐或随意挑选市区内的众多咖啡厅

下午1点15分返回博物馆，登上历史悠久的Ted Ashby在港口巡航

费用：巴士20元+ 邮船20元总共40元

请在4月26日前致电424 8615联系Ngaire Langdon预订座位，欢迎所有人参加

5月15日星期二

历史学会咖啡早晨，地点：The Parsonage，Silverdale先锋村Wainui路15号

来一边喝咖啡一边讨论历史文物或史料。欢迎您把想分享的物品带来

时间：上午10点，欢迎所有人参加

联络：Paul Maguiness，Silverdale & 地域历史学会宣传主任

电邮：pioneervillage1968@gmail.com

## The Millwater Mag Distribution

让我们很自豪地宣布，本杂志现已将印量增加至5000本。这让我们能够向我们的一些分销点提供更多的数量，也使我们的读者和我们的广告客户更受益。

## Millwater Chinese Church

木槿湾教会于3月30日周五晚上 7点30分邀请您来参加主耶稣受难日，纪念主耶稣为你我牺牲被钉在十字架上而受难；而4月1日星期天下午2时则为庆祝主耶稣复活升天的复活节活动，两个活动都将在 Kingsway Junior Campus；欢迎您来了解当时基督如何为我们受难。

一年一度的ABC纽西兰华人基督徒教育大会将于4月7日周六上午9点整至下午5点30分在中区恩慈台福教会（101 Great South Rd. Greenlane；联系人黄传道及黄师母 0275033462）主题为：当代信徒的挑战与突破；若您为基督徒，欢迎您来提升装备，让事工借交流而添力

## Publisher's Note

我们想借此机会感谢我们的编辑Brian Mullan。他经常在幕后出力，付出很多的时间及精神为我们的社区服务，比如我们新的Barnes Dance Crossing、最近的Rotary 游泳接力赛筹款活动、为临终关怀机构筹款的图书博览等等

。他给我们的社区做了很多工作，我相信你会加入Grayson和我，一起来感谢他为我们社区建设一个更美好的地方所付出的慷慨时间。

## millwaterRomeos



Twelve ROMEOs (Retired Old Men Eating Out) enjoyed an informal workshop with professional photographer Paul Conroy at his Visual Voice studio on Centreway Road. Paul is a captivating speaker who kept his audience entertained for more than an hour, explaining the basics of good photography to a bunch of amateurs. From his opening question "what constitutes a good photo?" (answer: one that evokes an emotional response in the viewer), through the roles played by aperture, shutter speed and

ISO, to a professional photo of the awed ROMEOs that you see here.

Paul inspired the men to dare experiment with their cameras, to achieve far better results than merely depressing the shutter release in "auto" mode. It is much more rewarding to control things like depth of field and exposure of your subject using the basic functions of most consumer cameras. The built-in flash can be used creatively to correct the exposure of your subject when it is backlit. A great deal can be done to enhance your photos afterwards using one of many software programs on your computer. We all learned a great deal and noted that Paul also runs regular workshops at his studio.

After Paul's presentation, the ROMEOs gathered at the Ship and Anchor for lunch. The seating arrangements were excellent, with sufficient privacy to encourage conversation. The food and drinks menu is extensive and the food was beautifully presented, not to mention tasty too.

To conclude the outing, the ROMEOs had coffee and cakes at the home of the organiser of this event. Even though the outing started off with heavy rain, it did not dampen the enthusiasm of the intrepid band of men and a good time was had by all.

## millwaterRowenas



A smallish group of 10 ROWENAs (Retired Old Women Enjoying Nice Afternoons) met for our lunch at Palmer's Garden Centre. However, we were delighted to welcome the lovely Sue as an Honorary member. The chatter was lively as we all enjoyed the delicious cuisine.

Palmer's Cafe is nestled amongst a cornucopia of luscious plants and outdoor pots. We all browsed post-lunch in their gift shop area, which contains a diverse array of products.

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The Antarctic season lasts approximately five months, with each offering its own highlights. Early summer sees birds and penguins courting and mating, while December and January bring warmer temperatures and up to 20 hours of sunlight each day. Late summer is best for whale watching, while penguin chicks are beginning to fledge.

Some of the highlights along the way are:

The South Shetland Islands are a long chain of islands that are primarily mountainous and more than 80% glaciated. The islands are home to marine mammals, including species of crabeater seal, leopard seal, humpback whale, and the southern right whale.

South Georgia is breathtakingly beautiful and not easily forgotten. Huge glaciers, ice caps and snow fields cover around 75% of the island in its summer, while in winter the snow blanket stretches down to the coast. South Georgia is surrounded by many offshore rocks and small islands that provide homes for breeding birds and mammals.

Deception Island is an active volcano in the South Shetland Islands, off the Antarctica Peninsula. Its unique landscape comprises barren volcanic slopes, steaming beaches and ash-layered glaciers. Deception Island was an old whaler's station and giant rusting barrels used to boil whale fat and decaying whale bones are all that is left today.

Lemaire Channel is one of Antarctica's most popular destinations, found between rocky Booth Island and the mountainous western coast of the Antarctica Peninsula. The Lemaire Channel is a spectacular sight, with enormous sheer cliffs falling straight into the sea. Orcas and humpback whales often accompany ships as they make their way through some of the most spectacular scenery on earth.

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So, if you are interested in taking a trip of a lifetime to the bottom of world, to see untouched beauty and the rawness of nature, then let me know!

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## THE ULTIMATE LAUNDRY - Part Two



Following on from last month's article about the Ultimate Laundry, here are the final four of my recommendations for you to consider when planning your new home or renovating an existing one. As I said last month, the one area that I think is often neglected is the Laundry. For all you busy families, it is a very hard-working area and it is vitally important that its design is both practical and functional.

So; where to start and what are the essentials? Here are the rest of my top tips for creating the ultimate laundry.

### 4. Include an ironing centre

I hate ironing! To the point where I won't buy something if it needs ironing. But then there are the kids' uniforms and other things that just need ironing. If possible, consider adding an

ironing station positioned on the wall. We use the Robinhood IC1300. These are fabulous as they have a built-in light and safety timer that switches power off to your iron once the timer is done. The ironing board is height adjustable and folds away effortlessly into its own purpose designed cabinet.

### 5. Pull-out laundry bins

A pair of large slide-out bins will take your laundry to the next level. We use Hideaway Bins, which can be integrated into your cabinetry and allow you to sort whites and darks separately, while hiding all your dirty washing. The strong plastic bins lift out easily so they can be hosed or washed out occasionally if necessary.

### 6. Ventilation, external access and lighting

Include direct external access to your clothesline where possible, and ensure you have adequate ventilation through a window and/or an exhaust fan. Ensure there is adequate lighting through windows or a skylight – and consider installing task strip LED lighting within your cabinetry.

### 7. Flooring and splashbacks

Make sure your flooring is suitable for a wet area and is non-slip. If your budget allows, use a feature splashback above your bench top and sink for ease of cleaning, and to give your laundry that designer look.

By Lisa Byrne  
BYRNE HOMES



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## The Benefits of Massage



Massage is by far the best gift to give or receive or, even better, gift yourself!

Here are just a few benefits to having a massage:

### 1 Relieves stress

During massage the body releases a hormone called 'Oxytocin' and this feel-good hormone calms the nervous system.

### 2 Mood boost

Along with the release of Oxytocin the body also increases the production of Serotonin and Dopamine. Serotonin promotes a sense of well-being and contentment, creating a very happy

mood and overall effect. Dopamine is a neurotransmitter, which induces a sense of pleasure similar to the pleasure we get from having a glass of wine or eating chocolate.

### 3 Pain Alleviation

Massage increases blood circulation, releasing muscle tension. The increased blood circulation in turn will aid in the release of endorphins that elevate your mood, but most importantly act as a pain-blocker.

### 4 Self-Connection

'I Love Myself' – this is a great way to allow you to become fully present and connect with your body. It also allows you to escape from your everyday stresses.

### 5 Happy heart, happy life

Massage reduces your heart rate and has a lasting effect on your blood pressure. With the increase in blood circulation, the skin receptors send messages to your nervous system to start vasodilation. This widens the blood vessels and therefore your BP and heart rate reduce – thus decreasing hypertension, which is the most common reason for cardiovascular disease.

Show your someone special that you really care – and gift them with a GIFT VOUCHER. Or, better still, share the love and relaxation and book yourself in for a massage today !!!

Amelia

Beauty Aspects (see advert page 41)

## COPING WITH CHILDHOOD ILLNESS

### The Johnson's Story

At 11.30pm one recent Friday evening, I read a posting on Millwater Families' FB page stating that a family in our community had received the devastating news that their beautiful 5-year old son had been diagnosed with acute lymphoblastic leukaemia. I was thankful that Nigel and Haley Johnson's names were mentioned as they are my insurance clients and it alerted me to the need to immediately lodge a child trauma claim under their existing Partners Life trauma (critical illness) cover. A feature of this excellent cover is that all children between the ages of 4 months and 19 years have \$50,000 lump-sum child trauma cover inbuilt into the parents' trauma cover, at no additional cost.

The implications of the diagnosis were that Haley would need to take at least the next 9 months off work to be able to care for Kruden on a day-to-day basis and ferry him back and forth between Millwater and Starship Hospital. Nigel is now the sole family income earner, placing additional financial pressure on the family. Millwater has shown what a caring community it is through its fund-raising for the family, via a range of personal initiatives and donations to the GiveaLittle page set up for the purpose.

I'm pleased to advise that the \$50,000 child trauma claim was promptly paid to the Johnsons, considerably boosting the funds to sustain them while Haley provides full time care for Kruden. Furthermore, the insurer, Partners Life, has granted a premium holiday: Nigel and Haley do not need to pay their insurance premiums for the next 6 months, even though their policy continues in full force – another great benefit from a company with very family-friendly policies.

I'm humbled and honoured to have been in a position to assist the Johnson family at this difficult time. That's what my role as their insurance adviser enables me to do. However, the family face a long-haul challenge and we can all continue to assist them through contributing to their GiveaLittle page at: <https://givealittle.co.nz/cause/help-kruden-and-his-family-fight-leukemia>.

*Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He can be contacted on 027 248 9320 or 09 528 8724 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any such assistance is provided on a free, no-obligation basis.*

*Theo's disclosure statement is available free of charge on request.*

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# millwatermalt



The one question I get asked more than any other is: "What's your favourite whisky," and there just isn't a simple answer. Enjoyment of most things, especially whisky, depends on mood, time of day, with which company I am sharing the whisky – the list could go on! A more reasoned question might be "Which of your whiskies are you happy to share with a good friend; especially one who is just developing a palate for malt whiskies?"

Within this category, right in the middle, sits this month's choice – Glenmorangie The Original 10-year-old. Glenmorangie make a range of excellent whiskies and some are quite exotic in character and price, but The Original is a rock-solid, always dependable highland dram and comes at a sensible price for most folks.

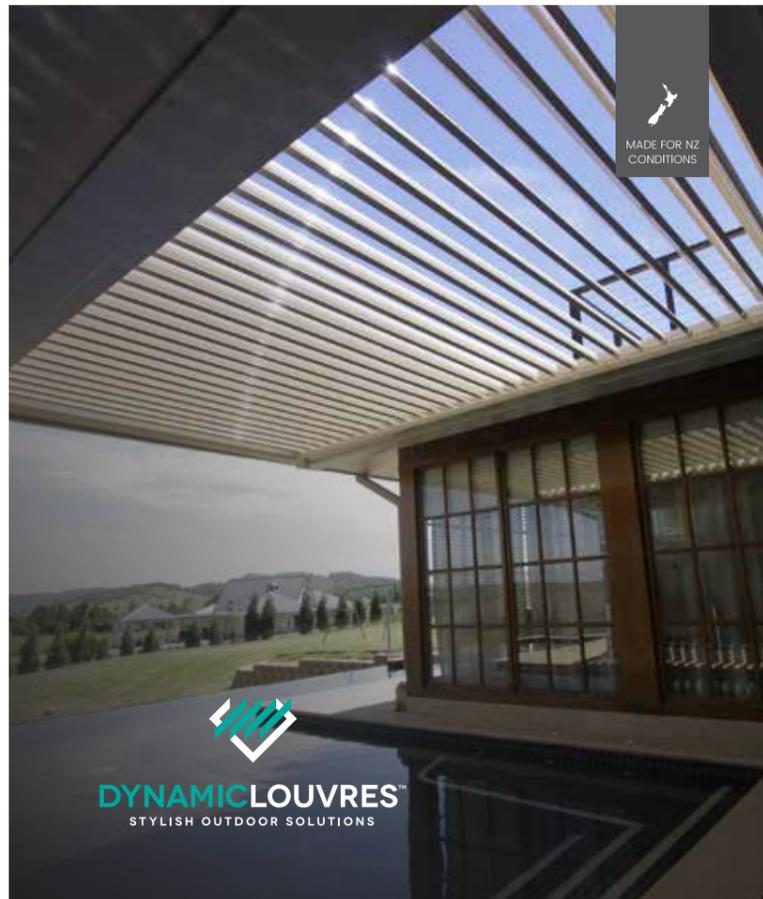
**Nose:** Very fruity and quite intense, citrusy honey and green apple. A hint of spice.

**Palate:** Well balanced, nice vanilla. Smooth and creamy, evoking childhood memories of boiled sweets and toffee, tiramisu.

**Finish:** Satisfyingly long, gentle and malty – and definitely fruity.

**Conclusion:** More, please!

70cl, 40% ABV, bought locally for under \$65



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Treemendous Tree Service has its own yard facility locally in Dairy Flat and is looking to expand. "We now have our own log-splitter and offer firewood services but need a larger yard so that we can expand our direct sales of mulch," Jason told us, "and, in addition to felling of large trees, we also specialise in stump-grinding, section clearing and replanting."

Arboriculture requires serious attention to safety and Jason starts each day with safety briefings for his team before they leave the yard for the next job. Fully-insured with \$5 million in public liability for all the work they do, Jason takes the lead and sets the example when it comes to tree-climbing. Although enjoying adrenalin sports like sky-diving, he told us that he keeps a tight rein on emotions when it comes to work.

Jason concluded: "Treemendous Tree Service's mission statement is to 'continually provide an affordable, professional and reliable tree service' and we work hard to keep our clients satisfied. Whether your garden needs its yearly haircut, you have a section that needs clearing, or you have a large or dangerous tree that needs removing, we are the ones to call, we can do it all."

Clients who use Treemendous Tree Service range from farmers, to home owners, to commercial businesses and property developers. For more information and to book a job, no matter the size, see [www.treemendous.co.nz](http://www.treemendous.co.nz).

**Treemendous Tree Service** – and the name says it all – is the brainchild of **Millwater resident Jason Barrows**, who started in arboriculture when he was 20-years-old. "I joined Treescape and developed my skills and training through them, also studying and obtaining my Level 4 Certificate and working for a number of other companies before setting up Treemendous Tree Service two-and-a-half years ago," Jason told us.

With 10 years' experience, two full-time employees and a range of equipment that includes a 19-inch chipper, dedicated truck and a digger, local family man Jason provides a fully-insured and guaranteed professional service that will tackle all kinds of work – from hedge trimming to felling large trees. "The largest tree that we safely felled was a 45-metre gum with a 5-metre circumference," Jason added.

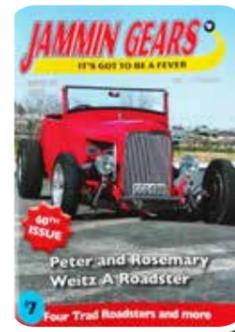
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millwatermotors

A bright yellow 1939 Ford Coupé was exactly what I needed to see on a dull Monday morning, with local owner Ken Logan adding the missing sunshine content through his entertaining and informative conversation.

Ken's dad was a local butcher in Silverdale and Ken has been a local here since 1948, later starting work as an apprentice printer at the Auckland Star newspaper. "I was there for 12 years before deciding I wanted to get out in the open air and I became a drain-layer's labourer. When the sewer came to Whangaparaoa and the Hibiscus Coast, I ran my own business in drain-laying for the next 8 years." Ken then worked for what later became Downers, engaged in Council works.

"When I was at the Auckland Star and travelling to work one day, I sat next to a guy on the bus who was reading hot-rod magazines. His name is John Willis and he became a lifelong friend," Ken told us. This fired Ken's love of classic cars and he bought his first 1939 Ford Coupé Deluxe in 1967, which one of his sons drives nowadays. Ken next bought a 1947 Chrysler Windsor sedan, before buying in 1988 the beautiful yellow 1939 Ford Coupé Deluxe we see here, taking six years for a chassis-up rebuild. "It's my Club car and a bit of an unusual car in that the Ford V8 engine came out of a 1941 Bren-gun carrier and I mounted an adapted automatic gearbox to the back of that," Ken said,

"before adding aluminium finned heads and twin carbs to the re-built V8."

Ken is a founder member of the East Bay Rods Club, which specialises in pre-1948 American cars and has just celebrated 50 years of success. Keen supporters of Hibiscus Hospice for the past 3 years, East Bay Rods raised \$15,000 last year through sponsorship and raffles at their display at the Warehouse carpark in Silverdale. "We are hoping to raise more again this year, when we have our display at the same venue on Sunday April 8th – so be sure to put it in your diary!"

Ken also established the excellent enthusiast's Jammin' Gears magazine that has wide readership in New Zealand, Australia and America, and has just published its 63rd quarterly issue. The magazine's unique name comes from a country song recorded by Waylon Jennings, which is appropriate since Ken is also a part-time musician and the magazine is all about traditional hot-rods and music.

Both Ken's sons are car enthusiasts and even the grandchildren have started taking an interest. "Given the age profile of many current hot-rod car owners, it's important that the next generations follow on from the work that we have done and ensure that these classic cars continue to be enjoyed by everyone," Ken concluded.



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# millwaterproperty

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

	Feb 2017	Jan 2018	Feb 2018
Number of Sales	9	5	14
Median Sales Price	\$1,210,000	\$1,185,000	\$1,197,500
Highest Sale Price	\$1,331,000	\$1,230,000	\$1,690,000
Lowest Sale Price	\$1,046,000	\$1,150,000	\$1,075,000
Average % price to CV	* pre 2017 valuation	-2.21	2.60
Average Floor Area (sqm)	214	245.6	250
Weighted Value Index	1463	1352	1365
Average Days to Sell	64	73	82

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

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

Grayson Furniss  
**Franchise Owner**  
**MILLWATER**

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**mike Pero** | REAL ESTATE

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## propertytalk

As previously suggested, the expectedly quiet January has given way to a great February of property sales in Millwater. Turnover is back up to good levels and higher than it was a year ago. Numbers at open homes are good, particularly in the up-to-\$1.2M price range and a lot of those buyers are still considering the move to Millwater, something that bodes well for the remainder of this year as they become serious buyers. Almost as importantly, prices are starting to firm up again, with the median price for February well up on the last few months. I wouldn't suggest this means that prices are on the rise again, just that some of the downwards pressure we have been seeing the last few months has abated.

The buyers who are genuinely making purchase decisions right now remain nervous about future property values and are very picky about where they choose to place their money. The really good properties, where buyers find most of their wish list satisfied, are selling at good prices and often quite quickly. This further reinforces our thoughts that there are definitely buyers out there; they are just waiting for the "right" property to enter the market. If the property isn't quite right, there doesn't seem to be much hope of putting a deal together, as generally that buyer will prefer to wait for the perfect property.

Of particular interest is that new listing numbers have remained relatively muted throughout February and into March. Much of the internal "trading up" activity in Millwater has now stopped and many locals have decided against selling in a sluggish market, so we don't expect any major increases in listing numbers over the coming months. We know that there are a number of building companies in

the area who have slowed down in their section purchases, further ensuring that future supply is reduced. The upshot of that is that there are going to be fewer properties for sale heading into winter.

So; with demand remaining steady and supply probably a little bit lower than usual, we expect that this market will fall back into a more normal equilibrium over the coming months. There may be some stratification of the market, with the entry level to mid-sized homes moving a little faster than the larger, more expensive ones.

All of this makes the Millwater market quite notably different from almost any other market in Auckland. We have always maintained that the market here has its own heartbeat, with many short-term changes, peaks and troughs, and you can certainly not rely on the general media commentary to give you any real idea of what is going on here. We would certainly caution against taking advice from anyone who is not actively involved in the local market; they are likely to give you bad information based on their experiences elsewhere. If you want to know what is going on today, give me a call, I am always happy to chat and share with you what we know and what we don't, what works locally and what doesn't.

**Grayson**

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**mike Pero**

0800 000 525



**STYLISH SINGLE LEVEL**

4 2 2

**\$1,079,000**

**62 Colonial Drive, Millwater**

If quality and style are important to you, you should be viewing this stunning brand new offering from reputable builders, Highmark Homes.

- Brand new 193m<sup>2</sup> home on flat 489m<sup>2</sup> (approx) site in sought after Millwater
- large open plan kitchen dining and living area, flowing to outdoor decking
- stunning entertainers kitchen with walk in pantry, 900mm gas hob and oven
- separate lounge or media room and separate laundry
- large, level and secure backyard, ideal for children and pets
- balance of 10yr Master Builders warranty to transfer to new owner

[www.mikepero.com/RX1331256](http://www.mikepero.com/RX1331256)

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**THE IDEAL SINGLE LEVEL PACKAGE**

4 2 2

[www.38bartlettdrive.com](http://www.38bartlettdrive.com)

**38 Bartlett Drive, Millwater**

- wonderfully designed and built 5 year old Sicato home on flat 540m (approx) site
- fantastic open plan layout for kitchen, dining and living with another lounge space adjacent
- attractive and functional kitchen with island bench, 900mm wide oven and hobs, ample storage
- easy flow to private outdoor entertainment spaces and appealing landscaped yard, fully fenced and secure, ideal for small children
- low maintenance and durable materials plus an easy care section, perfect for those with a busy lifestyle
- double glazed and well insulated for the colder nights, with a heat pump
- balance of Master Builders warranty to transfer to new owner

[www.mikepero.com/RX1304416](http://www.mikepero.com/RX1304416)

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THE TOTAL PACKAGE!

5 2 3

[www.13veracourt.com](http://www.13veracourt.com)

13 Vera Court, Millwater

There's a lot to love about 13 Vera Court, a warm and inviting home that's superbly located in a quiet cul-de-sac and is ideal for families of all shapes and sizes. No corners were cut and no details overlooked in the planning and construction of this stylish home, which forsakes nothing when it comes to functionality.

Five generously-proportioned bedrooms are complemented by a large family kitchen and three bathrooms. Open plan living/dining plus a separate living area on the lower level are perfect for entertaining and enjoy seamless indoor/outdoor flow. An additional living area upstairs provides extra space for the family to unwind. The outdoor area offers unrivalled privacy and a variety of different areas to choose from. Please call us for more information.

[www.mikepero.com/RX1369080](http://www.mikepero.com/RX1369080)

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SINGLE LEVEL ENTERTAINERS DELIGHT

4 2 2

[www.50timberlanddrive.com](http://www.50timberlanddrive.com)

50 Timberland Drive, Millwater

This sunny, warm home feels spacious with four bedrooms, a study, generous open plan living and a large designer kitchen. Add to this the large butler's pantry and you've got an entertainers dream!

- 2 year old Generation 198m home on a 560m fenced site
- Balance of Premium Master Build Warranty
- Stunning bench top bi-fold windows opening to BBQ area
- Small boat or trailer parking / study near front door for easy access
- Warm and sunny master suite with ranch slider to outdoor area
- Fully ducted heating/airconditioning system to all rooms / LED lighting throughout

[www.mikepero.com/RX1273158](http://www.mikepero.com/RX1273158)

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CAN'T BEAT CLASSIC BRICK & TILE

3 2 2

Walkthrough Video Online

23 Bankside Road, Millwater

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

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

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

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SUPER SIZE, SUPER LOCATION

5 2 3

By Negotiation over \$1,400,000

51 Bankside Road, Millwater

If you are searching for a large family home in a super handy location, this has got to be on the shopping list. With five generous bedrooms, three fantastic bathrooms and three great living spaces this home has plenty of space to swallow up your whole family. Add in the water views and ample off street parking and you have the ideal combination for years of enjoyment.

- 316m of spacious living across three levels
- massive master suite with walk in wardrobe and ensuite
- plenty of off street parking for cars, boats and caravans
- only 500m to Kingsway and Silverdale Schools, less to shops, gym, cafes
- atrium like main living area with 4.5m stud height
- wonderful sea and estuary views

[www.mikepero.com/RX1404433](http://www.mikepero.com/RX1404433)

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0800 000 525



INSTANT STREET APPEAL! 4 3 2 [www.10vueterrace.com](http://www.10vueterrace.com)

**10 Vue Terrace, Millwater**

- 245m<sup>2</sup> Highmark Home on flat 663m<sup>2</sup> (approx) site in sought after Millwater
- 10 year Master Build warranty to transfer to new owner
- large open plan kitchen dining and living area, flowing to outdoor decking
- stunning entertainers kitchen with island bench, walk in pantry, double oven, 900mm gas hob & blond oak flooring
- separate lounge or media room
- triple car garaging with insulated auto doors
- main bathroom with freestanding bath and separate WC
- large level and secure backyard, ideal for children and pets

[www.mikepero.com/RX1266008](http://www.mikepero.com/RX1266008)

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Mike Pero



**Orewa - 37 Ascension Cres** 4 2 2

**Easily maintained, easily owned!**

Enviably positioned close to popular schools and a host of amenities, this well-priced home represents a wonderful opportunity to establish yourself in a great location without having to break the bank to do so. Located in the heart of Orewa, this warm and inviting home boasts four double bedrooms, highly-functional kitchen and bathroom spaces and the added convenience of a separate laundry. An abundance of glass bathes the open-plan living and dining area in natural light, while sliding doors promote easy access out to the delightful grounds. Call now for more information.

**By Negotiation**



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

**Web** [mikepero.com/RX1396572](http://mikepero.com/RX1396572)



**Waitakere - 360 Wairere Rd** 3 2 5

**Stunning Private Oasis**

Nestled in a stunning bush valley setting just 15 minutes drive from Westgate, this well maintained home offers unrivaled privacy. This is truly a nature lover's paradise - come and see for yourself!

- 5.76ha (14.08 acres) of mostly native bush
- 3 paddocks with water facilities
- private, picturesque and quiet
- beautifully cared for and recently painted home
- ample garaging and parking
- 8 minutes drive to Swanson train station
- Waitakere Primary School zone

Call now for more information

**By Negotiation**



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grayson.furniss@mikepero.com



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sarah.furniss@mikepero.com

**Web** [mikepero.com/RX1398676](http://mikepero.com/RX1398676)

Mike Pero

0800 000 525



FAMILIES WELCOME HERE! 3+ 2 2 [www.38cilliersdrive.com](http://www.38cilliersdrive.com)

**38 Cilliers Drive, Millwater**

- In a suburb full of new houses it takes something special to stand apart from the rest & this stunning home does just that!
- 239m<sup>2</sup> stunning 1 year old home on elevated 500m site
  - impressive master bedroom opening to the private deck and entertainment area
  - separate children's wing, complete with two bedrooms, own lounge, bathroom and access to an outdoor play space
  - Upstairs offers untold potential-currently used for guest accommodation with own lounge, ideal for extended family
  - open plan entertainers kitchen, dining, & living with polished concrete floors & high stud height
  - large bi-fold doors create superb indoor/outdoor flow & provides easy access to the generous sun-drenched deck

[www.mikepero.com/RX1292220](http://www.mikepero.com/RX1292220)

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**Millwater- 89 Ormonde Dr** 5 5 2

**Let Luxury Define Your Lifestyle!**

There's a sense of something special about this quality home, a certain 'je ne sais quoi' that emanates from it's timeless design. This sophisticated home is bright and spacious offering five generously-proportioned bedrooms, all with their own ensuite plus a guest toilet and a study. The house boasts a colonial style designed kitchen with top quality appliances and a butler's pantry. Three superbly configured living areas allowing for both intimate family moments and large-scale gatherings. Call now for more information.

**By Negotiation**



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

**Web** [mikepero.com/RX1369799](http://mikepero.com/RX1369799)



**Orewa-48 Ascension Cres** 4 2 2

**Stunning option for a simple life in Orewa**

This is the perfect home for the couple or family who are too busy to deal with gardens & lawns yet still like to live & entertain in comfort & style.

**Offers over \$1,058,000**

- 211m<sup>2</sup>(approx) of luxurious living on 219m<sup>2</sup>(approx) of freehold land
- Master bedroom with estuary views
- Generous open plan living areas with large deck & balcony with more views
- Three well-proportioned bedrooms with build in wardrobes on the ground floor
- Stunning kitchen fitted with quality appliances



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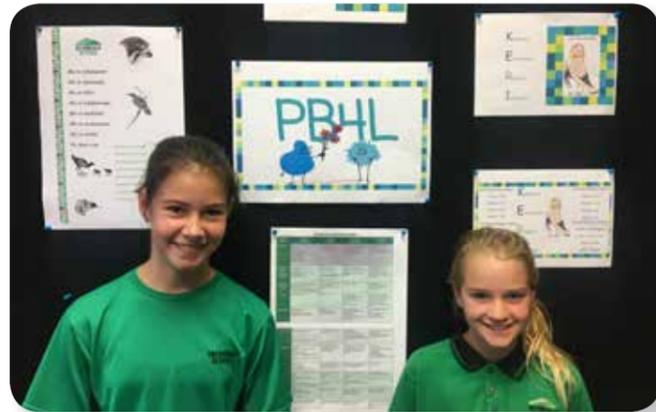
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# Silverdale School Snippets



By Alex Freeman and Ava Duncan



This year at Silverdale School there have been many changes, starting with our new Student Council. Our chairperson is Raleigh Mayer, our vice chairperson is Kiana Venter and our secretary is Grace-Maia. The rest of the student council members are: Alex, Ava D, Ava A, Harry, Heather, Liam, Elle, Sienna S, Megan, Lynique, Wendy, and Katya. We are all excited for our journey to help the school and our community to become a better place.

There are two other big changes that have been introduced to Silverdale School this year. One of these things is K.E.R.I., which stands for our values of kindness, excellence, respect

and integrity. These values are also our reward system. We now earn a Silverdale Star if we show any of our K.E.R.I. values. This is all part of PB4L which stands for Positive Behaviour for Learning. These changes have helped us to become better learners and have a positive mindset. The whole school has been participating in activities such as making kindness quilts, creating and hiding kindness rocks – and bucket-filling, which is when you do and say kind things to each other. These values help us to enjoy our school year and feel happy, as well as making others feel good about themselves. As a Student Council we are responsible for running our PB4L assemblies. At these assemblies we teach our values to the whole school – so we all are learning the same things when it comes to positive behaviour and being good human beings.

## Student Council Fundraising

Unfortunately, early in the year one of our students, Kruden, who had just started Silverdale School, was diagnosed with leukemia (which is a type of cancer). Our school put together a mufti day fundraiser to provide for the family. As a school we raised almost \$1000. We all hope that Kruden will be better soon.

We look forward to sharing all the exciting things that the Student Council will be doing over 2018 with our community.

## For Artistic Excellence



5 Riverside Rd, Orewa  
(09) 426 5287

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



## 7 Useful Ways to Maintain Value in Your Home

With every change of season there are important maintenance tasks to consider around your home and property.

The following list provided just some of the main items you may want to consider leading into winter, to maintain the value in your home:

1. Cleaning out your gutters will ensure the downpipes don't block up and cause unnecessary overflowing and potential deterioration of your spouting.
2. It pays to ensure that exterior doors and windows are not leaking and that their seals have not perished, allowing moisture into the house that can lead to mould and mildew.
3. Removing moss and mould from pathways and driveway can reduce the risk of slipping over on a wet surface and

keeps these areas looking fresh.

4. A house wash will not only help maintain the quality of your paint but will also have your house looking clean and fresh for winter.

5. Installing fire alarms and checking batteries is actually a good idea any time of the year.

6. Exterior lighting may need checking and lamps replacing.

7. It's a great idea to have the roof checked for any potential problems before the weather starts getting too wet.

Start planning now, to ensure you don't leave it too late and get caught out with the weather. For these and many more property maintenance solutions, talk to the experts who can help you maintain your home and property.

## TRADIE OF THE MONTH with Maddren Homes

Keeping a business online 24/7 is a big responsibility, but, for Richard Downer from the PC Zone in Helensville, it's all part of the service, even if it's Christmas. Which is why he's the latest Maddren Home's Tradie of the Month.

Instead of enjoying some festive eggnog with his family, he was dutifully upgrading Maddren's server. So, it was a welcome relief when everyone logged on in the New Year to a working system and a friendly note explaining the upgrade changes. It's people like Richard who can make a big difference to a business, and who deserve recognition. Richard's positive can-do attitude has earned himself a voucher from proud sponsor Western ITM.

Nice work Richard!



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# CENTRAL'S TIPS

## APRIL 2018



Sow broad beans and cut back globe artichokes. It's also an ideal month to dig compost into your veggie gardens and sow lawns.

Plus don't forget to add colour into your winter garden and start planting spring bulbs!



### Get colour into your garden for Winter and Spring

Now's the time to plant some colour in the garden - cornflower, dianthus, nigella and snowpeas for winter, and bulbs like tulips, narcissi and hyacinths to pop up for spring.

### IN THE VEGGIE PATCH

- Seasoned vegetable gardeners like to have their **broad beans sown by ANZAC Day**.
- Save seeds** of heirloom tomatoes by rubbing tomato flesh through a sieve. Allow the seeds collected to dry, then package in a paper bag or envelope and store in a cool dry area.
- Cut back globe artichokes** and divide plants if necessary.
- Dig compost** through finished vegetable beds to condition soil.

### LAWNS

- Autumn is Nature's time for sowing lawns.** Our range of seed blends from Prolawn, will give you the best lawn strike for your soil and situation.
- The Prolawn range of lawn fertilisers will help you start a new lawn or fertilise your existing grass and we've got a handy lawn spreader to help you distribute seeds and lawn food evenly.

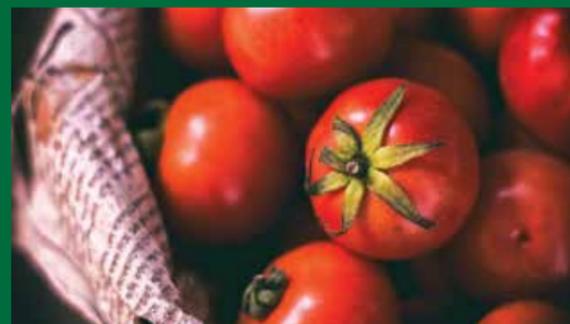


Autumn is the best time to get your lawn back to health.

Now's the time to sow, fill in any bald patches and fertilise your lawn.

### THE REST OF THE GARDEN

- Garden pretties:** Sow cornflower, dianthus, nigella seeds and sweet peas.
- Plant a hedge of sasanqua camellias** - these early-flowering varieties avoid the petal blight of late season ones.
- Planting time for all** - ideal soil temperatures to dig in and get plants big and small into the ground. Use Living Earth Compost in the planting hole and water around the plants. Finally mulch with Reharvest Enviromulch and your plants are ready to grow!
- Spring flowering bulbs:** tulips, narcissi and hyacinths in pots and garden beds. Place pots in semi-shaded areas until the bulbs shoot.



### Save seeds of Heirloom tomatoes

Save your prized tomato seeds by rubbing them through a sieve and drying them then store them in a cool, dry area

## Scottish and Irish Music



How far do you have to go to hear, and perhaps play, Scottish and Irish music?

Not as far as you might think. On Thursday nights, harpists, accordionists, guitarists, banjo-players, flute-players, mandolinists, pipers, whistle-players, bassists, concertina-players, singers, and listeners meet in the Puhoi Village Hall to play this Celtic folk music - just for the sheer pleasure of it. We make an awesome sound!

The group is called 'The Puhoi Celtic Sessions' and here's a slice from the middle of our repertoire:

Midnight on the Water  
Mountain Dew  
Mrs Martin's/Foxy Mary  
Mull of Kintyre  
Nancy's Whisky  
Nancy's & Sweeney's Polkas  
Never Mind the Strangers

Ode to Whiskey  
Old Grey Cat  
Parting Glass  
Planxty Irwin  
Pride of Petravore  
Queen of the Rushes  
Queen of Argyll

A strong point of difference with our group is our 'Dropbox' - an on-line repository - where the sound files and scores for our entire repertoire are kept. So; you can learn the music by ear - or by reading dots. Each week we publish a set-list so that everyone turns up able to play everything. We don't perform; just play for the sheer joy of it.

Players of any standard are welcome to join with us - all you need is enthusiasm for the music. A more friendly and welcoming bunch would be hard to imagine. So; you're all invited to drop-in for a look-see. If you like the sound - you can always join us later.

In addition, we run a fortnightly newsletter which features matters of interest to Celtic folk musicians

Join our mailing list for more information, and get access to our Dropbox, by emailing: [alanthewag@outlook.co.nz](mailto:alanthewag@outlook.co.nz)

I look forward to your interest.  
Alan Wagstaff

# Holiday Programme

**KingsWay Junior Campus**  
Junior Campus  
2 Bonair Crescent, Silverdale

**Full Day 7am to 6pm \$55**    **Short Day 9am to 3pm \$45**  
**Trip Day \$65**

"Great interaction with the kids! Lot's of awesome ideas and things to do. Friendly & supportive. Programme is the BEST! My son looks forward to going!"  
"Great activities and safe environment."

<p>16 Apr MON <b>SETTLERS OF CATAN</b> Live Action Play. Build &amp; Conquer!</p>	<p>17 Apr TUE <b>Bring your inner entrepreneur!</b> Create, Market, Sell</p>	<p>18 Apr WED <b>TRIP DAY</b> Building huts, orienteering and more outdoor adventures!!</p>	<p>19 Apr THU <b>Owlsome Activities</b> Having a hoot with owl themed activities!</p>	<p>20 Apr FRI <b>TRIP DAY</b> The Big Hoot Owl Trail</p>
<p>23 Apr MON <b>ANZAC's</b> Fun and engaging ways of remembering.</p>	<p>24 Apr TUE <b>TRIP DAY</b> Auckland Museum</p>	<p>25 Apr WED <b>PUBLIC HOLIDAY</b> Sorry, we're closed.</p>	<p>26 Apr THU <b>MINIATURES</b> Create your own miniature world!</p>	<p>27 Apr FRI <b>TRIP DAY</b> KIWI VALLEY FARM</p>

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# artSpeak

## April School Holiday Arts Programme

The April school holiday is almost upon us and runs from 16 to 27 April. This two-week programme offers a range of short, introductory 2-hour classes and longer intensive one-day programmes for young people aged 8 years upwards. Take part in a public "Street Seat" mosaic programme in week two, with Wellington mosaic artist Rachel Silver. This large public outdoor seat will be decorated with bright and bold shapes and designs and will stay outside the Arts Centre for all to enjoy.

For the young painting enthusiast, new tutor Eion Bryant will teach a full one-day art class in acrylic painting for children aged 7 to 12 years of age. Eion has a wealth of experience in teaching.

On Friday 20 April we will be running a fun Tie Dye Fabric Painting drop-in session, between 10am and 1pm, for only \$3 or \$6 per person. Weather permitting, we will dye our fabric scarves on the grassy area outside the Arts Centre. Try different colours and patterns to create truly unique patterns.

This is a casual "drop-in" session, so you can take as long or as short a time as you need to paint your silk. Participants attend at any time, for as long as they wish, to take part in this painting session. It is a non-contact class whereby minor tuition is offered. Parents and caregivers MUST accompany children under 14 years of age and are encouraged to stay and participate themselves. You are never too old or too young to take part.



Three new exhibitions are featured in April and include:

1. Artists Alley: A group-painting exhibition, featuring over 15 artists from the North Shore who meet weekly to share ideas, learn from one another and be guided by artist Lib Steward. This is the first exhibition for most of the participants and features a diverse and eclectic mix of painting styles.
2. "It's all about glass and some" by award-winning glass and jewellery artists John and Frances Hanson.
3. "Little Feathers" by Rebecca McLeod. From the tiny, delicate paintings on real feathers, a not-to-be-missed quirky exhibition full of personality.

The School holiday programme has limited numbers in each class, so pre-booking is essential. The only activity that does not need pre-booking is the tie dye painting day on Friday 20 April.

To book into a class or find out more about the exhibitions, contact the Centre on 09 426 5570 or email [manager@estuaryarts.org](mailto:manager@estuaryarts.org). The website has all details [www.estuaryarts.org](http://www.estuaryarts.org).



estuary arts centre



**"ARTIST ALLEY"**  
A painting group exhibition



**"IT'S ALL ABOUT GLASS"**  
John and Frances Hanson



**"LITTLE FEATHERS"**  
miniature feather paintings  
by Rebecca McLeod

**SCHOOL HOLIDAY PROGRAMME**  
16 - 27 APRIL 2018

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Year of the Dog

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[www.estuaryarts.org](http://www.estuaryarts.org) Find us on Facebook Open 7 days 9am to 4pm

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Every aspect has been carefully considered to ensure we lose the age-old laundromat stereotype. When designing our laundromat, we spent a lot of time finding out what customers want and need.

We found the length of the wash and the amount of water used are key components to a great wash. Therefore, our machines are set up to give the best quality and most efficient wash possible.

Customers want to have payment options and to only pay for what they use. Our dryers start at \$1 and washers have options too. The in-store token machine takes notes and coins, and in the next few weeks it will also accept EFTPOS and credit cards.

Then there's the comfort factor! Comfy seating, a clean environment, free Wi-Fi and plenty of parking. There are lots of options to help pass the time. In A Spin is conveniently located in the heart of Orewa surrounded by cafés, shops and only a minutes' walk from the beach.

So, next time you look at that pile of washing, don't despair! Visit In A Spin Laundromat and reclaim some of your valuable time. You'll find them at 1 Alice Avenue, right behind the Orewa McDonalds. In A Spin is open seven days a week, from 5 a.m. to 10 p.m.

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Sun	02:36	07:54	14:05	20:24
1 Apr	0.4 m	3.2 m	0.4 m	3.2 m
Mon	02:23	08:42	14:51	21:10
2 Apr	0.4 m	3.2 m	0.4 m	3.2 m
Tue	03:08	09:27	15:35	21:54
3 Apr	0.4 m	3.2 m	0.4 m	3.2 m
Wed	03:52	10:11	16:17	22:37
4 Apr	0.4 m	3.1 m	0.4 m	3.1 m
Thu	04:36	10:54	16:58	23:19
5 Apr	0.5 m	3.0 m	0.5 m	3.0 m
Fri	05:20	11:36	17:40	-
6 Apr	0.6 m	2.9 m	0.6 m	-
Sat	00:03	06:06	12:19	18:23
7 Apr	2.9 m	0.8 m	2.7 m	0.7 m
Sun	00:49	06:56	13:04	19:12
8 Apr	2.8 m	0.9 m	2.6 m	0.8 m
Mon	01:40	07:49	13:54	20:06
9 Apr	2.7 m	0.9 m	2.6 m	0.9 m
Tue	02:36	08:45	14:48	21:06
10 Apr	2.6 m	1.0 m	2.5 m	1.0 m
Wed	03:32	09:40	15:46	22:05
11 Apr	2.6 m	0.9 m	2.5 m	0.9 m
Thu	04:26	10:32	16:43	22:58
12 Apr	2.7 m	0.9 m	2.6 m	0.9 m
Fri	05:16	11:22	17:36	23:47
13 Apr	2.7 m	0.8 m	2.7 m	0.8 m
Sat	06:02	12:08	18:25	-
14 Apr	2.8 m	0.7 m	2.8 m	-
Sun	00:31	06:47	12:54	19:11
15 Apr	0.7 m	2.9 m	0.5 m	2.9 m
Mon	01:15	07:31	13:38	19:56
16 Apr	0.5 m	3.0 m	0.4 m	3.1 m
Tue	01:58	08:16	14:23	20:40
17 Apr	0.4 m	3.1 m	0.4 m	3.2 m
Wed	02:42	09:02	15:08	21:25
18 Apr	0.4 m	3.2 m	0.3 m	3.2 m
Thu	03:29	09:49	15:54	22:12
19 Apr	0.4 m	3.2 m	0.3 m	3.2 m
Fri	04:17	10:38	16:42	23:02
20 Apr	0.4 m	3.2 m	0.3 m	3.2 m
Sat	05:09	11:29	17:32	23:54
21 Apr	0.4 m	3.1 m	0.4 m	3.1 m
Sun	06:04	12:23	18:26	-
22 Apr	0.5 m	3.0 m	0.4 m	-
Mon	00:51	07:04	13:20	19:25
23 Apr	3.1 m	0.6 m	2.9 m	0.5 m
Tue	01:52	08:07	14:22	20:29
24 Apr	3.0 m	0.6 m	2.9 m	0.6 m
Wed	02:54	09:10	15:25	21:35
25 Apr	3.0 m	0.6 m	2.9 m	0.6 m
Thu	03:56	10:11	16:29	22:37
26 Apr	3.0 m	0.6 m	2.9 m	0.6 m
Fri	04:54	11:09	17:29	23:34
27 Apr	3.0 m	0.5 m	3.0 m	0.5 m
Sat	05:49	12:03	18:24	-
28 Apr	3.1 m	0.5 m	3.0 m	-

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Orewa Estuary Te Ara Tahuna Restoration Project



Hibiscus Coast Branch of Forest and Bird have been working in conjunction with the Hibiscus and Bays Local Board to provide a restoration programme supporting Orewa Estuary Te Ara Tahuna and the North-West Wild Link. Our goal is to provide a safe, healthy habitat for the land and sea birds of the estuary and those transitioning from Tiritiri Matangi and Shakespear Regional Park.

We have a 3-pronged plan; to control pests, to plant more trees and to monitor the pests and birds to be sure we are succeeding.

The first step is controlling rats and possums, which decimate the native bird population each year. These also love your roof space,

compost bin and fruit trees. Forest and Bird plans to place pest control in the Estuary reserves to rid them of these pests. We would also like to work with you to make your neighbourhood rat- and possum-free.

Check out our website for a full map showing bait station/trap lines around the Hibiscus Coast run by various groups. We are covering a lot of ground.

<http://www.forestandbird.org.nz/branches/auckland/hibiscus-coast/get-rid-predators#map>

**So; what can you do?**

- Contact us if you are interested in helping with management of the trapping and bait stations. Full training in health and safety is given.

- If you wish to support the Orewa Estuary Te Ara Tahuna Project with animal pest control on your own property or street, please contact us to see how we can help. Or you can buy traps and bait stations for rats and possums now from Forest and Bird at [hbcfnb.orders@gmail.com](mailto:hbcfnb.orders@gmail.com) Sale of pest control materials is our main method of fund raising.

Richard Chambers | Coordinator  
Orewa Estuary / Te Ara Tahuna Project  
Hibiscus Coast Branch, Forest & Bird

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Carla Kruger  
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Traditionally, property videos and photos have been a key part of the property marketing toolkit, but now, thanks to advances in technology, it is no longer necessary to view properties in just two dimensions.

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## A selection of Millwater properties recently SOLD by the Millwater Team

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 <b>17 Walter Cres, Millwater</b>	 <b>11 Whaley Grns, Millwater</b>	 <b>14 Vera Crt, Millwater</b>
 <b>2 Whares Crt, Millwater</b>	 <b>4 Vera Crt, Millwater</b>	 <b>80 Ridgedale Rd, Millwater</b>
 <b>9 Sibling Crt, Millwater</b>	 <b>38 Bartlett Dr, Millwater</b>	 <b>Your property?</b>

## VISION OPTIONS FOR THE ACTIVE!

Tracy Kendall-Jones (Proud Owner – OPSM Silverdale)



Our sponsorship of the local RotarySwimarathon has got me thinking!

Quite often, people struggle in active situations and don't know that there are options available to help them get a better and more comfortable experience in their pursuits.

Take swimmers, for example. You cannot practically wear your glasses in the pool or ocean, but did you know that there are swimming goggles and dive masks available with prescription lenses? Imagine the difference this will make to a child or adult when they are swimming with friends – or better still, snorkelling!

The same goes for runners, cyclists and gym-goers. How hard is it when you are in the gym or on your bike, sweating, and you have to contend with steamed-up lenses or your glasses slipping? With easy and affordable daily disposable contact lens options, you can eliminate these annoying interruptions and enjoy your activities. Contact lens designs have progressed so much in recent years. If you have tried them unsuccessfully before, don't be put off; the advancements in technology have gone a long way to improving comfort and vision.

Cyclists, runners and snowboarders may also want to consider sunglasses (with or without prescription lenses) like the Oakley brand. The skull grip fit and wrap features allow the wearer much more movement/motion in challenging weather conditions, whilst still protecting their eyes, improving their vision – and, of course, with the awesome design features like polarisation, colour and mirror lenses, you can look very cool at the same time!

My message this month is a simple one, but often people just don't know what they don't know; so, if you find you are struggling with any situation that involves your glasses, sunglasses or vision, please feel free to pop in and see us at OPSM. We are next door to Walker & Hall in the Silverdale Centre, or give us a call on 09 426 7902 – so we can see if we can find a better solution for you.

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## Back to Basics



Mention 'insurance' and it can evoke adverse reactions because there is a general perception that the industry players are motivated to take advantage of the average consumer. Unfortunately, as with any industry, you will find a few rogue advisers.

However, I am actually very excited to be in the industry now because the 'advisers' who tarnish the industry

image will soon be weeded out. There is an impending new Code of Conduct, which will set standards for the industry's ethical behaviour, conduct and client care, and competence, knowledge and skill. The Financial Advice Code Working Group is seeking public feedback on the Code. Please let me know if you are interested in participating in the public survey and I will send you the link.

Once you get past the perception hurdle, it might still be difficult to understand the process and terminology used in the industry. Over the next few articles, I will attempt to provide clarity around the basics, to help you appreciate the need and value of insurance.

First question – what is insurance? Insurance is a risk management strategy that allows you to transfer the risk of a financial loss caused by an event beyond your control. This needs to be a tangible loss. You pay a premium to be compensated when the insured event occurs. The basis of the compensation is pre-agreed and could be either a fixed sum or proportionate to the value of the loss.

*Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are her personal opinions and is not intended to be personal advice.*

*If you would like to discuss the contents of this article, please contact her on [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) or 021 627 802.*

### 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.  
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## Making Money and Paying Tax on the Sale of Property



Are you looking to purchase residential land? If you are, and are considering a short to medium term investment, then you will be particularly interested in upcoming changes to legislation.

### The bright-line test

Back in 2015, the government introduced the bright-line test. Once introduced, the test meant that if you purchased what is classified as 'residential land', and sold it within two years, then unless you fall within one of the exemptions you are required to pay income tax on profit that you made.

### Who does the test apply to?

The bright-line test can apply to sales of residential land made by an individual, a business or a trust. It is important to

understand that there are some exceptions and exclusions in place that mean income tax may not be payable. One common exemption is when the property is used as a "main home" for the registered owners, but there are restrictions around what a "main home" means and how often you can use this exemption.

### Proposed changes

As this article goes to print, a change to the legislation is on its way to being approved, and it is expected sometime in March. The change will extend the bright-line time period from two to five years.

### What does this mean to you?

If you purchase residential land, sell it within five years, and make a profit, you could be required to pay income tax on that profit, unless an exemption applies. We strongly recommend that anyone looking at buying and selling land obtains advice from their accountant; both in regard to the bright-line test and the many other income tax rules. Once you have done so, we can assist in the restructuring of your affairs.

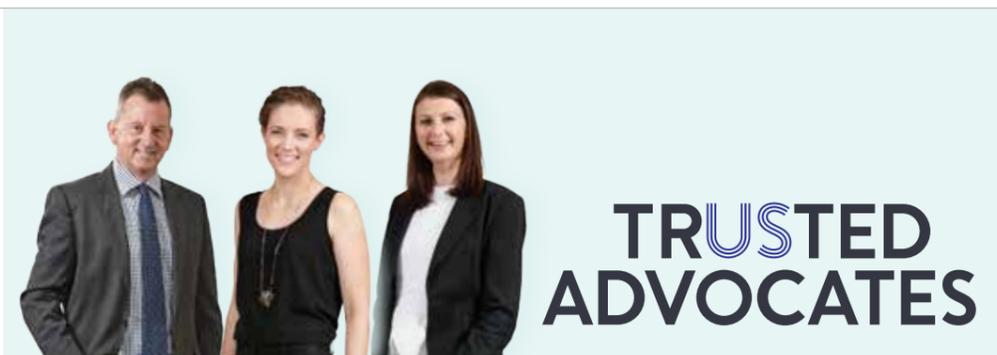
So, if you are thinking of buying or selling a property or restructuring your property portfolio, talk to your accountant and come and talk to us before these changes come into effect. We are happy to help. Call us on 09 421 0559.

**Patricia Parker**  
Solicitor  
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REAL ESTATE

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# Millwater *recipes*



## Individual Glazed Lemon Tart

### Ingredients

4 x 10cm fluted baking moulds (removable base)  
 Canola spray  
 400gms rolled sweet pastry  
 190mls cream  
 130mls fresh lemon juice  
 1 lemon zest  
 4 eggs (#7)  
 125gm castor sugar  
 Baking Beans  
 4 pieces of baking paper (large enough to entirely fill the moulds)

### Method

Cut unfrozen pastry into 4 circles using 15cm plate. Spray baking moulds with Canola spray. Place pastry carefully into mould, gently press down into bottom of mould so there are no air bubbles. Cut the top of the sweet pastry away from top of the mould. Allow pastry to rest in the fridge for 10 minutes to reduce shrinkage. Place baking paper into pastry again, press right into sides and bottom. Fill with baking beans, place in middle shelf of a pre-heated 180c oven on fan bake. Bake for around 20 minutes or until pastry is golden brown (if there any holes fill with raw pastry). Remove baking beans and baking paper. Turn oven down to 130c, remove fan bake if you have this option on your oven.

In bowl, add eggs, lemon juice, castor sugar, cream and fine lemon zest. Whisk gently together until combined. Place in pouring jug, place baked tart molds onto flat oven tray. Fill moulds to top with lemon mixture. Place carefully into middle rack of oven. Bake for around 25-30 minutes or until lemon mixture has just set in middle. Remove from oven and allow to cool, remove gently from moulds.

Place icing sugar into a small sieve, liberally cover top of each lemon tart. Use a blow touch to glaze top of lemon tart until sugar is dark golden and crisp. Serve the vanilla ice cream, cream and raspberry coulis on the side.

Happy cooking! Follow me on FB/culinarylane



## Healthy Appetizer

Cloud Ear (a kind of fungus) and celery are known for lowering cholesterol and blood pressure. Their crispy texture also makes a very good appetizer.

### Ingredients

Half celery  
 A handful of dried Cloud Ear (available in Asian grocery stores)  
 1 small carrot

### Sauce

Roasted sesame  
 Sesame oil  
 Soy sauce  
 Salt

### To Make

1. Soak Cloud Ear in warm water for about 20 mins, wash and drain
2. Carefully de-vein celery and cut into small sticks
3. Cut carrot into thin small sticks (same length as celery)
4. In a large saucepan, bring water to boil
5. Boil celery for about 40 seconds
6. Add carrots and boil for 30 seconds
7. Add Cloud Ear and boil for another 30 seconds
8. Drain and rinse with cold tap water. When it is completely cooled, soak in cold tap water for about 30 seconds to ensure the ingredients are not over-cooked
9. Drain completely, then mix with the sauce

Happy Cooking!  
 Nita Wong

## Three Dental Warning Signs Not to Ignore



regular check-ups, and regular x-rays, are so important. At the white spot stage, you may be able to stop the decay process before it develops into a cavity that will require a filling. So; get those white spots checked out!

### Unusual sensitivity to hot, cold, pressure or when you eat something sweet

This sensitivity can be a sign of a less serious problem, such as a filling that needs fixing, or grinding your teeth at night (which you may not even know you're doing!), but it can also be a sign of tooth decay as it moves through the enamel and into the centre of your tooth, affecting the nerves and blood vessels. If you do begin to experience noticeable sensitivity to hot and cold, make a dental appointment immediately. The earlier decay is treated, the better!

### Changes to your gums

If you notice any bleeding, changes in the colour of your gums, or in the way they feel – for example swollen or spongy – it is important to visit a dentist as soon as possible. These can all be a sign of gum disease, which can have a devastating impact on your mouth and overall health, including the loss of teeth. If you're experiencing any of these symptoms, it is very important to visit a dentist as soon as possible, to maximise the chance of catching gum disease in its early stages.

If you have any questions or concerns about your teeth, contact us at your convenience on 09 426 5262 – we'll be happy to help!

### The Dental Suite

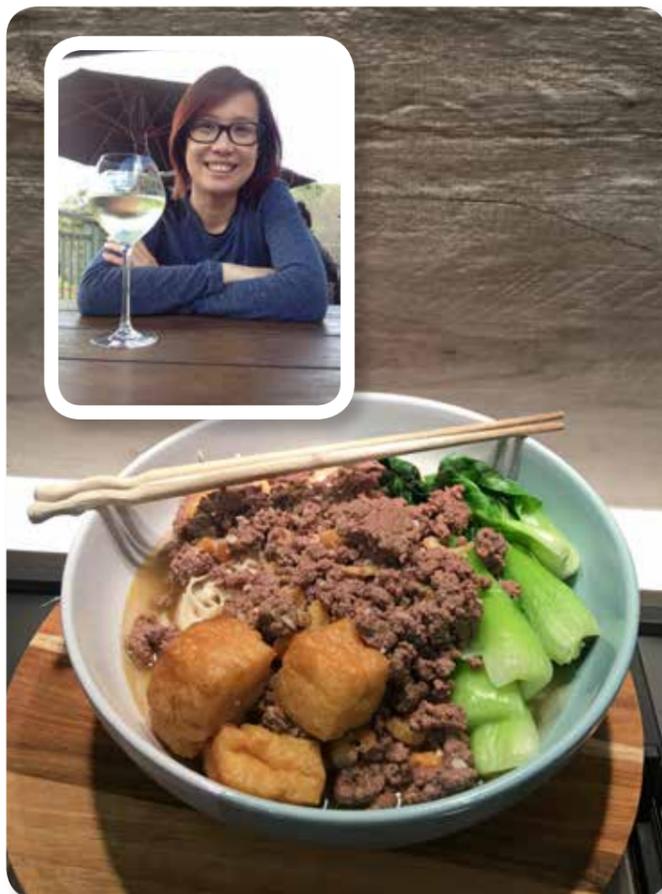
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## Hot Lunch



Not long ago I accompanied my little one on a Kindy trip, where delightfully I met a lovely mum who is also from Hong Kong.

It was nice to chat with her. While we were picnicking by the beach, she said to me "Kiwis do love bread for lunch, don't they?"

Looking across the picnic mat scattered with many colourful lunchboxes, with children happily biting on their sandwiches, including our little ones, I couldn't deny the fact and said "yes,

they do indeed" (and quietly having a bite on my own bread).

We both pondered a little, then we said almost in unison, "Nothing is better than a bowl of hot noodles for lunch!"

Yes, indeed!

Thinking back, seems like our stomach was trained to have warm food since we were born.

Baby usually starts solid food with congee, then progresses to noodles and rice. I guess you may have seen many Asians bring a Thermos flask with them while going out with babies. At school age, hot lunch is served from school kitchens, or a catering company delivers lunch boxes to school just before the lunch bell. Occasionally bread is served, but rice or noodles are always on the menu.

In my childhood, my mum even went the extra mile to ensure we have a good hot lunch. After we went to school, she started making us lunch at home, then put the meals into thermal flasks and delivered to school, which was a 30-minute bus ride. If she made noodles, she put the soup in a separate thermal flask to ensure the noodles were not overly soaked. Thinking back, we were really spoiled! But do you think she was the only one who did this? Not at all; the meal pick-up area was always packed with parents and I always needed to find her in the crowd.

When I came to New Zealand, I continued taking thermal flasks to school for lunch. It was weird, if I am honest, but a hot lunch is more important!

Although my children were born in New Zealand, there is no way I would apply this hot lunch tradition to them. But – while they are enjoying their sandwich or sushi at school – I just can't help but cook myself a bowl of hot noodles for lunch!

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

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