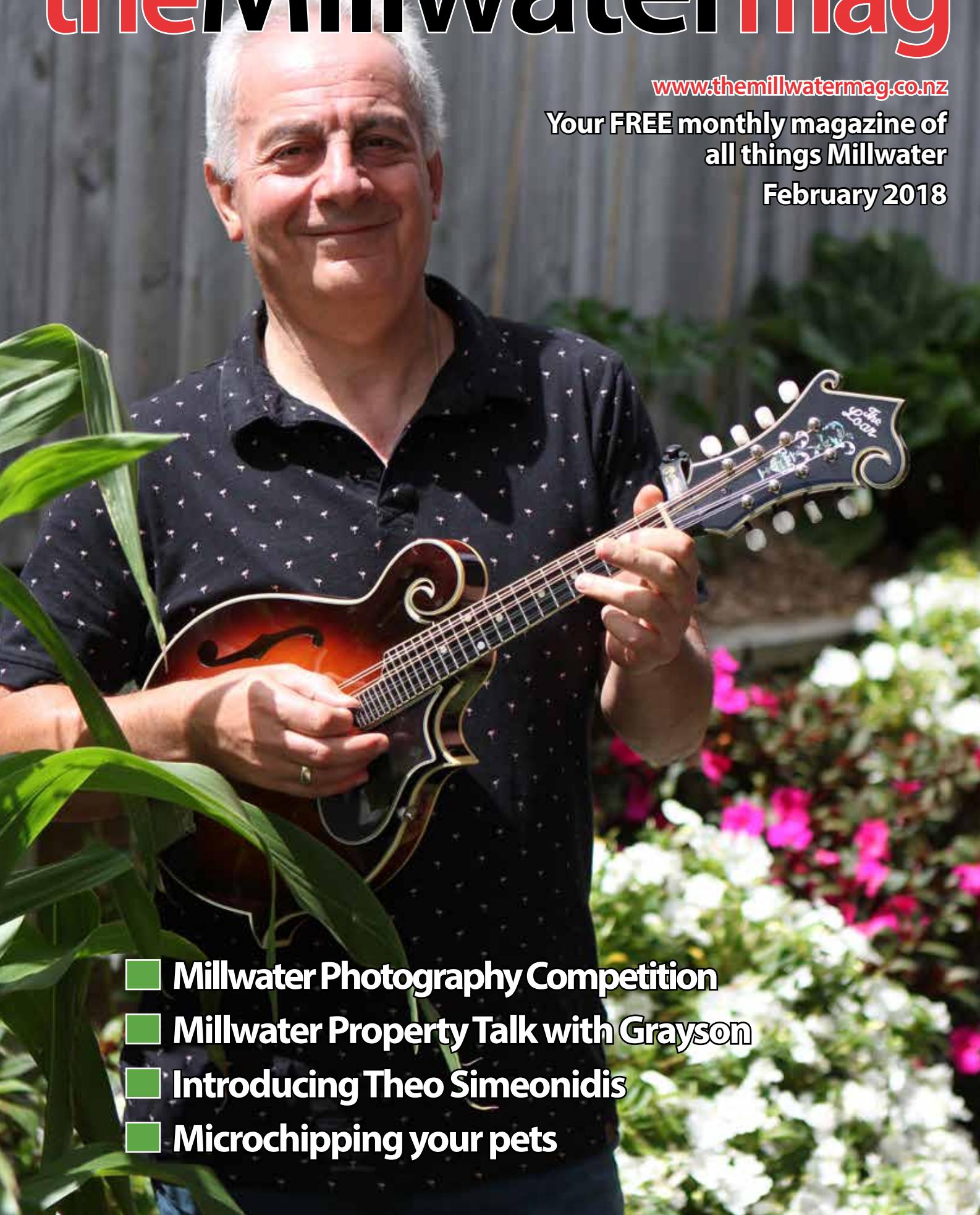


# theMillwatermag

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Your FREE monthly magazine of  
all things Millwater

February 2018



- Millwater Photography Competition
- Millwater Property Talk with Grayson
- Introducing Theo Simeonidis
- Microchipping your pets

# Editor's note

Welcome to 2018, everyone! We hope that you enjoyed the break as much as the team here at theMillwatermag did, and that quality time with family and friends was great.

I need to mention the pastel shades of the new terraced properties on Bankside Road – aren't they a blessed relief from the uniformly-matched colour scheme of almost all other properties here, which many refer to as 'Millwater's 51 Shades of Grey?' Inspired by San Francisco, I suggest we refer in future to these new properties as 'Millwater's Painted Ladies'

Well done to everyone who chased the Council to get the unmown public grassed areas attended to – you have been at least partly successful. I hope that you will keep up the pressure, for we deserve a return to the former quality we enjoyed from our Rates!

There is not enough praise in the world for the wonderfully generous nature of the many, who donated so willingly to Millwater's 'Adopt a Family' appeal – and for the inspirational leadership and management of this, now annual, success. We have attracted the attention of those outside our area, in the nicest way possible.

No doubt, many will be thinking about the housing market and wondering 'what next?' The sage monthly analysis and Property Report by Grayson has proven to be closer to the truth than that of the many pundits in the popular press. Read more this month!

All the team here wish you the very best of the very best for 2018, and we hope that it's a better year than 2017 – even if there was nothing wrong with 2017...

Brian Mullan  
Editor  
February 2018

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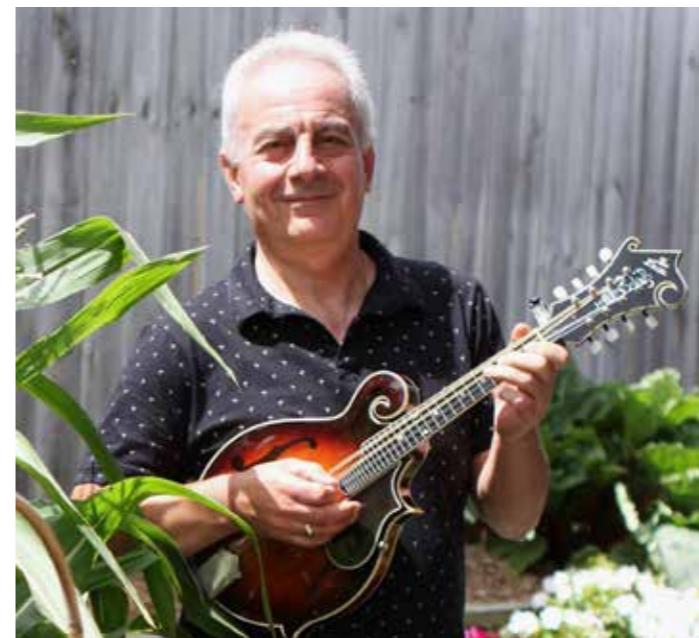
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Front Cover: Local resident Theo Simeonidis - a man of many fascinating parts!



# theMillwaterinterview



Theo Simeonidis is the New Zealand-born son of Greek refugee immigrants who came here in 1951 and soon moved to Christchurch, where Theo grew up and went to school and university. "I am proud of having the best of both worlds," Theo told us, "The Greek culture – the music, the food, the dancing, the history; and I love having grown up in New Zealand."

University took Theo through the School of Forestry, then to a career in forestry across many parts of New Zealand. Gaining his Masters in Public Policy led to him becoming Company Secretary of the NZ Forestry Corporation. The forests were sold in 1990, and Theo became Chief Executive of the Cement and Concrete Association. "Little did I realise that, just two and a half years later, I would be Chief Executive of Federated Farmers of New Zealand," Theo told us.

After three and a half years, Theo decided to move on. "I wanted to open a Greek restaurant, for the sheer satisfaction of doing so, and Theo's Greek Taverna was launched in Wellington in April 1997." The taverna won numerous awards during the next 10 years, including Best Greek Restaurant in NZ. Greek music featured strongly and was extremely popular.

"Music was always a big part of my life," Theo said, "starting

with the violin when I was 9." Later, Theo was to pick up the mandolin and he formed his own Greek music trio when he started university, playing in places like the Ramada Hotel during the 1974 Christchurch Commonwealth Games. "It was a real fun time," Theo added, "and helped pay my way through university."

Theo was attracted by a small advert one day, which led to him becoming CEO of the Motel Association of New Zealand in 1999, whilst still overseeing his restaurant business. "This was probably the best role I have ever had and I was there for 5 years before moving to Auckland after my wife and I separated," Theo said.

A short spell as Member Services Manager at the Real Estate Institute led to Theo meeting Cristina, who later became his wife, marrying on the Greek island of Skiathos. A period of freelance consultancy followed, during which Cristina became an insurance adviser. Theo joined her and UProtectNZ Insurance Services was born.

Moving to Millwater in 2015 allowed Theo to further develop his love of gardening and to set up the Millwater Gardening Group on Facebook. "Mum and Dad were great gardeners and I was indoctrinated into gardening from about the age of six," Theo beamed.

Theo is active in community affairs. In the late 1980s, he led a successful, nation-wide conservation campaign, following which he received The New Zealand 1990 Commemoration Medal, in recognition of services to New Zealand. His involvement in community continues through the Rotary Satellite Club of Orewa-Millwater, under whose auspices Theo organised the recently successful "Greek Extravaganza" fundraiser for Hibiscus Hospice.

Another string to Theo's mandolin is his work with The Network Group (TNG), which provides great networking opportunities for local businesses. Starting in Ellerslie four years ago, Theo now runs TNG in Orewa, the largest TNG group, as area group manager, and he also oversees the Silverdale TNG group. He is also a Fellow of the NZ Institute of Management and an accredited Management Mentor.

A man of many fascinating parts, Theo Simeonidis is without doubt one of the most interesting people we have ever met and we hope that you, too, get to know him better.

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# mortgagematters

## Start as you mean to go on



Well, here we are, already a month into the New Year.

If you haven't done so already, now would be a good time to start planning your financial goals for 2018. Putting your plan into action now will set you up

well for the rest of the year.

Despite media reports of a slowdown in the market, good quality properties are still selling, and there are a lot of people still aiming to become homeowners in 2018.

What can you do now to get ready to purchase a home?

Firstly, talk to a specialist Mortgage Adviser. They will be able to help you determine if it is possible for you to purchase a property now, how much you might be able to borrow, and provide budgeting/other finance tips to help you prepare for the transition. Many advisers will also hold your hand through the property-buying process, providing relevant and meaningful advice along the way.

You should also determine how much you believe you can afford by way of loan instalments. You can then use this as a guide to figure out a price range for your purchase. You don't want to start

looking at \$800,000 properties if you don't believe you can afford the loan instalments. Obviously, the bank will also need to determine whether it is willing to lend the amount that you need, but it is always useful for applicants to know that they can afford it.

If you're an existing homeowner, you too have the option of setting goals and putting steps in place to achieve them. Experienced Mortgage Advisers can help you to determine whether your loan and/or account structure can be improved upon. For some, this might mean changing banks (to one that offers more suitable products). For others, it could be as simple as increasing your loan instalments.

No matter what stage you're at, the message is the same: begin making changes today, to help you get to where you want to be.

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

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# vetspeak

## Microchipping

Most dogs in New Zealand now have microchips since it became a requirement for Council registration. However, it is not just dogs that can be microchipped; increasingly, many owners are now microchipping their cats, birds and horses. The microchip itself is a small bead approximately the size of a grain of rice, which, when read, contains a 16-figure code, unique to the animal into which it has been implanted.

When animals have been found wandering loose in Millwater, they are frequently brought into the clinic for us to check for a microchip. In many cases they have a microchip and are registered on the New Zealand Companion Animal Register (NZCAR). This means that we can search their details on the database and give the owners a call straight away and reunite the family faster. However, if the microchip is only registered with the Council, the process is longer as the information that is held by the Council is less easily accessible.

Recently, there has been some publicity regarding microchips as some batches that were available from a one manufacturer (Virbac) have been found to contain some components that have failed. This is very uncommon and, according to the New Zealand Veterinary Association, only affects approximately 0.7% of all microchips in New Zealand's pets. The affected microchips were inserted between 2009 and 2012. Any pet with a microchip that has failed can have a new one inserted and registration updated free of charge.



Further information regarding affected batch numbers can be found by following the link on our Facebook page or by going to <http://www.nzva.org.nz/news/381773/Veterinarians-supporting-pet-owners-over-potential-microchip-failures.htm>.

If your pet is microchipped, it is important to have the microchip scanned; usually this is done at the annual vaccination check-up. Once the vet has checked the microchip is working, then the clinic can check if your pet is on the nationwide database (NZCAR) and that your contact details are up to date. If your pet is microchipped but not registered on this database, it is a simple, low-cost procedure to complete registration and gain peace of mind – and then, no matter where your pet may wander, once it is found you can be reunited.

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## It Ain't That Bad



If you are like most parents, the first few days of the school holidays are great. Time off with the whole family brings much needed bonding and grounding. Then... without warning... WWIII breaks out in the living room!

Whether it's fighting over the remote, leaving food around the house, or wet clothes on the floor... (you see where I'm going here), you inevitably get to the point that you are looking at these once-treasured blessings and wondering what house do they think they were raised in? You know you taught them how to speak with respect, how to clean up after themselves and a heck of lot more, but they just don't do it!

Congratulations! Your kids are normal. They do what they want until they are, let's call it 'encouraged', to do what they should.

It's not them. It's not you. It's kids. And it's the job we all signed up for when we became parents. To be honest, there have been times when I have asked myself, "What kind of idiot has kids?" Parenting is the hardest job on the face of the planet. We are so emotionally invested in the outcome and at the same time we are bombarded with opinions, research, new ideas, new methods, more research about how

to or how not to, that it's mentally and emotionally exhausting!

I'm no expert. All you have to do is meet my kids to understand that. Don't get me wrong; they're great. Like their mother, they are human. They make mistakes, they get things wrong. And... they're young. Which of course means that my son is 10ft tall and bullet-proof and my daughter is an expert in everything – while at the same time, my husband and I know little to nothing about anything.

Fortunately for us all, every now and then we are rewarded for our efforts with little glimpses of the amazing person we are raising, the wonderful person they will be. Take those moments and let them get you through the not-so-amazing moments. It's easy to feel alone in our parenting journey and assume everyone else has it all together. The reality is we are all in the same boat. So, let's just help each other bail water when it's needed.

**Rechelle McNair, sKids Kingsway**

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## What 'diet' is right for you?

Well... that depends. It depends on age, gender, how active you are, any medical issues you may have:

- is your thyroid not working properly?
- do you have issues with blood sugar regulation?
- have you had your gallbladder removed?
- do you have any food allergies?
- do you struggle with IBS?
- do you have diabetes? etc.

A low carb diet may suit some and not others; the same goes for many of the 'diets' out there – ketogenic, Atkins, low fat, low carb, and so it goes on; the list is endless. They can all be successful for some people in the short-term, but often it is difficult to make long-term, permanent change. Just as much as 'get rich quick' schemes don't work, nor do 'quick weight loss diets' – at least not in the long-term.

For long-term success, we really need to:

- change our habits
- learn what works best for our bodies
- get some sound nutrition information behind us
- get an appropriately-qualified nutritionist to help facilitate these things.

Some basic principles would be to ensure that most of what you eat are unprocessed, whole foods. Drink WATER! I can't emphasise that enough; we are roughly 60% water and it's critical for so many of the processes that occur in our bodies. Move regularly, do something you really enjoy, so that you do it often. Our bodies were designed to move.



There is so much more than just weight loss to consider. Health is a long-term investment that pays dividends immediately and in the future. When we put a priority on our health, the results show up in many ways – increased energy levels, great skin, healthy immune system, bones, teeth, heart, liver, kidneys, muscles – and more. It's about re-organising our priorities, which puts value on the things we value most, and learning how to develop new habits to achieve our goals.

If you would like help with creating new habits and planning a nutritious way of eating for you, contact me paula@nutritionsense.co.nz.

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

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# millwater book of the month

## The Rest of Their Lives by Jean-Paul Didierlaurent

I was enchanted by Jean-Paul Didierlaurent's charming debut novel The Reader on the 6.27, and I am even more in love with his second novel, The Rest of Their Lives.

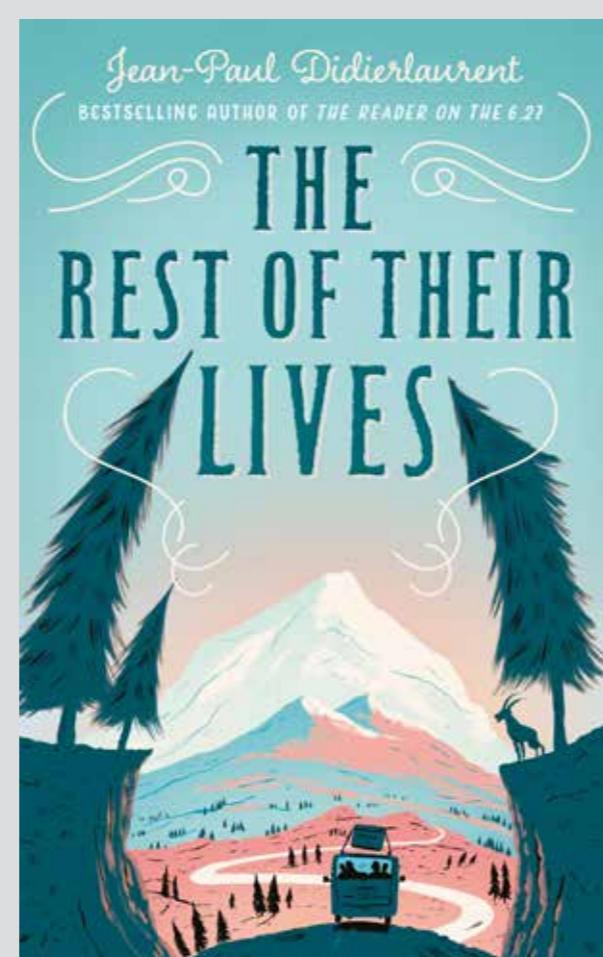
The Rest of Their Lives follows the story of an unlikely grouping of characters. Ambroise is an embalmer, living in a small French town with his feisty grandmother, Beth. He spends more time with the dead than he does with the living, and, despite being a good looking and personable young man, his profession is the kiss of death to any serious relationships with women. Most bolt when they discover what he does, or become unhealthily interested; causing his relationships to end quickly. Even his estranged father, who has a Nobel Prize in Medicine, despises what Ambroise does as a vocation.

At the same time, Manelle spends her days caring for the elderly in their homes, with a mixture of clients, most of whom she adores spending time with, but with at least one who works to make her life difficult. There isn't much energy after a busy day except spend a solitary evening home alone.

But then Ambroise and Manelle's worlds collide when eighty-two-year-old retired chef Samuel decides on a trip to Switzerland. This becomes a road-trip like no other, with Ambroise's grandmother Beth, also in the thick of things.

This is a truly charming novel that celebrates and affirms life, despite the many scenes of Ambroise preparing the recently deceased so they can be viewed by their loved ones. The characters are larger-than-life and completely loveable, and the storyline looks like it is heading in one direction, before a welcome surprise takes the novel down a completely different road, beautifully drawing together a number of strands. This is a novel with wonderful characters, and ultimately a sense of joy at how precious life is.

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



# pharmacytalkmillwater

## Smoking Affects Everyone



- If you smoke around your children, their health could be at risk too from passive, second-hand smoke.

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Giving up the ciggies has just been made that much easier, with Pharmacists now able to provide nicotine gum, patches and lozenges without a prescription, and it is 'fully funded' by the Government. Simply pay an initial dispensing fee of \$5.00 per nicotine product and also, for the month of FEBRUARY, the consultation fee will be FREE at Millwater Parkway Pharmacy. Each consultation, the pharmacist may provide a three-month's supply of each nicotine product in monthly dispensing to each person. We also offer professional advice, with an optional follow-up support programme if required. So, if you have been thinking this is something you want to give a go, come on in and speak to our friendly pharmacist.

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# the millwaterinsider

## Stoney Homestead Community Hub

Our full contact information is:  
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stoneyhomestead.org.nz; Facebook @StoneyHomestead;  
and Phone 021 0267 9111

## Millwater adopt a family for Christmas

Millwater has once again demonstrated amazing community spirit, with all the donations being gratefully received. This year, we got together to donate Christmas presents and food, to help 38 families (compared to 31 last year); we even had extra toys for the Salvation army to distribute to more families, and a full load of foodstuff to Love Soup. Special thanks to all the co-ordinators for their hard work, and of course everyone who contributed; you are the ones who make Millwater so special!

## Millwater family meal support group

This wonderful group is one year old! Thank you very much to all the lovely people who co-ordinate, cook and deliver meals to families in need in Millwater. If you would like to join this group, please find us on Facebook or contact Nita Wong (nita.millwater@gmail.com)

On the other hand, if you know of any families in Millwater who are experiencing hardship, please do not hesitate to contact us.

## Needing Help or Advice?

HIBISCUS COAST CITIZENS ADVICE BUREAU is staffed by trained volunteers, who provide free and confidential advice on any issue.

Our bureau is open Monday to Friday from 9.00am to 3.30pm and Saturdays from 10am to 1pm.

The bureau also provides a JUSTICE OF THE PEACE service and operates free legal clinics once a month by appointment.

We are located at Orewa Square, next to the Community Hall. Ph: 09 426 5338 and enquiries can be e-mailed to hibiscuscoast@cab.org.nz

Graeme Dykes, Chairperson, Hibiscus Coast Citizens Advice Bureau

## Christmas Lights Competition

We had great delight in viewing all the Christmas Lights around Millwater the week before Christmas. So many of you made an effort to brighten up Christmas for us all and we'd like to take this opportunity to thank you. Congratulations to Bridal Place for once again winning "Best Street." "Best House" was awarded to 52 Miller Rise and "Best Townhouse" was awarded to 313 Millwater Parkway. It was fantastic seeing so many people out and about enjoying themselves and we look forward to doing it again in December.



## Millwater Traffic Light Safety

Following the submission to the Local Board by the Millwater Action Group, Auckland Transport has agreed to make some changes to the Bankside Road-Millwater Parkway intersection, including hi-vis paint on the road and changes to the traffic light sequence. AT is also looking at the possibility of providing in the future a Barnes Dance Crossing, as used elsewhere in Auckland and extensively in Japan. See more on the Millwater and Totara Views Facebook page.

# 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  
电邮: info@stoneyhomestead.org.nz, 聯絡電話：021 0267 9111. Facebook @StoneyHomestead

## Needing Help or Advice? ( 需要帮助或建议吗？ )

Hibiscus Coast 公民咨询处有受过训练的志愿者工作人员，我们可以为您的任何问题提供免费和保密的建议。

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我们的地址是 Orewa Square, Community Hall 隔壁。电话 Ph: 09 426 5338 电邮地址 hibiscuscoast@cab.org.nz

Graeme Dykes, 主席， Hibiscus Coast 公民咨询处

## Christmas Lights Competition ( 圣诞彩灯竞赛 )

我们很开心在圣诞前一周就开始欣赏Millwater 社区居民的彩灯。很多人非常非常尽心的使我们的整个圣诞节都亮了起来，借此机会谢谢你们。祝贺Bridal Place再次夺冠赢得“最佳街区”。彩灯大赛的“最佳房子”奖给了52 Miller Rise 和“最佳排房”给了313 Millwater Parkway. 这么多人都参与进来让大家如此开心，真的太棒了，很期待今年十二月份再次举办此活动。



## Millwater Traffic Light Safety--Millwater 交通路口安全问题

在Millwater 行动小组向区管局递交了申请之后，奥克兰交通管理局同意在Bankside路和Millwater Parkway 交接十字路口做一些改变，包括在路面刷高辨识度油漆和改变信号灯的频率。交管局还考虑将来将此路口改为Barnes 跳舞式十字路口（绿灯时

行人可以互相交叉式过马路），此方法在奥克兰其它地区也有出现，在日本更是广泛大量被使用。详细内容请查看Millwater and Totara Views 脸书页。

## Chinese New Year gathering

木槿湾台福教会将于2月18日（礼拜天）的主日崇拜后，与弟兄姐妹们一同庆贺新年的大年初三；木槿湾台福教会用满满的祝福诚挚邀请您及亲友共襄盛举；请每位家庭准备一至两款20人份的手菜（请准备个人餐具），分享给来自各地的华人朋友，共进爱筵。

## Chinese church in Millwater

在木槿湾台福教会成立至今，受洗人数不断的增加，因为我们在基督的爱中得着恩赐，得到依靠；木槿湾台福教会欢迎您于每周日下午2时带着您的挚爱家人到Kingsway Junior School共享主内的爱，若您有任何问题请联系Abby黄师母0275033464。

## Millwater family meal support group

這個群剛剛一歲了！非常感謝所有滿有愛心的人；他們協調，烹飪和送餐給Millwater有需要的家庭。如果您想加入這個團隊，請在Facebook上找我們，或者聯繫Nita Wong ( nita.millwater@gmail.com )

另一方面，如果您認識任何在Millwater的家庭正在經歷困難，請不要猶豫，立即與我們聯繫。

## Millwater adopt a family for Christmas

Millwater再次表現了驚人的社區精神，所有受助的家庭都非常感激大家的幫助。今年我們共同捐贈了聖誕禮物和食品，幫助了38個家庭（去年為31個），我們甚至還有額外的玩具分發給救世軍，幫助更多的家庭；也有滿滿一車廂的食品給Love Soup。特別感謝所有協調員的辛勞；當然還要感謝你們的捐贈，使Millwater成為一個非常有人情味的社區！



# Look after your Liver!



By the time you read this, pre-Christmas parties, Christmas and New Year will be behind you, and the rest of the new year lies ahead.

Now is the time to give your hardworking liver some healthy attention. When your liver becomes overloaded with fat, cholesterol, alcohol and/or toxins, its numerous functions such as detoxification, metabolism, bile production, etc. become impaired and the body is adversely affected. This can lead to physical symptoms such as gall bladder and bile duct disorders, cirrhosis, psoriasis, fatty liver disease – or manifest as emotional or mood impairment; i.e. tense, short-tempered, impatient, teary, anxious, skin issues, bloating and generally just substandard general function.

If you want to clean and strengthen your liver, you give it the very best attention. You can do that using natural compounds that greatly assist in fat emulsification, cleaning and strengthening your absolutely vital liver.

To start with, to increase the solubility of cholesterol and fats entrenched in the liver and to prevent accumulation ongoing, two remarkable B Vitamins (B vitamins again, remember the last article!) help greatly. Choline and also Inositol are lipotropic agents and assist significantly in emulsifying fat congestion.

Always take a dedicated fibre supplement with liver detoxification, to 'brush' out the fats and toxins, all the way through the digestive system. Something like LSA or just ground linseeds are great fibre. Or Psyllium also – as well as lots and lots of fruit!

At the same time, take the king of all liver supplements, which is Milk Thistle. This plant contains a key active compound called Silymarin and has probably had more scientific trials and research for its health properties than any other plant known, and is one of the most potent liver detoxification, protective and anti-oxidant substances known.

Another very good liver and gall bladder treatment is Dandelion, which has a long history of use as a liver tonic. It has been shown to enhance bile flow, acting also again as a lipotropic agent to reduce the accumulation of cholesterol and fats in the liver. Dandelion contains a high Choline content.

So: it's all doable and, if you want to do the right thing by your liver, call in to Health by Logic to discuss more.

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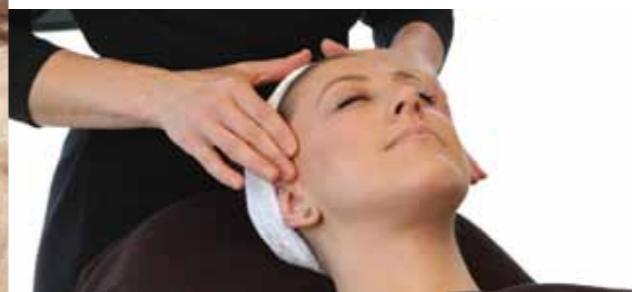
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### WHAT IS A CACI TREATMENT PLAN?

A plan containing your customised schedule of treatments chosen by you and our team of experts to target your specific concerns and deliver the best results.

### WHY SIGN UP TO A TREATMENT PLAN?

#### BEST RESULTS

Just like how you won't see results after one gym session, the same goes with skin and body treatments. Regular treatments are important for achieving your skin and body goals. At Caci our plans provide a consistent schedule of treatments to ensure you get the best results that last.

#### PAYMENT OPTIONS

Caci clients are offered a range of payment options and plans to suit their lifestyle and budget. So if you're not in a position to pay for all your treatments up front, you can pay them off in weekly, fortnightly or monthly instalments. Whichever works best for you!

#### BEAUTY REWARDS

On a treatment plan, you will also enjoy all the other beauty services we have to offer. We reward our clients throughout the year plus give 20% off all beauty therapy treatments such as brow and lash tints.

#### WHAT TREATMENT PLANS ARE AVAILABLE?

#### SKIN-REFORMASKIN PLAN

We offer a range of skin-correcting treatments designed to address common skin concerns such as pigmentation, redness, scarring, uneven texture and tone. We customise the plan especially for you and you'll also receive a take home treatment accelerator kit to aid your results.

#### BODY-CHILLSCULPT PLAN

If you have a stubborn bulge that won't seem to go away even after diet and exercise, our award winning body shaping treatment, ChillSculpt could be right for you. Cryolipolysis technology is used to freeze your fat cells!

#### FINE LINES & WRINKLES- AMERASE PLAN

Soften lines and wrinkles, smooth away folds, add volume to lips and enhance your look with regular appearance medicine treatments. Caci are the largest appearance medicine providers in the Southern Hemisphere and our Registered Nurses have treated over 10,000 New Zealanders.

#### HAIR REMOVAL- FREEDOM PLAN

At Caci, we have been offering laser hair removal (Variable Pulsed Light) for over 20 years. It is a safe, cost effective and long term hair removal solution for unwanted hair. We schedule your treatments to get the best possible result and offer an exclusive guarantee.

To find out if a treatment plan at Caci is right for you book a free consultation by calling **Caci Silverdale** on 09 212 6900 or visiting [silverdale.caci.co.nz](http://silverdale.caci.co.nz)

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\*Promotional facial offer valid until March 31 2017. Please see [caci.co.nz](http://caci.co.nz) for full terms and conditions.  
\*\*12 months no payments and no interest. Payment Holiday is available on Flexi Payment Plans. Minimum spend \$200. Account fees may apply. A \$55 Establishment Fee for new Cardholders (\$3 PPSR - Q Card Only) and a \$35 Advance Fee for existing Cardholders will apply. Standard Interest Rate applies to any outstanding balance at end of Payment Holiday. Offer is ongoing. Lending criteria, fees, terms and conditions apply.

# millwaterinfocus

# **Millwater Summer Photography Competition**



Summer is almost here, and we'd love to see your photographs taken in and around Millwater. The winner will receive an A3 canvas of their winning photograph as well as having it featured on the Magazine's cover in March 2018.

Want to improve your photography and increase your chance

of winning? Why not book a place on one of our photography workshops running over the summer? Visit [shop.visualvoice.co.nz](http://shop.visualvoice.co.nz) and use the discount code "Millwater" to receive a 20% discount.

Below are some useful tips:

1. Make sure the subject of the picture is in focus and correctly exposed.
  2. If your image is a landscape, ensure the horizon is straight.
  3. When photographing children or animals, get down to their level.

Files should be a minimum of 3000 pixels on the longest side, and JPEG format.

Entries should be emailed no later than 15 February 2018 to competition@visualvoice.co.nz

The winner will be announced in the March edition of the magazine.

**Paul Conroy**  
**Visual Voice Photography**

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## Nail Care 101

There's little doubt that we have a problem in the beauty/nail bar industry; with sub-standard manicures and pedicures as well as nail enhancements.

Time and again I witness women with severely damaged nails from buffing and unhygienic use of tools and equipment in salons to perform manicures and pedicures.

It seems that the cautionary messages about choosing your salon and nail technician are not getting through. It's strange, because awareness about dodgy nail salons is fairly wide, but it seems we're still putting price and beauty before health and safety – that is until the consequences manifest themselves in damaged and infected nails. Then the panic sets in – and so it should.

If you go regularly to a salon, you need to be vigilant about the environment, particularly its cleanliness. Work stations should be immaculate and the tools and files should be sterilised after each client, or sprayed with an antiseptic before use.

Also, look out for the Auckland Council Health and Hygiene license, and the New Zealand Beauty Therapy Association “You’re in Safe Hands” logo, which are added guarantees that the salon you choose adheres to all the latest Health and Hygiene practices.

What you need to remember is that your nail is porous, and whatever goes on to it can leach into your system. You don't therefore want any nasties in your products.

Buffing and filing your nail bed each time you go for gel



polish or nail enhancements is a consideration that must be taken seriously. Any kind of filing or buffing of the nail before product is applied is damaging to the nail-bed and nail, and its long-term health. Think about it: if you go to a salon every two to three weeks and the top of your nail is buffed, by the time it has grown out the tip of your nail could have been filed 6-8 times. That causes damage – weak, flaky and easily-split nails.

A preventative treatment is IBX, the only nail repair system that penetrates into the nail bed to repair and protect.

The best-looking nails are ones that are loved, nurtured and treated well.

But there are so many women who put up with having sore, filed and weak nails, with enhancements so that they appear beautiful. Everyone – even nail biters – can be helped to grow their own natural nails to beautiful proportions.

## **Amelia Beauty Aspects (see advert page 30)**

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## FIGHTING FOR YOUR RIGHTS

### Helping you navigate the insurance "Black Box"!



Having a contingency plan in place for those tough financial times that may arise owing to sickness, accident, or losing a loved one, is one of the smartest and wisest decisions you will ever make.

But where to start, as it can all be a bit confusing and scary? It's an insurance advisor's job to work together with you to come up with a tailored plan that provides you with security and peace of mind, knowing that you have protected yourself, your family and your business.

Once your insurance application is lodged with the insurer, it's then assessed by an underwriter, following which your application may be either approved at standard rates, or an offer of terms provided – which may include special provisions such as exclusions or premium loadings – generally as a result of some pre-existing medical condition(s) or injury. In some cases, cover may be declined or deferred.

It's at times when the insurer comes back with exclusions, premium loadings, or deferral of cover, that a professional insurance adviser, who fights for their clients, can make a real difference.

A recent female client who had had an abnormal cervical smear in November 2015 was presented with an offer of terms excluding cervical smear test abnormalities, cancer and pre-cancerous conditions of the cervix until a further three subsequent consecutive normal smear test results at least 6

months apart were obtained – in other words, the exclusion would apply for at least 18 months! Unacceptable!

What had transpired is that, following the abnormal smear in November 2015, my client's obstetrician advised that she should have another smear test done in 6 months' time. However, by that time, she was pregnant and so the smear test did not proceed. My client was advised to wait until after the baby was born to have the next smear test. A subsequent smear test in late October 2016 came back all clear and normal.

I took the case up with the underwriter and advocated that the rather draconian exclusion should be amended so that it would be removed if the client had a smear test now and the result is normal. The underwriter agreed. A prompt smear test came back normal and the exclusion was immediately removed, within 24 hours! Another very happy UProtectNZ client!

I love making my clients happy. It's what I do!

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.

For assistance on any personal or business insurances, Theo 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.

**Theo Simeonidis**  
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# millwater malt of the month



A high-octane whisky this month, to super-charge and reawaken senses dulled by the holiday overload that some may have experienced. The cask-strength Glenfarclas 105 is produced by the 5th and 6th generations of the Grant Family, whose ancestor John Grant in 1865 purchased the distillery that the family still owns to this day.

All the Glenfarclas whiskies are to be recommended; and the 105 is highly recommended!

**Nose:** Sherry; dry, sweet and woody. Lots of oaky spice – cinnamon and clove. Add water and wait a while – the vanilla cream notes come through.

**Palate:** Sweet and dry; nutty, rich and spicy. A touch of dark toffee. The mouth feel is thick and moreish.

**Finish:** Fairly long and the dry spice notes linger with a lovely mouth-coating, almost cloying, fruitiness. Surprisingly smooth for the strength; wonderfully warming and with a lingering smokiness, yet superbly rounded.

**Conclusion:** One to look out for – but to share only with special friends. I added a generous splash of spring water to this V8 powerhouse, which greatly enhanced the enjoyment.

1000ml, 60% ABV, target price under \$85 online NZ including courier. Also available locally.

# millwater bizbuzz



companies and is a fully qualified offshore master. He has been 1st Mate on Spirit of New Zealand and was Captain on Pure Adrenalin, Corporate host boat for Alinghi when they won the America's Cup here in Auckland.

"I then decided in 2005/06 to get out of boating and, when I decide to do something, I go in with both feet," said Gareth, "It was right at the time when Liberty Healthcare in Australia was ramping up and they asked me if I wanted to set up Liberty Healthcare in New Zealand under a brand-share agreement." He added, "As part of the Modtec Group of companies, we haven't looked back since."

In 2013/14, Liberty Healthcare bought a business that rented equipment for post-op patients in the private medical sector. Liberty Healthcare specialises in adjustable beds for spinal/brain injury, and also has a range of adjustable homecare beds to suit all needs, with the quality, solutions-based designs being developed and built in-house in Silverdale.

"Being solutions-driven, we research and either build, modify or source the right product for the end-user." Gareth added, "It's all about quality of life and we visit clients in their own homes, to ensure that what we provide exactly matches the need, and at a realistically competitive price."

Liberty Healthcare is very much a caring business; being long time supporters of Life Education Trust; also sponsoring Age Concern in Rodney and providing client support for Hospice.

A new side-bar to Liberty Healthcare is the e-bike business. You can go and park securely on the premises and rent one of their e-bikes for a trip around the estuary before riding back to pick up your car again. They also sell a variety of e-bikes, of course.

If you or someone you know has a mobility need, we suggest you consider Liberty Healthcare first; a successful local and growing Silverdale business.

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

## Millwater Women's Group

Millwater Women's group wrapped up 2017 with a lunch at Silvermoon Café in Silverdale. This is always a great local spot for lunch and caters for a large group really well. We celebrated another successful year of friendship, shared interests, speakers from a wide variety of sources and, most of all, the fact it was shortly to be Christmas, where we would relax with our nearest and dearest and unwind from the busy year.

We are typical of our age group and fit the "sandwich generation" well, in that many of us have competing needs within our families of elderly parents and grandchildren, all of whom require care and assistance in some form or another. It is wonderful to be able to support each other through the tough times we all face with our own health dilemmas, or the various needs of the other generations in our families that require assistance and sometimes overwhelm us with their needs. Just knowing you are not the only person going through this, or the sage advice of those who have dealt with the same issues, assists us to make sense of our lives and cope with the times of increased need. Essentially, the Women's Group provides this companionship and support just by being there as a monthly meeting to attend with others just like you. The group has spawned many friendships and sub-groups of shared interests, which have made it successful.

We are all looking forward to 2018 meetings, which will mostly centre around the ideas that came out of our November planning meeting. I am sure it will be another successful year.

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

Local entrepreneurial businessman Gareth Davies came to our attention when a Millwater family needed mobility aids to hire short-term for an elderly relative who visited from overseas. A recommendation from a Rotary member was enough to make us want to learn more about Liberty Healthcare, a long-established Silverdale business that rarely advertises – yet you will find them very easily through a Google search.

Gareth Davies went into boating straight from school, working on Te Aroha for ten years during the NZ summers and also in northern hemisphere summer camps in the USA. He has driven boats for both the big Auckland ferry



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# millwatermotors

In a very pleasant departure from the usual motoring fare, this month we feature a Triumph Tiger 800 XCA, top-of-the-range with all the bells and whistles, owned and loved by Millwater local John Carter.

John uses the 'bike to commute daily to work in the city, halving journey times and using a fraction of the fuel that most folks use. He told us "Running costs are around \$30 a week and, despite the wet winter, there were only about a dozen days when I had to wear wet-weather gear."



A little history: The first Triumph motorcycle was produced in 1902, powered by a 2.2hp Minerva engine and subsequently known as 'Number One'. The 50s and 60s brought film roles, with the likes of Steve McQueen on board, but competition and outdated design saw the company close its doors in 1983, when John Bloor acquired the Triumph name and properly returned the marque to eager buyers in 1990. In 2003, Kiwi Bruce Anstey won the Isle of Man TT riding a Triumph Daytona Supersports 600. Triumph motorcycles nowadays are regarded by many as the benchmark against which all others are measured.

John enjoyed 2 years' OE as a motorcycle courier in London 1983-85, then the same for another five years on return to New

Zealand, before the arrival of his first child in 1991 decided him to sell his last big tourer, a Yamaha XJ900. Then followed a gap in John's motorcycling life until 2015, when he bought an ex-rental BMW G650GS in Christchurch and rode it home. "I was less than 30km up the road, in freezing cold and with snow on the road, when I suddenly thought - why didn't I do this 20 years earlier?" he told us. "The reason I bought the bike then was that I was working in Newmarket and commuting from Hillcrest, sitting in my car in traffic and watching the fuel gauge drop. It was time to make the switch."

Desire for a bigger and better 'bike led John to buy his first Triumph Tiger (his 2nd one in 2 years is featured here). "The Tiger has the advantage of being supremely capable of many roles; being a tourer with speed, acceleration and smoothness especially, but with proper off-road capabilities – it's like a 2-wheel SUV," John added, "and it delivers 0-100kmh in just 3.7 seconds – in first gear – and it really does growl like a tiger!"

Specification of John's 3-cylinder inline water-cooled 800cc Tiger XCA include switchable ABS, 3 rider modes, traction control, heated grips and seats, LED auxiliary lights, cruise control and aluminium panniers.



"I always look back at the Tiger when I park it," said John, "If you don't do that, you know you've bought the wrong 'bike!"

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# millwaterpropertystats

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

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## millwaterpropertytalkwithGrayson

Well – what a year that was! 2017 started with a bit of a hangover. The late 2016 imposition of tougher LVR controls had slowed the market heading into Christmas, and that slow turnover continued into the early months of 2017. While previous versions of the LVRs were short-term in their effectiveness, this latest version bit hard, with property turnover in Millwater reduced by up to 50% over the first half of 2017.

Adding to the negative sentiment were some indications of interest rate rises and, while these didn't actually change much, it was enough to concern top-end borrowers. Further extinguishing the fire were adjustments in lending criteria by the major banks, with many rationing their potential lending to only the very best of lending options. Buyers were facing a double whammy of future uncertainty and inability to afford, or get, funding for purchases. Then came the winter and the rain. By mid-May, cashed-up buyers were still rare and those that were out there realised the power they held – but houses were selling again.

By the time the Government was sworn in, the average buyer had seemingly had enough of waiting and decided to get stuck in and buy. The sales volumes started to pick up and prices stabilised; good houses were selling well and, while prices were not showing any signs of increasing, some good results were happening.

All said, the last half of 2017 was significantly better in the Millwater market than the first half. Yes, prices are down from their peak, probably around 5% on average, but more on some. Buyers are still very fussy and have almost zero fear of missing out on a property. The common theme is: if they can't get this one at the right price, they will wait for the next one.

So; what does all that mean for 2018? We are expecting that this will be a year when the markets consolidate further. We are not expecting any great jumps in price during the year as we have seen in the past. As always, there will be little peaks and troughs in Millwater as supply meets, exceeds and then falls short of demand. There is unlikely to be any massive increase in buyer activity during the year. Even another reduction in LVR restrictions is unlikely to be met with a massive increase in buyers – there just isn't the underlying confidence of 18-24 months ago. Yes, there is still a housing shortage in NZ, particularly Auckland, however very little of what is going to be built in Millwater will address that need.

The Millwater market remains very much tied to the cost of land and the cost of building. While more land is becoming available locally, it is unlikely that it will be released at a significant enough discount to make any meaningful change to the local average. Costs of building are only increasing and, if the Government's plan to build additional affordable housing ever gets anywhere near fruition, this will only increase pricing for private builders as the limited supply of skilled labour and equipment is sucked into Government projects. So, with input costs staying high, we can expect either a reduction in local supply or some reasonably steady pricing over the next 12 months. What this really means is that, if you need to change houses because your current one is too large, too small, or whatever, then the next 12 months could be a good opportunity to do so. Millwater continues to be seen as a great destination to purchase, with a great community and a good supply of quality housing.

This won't change anytime soon.

**Grayson**

Mike Pero Real Estate, Licensed REAA (2008)

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#### 9 Sibling Court, Millwater

There are not many cul de sac's in sought after Millwater, so finding a sunny single level home on one is a rare treat. Set back from the road, this home is constructed in low maintenance materials on a flat 651m<sup>2</sup> (approx) site. With enough grass to kick a ball plus a range of outdoor entertainment options, this home will cater well for a variety of family configurations.

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- 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)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

**0800 000 525**

4 3 2

[www.10vueterrace.com](http://www.10vueterrace.com)

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

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

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

**mike Pero**





**A CEDAR STUNNER**

**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<sup>2</sup> site
- 3 bedrooms on ground floor including master with ensuite and walk in wardrobe
- separate wing with 2 bedrooms, own lounge and bathroom
- large lounge / play room and utility space (currently utilised as a bedroom) upstairs
- open plan entertainers kitchen, dining, & living with polished concrete floors & high stud height
- large and private deck space on north western corner of home

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

**0800 000 525**

3+ 2 2

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

  
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Sarah Furniss  
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sarah.furniss@mikepero.com

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

**mike Pero**



**Millwater - 38 Bartlett Drive**

**The Ideal Single Level Package**

- wonderfully designed & built Sicato home
- fantastic open plan layout for kitchen
- easy flow to private outdoor entertainment spaces & appealing landscaped yard, full fenced and secure
- low maintenance & durable materials plus an easy care section; perfect for those with a busy lifestyle
- double glazed and well insulated for the colder nights, including a heat pump
- balance of Master Builders warranty to transfer to new owner

**Offers over \$1,050,000**

  
Grayson Furniss  
021 665 423  
grayson.furniss@mikepero.com

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

**Web** [mikepero.com/RX1304416](http://mikepero.com/RX1304416)

**Mirangi Bay- 12 Mayfair Cres**

**First time on market in 49 years!**

**By Negotiation**

It's not often that a property of this size & quality becomes available in this sought after Mairangi Bay location, particularly one that has been in the same family since new. The stunning sea views are sure to captivate you, while the options presented by the large 908m(approx) section and 300m home are going to have you considering this long into the night. If that isn't enough there is a surprise bonus to be discovered when you get there. This home is worthy of serious consideration. Call Grayson or Vanessa for more information.

  
Grayson Furniss  
021 665 423  
grayson.furniss@mikepero.com

  
Vanessa Jardim  
021 614 771  
vanessa.jardim@mikepero.com

**Web** [mikepero.com/RX1297725](http://mikepero.com/RX1297725)



**Millwater- 50 Timberland Dr**

**Single Level Entertainers Delight**

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! Single level properties are always in demand and this one will be no exception. With a warm north-westerly aspect and a great location handy to schools, transport, shops and parks this one will tick a lot of boxes for the discerning buyer.

**By Negotiation**

  
Grayson Furniss  
021 665 423  
grayson.furniss@mikepero.com

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

**Web** [mikepero.com/RX1273158](http://mikepero.com/RX1273158)



**Orewa-48 Ascension Cres**

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

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

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.

- 211m(approx) of luxurious living on 219m(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 built in wardrobes on the ground floor
- Stunning kitchen fitted with quality appliances

  
Vanessa Jardim  
021 614 771  
vanessa.jardim@mikepero.com

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

**Web** [mikepero.com/RX1325320](http://mikepero.com/RX1325320)

**09 426 6122**

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

Mike Pero Real Estate Ltd. Licensed REAA (2008)

# timlawrence Fishing Spot



We are already into mid-summer, the snapper have spawned and the fish are biting hard. This season has been excellent for fishing, both with the weather and the number of fish around the coast. Keep an eye out on the birds out there; you will see they have moved into the Northern bay of the Peninsula and around the 25m mark between Tiri and Kawau. Drifting though these areas will produce some good catches. We have done well around the cables, Kawau, Motuora and have heard of good-sized fish caught in Whangaparaoa Bay.

We have been out on and in the water numerous times over the holidays, enjoying the great weather and bountiful seafood caught locally, and while on holiday in Northland. It

## Locals helping locals

Proud to support Silverdale School



Mike Pero Real Estate Ltd Licensed REAA (2008)



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

Cnr of  
Millwater  
Parkway and  
Bankside Rd,  
Millwater

## CELEBRATIONS AT THE UNION

\* BIRTHDAYS \* BASHES \* 21ST  
\* ENGAGEMENTS \* ANNIVERSARIES

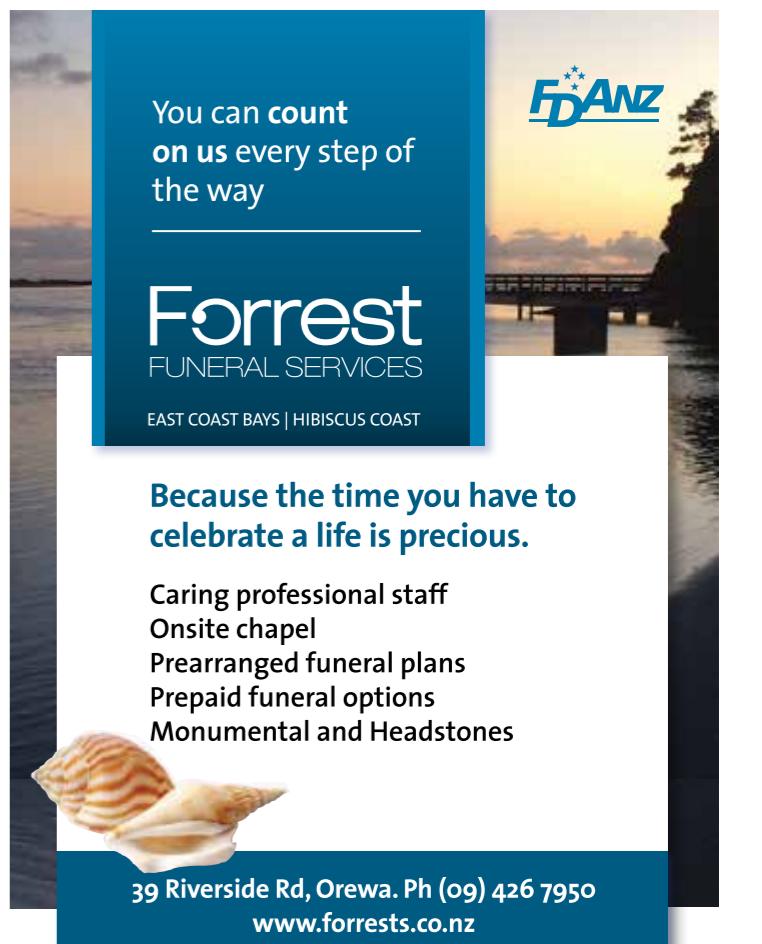
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Remember your Valentine on February 14th!



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

# artspeak

## February at Estuary Arts



Estuary Arts Centre's February exhibition and workshop line-up brings a selection of fresh and innovative artworks.

In the Main gallery is a collection of 19 local multi-media artists who work in a range of media to create interesting textural book works and journals. During this exhibition there will be a series of workshops and an artist talk by Marianda Twydell on Saturday 10 February on Journaling. This talk is suitable for anyone who is interested in developing the ways they use journals, as part of their personal development, artistic learning or just for fun. It's not often you get the opportunity to handle in detail and question an artist directly about this type of work. In the foyer gallery, view Paul Willmott's watercolour work. Paul says this is about his inspiring journey with art, "In 2007 I was diagnosed as having Parkinson's disease. I lost my job as sales director, I parted from my wife and Parkinson's progressed. I had to do something; loneliness was taking me over. If I can inspire just one person



"with a disability similar to mine to pick up a brush and try painting watercolours, I have succeeded." Paul's exhibition is called "Art Saved Me" and a portion of proceeds from art sales will go toward the Parkinson Foundation. In the newly renovated Gallery 5 upstairs view painting by Brenda Bardsley and Katie Hagen.

If doing something creative was one of your New Year resolutions, then come on down to Estuary Arts and join an art class.

The Arts Centre's weekly adult and children's classes commence on the 19th February. Bookings are required to secure your space, so visit the Centre which is located at 214B Hibiscus Coast Highway, phone on 09 4265570 or email admin@estuaryarts.org

# PAPER INK

Presented  
by artists of  
Warkworth  
with invited  
guests.

**metal**

**thread**

A collective exhibition of original works fusing together the arts of print making, creative books, calligraphy & mixed media

Gill Carlsson  
Kerrie Cleverdon  
Chris den Hartogh  
Bev Head  
Maureen Horwood  
Merryl Houghton  
Dagmar Kammel  
Colleen Kangwai  
Jan Leonard  
Deborah Martin

Alysn Midgelow-Marsden  
Mary Starr  
Anne Smith  
Aile Snow  
Marilyn Thorne  
Marianda Twydell  
Gill Warren  
Val Waterhouse  
Karen Williamson

**estuary  
arts  
centre**

1 February – 4 March 2018  
Opening Thursday 1 February at 5pm

## Tradie of the Month with Maddren Homes



Congratulations to Cerisse from C&C Cleaning, our Tradie of the Month.

When it comes to getting a new home ready for handover, Cerisse is our go-to cleaner. Nothing is ever a problem for her and she always leaves everything looking mint. Working around other trades to ensure everything is spotless, she always does an awesome job.

Cerisse cleaned up the competition this month to receive the voucher from our partner sponsor Western ITM. Keep up the great work.

Congratulations to Cerisse!

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

*Spoil your Valentines*  
with fabulous flowers from Fleurette  
on Wednesday  
14th February

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## ILLUMINATE CHURCH

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It is entirely worth checking out...

Every Sunday 10:15am

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

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

# 6 Things to do Before You List



When you decide it's time to sell, it can become a mad rush to get your home out into the market. But you should catch your breath first. Here are six things to check off before you list your property:

## 1. Research and plan

Before you consider selling, research the market, focussing on properties in your area. Is it a good time to sell? Where do you intend to move next? What's your budget, including moving? You don't need all the answers, but you should develop a clear set of goals and have a realistic view of your finances before you invest time and money into preparing for sale.

## 2. Secure and maintain

If your property needs major repairs, ensure these are taken care of before you look to tempt prospective buyers. Make sure your home can pass inspections with flying colours. Don't neglect smaller items, like replacing fixtures, patching holes, locks on windows or leaky taps. It's the details that often make or break a home sale.

## 3. Spit and polish

If you've been putting off that big clean up, now's the time. You'll need a thorough head-to-toe scrub, to get an accurate assessment of what your property is worth, and have the best chance of enticing a buyer. Wash, buff, wax, freshen up with paint and remove unsightly wear and tear. Remember: the importance of curb appeal. Spruce up the garden for optimal first impressions.

## 4. Make the emotional break

Arguably, the most important step before selling your property is being able to bid it farewell and no longer see it as a home. Focus on your future rather than the past, and make peace with your property as a product to be marketed and sold. How will you channel your insights into a targeted campaign for a new owner?

## 5. Find a great agent

A great agent makes all the difference to your listing and, ultimately, your sale. Ask around and find a reputable agent you're comfortable with, who understands the market nuances of your area. Flattery is lovely, but you want an agent who's committed to frank, realistic dialogue about the market and your needs.

## 6. Dress for success

Presentation, presentation, presentation! Get rid of clutter and overly-personal items, so buyers can picture themselves in your property. Invite as much light in as possible, and remove unpleasant smells (like traces of pets). Get a second opinion to make sure you haven't missed anything. Your agent and a professional home stager can offer an objective review before your home hits the limelight.

**Grayson & Sarah Furniss**  
**Mike Pero Millwater**

Mike Pero Real Estate Ltd, Licensed REAA (2008)



## Beauty Aspects

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Contact Amelia 02102972587  
41 Fennell Crescent  
Millwater

facebook.com/beautyaspectsltd  
For all up to date specials  
Open Mon-Sat



## New Show Home Now Open in Millwater

### At 12 Old Mill Road, Millwater, Silverdale.

Our new show home in Millwater is long awaited and excitement has been building. We opened the doors for the first viewing on Saturday October 7th, visitors loved it. Based on the stunning Mayfair plan from our Core Series Range, this home offers over 370sqm of spacious luxury family living with four bedrooms upstairs and a self-contained guest room on the ground floor. Come and take a look at the best of Stonewood design and quality, we believe no housing company offers better value for money.

## Currently for Sale in Millwater



**\$1,040,139**  
Price reduced for  
one month only



**\$1,067,839**  
Price reduced for  
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**\$999,000**  
Price reduced for  
one month only



**\$1,037,038**  
Price reduced for  
one month only

## New House and land packages coming soon to

**428 Colonial Drive - Suitable for a single level home, elevated site**

**466 Colonial Drive - Suitable for single or 2 storey home**

**467 Colonial Drive - Suitable for a single or 2 storey home**

"Prefer to design your own home? Speak to one of our experienced sales consultants at the show home or our sales centre at 8 Keith Morris Lane in Orewa. see website for opening times."

"Worried about financing your new home? Don't be. We have experts who understand construction lending and low deposit turnkey financing. Just ask us."



homestar

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

**STONEWOOD**  
HOMES

# BACK TO SCHOOL – EYE HEALTH AND LEARNING!

by OPSM Silverdale

With the start of the new school year, we all want the best for our children, including the best education to help them learn and develop. Optometrists at OPSM Silverdale are urging parents to ensure that their child has had an eye test within the last year or two, to ensure they are set up for success in the classroom and have optimum eye health and vision. Parents also need to be mindful of warning signs that may indicate your child is struggling to see clearly.

There are clear warning signs to look out for, including: holding books too close to their face, eyes that are watery, sensitivity to light, closing one eye to read or watch TV, poor visual tracking (ability to follow an object), rubbing eyes, headaches during school or homework and a lack of confidence while reading.

Along with allergies and asthma, eye disorders are the most common long-term health problems experienced by children. By taking some regular, straightforward steps, parents can ensure their children's eye health is the best it can be.

1. Visit the optometrist at least every two years. Children should have their eyes tested regularly, to monitor eye health and ensure early detection of eye conditions such as myopia, which can affect a child's learning ability.

2. Ensure your child wears sunglasses and wide brimmed hats in bright sunlight, to protect their eyes from the impact of harmful UV rays.

3. Eat nutritious food. Make sure your child is eating foods rich in antioxidants and the right vitamins and minerals. A diet that includes plenty of fruits, leafy greens and eggs will ensure your child receives nutrients such as vitamin C, vitamin E, lutein and zeaxanthin – essential for healthy eyes.

4. Minimise strain on the eyes by ensuring there is plenty of light when your child is doing homework or reading. Also, ensure they maintain a healthy distance between their eyes and the object they are looking at.

5. Limit the amount of time your child spends using digital devices. Extended screen time can cause eye strain. Watch out for symptoms of eye fatigue such as squinting, rubbing the eyes and complaints of back, neck or head pain. Ensure your child takes regular breaks and has screen-free time.

To make a booking with one of our friendly Optometrists, please call OPSM Silverdale on 09 426 7902

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Visit OPSM Silverdale today.  
Silverdale Centre  
Ph: 426 7902

# Welcome to 2018!



deciding what sort of professional advice you might need. I work with both businesses and families and these are some of the useful resources I suggest they look at:

## Personal

Independent information and tools on personal finance: [www.sorted.org.nz](http://www.sorted.org.nz)

Up-to-date articles on the property and financial services market: [www.interest.co.nz](http://www.interest.co.nz)

## Business

Extensive resource for both start-ups and mature businesses: [www.business.govt.nz/tools-and-resources/](http://www.business.govt.nz/tools-and-resources/)

Support to grow your business: [www.aucklandnz.com/business-and-investment/start-and-grow/grow](http://www.aucklandnz.com/business-and-investment/start-and-grow/grow)

A must! ACC Cover Plus Extra for business owners: [www.acc.co.nz/assets/business/acc4575-compare-coverplus-cpx.pdf](http://www.acc.co.nz/assets/business/acc4575-compare-coverplus-cpx.pdf)

These links provide a great deal of information, but, to put together solutions that are specific to your financial goals and objectives, it is best to seek the help of the appropriate experts and specialists. Give me a call or e-mail me, I can help you in some of these areas and refer you on if it is outside my area of expertise.

Valentina Pereira  
MiRock Financial Services

As we settle back into routine, many of us are motivated and excited thinking about our plans and goals for the year, including financial goals for our families and businesses. However, getting your plans off the ground can sometimes be hard and overwhelming when you don't know where to start.

If you are like me, you will want to do some research before

**Silverdale  
Village Market**

Each Saturday 8am - 1pm  
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[www.americanretrofurniture.co.nz](http://www.americanretrofurniture.co.nz) [f](#)

## 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?

**MiRock**  
FINANCIAL SERVICES

**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.  
t 021 627 802 | e [valentina@mirockfs.co.nz](mailto:valentina@mirockfs.co.nz) | [www.mirockfs.co.nz](http://www.mirockfs.co.nz)  
Disclosure Statement available upon request

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



# Recipes from Millwater residents



## Soufflé Pancakes

3 eggs  
50g sugar  
50g self-raising flour  
50g full cream milk

My husband cooked this for us a while ago and, when I posted the photos on my Facebook page, many friends asked for the recipe so I have asked him to write it out to share:

Whisk 3 egg yolks with milk and self-raising flour until smooth.

In a separate bowl, whisk egg whites until slightly fluffy, add half of the sugar, whisk until combined, then add the remaining sugar, whisk until stiff.

Fold 1/3 egg white mixture into egg yolk mixture, mix by folding the mixture.

Then fold in the remaining 2/3 egg white mixture. Again, fold until all are well mixed.

Brush a pan with butter on low heat, add a scoop of the mixture to the pan, add around 2 tablespoons of water at the edge of the pan to create steam, cover with lid for around 30 seconds.

Remove lid, add another scoop of mixture on top of the pancake, add water and cover with lid for approx. 10-15 seconds.

Remove lid, add another scoop but do not cover, instead flip the pancake over

Add water and cover with lid, until the pancake look firm enough to remove from pan.

Serve immediately. It will collapse a bit afterward, so consume as soon as possible. My kids just wait next to the stove and eat immediately when it's ready.

Happy Cooking!  
Nita Wong



## Nicoise salad

*of smoked salmon fillet & mussels, green beans, baby potatoes, vine ripened tomato, soft egg, Italian parsley & Kalamata olives w- a lemon caper mayonnaise (recipe for 4 portions)*

400gm hot smoked salmon fillet  
20 smoked mussels

**Green Beans** 200gms top & tail. Boil pot of salted water. Place beans in for 1-1 ½ minutes, remove beans straight into ice water. Drain.

**Baby potatoes** 600gm. Place potatoes in cold salted water, bring to boil. Cook until just cooked inside, around 20 minutes. Remove from water, allow to cool naturally.

**Vine Ripened Tomatoes** 6. Bring pot of water to boil. With small knife remove tomato core, crisscross top of tomato. Place in boiling water (blanch) for around 8-10 seconds, or until tomato skin starts to peel off. Plunge into ice cold-water. Remove from water, peel skin off.

**Soft Boiled Eggs** 4 x #7 eggs. Place eggs gently into medium boiling water for 6 minutes. Remove from heat, run the pot under cold-water, slowly cooling the eggs. Peel the eggs.

**Fresh Lemon & Caper Mayonnaise**  
150mls Best Foods mayonnaise  
30mls fresh lemon juice  
30gms squeezed capers (roughly chopped)  
1tsp castor sugar  
Add lemon juice, capers, castor sugar to mayonnaise.

**To Finish the Entrée**  
50gms picked Italian parsley & 24 large Kalamata olives

Cut baby potatoes in half, slice tomatoes into 8 wedges. Place in mixing bowl with green beans, half Italian parsley, olives, smoked mussels. Bind with mayonnaise. Place evenly into middle of 4 plates. Top with hot smoked salmon, place soft-boiled egg halved onto side of plate, garnish with remaining Italian parsley.

Enjoy!

## 6 Hot Tips for Summer Dental Health



Enjoy the long, easy days of summer while keeping your teeth healthy and safe! Check out our seven summer tips:

1. There's nothing better on a scorching summer afternoon than an ice-cold drink. However, the brittleness and cold of ice cubes can lead to dental damage. Blenders are great at crushing ice, teeth not so much! Avoid fractured and chipped teeth this summer, as well as problems with existing dental work, by not crunching on the ice cubes in your drinks but using pre-crushed ice instead.

2. Summer's a great time to get out and get active. Protect those pearly whites while playing sports this summer by wearing a mouth guard. It really will make a difference!

3. If you make use of swimming pools a lot during the summer months, you might be familiar with chlorine staining on your teeth! If you'd like to get rid of it, give us a call today – regular dental cleaning will help keep these unsightly stains from your pearly whites.

4. It's easy to forget your lips while looking after your oral health. This summer, keep a lip-specific lip balm on hand with an SPF of at least 15 and reapply regularly to help prevent chapping, dryness and damage that can lead to skin cancer over time.

5. Toothbrushes definitely have a limited life span. If your toothbrush is looking bushy and worn, summer is a great time to replace it, to ensure your dental hygiene is as good as it can be!

6. If you find yourself having to attend lots of special events this summer, consider taking advantage of our wonderful teeth whitening treatment. We can fabricate a custom whitening kit that you'll be able to use within the comfort of your own home, and at your own pace, to achieve whiter teeth and a brighter smile. You'll be wedding-ready, and selfie-ready, in no time!

No matter the season, your oral health will always be important; so, if you have any questions or concerns, contact us today on (09) 426 5262, or email us on team@dentalsuite.co.nz.

Have an awesome summer!

**The Dental Suite**

## EXPERIENCE THE DIFFERENCE



**THE DENTAL SUITE SILVERDALE**

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

# CENTRAL'S TIPS

## FEB 2018



It's getting hot so make sure your garden and fruit trees are getting enough water. Now is also the time to start preparing your autumn garden, plant beets, carrots and parsnips and manage those pesky caterpillars!



**Start preparing for Autumn vegetables**  
Sow beetroots, carrots and parsnips.

### IN THE VEGGIE PATCH

- Look for holes in the foliage of tomato plants – green looper caterpillars breed very quickly in the heat. Use an organic spray or Derris Dust to prevent them ruining your tomatoes
- Get ready for autumn vegetables – directly sow beetroot, carrots and parsnip now
- Keep the water on your fruit trees – from citrus to apples, pears and plums, they need plenty of moisture. Same for the fruit developing on feijoas, passionfruit and tamarillos
- Turn the compost heap and keep it moist - dry compost doesn't break down well.



### Water fruiting trees and plants

Citrus, apples, pears and plums all need plenty of water at this time of year. Feijoas, passionfruit and tamarillos also need some extra moisture so make sure to water them as their fruit develop.



### Cut back tired foliage on shrubs but leave those hedges!

Cut back shrubs such as hebes and daisies to encourage new growth but don't cut the hedges as the hot February sun can burn them - wait until it cools down a little.



# BEAT SUMMER DROUGHT IN YOUR GARDEN!

**Apply new generation Aqua Turf Max Granules over the lawn or in the garden to help water penetrate down to the roots where it's needed.**

Talk to our friendly Central Landscape Supplies team at Silverdale about AquaTurf Max for your summer garden.

**Open Hours:** Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm

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# datesfor your diary

<b>Every Wed</b>	Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm
<b>Every Sat</b>	Millwater parkrun 8am • See <a href="http://www.parkrun.co.nz/millwater">www.parkrun.co.nz/millwater</a> for more details
<b>Every Thurs</b>	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?
<b>Weds/Thurs</b>	Rotary Satellite Club of Orewa-Millwater • at Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm
<b>Every Weds</b>	Hibiscus Coast Mid-Week Badminton Club • 9am noon • Orewa Badminton Hall, Victor Eaves Park
<b>Every Thurs</b>	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.
<b>1st Weds of each month</b>	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
<b>4th Tues of each month</b>	Zonta Club of Hibiscus Coast, not-for-profit service club • Dinner meetings with guest speaker The Wade Hotel, 2 Tavern Road, Silverdale • 6.00 pm • Visitors are most welcome • Contact <a href="mailto:hibiscuscoast@zonta.org.nz">hibiscuscoast@zonta.org.nz</a>
<b>Every school term Tuesday</b>	Crafts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 12pm • \$2 for morning tea & craft creche provided
<b>Every school term Friday</b>	Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm • \$2 includes morning tea • suitable for beginners
<b>Every Tues</b>	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.

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

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

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

For further information phone 426 4952 or [chadorewa@vodafone.co.nz](mailto:chadorewa@vodafone.co.nz) [www.hbcanglicanparish.co.nz](http://www.hbcanglicanparish.co.nz)

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<b>Optometrists</b>	09 426 7902	<b>Medical</b> Coastcare Urgent Care, Red Beach	09 427 9130
OPSM Silverdale		Focus Hearing	09 533 6463
<b>Osteopath</b>	0508 OSTEO ME	Orewa Medical Centre	09 426 5437
OsteoMe			
<b>Motoring &amp; Boating</b>	09 426 6066 09 426 5016 09 426 5087	<b>Dental</b> The Dental Suite	09 426 5262
Rod Harman Motors Rodney Auto Centre Silverdale Marine		Silverdale Family Dentists	09 972 1406
<b>Florists</b>	09 426 5287 09 421 0505	<b>Dance</b> Fusion Dance Studio	09 428 3132
Flowers by Joanne Fleurette Florist			
<b>Real Estate</b>	09 426 6122	<b>Pharmacy</b> Millwater Parkway Pharmacy	09 959 0256
Mike Pero Real Estate, Millwater		Life Pharmacy Orewa	09 426 4087
<b>Food, Entertainment &amp; Recreation</b>	09 426 5570 09 444 3437 09 426 4479 09 426 2651	<b>Home &amp; Garden</b> Central Landscape & Garden Supplies	09 421 0024
Estuary Arts Wainui Golf Club Silverdale Village Market Northern Union		Silverdale Furniture Restoration	09 426 2979
		Total Security Group	09 947 5992
		American Retro Furniture	022 190 3354
		Hibiscus Mats Carpet Overlocking	021 909 458
		Dynamic Louvres	0800 4 DYNAMIC
<b>Printing</b>	027 4986 202	<b>Legal</b> Simpson Western	09 421 0559
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<b>Community</b>	09 426 4952 09 426 7950 09 929 7824	<b>Housing</b> Maddren Homes	09 412 1000
Hibiscus Coast Anglican Parish Forrest Funeral Services Illuminate Church		Stonewood Homes	0800 696 23
<b>Insurance / Finance / Accounting</b>	021 627 802 09 421 0335 027 248 9320	<b>Jeweller</b> The Goldsmith	09 427 5072
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Thu 1 Feb	02:23 0.2 m	08:45 3.3 m	14:53 0.3 m	21:12 3.2 m	Thu 15 Feb	01:57 0.7 m	08:18 2.8 m	14:18 0.7 m	20:32 2.7 m
Fri 2 Feb	03:16 0.1 m	09:38 3.4 m	15:47 0.3 m	22:05 3.3 m	Fri 16 Feb	02:37 0.6 m	08:58 2.9 m	14:59 0.6 m	21:14 2.8 m
Sat 3 Feb	04:06 0.1 m	10:29 3.4 m	16:39 0.3 m	22:56 3.3 m	Sat 17 Feb	03:16 0.5 m	09:37 3.0 m	15:39 0.6 m	21:53 2.9 m
Sun 4 Feb	04:56 0.2 m	11:18 3.4 m	17:29 0.3 m	23:45 3.2 m	Sun 18 Feb	03:54 0.5 m	10:16 3.0 m	16:19 0.5 m	22:32 2.9 m
Mon 5 Feb	05:45 0.3 m	12:07 3.3 m	18:18 0.4 m	-	Mon 19 Feb	04:32 0.4 m	10:55 3.0 m	17:00 0.4 m	23:11 3.0 m
Tue 6 Feb	00:34 3.1 m	06:34 0.4 m	12:56 3.1 m	19:06 0.4 m	Tue 20 Feb	05:12 0.4 m	11:35 3.0 m	17:41 0.4 m	23:52 3.0 m
Wed 7 Feb	01:22 3.0 m	07:24 0.5 m	13:44 3.0 m	19:55 0.5 m	Wed 21 Feb	05:54 0.5 m	12:18 3.0 m	18:24 0.4 m	-
Thu 8 Feb	02:13 2.8 m	08:16 0.7 m	14:33 2.8 m	20:45 0.6 m	Thu 22 Feb	00:36 2.9 m	06:40 0.5 m	13:03 3.0 m	19:10 0.4 m
Fri 9 Feb	03:06 2.7 m	09:12 0.8 m	15:23 2.7 m	21:39 0.7 m	Fri 23 Feb	01:24 2.9 m	07:31 0.6 m	13:52 2.9 m	20:01 0.5 m
Sat 10 Feb	04:03 2.6 m	10:09 0.9 m	16:17 2.6 m	22:35 0.8 m	Sat 24 Feb	02:18 2.9 m	08:28 0.7 m	14:46 2.9 m	20:58 0.5 m
Sun 11 Feb	05:01 2.6 m	11:06 0.9 m	17:12 2.6 m	23:32 0.8 m	Sun 25 Feb	03:19 2.8 m	09:31 0.7 m	15:46 2.9 m	22:01 0.5 m
Mon 12 Feb	05:57 2.6 m	11:59 0.9 m	18:07 2.6 m	-	Mon 26 Feb	04:25 2.9 m	10:37 0.7 m	16:52 2.9 m	23:06 0.5 m
Tue 13 Feb	00:26 0.8 m	06:48 2.7 m	12:49 0.9 m	19:00 2.6 m	Tue 27 Feb	05:31 2.9 m	11:42 0.6 m	17:58 2.9 m	-
Wed 14 Feb	01:14 0.7 m	07:35 2.8 m	13:35 0.8 m	19:48 2.7 m	Wed 28 Feb	00:10 0.4 m	06:34 3.1 m	12:43 0.5 m	19:01 3.0 m

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