

theMillwatermag

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Tim Lawrence Fishing Spot

Millwater Biz Buzz

Millwater Malt of the Month

Your FREE monthly magazine
of all things Millwater
July 2018



Editor's note

Mid-Winter is over, Matariki has been celebrated and we are looking forward to brighter days and better things. However, a recent RNZ National News item highlighted that plastics grades 3-7 are not recycled in large areas of New Zealand but are going into landfill. Only uncontaminated grades 1 and 2 have any real value. We all need to look again at the single-use plastics we have in our kitchens, bathrooms and elsewhere. See Auckland Council's statement on Facebook, posted by me on 18 June. Let's start "Millwater Against Plastic" and put our lovely community on the MAP.



As we go to press, the outcome of the Local Board Working Group on the future of Metro Park West (we know it also as Butler Stoney Park) is not yet available. Consultations with homes bordering the Park were conducted and the Local Board ran a questionnaire during an open day at the Stoney Homestead Community Hub – so they have had quite a bit of input – and we understand that there is budget allocated. The flooding and run-off down Blake Greens is meantime a significant concern.

Motoring this month is different! It's a helicopter! We've never seen such detailed precision and wanted to share this with you – hope you like it!

Great to see the Barnes Dance crossing being implemented on 18 June. This will be tested, refined and improved, going forward.

Finally, your editor has decided to join 'Dry July' – will you join him? You might be wondering how you will get a whisky review next month? No tasting during July... No, but two whiskies tasted in June! Roll on August!

Brian Mullan
Editor
July 2018

theMillwatermag

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Front Cover: Olivia and Michelle, owners of the soon-to-be opened NumberWorks'nWords in Silverdale.

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027 498 6202

millwaterinterview



my own agency, bought a house in Grey Lynn and have been happily self-employed in graphic design ever since."

The bubbling good humour that is so much a core driver for Andy has seen him produce satirical fashion calendars that justifiably poke fun at what many would regard as serious subjects – including high fashion. Unafraid to pose in budgie-smugglers in order to get across his off-the-wall take on a particular subject, Andy's exploits have often featured in TV news shows. "We once did a spoof swimsuit sequence, with me posing by the sea at Mission Bay and in a city fountain. It was cold – but, boy, it was huge fun."

Ten years support for the Variety Club saw Andy and wife Paula take their Cookie Bear Truck across New Zealand and raise well over \$100,000 in the process. "Paula and I enjoy cruising and I used to be a 3-handicap 10-pin bowler. I'm a social animal; I love being at home with food, wine and good friends," he added. Sometime Rotarian Andy has been a Trustee of the Stoney Homestead and the Nautilus body corp. Nowadays he is active in Community Patrol and Neighbourhood Watch. Although taking the (expletive deleted) out of himself and others, Andy sees great value in giving back to the community of which he is so much a part.

In 2003, a TV producer friend asked him for some creative ideas, ending up with Andy acting out his ideas in front of the camera – and so a TV career was born. "I've acted in a number of comedy roles, where I am definitely in my zone, and I've also done quite a few TV ads," he told us

In 2010, Andy decided to apply his talents to painting, mostly in oils, and he has just completed a stunning canvas of a Maori princess. Many of his paintings are a bizarre twist on classical subjects and he would be perfectly at home with the likes of Dali, Picasso, Warhol and others. Andy added, "Sometimes I don't paint for a long time, then a new idea is translated onto canvas in a week, but I also love the free-form art creativity of modern computer programs." His eye for fine detail is clearly visible in his latest canvas, which he had researched deeply after restoring an old photograph.

Like a well-cut gem, Andy Dunn is multi-faceted and highly polished. In Cockney parlance; he's a 'diamond geezer.'

A man of many parts is local man Andy Dunn: professional graphic designer, accomplished artist, humourist, TV actor, off-the-wall thinker – and more. All the parts fit together neatly and create the composition that is the man we bumped into at the Estuary Arts festival last month. Many will recognise him from TV ads that have featured his animated impish grin, but few will be aware of the depth of light-hearted satirical talent that lurks barely beneath the surface.

Andy was born in London but came to New Zealand in 1959 when he was 6 and the family built a house in New Lynn. With innate artistic talent, Andy at 17 was preparing a graphic design folio to apply for a place in AUT when a chance opportunity saw him take a job in a small advertising agency. Andy told us, "By the time I was 19, I was studio manager in the 3rd largest agency in Auckland. By the time I was 22, I was studio manager at Colenso, and by the time I was 23 I had started

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Every Weds Hibiscus Coast Scottish Country Dance Club
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Every Sat Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details

Every Thurs Orewa Library hosts a very informal conversational English group for new immigrants, every Thurs 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!

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 join us for dinner & interesting guest speakers The Wade Hotel, Silverdale • 6pm Contact 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 or call 021 186 4599 to check when our next rehearsal is.

Every Tues & Thurs HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards (500) in the Orewa Community Hall from 12-4pm. Membership \$5 a year. Entry \$2, includes afternoon tea • Contact Howard 09 427 9116 or Mike 09 426 2028.

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



Join us for services throughout the month:

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Wednesday 9:30am

Christ Church, Waiwera
1st Sunday 11:15am

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

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THE HIBISCUS AND BAYS ART AWARDS 2018

Call for Entry



Calling all local artists to get working on those entries. This year, Estuary Arts Centre will be hosting the Annual Hibiscus and Bays Art Awards, sponsored by the Hibiscus and Bays Local Board, with a premier cash prize of \$3,000, merit awards and a special cash prize reserved only for a local resident. Artists can submit two works; the panel will select the work that will go on display in November.

Entry forms are available at Estuary Arts Centre, located at 214B Hibiscus Coast Highway, or visit www.estuaryarts.org. We also email entry forms out on request, email manager@estuaryarts.org for more information. This is our biggest award competition on the local arts calendar and entries close 01 October 2018.

(Image: Julia Parfitt and Janet Fitzgerald with Estuary Arts Board member Phil Crow)





02 - 26 Nov 2018

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2017 Premier winner Anna Filimonova

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TRADIE OF THE MONTH with Maddren Homes

Sourcing precious swamp Kauri and transforming it into bespoke wooden floors isn't the easiest thing to do, but that's exactly what Brad Gurney from North West Flooring Xtra did for his client. And his dedication to the project and the client has now earned him the Maddren Homes Tradie of the Month nomination.

It was a complex job that required a lot of

preparation, finishing and liaison with the client, but Brad and his team did a brilliant job with the highest level of workmanship, which resulted in a thrilled client.

Good on you Brad, you've earned yourself a voucher from sponsor Western ITM.



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mortgagematters

Should I sell first or buy first?



I'm often asked which is the better way round to do things. Should you sell before buying or buy before selling? This is a common dilemma, as properties just aren't selling as quickly as they were and the banks' attitudes to bridging finance have shifted.

Let's explore a hypothetical example: say you have a home worth \$1m to sell, with mortgage finance of \$400k, and you are looking to pay \$1.2m for your next home.

Buying before selling scenario: You'll need to secure finance for the purchase without having sold your current home. Hence, you could find yourself with mortgage finance of \$1.6m (existing finance of \$400k plus bridging finance of \$1.2m), until you sell your \$1m property. Such a situation can lead to huge financial pressure if you can't sell quickly.

Selling before buying scenario: If you can achieve an unconditional sale of your current home before you buy your next home, you will know how much money you have to play with. However, if you're unable to find the home you want to buy before the sale settlement of your current home, you will need to find yourself a temporary place to live. This might mean renting or perhaps moving in with family for a while.

Another option is the conditionally buying before selling scenario: With this option, you contract to buy your next home on the condition that you sell your current home within an agreed timeframe. You will know exactly how much you need to sell for. The main risk with this option is that most vendors (sellers) will be advised to include an escape clause so that, should they receive a better offer than yours, they can give you notice to either make your offer unconditional or walk away. There are also risks associated with timing – we advise you to seek legal advice to ensure there are appropriate clauses in your offer to fully protect yourself.

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Gates, Locks and Plugs



When our kids are little, we put safeguards around them. Gates at the top the stairs, locks on kitchen cabinets, plugs in electrical sockets. As my kids were growing up I used to say them, "I love you enough to protect you, even from yourself if I have to." I would intervene if I saw them put themselves in a situation where I knew danger was imminent. As they grew older those situations transitioned from kitchen cabinets and hot oven doors, to rip tides and bad eating habits, to mobile phones and cars. All this while trying to leave room for learning

and growing. Whew!

A recent report stated that NZ has "one the world's worst records for bullying in school" in the OECD.

Wow! What?? Then you add to the mix that kids and youth these days don't have the escape we did. When we left school for the day, we left the bullies behind. They might call our house as a prank call, but anyone could answer the phone. Growing up, we only had 2 phones, one in the kitchen, one in mom and dad's room. As kids, we were allowed to use the one in the kitchen, that's it. No calls during dinner, during homework or after 10pm.

Not so for our kids; their tormentors can follow them at home via social media or text and we, more than likely, would never know it.

So again, I was that parent. Phones were not allowed at the dinner table and handed in at 10pm. We got one of those really clever modems that you can personalise per app, per person, per day... you get the picture. The goal was not to hide our kids under a rock, but to provide opportunities for escape. Even from their online selves if necessary. A Gate. A Lock. A plug. We had moments to ourselves because that was life, but in today's connected world, we have to create those moments for our children.

You may be told, "No one else's parents..." Not true. And even if it was, so what? Decide what works for your family and confidently implement that.

Rechelle McNair, sKids Kingsway

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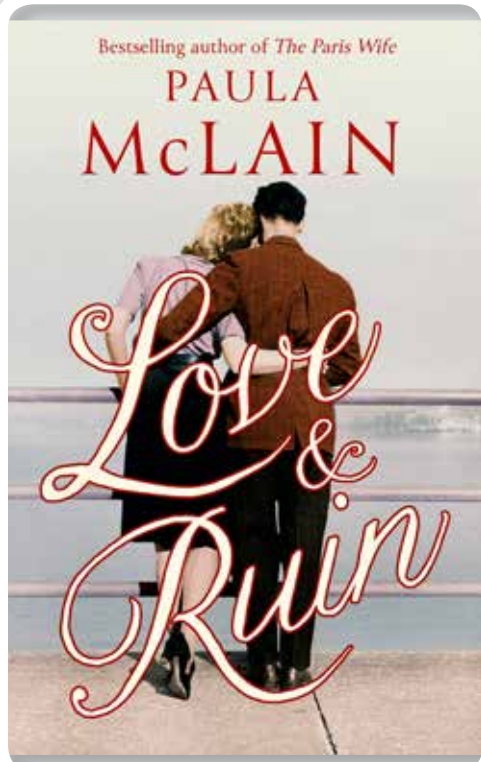
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millwaterbook of the month

Love and Ruin by Paula McLain



I adored Paula McLain's book, *The Paris Wife*, which detailed Ernest Hemingway's first marriage to Hadley Richardson. *Love and Ruin* tells the story of Martha Gellhorn, who was Hemingway's third wife. The star of this book is undoubtedly the glamorous and fiercely independent Martha Gellhorn, who was a respected war correspondent and writer in her own right. Martha first meets Hemingway in a Key West bar where they strike up a friendship, and he invites her and her mother to his family home with his then-wife Pauline and their sons. They are both drawn to the conflict in Spain, and in 1937 they are war correspondents in the thick of the fighting – and it is during this conflict they fall devastatingly in love.

They set up home together in Cuba, but as Hemingway publishes the biggest literary success of his career, Martha finds her ambitions being pushed aside. She is particularly galled that her writing is constantly being compared to his by reviewers. Can she forge her own way as a woman and writer, or will she forever be in her husband's shadow?

The action in this novel moves from Spain to Finland to China, from Florida to Cuba, and shows Hemingway at some of the most inspiring and most ruinous moments of his life – but it is Martha who shines in this novel. A woman passionately in love with her husband, a woman his intellectual equal in every respect, but a person who is confronted with the biggest dilemma of her life – to surrender to the suffocation of her domestic life in the shadow of Hemingway, or to follow her passion and dreams for her writing.

There is plenty of action and danger in this novel, but it was the quieter moments I enjoyed the most. I enjoyed a glimpse into the writing life these two created when they were a harmonious couple – the way they gave each other space and supported each other, the way they discussed their ideas, and

enjoyed creativity and their passionate love under the Cuban sun. The author captures both the joy and the angst of two writers wrestling with their work and projects that ultimately turn them into competitors. Hemingway is a compelling, complicated but flawed man. Martha is courageous, fiercely independent and ambitious, but in private plagued by self-doubt. *Love and Ruin* is memorable, page-turning historical fiction, about a passionate, stormy relationship that burned oh so brightly before turning to ruin. Hachette, RRP \$34.99

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

millwaterRowenas

On a beautiful Autumn day, eleven ROWENA ladies (Retired Old Women Enjoying Nice Afternoons) travelled down to Takapuna, where our destination was the delightful Middle- Eastern-inspired Aubergine Restaurant. It has been recently refurbished and the décor was bright and welcoming.

The menu is quite diverse; with choices from the à la carte menu, or a set menu of two courses from the luncheon menu for just \$18. A lot lively chatter ensued as we all enjoyed our tasty selections.

A great choice and only a short drive on the motorway.



Do you know your Style Personality?



Isn't getting dressed a funny thing? One would think that getting dressed would come as naturally as breathing - which, mind you, can be a challenge of its own at times! Getting dressed is something we have done our whole life, but for some of us it can be a real struggle.

We as women can be very hard on ourselves; we constantly compare ourselves to others, chasing perfection of what we think style is. But style is not perfect, style and fashion are two

completely different things. Style is simplicity, it is a celebration of your life and an extension of who you are!

Of course, there are factors such as lifestyle that influence our decisions in our purchases but having some guidelines to steer us into the right direction can certainly be helpful. Although guidelines are exactly what they are, just guidelines, they are not rules, and certainly not set in stone. They help us make better, more mindful, purposeful decisions when it comes to our personal style.

Colour, contrast, body shape, proportions and lines all influence our choices, but personality is the key factor that overrides everything. Once you understand the unique style personalities and what they mean to you, that is when style is born.

- Elegant – Garments are simple, understated, well-tailored
- Classic – Comfortable, functional, credible
- Creative – A decadence of unusual clothing, mix of fabrics
- Dramatic – Bold, striking, with effect
- Natural – Comfortable, natural fibres and purposeful
- Romantic/ Feminine – Pretty, youthful, soft and luxurious

Think of words that you feel express your personality. You will find that one of the above characters will be your dominant character, yet there will be another of these characters that is your secondary. Your personal style should feel good on your skin and make you feel comfortable and confident.

Janine Schultz | Natural Style

Millwater Women's Group

On 16th May, the group met at Stoney Homestead. Sarah Martin, Partner at Simpson Western in Silverdale, had contacted us to see if we would be interested in her speaking to us. We jumped at this opportunity and it proved to be a very good decision. Sarah concentrated on what it looked like to 'have your affairs in order,' as we are all approaching the age when this is a good idea.

Sarah is a great speaker and is very down to earth and full of very practical advice. We were extremely grateful to her giving up her time to talk to us and we all felt she was very approachable and a plain-English speaker. Simpson Western are up by the Medical Centre above the hairdressers. We are

grateful when people offer their time to us to speak; it is a valuable resource for the community.

In June, we had hoped to follow in the footsteps of the ROMEOs and visit a local food manufacturer. However, this has now been postponed until later in the year as they are so busy.

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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pharmacytalk

Be PROactive with PRObiotics



Kids don't have time to be sick with colds and flu – there's games to play, friends to see, fun to be had and most importantly school/daycare to attend! But, unfortunately, the sharing and caring nature of kids means they tend to share their germs with everyone they come into contact with. And since covering their mouths or using tissues is usually a low priority, germs easily spread from child to child and potentially through the whole family.

Be PROactive with PRObiotics

Your digestive system contains 70% of your immune system, so supporting healthy immunity really does start in the gut (especially if your child likes to put things in their mouth). A clinical trial on the probiotic bacteria, *Lactobacillus acidophilus* (NCFM®) and *Bifidobacterium lactis* (Bi-07), showed these strains reduced the risk of cold or flu symptoms by up to 66%! The children who had a cold or flu only suffered symptoms for half as long as the children taking the placebo.

Antibiotics Don't Help Colds and Flu

Although commonly prescribed, antibiotics target bacteria (including good bacteria) but colds and flu are caused by viruses, so antibiotics are of little use unless the cold/flu has progressed to a chest infection. If your child has been taking a course of antibiotics, a probiotic such as Inner Health Kids is a convenient way to replenish beneficial bacteria and support digestive health.

Inner Health Plus also comes in an adult dose and form, so the whole family can benefit from taking this. Come and talk to our friendly staff to discuss more information and the correct product suited for you and your family.

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In 2007 results from a very interesting study, measuring brain function in 1640 people over a 10-year period, proved that dietary flavonoids intake correlates very strongly with maintenance of brain function as we age.

Research showed that, over the 10-year period, people with low flavonoid consumption lost on average twice the brain function capacity compared to people eating high amounts

of flavonoids. 'Give me a bucketful' is what you may be thinking?!!

Although you should be trying your best to eat a diet rich in fruits and vegetables, which will boost your flavonoid content, one very powerful dietary supplement based entirely on flavonoids is the Enzogenol – pine bark extract. Just one 200mg capsule of Enzogenol contains the same amount of flavonoids as 1.5kg of fresh mixed fruits and vegetables, resulting in exceptionally high anti-oxidant activity. But even more important is the fact that Enzogenol has been tested in clinical research trials with over 100 volunteers.

A study at the Brain Sciences Institute in Melbourne has demonstrated the brain benefits of Enzogenol in a group of men 50-65 years old. This study showed significant improvements on memory tests after only 5 weeks, indicating that Enzogenol can improve cognitive functioning in older people that are at greater risk of cognitive decline due to diminished digestion, poor diet, stress and lifestyle habits. The improvements seen in this study were equivalent to a recovery of functional brain age of up to 12 years.

In another study, Enzogenol was found to help improve cognitive functioning in people that had sustained a mild traumatic brain injury 3 to 12 months ago. Again, Enzogenol was able to significantly improve everyday cognitive function, relieving brain impairments.

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Shelley Newens



the millwater insider

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

Rotary

The Rotary Satellite Club of Orewa-Millwater, with an average age well under 50, looks forward to another year with Millwater local Tracey Johnson as President. Half the membership is female and the Club has had a lot of fun and friendship raising and donating almost \$20,000 in the past two years. Six new members have joined since Christmas – maybe it's time you thought about coming along for a look. Check out their Facebook page for details.

THE GREEN SPOT

Eco Tip of the Month

I'm so pleased that the Millwater Magazine is allowing me to share with you some tips about ways you can make some easy lifestyle changes to benefit the environment and, in turn, yourselves. And what better month to kick it off than Plastic-free July – a campaign that aims to raise awareness of the problems with single-use disposable plastic and challenges people to do something about it. For more information and to accept the challenge to 'Choose to Refuse' go to plasticfreejuly.org



This month's tip that I'll start off with is to use cakes of soap rather than bottled liquid. Beauty companies cleverly charge us more for literally a watered-down product by feeding us a myth that bars of soap harbour bacteria that is passed onto us. Tests have shown that to be untrue. In fact, you should be more worried about the germs on the top of pumps on the bottles. Plus, there are so many lovely ethical soaps out there that allow you to save on plastic and money. Or, if you really want liquid soap, a great option is to reuse your bottle and take it to Bulk Bin in Orewa, where you can refill it.

I'll have another great tip for you next month, but I urge you to challenge yourself to refuse as many single-use plastics as you can for Plastic-free July.

Toastmasters

Having visited and enjoyed taking part in one of the regular, fortnightly Toastmasters' lunchtime meetings at St Chad's Hall in Orewa, we are clear that this is a very enjoyable way to build self-confidence and improve one's ability to present ideas and plans. Particularly impressive was the presentation by a lady who is recovering from a stroke and has found that joining Toastmasters is the best speech and confidence-building therapy she could have found. Costs are low, with the fun and friendship of this welcoming and diverse organisation making it something that many in Millwater would enjoy. Successful people are always good speakers (and often vice-versa) and this is a skill that is easy to learn in the informal yet structured Toastmasters' meetings. Visitors are always welcome and you can find more information online at <https://orewalunchtime.toastmastersclubs.org>

Millwater Family Meal Support Group

Back in May, the Millwater Family Meal Support Group had a morning tea gathering, although many couldn't make it as the date clashed with Mother's Morning at school, but we still had great fun catching up with each other. This Group was formed to help people experiencing challenging times, by cooking meals for them or their families, and we can be quite busy sometimes. If you could help to organise or prepare meals, please contact Nita Wong (nita.millwater@gmail.com) to join this heart-warming group.

In this photo from left to right, Anouchka Peach (a busy young Mum who often just silently and quietly bakes for people in Millwater), Shirley Tipler, Rochelle Hebert McNair, Diana Lakin, Marj Noble and Min Hessey.



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

Rotary

Orewa-Millwater的扶轮社平均年龄远低于50岁，期待Millwater的Tracey Johnson继续担任领导一职。现在，一半的会员是女性，俱乐部在过去的两年中透过不同的活动，筹得并捐赠近2万元给不同的机构。自圣诞节以来，有六位新成员加入了 - 也许是时候过来看看了解。请查看他们的Facebook页面了解详情。

Toastmasters

参观过Orewa的 St Chad's大厅举办的两周一次的 Toastmasters午餐会，我们感受到这是一种非常愉快学习的方式，可以增强自信心，提高自己的想法和计划。特别令人印象深刻的是一位正在恢复中风的女士的演讲，并发现加入Toastmasters是她能找到的最好疗法。那里收费便宜，欢迎Millwater居民来参与这个多样化的组织，建立友谊。成功的人总是优秀的演讲者（反之亦然），这是一种在非正式但结构严谨的演讲者会议上可以学习到的技巧。欢迎访客，您可以通过<https://orewalunchtime.toastmastersclubs.org>找到更多信息。

THE GREEN SPOT

Eco Tip of the Month

我很高兴Millwater杂志允许我与你分享一些关于如何改变生活方式以改善环境以及改善环境的建议。7月份正是“去塑料月”，没有比这个更合适谈论的时机了。

“去塑料月”是为了提高大家对单次使用一次性塑料问题的认识，并挑战大家对其采取措施的活动。欲了解更多信息并接受“拒绝塑料”的挑战，请浏览：plasticfreejuly.org

本月我为大家分享的心得是使用肥皂块而不是瓶装液体。美容公司巧妙地制造言论，说肥皂会把细菌传递到我们身上，好让大家付上更多的钱使用稀释了的瓶装产品。但其实测试上证明这是不真实的。事实上，你应该更担心瓶子上累积的细菌。另外，现在有许多可爱的肥皂，可以让你节省塑料和金钱。或者，如果你真的需要液体肥皂，一个很好的选择是重复使用你的瓶子并将它送到Orewa的Bulk Bin，在那里你可以补充它。

下个月我会为你提供另一个很棒的建议，但我强烈建议

你挑战自己，在7月份“去塑料月”尽量拒绝使用一次性塑料。



Millwater Family Meal Support Group

在5月份，Millwater家庭膳食支持小组有早茶聚会，虽然日期与学校的母亲节活动撞个正着，许多人无法来参加，但我们仍然有个快乐的相聚时光。这个小组的成立是为了帮助那些经历困难时期的人们，为他们的家人或他们做饭。我们有时会很忙，如果您可以帮忙组织或准备饭菜，请联系Nita Wong (nita.millwater@gmail.com) 加入这个温馨的团体。

在这张照片从左至右的，Anouchka Peach（一位忙碌的年轻妈妈，常常为Millwater的人默默烘烤），Shirley Tipler, Rochelle Hebert McNair, Diana Lakin, Marj Noble和Min Hessey。

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millwaterRomeos

On Thursday 14th June, 13 members of the ROMEOS (Retired Old Men Eating Out) assembled at the gates of the Royal New Zealand Airforce base at Whenuapai, where we were met by Corporal Sam who had been given the responsibility of keeping us in order. We were driven to the hangars outside of which stood two C130 Hercules. They look pretty good close up, equipped with great big hanging fuel tanks. Nearby, two T-6C pilot trainer aircraft came in to land. Sam then directed us to a lecture room where he described the functions of 5 Squadron's Airborne Surveillance and Response Force.

5 Squadron's top priority is Search and Rescue. Their P3K2 Orions have a crew of between 12 and 20 personnel, which include pilots, engineers, a loadmaster, Air Warfare Officers and Air Warfare Specialists who man the hi-tech monitoring equipment. The

aircraft can carry life rafts, flares, survival packs, sonobuoys, bombs and torpedoes. They have a range of up to 15 hours, with a max speed of 750 kph. 5 Squadron have seen service in Australia, the Pacific Islands, Hawaii, Malaysia, the Middle East and Antarctica.

Sam's presentation was extremely interesting and he answered numerous questions from the very enthusiastic audience. We thank the RNZAF for their time in showing us around.

Our visit was followed by an excellent lunch at the Black Cottage Café in Coatesville and we convened later at the organiser's house for the traditional 3 C's – coffee, conversation and cake.



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safercommunities

We live in a great part of Auckland and pride ourselves on our well-kept streets and quiet cul-de-sacs.

This however breeds complacency. Once again thieves and burglars are making the most of the relaxed home security habits of local residents. Thieves do drive around our neighbourhoods looking for any easy opportunities that we have provided for them. They also think we live in good neighbourhoods and have nice homes full of valuable items for the taking.

Let's try and make things difficult for these thieves: if we don't provide them with easy pickings, they won't come to our neighbourhood.

Don't leave your garage door open displaying your lawnmowers, bikes etc. If you aren't in the garage, shut (and lock) the doors.

Keep the front door locked. Most of us walk in the house and put our wallets, keys and handbags down on the closest surface. (The bad guys know this and will open front doors lean in and take what they see).

Don't leave windows open when you're not home. A lot of houses are entered through windows left open to air the house when we are out. Security stays on windows are designed to provide security for you to leave the windows open when you are home. (They are not designed to be burglar proof).

Please lock your car when parked on the driveway or in the garage. Vehicles contain lots of valuables; and being parked in the drive doesn't make them exempt from thieves.

Do you have a home security system? Do you use it? Modern alarm systems are much simpler to use and the costs of installation has come down.

Do you have CCTV installed and know how to use it?

In the unfortunate circumstances that you have valuable items stolen, would you be able to identify them if located by police? Have your tools and robust items engraved. We recommended that you engrave your driver's licence number on these items as it never changes and allows police to easily track down the legitimate owners.

Photographing jewellery and small items is an easy, simple way of providing both Police and your insurance company with good description of items. If writing down serial numbers is too tiresome you can photograph these to have on hand if needed.

Have a local security company visit for a no obligation quote to make your home safe. If you don't know a trusted firm contact Neighbourhood Support or Age Concern for a recommendation of a trusted company.

Knowing your neighbours provides a sense of community and belonging. Have you met your neighbours? Neighbours who look out for each other and question any suspicious visitors will deter thieves and prowlers.

Is there a Neighbourhood support group operating in your neighbourhood? Contact your Rodney coordinator to find out.

0800 9 420 111 or 021 258 3737 rns.coordinator@gmail.com



Constable Michael Brown

Orewa Community Constable

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millwater **property management**

Looking to sell an investment property?

Will you Walk Away with the Cash you were Expecting?



"Some residential property investors are getting a fright with the amount they get in their back pocket after selling a residential investment property," says Auckland-based Mortgage Adviser, Allan Luck, of Tony Mounce Mortgages & Insurance, who specialises in investment property clients.

What some property investors are not realising is that, under the current Reserve Bank 'LVR restrictions', where Banks can only lend up to 65% on a 'new' residential investment property, when an investment property is 'sold' the Banks must also calculate the total remaining loans against the values of the total remaining investment properties at 65% LVR (owner-occupied properties at 80% LVR). It is a blanket

calculation, not an individual loan relating to an individual property.

If there is not 35% equity across all rental properties, then the client will be walking away with fewer dollars than they were expecting. "There is no flexibility from the Banks; they have to abide by the Reserve Bank restrictions."

Solution

"Everyone's situation is unique; therefore it is not easy to suggest one all-encompassing solution. In some cases, I have summarized a client's current position and concluded they are best to spread their rental properties between Banks, and with others the exact opposite. There are a lot of variables.

I will say, if you are looking to sell in the short to medium term, for peace of mind alone, have a chat with me or another experienced Mortgage Adviser, who also has access to all the main Banks (not just 3 or 4) and I can soon let you know what options are available to you," says Allan.

"It is possible, under the current Reserve Bank rules, to refinance rental loans to other Banks at 80% LVR, under the 'Dollar for Dollar' clause," Allan says as a final comment.

**Craig Harrison | Principal,
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Brighten up Winter skin with IPL



Winter is perfect time for skin rejuvenation with Intense Pulsed Light (IPL)

If Summer fun and Winter chills have played havoc on your skin colouration, light therapy – a global standard in treating discoloured skin – may be just the answer.

It targets brown and red pigment to treat age spots, freckles, redness and sun spots, restoring your skin to a more even colour and a younger appearance. Light energy is absorbed by brown or red pigment and converted to heat energy, which removes blemishes like sun spots and red veins, and triggers the skin's natural skin-repair process.

And since you'll need to avoid the sun for best results, winter is

the perfect time for IPL treatment.

IPL – non-invasive, extremely effective

The most common form of light therapy is laser treatment, which can be ablative or non-ablative. Ablative lasers are more invasive and resurface the outer layers of skin. IPL is non-ablative because it targets only the lower layers of the skin, leaving the top layer intact.

IPL is so effective because it delivers a range of wavelengths that can be adjusted to target different blemishes and suit different skin types. This greatly reduces the risk of undesirable side effects and means there is much less downtime than with ablative lasers.

Medical-grade lasers from experienced clinicians

Lasers are not all created equal – clinics run by doctors, like at Skin Institute, can offer medical-grade lasers that others cannot.

So: where to start?

If you've never had IPL, you'll need to book a 30-minute consultation to discuss your needs. Skin Institute nurses are fully trained to help you choose the right treatment to maximise your results.

Limited offer – book your full facial IPL treatment before 31st July and receive a free treatment for your hands and neck for free. For more, visit skininstitute.co.nz/ipl or call Skin Institute Silverdale on 09 426 0400.

Itching, cramping, aching legs?

It could be time to get your veins checked.

If you've been experiencing itchy, cramping or aching legs, it could be your veins. The symptoms aren't always visible, but if left untreated, varicose veins usually deteriorate. At Skin Institute we offer a range of effective, long term, non-surgical options.

A GP referral is not required to come and see us, and you can 'walk in, walk out' from treatment. Our expert team is friendly and professional, and we can help you with everything, from the initial assessment right through to post-treatment care.

Call Skin Institute Silverdale on 09 426 0400 to book your veins assessment or visit skininstitute.co.nz/veins



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Acne

Acne is a chronic inflammatory skin condition that causes spots and pimples; mostly seen on face, shoulders, back, neck, chest and upper arms. Different degrees or stages are: blackheads, whiteheads, cysts or nodules.

Acne is one of the most common skin conditions and mostly occurs during puberty, when the sebaceous glands activate, but it can occur at any age. The sebaceous glands produce oil and are stimulated by male hormones produced by the adrenal glands in both male and female and as much as 85% of people experience acne between the ages of 11 and 30 years.

The hormone Androgen levels rises and emotional stress and menstruation in women plays a big part in breakouts.

Acne pimples vary in size, colour and level of pain:

Whiteheads: These remain under the skin and are small

Blackheads: Clearly visible, they are black and appear on the surface of the skin

Papules: Small, usually pink bumps and visible on the skin

Pustules: Clearly visible, they are red at the base and pus on the top

Nodules: Clearly visible, they are large, solid, painful and embedded deep in the skin

Cysts: Clearly visible, can be very painful and are filled with pus. Cysts can cause bad scarring

Helpful hints

Diet: Increase your consumption of Vitamin A & E, Zinc.

Moisturising: Latest research shows that the more you hydrate, the less the skin will produce excess oil e.g. the Medica8 Beta moisturiser for all stages of acne.

Deep cleanses in salon: Removes congestion safely and in sterile conditions. Salon treatment varies depending on the severity of the acne. Mild acne is usually treated with Salicylic acid, which breaks down the black- and whiteheads and reduces inflammation and swelling.

Retin-A helps unclog pores through cell turnover, and the Retin-A ladder must be followed to avoid skin irritations, redness or burning.

Home and salon care

Always wash your face twice daily with a cleanser, especially made to treat acne e.g. Medica8 Beta cleanse. Don't scrub your skin as it can burst the pimples and spread the infection.

Avoid popping your pimples yourself as this can cause scarring.

Refrain from touching your skin too much, as your hands aren't always as clean as you think.

Sun Care: Is very important, especially when using Retin-A, as this makes the skin more sun sensitive. Use Coola organic B.B. cream to add colour and SPF without irritation.

Amelia | Beauty Aspects (see advert page 42)

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DEALING WITH LIFE'S UNEXPECTED CHALLENGES

What's your Plan B?



Over recent decades, the pace, stress and demands of the modern lifestyle have seen an increase in the incidence of numerous medical conditions, particularly cancer, cardiovascular disease and strokes – the “big three.”

Why is it, that with all the medical advances of the past 50 years, these illnesses are still on the increase?

While in some cases genetics may play a role, arguably it is largely because we have been avoiding responsibility for our own health: failing to choose a healthy lifestyle and instead relying on prescription medicines which often treat only the symptoms and not the underlying causes of our health problems.

Unquestionably, our first defence for protection of our health is to eat real, nutritious and, ideally, organic whole-foods. Many now recognise the health benefits of eating foods rich in antioxidants, vitamins, minerals, monounsaturated fats, fibre etc, do exercise, minimise stress and get adequate sleep. However, the reality is that, despite maintaining a healthy lifestyle, life can still present us with unexpected health challenges.

So, given that these things can strike anyone at random, what is your Plan B? How would you deal with such situations when life throws us a curve-ball and we, or a loved one, gets ill, or – sadly – dies?

The answer is personal insurance, which is a sound platform for your Plan B. This can include a variety of lump-sum products, monthly benefit covers or private medical cover. An insurance plan can be tailored to meet your specific needs at a premium that is manageable.

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.

Theo Simeonidis FNZIM
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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. 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

We've featured quite a few from Scotland, some from Ireland and occasional ones from India and Japan. This month we bring you a whisky from Wales – Penderyn Myth single malt. Situated in the foothills of the Brecon Beacons, the distillery has won many awards internationally, uniquely using a single copper-pot still system (most Scottish and Irish distilleries use 2-pot or 3-pot still systems). Penderyn now has a pair of these single pot stills and has recently added a couple of Scottish lantern-style stills, which allow them to experiment with new whiskies.

The distinctively tall bottle contains a whisky that came as a pleasant surprise. Unusual ABV of 41%, matured in a selection of ex-red wine and ex-bourbon casks made from American white oak, Penderyn Myth (no age statement) is a young yet enjoyable whisky; sister to Penderyn Legend (so we have Myth and Legend...)

Colour: Pale straw

Nose: Mixed citrus, cinnamon spice and vanilla

Palate: Clean and clear, initially sweet then a spicy dryness, cinnamon with apples (apple strudel?)

Finish: Reasonably long, with lingering lively spiciness

Conclusion: Worth buying. Don't mistake the spiciness for sharpness

700ml, 41% ABV, non-chill-filtered, target price under \$90 online including courier.



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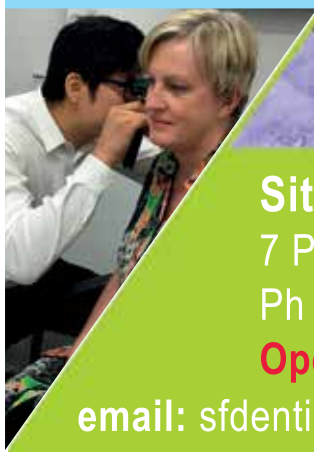
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millwaterbizbuzz



Eurobuild's office at 177 Millwater Parkway arouses great interest by displaying some amazing art and sculpture and we dropped by to learn more about this new Millwater business. Owners Philipp Ripa and Craig Black, with extensive building experience and successful reputations in the domestic and commercial construction industry, decided to establish the headquarters of their property maintenance and improvement division here in Millwater. We met with their marketing manager, Nick Hindson (on the right, with Philipp Ripa).

"We are already providing home improvements to a number of Millwater properties," Nick told us, "and are quickly becoming known as the 'go-to guys' for property maintenance at all levels." Offering a one-stop-shop solution, Eurobuild will provide skilled tradespeople to tackle anything that needs attention – from fixing a faulty door handle, through plumbing and electrical repairs to full-on building of that deck, pergola and landscaping that you've always wanted to do but somehow never got around to doing. They also offer design and build for that new home you've dreamed of.

Nick Hindson has an architectural background and, as a furniture designer, has a keen eye for detail. "We handle all aspects of what we do: from consultation through design and build, including all the planning and invoicing – once you agree for us to do the work, we do it all. You're only dealing with one company; not several trades individually," Nick added.

Our homes are likely to be the largest financial outlay we make in our lifetimes, so it makes sense to maintain and grow the value of that investment. This includes house washing and painting of the exterior, as well as keeping the interior in tip-top condition. "Plumbing and electrical defects can have expensive consequences if not dealt with quickly, and we can deal with those issues at the outset," Nick said, "also providing clear, honest pricing for everything we do."

The Kiwi lifestyle sees most of us spending a lot of time outdoors, but often in spaces that are not optimised from both utility and aesthetic points of view. Eurobuild's team will advise on how best to improve your outdoor living area, so that it functions brilliantly and looks its best. "We love what we do. Different families have different needs and that's why we have a huge portfolio of options, to meet specific customer requirements, and all within a clear, pre-agreed pricing structure to meet your budget," Nick concluded.

www.eurobuild.co.nz

Sarah Furniss <small>LICENSED SALESPERSON FRANCHISE OWNER</small>	
	<p> P 09 426 6155 M 027 444 0044 F 03 355 3682 E sarah.furniss@mikepero.com www.mikepero.com </p> <hr/> <p> <small>Mike Pero Real Estate Ltd, Millwater Office cnr Millwater Parkway & Bankside Road, Millwater Licensed REAA (2008)</small> </p>



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From time to time, we will bring you something quite different from the usual – and this month is one of those times.

Millwaterian Chris Ball has recently retired from a hugely successful career as the inspirational designer, founder and owner of Image Loudspeakers – among the highest of high fidelity in sound reproduction, few in the world come even close. Chris' principal hobby is building and flying model helicopters, where he applies his highly professional engineering skills to perfecting the assembly of these semi-scale motorised marvels.

We asked Chris about the time taken to build the AS350 Squirrel featured here, which is an exact replica of the full-sized US\$2.4m Aerospatiale original. He told us, "Over 4 years, with a bit of a break, between two and three thousand hours." His workshop is a virtual cathedral to engineering technology (scaled to size, of course), where each component is manufactured and assembled with the skilled precision of a brain surgeon.

Talking to Chris, the all-consuming enthusiasm for his hobby is palpable. Every nut, bolt, rubber seal and decal is

specifically made to fit: some parts are manufactured by a guy he knows in Brazil; artwork that Chris designs himself is made up by a lady in New Mexico. Some of his 12 helicopters are quite small and it's where Chris started his model-making around eight years ago. "The smaller the helicopter, the harder it is to fly," Chris added, "and I learned a lot from crashing in the early days, so I choose when and where to fly the bigger ones nowadays – and mostly avoid unnecessary repair costs."

We talked briefly about his days as a Porsche 911 SC Sport owner before returning to scale model engines. "The AS350 Squirrel has an outrunner motor, where the outside of the motor rotates; running off a 44.4volt lithium polymer battery source and drawing anything from 30 to 80 amps, which gives me between 6 and 8 minutes flying time," Chris told us. He explained his 18-channel touch-screen remote controller, demonstrating control of the various helicopter servos and lights. All flights are first simulated on computer, time and time again before actual take-off. "If I get it wrong on the simulator, it doesn't cost anything," Chris concluded with a smile.



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millwaterproperty

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

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

	May 2017	April 2018	May 2018
Number of Sales	11	17	23
Median Sales Price	\$1,130,000	\$1,190,000	\$1,180,000
Highest Sale Price	\$1,478,000	\$1,600,000	\$1,425,000
Lowest Sale Price	\$920,000	\$810,000	\$880,000
Average % price to CV	* pre 2017 valuation	-0.31	0.97
Average Floor Area (sqm)	228	264	228
Weighted Value Index	1391	1338	1403
Average Days to Sell	77	82	86

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.

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Mike Pero | **REAL ESTATE**

Mike Pero Real Estate, Licensed REAA (2008)

propertytalk

Lies, damned lies and statistics. This old adage certainly applies to a large number of the key indices that we are tracking locally right now and confirms that, without context and analysis, these numbers can be very misleading. This is particularly evident with the Sales Price to CV average. If you are thinking that houses are selling for around CV, then unfortunately you are wrong. It is only through the actions of some unknown mysterious force that the average is close to zero; the reality is that there are huge discrepancies, plus and minus. This month, the range is from -13% to +25% and in many cases the CV is just wrong when compared to other sales in the same month.

The most important number right now is sales volume, because that is the catalyst for movement in the other numbers. So, the big thing to know here is that volumes are up, well up on last year. For the first five months of this calendar year, volumes are up 60% and for the last three months they are up 80%. There are a couple of caveats that need to be acknowledged around this. The first is: there are more houses for sale right now than there were a year ago. There are simply more houses in Millwater – so, by extrapolation, there will generally be more for sale. The second is: vendor motivation to meet the market is higher than it was a year ago. A year ago, there was still a number of vendors coming to market with peak prices in their mindset and a “if we get the right price – we will sell” mentality.

Most vendors who are hitting the market now have a better understanding of where the market really is at. In truth, we are back to a more realistic market, where people are selling and buying houses because they have a different want or need from what they currently have. Vendors are more motivated and realistic, but typically not panicked or under pressure

and are often happy to wait for the right offer.

So; stock numbers are up (slightly), but falling quickly and buyers are noticing. There is a heightened level of motivation amongst buyers, more so than we have seen for probably 18 months.

Most of the buyers we are talking to now are looking for a house for 5-10 years, something for their family to live and grow in. This is a change from 18 months ago when buyers were often looking at capital gain as the primary driver for their decision-making. This brings about some different buying perspectives, with many buyers happy to wait for the “right” home but may then pay a premium for that property. This is particularly evident in the \$1.1m to \$1.3m range, where good quality houses are selling at levels approaching market peak (and above) and are generally seeing some level of competition between buyers.

So now we have buyers prepared to wait for the right property and vendors prepared to wait for the right offer. This really is a market of: ‘right house, right buyer, right time’ – so both sides of the equation have to be prepared to move quickly when needed yet have patience at the same time.

If this has left you totally confused about your own property, I apologise – it is a very confusing market. The long and short of it is that you really need to talk to someone who specialises in this market and can tell you the reality of how your property may sit in comparison with others.

Grayson

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SOLD**ELEVATED SPLIT-LEVEL DREAM**

4 2 2

www.22outlookterrace.com**22 Outlook Terrace, Millwater**

If great design and build quality are important to you, if you are seeking a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list! A beautifully crafted family home which sits mostly on one level, with the garage and second living area a few stairs up. This well-conceived split allows all the bedrooms and main living to be on the same level and allows easy flow to the outdoor decking and garden. A covered outdoor area sits on the northern side of the house, neatly tucked away from the prevailing wind, ensuring your outdoor entertaining is sheltered, warm and private. Packed full of extras and design features, this is the builders' own home, where no corners have been cut and the quality is evident. If great design and build quality are important to you along with a quiet location with great orientation to the sun and flow to outdoors - this has to be on your "must view" list!

www.mikepero.com/RX1428694

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www.13boocockcrescent.com**13 Boocock Crescent, Orewa****Offers Over - \$1,150,000**

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- master bedroom with stunning ensuite, walk in wardrobe and outdoor access

www.mikepero.com/RX1500576

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5 2 3

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



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41 Ascension Crescent, Orewa

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. Simplicity is the key outside, with the good sized deck and the lawn creating an environment where families of all shapes and sizes can thrive. With vacant possession available this charming home is about to undergo a change of ownership, prospective purchasers are advised to act quickly. Contact me today for further details.

www.mikepero.com/RX1533694



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LARGER THAN LIFE & WITH GRANNY POTENTIAL

5 2 3

www.59madisonterrace.com**59 Madison Terrace, Millwater**

In a family friendly area close to popular schools, safe parks and convenient public transport routes, this spacious home is presented to the market by motivated vendors. The two bedrooms on the ground floor come with easy access and gorgeous finish. They have their own sitting room, bathroom and separate entry. The granny potential is ideal for extended family or your teenagers wanting their own pad. Further accommodation is provided by three bedrooms upstairs (master with ensuite) plus an additional living area. You will be surprised by the size of master bedroom upstairs, standalone bath and the double vanity will certainly make your morning and night much easier and happier. Our vendors have cherished their time here but the time to downsize has arrived and they are determined to achieve a result as quickly as possible - interested parties are advised to act quickly.

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SUPER SIZE, SUPER LOCATION

5 2 3

www.51banksiderd.com**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

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SINGLE LEVEL SIMPLICITY

4 2 2

www.pitsawlane.com

13 Pitsaw Lane, Millwater

This is the perfect home for someone who really wants to get busy enjoying life and not spend their entire weekend gardening and maintaining their property.

- One year old, single level Horncastle home with balance of Masterbuild warranty
- 205m² single level on flat 525m² of fully fenced land
- 4 double bedrooms including master with ensuite, walk in wardrobe and deck access
- open plan living area flowing to large outdoor living area plus additional lounge / media room adjacent
- generous kitchen with walk in pantry, breakfast bar, engineered stone benchtops

www.mikepero.com/RX1503680



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4 2

www.85harrisdrive.com

85 Harris Drive, Millwater

This is a fantastic opportunity for someone to get in touch with their inner-child or at least become a hero to family and friends, when they become the lucky owner of this stunning Millwater property.

- two year old Generation Homes with balance of masterbuild Warranty
- generous 222m² home on large 654m² (approx) flat fully fenced site
- in-ground 8x4 fibreglass saltwater heated pool with LED lights and covered cabana area, ideal for spa and bar
- open plan living with stunning kitchen, island bench and walk-in pantry, opening out towards pool
- additional separate lounge area, opening to another covered patio

www.mikepero.com/RX1478949

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Mike Pero

Our clients are our No.1 priority and for us it's not just about real estate; it's more about people. See what our clients have to say about us!



"Thanks you both for the prompt sale of our property. You both were amazing to deal with and responded quickly to email requests. You both set the bar high with your professional mannerism and worked effectively and efficiently.

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I appreciate and thank you for everything you have done for us."

Anna Bray
Bartlett Drive, Millwater

Mike Pero Real Estate Millwater
175 Millwater Parkway
Millwater

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What's been happening at Silverdale School?

Global Running Day with Dame Valerie Adams

On Wednesday 6 June, on a very wet and muddy afternoon, the students from Silverdale School participated in Global Running Day. We were fortunate to have Dame Valerie Adams at our school to start the race. She also gave us an interview on how she shows excellence, which is one of our school values. Her advice was to set goals, rise to a challenge, strive for excellence and enjoy what you do. Valerie is such a great role model and we loved having her visit Silverdale School.

Book Week

Monday 11 June, Silverdale School was involved in Book Week, which was kicked off with a book character parade. During the parade, class after class walked up onto the stage with students dressed up as their favourite book character. These costumes were fantastic and represented a range of characters from Star Wars heroes to wacky goblins. The differences between the costumes was the key to this great book parade. Some of the characters even showed off their awesome dance moves on stage. The children all really enjoyed getting into character.

New playgrounds

Our old playgrounds are being upgraded to look better and to be safer. All the old bark has been taken away and replaced with spongy, foam matting. We have added bright signs that have our Silverdale School logo, our vision 'Learn to Journey



- Journey to Learn/ Ako Ki te Haere - Haere Ki te Ako," and our school values which are kindness / atawhai, respect / whakaute, excellence / hiranga and integrity / ngākau pono.

Another exciting event is that we have just started building a brand new playground for our Pukeko team. We can't wait till it's finished to see what it looks like. It will be so much fun!

By Alex and Alex

Photo credit - Megan Catterall

For Artistic Excellence



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

Is a Low-carb Diet Right for You?



Carbs are a hot topic at the moment. It's one of three macronutrients (the other two being protein and fat), which are nutrients we need in larger amounts to provide us with energy, support normal function of the body, and maintain health.

Micronutrients (vitamins, minerals, and antioxidants) are needed in smaller amounts, but are essential for life – a deficiency of any one of them could result in disease. Think of scurvy (a life-threatening disease), which was a problem for sailors in the 1700s – eating citrus fruit (vitamin C) prevented it.

Carbohydrates are classified as either simple or complex. Simple carbs are broken down quickly in the digestive system, causing a rapid release of sugar into the bloodstream. Complex carbs are digested slowly and don't cause the same spike in blood-sugar levels.

So, the question of low carb versus high carb should really be more about quality of carbs rather than just quantity. Not all carbs are equal. We need good quality carbs like those found in nuts, seeds, fruit, vegetables, dairy and legumes, which contain fibre, calcium, protein and many other nutrients.

Poorer quality carbs like those found in pasta, rice, muesli bars, bread, noodles and crackers and are low in nutrients and usually very processed. The carbs we really need to avoid as much as possible, are those found in lollies, sugary drinks

and sugar itself.

Eating lots of simple carbs increases the level of unhealthy fats in blood and decreases 'good cholesterol', one of the risk factors for the development of type 2 diabetes. High sugar diets are usually low in nutrient density, which contributes to obesity – another trigger for type 2 diabetes.

The amount of carbs each of us needs is dependent on age, gender, lifestyle and activity level. It's a case of one size doesn't fit all.

If you are struggling with IBS symptoms, certain carbohydrates may be the culprit. Carbohydrates contain FODMAPs, which may be triggering your symptoms: contact me to discuss how a low FODMAP diet could help you.



If you would like help with creating new habits, working out how much carbs are right for you and planning a nutritious way of eating, contact me at paula@nutritionssense.co.nz

by Paula Southworth
Nutritionist from NutritionSense
(BSc Human Nutrition and Sports Science, Massey University)

www.nutritionssense.co.nz

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CENTRAL'S TIPS

JULY 2018



It's time to plant and prune, new shrubs and fruit trees can go in the ground, roses can be pruned and deciduous trees can be cut and shaped.

Add compost to vege beds and harvest winter greens - it's also a great time to prepare the potato patch for planting.

IN THE VEGGIE PATCH

- **Prepare the potato patch** – dig in lots of compost and sheep pellets so the earth is perfect when you've sprouted the seed potatoes. If you're not growing organically you can also add potato food, which is a specifically blended potato fertiliser
- **Renovate the raised beds.** Get them ready for spring growing by adding fresh Garden Mix or digging through organic compost. Time to fix any leaks or drippers in your irrigation systems
- **Sharpen secateurs and loppers** to get the cleanest cuts when pruning and shaping deciduous trees and shrubs
- **Spray pip and stone fruit trees** with copper and oil mixed together
- **Harvest a winter salad:** baby leaves of kale, beetroot, spinach and silver beet make colourful, yummy winter dishes



Flowering shrubs, ornamental and fruit trees can be planted now

Deciduous shrubs such as viburnums, philadelphus, star magnolia and mollis azaleas as well as ornamental and fruit trees can be planted now.



Prepare the potato patch ready for planting

Add compost and sheep pellets so your patch is all ready to go for your sprouting seed potatoes.

LAWNS

- **Control moss** in the lawn by spraying with Yates' Surrender
- **Spread gypsum** over boggy areas of the lawn to break up clay and aid drainage

THE REST OF THE GARDEN

- **Forward planning** - a variety of deciduous shrubs such as scented viburnum and philadelphus, the bush-like star magnolia and bright Mollis azaleas can be planted now
- **Rose pruning can begin this month** – for newbies at this, local garden centres often hold rose-pruning demonstrations – or there's Youtube.
- **Lift and divide** favourite perennials now – free plants are often under your nose
- **Plant new season's fruit and ornamental trees** – there's a variety of great fruit trees being bred for small urban gardens – just check with your local garden centres. Stake them to two thirds of their height to keep the root area steady



Sharpen secateurs and loppers

This helps get the cleanest cuts when pruning shrubs, deciduous trees and roses.

Best of British



After a great success last year, Hibiscus Hospice is once again hosting the popular Best of British Show on 4th August at the Orewa Arts & Events Centre, Centreway Road.

There is a strong line-up this year, with the show being MC'd by a well-known performer and long-time local, Gary Brown as Austin Powers. Gary (Austin) keeps the music and entertainment at a vibrant pace with tribute artists who "rock the room." Invite your friends and dance the night away, and enjoy your favourite songs from The Beatles, Rod Stewart, Lulu and Cilla Black.

Lili Latham (finalist in Stars in Their Eyes) takes you back to the TV and record-breaking days of the 60's and 70s with Lulu and Cilla Black.

The live performance from the Beatles Band keeps the mood on a high note with startling renditions that bring back the memories. Our highlight is an International guest, Dean Hughes as Rod Stewart. Dean Hughes (known as "Rud Stewart") is the second-best Rod Stewart who performs between England, Sweden and Majorca, Spain. Often mistaken for the real Rod Stewart... this is his second time to NZ.

Rud, originally from Yorkshire, England, has been performing his tribute shows to Rod Stewart for the past 14 years. Just watch his videos and you decide! Often mistaken for Rod Stewart and a life-long fan himself, he covers all of Rod's hits from the 60's through to the current day and latest album. Rud is so good that he was asked to perform at THE Rod Stewart's 63rd birthday party in Los Angeles... which he did...

You won't want to miss this stunning line-up of artists; last year we SOLD OUT! Bring your friends and dance till midnight.



Thanks to our sponsors, every dollar spent will go directly to support free hospice care for terminally ill patients and their families.

Special thanks to our Gold Sponsors: New World Orewa, New World Whangaparaoa, Neville Bros and Faithfull Funeral services.

Ticket entry cost (includes a light supper): 2 adults for \$69.00, single ticket \$39.00

Every ticket goes into the draw to win a \$500 Travel Voucher door prize from House of Travel Orewa and Whangaparaoa.

The event is on August 4th at Orewa Arts & Events Centre. Tickets available from Hibiscus Hospice www.hibiscushospice.org.nz

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artspeak

Every year the artwork gets better and better and this year is no exception. The Estuary Arts Members' Awards showcases artwork in all media by our growing artists and students. You must be a current member and our membership runs from 01 July 2018 to 30 June 2019. Family membership is just \$45 and you get great discounts on all the art classes. This year we have more prizes on offer thanks to our generous sponsors. The overall winner will receive a prize package, which includes art supply vouchers, an art magazine subscription and \$1,000 cash.



Being a member of Estuary Arts Centre is easy and affordable and opens up the doors to creative opportunities. There is a range of weekly art classes, after-school art extension programmes and weekend workshops on offer and members receive discounted rates on these classes. This July, our kids' school holiday art programme runs from 09 to 20 July, with a host of creative and fun classes to book into. From tie-dye to sculpture, mixed media and painting, there really is something for all young budding artists to engage in.

Our newly-finished Community Street Seat now stands proudly outside the Arts Centre, overlooking the glorious ebb and flow

of the Estuary. A great spot to take in the views, take a selfie, or just chill.

The members' exhibition runs for one month from 06 July to 06 August throughout the Arts Centre's 5 galleries. We are located at 214b Hibiscus Coast Highway, Orewa. The Centre is open 7 days a week from 9am to 4pm, with a great onsite café.

For more details, visit their website www.estuaryarts.org, Facebook page, or phone 09 265 570.

What's on in July at Estuary Arts Centre



214B Hibiscus Coast Highway, Orewa
09 426 5570, email: manager@estuaryarts.org
www.estuaryarts.org Find us on Facebook
Open 7 days a week, 9am to 4pm

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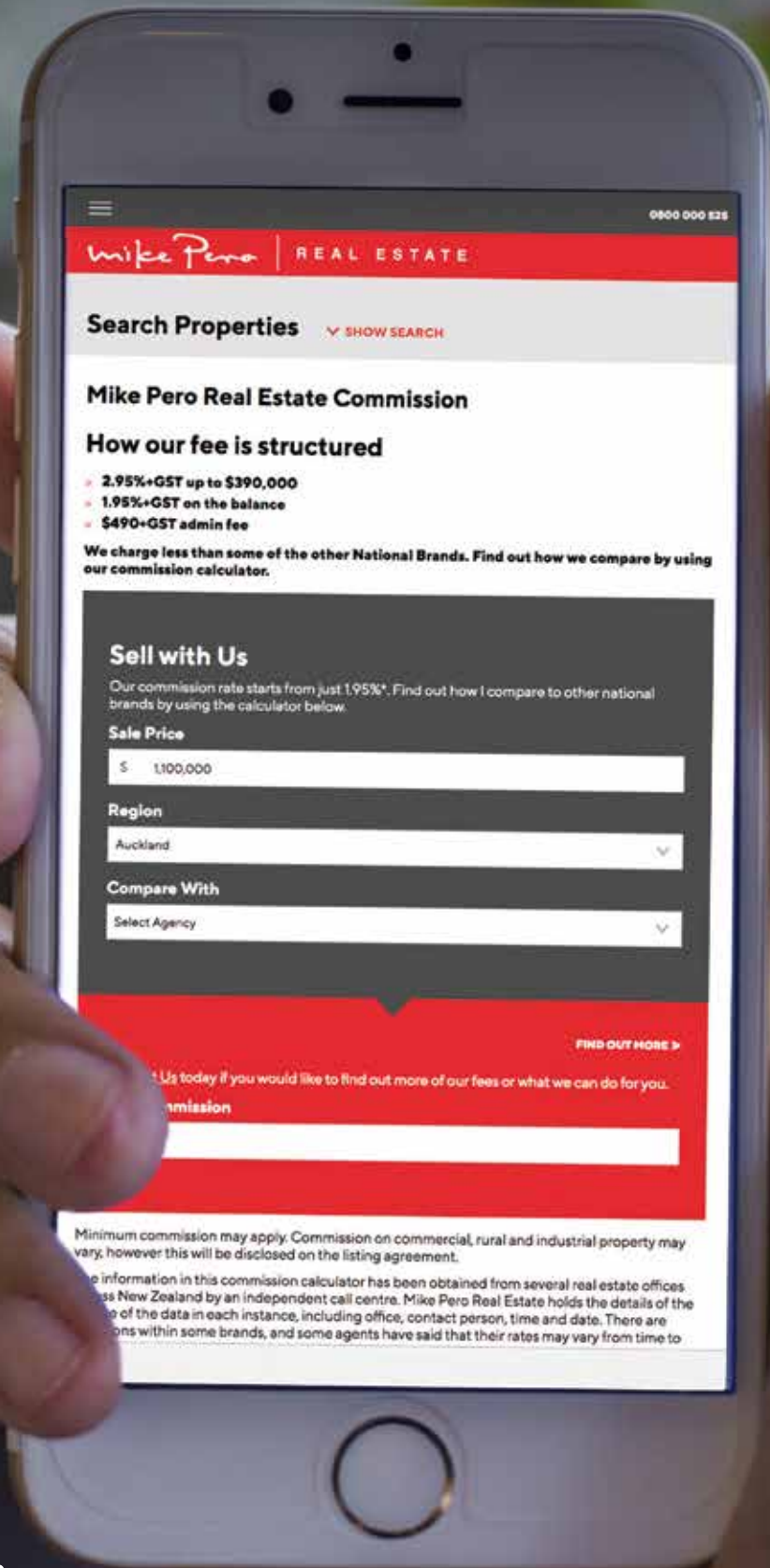
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Sun 1 July	3:15 am 0.7 m	9:29 am 2.8 m	3:29 pm 0.6 m	9:55 pm 2.9 m
Mon 2 July	3:56 am 0.8 m	10:08 am 2.8 m	4:07 pm 0.7 m	10:34 pm 2.9 m
Tues 3 July	4:38 am 0.8 m	10:47 am 2.7 m	4:46 pm 0.7 m	11:13 pm 2.8 m
Wed 4 July	5:20 am 0.8 m	11:27 am 2.7 m	5:27 pm 0.8 m	11:55 pm 2.8 m
Thur 5 July	6:03 am 0.8 m	12:09 pm 2.7 m	6:12 pm 0.8 m	
Fri 6 July	12:39 am 2.8 m	6:48 am 0.8 m	12:55 pm 2.6 m	7:01 pm 0.9 m
Sat 7 July	1:25 am 2.8 m	7:37 am 0.8 m	1:45 pm 2.6 m	7:55 pm 0.9 m
Sun 8 July	2:15 am 2.8 m	8:29 am 0.7 m	2:41 pm 2.7 m	8:54 pm 0.9 m
Mon 9 July	3:09 am 2.8 m	9:25 am 0.7 m	3:42 pm 2.7 m	9:54 pm 0.8 m
Tues 10 July	4:05 am 2.8 m	10:23 am 0.6 m	4:43 pm 2.8 m	10:53 pm 0.7 m
Wed 11 July	5:04 am 2.9 m	11:21 am 0.5 m	5:43 pm 3.0 m	11:50 pm 0.6 m
Thur 12 July	6:04 am 3.0 m	12:17 pm 0.3 m	6:39 pm 3.2 m	
Fri 13 July	12:45 am 0.5 m	7:02 am 3.1 m	1:12 pm 0.2 m	7:34 pm 3.3 m
Sat 14 July	1:40 am 0.3 m	7:59 am 3.2 m	2:05 pm 0.1 m	8:27 pm 3.4 m
Sun 15 July	2:35 am 0.3 m	8:54 am 3.3 m	2:57 pm 0.1 m	9:20 pm 3.4 m
Mon 16 July	3:29 am 0.2 m	9:48 am 3.3 m	3:49 pm 0.1 m	10:13 pm 3.4 m
Tues 17 July	4:24 am 0.3 m	10:41 am 3.2 m	4:41 pm 0.2 m	11:05 pm 3.3 m
Wed 18 July	5:18 am 0.3 m	11:34 am 3.2 m	5:34 pm 0.3 m	11:58 pm 3.2 m
Thur 19 July	6:11 am 0.4 m	12:27 pm 3.0 m	6:29 pm 0.5 m	
Fri 20 Jul	12:52 am 3.1 m	7:06 am 0.5 m	1:22 pm 2.9 m	7:27 pm 0.6 m
Sat 21 July	1:45 am 3.0 m	8:01 am 0.6 m	2:19 pm 2.8 m	8:26 pm 0.8 m
Sun 22 July	2:39 am 2.8 m	8:57 am 0.7 m	3:17 pm 2.7 m	9:25 pm 0.8 m
Mon 23 July	3:34 am 2.7 m	9:53 am 0.7 m	4:15 pm 2.7 m	10:21 pm 0.9 m
Tues 24 July	4:28 am 2.7 m	10:47 am 0.8 m	5:10 pm 2.7 m	11:13 pm 0.9 m
Wed 25 July	5:21 am 2.7 m	11:38 am 0.7 m	6:00 pm 2.8 m	
Thur 26 July	12:01 am 0.8 m	6:12 am 2.7 m	12:26 pm 0.7 m	6:47 pm 2.8 m
Fri 27 July	12:46 am 0.8 m	6:59 am 2.7 m	1:09 pm 0.7 m	7:30 pm 2.9 m
Sat 28 July	1:29 am 0.8 m	7:43 am 2.7 m	1:49 pm 0.6 m	8:11 pm 2.9 m
Sun 29 July	2:10 am 0.7 m	8:25 am 2.8 m	2:27 pm 0.6 m	8:50 pm 2.9 m
Mon 30 July	2:50 am 0.7 m	9:04 am 2.8 m	3:04 pm 0.6 m	9:28 pm 2.9 m
Tues 31 July	3:30 am 0.7 m	9:42 am 2.8 m	3:41 pm 0.6 m	10:05 pm 2.9 m



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timlawrencefishing spot



Whoever said you had to put your fishing gear away for Winter has got it all wrong. The water is still 16 degrees and there are fish everywhere waiting for you. Trust me; pick a nice weather window and get out there.

There are a few options available to you this time of year. You can go for the tried and true burley session around a kelpy reef, live-bait for John Dory and kingfish, or you can head out wide to the 50m mark and softbait for snapper. Really, it's that good out there at the moment. Fishing around Kawau Island and Flat Rock are still good 'go to' spots if you are prepared to invest some time to bring the fish around. We have also found good fish sign out wide around 50m deep and have even found work-ups heading home from Little Barrier.

Our last trip was to Great Barrier Island. The weather was forecast for 5 knot variable winds so we headed out Friday night to set ourselves up to fish the deep-water pins early Saturday morning, chasing bluenose and hāpuka. I can't go into where we fished, but we did land a few snapper before snagging a decent sized hāpuka around midday. That was our only decent fish for the morning before we headed back into Great Barrier Island for a dusk strayline session.

At about 4pm we arrived at spot x and were landing snapper around 8-10 pounds before three large kingfish arrived and started to chase our snapper to the boat. Each of us had a turn deploying live baits in the water and after a few missed attempts I managed to hook a large kingi right behind the boat. It was a massive battle on my 10kg strayline set-up. We had to pull the anchor and walk the fish around the boat for a good 15 minutes before finally gaffing the kingi, which weighed in at 20.5kgs. Hāpuka, kingfish and a bin full of snapper; I won't forget this trip in a hurry.

Until next time – tight lines!



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Trip Day 7:00 a.m.-6:00 p.m.	\$65.00

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Welcome 2 the Jungle

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Laser Tag, Bowling, Arcade and the Massive Indoor Playground all on offer at Xtreme Entertainment!

Dessert Masters

Thu 12 Jul



Kids making tasty treats for the eye and the tummy! Who will be crowned Dessert Master!?

PREMIUM DAY

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Circus Show & Workshop! Circus tricks to amaze and learn how to do them yourself to become The Greatest Showman! Bouncy castle & more

Survivor!

Mon 16 Jul



A game that tests you physically and mentally to see who will be the ultimate Survivor!

TRIP DAY

Tue 17 Jul



Let the good times roll! Skating at Active Zone with sKids!

St John's - Clued Up

Wed 18 Jul



Join us onsite when we get a visit from St John's where kids will learn vital first aid skills and gain knowledge on keeping safe!

TRIP DAY

Thu 19 Jul



We're off to Bruce Mason Theatre for The Big Bad Wolf and theatre workshop afterwards!

The 60's

Fri 20 Jul



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Both Olivia and Michelle have taught in Primary and Intermediate schools for the last 15 years. They have vast experience in the classroom and have also had leadership roles in education. As mothers

themselves, they also know what it's like to want your child to feel confident and successful with their learning.

When they saw an opportunity to bring NumberWorks'nWords' proven formula to families in Silverdale, it was simply too good to ignore.

"Our after-school tuition, in both maths and English, is specifically tailored to address each child's individual needs and goals, and we keep parents up to date with their progress" Olivia says.

Michelle talks proudly about the quality of NumberWorks'nWords'

unique learning programmes developed by educational professionals (which, she says, are designed to match the school curriculum in both subjects), and the thousands of success stories related by past students throughout Australasia and the UK; it's the tuition experience itself that really inspires Michelle.

"We'll go out of our way to make sure that every student enjoys the learning process because, when that happens, educational success – and renewed confidence – follows naturally."



To find out how to bring out the best in your child, Olivia and Michelle encourage you to call them on 09 426 7236 to book a free assessment and introductory lesson, or visit www.numberworksnwords.com/nz

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Vision Plan – the Easy way to get New Glasses!



updating their glasses due to cost, hence I thought I would write about Vision Plan – it is a great option, whether you want to upgrade to a luxury brand or you are looking for an easy way to manage the budget.

Vision Plan is a clever way to budget for your eye wear needs and is only available at OPSM. Instead of having to pay a lump sum whenever you need glasses, you can spread the cost for your glasses or prescription sunglasses over time. It's easy – simply select the plan that suits your requirements or budget and then begin your weekly, fortnightly or monthly payments. There is no qualifying period – you can use the plan as soon as you sign up. Payments start at \$6.73 per week.

Sign-up is easy: just pop into OPSM in the Silverdale Centre with ID and proof of address and we can help you to select the right plan for you. **FOR JULY, WE HAVE AN EXCLUSIVE OFFER FOR THE MILLWATER MAG READERS - SIGN UP FOR VISION PLAN AND GET YOUR EYE TEST FREE***

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How long is it since you last had your eyes tested? Optometrists recommend an eye test every 2 years, or annually if you have a family history of eye health issues or for children and contact lens wearers.

These days, there is a vast array of wonderful frames and lens options that improve your vision, comfort and look fantastic. If you are a lover of brands, glasses and sunglasses are an affordable entry into exclusive brands including Prada, Dolce & Gabbana, Tiffany & Co, Giorgio Armani, etc.

Often, we find people delay having their eyes tested or



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Back to Basics – Level vs Stepped Premiums



Carrying on with the Insurance “Back to Basics”, we look at the difference between level and stepped premiums.

Stepped premiums are age-related and increase as you grow older, to reflect your increased risk of injury or illness. Level premiums start off costing more than stepped premiums but do not increase, irrespective of your age. This means,

initially, level premiums will cost more than stepped premiums. However, as the cost of stepped premiums increase (typically annually), the rate will exceed that of the level premiums.

There is no single correct solution. In determining which premium structure is appropriate for you, consider:

- how long you expect to keep the cover for; and
- if you anticipate that you will change the amount of cover

If you expect to keep your insurance long-term, level premiums might be the option for you, because you lock in the rate you pay and over the long term you will likely make a cost saving relative to stepped premiums.

However, if you expect to keep your insurance only for the short/medium term and/or reduce the cover in the future, stepped premiums might be the option for you. Stepped premiums make it more affordable to start on an insurance plan because you only pay for the risk associated with your current age.

Then there is the third option – you could combine level and stepped premiums in your plan.

Would you like to chat about your options?

Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are 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 or 021 627 802.

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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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Inter-family Property Ownership



Purchasing a property with family? Loaning money to a child for their first home purchase? Investing in a family member's home to support multi-generational living? Family members are entering into inter-family property arrangements for any number of reasons and, while some arrangements run smoothly, many do not. All too often, what was initially an amicable and seemingly fair agreement can turn sour down the track, so it is important to consider your legal position at the outset.

Things to consider:

1. Future possibilities

All parties to the arrangement, and probably all of the family, need to have frank discussions at the outset as to what will happen if future contingencies arise. What if someone changes their mind? Will you buy them out, or will the property have to be

sold? What if a party to the agreement gets divorced, dies, or, in a multi-generational situation, needs money from the home to pay for residential care?

2. Remove the emotion and get practical

Before you enter into any inter-family property arrangement, get advice on the most appropriate legal structure for you; a structure that will protect all parties' rights. You need to ensure that any arrangement or agreement:

- (a) Is well-documented;
- (b) Sets out all of the key information, including contributions and exit strategies if future contingencies arise; and
- (c) Is in a legally-recognised form.

3. Security for your investment

If you are investing a large sum of money, you ought to consider having a share in the legal ownership; that is, having your share in the property recorded on the title. Alternatively, if you are loaning your child a large deposit you should look to record this by way of Deed of Acknowledgement of Debt, supported by an Agreement to Mortgage if appropriate.

Having a robust legal structure in place at the outset can save you money later down the track if it all goes wrong. If you require any assistance, our local and experienced property team are here to help you. Do not hesitate to call us on 09 421 0559.

Patricia Parker
Solicitor
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Mango Relish

Ingredients

500gms diced tinned mango (strain the juice)
 2 fresh mangoes, peeled & diced
 15gm diced butter
 30mls virgin olive oil
 10 of each cumin & coriander seeds
 2 finely diced red onions
 3 cloves finely chopped garlic
 60mls rice vinegar
 60gms soft brown sugar
 60mls fresh orange juice
 30mls strained mango juice
 Zest of ½ orange
 1 cinnamon quille
 4 halved cardamom pods
 5gm fresh thyme

Method

In a heavy-bottomed saucepan, melt butter, add olive oil on medium heat.

Add cumin, coriander, cardamom, gently infuse in the butter for 40-50 seconds (don't brown the butter).

Add chopped garlic, red onions, sweat until soft (no colour).

Add all other ingredients, reduce on medium heat until liquid has evaporated, around 10-15 minutes (stir often).

Place in airtight container in fridge (this will last for up to 3 weeks in the fridge).

For the full canapé recipe of Zatar Seared Lamb w- Puhoi Blue, Crostini & Mango Relish, please email culinarylane@gmail.com

Mark Lane | Culinary Lane



Easy Chicken and Corn Soup

Ingredients

300g chicken mince, marinade with soy sauce, pepper, sesame oil
 2 cans of cream corn
 Handful of frozen corn
 4 eggs, beaten
 Cornflour
 Minced garlic
 Diced spring onion

To make

1. Marinade chicken mince, set aside for at least 30 minutes
2. In a large saucepan, sauté garlic with oil, add chicken mince, stir-fry until turns brown evenly
3. Add approximately 1 litre boiled water, keep boiling for 15 minutes. (This is already a tasty chicken stock that can be used for noodle soup)
4. Add cream corn and frozen corn, bring to boil
5. In a bowl, dissolve 2 tablespoons corn flour in 1/3 cup water, then mix with eggs
6. Reduce saucepan to low heat, slowly and steadily pour egg mixture into the soup. Gently stir to loosen up the egg so it become "fluffy"
7. Garnish with diced spring onion

Happy Cooking!

Nita Wong

Tired of the Extra Wait at the Dentist?

The world now is digital, and the dental profession is certainly keeping pace. Our dentists at The Dental Suite have been advocates for computer-aided design and manufacturing technology for a long time. Investing in the latest E4D Dentist™ system has allowed us to create custom-made dental crowns and other restorations, in our surgery, during a single appointment! Traditionally, treatment with dental crowns is carried out over two appointments, with a two-week wait in between for the crown to be manufactured in an outside dental laboratory. We understand this extra wait can be a huge inconvenience to our patients, so being able to make beautiful and durable crowns, bridges, veneers and fillings during a single visit means that the E4D system has become a large part of the services we offer our patients.

The process itself is simple! We take a digital scan of your tooth and produce a 3D image. Using the E4D software, our resident Prosthodontist, Dr Dusan Kuzmanovic, then uses the 3D scan to design your perfect custom-fitting restoration. This raw data is then transferred to our milling unit, and your restoration is milled from a single block of porcelain, a very strong and durable material that allows us to consistently provide beautiful and life-like results. Once complete, the newly milled restoration is bonded to your tooth straight away, and you are free to enjoy a specialist-made, long-lasting crown in a fraction of the time traditional treatment takes.



E4D restorations are perfect for situations like chipped, worn or cracked teeth; teeth that are discoloured; unwanted gaps, as well as teeth with decay or worn fillings. Because these are some of the more common dental treatments we provide, we know that the E4D system offers a lot of flexibility to our patients. Now you can avoid the hassle and a long wait and can instead relax with a cup of tea while we create your lovely new restoration. No need for extra appointments!

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Sake



Like most Kiwis, I love having a few glasses of wine at dinner time (or earlier...), but I never hide my enthusiasm with Sake. While you may see me hesitating whether to choose a bottle of \$9.99 or \$14.99 wine in the supermarket, I can happily spend a few hundred dollars on Sake in just a minute! Yes, that has to be my favourite drink in the whole wide world!

Sometimes people ask me what's good about Sake – it only tastes like alcohol? Unfortunately, that could be the case if the wrong Sake is selected. Why's that?

During World War II, rice, the key ingredient of Sake, suffered severe shortage in Japan, and distilled alcohol was added to increase the volume of Sake produced. Obviously, Sake brewed by this method is relatively cheaper than the one brewed by traditional methods. This type of Sake is called Honjōzō (ironically, it means "true brewing"). Most likely, if you order a House Sake in a restaurant this will be a Honjōzō, and it usually tastes... erm, like alcohol. That's probably one of the reasons why I notice many diners drink wine instead of Sake in Japanese restaurants.

And this is why I write this article; because Sake is a perfect match with Sushi and Sashimi, and with most of the foods from the rest of the menu. Trust me!

Most good Sake is only brewed with polished rice, water and Koji rice (mould for fermentation). This type of Sake is called

Jumai (pure rice). The higher the level of polished rice, the better the taste, the higher the price. There are also different names given according to the polished level. In general, if you want to give it a go next time in a Japanese restaurant, ask for pure rice Sake – I am sure they will be able to advise you the range to choose from.



I love the flavours and aromas of Sake. I am also addicted to the slightly thicker texture. I also love the fact that Sake can be drunk cold, ambient or hot (refer to brewer instruction), which makes a good excuse to drink it every day, regardless of the weather.

If you are going to Japan to watch the Rugby World Cup next year, don't forget to try a wider range of Sake. If this article didn't persuade you, then remember this word: Nama-Biru, which means, draught beer!

(Disclaimer: There might be some good tasting Honjōzō, but this is beyond my knowledge)

Thanks and regards
Nita

Silverdale Village Market

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