



September
2021
Issue 15

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lifestyle magazine for our area

*Happy has
a new home*

Success stories from
Auckland's Animal
Shelters



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The magazine is a high quality magazine printed on top quality coated art paper.

We offer a free design service to put your adverts together for you.

We are always looking for good community stories. So please don't hesitate to contact us if you have a story of interest to share.

Contact Vijay Bulland
coastlife@silprint.co.nz or
info@coastlifemag.co.nz

021 875 236

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Editor's Letter

Last month held some breathtaking moments as we saw the world's best all competing in Tokyo.

I felt so proud to see us, as a small Nation tucked away at the bottom of the world, win medal after medal. I think we all shed a tear at Dame Valerie when she won her medal and Lisa Carrington- well we were blown away.

All, of our athletes did so well, whether they won a medal or not. They would all have devoted years of their lives to the training. Weathered through the disappointments and the injuries, always pushing themselves to their limit. Rising at times we have never seen, unless catching a very early flight! Training in hostile weather. They sacrificed much, so thank you to all of our Olympians. We are so proud of you!

As someone who very rarely watches tv last month saw me glued to the set to watch the Olympics, and, also my all- time favourite, Masterchef. I LOVE this program. My husband loves it too although he never watches it!

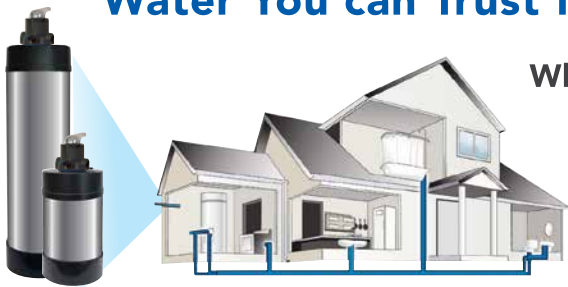
It inspires me to create meals that take me out of the rut we are sometimes in when preparing everyday meals. Not all the flavour combinations work quite as well as I hoped but hey, at least I'm trying. Having said that the recipe this month is a good old muffin, but it is made by a different method, and they are delicious.

The weather was pretty cold last month too so hopefully we will see better days as we draw into Spring.

Spring is so different for me, coming from England, where there are four very definite seasons. There Spring was one of my favourite seasons after the dead stark branches of the trees in winter it was so lovely to see the light green buds coming on and then the blossoms. On the ground the daffodils and other spring bulbs were fantastic, especially when you saw a large planting. Their colours so cheerful. For us because we don't have everything die away in winter, we don't always appreciate the spring, in the same way.

But with lighter evenings and warmer weather it may be worth a trip to your local garden centre to see what you can add to make your garden special.

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"Happy" has a new home

Auckland Council operates three animal shelters across the region at Henderson, Manukau and Silverdale where animals and pets end up when found wandering or no longer wanted by their owners. We aim to reunite those lost with their owners and adopt out the animals no longer wanted to new "forever" homes.

We at the Silverdale shelter currently have several unclaimed dogs and animals in our care we would like to rehome.

If you're thinking about a family pet or a companion, consider a visit to our shelter for an introduction to our guests or go online and meet some of them or view our adoption animals on our Facebook page 'Auckland Council adoptable animals' and see if any capture your heart.

Adoption is a process, and we always try to find the best

possible home for our animals. We try to determine the most suitable environment considering the best interests of both you and the animal. This sets you both up for success in finding the right match before we approve an adoption.

Take "Happy" the golden retriever. Happy is eight years old; she had a rough start to life at the hands of her previous owner. It seems she shared her backyard with her own excrement and not a lot of love or care. When she came to us, she needed medication for infected eyes, swollen feet and had to be completely shaved her coat was so matted. Now, she is loving life with her new adoptive family and cat siblings!

Dogs also come to us in such bad shape they need further treatment. In these cases, we work closely with accredited animal rescue organisations.

Cont. on page 7

ARE YOUR EARS GETTING BLOCKED?



DON'T GRAB THE COTTON BUDS!

Or hair clips, pipe cleaners, or paperclips! We have heard many horror stories over the years of attempts to remove annoying ear wax. Delving in your ear with anything can be very dangerous and painful, with the risk of causing infections or lasting damage.

Hear Again can remove excessive earwax easily and painlessly using gentle micro-suction. Unblock your ears the easy way.

- Hearing Tests
- Hearing Aids
- Wax Removal



WE'RE HERE TO HELP

REJOIN THE CONVERSATION



Fishing Report



Short and sweet, like fishing opportunities right now, as only a few hours fishing at a time has been possible as front's pass and the wind swings wildly so when opportunity knocks, you have to be ready to go!

A recent trip out to the inner gulf found a mass surface actions of terns, mutton birds and gannets bombing over schools of anchovies/mackerel. An awesome scenery so close inshore with the abundance of dolphins with good sized snapper on the bottom waiting, for an easy feed Remember earlier in the season, we talked about anchovies and using bait sized lures inshore such as fleas, colt snipers and weasel micro jigs, now it Softbaits? Yes, throw smaller sized ones out on lighter Jig head for a longer hang time and more time in the strike zone! Out wider if you got the chance out of Omaha bay just before the cable zone has been holding a lot of fish and by doing long drifts, had us taking plenty home for dinner for the 3 of us. Slow pitching is a style fishing designed in Japan and slowly growing in NZ market which more keen anglers are now keen to get involved with. Lures with a flat shaped and double hooks, similar to fast jigging but using less energy tuning your rod to mimic a



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wounded fish - results are phenomenal as 90% of the strike is on the fall. Horn rock, South western little barrier, great barrier also holding good variety of fish such as Gurnard, John dory, snapper, trevally and kingfish.

Any 'bait' fishos interested in getting into lure/jig fishing should come in and have a chat, especially with the work-up season just around the corner. An extremely exciting style of fishing and with great results. It also challenges your angling abilities as to fish them properly were

using very light graphite rods, small baitcaster reels with braided line. Join the revolution!

On the winter game fishing front its been an epic Bluefin tuna season but looks like it's coming to an end and all game fishermen now can get their gear ready for the up coming marlin fishing at the end of the year

Enjoy the last bit of winter, spring is only a cast away!!

Tight lines!!

Fishing Direct

Andy, Eric and Heinie

Open 7 days



Tides - Weiti River Entrance

Sept	Low Tide		High Tide		Low Tide		High Tide		Low Tide	
Wed 01			01:54	2.5m	08:04	1.0m	14:30	2.5m	20:40	1.2m
Thu 02			02:48	2.5m	09:01	1.0m	15:32	2.5m	21:37	1.2m
Fri 03			03:47	2.5m	09:59	1.0m	16:29	2.6m	22:32	1.1m
Sat 04			04:46	2.5m	10:55	0.9m	17:21	2.7m	23:24	1.0m
Sun 05			05:40	2.6m	11:47	0.8m	18:07	2.8m		
Mon 06	00:14	0.9m	06:30	2.7m	12:34	0.7m	18:51	2.9m		
Tue 07	01:01	0.8m	07:17	2.9m	13:19	0.6m	19:35	3.0m		
Wed 08	01:47	0.6m	08:02	3.0m	14:03	0.5m	20:20	3.1m		
Thu 09	02:31	0.5m	08:48	3.1m	14:47	0.4m	21:06	3.2m		
Fri 10	03:16	0.4m	09:34	3.1m	15:32	0.4m	21:53	3.2m		
Sat 11	04:02	0.4m	10:21	3.1m	16:20	0.5m	22:42	3.2m		
Sun 12	04:49	0.4m	11:10	3.1m	17:11	0.5m	23:31	3.1m		
Mon 13	05:39	0.5m	12:02	3.0m	18:07	0.6m				
Tue 14			00:23	3.0m	06:34	0.6m	12:58	2.9m	19:09	0.7m
Wed 15			01:19	2.9m	07:34	0.7m	14:01	2.9m	20:12	0.8m
Thu 16			02:21	2.8m	08:39	0.7m	15:08	2.8m	21:16	0.8m
Fri 17			03:27	2.7m	09:45	0.8m	16:13	2.9m	22:19	0.8m
Sat 18			04:33	2.7m	10:49	0.7m	17:12	2.9m	23:18	0.8m
Sun 19			05:35	2.8m	11:47	0.7m	18:05	3.0m		
Mon 20	00:13	0.7m	06:30	2.9m	12:38	0.6m	18:54	3.0m		
Tue 21	01:03	0.6m	07:19	2.9m	13:24	0.6m	19:40	3.0m		
Wed 22	01:49	0.6m	08:04	3.0m	14:06	0.6m	20:24	3.0m		
Thu 23	02:30	0.6m	08:45	3.0m	14:46	0.6m	21:05	3.0m		
Fri 24	03:09	0.6m	09:25	2.9m	15:23	0.7m	21:45	2.9m		
Sat 25	03:46	0.6m	10:03	2.9m	16:01	0.8m	22:25	2.9m		
Sun 26	05:23	0.7m	11:41	2.8m	17:40	0.9m				
Mon 27			00:04	2.8m	06:00	0.8m	12:21	2.7m	18:22	1.0m
Tue 28			00:44	2.7m	06:41	0.9m	13:03	2.6m	19:10	1.1m
Wed 29			01:26	2.6m	07:27	0.9m	13:51	2.6m	20:03	1.1m
Thu 30			02:14	2.5m	08:20	1.0m	14:47	2.5m	21:01	1.2m



CHARTERED ACCOUNTANTS

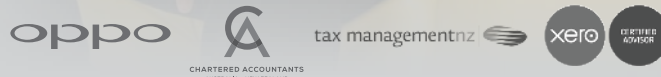
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Eaves Bush

Destination Orewa are putting together a pictorial book on **Orewa Then and Now** as there is actually so much fascinating history in Orewa. They have 23 interesting stories on the history of Orewa and are hoping to have the book published by October this year. Below is an excerpt from the book.

What is now a 16 hectare reserve, Eaves Bush is believed to be one of the earliest occupied sites in Maori Times. Remains of the Pa are still evident around the Hillcrest entrance to the reserve.

The pioneering Eaves family purchased the block of land in 1919

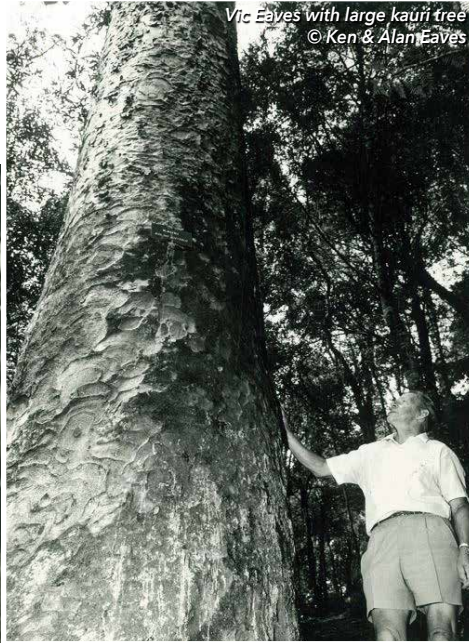
with a deposit of one-hundred pounds. The land included farmland and native bush and included the area where Eaves Bush Reserve, Orewa House and Walnut Cottage Café now sit. Well



Eaves Bush Boardwalk © Laurie Rands, Eaves Bush Appreciation Group



Mrs Alice Eaves with daughters Lily Meldrum and Elice Brunton © Ken & Alan Eaves



Vic Eaves with large kauri tree © Ken & Alan Eaves

off the beaten track at the time, it was not until 1940 when Orewa began to grow and extensively expand, that the Eaves family decided that this land should never fall into private hands again and following Mrs Eaves death in 1955, her request was fulfilled in that the stand of native bush on their property be

designated as reserve and gifted to the community.

In 1960 the Orewa Lions undertook to make tracks and pathways through the bush, build bridges and began maintaining the bush and eradicating invasive weeds. These enhancements as well as signage installed to identify prominent trees throughout the reserve, provided maximum enjoyment for those walking through.

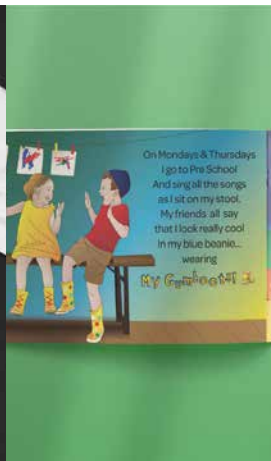
'The Hollow Kauri' in the reserve has a girth of 6m and is estimated to be over 800 years old.

Saturday 10th December 1966 was the day that Lions Club Chairman Don Wood, formally opened Eaves Bush Reserve along with Mssrs Ilene Oxenham and Lily Meldrum - daughters of the late Mrs & Mr Eaves, and Mr Victor Eaves. Many Waitemata County Councillors, their wives and families were all keen to witness the official opening.

The reserve is still maintained and regularly upgraded by voluntary workers that are members of the Eaves Bush Appreciation Group - many of whom are also members of the local Lions Club.



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"Happy" has a new home



not be found so off she went to Chained Dog Rehoming and Rehabilitation, whereafter surgery and a long period of rehabilitation, now runs around with her three legs with her new family.

It's not only dogs we work to rehome; we also try to find homes for stock that come into our care like horses, goats and pigs.

Bertha is a kune kune pig. She's elderly and almost deaf. Bertha was found abandoned but has just left us for her new home where she will now enjoy her retirement with her adoptive family.

If you feel you would like to add to our

successful adoption stories, contact us so we can arrange the first step.

If you are thinking of visiting us, please make an appointment to come in and meet with any dogs you think may be the missing piece to your family.

To do this please call us on the shelters respective number below

Silverdale Animal shelter 09 421 0222

Henderson Animal shelter 09 836 7777

Manukau Animal shelter 09 261 8033

Opening hours for viewings:
10.30am - 4.15pm weekdays
11.00am - 3.00pm weekends

All adopted dogs come registered, microchipped, desexed and vaccinated.

Cont. from page 3

Sadie a six-month-old German Shepherd X is one of those dogs who needed extra help. She came to us with a severely injured leg that needed to be amputated. Her owner could

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Auckland Heritage Festival Celebrating the Humble Horse Sat 2 Oct & Sun 10 Oct, 10am-3pm

Horsepower – how the humble horse enabled early settlers in Silverdale to travel, work and play.

Horses helped the trailblazers of the Silverdale district to forge their new lives. Whether they were pulling ploughs or bringing in wagon loads of supplies, horses were vital assets. Until the arrival of the horseless carriage (the car!) travel was by horseback, or a bumpy ride in a wooden cart.

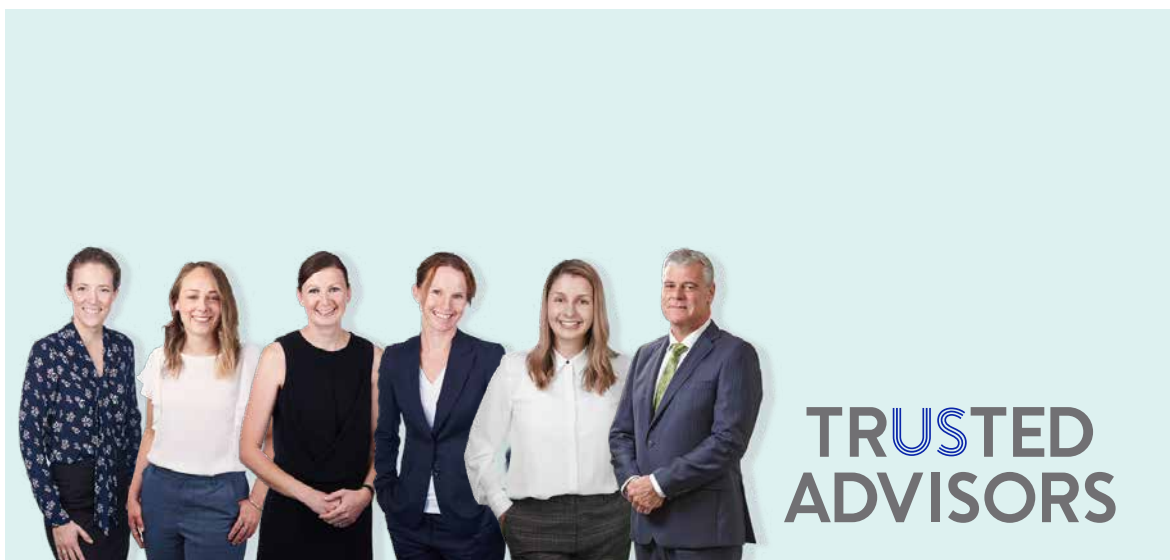
Trot along to Silverdale Pioneer Village to see the new exhibit, a wonderful new gig (a two-wheeled sprung horse cart) donated by the Stoney family.

While there won't be any real-live horses at this free event, children can have a rollicking ride on the hobby horses and play horseshoe toss in the Old-fashioned Games Room.

Delicious Devonshire teas will be available in the Parsonage.

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Stella Maris Celebrates the Feast of the Assumption



On Monday 16th August, Stella Maris Catholic school boarded buses and travelled into St Patrick's and St Joseph's Cathedral in the city to celebrate their school feast day: The Feast of the Assumption.

We are taught that "at the end of her earthly course, Mary was assumed into heavenly glory, body and soul." It is a time we remember who we are as a school and celebrate our Charism. Our school name, Stella Maris (Star of the Sea), was chosen to honour Mary and acknowledge her as our protector in



this land of Aotearoa, close to the sea. Star of the Sea is one of the most ancient titles for Our Lady. In using this title, we see Our Lady as our guide or leader, someone who can navigate the stars, who watches over us and leads us safely to Jesus.

Students from across the school lead the prayers, shared readings, and the choir lead the school in lovely singing that filled this historic space. Members of our community and local parish joined us on this journey to our Cathedral. The school would like to thank all those who made it possible to celebrate our Feast Day in such a special way, especially Father Raphael Lobo, who joined us from our local parish to lead our Feast Day mass.



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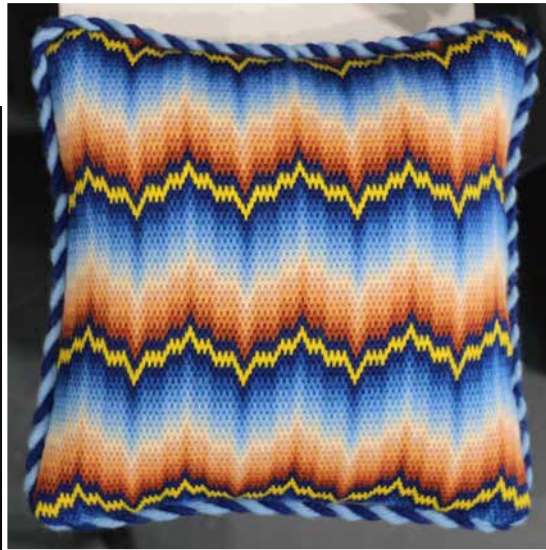
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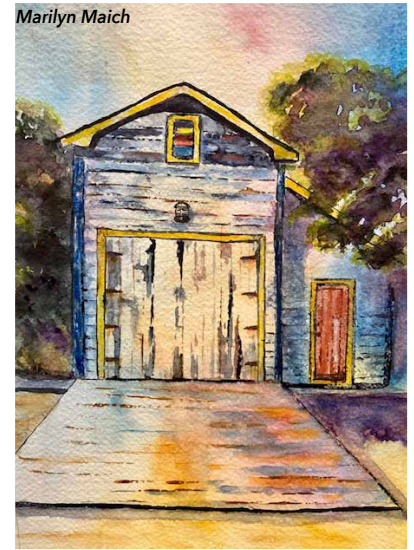
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What's up at the Estuary this month

Embroiderers' art from the 2019 exhibition



Marilyn Maich



The Northern North Island Regional Embroidery Exhibition 2021

The NNIR exhibition, 'The Embroiderers' Art', will have 4 main categories. The exhibitors are members of the Northern North Island Embroidery Guilds which includes 10 guilds from the Coromandel to the Doubtless Bay.

The exhibition will showcase original works, both traditional and contemporary, as well as embroidery from workshops, kits, patterns, magazines or books. Don't miss out on viewing this wide range of exquisite needlework up close. If you are interested in learning some new techniques or you are new to stitching then there is a "Taster day" being held on Saturday 11 September from 10am to 4pm. Try your hand at a range of techniques including Adults 'basic stitches, Bobbin Lace,

beading and children's stitching.

The ANZEG "Postbag Challenge" titled "Diamonds are a Girl's Best friend" will also be on display in the Cafe area. This challenge is open to members throughout New Zealand to create a portable, hanging textile piece which will then travel to the Auckland Festival of quilts in November.

"Thank God it's Friday" is an exhibition showcasing art by our Friday casual artists in Studio 1. Contributing artists include Maureen Gresty, Heather Smyth, Ann Sutherland, Jan Martell, Marilyn Maich, Helen Farquharson, Fran Tilling, Barbara Croft & Yvonne Gray.

"Floating on the breeze" will feature botanic studies in watercolour, pen and ink by Diana Tormey.

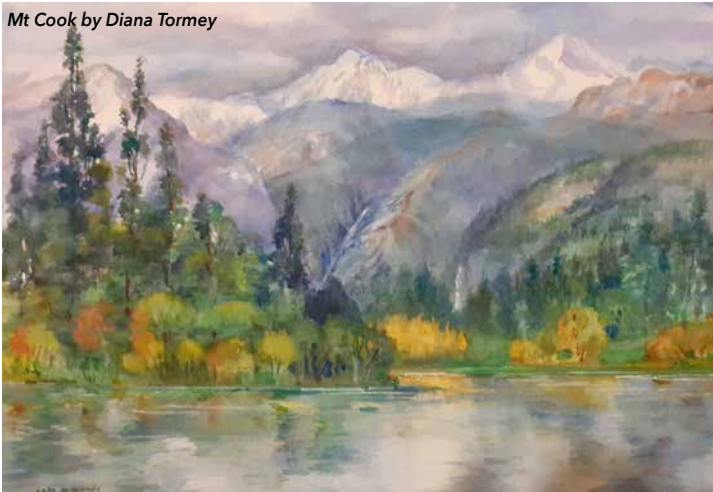
"Where the Seabirds Go?" will be a multi-media exhibition featuring nearly 30 artists from throughout New Zealand who have given time to investigate some of the reasons why we have lost 70% of our seabirds since the 1950's. Predation, by-catch (3,000 - 14,000 birds are lost each year), global warming causing a decline in food stocks, an increase in plastics, are some of the causes.

Millions of seabirds come to the mainland or islands in New Zealand territorial waters to breed and overwinter every 9 months, making New Zealand the seabird capital of the world.

Scientists have been discovering to their amazement, just how far some of these birds travel to their regular feeding grounds. Tawaki, the Fiordland Crested Penguin, for example, swims 8,000k twice a year after breeding in NZ waters, to its feeding grounds.

Estuary Arts also offers a wide range of art classes and weekend workshops to choose from at affordable prices and for people with all abilities. To find out more visit our website www.estuaryarts.org or call into the centre where there is plenty of parking at 214B Hibiscus Coast Highway.

Mt Cook by Diana Tormey



Yvonne Gray



Energy and Vitality: Time for a Self-Audit

I suspect there are lots of people who aren't sick or diseased, but who want a little more oomph in their life. By oomph, I mean having lots of energy and vitality. The ideal picture is waking up feeling refreshed and eager to start your day. Moving through your day able to face all your challenges with effort but also with ease. Powering through your afternoon without a 3pm slump, having time for exercise or fun, and enjoying your evening time with family before going to bed and falling asleep within 5 minutes. And repeat.

Just a pipe dream?

If this ideal picture is not you, then you have energy leaks somewhere. If we can identify these energy leaks, then we can fix them, and get you living your best life. I am living proof of this.

Before I was diagnosed with Ankylosing Spondylitis, I used to drag myself through my day. I would need an afternoon sleep most days, which was tricky on workdays. What I didn't realise is that I had underlying inflammation that was sapping my energy and my health. Eventually, the



pain of my arthritis gave me the incentive to change my diet and lifestyle and start taking key supplements. Not only am I pain-free now, but my day is close to the ideal picture described above. It would have been smarter if I had of paid attention to the warning signs earlier. Not only would I have avoided the arthritic pains, but I suspect those years of inflammation have damaged my cardiovascular health.

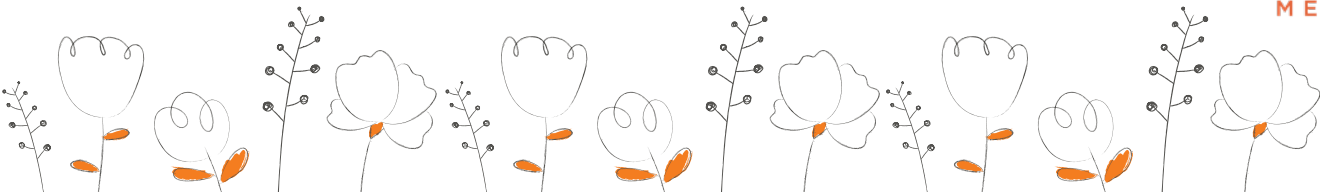
What Are Your Energy Leaks?

It can be a tricky process trying to discover where your energy leaks come from. It may be genetic like my arthritis. It may be stress. It may be nutrient imbalances. It could also be not enough or too much exercise. Everyone is different. While I thrive on high levels of omega-3 fatty acids and vitamin K2, you may need extra vitamin D and vitamin B12. Gene testing is now available to help you know

what diet and lifestyle practices are best for you. Ask the Health Coaches at Torbay Unichem Pharmacy about Ingeneous Gene Testing.



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Valencia Pine Dining chair

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Tall trough
with plastic inserts
77cmW x 73cmH
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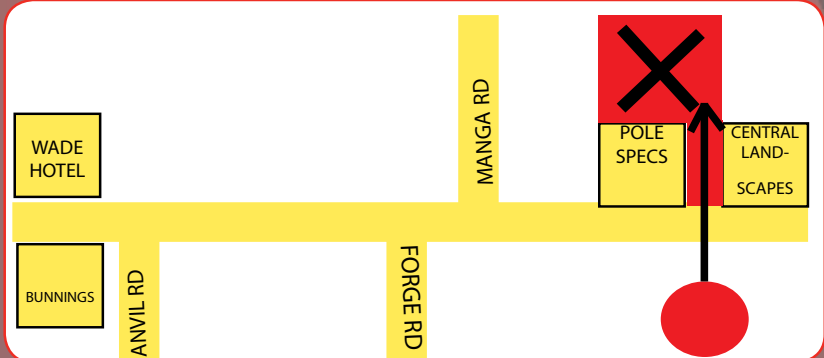
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Blueberry Muffins

These are so simple to make and sure to be a great treat for afternoon tea or a lunch box. You can use fresh or if using frozen, use them straight from the freezer. No need to thaw. Canned blueberries need to be well drained.

Ingredients

2 cups Flour
4 tsp Baking Powder
1 cup Caster Sugar
1 egg
1/4 cup Olive Oil
1 1/2 cups Full cream Milk
1 tsp grated lemon rind
2 tsp lemon juice
1 1/2 cups blueberries
Icing Sugar to dust

Method

Preheat oven to 200°C

Mix all ingredients together in a large bowl until just combined and moistened. Don't over mix or the muffins will be tough and not rise evenly.

Spoon into well-greased, deep muffin tins. Bake for 15 - 18 minutes. Cool on a wire rack and dust with Icing Sugar to serve.

Note: Blueberries can be fresh or if using frozen, use them straight from the freezer. No need to thaw. Canned blueberries need to be well drained.



**KIWIS FOR
GOOD**.co.nz

Kiwis for good, a grassroots nonprofit with big ambitions. Our organisation is rooted in the issue of Mental health and Suicide prevention. Ask yourself, Do I know how to treat or look after a person with mental health issues? Well if you need to know or want to know more, or even tell us your story check us out online. We have articles on our site dealing with many aspects of life. Social Issues, Cultural issues, Politics, Environmental issues, Business and Technology. These all have effects on Mental health.

Kiwi's for good are helping in three different ways.

1. We have launched an ongoing campaign too raise awareness of the lesser known issues such as suicide, homelessness and addiction. We are openly inviting a public discussion via our website or social media platforms for anyone to share their story. Therapy groups such as AA and NA have been working for over a hundred years to genuinely help people through there addictions and mental health issues.

2. We actively recruit and train people who are in need of support , whether or not they have Mental health or addiction problems or have found themselves unemployed or homeless. These people are given the paid duty to of distributing literature which provides them with tools they need to lead to a better , stronger more independent life.

3. Our profits are used to fund charitable community projects via our foundation. They will focus on working to reduce the ever increasing rates of suicide and homelessness and the huge issue surrounding the condition of New Zealand's overall Mental health

Whether you are an established business , writer, journalist or simply want to subscribe please visit our website www.kiwisforgood.co.nz





WHAT DO YOUR LOVED ONES NEED WHEN YOU'RE GONE?

A MEANINGFUL FAREWELL IS YOUR GIFT TO THEM



What do your loved ones need when you are gone?

TAKE THE TIME TO TALK.

A meaningful farewell is your gift to them.

A pre-arrangement allows your loved ones to gather together, support one another, remember and celebrate your life without the responsibility of making difficult choices in very emotional circumstances.

You don't have to wait to give that gift, you can do so now from as little as \$10 a week and no fees.

The Funeral Trust www.thefuneraltrust.co.nz is a prearranged funeral plan only available through members of the Funeral Directors Association of New Zealand. The Funeral Trust is not an insurance policy. No health checks or personal questions are needed.

It's as simple as taking the time to talk to family, friends and your Funeral Director.

As a Member of the Funeral Directors Association, we are your assurance of a meaningful farewell, we are committed to a set of best practice industry standards and inspections to ensure they are met.

To preplan and prepay towards your final farewell TAKE THE TIME TO TALK TO US TODAY.

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www.thefuneraltrust.co.nz

Preplan and prepay towards your funeral today.

This will allow your loved ones to

- Gather together
- Support one another
- Remember and celebrate your life

without the responsibility of making difficult choices in very emotional circumstances.

Take the time to talk today to your family and Funeral Director to create a meaningful farewell for you and your loved ones when you're gone.

YOU CAN GIFT THIS TODAY!

From as little as \$10 a week with no fees.



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(09) 426 7950 | www.forrests.co.nz
39 Riverside Road, Orewa, Auckland



Basketball

Congratulations to the Orewa College Senior Boys Basketball Team who won the Premier grade in an intense game beating Takapuna Grammar 79-71.

Also a great effort from our U17 Boys Team who played Rosmini in the final of their grade taking the Silver (61-68).

A special mention to those boys who played in the U17 final and backed this up later that night by playing for the Senior Boys Team.

Senior 1 Netball Result

The Senior 1 Netball Girls Team played in the Waitakere Premier Grade final last Tuesday night and won the Gold Medal. The team had only one loss during the whole season, which is a great result. They played their final North Harbour Premier League game last weekend.

Year 10 Physical Education

Year 10 PE is currently completing their unit on Outdoor Education. One of the initiatives the classes have looked at is our Environmental Care Code and what we could do

as a year group to help our environment. Mr Dickinson and Mrs Goodrick's class came up with the idea to write sustainable messages around the estuary path so that walkers and runners could read messages as they were going past.



Sustainable Messages



1. On the Chatham Islands what is the name of their endangered bird?
2. What country has a flag with 1 stripe more than that of the USA.
3. Who is the only Formula One motor racing driver to have won the World Championship on 5 consecutive occasions?
4. When standing up, what vein in the human body is furthest from the ground?
5. In what sport did New Zealand win their first medal at this year's Olympic Games in Japan.
6. According to KFC how many herbs and spices are there in Colonel Sanders secret recipes?
7. A bronze bust of which member of the Royal Family is on display at the Sandown Park racecourse in England?
8. Where is the hardest tissue in the human body?
9. Who is the World renowned philanthropist who donates the giving of \$2 for every \$1 donated by the Rotary Clubs of the world for the eradication of Polio?
10. It is now officially spring! Who wrote the classical music of the Four seasons.

In the Garden in September

Time for Spring planting - sow your favourite vegetable seeds such as carrots, peas, beetroot and silverbeet directly in the garden. Transplant out, or sow into seed-raising mix, capsicum, courgette, tomato, lettuce and aubergine. Protect young plants with slug pellets. Buy seed potatoes and keep them in a sunny tray for 3-4 weeks before planting. Prune feijoas and passionfruit vines to encourage new growth and fruiting. Refresh the herb garden and feed citrus, berry vines and fruit trees. New strawberries, blueberries and rhubarb can also be planted. Now is the right time to plant new lawns and top-dress existing ones.

In the flower garden plant seedlings of your favourite annuals, including calendula, chrysanthemum, delphinium, marigold, polyanthus and hollyhock. Now is also the time to plant dahlia tubers and gladioli corms, as well as new perennials like lavender, canna and geraniums. Get new roses into the ground quickly to ensure they get settled before summer. Plant in full sun with sheep pellets and a slow-release fertiliser.



We have seen big shifts in property values recently...

If you have owned your home for a year or more and are curious about what it might be worth now, please get in touch with one of our friendly team for a confidential chat. Or pop into the office, we're always up for a coffee.

We look forward to hearing from you!

Ray White Millwater | 09 424 9172 | 3/16 Wainui Road, Silverdale



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For further information please call our Ray White Millwater office on 09 424 9172

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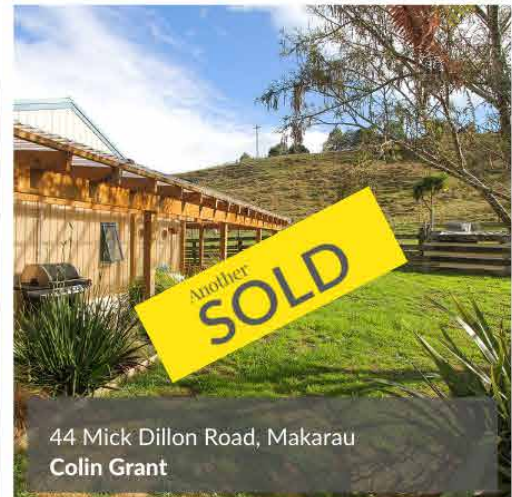
53 West Hoe Heights, Orewa
Rosalind Warren



1/3 Gilshennan Valley, Red Beach
 Sold Prior to Auction
Rosalind Warren



21a Red Beach Road, Red Beach
 Sold Prior to Auction
Jake Morgan & Jen Singleton



44 Mick Dillon Road, Makarau
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 027 672 1639

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 021 447 534

Jen Singleton
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 021 820 373

Rosalind Warren
 Salesperson
 021 243 1153

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You own the property, we own the hassles

Here at Ray White Millwater we make your life easy, hosting comprehensive screening processes to find the right tenants, completing routine inspections, rental collection, maintenance issues ensuring tenant queries are kept up to date and providing straight forward reporting that makes accounting easy.

With our experience and knowledge in all areas of the property game we know and understand your needs, which results in a professional and stress-free service - *sit back and watch your rental returns come in - hassle free.*

The key to successful property management comes down to clear and transparent communication for everyone involved, which is why we have developed our customer journey framework to provide to all landlords & tenants.

Get in touch with Katie today and ask to be added to our monthly email newsletter for tips, tools and articles which will help you on your property investment journey - *what do you have to loose!*



Katie Green

Property Manager
021 740 380 | 09 947 5040
millwater.rentals@raywhite.com



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What can you do if you think your consumer rights have been breached?

First of all, check what your rights are in your specific situation. Your local CAB can help if you're not sure.

Hopefully you've kept your receipts and any other relevant documentation to help you prove your case. Take your evidence with you when you visit the trader or service provider, and tell them what the problem is and what you want them to do about it. They may sort it out for you straight away. If this doesn't work, write them a letter of complaint. If the issue isn't settled between you and the business, you can make a claim at the Disputes Tribunal. The CAB can advise you about escalating a complaint.

If you believe the business is in breach of the Fair Trading Act you can also make a complaint to the Commerce Commission.

Although they can't act on your behalf, they do investigate if many complaints are made about a business and can take action against the business.

The kinds of complaints the Commerce Commission investigate include:

- A business makes unsubstantiated claims about a product or service
- A door to door sales business doesn't give customers the required information when negotiating to sell goods to them
- A retailer gives misleading information to their customers about the consumers' right to cancel an extended warranty agreement

- A registered auctioneer regularly accepts vendor bids higher than the reserve price.
- A business has been advertising a product using a description that doesn't match that of the product.

Contact the Citizens Advice Bureau for more info. The CAB provides free, confidential, independent information and advice to anyone. Not sure? Ask us. CAB Hibiscus Coast - 09 426 5338 | 0800 367 222 | www.cab.org.nz

Can a business contract out of its obligations under the Consumer Guarantees Act or the Fair Trading Act?

My travel agent is charging me a large fee for cancelling my travel bookings. Can they do that?

What does the Consumer Guarantees Act cover?

If something I bought doesn't work, do I have to pay for the cost of returning it?

Can I claim for damage to my property caused by work I have paid someone to do?

A product I bought turned out to be faulty but the business I bought it from has since been sold. What are my rights?

What does the Fair Trading Act cover?

What can I do if I do not receive goods ordered by mail or online?

Citizens Advice Bureau
Hibiscus Coast
 Orewa Community Centre
 Ph: 426 5338 | 0800 367 222
www.cab.org.nz

Not sure? ASK US.

Great Websites for Kids at Home

Keep those young minds active at home with fun activities from these excellent websites.

Kid Spot (kidspot.co.nz)

A great family website, with activities and resources for keeping kids busy (and happy!).

HEIHEI (heihei.nz)

A fantastic website for kiwi kids featuring educational games and television shows made by and for New Zealanders.

Bill Nye (billnye.com)

Everyone knows Bill Nye, the Science Guy. His website is as interesting and engaging as the man himself. Under the Home Demos section, you'll find a wide range of fun experiments to try with everything you can find at home.

Highlights Kids (highlightskids.com)

Highlights is an American magazine that has been published for 75 years. The website offers online ways to play, read, and craft with your children. The site includes matching games, art activities, animated stories and science experiments to help kids learn while having fun.



Sesame Street (sesamestreet.org)

For young ones, the Sesame Street website holds hundreds of video clips and games that will help them learn their alphabet, numbers, colours and more.

Exploratorium (exploratorium.edu)

San Francisco's Exploratorium at the Palace of Fine Arts website teaches kids about science and art in new ways. The activities let kids tinker with gadgets, go below the sea, rocket into the galaxy, as well as learn about the science of gardening, animals, and cells, to name a few.

CoolMath (coolmath.com)

Make mathematics fun with plenty of fun games to help improve your child's numeracy skills. It also includes lessons on algebra and calculus.

National Geographic Kids (kids.nationalgeographic.com)

Watch animal web cams, learn interesting animal facts, see and share photos of nature, learn about different countries, try science experiments, and much more. There's also a "Little Kids" section for the younger explorers in your home.



Whangaparāoa Library

9 Main Street, Stanmore Bay, Whangaparāoa 0932
09 377 0209 Facebook: @WhangaparaoaLibrary

Opening hours:

Mon-Fri 9.30am - 5.30pm Sat-Sun 10am - 4pm Closed on Public Holidays

For Kids / Teens (Term Time Only)

Mon	Rhythm & Beats (3-5yrs) 10.30-11am Afterschool knitting club for kids and teens 3.30-4.30pm
Tue	Home Education Group 12-3pm Pasifika Language sessions (for the whole whanau) 4-5pm
Wed	Stories & Songs (0-5yrs) 10.30-11am (Every week except the 2nd Wednesday of the month with Lightening the Guide Dog) Minecraft 3.30-4.30pm
Thurs	Book Club (Primary school age) 3.30-4.30pm Young Coasties Hangout (Run by Pasifika students from Hibiscus Tuakana) 3.30-4.30pm
Fri	Wriggle & Rhyme (0-2yrs) 10.30-11am Whangaparaoa Rainbow Group (13-18 yrs) 3.30-5pm
Sat	Mandarin Mat Time 11-11.30am Chinese Language Classes for children (5+yrs) 11am-12pm Rhymetime (0-5yrs) 2.30-3pm
Sat/Sun	Weekend Craft 10am-4pm

For Adults

Tue	English lessons for Chinese migrants 10.30-11.30am Pasifika Language sessions (for the whole whanau) 4-5pm
Wed	Low-Sensory Quiet Hour 1.30-2.30pm Book Club (1st Wed of the month) 9.30-11.30am Conversations in NZ Sign Language (last Wed of the month) 10-11.30am Embroidery Group 9am-12pm
Thurs	Brightside Spinners (1st/3rd Thurs of the month) 10am-2pm Hibiscus Stitchers (fortnightly) 1-3pm
Fri	BrainFit 11.30am-12.30pm
Sat	Hibiscus Coast Writers (2nd Sat of the month) 1-3pm
Sun	Beamaclub - movies at the library (third Sun of the month) 2-4pm Culture Club - all things fermented (last Sun of the month) 2-4pm

JP Service:

Mon - Fri 2-4pm and Sat 10am-12pm

Genealogy Research operates

Mon, Wed, Thurs and Sat 10am-12pm



Heart Disease & Heart Patient Management

14 September 2021 at 10.30 at Whangaparāoa Library

Join Trent Lash, a heart event survivor, for a special health presentation on recognising heart attack symptoms.

You will also learn what support is on offer for you and your whanau and gain a better understanding of what heart disease is and how it can be managed.



NEW Anime and Manga Club

Children and Youth 8yrs and up

Do you love to read Anime and Manga books? Do you enjoy drawing the characters or making up your own?

Here is your chance to share your passion for Anime and Manga with others in our new club.

We will talk books, draw characters, create our own books and much more.

This club will be run by the lovely Elena.

Starts: Sunday 22nd August 2021 (every Sunday term time)

Time: 1.30-2.30pm

Location: Whangaparāoa Library

Please email your interest to pip.stocking@aucklandcouncil.govt.nz



COMPETITION FOR KIDS

25 YEAR ANNIVERSARY

For kids up to 18 years old

Design what you think Ōrewa Library will look like in another 25 years time. You can draw, make a model, collage or anything you can think of to show us.

Entries close 5 September 2021

Ōrewa Library

12 Moana Avenue, Ōrewa, 0931 Ph 09 427 3916
Facebook: @OrewaLibrary

Children's Sessions

French Storytime: Term time only Next session 9 August. Mondays once a fortnight 11.00am

Rhymetime: Tuesdays at 11.00am (for 18 months - 3 year olds).

Wriggle & Rhyme: Term time only, Wednesdays at 11.00am (for 0-2 year olds).

Storytime: Thursdays at 11.00am (for 3-5 year olds).

Weekly Sessions

Craft Group: Every Thursday 10.00-11.00am. Bring your knitting, crochet or craft project and enjoy a chat.

Putiputi Weaving: New course starts 30 July. Friday 10.00 - 12.00 noon. Charges apply.

Toastmasters: Term time only Fridays 1.15 - 2.15pm

Opening hours:

Mon-Fri 9.30am - 5.30pm Sat-Sun 9.30am - 3.30pm Closed on Public Holidays

Monthly Sessions

BookChat: First Wednesday of the month 10.30am

Talking Poetry: First Monday of the month 12.00-2.00pm

Hibiscus Coast Seed Savers Group: Third Wednesday of the month 10.30am

Writers Group: Third Saturday of the month 1.15pm - 3.00pm

DNA User Group Sessions: Fourth Thursday of the Month 1.00 - 2.30pm 29th July

English Second Language Sessions (ESOL): please register on Tuesdays from 9:30am from 27 July

Free Online Streaming fortnightly Beama Film: Sundays at 1.00pm
Watch unlimited movies for free with your Auckland Library membership. Enjoy a wide range of New Zealand and international movies, documentaries and indie films.
<https://www.aucklandlibraries.govt.nz/Pages/streaming-films.aspx>

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coastlife@silprint.co.nz or
info@coastlifemag.co.nz

CLASSIFIEDS

If you would like to advertise in our classified section contact us at info@coastlifemag.co.nz. \$25+GST per listing.

Move with Murphy Ltd 56b Forge Rd Silverdale. Phone 094446825

Vision Accounting Solutions Ltd - Vision Accounting is a Chartered Accountancy firm which prides itself on making the time to offer our clients a friendly listening ear, whilst providing best practice, professional accounting and taxation results. Phone Virginia 09 415 0319

Piano Lessons - Are you interested in learning the piano? Contact Ruth on 021 145 6816. Get in early for 2021 as spaces fill up fast!



John Skiffington
john@sunriseelectrical.co.nz

Ph: 027 467 6026
 A/H: 09 424 5820

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 w: www.premiumld.co.nz

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Quiz Answers

1. The endangered bird of the Chathams is the Island Black Robin, with a current population of around a stable 250.
2. The country with a flag containing 1 more stripe than the USA is Malaysia.
3. The only motor racing driver to have won the World Championship on 5 consecutive occasions is Michael Schumacher.

4. When standing, the furthest vein from the floor is the jugular.
5. New Zealand's first medal at this year's Olympics was a bronze in the men's triathlon won by Hayden Wilde
6. There are 11 herbs and spices in the Colonel's secret recipe.
7. The Queen Mother's bust is featuring at the Sandown Park Racecourse in Surrey, England.

8. The hardest tissue in the human body is situated in the mouth.
9. The philanthropist giving millions of dollars towards the eradication of Polio is Bill Gates.
10. The music of the Four Seasons was written by Antonio Vivaldi.

Clubs & Groups

CROSS CULTURE MORNING TEA AND EASY BIBLE STUDY - Every Wednesday morning @ 10am. Hibiscus Coast Presbyterian Church, 107 Centreway Rd, Orewa. Make new friends, practice English and easy bible study. All welcome.

HIBISCUS COAST FLORAL ART GROUP - 2nd Monday of the month. Estuary Arts Centre, Orewa at 10am, ph 09832 4753

Hibiscus Coast Community Patrol - A volunteer group, we work with the NZ Police as their Eyes and Ears. If you would like to join please make contact with hibiscuscoast@cpnz.org.nz or 02102746229

HIBISCUS COAST SENIOR CITIZENS ASSOC - Every Tuesday & Thursday. Orewa Community Hall, noon to 4pm. Entry \$2. All welcome. Ph 09 426 2028 for more information.

HIBISCUS PETANQUE CLUB - Tues and Wed from 9-12 and Sun from 1pm. Adjacent to the Orewa Bowling Club, 214 Hibiscus Coast Highway. New members welcome, for info ph Club Captain, Colleen 021 1774820

OREWA BAPTIST COMMUNITY TOY LIBRARY - Open every Thursday during school terms between 9.30am and 11.15am at Orewa Baptist Church, Loop Rd, Orewa. All parents, grand-parents and care-givers welcome. Email toylibrary@orewabaptist.org.nz or come along any Thursday to check it out.

OREWA GARDEN CLUB - 2nd Thursday of the month Meeting, Orewa Catholic Church, 12.30pm Contact Valma 09 421 0710 for more information

OREWA LIONS CLUB - Meetings 1st & 3rd Wednesdays at 6.30pm, St Chad's Church Hall, 117 Centreway Road, Orewa. Contact Wendy Miller 09 426 2662 / 021 841 125, email: orewalionsclub@gmail.com Postal: PO Box 10, Orewa 0946

OREWA PLAYGROUP - Every Monday (term time) Orewa Community Centre, 9am-12 noon. Contact Sandra Paton mobile 02242 34592 Email: hbcplunket@gmail.com \$4 charge per family, includes tea/coffee & biscuits for parents/caregivers

OREWA SENIOR CITIZEN CLUB - Every Tuesday & Thursday Orewa Community Hall, 12.45pm to 3.30pm. Twice weekly meetings give members a chance to enjoy a game of bowls, cards or scrabble.

ROTARY CLUB OF OREWA-MILLWATER - We meet 2nd & 4th Tuesdays at The Wade Tavern, Silverdale. Short meeting at 7pm but many of us meet from 6pm onwards for a sociable drink and a bite to eat - and a sociable catch-up. An informal new type of Rotary; diverse and totally inclusive. Phone Secretary Caroline 027 748 0515

SAFE SPACES FOR TEENAGERS - Every Friday night, Hibiscus Youth Centre 6-10pm for 13-17year olds. HBC Youth Centre. Every Wednesday. 214d Hibiscus Coast Highway, Orewa. 9am-4pm - Has established a Family Planning Clinic. Contact for more information. Ph: 09 426 5005

SILVERDALE OREWA TOASTMASTERS - We meet every other Thursday at 7.20 for 7.30pm start, at the St Andrews, Presbyterian Church, 107 Centerway Road, Orewa. Contact: John 027 677 2177 or 09 426 5522.

ZONTA - 4th Tuesday of every month. Meet at "The Wade" restaurant, Silverdale, 6pm for dinner & speaker. Empowering women worldwide. Email: hibiscuscoast@zonta.org.nz or phone Cathy on 0297746628



Join us for services throughout the month:

St Chad's, Orewa
 Sunday 8.00 am and 10.00am
 Wednesday 9.30 am

Christ Church, Waiwera
 1st Sunday 10 am

Holy Trinity, Silverdale
 2nd & 4th Sundays 9.00 am

For further information phone 426 4952

or chadorewa@gmail.com
www.hbcanglicanparish.nz



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