

# theMillwatermag

June 2020

our FREE monthly magazine of all things  
Millwater & Milldale



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## Editor's Note

Welcome to **theMillwaterMag**, back in print after being a digital-only publication for the last couple of months. If you haven't, do please check out the online editions from April and May, which – along with all previous editions – you can access on [www.themillwatermag.co.nz](http://www.themillwatermag.co.nz).



Our thanks to our contributors and local businesses, who continued sending in articles to support our community with advice, ideas, and general camaraderie as we lived through a very uncertain time.

This month, **theMillwaterMag** community has offered more thoughtful tips and support as we return to “normal” life, perhaps taking with us some lessons we have learned along the way.

For my part as a teacher, as your children return to our classrooms, please bear in mind that it will take us some time to re-establish routines and relationships, and to figure out just how much was (or wasn't) learned during the last half term of distance learning. Every child's progress will be wildly different. It will take time to assess and adjust. Please be patient with them, and with us.

In the end, everyone's physical and mental health is more important. There is always time to catch up – let's allow ourselves, and each other, the space to do so.

Jessica Copping  
June 2020

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**FRONT COVER** - Julie King, founder of Love Soup  
Photo credit Brian Mullan

## Fishing spot

Well, here we are at Level 2, and very soon (hopefully) Level 1. The good news is that the water is still around 18 degrees and the fish are still on the bite. I think we will be able to fish well into July without having to work too hard for a feed of snapper.

As soon as Level 2 was announced I went straight online to search the weather and took that Friday off work. We left after work on Thursday from Gulf Harbour and voyaged toward Great Barrier Island for a couple of nights.

Only a few days before, we had 30 knot easterlies and there was a 2m swell. The trip wasn't going to be easy and with fading light we soon realised there would be no moon to guide us to Port Fitzroy. It was a long two hours with a 15 knot SE on the nose before we settled into a fishing spot in the lee side of the island.

After two months of not fishing, we were desperate to get a line in the water. There were lots of smiles and cheers as the fish came aboard. The next day we shot up to The Needles (top of Barrier) to have a look around the corner for a Puka fish, but the swell was too big, with 4m faces driving around the corner. We decided to wait it out to see if the sea would drop and, eventually, we snuck around the corner at around 1pm.

The swell made positioning the boat over the pins too difficult, so we headed back to our favourite spot for a dusk mission. This fishing session will be one I will remember for years, with big fish after big fish (up to 18 pounds) coming aboard, and a kingfish to top the night off!

The next morning, we hopped in the water



for a cray dive and I have never seen so many crayfish in the Hauraki. It was like a supermarket. With our bounty on ice we headed for home on Saturday afternoon.

What a magic way to end the lockdown. We are already planning our next expedition. Until then – tight lines!

Tim Lawrence

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## Hospitality Post Lockdown



I have been cooking professionally for 36 years now, and I had never seen this much decimation, upheaval, and uncertainty in the hospitality industry before the events of the last 8 weeks. Hospitality-related businesses are in for an extremely hard and rocky road ahead. Restaurants, cafés and takeaways will need to re-invent themselves as we all try to find the new normal, but first they need to survive this difficult period.

With restrictions on the number of customers they can serve and how they look after these customers, such as contact with only one front-of-house staff member per table, these times are dire. Profit margins for hospitality businesses are so slim anyway due to food cost, wages, rent, fixed overheads, etc., etc., etc. We must band together as a community and support our local businesses, or the landscape for dining in and out

may be very different in the months and years to come in Rodney.

We all love our takeaways from the large players, but we must also remember the small business owners and try to support them as much as we can to keep their businesses in our communities for the long term. I myself have not been able to take any bookings for Culinary Lane outcatering due to restrictions on numbers to a maximum of 10, and as I run my business from my council certified kitchen.

At least my overheads are manageable, but I can only imagine the struggle ahead for our restaurants, cafés and small takeaways due to their high fixed overheads they have. To operate at 40% of capacity isn't sustainable for them, so please, please support your local businesses, for all our sakes. We can do this if we band together.

I hope one day we will look back at this time and be proud of how we came through this together and supported each other.

**For your dinner parties, outcatering or grazing tables, go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) or [www.facebook.com/culinarylane](https://www.facebook.com/culinarylane).**

By Chef Mark Lane

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## vet speak

### Tips for keeping your dogs and cats safe and comfortable throughout the winter months.



have a cosy bed to return to, which is away from any cold draughts.

Some dogs can be very reluctant to venture out into the cold. If this is the case, do not force them out, but make sure you provide them with lots of toys for them to play with and keep them occupied while indoors.

If you do find that your dog is less active in the winter months, make sure you adjust the amount of food you give them accordingly to avoid weight gain. Food puzzles are a great way to occupy their minds and slow down their eating too.

As the nights draw in earlier and the sun rises later, attach a small light to your dog's collar so they can be seen when out on walks in reduced visibility.

As with people, arthritis tends to flare up in the wet and cold. Weight control, anti-inflammatories, appropriate exercise and feeding foods like Hills J/D that contain all the appropriate supplements all help manage arthritis.

Be careful of pets around heaters and fires. They will be attracted to the warmth just like we are, but also have the potential to burn themselves, so ensuring they can't get too close is essential.

With pets spending more time in doors it's important to continue regular flea treatment.

**Jemma Hedges**  
**Millwater Vet Hospital**  
[www.millwatervethospital.co.nz](http://www.millwatervethospital.co.nz)

It may be cosy indoors, but dogs need regular walks regardless of the weather. When out on walks it's important to make sure your four-legged friends are wrapped up warm. Put a dog coat on them when you go out, especially if you have a fine-coated dog, such as a Greyhound or Staffie.

Provide litter trays, as cats can be very reluctant to venture out into the cold, wet weather. Unless they have a dirt box or other convenient place to go to the toilet, they tend to hold on, which can result in a blocked bladder, requiring urgent attention.

Dry off wet and muddy dogs after walks and make sure they

Wayne Henry

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# pharmacy talk

## A Healthy Immune System

The best defence against seasonal ills and chills



### Olive Leaf Extract

Olive leaf extract has been embraced in the western world for use when ills and chills strike. Olive leaf provides an effective way to support immunity naturally, working at the cellular level to strengthen the body's response. Olive leaf has antiseptic properties that support the body's natural defences against immune threats.

### Probiotics

The gut is central to the immune system and acts as a first line of defence against pathogens.

GO Immune Protect harnesses the immune-supporting strains of HOWARU® Protect Probiotics, which have been scientifically researched. Probiotic 75 Billion is a broad-spectrum probiotic with 12 strains including the HOWARU® Restore, perfect to restore your gut – especially after a course of antibiotics.

### Zinc

Zinc plays an important role in supporting healthy immune function and immune recovery. Zinc is involved in cellular repair and renewal, and is a key component of your immune system. Unfortunately, this essential mineral is deficient in New Zealand soils, so it's not surprising that zinc continues to be a popular choice for helping to address possible deficiencies, replenish levels, and support proper immune function.

### Elderberry

The herb elderberry has been used for hundreds of years for its immune benefits, as it also acts at the cellular level. Elderberry supports recovery and is especially effective in supporting upper respiratory tract health.

### Echinacea

Traditionally used for supporting immune system health, Echinacea is well studied and well known for

offering natural protection against ills and chills. Echinacea works in the body by supporting our immune defences which are key weapons in the fight against invaders.

### Lifestyle Tips:

- Wash your hands with soap and water frequently
- SLEEP is essential for a healthy immune system, so try to get 8 hours a night
- Brighten your day with 15 minutes of SUNSHINE for your daily dose of Vitamin D
- PHYSICAL ACTIVITY 3-4 times a week improves health and well-being
- MINDFULNESS Take time to slow down, do stuff you love and have fun

(see advert on page 16)

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# Tummy Troubles?

## Healing or supporting a troublesome digestive system



stomach acid passes by. It's hard to heal because you need to eat and drink, so any injury to the gut wall never gets a chance to heal.

So what to do? You need to use combinations of the best soothing acid protections, healing ingredients in combination with temporarily avoiding any foods that the stomach needs increased acidity to digest – i.e. wine (sorry), coffee (double sorry!), tomatoes, and citrus.

On their own, these special healing ingredients will help, but it's the combination that really produces effective results.

When looking for a healing solution, you may be a little familiar with some of the ingredients?

Research has found that compounds in aloe vera regulate pepsin levels, reduce hydrochloride acid production, and provide a demulcent effect ... all helpful in healing digestive ulcerations. Aloe vera also assists protein breakdown, gently increasing peristaltic contractions, and reducing bacterial putrefaction.

Slippery elm has a "coating" effect on the digestive channel, all the way from one end to the other. It covers the injured or ulcerated area and shields it from acid in food passing by. It gives the irritation a chance to heal.

Mastic gum has been used in traditional Greek medicine for over 2500 years for the relief of digestive irritation. Research has confirmed its anti-inflammatory, anti-microbial healing effects in the gastrointestinal tract.

Turmeric helps increase mucous secretion and bile production. Very helpful in easing our food through gently.

All in all, choose carefully, get the right advice, and you might get the effective result you want!

**Come on in to Health by Logic.**

In these extraordinary, stressful times, it's not surprising that I'm noticing an increasing amount of people reporting digestive discomfort.

Firstly, during the lockdown, it's understandable that people cheered themselves up, coped with stress or relieved the boredom by eating or drinking more of foods that they wouldn't normally overindulge in.

Stress stops digestion, which causes non-digested food to acidify in the gut, which then permeates into the body and causes increased acidity in the bloodstream, cells, and tissues.

And, not surprisingly, that acidity can cause inflammation and soreness somewhere in the digestive tract which cannot be seen, is very irritating, and worsens every time food with

# millwater book of the month

## Scatterlogical Wisdom by Frances Hall



for her 'adoring audience.' France talks about marriage and being mum of four children, and how on planet Solo Mother they existed on leftovers. 'In fact, I think I ate leftovers for years, never remembering what the original meal was.' Her children affectionately called her 'Florence Nightmare' when any of the family were sick. She says one of the tricks to parenting is hearing things that 'make your hair curl and turn grey; but the trick is to keep your eyebrows neutral and get on with the job.'

Frances talks about her various careers, which include bun-running, journalism, radio presentation and tour leading. She has lived in the USA and has travelled to Chile, Peru, Bolivia, Argentina, Spain, Portugal, and Morocco, to name just a few.

Her travel stories in the book are especially lovely. I loved her conversation on a flight to Santiago, where she managed to mangle the language so that instead of saying she had four children, she told him she had four boyfriends – one in London, one in Toronto, one in America, and one in Auckland. There is also a lovely story about an encounter with a family in Cuba, who has become a lifelong friend. Frances talks about paying to put a bathroom in their house, but 'this pales in comparison with what she's given me out of her meagre resources.'

She talks about her faith, and says 'if God is watching us, the least we can do is be entertaining.' As a single person, she jokes about writing a book called 'No Eat, Pray, No Love,' but doesn't think it will be a bestseller.

Frances talks about falling off the wagon, 'including the chocolate wagon, the wine wagon, and the diet wagon.'

Lessons in this book? Frances aims to be one of the 'balcony folk,' who live on the top of life and encourage everyone to join them as they accentuate the good and downplay the negative. She doesn't encourage people to be 'basement dwellers' whinging about everything.

Scatterlogical Wisdom is a delight to read. Frances Hall has written about her life with humour and grace, in a way that embraces how messy and unpredictable real life can be. With a thirst for travel and adventure, through good times and challenging times, this down-to-earth memoir is scattered with pearls of wisdom that will resonate with many readers.

**Wild Side Publishing, RRP \$29.95**

**Reviewer: Karen McMillan,**

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

Frances Hall is a local author, and she's written a lively memoir that is a reflective look at her life, with hearty helpings of humour. She isn't a celebrity or household name, but she's someone who has lived an extraordinary 'ordinary' life.

While Frances' memoir is roughly chronological, it doesn't tell you everything about her life in minute detail, but rather the best and worst, and lessons learned. She talks about being a country kid with lofty aspirations, but how she is still waiting

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# the green spot

## Eco Tip of the Month



While we may be celebrating our children having returned to school, we might not be so enthusiastic about the return to preparing school lunches.

There are some great eco-friendly choices we can make in this area and it starts with the lunch box itself. When the plastic lunch containers deteriorate to no-longer-usable, replace them with durable stainless steel versions with sections which allow you to store food without the need for cling wrap.

Some people use beeswax wraps which are an excellent alternative, although I don't personally find them necessary for freshness when you have compartments that the food items fit snugly into.

Packaged foods offer a great convenience but if we can avoid these individually wrapped mini portions, we could eliminate some unnecessary soft

plastics. Bringing your own containers to bulk food stores or reusable bags to the bulk food section of your supermarket and purchasing snacks like pretzels, flavoured chickpeas or popcorn kernels are a way to replace those mini bags of chips. Or even if you at least bought a larger pack to divide up at home into smaller portions served in little containers, you'd be helping the cause. This can also be done with yoghurt, some of which can be purchased in glass jars. Extra points go to those domestic deities that manage home baking.

Drink bottles can be worse than lunch boxes at living short lives but there are some fabulous stainless steel options for these too. Water-bottle.co.nz is a great site for browsing a range of eco bottles, containers and accessories in stainless steel, bamboo and glass. I would encourage you to consider these sustainable materials rather than being lured in by the cheap prices of plastic lunchware, as it won't be a good long-term investment both financially and environmentally.

Hayley Crawford



## Introducing Julie King

This month I had the pleasure of talking to Julie King the founder of Love Soup. Love Soup is a charity dedicated to helping feed those who need it most, they are based around New Zealand and the Hibiscus Coast branch operates out of Whangaparaoa. They provide free nourishing meals and have joined forces with other charitable agencies to share resources and knowledge. They are dedicated to improving our communities and helping lift up all of those which they can. Julie told me about how her personal upbringing drove her into helping others. Having struggled with her mental health for years, she found that dedicating her life to the service of others made a lasting positive impact on her mind.

Love Soup not only offers food but they also offer companionship and a family environment to those who have never felt like they fit becoming an outlet to the people who desire to help contribute in a meaningful way. Donations are graciously accepted as they help the team at Love Soup put food on the table, and they constantly need and appreciate the efforts of volunteers. A goal Love Soup cherishes is that they want to inspire other communities to begin helping each other and to start uniting. When we all ban together it is incredible the positive impact we can make on our



communities as we have seen from Love Soup.

If you wish to donate they have a website [Lovesoup.org.nz](http://Lovesoup.org.nz) or you can go to their Love Soup Hibiscus coast Facebook page. There is always so much to be done from packing food parcels to dropping off deliveries, volunteers are always welcome and needed. If you wish to volunteer you can contact the team via Facebook. I asked Julie what the most rewarding part about Love Soup is and she told me

it is the sharing of hope. She said that there is a magic and medicine when it comes to helping others when what you are doing makes those who need it the most light up.

Megan Prentice  
Features Contributor

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## North Shore RDA

Horse riding is a wonderful activity that provides stimulation and exercise – both mentally and physically. It has been said; “There is nothing so good for the inside of a man as the outside of a horse.”

Tucked away in neighbouring Stillwater is the North Shore’s Riding for Disabled (RDA), a not-for-profit organisation that supports anyone with a disability to enjoy safe, healthy and therapeutic horse riding.



An active member of the New Zealand RDA (officially established in 1972), the North Shore group has been in operation for more than 40 years. Located on 18 acres and offering ample grazing, the training facilities include an outdoor arena, a sensory forest trail as well as an indoor barn for rainy days and workshops. Here riders learn about withers, muzzles, tacking, grooming and, of course, improving their riding skills.

Welcoming people of all ages, with more than 80% being children and teenagers, students benefit therapeutically as the movement of the horse makes the rider supple and relaxed, reducing spasms and improving balance, co-ordination and posture. Individually tailored programmes assist in personal growth, confidence, and independence as well as improving their physical fitness and developing self-esteem.

One such rider is Amy Hogan. Her riding lessons complement and extend her current exercise programmes. Having cerebral palsy, riding has strengthened her muscles and what was initially a ten-minute session has progressed to a full hour! Amy has developed some voluntary movement in her ankles as she learns to move with the horse, and is developing better balance and the ability to shift her weight. More importantly, riding has grown Amy’s confidence and has allowed her to trust that her body won’t let her down.

North Shore RDA has many other success stories to share. Structured riding sessions are handled under the supervision of trained RDA coaches with the assistance of trained volunteers and, of course, their super stars, the lovely horses; Missie, Kappie, Lenny, Rocky, Cruz, Phoenix, Indie and Roxy.

None of this is possible without the assistance of local volunteers (some of whom have been there for 20 years) who help groom and prepare the horses, and lead the horses during rides as well as side-walk to assist riders with their therapy lesson. The North Shore RDA even has people donating their time to maintain the gardens and property.

The organisation emphasises that to volunteer you don’t need to have horse experience, but rather a willing attitude and flexibility to be a team player. So, if you are interested in volunteering, do contact Philippa Nicholls on (09) 426 8110 or email [info@northshorerda.org](mailto:info@northshorerda.org). Sessions are run on Mondays, Tuesdays, Wednesdays and Thursdays.

Being a volunteer organisation, North Shore RDA’s most important need is for donations. COVID-19, as for most businesses, has proved to be a challenging time and they are looking for financial support, whether it be a one-off donation, a grant, or a corporate sponsorship. They would be most grateful for any support to keep their doors open and continue making a difference in the lives of others.

Donations can be made at [www.northshorerda.org/support-us](http://www.northshorerda.org/support-us)

When your horse follows you without being asked, when he rubs his head on yours, and when you look at him and feel a tingle down your spine; you know you are loved. This can be said of the many students who experience the joys and rewards at North Shore RDA.

## Rat Knockdown Making Millwater a haven for native wildlife

One of the things that many people enjoy about living in Millwater is the easy access to green spaces, and the abundance of birdlife that can be found in the surrounding area. Whether it’s the tui singing in the kowhai tree or the herons around the estuary, everyone has their favourite.

However, native birdlife is under threat and 74% of species are in trouble\*. One of the major causes of this is predation



photo credit Anna Arrol

and competition from introduced animal predators that don’t belong here. Rats, stoats and possums are responsible for the death of 26.4 million birds, eggs and chicks each year in our native forests alone\*\*. If expanded to include urban areas, that figure would likely rise to 100 million.

Now Forest & Bird is calling on you to help protect New Zealand’s native birds and lizards found nowhere else in the world by trapping rats in your backyard. Let’s not let the forests fall silent on our watch.

It’s also the time of year where rats are moving closer to our properties in search of food and warmth, they can cause thousands of dollars of damage as well as spreading disease.

For the last 8 years Forest & Bird have been working across all of the Hibiscus Coast with the goal of reducing the number of pest animals in parks and reserves. Over 80 volunteers manage a networks of 1200 traps and bait stations, including four who live here in our Millwater community.

Last year, a grant from Auckland Council enabled Forest & Bird to employ Project Coordinator Jenny Hanwell, and the project has big plans to expand its work across the wider community.

You can now order a pet-safe, easy-to-use rat trap via the project web page by getting together a few of your neighbours to join in too. The traps are available free of charge on long term loan from the project, all you need to do is keep setting them, and record your catches online.

For more info visit [www.forestandbird.org.nz/projects/pest-free-hibiscus-coast](http://www.forestandbird.org.nz/projects/pest-free-hibiscus-coast)



photo credit Nga Manu images

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# Escape From Lockdown



was so great to see Mum, Dad and the kids enjoying family time outside on the walkway and also exercising. You can forget how fortunate we all are to have such great walkways, a beautiful beach and a great array of shops and eateries right on our door step.

Another plus was how friendly everyone became, talking to neighbours, saying hi to people when out walking or biking, or just chatting over the fence.

Looking at the months ahead, we have been amazed how busy we are now with enquiries. Whilst we are still getting calls for help with repayment holidays and advice on refinancing, an amazing number of clients are looking to buy or build first homes, with a low deposit, both locally and in other main centres and provincial towns. This is encouraging - as it shows people all across New Zealand are setting new goals, looking to move ahead, and this will have a positive impact on the economy for life after COVID-19.

Here on the Coast, we should also be doing our best to stay, play, eat, and shop local – to do our bit for the local business community, plus continue to exercise!

**Kim Lyons is the owner of First Rate Mortgages Ltd and is also is Chair of the Orewa Business Association.**



What a relief to be at Level 2 - the sun is shining, and coffee shops are open this weekend for breakfasts.

It is also exciting to be returning to our Orewa office after 8 weeks of our mortgage broking team of 7 working from home - with help of Zoom, as there were no face to face client meetings.

Whilst it seems to have gone fast, we were fortunate, and we hope you were too, not to have been or known anyone exposed to the COVID-19 virus. Our thoughts do go out to those who were impacted in so many ways, whether it was through ill health, loneliness, missing weddings, funerals, the birth of a child, cancelled holidays, or even now facing unemployment.

With a degree of normality returning to life, we will all have discovered and experienced some things that we can take forward as positives post COVID-19.

A big one for me, as both a parent and recent grandad, was how nice it was to see family bubbles walking and biking around the estuary and local streets. Living on Arran Point it



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# Successful Healthy Weight Loss



We might all have a little extra pudge around our middles after being in lockdown for the past few weeks. Those readily available snacks may have kept calling you back to the pantry far more often than hunger required.

It may be very tempting to try losing that weight really quickly; however, studies show that for successful, sustained long-term weight loss, the quick route doesn't work, and we can end up heavier than before as we slip back into old habits.

It's easy to be tempted by those headline slogans, the latest fad diet and programmes, shakes or pills offering a quick fix – "Lose 5 kg in 1 week!" We've all seen them, and in our fast-paced world, they can seem like a bright beacon beckoning us.

### So, what is successful, healthy weight loss?

1. It must be slow and steady – just like the tortoise and the hare. Who eventually wins the race?
2. It must be sustainable long term.

3. It must fit into our lifestyles.
4. It should not be extreme and compromise our health.
5. It should promote good health.
6. It should create healthy new habits.
7. It should include foods we enjoy.
8. It should create a healthy relationship to food and our bodies.
9. It's about adding more nutritious foods to our way of eating rather than focussing on deprivation.

### What happens when we lose weight too fast?

1. Metabolism slows down.
2. Fast weight loss is usually water weight, and very low-calorie diets can result in muscle loss – which is the last thing we want, as muscle is like our car's engine and is where our bodies burn calories.
3. We can be at risk of nutritional deficiencies resulting in fatigue, poor immune function, hair loss, and loss of bone density.

Most importantly – our health status should be the priority. There is a way to both lose weight and improve health.

If you would like help with designing a more healthful way of eating, contact me at [paula@nutritionsense.co.nz](mailto:paula@nutritionsense.co.nz). Both in-person and online consultations are available, whichever is most convenient for you. Sign up for my Healthy Cooking and Lifestyle Workshop notifications and get in first to book a seat. I'm on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

Paula Southworth  
BSc Human Nutrition & Sports Science  
Member of the Nutrition Society of New Zealand  
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# millwater property management

## Getting Back to Normal?



the parents and teachers who cooperated to keep the kids' education going at home.

Essential workers soldiered on, keeping institutions and businesses running to supply the necessary goods and services while the others did their bit to help prevent the virus from spreading. We can all slap ourselves on the back and say "Good on you". Regaining control over the safety and health of our population has been achieved by superb efforts from every one of us. Sure, there have been the odd slip-ups from people who thought the rules didn't apply to them, but, by and large, we've done it!

Now as we head to a more "normal" way of life, our businesses will be different. But we will approach life with the same energy as before, and perhaps we will continue to think of others as well as ourselves. Good on you, New Zealand!

Craig Harrison | Principal, Quinovic, Millwater  
<https://www.quinovic.co.nz/millwater/>

Our world changed dramatically on 23rd March this year. That was the day when we all learned from the Government that in two days' time, we would be in Level 4 lockdown as a strategy to respond to, and hopefully to eliminate, the COVID-19 Coronavirus.

Suddenly we all had to stock up on toilet paper, flour, bread makers, beverages, and all sorts of goodies that we assumed would be in short supply. Such panic had not been seen since just before Christmas Day!

We entered the lockdown, and with a solidarity that should make us all proud, we got into our routines. Some workers found they no longer had jobs. Others were told to stay home, either subsidised by the Government Leave Payment or on a Wage Subsidy topped up by their employer. We instantly became a stay-home society, with only essential workers going out to work each day. I take my hat off to



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## Revisiting Old Friends

Over the past six years, **theMillwatermag** has featured many interesting locals in the regular *Millwater Interviews* with past editor Brian Mullan. We thought it was time to revisit some of these and update you on what these wonderful people are doing today.

Brian spoke with Vera Bartlett back in October of 2014. Since then her homestead on Bankside Rd has been sold and Vera has now moved onto a new chapter and is enjoying the companionship of living in a nearby community.

After meeting Vera Bartlett for the first time last January at the Picnic in the Park, it became obvious that it would be well worthwhile spending more time in conversation with her. That opportunity came along recently, when she chatted with easy familiarity and great clarity on her family background and her life.

Great-grandfather John Blake arrived in 1860 aboard the barque Jura, with the other local families of Sidwell, Galbraith and Moffitt. Vera's paternal Grandfather Henry Bartlett arrived in 1892 from England via Australia and later married the younger Blake daughter, Caroline. Henry, although first owning land over at Kowhai Road before moving with Caroline to the Bartlett farm, was a prolific builder, responsible for the construction of many schools and other public buildings all over New Zealand.

Vera's father Frank went to war in 1917, returning in 1919 just before his father passed away, and continued to farm at Bankside until he himself died in 1979. Two boys and two girls had been born, of which Vera is the youngest. The elder boy, Bob, followed in his grandfather's footsteps and was a very active builder, so younger brother Ken and sister Vera stayed on at the farm. Both remained single and great friends all their lives, until Ken passed away in 1994. Vera admits; "I was more of a gardener than a farmer, so Ken managed the farming activities". Vera remembers them all as children swimming and playing in

the nearby river. Elder sister Jean, also a great gardener, married and moved first to Ahuroa Road, near Puhoi, before settling in Coatesville.

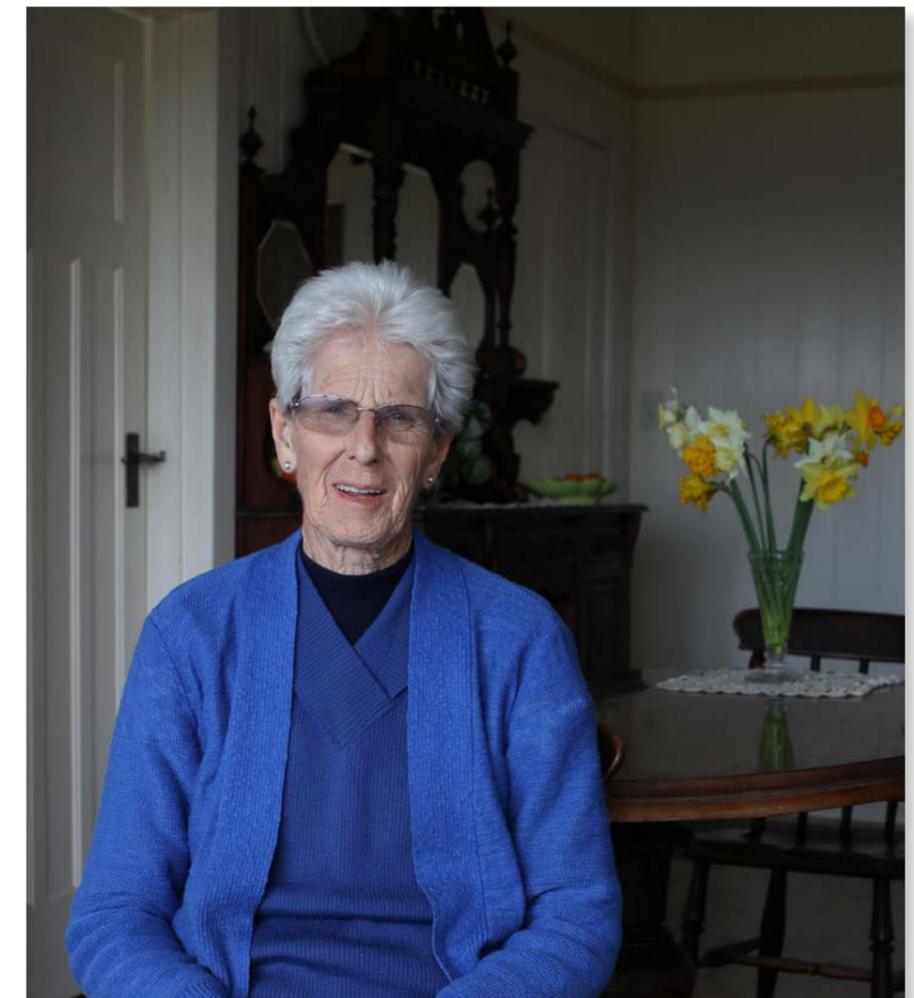
The early Blake family had been prolific planters of orchards and ornamental trees – and the gums that are still there today – thereby providing the basis for the Botanical Drive name today.

Travel is one of Vera's great loves and she has travelled extensively, including many trips to her favourite destination – England. She says, "If England was as close as Australia, I would still be travelling there on a regular basis". Another of Vera's keen interests is the Silverdale and Districts Historical Society, helping regularly on the first Saturday of each month at their stall in the Silverdale market. In future editions we plan to include more

historical information about Millwater: other original families and various connections with the naming of some of the local roads.

Surprisingly, perhaps, Vera and her late brother Ken embraced the changes that they knew would come to Millwater. She says, "Ken would have loved to have lived and seen the great machines that have wrought the changes to the old farm – he would have been out there in the thick of it". Another change that Vera would dearly like to see is the planting of trees in Butler Stoney Park, but she loves the views that Bankside farmhouse still enjoys and recognises that, for now, this is where she is happy to stay and be comfortable with her own company.

Brian Mullan



# Your Place Childcare



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care of their needs.

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At the heart of Your Place's philosophy is a culture of kindness, which means everyone that walks through our doors is treated with the utmost respect and dignity, because they deserve nothing less. This means the team at Your Place have been handpicked based on the kind of person they are within, not just because of their educational qualifications or teaching background.

The owners of Your Place have 25+ years experience working with children of all ages and abilities, are extremely passionate and excited about opening their dream centre, and believe wholeheartedly that what they can offer you will be nothing like anywhere else.

If you are interested in making contact to ask any questions, and/or would like to arrange a time to look through, please do not hesitate to contact Melanie on 021 232 7493. In the meantime, you can check out our website [www.yourplacechildcare.co.nz](http://www.yourplacechildcare.co.nz) which explains our philosophy and what we value in much more detail.

We look forward to your call, as we are now taking enrolments for those of you that would like to join us from 7.00am-6.00pm at 165 Wainui Road, Silverdale.

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## Central's Tips

June 2020



Winter is here ... now is the time to protect frost-sensitive trees like tamarillos and citrus and to put cloches on young vegetables.

Plant silverbeet, winter herbs and strawberries.

### In the Edible Garden

- **Coloured Swiss chard** or 'Brightlights' silver beet as it is known is a great sight in the vegetable bed now
- Plants that are struggling to grow as it gets colder and wetter benefit from a **cloche** which is a clear protective 'hood' that limits chill. Simple cloches are made from cutting the neck off plastic drink bottles (great recycling) and upturning them over the plant
- **Lift strawberry runners** and trim away from the parent - these can be planted in fresh Garden Mix as new plants for the summer season
- Herbs that contribute to winter dishes are **rosemary, thyme, bay leaves and parsley.**

### The rest of the Garden

- **Camellias** are a wonderful winter flower with flower shades from white and soft pink though to deep rose and red. Sasanqua varieties make excellent hedges and will flower now
- Gardens visited by **Jack Frost can experience damage on tender NZ plants** such as tree ferns, pukas, renga renga lilies and some coprosmas. Fruit trees such as citrus and tamarillos also experience frost burn. On still, cold nights frost cloth will protect these beauties
- NZ's best-known dwarf **Kowhai 'Dragon's Gold'** will start to flower around now. It's easily clipped as a shrub, hedge or topiary and it's a bright look in winter





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# Smartphone Unaddicted - Part 1



- been getting up at night to check your phone?
- gotten irritated or cranky if your scrolling time is interrupted?
- felt dread, anxiety, or panic if you leave your phone at home?
- been feeling phantom vibrations where you think your phone has vibrated but when you check, there are no new messages or updates?



- caught yourself favoring the phone over essential goods? There was a study conducted by the University at Buffalo, N.Y. where college students choose smartphones over food after a period of deprivation from both. Classic!

If some of the above resonate with you, it's probably time to reassess your smartphone use and strike a healthier balance in life.

In the next issue, I will discuss natural ways to cut this loop of addiction and take your focus back on more fulfilling matters in life. Stay tuned.

Got a health goal in 2020 but need support and accountability to achieve it? I can help get you there. You are welcome to contact me on 021 2722438 or via email [hello@alisondaviswellness.com](mailto:hello@alisondaviswellness.com) for a chat. For more health tips and articles, visit my blog at <https://www.alisondaviswellness.com/blog>.

Alison Davis

*Certified Nutrition & Health Coach, Mitochondrial Health Educator, and a mum who is on a mission to bring nature back into the life of humanity and help millions discover the best doctor and pharmacy within. Millwater resident since 2016.*

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## Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!

Please get in touch with Sarah on 09 426 6155 or email [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



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# Making the Most of Your Outdoor Home Life



With the sun sinking lower on the horizon and rain increasing, it's a good time to think about how your outdoor spaces are working for you.

Balance pleasing foliage with sun and shade angles in mind. Edible plants and crops and usable outdoor features can lift your spirits when enjoying your homes. Having an all-weather outdoor space can give new dynamics and increase property values. A professionally landscaped garden can add upwards of 15% to your property value. Decks and hard surfaces such as paving or concrete can ensure all-weather usability, help with access, and

ease ground water issues.

With the shorter days and lower sun intensity, now is a good time to think about how you can maximise both winter and summer use of your property. All-season BBQ areas, easy access to herbs and other kitchen essentials like citrus and flower/vegetable gardens, and especially raised garden beds which are more productive and easier to manage.

Things to think about:

- Summer and winter sun angles.
- Decks and patios to entertain and

relax on, i.e. flat hard surfaces for furniture and gathering.

- All-year functional BBQ or woodfire oven area.
- Shade and or rainproof covers.
- Position of productive growing to maximise both summer and winter sun, i.e. which plants want full sun, which plants want shade?
- Ground water - where is it, where do you want it to go?
- Wind exposure and how to minimise it.
- Privacy screening with wooden structures, steel landscape features, or plantings.
- Access for visitors, flow in and out of property outside, i.e. paths, gates etc.
- Storage, places to store wheelie bins and other utility items, i.e. garden sheds or sports equipment.

Making a plan and getting good advice is recommended. We Do Landscaping can help manage your process in an easy and affordable way.

**Simon Godfrey**  
We Do Landscaping

# Your Natural Style

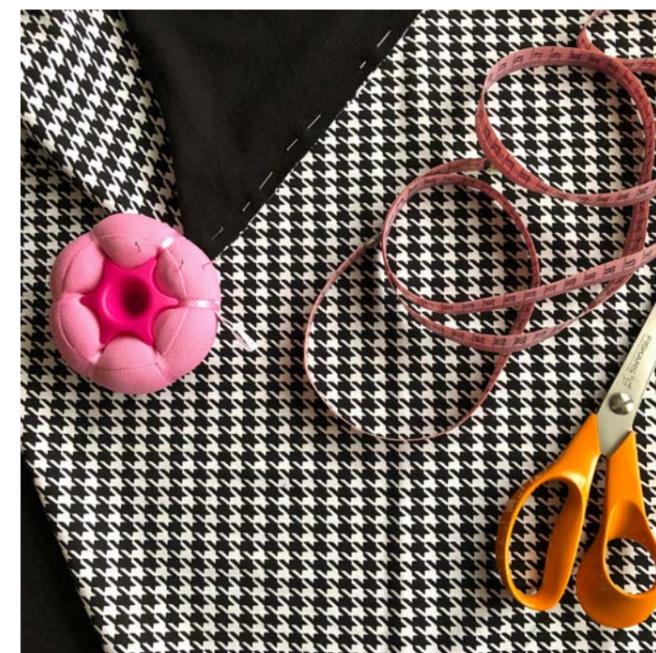
When purchasing garments, how do we stay stylish if we are trying to be sustainable?

It has become noticeably clear that our shopping habits are having a big impact on our wardrobes, our society, and our beautiful planet.

So, what can we do?

I believe we can start by stepping back, taking a moment to think about what we Need vs Want!

Ask yourself what your choices are, and recognise the impact those choices can make.



Here are some ideas to consider:

- Is up-cycling an item in your wardrobe an option?
- Start thinking creatively in your wardrobe; can something be reworked, or mixed and matched to make different outfits?

• Can an item in your wardrobe be altered?

• Clothing swap with friends? Or have a clothing swap party?

• Build a capsule wardrobe

• Clear your wardrobe regularly, this way you can see what you have and what you don't

• Make a list of what you need before you hit the shops, and shop smarter!

• While trying something on, question yourself and honestly answer, how often will I be wearing this?

• Is there something I can find at an op shop?

• If you are shopping, what does the brand stand for? Do they have sustainable ethics?

• Where was it sourced?

• Where possible, buy local.

By shifting your focus to a more conscious way of dressing, and being more selective, you are not only making smarter decisions, but you are improving your style edge. You will start being more creative with your clothing and explore more possibilities. I also believe this will allow you to clarify your own personal style.

Understanding your lifestyle, your body shape, and your style personality, are key ingredients to helping you make better decisions and choices without compromising your fashion style.

**Janine – Natural Style – Style and Image Coach**



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# millwater property

SALES DATA
Number of Sales
Median Sales Price
Highest Sale Price
Rolling 12 Month Average
Average % Price to CV
Average Floor Area (sqm)
Average Days to Sell

April 2019
4
\$1,290,000
\$1,540,000
\$1,150,838
-2.40
310
37

March 2020
11
\$1,140,000
\$1,388,000
\$1,126,835
5.72
212
59

April 2020
1
\$1,300,000
\$1,300,000
\$1,131,002
8.33
226
65

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.

## property talk

The Millwater sales statistics for April should come as no surprise to anyone. With almost the whole month being covered by the Level 4 Covid-19 lockdown, there was little to no activity over this time. It was difficult to complete transactions with restrictions stopping physical interaction with property, meaning no building inspections, etc. Buyers were restricted to online viewing and while we were able to complete some aspects of contracts, they were typically subject to physical and building inspection once we came back to Level 3 restrictions.

So, frustratingly, we had a number of buyers wanting to purchase but unable to do so for over a month. As predicted, this has led to something of a mad rush of buying activity over the Level 3 and Level 2 periods and we are expecting to see the sales figures for May showing a significant bounce back. It seems that right now buyers are more worried about finding the right home to buy than being concerned with the potential impacts of the coming recession on house pricing. This is a good approach, as we know that the numbers of properties available for sale was low going into May and the recent spike in sales has exacerbated this problem.

If you are looking to buy over the coming months it is very likely that your choices will be limited and you may well have other buyers competing with you for your dream property. Yes, it is likely that prices will drop over the coming months, but as of today there is no evidence that they have, and waiting for this to happen may mean missing out on the right house.

As always, if you are thinking long-term, then buying the right house will bring you more joy than being able to brag about the fantastic deal you got on your second or third choice.

Interestingly enough, it doesn't seem to matter how bad the market gets in Millwater, there is always a premium (above the average) paid for the truly good properties.

So what is the outlook for the coming months and years? Right now, we are anticipating a solid market for sales over the next few weeks. We are working our way through the pent-up demand and would expect that buyers who needed to buy, will generally have done so by the end of June, or made alternative arrangements. At the same time, we have relatively low levels of new properties coming to market. Our current thinking is that, by the end of June, we will see a tail-off in buyer enquiry somewhat balanced by lower numbers of properties on and coming to the market.

Going into July and through the rest of the year, we expect the new buyers entering the market to be somewhat cautious in their buying approach. It is likely that prices around the country will be showing signs of falling, so buyers will be waiting for any bargains that may come up. We are expecting to see increased activity levels from investors and first home buyers as falling prices theoretically improve their buying power. At the same time, we believe that most current owners will choose to wait and see what is happening with their jobs and businesses. It is doubtful that many will be looking to upgrade in the coming months, and this will restrict the supply of new property coming onto the market.

Overall, there will be a slowdown in the numbers of properties sold, with a slight skew towards more activity at the bottom end of the market and less in the upper price brackets. It is important to note that this shift in comparative weighting of sales is often what makes it appear that values have decreased, when in reality it is just more low value sales

happening compared to normal, pushing averages and medians down.

Rolling into next year, we anticipate that the true impacts of job losses and business failures will start to be seen with more mortgagee and distressed sales a likely outcome. There is the possibility that some of this will be balanced by increased buying from investors, first home buyers, and some expats returning to the safer shores of NZ. There is already evidence of increased buying interest from overseas, and this may start to be reflected in sales and we would expect some displacement from stocks, bonds, and commercial property in this timeline as well.

We would like to think that the impact of some of the Government's fiscal stimulus packages will start to be seen in different sectors of the economy, hopefully flowing through to new jobs and businesses being created. Overall, there are too many factors at play over the medium term to understand what 2021 might look like, other than to say

it will be different. A little like dealing with COVID-19, there is no rule book to work from so, for the most part it is going to be a case of making it up as we go along.

As always I am happy to discuss these ramblings, real estate or the greater economy in more detail with anyone wanting to make contact. In the meantime, keep your distances, wash your hands and think positively, there are a lot of people and countries in far worse positions than us.

Grayson | 021 665 423 | [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)

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- spacious single level home, not a stair to be seen, excellent 205m2 approx layout on flat 540m2 (approx) site
- quality build by Hunter Residential with balance of Master Build warranty available
- generous open plan living with large, functional and stylish kitchen incl walk in pantry and island bench
- additional adjacent lounge/media room for essential separation and easy level flow to outdoor entertaining area



**Grayson Furniss**  
021 665 423  
09 426 6122



**Sarah Furniss**  
027 444 0044  
09 426 6155

[www.mikepero.com/RX2272874](http://www.mikepero.com/RX2272874)

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0800 000 525



**SUPERB SINGLE LEVEL**

3 3 2

[www.29ManuelRoad.com](http://www.29ManuelRoad.com)

**29 Manuel Road, Millwater**

This wonderful single level home provides the ultimate in low maintenance easy living. Beautifully crafted by the renowned builders at Horncastle Homes, there is a lot here to love. This is one to not miss and immediate inspection is recommended.

- 5 year old home on a 669m<sup>2</sup> (approx) freehold site in fantastic location
- stunning outdoor area with extensive views and privacy
- spacious kitchen with island bench, separate laundry
- low maintenance materials, triple garage

[www.mikepero.com/RX2274004](http://www.mikepero.com/RX2274004)



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**ENTRY LEVEL DELIGHT**

4 2 2

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

**19 Prospect Terrace, Millwater**

This desirable Universal Homes built property in a well established street, in popular Millwater, is a great option for a variety of buyers. Investors will love that it has an existing long standing tenant (wishing to remain). With significant new development bringing jobs to the area, this could be a great addition to your portfolio.

- quality low maintenance split level home with 4 double bedrooms incl master with ensuite and walk in wardrobe
- fantastic open plan living / dining and kitchen area flowing to large decking area
- separate lounge space with extra high ceilings
- mature street of quality homes with outlook to established reserve

[www.mikepero.com/RX2274198](http://www.mikepero.com/RX2274198)



**Grayson Furniss**  
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09 426 6122

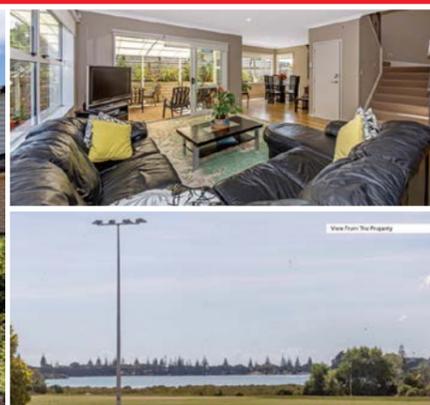
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**THIS ONE HAS IT ALL! LOCATION, QUALITY AND VIEWS**

4 2 2

[www.193MillwaterParkway.com](http://www.193MillwaterParkway.com)

**193 Millwater Parkway, Millwater**

Our vendors have spent a very happy 8 years in this wonderful Sierra (Fletcher Residential) home, in a stunning location, with reserve across the road and within easy walking distance to schools, shops and cafes. There is a lot here to love, so move quickly as quality properties of this nature are in high demand.

- large 653m<sup>2</sup> (approx) site in fantastic central location, easy access to schools, cafes and shops
- spacious 254m<sup>2</sup> (approx) 4 double bedroom home, plenty of space to spread out here
- stunning open plan living dining and kitchen area with solid wood floors, two additional living areas
- covered, private outdoor area with large area of flat grass

[www.mikepero.com/RX2233087](http://www.mikepero.com/RX2233087)



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Mike Pero

0800 000 525



**A HOME OF SUBSTANCE**

4 2 2

[www.66grovenordrive.com](http://www.66grovenordrive.com)

**66 Grovenor Drive, Orewa**

Elevated and sunny with views across Orewa, this low maintenance GJ Gardner home is spacious and welcoming. A quality build in low maintenance materials, this is going to be the dream home for some lucky family. Be in quick to view this property!

- 273m<sup>2</sup> (approx) quality GJ Gardner build set on a 709m<sup>2</sup> site with separate off street parking for caravan or boat
- extra large garage with workshop and separate toilet
- generous living spaces including two living areas plus separate dining, covered outdoor entertaining area
- four double bedrooms including master suite plus study

[www.mikepero.com/RX2272526](http://www.mikepero.com/RX2272526)



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09 426 6122

**Sarah Furniss**  
027 444 0044  
09 426 6155

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# AVAILABLE NOW!

27 Manuel Road

- built by Horncastle Homes ,balance of MB Warranty
- single level 282m home on a 684m site (approx)
- spacious open-plan living
- walk in pantry, separate laundry
- off-street parking for boat/camper
- covered outdoor living area

Contact Grayson or Sarah for more details



**Grayson & Sarah Furniss**

021 665 423 | 09 426 6122  
millwater@mikepero.com

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### THE ULTIMATE FAMILY HOME?

5 2 3

millwater.mikepero.com

#### 10 Sibling Court, Millwater

If you're in the market for a larger home, with size and quality included, then this should be on your must see list. In an ideal location for those with younger children, it is up a long, sole-use driveway on a stunning quiet cul de sac - its one of those roads where the kids still play in the street or the driveway.

- 310m<sup>2</sup> (approx) home on 786m<sup>2</sup> (approx) site, just 4 years old and in fantastic condition
- one ground floor bedroom plus 4 on second level with large open plan living space and massive kitchen
- impressive kitchen includes large island bench gas cook top, double fridge space, double dishdrawers
- second separate lounge area, set up as theatre room

www.mikepero.com/RX2336490



**Grayson Furniss** 021 665 423  
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**Sarah Furniss** 027 444 0044  
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# inside IT

## COVID-19: What are QR codes?

QR (**Q**uick **R**esponse) codes are an advanced kind of barcode which date back to the 1990s. Many smartphones can read these QR codes, and in the current global pandemic QR codes are being used in some parts of the world to help with contact tracing.

### What exactly is a QR code?

Barcodes visually display data in a way that computers can read. For example, supermarket scanners identify products by the unique ID number in a barcode. QR codes are more advanced in that they can incorporate more information, and both letters and numbers. For example, QR codes can include website links, contact details, and even facilitate digital transactions like purchases or tickets.

### How can QR codes help with contact tracing in New Zealand?

For example, QR codes can allow quick access to an online registration form. At time of writing, Auckland Council have announced QR codes will be used as an option for registering visitors to some facilities.

### Can my smartphone scan a QR code?

Most smartphones can scan QR codes, either with built-in functionality or by installing a QR code reader app. Smartphones with built-in functionality include Apple iPhones (with iOS version 11 or higher), and some more recent models of Android phones.

### How can I scan a QR code with my smartphone?

Open the camera and point it at the QR code as if you were going to take a photo of it. Move it closer or further



away to get it in focus. You do not need to press the camera shutter button. If a notification panel appears, tapping it opens included information (e.g. a website or contact record).

If that doesn't work, your phone may not have built-in functionality or using the feature is found elsewhere. There are a number of QR code reader apps to choose from in the App Store (on iPhones) or the Play Store (Android phones).

### What does a QR code look like?

Here is an example QR code which includes a link to The Millwater Mag website. Try scanning it with your smartphone.



[toby@techtutors.nz](mailto:toby@techtutors.nz)  
[www.techtutors.nz](http://www.techtutors.nz)

Toby Malcolm, Tech Tutors Ltd.  
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## Improving Your Business Workflow



Regardless of the type of business you work for or operate, there are ways to improve your productivity using digital tools. Despite the challenging times we face currently, technology has enabled many businesses to transform and adapt rapidly.

In the past 12 months, the large organisation I work for changed from an ageing Lotus Notes email database to G Suite from Google. G Suite brings the tools you need to communicate, share, meet and create without installing software on your computer. While you could easily grab a free Google account, the business version has added security, support for multi-device management, and single sign-on features, just to name just a few. Even if you have an existing website and email host, you can bring your email across to G Suite to improve your workflow.

Let's have a look at some of the key G Suite features that you could utilise for your business.

**Mail** - send and receive emails from multiple email addresses, avoiding signing in and out of different accounts.

**Drive** - save and share your files in the cloud. This is especially helpful when you need to share larger files that can't be attached to emails.

**Calendar** - organise and schedule commitments and meetings.

**Docs** - a word processor that exports to a Word file. You can also convert Word docs to a Google Doc. In other words, you may be able to operate without paying for Microsoft Office.

**Sheets** - a spreadsheet programme that exports to an Excel file.

**Slides** - a presentation programme that exports to a PowerPoint file.

**Meet** - video calling for virtual meetings.

**Cloud Search** - a search function to find your content across Gmail, Drive, Docs, Sheets, Calendar and more.

**Jamboard** - an interactive digital whiteboard for collaborative brainstorming. Add sticky notes, grab images and content from the web, pull in Google Docs, Sheets and Slides straight from your Drive.

All of these productivity apps are also accessible on iOS or Android smartphones.

Google has e-commerce apps covered too giving you the analytics and tools to advertise your business online. Let the world know what your business has to offer! You could set these ads up yourself if you don't have the budget for outsourced SEO (Search Engine Optimisation) services.

This pandemic will come and pass, but inevitably other crises will come that disrupts our lives and livelihoods. It is never too late to transform the way you do business.

Robbie Chui | Millwater resident | eLearning Specialist | 021 055 4065



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Mike Pero Millwater Fund

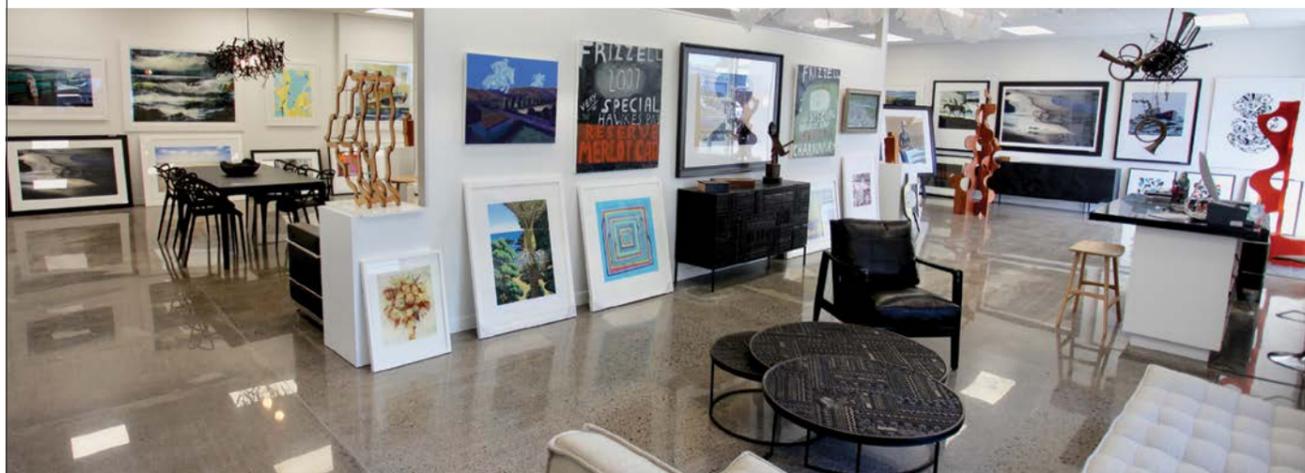
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## Kids Corner

Wonderful Weather!

M	R	A	W	C	L	O	U	D	S
I	H	W	C	A	L	M	O	N	N
S	U	N	S	H	I	N	E	D	O
T	M	M	U	G	G	Y	E	D	W
C	I	L	I	A	H	K	R	N	Y
H	D	M	R	O	T	S	F	I	T
I	U	R	A	I	N	B	O	W	S
L	L	W	Y	E	I	A	T	H	O
L	E	R	E	D	N	U	H	T	R
Y	N	I	A	R	G	R	G	O	F

### Weather Word Search!

- Calm
- Chilly
- Clouds
- Dry
- Fog
- Frosty
- Hail
- Humid
- Lightning
- Mist
- Muggy
- Rainbow
- Rainy
- Sky
- Snow
- Storm
- Sunshine
- Thunder
- Warm
- Wind

The leftover letters will spell the hidden phrase:

### Mind-Blowing Weather Facts!

There is never “new” water on Earth – the same rain falls again and again and again!  
 A very strong sand and dust storm, which can be up to 1km high, is called a haboob!  
 A green sky, or noises like a roaring train, means a tornado might be coming!  
 All thunderstorms make lightning – sometimes up to 16km away from the rain!  
 Raindrops have different shapes when they are different sizes – smaller raindrops are spheres while bigger ones look like hamburger buns!

### Wacky Weather Jokes!

- What does a cloud wear under his raincoat?  
*Thunderwear!*
- What’s the difference between weather and climate?  
*You can’t weather a tree, but you can climate!*
- What happens when it rains cats and dogs?  
*You have to be careful not to step in a poodle!*
- What do you call a bear caught in the rain?  
*A drizzly bear!*



## Nearby Neighbours: Mangawhai

With overseas travel restrictions firmly in place for some time to come, it's time to focus on our own backyard. New Zealand has so much to offer and it's right here on our doorstep. This month we discover the beautiful Mangawhai, only an hour's drive from Millwater.

Magical Mangawhai, as it is known locally, is an idyllic holiday or permanent destination within easy reach of Millwater and Auckland, for those who enjoy a warm climate by the sea and a relaxed way of life. Mangawhai is blessed with the choice of two beautiful beaches – surf for the adventurous or tranquil estuary waters for the family – and plenty of scope for fishing and water sports of all kinds. Life in Mangawhai moves to the rhythm of the water and the seasons.

The region is becoming increasingly known for its olive groves, wineries, eateries, and the weekend market in the village, which is a regular destination for people looking for taste treats and crafts of all kinds. A weekend trip to Mangawhai wouldn't be complete without a visit to Bennett's chocolate factory and café, situated in its own iconic building just a stroll from the market.

The hinterland around Mangawhai is known for the quality of its soil for horticulture, and the 'Tara' in the hills behind Mangawhai is one of New Zealand's main export sources of avocado. This attracts many who want their own little patch of paradise to plant and create a lifestyle for the family to enjoy, or to provide a focus for retirement. Many in the area promote ecology and support the protection of native species such as kiwi and the fairy

tern, for which the area is world-renowned.

Permanent residents of Mangawhai are well supported by a solid infrastructure, including an excellent school and an exciting Activity Zone for young people; boasting the largest skate bowl in New Zealand. People are increasingly discovering the treasures on offer in the Mangawhai region and are surprised to find there is every type of real estate offering available – from newly-built homes in new developments to cliff-top luxury residences and more modest established homes or lifestyle blocks, in price brackets to suit all pockets.



# YOU KNOW YOU'RE DOING IT RIGHT WHEN YOU GET GLOWING REFERENCES FROM BOTH PARTIES.

## From the purchaser

Despite us all being in level 4 and 3 lockdown Grayson was very helpful while dealing with our purchase of a new home. He was always friendly, willing and knowledgeable dealing with our many questions. We don't intend buying another house or selling one but if we did we would be happy to deal with Grayson and the team at Mike Pero again.

**Lynne And Mike.**



## From the vendor

"We would like to extend our appreciation to Grayson and Sarah for the professional manner in which they marketed and ultimately sold our home. We were only able to have one open home before we had to lock down during the Covid19 crisis. Despite this, they were able to pursue and ultimately secure a buyer and a sale within the lockdown period, which we consider quite remarkable. We secured a good price for our home, and have no hesitation in recommending Grayson and Sarah from Mike Pero Real Estate Millwater as a top Real Estate Agency"

**King regards, Gary and Lorraine**

**09 426 6122**

<https://millwater.mikepero.com/>

**Grayson Furniss**  
021 665 423

**Sarah Furniss**  
027 4440044

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# your local tides

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1 June	02:312 .9m	08:480 .7m	15:062 .8m	21:140 .7m
2 June	03:303 .0m	09:460 .6m	16:092 .9m	22:140 .7m
3 June	04:283 .0m	10:440 .5m	17:103 .0m	23:120 .6m
4 June	05:253 .1m	11:420 .5m	18:063 .1m	-
5 June	00:080 .6m	06:203 .1m	12:370 .4m	18:593 .2m
6 June	01:020 .5m	07:143 .1m	13:290 .4m	19:513 .2m
7 June	01:540 .5m	08:083 .1m	14:190 .4m	20:413 .2m
8 June	02:450 .5m	09:003 .0m	15:060 .4m	21:313 .2m
9 June	03:350 .6m	09:513 .0m	15:520 .5m	22:203 .1m
10 June	04:250 .7m	10:402 .9m	16:380 .6m	23:093 .0m
11 June	05:150 .8m	11:272 .8m	17:260 .8m	23:572 .9m
12 June	06:060 .8m	12:142 .7m	18:160 .9m	-
13 June	00:452 .8m	06:560 .9m	13:022 .6m	19:091 .0m
14 June	01:342 .7m	07:460 .9m	13:532 .5m	20:041 .0m
15 June	02:242 .7m	08:351 .0m	14:492 .5m	20:581 .1m
16 June	03:152 .6m	09:241 .0m	15:452 .5m	21:501 .1m
17 June	04:042 .6m	10:120 .9m	16:392 .5m	22:391 .1m
18 June	04:512 .6m	11:010 .9m	17:272 .6m	23:261 .0m
19 June	05:372 .6m	11:480 .8m	18:122 .7m	-
20 June	00:111 .0m	06:222 .7m	12:330 .8m	18:542 .8m
21 June	00:550 .9m	07:072 .7m	13:170 .7m	19:372 .9m
22 June	01:390 .8m	07:532 .8m	13:590 .6m	20:202 .9m
23 June	02:240 .8m	08:392 .8m	14:420 .5m	21:053 .0m
24 June	03:100 .7m	09:272 .9m	15:260 .5m	21:513 .0m
25 June	03:580 .7m	10:152 .9m	16:120 .5m	22:393 .1m
26 June	04:480 .7m	11:042 .9m	17:010 .6m	23:293 .1m
27 June	05:400 .7m	11:542 .9m	17:550 .6m	-
28 June	00:213 .0m	06:350 .6m	12:482 .9m	18:520 .7m
29 June	01:143 .0m	07:300 .6m	13:452 .8m	19:530 .7m
30 June	02:103 .0m	08:270 .6m	-	-

## Supporting Friends Through Separation



### Know a friend going through a separation? Here's how to help.

I read a guest post on a blog the other day which really resonated with me, called *When you're living a life you didn't choose*. That happens sometimes – we end up in a life that wasn't what we hoped / dreamed / planned.

Right now you could say that I'm living a life I didn't choose – in so far as I never in my wildest dreams (or nightmares) would have imagined that my marriage would end after 15 years of trying. But, yep, there it is. I've been separated and sole-parenting for over three months now (editor's note: at the time of writing). That's the twist my life's rollercoaster has taken me on. (Out of respect for my family, the details of what led to my separation won't be published material).

Surprisingly (to myself if to no one else) we're doing pretty darn amazing (the bills are getting paid, the kids are getting fed, the puppy is getting walked and I'm not crying hardly at all), and I'm learning a lot. A lot. I'm learning about myself, about how strong I am after all, about how my brain isn't half as redundant as I thought it was and how to be in three places at once (actually that is a skill I am yet to master, but we try). I'm also learning all over again how amazing my community is – my community of mother-sisters, friends and family.

I literally could not have gotten through the last few months without the strength and support of friends and family who have sat with me, prayed with me, cried with me, listened to me and encouraged me. Friends who have brought over meals, sent care packages wrapped up for each one of my children, taken over my kitchen and cooked up a storm, made cups of tea, taken my kids to play, to sleep over, to sports games, who ask, "How are you going? What can we pray for today?"

I have also learned that the end of a marriage can feel a lot like a death has happened. There's grief, heartache and it's awkward. And sometimes people don't know what to say or how to act, or they don't want to take sides – so they keep their distance. And that can really hurt.

I wanted today to share a few little insights based on my recent experience, so that if any friend of yours is ever unfortunate

enough to go through a relationship break-up, you'll know what to do.

### 1. Don't stay away

Loneliness – being overwhelmed by our new aloneness – is pretty overwhelming. We are now facing the rest of our life without a partner and that can be pretty scary. The thing that helps us get through is the love of friends and family. Good company, a good laugh over coffee or a glass of wine with a friend can re-energise our hurting hearts.

Turning up to church or social gatherings on our own can be very nerve-wracking – we're wondering what people are thinking, what they've heard, and paranoia can be at an all-time high. So please don't stand back and be awkward. Come up and give us a hug, ask how we're doing, how the kids are doing. It will mean the world, truly.

### 2. Food is always a blessing

You can't go wrong with dropping round a meal or a batch of baking for the kids' lunches. Sole parenting is exhausting and relentless and money is probably tighter than it's ever been. A night off cooking is a beautiful practical expression of love.

It also means a lot to the kids to see people caring for their family in a delicious home-baking way. "People are caring about us, Mum," my kids say when someone has brought over dinner or sent some treats in the mail. The blessing of food doesn't just mean the world to the newly-separated friend, it also means a lot to their heartbroken kids.

### 3. Don't be afraid to ask

Ask how we're doing, ask how the kids are, ask if we need any help, heck, ask what happened. I would much rather someone came up to me and asked, "What happened?" than that they assumed stuff or heard things secondhand. The worst thing – the worst thing – is walking around not knowing who knows, and wondering what people are thinking about you and who has heard what. It's the pits. I'd much rather people just asked me.

### 4. Don't assume

It takes a whole lot of people supporting a newly-broken family to help us get through what is probably the worst time of our lives. Don't assume that someone else is in contact, don't assume that no news is good news – it's really, really hard to ask for help, especially from the same faithful friends over and over (we worry that we're being too much of a burden).

The more friends we have looking out for us and our kids, in little ways, means that the burden of support and care doesn't fall too heavily on just a few people. My main support people have been so amazing – but I worry that it's too much sometimes because I don't want to be a pain.

Being supported by a village of friends when your world has flipped upside down can make all the difference in how you come through it, I reckon.

Shared from The Parenting Place  
[theparentingplace.com](http://theparentingplace.com)

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Lindi Kingi

A relaxing day fishing was planned, until I discovered the 4 week old burley bag in the bait bin. No more nasty surprises with our fully fitted pricing.

## Gifting to Your Trust in Times of Financial Uncertainty

In times of financial instability, people begin to wonder, "what steps should I take to best protect my assets?" One way to protect your assets is to form a trust and to start to gift your assets to that trust. If you already have a trust, then you just need to undertake a trust review to look at whether you have gifting outstanding, administration is up to date, and the Trust is being run properly. If you do not have a trust, then you may want to consider whether a trust is right for you.

It is important to note however, that gifting your assets to a Trust is not a water-tight solution for asset protection. As we have set out below, should you find yourself in financial difficulty, some of the gifts you have made to your trust may be clawed back to pay your personal debts.



specifies that in certain circumstances, a gift can be clawed back if, when making the gift, your intention was to defeat creditors. A notable difference under this legislation is that clawback can occur regardless of the amount of time elapsed since gifting.

### Gifts generally

At any time when making a gift to a Trust, it is important to consider residential care subsidies. The regulation around eligibility for residential care subsidies sets out some rigorous rules on asset testing and deprivation or gifting of income. In some cases, it may not be in your

best interest to make a gift at all if you or your partner wish to apply for a residential care subsidy.

It is good to know your options for asset protection and if you wish to discuss the options available to you, call us on 09 486 3058 or 09 869 4087, or email us [silverdale@simpsonwestern.co.nz](mailto:silverdale@simpsonwestern.co.nz).

**Melanie Baker-Jones**  
Solicitor  
Simpson Western

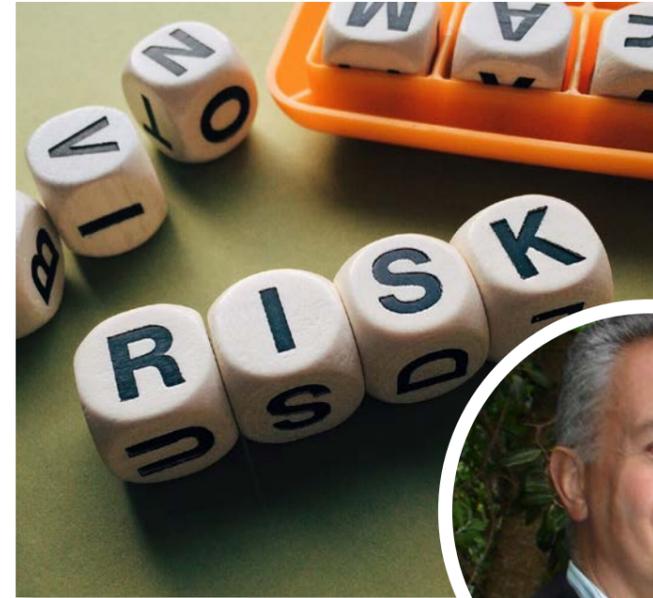
### Gifts and Insolvency

Under the Insolvency Law Act 2006, if you are declared bankrupt, any gift made by you to your Trust in the two years prior can be automatically clawed back. Any gifts you have made within a 2-5-year period before being declared bankrupt may also be clawed back, unless it can be proved that you were able to pay your debts without the aid of the property which you gifted.

### Gifts at risk at any time

As well as the insolvency provisions, the Property Law Act 2007 also

## True Colours in the Time of COVID-19



fully aware of the nuances of each insurer's approach.

At the best of times, insurance can all be a bit daunting, confusing and scary for individuals, especially when one considers all the different products, the multitude of insurers, the various options available, and then try to compare insurance quotes. The current COVID-19 pandemic has overlaid yet another tier of complexity with regard to how insurers are presently underwriting any new applications, managing existing clients, amended their products, and how they are responding to the inevitable financial hardship that will result from the current situation.

It's more important than ever to work with a respected insurance specialist who is able to assist clients to navigate their way through the insurance "jungle".

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**Theo Simeonidis FNZIM & Cristina Simeonidis**  
UProtectNZ Insurance Services

*Theo and Cristina Simeonidis are Registered Financial Advisers, living and working in Millwater, and specialising in personal and business insurances. Theo can be contacted on 027 248 9320, Cristina on 021 868 280 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any assistance is provided on a free, no-obligation basis. A disclosure statement is available free of charge on request.*

I can vividly remember from my days as a Chief Executive, during team building sessions, learning from behavioural psychologists and personality testing practitioners, that the "real" personality and behaviours of an individual emerge when a person is under stress. Life and health insurance companies are no different. They all have their personas and at the present time, under this sustained period of stress, it has been interesting to see (without mentioning specific names) their "real" personalities emerge, as opposed to their cultivated public images.

It's been notable that each insurer has assessed, evaluated and responded, in its own way, to the unquantifiable risk posed by COVID-19, and taken the requisite action with respect to whether they announce additional financial hardship grounds via premium holiday and policy suspension (and the terms that apply), any change in underwriting rules, availability of products for new applications or whether any covers are temporarily deferred until such time as the emerging scenario with COVID-19 becomes clearer.

So, it's been an interesting time to observe the reactions of all the insurers to the current situation. The astute insurance adviser will have taken all this information aboard and will be

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# millwater malt



**Colour:** Very pale straw, no artificial colour has been added to the whisky.

**Nose:** Fresh and flowery initially, then sweet vanilla and mixed spice – and a hint of coconut.

**Palate:** An initial 'bite' from the Mizunara oak soon subsides, leaving a velvety mouthfeel. The barley is always present; and there is cinnamon, ginger and a hint of chilli spice, all well-balanced by a toffee sweetness.

**Finish:** Smooth and relatively long for such a young whisky. The toffee lingers alongside the unusual Mizunara oak vanilla. Would work well as a dessert whisky, and you should try it also with just an added drop of pure spring water.

**Conclusion:** Glad I found this one; a welcome education on the unique influence of Japanese oak on malt whisky.

70cl, 48% ABV, target price around \$100 online.

Brian Mullan

When my regular online supplier recommended an unusual Japanese single malt whisky at a shade under \$100, I rushed to buy and have not regretted that impulsive decision.

First, the pedigree: 95/100, Jim Murray 2020 Whisky Bible; and Winner, Japanese Single Malt Whisky of the Year in Jim Murray 2020 Whisky Bible. Double Gold, San Francisco World Spirits Competition, 2019.

The Matsui Mizunara Cask is a young Japanese single malt whisky, uniquely aged in only Japanese Oak (Mizunara – *Quercus mongolica*), which gives the whisky a deft but sharper degree of tannin than the more traditional ex-bourbon casks – but in a fairly gentle way. This is a very different malt whisky than perhaps you have been used to...

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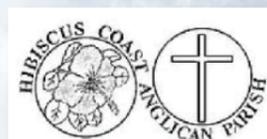
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Wednesday 9:30am

Christ Church, Waiwera  
1st Sunday 11:15am

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

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# What's on hibiscus coast

## Weekly & Monthly

**Every Weds Hibiscus Coast Scottish Country Dance Club** • Silverdale Hall • 7:30pm

**1st Sat of every month St Chad Market** • 117 Centreway Rd, Orewa • white elephant, arts, crafts, plants etc • Stalls \$15 & tables if required (\$5) • bookings call Andrea 02108310745 or John 09 4267645 (If it's wet it will be inside).

**Every Sat Millwater parkrun** 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details

**Every Weds Drop-in Mindfulness Meditation for Parents & Caregivers of High Needs Children** • 10:15 - 10:45am Stoney Homestead, Galbraith Greens • Gold Coin Donation • Contact Liz 021 988468

**2nd & 4th Tues of every month Rotary Satellite Club of Orewa Millwater** • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale Contact Secretary Brian 021 031 1232

**Every Weds Hibiscus Coast Mid-Week Badminton Club** • 9am-noon • (Club Nights Tues & Thurs 7-9pm) • All welcome • 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 Donna 021 024 3064

**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](mailto:hibiscuscoast@zonta.org.nz) or 027 577 1888

**Every school term Tuesday Ladies Crafts Group** • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 9am-12pm \$2 for morning tea & craft • creche provided

**Every school term Friday Arts Group** • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 9am - 1pm • \$2 includes morning tea • suitable for beginners

**Every Tues Hibiscus Coast Rock & Roll** • Whangaparaoa Hall • 7pm lessons • 8pm general dancing • Wear soft sole flat shoes Wear layers as you get extremely hot dancing • Further info on our website & Facebook.

**Every 2nd Thurs Join Hibiscus Coast Concert Band!** All ages & abilities welcome • See our website [hccb.org.nz](http://hccb.org.nz) • 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.

**3rd Tues of each month Silverdale & District Historical Society Coffee Morning** • 10:30am The Old Parsonage Silverdale Pioneer Village • Bring your items of historic interest to discuss over coffee • All welcome • Free entry [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com)

**Every Sat 9:30-10:30am & every Tues evening 7-8pm • Dance Fitness Class** - Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available • Contact Richard 021 903 094

**Every Mon Whangaparaoa Indoor Bowls Club** night at the Whangaparaoa School Hall from 7pm • all ages, beginners welcome and coaching provided • contact Geoff 09 428 5915 or Owen 09 426 8476

**Every Thurs evening Silverdale Ballroom Studio** - Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 527 5542 for further information • **4th Sun of each month - Kiwi Club** • Social Dance 5-8pm • All welcome.

**Every Fri Toastmasters** • 1:00 - 2:00pm • Orewa Library

**2nd Weds 7-9pm & 4th Thurs 10am - Noon Hibiscus Coast Embroidery Guild** • Meet at Hibiscus Coast Community House (behind Estuary Arts, Orewa) • Contact Jan Adams 09 426 5851, [janadams49@gmail.com](mailto:janadams49@gmail.com)

**Every Sunday Rise with the Sun at Orewa Beach** - 10 mins prior to sunrise - hosted by Naturally Wellthy w Alison Davis. Contact Alison on 021 27224378 or visit event page [https://www.facebook.com/alisondaviswellness/?modal=admin\\_todo\\_tour](https://www.facebook.com/alisondaviswellness/?modal=admin_todo_tour)

**Every 2nd Thursday Puhoi Celtic Sessions** • Orewa North Primary School • A sing-around/play-around event where every one can join in. Contact Alan [alanthewag@outlook.com](mailto:alanthewag@outlook.com)

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# “Krispy Kreme” Donuts @ Home

## Ingredients

### For the doughnuts:

2¼ tsp instant yeast  
¾ cup warm water  
⅓ cup organic unrefined sugar  
½ tsp salt (omit if using salted butter)  
55g butter at room temperature  
1 egg (size 7)  
1 egg yolk (size 7)  
1 tsp vanilla extract  
2½ to 3 cups plain flour

### For the glaze:

2 cup icing sugar  
¼ cup water  
1½ tsp vanilla extract

## Method

### Make the doughnuts

1. Combine the yeast, sugar and water in the bowl of a stand mixer fitted with a dough hook. Let stand for few minutes (it will be bubbly/frothy).
2. Add the flour, salt, butter, egg, egg yolk and vanilla extract. Knead on low speed until a dough begins to form. The dough should clear the sides of the bowl, but not the bottom. Please do not add more flour, or else your donut dough is going to be dry!
3. Transfer the dough to a lightly oiled bowl, cover tightly with plastic wrap and place in a warm area for about 1 to 1½ hours. (You could warm up the oven at the lowest temperature for five minutes, and place the dough inside the oven with a bowl of water next to it).
4. Once risen, gently press to deflate the dough and roll the

dough out on a floured surface to about ½ inch thickness. Using two circular cookie cutters, stamp out a large circle for the doughnut and a smaller circle in the centre to create the hole. The dough from the centre of the doughnut can be used to make small donut balls. Keep them to one side if you want to fry them up later. Once you have cut out as many doughnuts as you can, gather the leftover dough and re-roll, repeating the process.

5. Cover with clingwrap and place a clean tea towel over it to rest for about 45 min to 1 hour.

6. Place a wire cooling rack on top of a rectangular baking pan and let the frying begin...

7. Heat up vegetable oil (I use rice bran) in a large wok or pot to a maintained temperature of 185°C. Gently lower the doughnuts into the oil, being careful not to overcrowd the pan (about 4 donuts each time). Cook until golden brown, just under 1 minute per side. Carefully remove the doughnuts from the oil and place on the cooling rack. Repeat until all donuts are fried.

### Make the glaze

In a medium bowl, whisk together the powdered sugar, water and vanilla extract until smooth. Working one at a time, dip each doughnut into the glaze. You may just want glaze the top instead of both sides. If glazing both sides, flip the donuts to coat and return to the cooling rack. Allow the glaze to set for about 15 minutes, then serve. Best served on the same day, but for any leftovers the next day, you could microwave them for about 5-8 seconds.

Enjoy!  
Elizabeth



millwater recipes

## Bacon & Egg Quiche (Makes 6 Portions)

### Bacon & Onion Mixture Ingredients

200gms streaky bacon cut into 2-3cm dice  
20mls canola oil  
1 ½ finely diced medium onions

### Method

In heavy bottomed saucepan, heat to medium temperature, add oil, then onions, & sweat until soft. Add bacon & sauté for 3-5 minutes. Remove from heat until required.

### Other Ingredients

Rolled savoury pastry  
150gms-200gms grated cheddar cheese  
7-8 cherry tomatoes

### Egg Mixture Ingredients

3 eggs  
250mls cream  
Salt & pepper  
3gms chopped herbs (I used rosemary & thyme)

### Method

Whisk all ingredients together, refrigerate until required.

### Blind-Baked Savoury Pastry

To make pastry base, place round piece of greaseproof paper (cartouche) so it comes halfway up sides of well-greased 26cm flan mould. Once paper is in, grease again. Place in rolled savoury pastry and make sure it goes all the way to bottom edges and to the

top of mould. Place in another larger cartouche that comes up above top of the mould.

Fill with baking beans or rice and place in 180°C oven on fan-force until lightly browned, approximately 20-25 minutes.

Remove paper and baking beans, brush inside of the cooked pastry with 1 egg yolk. Place back in the oven for 3 minutes to cook egg yolk. This will seal pastry and make it crisper when you add egg mix.

Place the cooked bacon mix into the cooked pastry, add 7 cherry tomatoes cut in half, cut side up.

Place the mould into the centre shelf of 160°C preheated fan force oven, carefully pour egg mixture to fill just slightly below top of pastry. Sprinkle with 150-200gms of grated cheddar cheese, cook for approximately 20 minutes or until egg mixture is firm in the middle. Once cool, remove from mould and cut into 6 pieces. Serve warm or hot with your favourite salad and maybe oven fries.

Mark Lane | Culinary Lane  
[www.culinarylane.co.nz](http://www.culinarylane.co.nz)

# Home Improvements

What adds value, and what possibly doesn't



I regularly receive calls from people wanting to know whether they should spend money on X, Y or Z improvement to their home. There is no single right answer for these questions, but there are similarities amongst them. So, I will attempt to address a different one each month. They will be in no particular order, so please don't assume one is more important than the other based on when they appear in this magazine. If you want more information please feel free to get in touch; I am happy to provide more specifics for your situation.

This month: The year is 2020 – make sure your house knows that too.

So this one is a little more house-specific and controversial than others are going to be, but it is certainly worth considering. While most houses in our area are modern, some are more modern than others. Does your house currently reflect modern technology and equipment?

Now, I am not going to suggest for one

second that you need to have a fully automated home – yes, it is lovely that your house can say hello to you when you walk in the door and your coffee is already made in the morning, but in reality not many consumers are looking for that, and most automation “geeks” want to do it themselves anyway. No, in this case we are referring to the little things around your house that might suggest it was built in 2012 (or 2019) rather than 2020.

The basic specification levels of houses in the area has definitely changed over the years, and with many future buyers of your property comparing it to a brand new home, it is important that you don't exclude yourself from the possible list merely for the lack of a little effort. Rather than be exhaustive, this list is to make you think about:

**LED lights:** If your house doesn't have them, get them. It is a clear dating factor, and one that buyers are looking for. In the meantime, you will love the power savings.

**Double glazing:** Believe it or not, not every house in Millwater is double glazed. Retrofitting is available and not difficult. Again, today's buyers are expecting it.

**Wall-hung TVs and associated equipment:** Cables running down the wall to the DVD player is very 2010. The modern look is recessed power boxes behind the wall-hung TV, with hidden cables and equipment stashed in a cupboard.

**Solar:** Not something that we would recommend doing immediately prior to selling; but, if you can enjoy a few years of low power bills first, then might be worth considering.

**Heating/cooling:** This is a biggie, both in terms of dollars and increasing importance. While in 2015 it was ok to have a single high wall unit in the lounge and proudly say you have a heat pump, in 2020 your potential buyers are expecting whole-house ducted systems, possibly with WiFi control. From dollars invested to immediate return, this one is hard to justify; but, again, if you are going to be in the house for a few more years, probably worth the effort.

This is entirely my opinion and should not be construed as advice or encouragement to undertake any work or spending on your property. If you have some options that I have missed, or think I am wrong, please let me know.

Look out for next month's magazine, when we will deal with another topic.

Grayson Furniss  
Mike Pero Millwater | 021 665 423

# Glycation

Glycation is a hot skin topic right now in skincare.

## What is it and do I have it?

It essentially is a natural process in which sugar in your bloodstream attaches to proteins found in collagen and elastin, forming a harmful new molecule called Advanced Glycation End Product or, in short, AGEs.

There's a lot of ongoing research to determine whether this equates to ageing. It's not necessarily accurate to say that eating sugar will cause you to age more, but it definitely seems to have an effect on how we age.

Collagen and elastin are very prone to hooking up with renegade sugars, and then they become discoloured, weak and less supple. This is evident on our skin's surface as wrinkles, sagginess and loss of radiance.

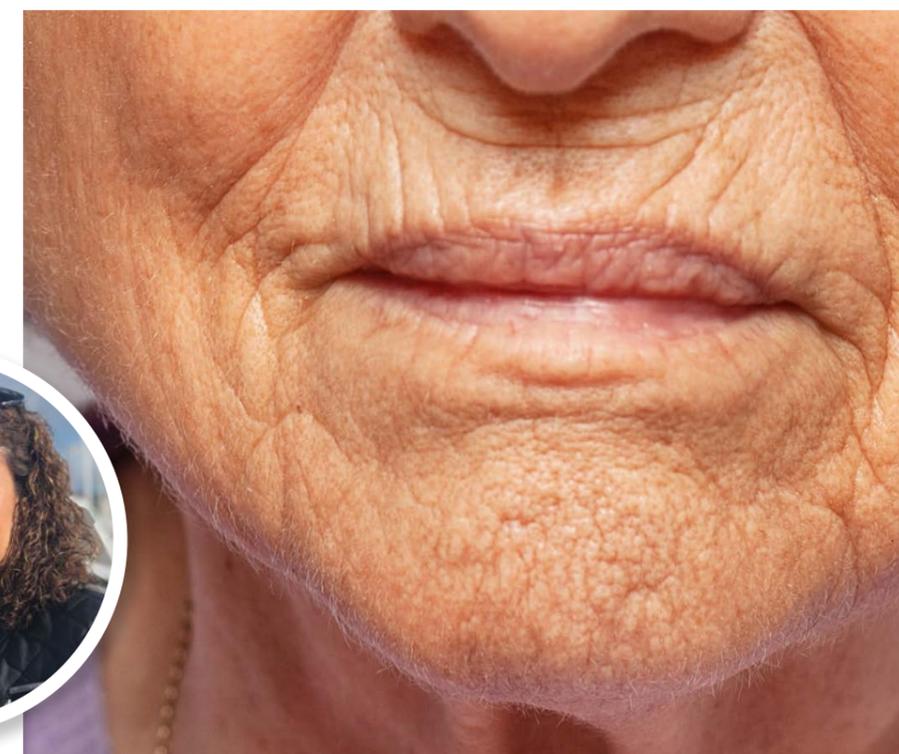
## Do I have it?

Sadly, most of us do have it in some way. Some just more severe than others. Signs are reduced suppleness and sagging skin; wrinkles that become more pronounced; and dull, tired-looking skin.

The photo is a great visible way to identify what glycation looks like.

## Can it be stopped?

While glycation can't be completely



stopped, it can be slowed down by using skincare products that break up those cross links that are formed. Using Vitamin C helps to firm, adds radiance, contains antioxidants, and hydrates and protects the skin from free radicals.

Transdermal solutions contain AGEs fighters, preventing glycation bonds forming and breaking down existing ones. They reinforce the skin's barrier and fight fatigue.

Diet is another way to prevent glycation, by:

- Reducing your sugar intake
- Eating less carbohydrate

- Eating fewer white refined foods
- Drinking green tea
- Amino acid supplements

If you're not sure if this is something you have or not, always see your skin specialist for a consultation and the best product regime to prevent glycation.

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