

theMillwatermag

*Your FREE monthly
magazine of all things
Millwater & Milldale*

November 2019

*Dean Risetto of Central Landscapes
Celebrating 10 Years*



Read online at themillwatermag.co.nz

Editor's Note

I would like to congratulate our rugby champions, who have once again brought pride and prestige to the black jersey and the silver fern!



No, I'm not talking about the All Blacks. I'm talking about the Kiwi Ferns, who, as I write, have just won the inaugural women's Rugby League World Cup Nines over the Australian Jillaroos.

I believe the next time we see the Kiwi Ferns compete for a world cup will be in England 2021, when the RLWC will be running the men's, women's, and wheelchair tournaments concurrently for the first time. The women's Rugby (Union) World Cup will also be that year, when our Black Ferns will be defending their own title on home turf.

Although I must confess I'm not a sports fan – I don't pretend to know the difference between League and Union! – I still think it's fantastic to see NZ being represented with such strength and diversity on the world stage. I am proud to show my daughter and my son what NZ women can achieve.

In the meantime, if the All Blacks have let someone else have a turn taking home The Webb Ellis Cup, I hope NZ will accept it with grace and continued loyalty for our national men's team. They will have, as always, given it their all and made us proud.

Go team! Do the thing with the ball for the points!

Jessica Copping
October 2019

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FRONT COVER - Dean Risetto, owner of Central
Landscapes, Silverdale

theMillwatermag

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Culinary Lane Cooking Tips



Braising is my favourite cooking method, and probably the most underused.

Braising is a way of cooking meat, vegetables, etc., by first searing the item in hot fat, then simmering slowly in liquid in an oven (usually in a covered casserole dish). Long, slow simmering breaks down the connective tissue in the meat and renders a dish tender with a full-bodied sauce.

The main difference between **braising** and stewing is that when braising, you're adding the least amount of liquid required to cook the meat etc., while **stews** require full submersion, and usually call for the meat or vegetables to be cut into uniform pieces for even cooking.

Braising is the best method to take what we call a second-class cut of meat which can be left whole (belly, shoulder, leg, shank,

cheek etc), and slowly braise them over a few hours to make them tender.

A first-class cut of meat is fillet, sirloin, scotch, rump, etc. These require quick methods of cookery, like sautéing or roasting, as they are already tender. But these cuts have less flavour. These muscles aren't used as much by the animal so they don't have much connective tissue or fat. Second-class cuts are always working hard for the animal so are full of muscle and are very tough but they have the most flavour, are cheaper to purchase, and require more cooking time.

I recommend to braise at 130-140°C, but some chefs braise as low as 95°C. The lower the temperature, the longer it takes to cook, and less moisture is lost.

I strongly suggest to braise your Sunday roast. Sear it first, then place on a mirepoix (carrots, onion, celery, leek, bay leaf, thyme) in an oven tray/dish, then place a couple of cups of stock, seasoning, cover with a tight fitting lid or tin foil, place in a 135°C oven for around 4-5 hours (depending on the size) and when you are ready to serve, remove the lid, turn the oven up to 190°C (remove the liquid

for your sauce) and allow to colour for 30 minutes or so. The meat will be so tender, you won't even need to cut it. I believe cooking on the bone is better and gives more moisture and flavour to the meat.

For your dinner parties, outcatering or business lunches, and private cooking demonstrations, go to www.culinarylane.co.nz or facebook.com/culinarylane.

By Chef Mark Lane



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10 Years Local - Join the Celebration



Watching new residents of an entire suburb landscape their properties and establish new gardens gives great pleasure to the owner of Central Landscapes Silverdale, Dean Rissetto. Millwater is a special place for Dean as he opened his yard in 2009, while Millwater was being laid out and its first houses were being built.

"People say our trucks have been a constant presence during this time, delivering soil, Garden Mix pebbles and other products for landscaping, and we appreciate how incredibly friendly and welcoming Millwater residents are to our drivers. Saturdays we

often lend out our free loan trailers for that special weekend project, and many residents appreciate our drop-off service for garden waste." Dean's proud of the fact that the greenwaste goes back into compost, rather than being buried in a landfill.

To celebrate the 10-year milestone, Dean is holding a Garden Party for locals and friends at the Central Landscapes yard, 90 Foundry Rd, on Saturday 16 November. "People come to Millwater because it is an attractive suburb with a great climate for gardening," says Dean. "I'd like to give something back to our community as a way of saying thank you for supporting us, and to inspire people to take on just a simple project – build a raised bed, pebble a path or pave an area ready to enjoy over summer."

Dean and the team at Central Landscapes are making sure the party has something for everyone; design advice from landscapers, planting guidance that focuses on the right soil and plant combinations, a display vegetable bed made from sleepers, and a paving display from the granite range, Rissetto Stone. There's a 'Grow a Sunflower' activity for children, farmyard animals, wood-fired pizza, plus plenty of barbequed sausages and free coffees. With lots of prize draws, visitors should make sure they're there when the big prize is drawn at 12.45 – there's \$3,000 of products from Central Landscapes to be won.

Central Landscapes Supplies' Garden Party, Saturday 16th November, 11 am to 1 pm. 90 Foundry Rd, Silverdale

10 Years Local. Garden Party.

Join us for a garden party filled with family fun activities and some great garden and landscape tips!



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Demystifying Euthanasia (Part 2): Should my kids be present?



Children express their emotions harder and faster than adults, so it may seem extreme, but it's normally over sooner. Because kids see life a lot simpler than we do, hearing questions like "does that mean we can get a new puppy/kitten now?" are common place. This isn't because they are being heartless or not understanding; the opposite is usually true.

Making the decision to euthanise your pet is the hardest decision you will ever make, and knowing what happens can make the process seem a lot less daunting. Please, if you feel that your animal is nearing their last days, come and have a chat so we can help you through it.

Jessica Ashley, VN
Millwater Vet Hospital

This is the second most common question that we are asked, after: *when is the right time?* And there is no right answer to this one either. It is a difficult time, and being prepared can ease the pain.

In our experience there is no hard or fast rule, there is no minimum age, as it comes down to maturity rather than a number. What we have found is that communication is the key; have a conversation with your child and explain what is going to happen, and ask them if they want to be present to say goodbye, or would rather say goodbye beforehand. It is really important that you tell your children before the event so they do have a chance to say goodbye. This way, they can think about how they want to deal with it. Some children might want to draw a picture, write a story, or plan a funeral.



An advertisement for Elite Property Wash. It features a man in a dark shirt and shorts using a high-pressure water spray on a driveway. To the right, there is a logo for 'ELITE PROPERTY WASH' with a house icon. Below the logo are icons for various services: Softwash, Roof Treatment, Gutters, Driveways, Fences, and Decks. At the bottom, it says '0800 WASH AWAY 021 96 33 44' and 'www.elitepropertywash.co.nz' with a Facebook icon.



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Oi Organic Initiative is a New Zealand company with a mission to remove plastics, synthetics, and toxic chemicals from hygiene products, starting with feminine hygiene.

Oi attracts attention to the problem of synthetics that don't biodegrade, and cotton grown with chemicals and sprays, in our tampons and pads. By contrast, Oi's tampons, pads and panty liners are made with pure, 100% certified organic cotton — so no harmful pesticides, no synthetics, no dyes, and no perfumes. Most importantly, organic cotton is very absorbent, breathable, and non-irritant, so provides soft and trusted comfort.

Other consumers prefer the no hassle, soft and flexible Oi Cup™ for a zero-waste period each month. This takes a bit longer to get used to, but advocates describe it as a game changer.

New to the Oi range is Oi Girl™

With global protests about climate change being led by young students, Oi recognised that it is the new generation which is revolutionising the sector and demanding that biodegradable become the new norm. They are the ones embracing a change in habits for both their own health and a better world. Choosing organic cotton and switching away from synthetics will remove about 11,000 non-biodegradable tampons or pads from the environment in a lifetime. Already, Oi users have taken over 20 million synthetic tampons and pads out of the environment

across New Zealand and the USA, something the company is very proud to see.

What is special about Oi Girl™ range is that it has been developed for lighter flows and smaller panty sizes. Each product is the smallest in the Oi range and comes with a leaflet with helpful tips, and guidance for the healthy use of the different Oi products. It also gives advice as to when to graduate to the core Oi range, or a different type of product to suit different lifestyles.

For some, the best form of advice is one-on-one, and this is where the team at Millwater Parkway Pharmacy in Silverdale pride ourselves on giving that extra expertise and support.

For more information visit www.oi4me.com.

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Pharmacy

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Tis the Season...



Is it just me or does Christmas seem to be happening sooner each year? The year starts off, Easter comes and goes, then Queen's Birthday and winter ... then BAM!! It's Christmas time!

I love Christmas. I love the decorations, the songs, the goodwill it brings out and I love the presents! What I most like most about the presents is giving them. Yes, I like getting them too, but nothing brings a little spring to my step like giving. However, for some, Christmas isn't a pleasant time of year.

It was recently reported that NZ has hit record high numbers in mental health for the 2018-2019 year. With this information being reported, we are seeing more studies and research on how to combat the growing numbers of kids, youth, and young adults who are experiencing anxiety and depression.



One tool mentioned several times over the years is Gratitude. When we are focused on what we have (materially, emotionally, etc.) it can have a calming and positive affect.

Another very effective tool to fight depression is to be Outward Focused. Being involved in or a part of something greater than self.

Opportunities exist year-round, but during the festive season we seem more open to taking action. It's a great time to start a tradition that builds both Gratitude and Outward Focus in our kids. Food Banks, Giving Trees, Adopt-a-Family are all simple ways of being a part of something bigger than just ourselves. What I love about this is that it builds the community and gives hope to the one receiving, while having an unexpected effect on the giver.

Get the kids involved by having them search out or even select toys and/or food items to be given to your charity of choice. Take your kids with you to drop off items you've purchased. The experience of seeing how their contribution is appreciated builds up their self-worth.

This year, while they are making their Christmas lists, why not have them make a list of "acts of kindness" they would like to be a part of this Christmas season?

From my family to yours ... Merry Christmas & Happy New Year!

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Spring-Clean Your Body!



With spring cleaning on the mind, I thought I'd talk about spring cleaning yourself! Yes, you!

We clean our cars, clean our houses, properties, etc., but how many of us clean our bodies? As the Scribe song says: "not many, if any, not many".

We pick up and accumulate toxic compounds in our daily lives from many situations. Hair dyes, non-natural deodorants and antiperspirants, town supply water – whilst of a good standard, can contain undesirable chemicals and, increasingly, aluminium. Microplastic from food packaging and whatever chemicals they contain is another threat to our health and vitality. A New York Post article in June suggested we could be consuming up to a credit-card-size equivalent of plastic a day! Crikey!

To do a good cleanse of our bodies requires a focus for a

couple of weeks – three preferably – on eliminating unwanted, unhelpful sludge, residues, and parasites from our bodies. This involves a three-fold approach.

On one front, you want to use certain organic natural compounds that assist the elimination process of pathogens, parasites, heavy metals, unhealthy toxic chemicals, etc. You should look for plants or herbs, essential oils, and mineral compounds that are known to effectively aid detoxification.

On a second front, don't make it harder to detoxify by continuing to eat stodgy food – especially anything with wheat and dairy. This hard-to-digest stuff just gets in the way of what you're trying to clean out. On top of that, it's mucus- and acid-forming, and can embed in the intestinal tract like a gluey gunk, promoting a place for undesirable bacteria to live. So, for your detox period, no dairy or gluten.

On the third front, it's really important that you revitalise cells with certain key nutrients. Trace minerals is one example.

Your body is the best doctor if you give it clean access for nutrient delivery, cell respiration, and energy processes.

Spring-cleaning your body is a sensible, logical part of good health. Come in to Health by Logic to discuss in more detail.

Health by Logic / Silverdale Village

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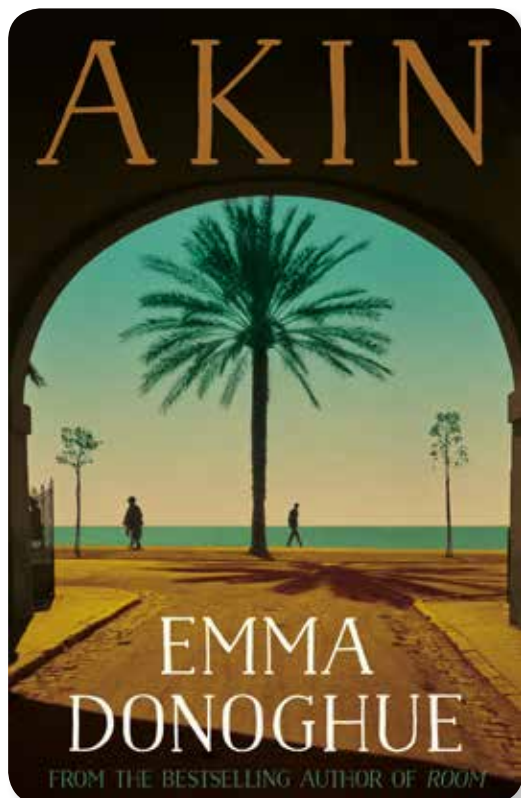
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millwater **book of the month**

Akin by Emma Donoghue



Emma Donoghue is an Irish author who constantly surprises her readers by moving between different styles of writing – literary history, biography, stage, radio plays, and short stories. Her international bestseller *Room* was a *New York Times* Best Book of 2010, and a finalist for the Man Booker, Commonwealth, and Orange Prizes. *Akin* is her latest novel, and it's her first contemporary novel since *Room*.

Seventy-nine-year old Noah is a retired New York professor, who is tidying up his deceased sister's things when he discovers some photographs taken by his mother during WW2 in Nice. He hasn't been to Nice since he was a young child but, thanks to a legacy from his sister's estate, he plans to visit soon. Intrigued by the photographs, he has hopes of uncovering his mother's wartime secrets during his visit.

But then his plans are thrown into disarray when he is the only family member able to look after Michael, his eleven-year-old great-nephew, after Michael's father dies and his mother is in prison. He has never met the boy, but he gets talked into taking him along to France.

They are the ultimate odd couple. Noah is refined but set in his ways. Michael is a little coarse and would prefer screen time to real-time experiencing things. They argue about everything from food to technology, and the trip is difficult for both. Noah struggles with having this young person invading his space after almost a decade of being a widower. Michael is grieving his father, missing his mother, and stuck with an old relative he has never even met before. It's

no wonder he retreats to his phone! But as their trip to France continues, Michael proves to have a sharp eye for detail, and he helps Noah trace the details of his mother's life. In this quest to find out about her wartime exploits – were they for evil or good? – they come to understand what people in other generations have risked for their loved ones. They find they are more akin than they would have thought.

Akin is a beautiful, sensitively written novel that blends past and present seamlessly. It's both funny and full of sadness, and the two characters are well drawn and compelling. The book is ultimately one of family, love and loss – and new beginnings.

Macmillan Publishers

RRP \$34.99

Reviewed by author Karen McMillan

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Eco Tip of the Month



When it comes to washing powder, choose environmentally friendly ones, such as the powder from Green Goddess shown in the image. This even comes in a compostable bag made from brown recycled paper with a natural, corn-based coating from a renewable resource. Just remove labels and tin tie, rip up the bag, then add a little water and place into your compost. Check out their other fabulous eco products at wendyls.co.nz. Alternatively, you can bring your own containers to a bulk food refillery store and purchase washing powder there.

Also shown in the photo is a genius product from Ethique called Flash, which works as stain remover stick and also as a soap for washing clothes or dishes – just mix it around in water. This makes a very handy item for travelling and can be purchased from ethique.co.nz or some stores, including Farmers. And, finally, choose an energy efficient washing machine, do full loads and cold washes, and avoid the use of a dryer to play your part for the planet.

Hayley Crawford

Last month I wrote about reducing clothing waste, and this month I want to cover environmentally friendly ways to wash your clothes. Textiles, especially synthetic ones, are constantly shedding tiny microfibres, particularly while being washed. In fact, one study from marine scientists from the University of Plymouth estimated that over 700,000 fibres could be released from an average 6 kg wash load of acrylic fabric, which then enter our waterways and our food chain.

We don't yet have the technology in our washing machines or our sewage systems to filter out these microscopic strands, and I personally haven't been able to find a filter in New Zealand to attach to our pipes. However, there is a bag you can buy from Kathmandu.co.nz called a 'Guppyfriend' which helps prevent this microwaste. Another thing we can do is wash our clothes less! I'm not trying to convert you all into smelly hippies, but perhaps you could question whether all your garments need to be washed so often. Maybe just spot clean any marks and leave to dry?

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millwater**bizbuzz**



This month I had the pleasure to sit down with Katie Buchanan and Lucy Mackay, and speak with them about their innovative business. Wreath Beauty Co. is a beautiful new salon which has opened in Silverdale village. The salon is a space in which women who specialise in different areas of the beauty industry have come together to support each other and thrive together. This idea formed from the lack of options that are currently available for beauty providers who are wanting a professional storefront salon space, as well as the benefits of working alongside other providers.

Both Katie and Lucy have a background in nails, having met

and become business partners through the industry. Katie told me the dream with Wreath Beauty Co. was to create and work out of a salon space which was going to be affordable and flexible, as she juggles being a mother as well. She spoke about how she studied to work in the beauty industry at night school while raising her second child. Speaking passionately, she also told me: "I wanted to find a salon space to work out of that wasn't going to cost me the earth." Continuing to explain the challenges that accompany owning your own business, she said: "As an individual, being able to cover the outgoings, the rent, and everything else is a lot for a one-person business".

Katie spoke about the amount of interest people have shown in the idea of a collaborative workplace. At the moment they have two beauty rooms available, which they rent out to Sheree and Lilly, who both have their own businesses. Sheree specialises in lashes and Lilly specialises in brows and beauty. This is just the beginning for Wreath Beauty Co., as Katie spoke about developing the company and having more space available for other businesses.

She said the most rewarding thing about being in the beauty industry is "making people feel good, having space where they can come and feel comfortable. As we aren't a mall salon you get to gain a personal relationship with us." Wreath Beauty Co. is all about encouragement, support, and sharing a passion for the industry.

Megan Prentice
Features Contributor

Wreath Beauty.co

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Anyone for an Upcycled Treasure this November?



The first part of November sees 4 new exhibitions at Estuary Arts Centre. In the main gallery, view "Venetian Lights" by the Arte Mani Studio, specialising in bespoke interior surface finishes and polished Italian plaster by Italian husband-and-wife team Marco Baldisser and Nicoletta Benella. Both are natives of Italy's northeast Veneto region, the birthplace of Italian decorative plaster finishing or *Stucco Veneziano* - a centuries-old technique as relevant to interior architecture and design today as it was in the Renaissance or Roman times. In Galleries 2 and 3, join the Rodney Baha'i community as they commemorate the 200th anniversary of the independent world religion Baha'i Faith with a collection of art, sculpture, and mixed media. The theme "*Ko te kotahitanga te whakaaro* / Expressions of Unity" is the theme to which artists have responded for this group exhibition.

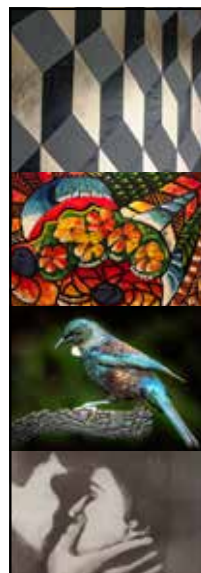


When it comes to photography, getting a steady, well-balanced and in-focus image can be a challenge, but not for Deborah Martin and Paul Mason. Their new exhibition "The Bird is on the Wing" will blow you away with seemingly-unreal photographs of birds in motion.

Franklin artist and educator Anna Molineux will be displaying her collection of artwork inspired by body form, movement, and the essence and energy of being, with her collection called "Embrace".

November will be Estuary Arts Centre's annual fundraiser month. We will be hosting an Upcycled Exhibition from 20th November to 8th December, where local artists will display their transformed homeware, furniture, stools, jewellery, vinyl records, and everyday thrown-out items into sensational artworks. Many of these artists have been working on their projects for over 6 months. The opening event will take place on Friday 22nd November from 6pm, with a live auction, music, canapes, and wines, so if you are not there that night you could miss out on those amazing upcycled treasures. Tickets start from \$10, which you can get directly from the Centre.

To book into a class or purchase your Upcycle fundraiser ticket, contact the Centre on 09 426 5570 or email manager@estuaryarts.org.



Upcoming Exhibitions 23 Oct to 17 Nov

G1: "Venetian Lights" by Arte Mani Studio featuring the art of Italian decorative plaster panels

G2/3: "Ko te kotahitanga te whakaaro" Celebrating 200 years with the Rodney Baha'i community

G4: "The Bird is on the Wing" Photography and Printmaking by Paul Mason and Deborah Martin

G5: "Embrace" Drawing and painting by Anna Molineux

Upcycle Exhibition Live Auction

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millwaterRomeos

The Millwater ROMEOS (Retired Old Men Eating Out) enjoyed their October outing to the RSA on Vipond Road. This was a relatively small group, as this month's outing coincided with the school holidays, and grandparenting duties meant a few were missing.

Lunchtime started soon after noon in the bar, where we all met up and had a drink as well as some lively discussions. We then went through to the lunch area, where we made our meal choices. A good selection of excellent food was on offer, with everyone finding something to their liking; with one person even venturing to have the dessert as well.

After lunch, we wandered through to the billiard tables for a relaxing or stressful time – depending how well you played and your disposition. Some ROMEOS sat out and watched, while others did their best on the tables. The eventual winner accolades for the day went to the team comprising Brian Mullan and David Moon. Very well done, you two!

The ROMEOS eventually rounded off the afternoon with tea, coffee, and cakes at the home of the day's organiser. This also facilitated some informative discussions around the pros and cons of retirement village homes, as well as the banking industry.

SPRING AND SUMMER NEW MENU

Beginning Friday, 1st November Chef Brooks will be introducing a new spring and summer menu with an Italian theme. Using fresh ingredients sourced from farm to table growers the chalkboard menu specials will reflect an Italian theme in addition to your regular favorites. So, come and try us again for the first time.

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WAINUI CHAMPIONSHIP 18

Healthy Ageing



Thanks to advances in medical care, we are living longer, but are we enjoying good quality of life as we enter older age? Living a life free of disease and disability as we enter our 70s, 80s, 90s, and even potentially even longer, will be largely determined by the choices we make in our 30s, 40s, 50s and beyond.

“Our population is growing older and we need to understand how to help New Zealanders age well” - Professor Ngaire Kerse, University of Auckland, Medical and Health Sciences.

Over the past sixty years, there has been a significant increase in the number of centenarians (100+ years) in New Zealand. In 2011 there were approximately 500 centenarians and Statistics New Zealand project that by 2030 we will have 49,000 people over the age of 90.

So how do we want to spend our retirement years? What can we do to age well and live out our latter years as healthy, active, and social as possible? The World Health Organisation defines healthy ageing as “the process of developing and maintaining the functional ability that enables wellbeing in older age”.

As we age, muscle mass, strength and bone mass decreases – which increases the risk for falls and fractures. These are so common in this age group and are largely due to lack of

physical activity. Our body's ability to absorb nutrients from food declines, necessitating greater nutrient intake. Body fat tends to change from subcutaneous fat to visceral and internal body fat, which is associated with increased risk for diabetes, metabolic syndrome, and heart disease. So, being mindful of reduced caloric needs is important.

Disease and disability are not necessarily inevitable as we age; it's what we do to invest in our health that plays a large role in determining our health outcomes. The way we live greatly influences the way we age. While chronological age is fixed, biologic age is not and can be altered by the choices we make about how we live.

I will be running a 'Healthy Desserts for Christmas' Cooking Class in November. Look out for the advert on Facebook or e-mail me to receive a notification before the workshop is advertised.

If you would like help with creating new habits and planning a nutritious way of eating to really facilitate great health as we age, contact me at paula@nutritionsense.co.nz.

Paula Southworth
BSc Human Nutrition & Sports Science
Nutritionist, NutritionSense
www.nutritionsense.co.nz

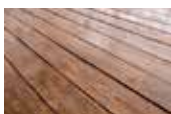


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Investing in Rental Properties



I have spoken with a number of people lately who are in the process of purchasing investment properties in the Millwater area. It has been illuminating to discuss their plans and aims, and to discover what they want from their investments.

A couple of homeowners were purchasing a new home and renting out their current home in order to have the option of returning to their family home. This is not unusual, especially when a family has lived in a home for many years. It allows an investor to take their time in deciding whether they have made

the right decision to move.

Another investor's circumstances have changed, and the investment property is to be used by a family member while releasing another property for renting. Matching family requirements to the properties has resulted in a long-term benefit for the family member and for the owners themselves.

A professional investor wanted to enter the market without having to worry about ever-changing compliance issues. This investor was happy to engage a professional property manager to ensure that the property was fully compliant. The property was a good product, at a reasonable price, and would attract good, stable tenants and give the owner peace of mind.

Another prospective owner was purchasing a tired property at a good price. The major focus of this investor was to implement a significant rent increase as soon as possible in order to "match the market". No thought was given to the condition of the property or to the question of value for money.

It is easy to get carried away with "market rent" and assume it applies equally to all properties. However, it's like buying a car — total mileage, record of servicing, and current condition all come into play in assessing its worth. Investing is about matching price to product to obtain fair value.

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The elegant floor-to-ceiling glazed entry invites you into a spacious layout with separate private and public areas. A second lounge offers a private haven, opening out to a tranquil

north-facing rear deck shared with the master and surrounded by lush foliage. Clean lines, hidden details, and perfect finishes,

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Mind Your Mitochondria (Part 2)



I explained last month why mitochondria are critical to our overall health and that chorionic diseases could diminish by improving mitochondrial damage. Apart from keeping healthy for moms-to-be as we only inherit mitochondria from mothers, there are several effective ways to improve mitochondrial function and reduce mitochondrial damage:

1. *Expose to sunlight at maximum level, especially at sunrise*

We are photoelectric beings and powered by sunlight. The photoreceptors in our eyes and skin receive sunlight frequencies which in turn drives all biochemistry in our body. The day and night cycle sets our circadian rhythm.

2. *Block artificial blue light at night*

While full spectrum sunlight is our life force, artificial light (especially at night) messes up our body's circadian clock. It suppresses melatonin production, causing sleep issues and damage to mitochondrial DNA. It lowers dopamine levels and destroys DHA which is fundamental for the flow of electrons to cells.



3. *Reduce non-native electromagnetic fields (nnEMF) exposure*

Human beings should be congruent with nature's EMF. Today, nnEMF on earth is quintillion (18 zeroes) times more than that of nature. We are constantly being radiated by nnEMF like a piece of steak in the microwave oven, causing serious mitochondrial damage.

4. *Increase DHA consumption from natural sources*

Cell membranes are loaded with DHA (a.k.a. fish oil) for the cells to collect electrons and convert sunlight into DC current. DHA is particularly abundant in the eye and brain cells because these cells collect and transform a large amount of light.

5. *Embrace cold thermogenesis (CT)*

Exposure to cold causes our body to release heat which in turn brings the respiratory proteins in mitochondria closer thus making energy production more efficient.

6. *Get grounding/earthing into daily life*

As electric beings, we pick up electrons or negative charges from the Earth itself when connected to the Earth as it carries a negative charge.

Details of each aspect will be explained further in future articles.

Alison Davis

Alison Davis is a certified Nutrition & Health Coach, Mitochondrial Health Educator, and part of the global movement that aims to reverse chronic diseases in 100 million people by 2030. A Millwater resident since 2016.

Sources:

<https://www.researchgate.net/publication/323913927>

<https://www.ncbi.nlm.nih.gov/pubmed/27423788>



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Mentoring Matters – For Small & Medium Enterprises



Business owners and leaders are acutely aware of the changing business landscape. In New Zealand, small and medium enterprises (SMEs) make up nearly 97% of organisations, employing over 600,000 people, which is over 30% of the workforce.

Among the fundamentals, trust, accountability, resilience, and well-being are vital for any-sized business. These are imperative for SMEs, whose customers are often within a defined community and word-of-mouth-referral matters.

Michael, long-time owner of a medium educational enterprise, knows first-hand about rapid changes. Customers have become more exacting in their needs for a wider range of top services. In their efforts to meet those needs, he and his team had become overwhelmed. Morale, innovation, and resiliency dropped.

A colleague referred him to leadership mentor Jon Winder. He engaged Jon to help him look at both the business issues and his leadership skills differently. His goals were to boost his tactics, strategies, and decision-making capacity,

as well as improve customer service, financial outcomes, and team well-being.

Leaders are busy people and need results quickly. Holding conversations with Michael and his team members, several 'blind spots' were uncovered. Using Jon's unique blend of provocative inquiry, deep listening and scaffolding for skill development, the team set about to make incremental and powerful changes to their routines. Michael says, "Jon's mentoring has been invaluable. I now have a seasoned adviser to bounce my ideas and strategies. The team has a trusted guide to equip them with excellent methods to manage their work and their energy. Clients are happier, my team is resilient, and the business has grown. Jon and I can now focus on innovation and future growth."

Over many years Jon has developed specific, relevant techniques to enhance leadership and performance from the inside out. The application of these inner-dimension techniques serve to clear 'blind spots.' Leaders learn to develop the skillsets and mind-sets critical for exceptional leadership.

Engaging a mentor can equip you to start the new year with new skills and knowledge. You can read reviews of other success at www.jonwinder.com. Contact Jon for an obligation-free conversation on 09 427 5823 or 021 653 101, or by emailing him at jon@sephiraexperience.com.

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The BodyTalk System



Andrea Baumann, a Millwater resident, is a Registered and Certified BodyTalk Practitioner at The Clinic on Piermark.

The BodyTalk System is a new revolutionary approach to health care, utilising state-of-the-art energy medicine to optimize the body's internal communication. The system encompasses Western medical expertise, the energetic dynamics of acupuncture, osteopathic and chiropractic physiology, the clinical findings of Applied Kinesiology, and the insights of modern physics and mathematics.

Finding optimal health was a priority for Andrea in 2006, after experiencing her own challenges with anxiety and depression. Being introduced to The BodyTalk System, her life was turned around. "I was so amazed with this healthcare system and the different approach to normal treatments, I wanted to share my success story with others, this is one reason I became a practitioner," says Andrea.



Andrea Baumann
 Certified BodyTalk Practitioner
 andrea@andreabaumann.com
 021 470 009 099482021

- 9a Piermark Drive
- Rosedale /Albany
- Auckland New Zealand
- www.andreabaumann.com

Working with this dynamic system for over 12 years now, Andrea has seen clients achieve great results with anxiety, sleeping problems, depression, and digestive issues, to name a few. There is no age limit either, as all ages can benefit from BodyTalk. She has seen amazing results with children who experience regular nightmares or the pressure of school, to anxiety and feelings of being overwhelmed, as The BodyTalk System restores the balance from within.

"I just love working with this system and witness lives being changed, it's a huge privilege on a daily basis," says Andrea, who continues to upskill herself with the new discoveries worldwide in energy medicine, and has completed 57 classes in the BodyTalk System to date.

Andrea has a comprehensive background in healthcare, working as a Holistic Spa Therapist and Teacher at a Beauty and Spa Therapy school, and is also trained as a Reiki Master Teacher. She is teaching Inspirational Workshops, and is a co-author of "Our Infinite Power To Heal", due on shelves in early 2020.

To contact The Clinic on Piermark, Albany, call 021 470009 or 09 948 2021.

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Beauty Lies Moisturiser-Deep



As tedious as it may be, moisturiser is the one step in our daily skin-care routines you must be religious about. You may occasionally skip the serum and toner, but we'll always apply our go-to night creams.

Not taking the time to find the right moisturiser for your skin type can lead to issues. If you overdo it, you could get some breakouts. If it's not nutritious enough, then chronically dry skin is inevitable, and premature ageing and wrinkles can be accelerated.

Acne-Prone

Everyone still needs hydration, even an acneic skin! If you're prone to breakouts and your skin skews on the oilier side, looking for a more lightweight product with ingredients like dimethicone and hyaluronic acid. A moisture-filled gel is a natural production of hyaluronic acid (which helps to prevent dehydration) which provides the skin with essential nutrients without clogging pores.

Dry Skin

All of the ladies out there with parched skin — which is probably extra-thirsty from the harsh and drawn-out winter — should seek ingredients like shea butter, ceramides, hyaluronate, and lanolin. Ceramide cream will absorb quickly, leaving you with a hydrated, softer complexion.



Oily Skin

If your skin is truly oily — like, "have to dab your face with blotting papers every couple of hours" greasy — use a moisture serum or gel with pure hyaluronic acid to lock in water without any greasiness. They can also contain ingredients that can control oil production and give your skin a matte finish.

Sensitive Skin

Sensitive skin should avoid any sunscreen ingredients, as they can cause more irritation and redness. Best to avoid fragranced products, since those could be irritating too. The best suggestion would be fragrance-free corrective cream with a green base to reflect the red skin colour. It's a multi-targeted moisturiser that helps to combat ageing.

Normal Skin

For all you "normal" skin types out there, you can pretty much get away with using any moisturiser (must be nice). Best recommendation is to switch it up with a more lightweight option in the summer, with Vitamin C and a thicker cream moisturiser in the winter.

Unsure? Consult your skin care therapist.
Next month: Skin masks.

Amelia

TRADIE OF THE MONTH *Maddren Homes*

The Plaster Master!

This month's TOM is Joe Tahitahi, who has been working with Troake for over 5 years. Maddren contract Troake to take care of the installation and plastering of walls and ceilings, providing a flawless, top-quality finish.

Joe has proven himself time and time again to be the plaster master, providing quality workmanship with a great attitude. He is always very accommodating, dropping everything to help us out when required at short notice. Good on you, Joe, we hope you enjoy your voucher from our proud sponsor, Western ITM.



The Changing Face of Life & Health Insurance Advice



I can remember vividly from my 20s and 30s when, freshly laden with a house, mortgage and young family, my “friendly” insurance salesman would knock on the door and try to sell the next best insurance product since sliced bread! And in those days it **was** high pressure selling, with little or no written reports, no transparency in what was being recommended and why. I often wondered whether what was being recommended to me, as the client, was in the insurance salesman’s best interests or ours! I am pleased to say that those days, along with those high-pressure insurance salesmen, are coming to the end.

The New Zealand insurance industry is presently in the midst of a shake-up which requires all financial advisers to comply with a new **Code of Professional Conduct for Financial Advice Services**. This code requires compliance with prescribed standards of ethical behaviour, conduct and client care, along with demonstrated competence, knowledge, and skill.

This is a welcome initiative for advisers who pride themselves in maintaining high standards, as it will see the exit from the

industry of the remaining “dinosaurs” who have no wish or intention to embrace these reforms.

UProtectNZ is well prepared to meet these higher standards of professional conduct, with Theo already qualified with the New Zealand Certificate in Financial Services (Life and Health Insurance, Level 5), along with the combined 18 years’ of experience gained by both he and wife, Cristina, who is also a registered financial adviser. We follow a disciplined, six-step process throughout in order to ensure the financial advice we provide is transparent, tailored, honest and in your best interests.

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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. Any assistance is provided on a free, no-obligation basis. A disclosure statement is available free of charge on request.

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Mike Pero
REAL ESTATE

Every month Mike Pero Millwater assembles a comprehensive spreadsheet of all recent sales in the Millwater area that reviews the full range of resident transactions that have occurred. If you'd like more details please give us a call.

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

Sept 2018

17
\$1,120,500
\$1,850,000
\$1,174,530
2.41
235
114

Aug 2019

25
\$1,160,000
\$1,380,000
\$1,127,091
-2.42
229
76

Sept 2019

14
\$1,125,000
\$1,490,000
\$1,122,789
-4.46
250
66



Grayson Furniss
Franchise Owner | MILLWATER

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.

propertytalk

Those of you have been reading the column for some time (thank you) will know that I call it how I see it, without the spin you see from many agents and agencies. Hopefully, you will appreciate it when I say things are pretty good in the Millwater market right now.

As always, though, that comes with some caveats. We have seen a significant improvement in buyer activity over the last few weeks and, importantly, there are more cash buyers entering the market. Those buyers are still cautious around the spending of that money, but with good sales volumes and low listing numbers in the last couple of months, the choices are getting slimmer and decisions are happening faster. The average 'days to sell' is continuing to decrease month on month as older stock is sold or removed from sale, and the pace and momentum of the market increases. We see this as likely to continue through November and some of December – as usual, we expect the market to take a break from mid-December until late January.

At the same time, new listings are still at very low levels and seemingly unlikely to change significantly this side of Christmas. This creates an opportunity for those with their property in the market over the next few weeks – more buyers and less competition generally equals better sales. However, and this is where the caveats come in, pricing is down on many properties. We have seen several months where agents and desperate vendors have been pushing prices down to increase turnover, and the general level in Millwater is now lower than it was at the beginning of the year.

We believe it has gone down further than it needs to, so there should be some slight recovery in prices in the next few weeks. Certainly the sales we have achieved in recent

days suggests this is the case; however, with pricing down 5-10% from peak, the recovery is only likely to be a small portion of that. Great properties are achieving good sales prices. Unfortunately, not all Millwater property falls into this category and buyers have become fussy and punitive on those properties that do not reach the required standard.

Often, it is possible to significantly improve a property in a short period of time prior to marketing; sometime it takes a longer approach. The key elements we currently see buyers focusing on are street appeal, privacy, parking, good outdoor entertaining spaces and flow, plus appropriately-sized rooms with good layout. If you want to know what can be done with your property to assist the sales process, even if you are thinking 2-3 years away, feel free to give me a call. I am happy to have a look, a chat, and probably save you some money along the way.

In the meantime we are now short of quality property to sell, so if you are having thoughts about selling please get in touch, we are happy to give you an obligation-free assessment of where your property sits in the market.

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3 2 2

www.58madisonterrace.com**58 Madison Terrace, Millwater**

In a world that seems to have gone crazy with massive houses and a "bigger is better" mantra, it is refreshing to find a modest sized home that really delivers a lot. With three double bedrooms, two living areas, a spacious kitchen, a massive covered outdoor living space plus an extra large double garage this wonderful home will not disappoint.

- spacious kitchen with breakfast bar, induction hob and generous storage with open plan living, dining and kitchen
- additional separate lounge, ideal for creating that little bit of separation
- large covered outdoor entertaining space, perfect for those hot summer afternoons
- four years young Generation built home with balance of Master Builders warranty

www.mikepero.com/RX2035474

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QUALITY AND STYLE

4 2 2

www.97ormondedrive.com

97 Ormonde Drive, Millwater

This is a house for the discerning buyer! Someone who is after a property with quality construction, appealing design and great fittings. Proudly crafted by Mike Greer Homes, this attractive single level home boasts a number of high quality upgrades which are usually reserved for much more expensive properties. The Millwater market is moving at some pace again, so if you are looking for a quality home with some nice extras, don't delay in viewing this one.

- open plan living with stunning kitchen plus additional separate living area
- smart design ensures all living areas flow out to the large north facing patio area
- balance of 10 year Master Build Guarantee available

www.mikepero.com/RX2020953

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BEAUTIFUL GJ GARDNER HOME ON EXTRA LARGE SITE!

4 2 2

www.80harrisdrive.com

80 Harris Drive, Millwater

Like the fabled mythical creature, this stunning Millwater home is in a classification thought to be only in dreams; a large single level home on a generous flat site with room for a swimming pool. View this property early!

- 223m² GJ Gardner home on a flat 722m² (approx) site with large open plan living area opens to outdoor decking
- separate lounge/media room, stunning kitchen with island bench and walk-in pantry
- 4 generous double bedrooms including master with walk in wardrobe, ensuite and patio access
- separate laundry and larger than normal double garage

www.mikepero.com/RX1806232

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**ALMOST TWO HOUSES IN ONE!**

5 2 3

www.7colonialdrive.com**7 Colonial Drive, Millwater**

This spacious Millwater home has been designed and built with multi generational living firmly in mind. Beautifully finished by the craftsmen at Maddren Homes, this is a solid, well planned property with some real options for larger families. Almost two houses in one, the ground level incorporates a massive open plan living area with kitchen, dining and lounge space then on the other side of the house is two bedrooms, a study, a bathroom and another living area. This really is its own haven with a separate entrance, perfect for grandparents, teenagers or even a border/student. Upstairs is another three bedrooms including master with ensuite and walk in wardrobe, study and bathroom. There is some real flexibility in this layout, it truly is a house that you can mold to your own needs. Call us for more information.

www.mikepero.com/RX1950488

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5 2 2

www.9kingtideplace.com**9 Kingtide Place, Red Beach**

Tucked away at the end of a quiet cul-de-sac, in the peaceful surroundings of Totara Views, this immaculately presented home offers welcomes sanctuary from the hustle and bustle of modern life and strikes the perfect balance between lifestyle, privacy and location. Get in touch for more information today.

- five bedrooms (including master ensuite and walk-in wardrobe), two entertaining decks (one on each level)
- three living areas (two up, one down), stunning kitchen with smart shelving and soft close drawers
- large 710m² (approx) fully fenced garden, elevated with a peaceful outlook

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Smartphone Battery-Saving Tips



An empty smartphone battery is not only an annoyance, it's potentially life and death if you need to call for help in an emergency. Here are some tips to avoid a flat battery.

When buying a phone, compare battery capacities, measured in milliamp-hours (mAh). In general, the more mAh, the longer the battery life.

Care for your battery. Avoid excessive temperatures which can permanently damage the battery (e.g. don't leave a phone in a hot car, and remove phone cases while charging so heat can't build up). Use only the official charger and cable that came with your phone – cheap replacements can damage the battery and pose a fire risk. Smartphone batteries are typically the lithium-ion type, which don't like being fully discharged – keeping the charge above about 20% is a good rule of thumb

for optimal care.

Update software and apps on your phone to the latest versions – this can resolve bugs and improve efficiency.

Uninstall unused apps (save your data first), or disable 'background app refresh' for apps that you don't need to run in the background.

If not needed, turning off WiFi, mobile data, or bluetooth will conserve battery use – but apps won't be able to communicate or get new information (e.g. email, wireless or car speakers).

Lock the screen when not in use, and lower the screen brightness if not required – most phones have an adaptive brightness setting that adjusts automatically depending on ambient light.

As batteries age, the maximum energy they can store decreases. Sometimes the battery can be replaced but this may not be economical – and beware of unofficial battery replacements which can pose a fire risk. Buying a new phone may be a better option.

For emergencies, consider buying a backup mobile phone (which can cost as little as \$20) or official high-quality powerbank (portable charging battery) and keep them charged up for when you need them.

For more tips on getting smart with your smartphone, come along to Orewa or Whangaparaoa libraries for the next free Q&A session. For session times, call Toby on 021 148 1834 or visit www.techtutors.nz/smartphones.

millwater **Rowenas**



The September lunch outing for the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was held at Kings Plant Barn, Silverdale. It wasn't a particularly good day, weather-wise; cool, windy, and rainy. There were just six of us present due to a number being away on holiday, and various other engagements getting in the way. The lunch was very well organised by Esperance, to whom our thanks are due.

As ever, Kings Plant Barn was very busy, with much animated conversation going on at almost all tables. We didn't have to wait long for our lunches to arrive and, as usual, the standard of food and service was very good. Good conversation, good food and great company ensured that everyone enjoyed the outing!

Margaret Mullan



Central's Tips November 2019



It's starting to warm up and everything is growing! Get your summer vegetables ready by putting mulch or pea straw down to help them in the dryer months ahead, get the weeds under control and rejuvenate outdoor areas with a waterblast, scrub and paint.

In the Veggie Patch

- **Attracting bees** – plant bee-friendly flowers such as echiums, lavenders and salvia in or near the vegetable garden. Most edible plants need bees for pollination, so get them hanging out in your garden
- **Plant basil and beans:** these are crops that tend to perform better if you wait until now. Because they are tender, they like the warmth of summer
- **Time to set the vegetables and fruit trees up for summer** – give them a deep water or, after a shower of rain, layer pea straw or mulch around them
- **Sow sunflowers** for bright colours in the garden.

The rest of the Garden

- Our product for getting through the hot weather, in spaces where the soil gets dry, is **Aquaturf Max G**. It has a great formulation to help water penetrate to the roots of the grass or garden soil
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy
- **Waterblast paths and paved areas;** paint or scrub the outdoor furniture
- **Lawns that are growing weeds** – this is because the grass hasn't grown strongly enough. Spray with Broadsword (kills weeds, not grass), then re-sow with seed if necessary.



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Trusts & the New Trusts Act



You may have heard there is new Trusts legislation coming into effect and be wondering what impact the new Act is likely to have on you and your trust.

Timing and Impacts

The Trusts Act 2019 was assented to 30 July 2019; however, most the changes it brings will apply from 30 January 2021. The aim of the new Act is to clarify, simplify, and codify much of the law that is already in place. While the impact of this new legislation is yet to be fully understood, we thought we would highlight some important points.

Trustees

If you are a trustee of a Trust, you are likely aware you have numerous duties that you are required to abide by. The new Act sets out the mandatory and default duties, and it is important you are aware of these duties. As a trustee you must, for example, know the terms of the trust; act in accordance with those terms; act honestly and in good faith; deal with trust property in accordance the terms of the trust deed; and act for the benefit of the beneficiaries.

In terms of trust documentation, the new Act requires that each trustee holds copies of certain core trust documentation. In many, if not all cases, your solicitor will provide a folio of the core documents on Trust formation, as well as copies of any subsequent variation documents. Now is the time to scan these documents and keep them in a safe place!

Beneficiaries and access to information

The new Act also sets out rights of the beneficiaries of a trust. For example, trustees now have duties to notify beneficiaries of basic trust information, including that they are a beneficiary. The aim is to provide sufficient information to beneficiaries so they can enforce the terms of the trusts and the trustee duties. With this in mind, it may be relevant to consider who the beneficiaries of your Trust are – do these need to be amended or modified?

If you have any queries or concerns in respect of your Trust, please do not hesitate in contacting our team on 09 486 3058.

Melanie Baker-Jones
Solicitor
Simpson Western

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holidaydestinations

South Island Getaway

In September we decided to get away for a few days for our 25th wedding anniversary, so I planned a quick trip to the South Island.

We flew to Christchurch on Friday night and stayed in a nice little place called the Tower Junction Inn. It was very cosy and comfortable, and the lovely owners offered to drop us at the train station in the morning.

On Saturday morning it was an early start, as we left on the TranzAlpine train from Christchurch to Greymouth. It was very relaxing. The scenery was beautiful, and we had a lovely clear day to enjoy all the sights. We had a quick stop in Arthurs Pass, before we headed through an 8km tunnel.

On our arrival in Greymouth, we collected our rental car and headed south to Franz Josef, where we had 1 night at the Bella Vista. On the way there we did the Hokitika Tree Walk, where you walk high amongst the trees. There are 11 platforms that take you around this beautiful area and allow you to stop and take in this raw beauty.

We then headed south along the West Coast to the very end of the road to a little bay called Jacksons Bay, which is famous for exporting crayfish. We had a lovely lunch at a cute little place called the Craypot Cafe. But watch out for the sand-flies!

Then we headed for Queenstown, where we had a 3-night stay at the Heritage Hotel. The weather was beautiful, and we walked around the Queenstown Gardens, along the waterfront, and explored the new shops and cafes. On our wedding anniversary we booked the Dart River Adventure Tour, which included a 4WD bus tour, forest walk, and then a 1-hour jet boat ride up the Dart River and back down to Glenorchy.

It was one of the best trips we have done. The scenery was just incredible, from the mountains covered in snow to the crystal-clear waters of the Dart River. We even saw where some famous movies have been made, like *The Lord of the Rings* and the latest *Mission Impossible*.

If you are looking for a quick getaway and to see some of your own backyard, then consider the TranzAlpine and the West Coast.

Helen Baxter
Air New Zealand Travel Broker
021 684 770 or
helen.baxter@airnzbrokers.co.nz



Benefits of Home Brewing



If you're on the fence about homebrewing – or maybe just need to convince your other half it's beneficial – here are some of the top benefits of getting into homebrewing.

Turning to homebrewing opens you up to entirely new social circles. Any trip to The Grow and Brew shop can turn into a chat with a new person.

Brewing at home peels you away from the computer or television!

After you pop for the start-up expenses, the cost for producing a batch of homebrew (up to 50 bottles) is usually no more than the cost of buying a single 24-bottle case of your favourite craft beer. The more you brew, the more you reduce the impact of that initial start-up cost.

Learning to brew at home will help to kickstart your brain – constantly working on your brain fitness may help to prevent cognitive decline and dementia.

I've always looked at homebrewing as using science to create art. You use processes and ingredients that interact on a scientific level, but the final product is a piece of art.

It seems to be getting more and more difficult to develop passions, with a faster-paced society and more of a push to always be on the move. Homebrewing can become a serious passion for many folks; a creative outlet that doesn't take up all that much space, time, or money. Everyone should have a passion in life.

The Grow and Brew Shop

We opened our doors in 2007 when we re-branded Northern Hydroponics, and we quickly became the store for enthusiasts to come to for equipment, help and advice.

We stock only the highest quality ingredients, our staff are friendly and knowledgeable, and are always keen to learn more from our community. Our stills are the best on the market, and we are always here with advice.

If you're wanting to know more, come and see us, email us on sales@growandbrew.co.nz, or visit us online at growandbrew.co.nz.

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Fri	04:52	11:15	17:18	23:35
1 Nov	0.4 m	3.2 m	0.5 m	3.0 m
Sat	05:38	12:03	18:08	-
2 Nov	0.5 m	3.1 m	0.7 m	
Sun	00:23	06:25	12:52	19:00
3 Nov	2.9 m	0.7 m	2.9 m	0.8 m
Mon	01:11	07:15	13:44	19:55
4 Nov	2.7 m	0.8 m	2.8 m	0.9 m
Tue	02:01	08:10	14:38	20:51
5 Nov	2.6 m	0.9 m	2.7 m	1.0 m
Wed	02:56	09:09	15:35	21:46
6 Nov	2.5 m	1.0 m	2.6 m	1.0 m
Thu	03:55	10:09	16:32	22:39
7 Nov	2.5 m	1.1 m	2.6 m	1.0 m
Fri	04:56	11:06	17:24	23:30
8 Nov	2.5 m	1.1 m	2.6 m	1.0 m
Sat	05:52	11:57	18:12	-
9 Nov	2.5 m	1.0 m	2.7 m	
Sun	00:19	06:41	12:43	18:56
10 Nov	0.9 m	2.6 m	1.0 m	2.7 m
Mon	01:04	07:25	13:25	19:38
11 Nov	0.8 m	2.7 m	0.9 m	2.8 m
Tue	01:46	08:05	14:05	20:18
12 Nov	0.8 m	2.8 m	0.8 m	2.8 m
Wed	02:26	08:44	14:44	20:59
13 Nov	0.7 m	2.9 m	0.8 m	2.8 m
Thu	03:05	09:23	15:24	21:40
14 Nov	0.6 m	2.9 m	0.7 m	2.9 m
Fri	03:44	10:04	16:05	22:23
15 Nov	0.5 m	3.0 m	0.7 m	2.9 m
Thu	02:35	08:44	15:07	21:24
21 Nov	2.8 m	0.7 m	2.9 m	0.7 m
Fri	03:39	09:48	16:08	22:24
22 Nov	2.8 m	0.7 m	2.9 m	0.7 m
Sat	04:44	10:51	17:08	23:24
23 Nov	2.8 m	0.7 m	3.0 m	0.6 m
Sun	05:47	11:51	18:06	-
24 Nov	2.9 m	0.6 m	3.0 m	
Mon	00:22	06:45	12:48	19:01
25 Nov	0.5 m	3.0 m	0.6 m	3.1 m
Tue	01:17	07:39	13:41	19:54
26 Nov	0.4 m	3.1 m	0.5 m	3.1 m
Wed	02:09	08:30	14:33	20:45
27 Nov	0.4 m	3.2 m	0.5 m	3.1 m
Thu	02:58	09:19	15:22	21:36
28 Nov	0.4 m	3.2 m	0.5 m	3.1 m
Fri	03:44	10:06	16:09	22:24
29 Nov	0.4 m	3.2 m	0.6 m	3.0 m
Sat	04:28	10:53	16:56	23:11
30 Nov	0.5 m	3.1 m	0.6 m	2.9 m



Silverdale Tennis Club



The new season for Silverdale Tennis Club is in full swing, but it's not too late to register yourself or your child if you want to join us.

Silverdale Tennis is a small, friendly club on the HBC Hwy beside the Rugby Club. It has 4 new astroturf floodlit courts and nice amenities for your enjoyment.

Club days are Wednesday 9.30am for midweek, Wednesday 6.30pm for Twilight Tennis, and Sunday 10.30am for general senior play. We still have spots for Interclub players. New players are very welcome to try us free for the first 2 sessions.

For further info, please visit the website www.sporty.co.nz/silverdaletennis or call Linda 427 8209 for Seniors or Sarah 021 910 511 for Juniors.

Thanks,

Linda Waters

Facebook Group for Special Needs

A Facebook Group, Hibiscus Coast Special Needs Families, has been set up. You can find us on facebook.com/groups/HibiscusCoastSpecialNeedsFamilies

This space has been created for families who live in Hibiscus Coast and have a family member with special needs to meet, share ideas, and support each other. Whilst there are several other Facebook Groups that might have the same objectives, we believe it is always good to have local connections to turn to and rely on.

We are planning a get-together before the holiday season. This will be on Saturday, 7 December, at 12 noon at the St. John Catholic Church Hall, 180 Centreway Road, Ōrewa. Please join the Facebook Group for further details.

Five Tips & Tricks for Your Next Overseas Holiday



Summer is nearly here, which means many of us will be outdoors enjoying the sunshine, or spending time relaxing overseas. Here are my top 5 things to consider before you pack your bags for the airport.

1. Call your bank

Credit card security continues to be a focus for banks. Their algorithms determine what is considered an "unusual transaction" on your card. Avoid the "transaction declined" embarrassment by letting your bank know you are headed overseas.

2. Have more than one credit card

This can be handy if your intention is to shop till you drop! Perhaps more importantly, if one card ceases to function or is lost, you have another as backup.

3. Take photos of your passport and email it to yourself

In case you lose your passport, an electronic copy can save you a lot of hassle when you have to replace it.

4. Check your passports

While this may seem inconceivable, many turn up to airports with expired or about-to-expire passports. Most countries need, at minimum, 6 months validity at the time of arrival. Check with your travel agent or airline.

5. Curb your urge to "check-in"

This one's all about home security. Unfortunately, many people come back from holidays to a burgled home as a result of what's been shared on social media. You can't be sure who is snooping around your social media posts and piecing information together from different sources. For additional peace of mind, consider installing security cameras to monitor your property online on any device. Take a look at something like an Arlo Pro 2 Smart Security System.

Cheers

Robbie Chui / Millwater Resident

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Millwater Women's Group



It was a beautiful spring day when the Millwater Ladies set off to explore the Warkworth Museum.

It certainly exceeded our expectations. We were met by the manager, Victoria, before being introduced to the lovely, knowledgeable volunteer Brenda, who was showing us around.

We started with a talk about the history of Warkworth before being given a delicious morning tea and the chance for a

catch-up chat.

Then it was off to the textile department. Brenda showed us the amazing collection of garments they were storing. We all appreciated the skill level needed to create them.

We had time on our own to explore the museum inside and outside before a walk through the kauri forest.

This was an interesting place to visit for young and old, and is a credit to the volunteers.

Hope Spragg

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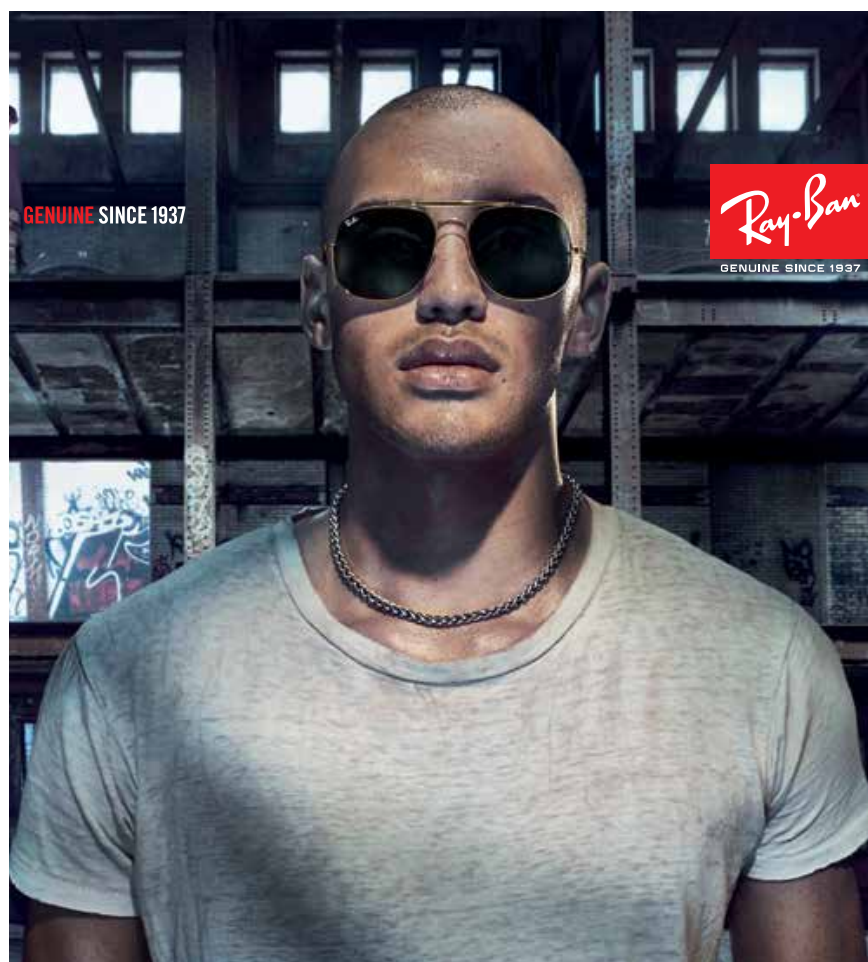


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Is "Good" Good Enough?



- financial commitment
- relationship status
- number of dependents
- employment status
- smoking status
- income and assets
- personal goals

A change to any of these could trigger a change in your insurance needs, so I recommend you contact your Financial Adviser for an appointment. Discuss your expectations in your conversation and let your Adviser know you want an annual 'check-in' – that is crucial in keeping your plan relevant and robust.

To optimise the advice you receive, ensure that your Adviser is independent and not tied to a specific provider. This ensures the Adviser is not focussed on selling you a product but rather on meeting your requirements.

An important part of the process is that the Adviser can access and provide you information, as well as provider and product comparisons, and simplify the jargon for you. We are all busy, so why not have someone help you with that rather than try to navigate it yourself?

Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on valentina@mirockfs.co.nz or join the Facebook Group: Special Needs Planning Guidance.

I imagine you had a good insurance plan put in place after a rigorous discussion with your Financial Adviser. But here's a gentle reminder: a good plan is only good for as long as it is relevant. Is yours still relevant?

Why not upgrade your 'good' plan to a 'robust' plan? A robust plan requires that, on an ongoing basis, you review what you have, measure where you are and look to where you want to be.

As a start, consider if any of the following has changed since you implemented your plan:

Do any of these describe you?

- A busy family
- Working hard and every cent is precious
- Think you are young, fit and healthy and nothing can go wrong?

Truth is *Life happens...* and I can help you plan for the unexpected

When was the last time you reviewed your insurance?

Do you know what you have versus what you really need?



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?** Contact me, Valentina Pereira and we can chat over a coffee.
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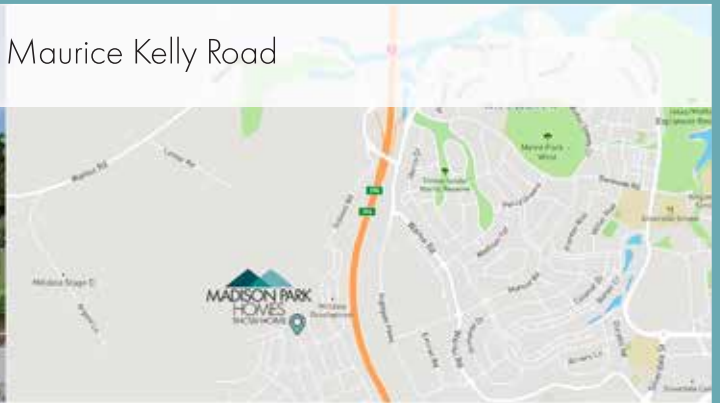
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what's on **hibiscus coast**

Orewa Library - October

Japanese Story Time

Fri 1st Nov 11am & every
Fri term time

Everyone is welcome to bring your pre-school - aged children along to learn about Japanese language & culture through music, storytelling and activities.

Transform your Health

Sat 9 Nov 11am

Steve Papps & Alyssia Joyce from BlueFit Gym invite you to a 45 min seminar. Understand how to work out effectively & get the results you want.

Hibiscus Coast Seed Savers Group

Wed 20th Nov 10am

Sale Table of plants & seeds with tips and advice on growing

Tech time with Toby (Smartphones)

Weds 13 Nov

Android 10:30am • Apple 12:30pm
Bookings essential - Toby 0211481834
toby@triplesweet.co.nz

(09 426 8249), 12 Moana Ave, Orewa

Regular Local Events

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 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 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 • 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

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

All these local community groups advertise here for free thanks to this page being sponsored by Mike Pero Real Estate Millwater. **Call Grayson or Sarah 021 665 423**

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Silverdale Car Services	09 421 1413

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Fashion / Retail / Gifts

Silverdale Village Market	021 030 3273
Grow and Brew Shop	09 426 0295

Child Care / Education / Classes

Northern Arena	09 421 9700
The Seasons Art Classes	09 421 0540

Community

Hibiscus Coast Anglican Parish	09 426 4952
Forrest Funeral Services	09 426 7950

Medical & Dental

Focus Hearing	09 533 6463
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518
Orewa Medical Centre	09 426 5437
Foot Doctor Millwater	09 320 0873
Sleep Institute Millwater	09 973 5866
Silverdale Allergy Clinic	09 320 0873

Business Services & Solutions

Sephira Institute	021 653 101
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Pharmacy

Millwater Parkway Pharmacy	09 959 0256
Life Pharmacy Orewa	09 4264087

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millwater recipes



Pan-Fried Curry-Flavoured Ling Fish

Ingredients

- 500g Ling fish
- 5 tablespoon corn flour
- 3 tablespoon curry powder
- 2 tablespoon onion powder
- 1 tablespoon ginger powder
- ½ tablespoon fennel powder
- 2 teaspoon salt

Method

1. Wash and pat dry Ling fish, then cut into chunks
2. In a freezer bag, mix all seasoning together
3. In 2-3 batches, put Ling fish chunks into bag, shake until evenly covered with seasoning
4. Heat oil in a pan, medium heat, then pan fry fish chunks until all sides are crispy golden brown
5. Serve with Worcestershire sauce

Happing cooking!
Nita Wong



Triple-Cooked Pork Belly & Crackling (Serves 4)

Ingredients

- 1.5 kg pork belly (bone out, skin on)
- 1.5 litres boiled chicken stock
- 4 peeled garlic cloves
- 2 large sprigs rosemary
- 6 crushed cardamom pods
- 6 peppercorns
- 1 cinnamon quille

Method

Place pork into deep oven dish or tray, skin side up, add all ingredients, and cover with tin foil or tight-fitting lid. Place in preheated 140°C oven on the centre shelf for around 3 hours, or until the pork is very soft but keeping its shape. Carefully remove the pork from the liquid and allow to cool so you can handle the pork. Place liquid in a container and freeze. When you next do pork belly, thaw the liquid, as it gets better in flavour.

With a sharp knife, remove skin. Try to keep the skin in one piece and leave some fat on the pork belly. Rub pork skin with canola oil and salt. Place on good quality piece of baking paper on flat baking tray, place another piece of baking paper on top, and another oven tray on top of this. Place in preheated 130°C oven on the centre shelf for around 2 hours or until pork fat has dried out. Remove the top tray and baking paper from the skin and place on bottom shelf of the oven with grill preheated. This process will only take around 5 minutes, so watch carefully as the pork skin puffs up and turns into the best crackling ever!

Place pork belly into a medium preheated heavy bottomed fry pan with 20 mls of canola oil. Pan sear the pork on all sides until golden brown and crispy. When ready to serve, roast in a 200°C oven until hot.

Serve with your favourite potato dish, vegetables, and gravy.

For your dinner parties, out-catering or business lunches, go to www.culinarylane.co.nz or [facebook.com/culinarylane](https://www.facebook.com/culinarylane).

timlawrence fishing spot



The Hauraki has certainly fired up, with workups to be found all the way up the east coast bays, south of Kawau and north of Flat Rock. There are also plenty of scallops around for the divers out there keen enough to brave the 16 degree water (it's a little fresh but manageable).

Soft baits and sliders are your best weapon of choice while the fish are hard on the bite. Make sure you use braid rather than mono. The braid doesn't stretch, and you will feel every touch of the lure. To get the best results, I find you need to slowly wind in the lure as you feel the fish biting. The fish will chase the lure and hook itself, never strike like they would if you were using baited hooks. It's also important to have a rod and reel set up for this style of fishing, and a separate set up for bait fishing (I prefer mono for stray lining).

Last month we travelled to Kona, Hawaii chasing gamefish in the North Pacific Ocean. We chartered "Hooked Up" with skippers Chuck and Shaun. The fishing was amazing, trolling lures around the FADs and fish farms in the bluest water I have ever seen. We landed four blue marlin and a mahi mahi (which was subsequently cooked that night in the Mexican restaurant owned by Chuck). The whole trip was organised by a local skipper from the Coromandel back here in NZ – Tom Maxwell from Mad Max Sport Fishing. I highly recommend this trip as a bucket list trip. If this sounds like something you would be interested in, then get in touch with me.

Back home, we have been getting the best results east of Kawau Island in 50m of water just inside the cable zone (north of Flat Rock). I have found that although there are workups in this area, all you need to do is look for sign in the general area and use black "Do Can" kabura sliders. I can also report the scallops are fat orange and creamy already. Until December – tight lines!



For further information
phone 09 426 4952
or chadorewa@gmail.com
www.hbcanglicanparish.co.nz

Join us for services throughout the month:

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

Christ Church, Waiwera
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2nd & 4th Sundays 9am

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millwaterasiancorner

Hui's Kitchen



I admit, it can take a bit of encouragement to walk into the Hui's Kitchen restaurant. The wall of neon pictures can be quite overwhelming and put you off. But once inside, you will experience exceptionally delicious food and warm hospitality from the lovely owners.

Hardworking Lee and Tracy mind the restaurant all by themselves. Every ingredient passes through their hands, turning them into all kinds of authentic Chinese northeast cuisine, including their signature dish: pan-fried handmade dumplings.

The family of three came to New Zealand 3 years ago. With limited English, they found life very hard at the beginning, and they doubted whether starting their own restaurant was the correct decision. But with Lee's 22 years of chef experience

in Dalian continental hotels, it seemed to be the best option for them.

"We are a small family-run restaurant, which allow us to buy fresh ingredients in small batches every time, which means the food we serve is always fresh," said Tracy. In fact, she shops not once but twice a day!

They serve breakfast from 9:30am with freshly made soy milk, wonton soup, and much more. They diligently work through lunch to dinner, and don't have a good rest until the shop is closed, after 9pm. Their 12-year-old daughter comes to help every day after school and on weekends. The restaurant is not only their whole world, but also their hope.

"We work hard for her to have a better education, and sincerely hope she can find her own path when she grows up."

I am always touched by this resilient family; Tracy always carries a big friendly smile on her face (while I know she should be extremely tired), while Lee keeps working quietly in the kitchen. Their daughter, on the other hand, is the ambassador for diners who cannot speak Mandarin.

I always enjoy dining in Hui's Kitchen, with its wide variety of options. I am intend try every single item on their menu. If you enjoy Chinese food, this is a must-go place in the neighbourhood. Find them at Hui's Kitchen, 1H Polarity Rise, Silverdale, 09 426 5727, from Wed-Mon (closed Tues).

See you next month!

Nita Wong







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From Starry Night to Christmas with HBC Singers



The Hibiscus Coast Singers are halfway through their rehearsals for their next concert, 'Starry Night'. The theme for the year-end concert reaches for the stars and is a nod to the 50th anniversary of the lunar landing. This was Michael Bell's inspiration for his composition 'O Fair Moon' premiered by the choir in July. The choir plans to perform Michael's commendation to the moon again at this concert. Stanley Bolton will join the choir, adding the

eclipsing texture of his violin. The new arrangement will make the piece even more atmospheric.

The astronomical theme continues throughout the concert. The choir is developing its repertoire to span the centuries, and includes in this concert choral classics by Holst and Haydn, as well as 'Space Oddity' by David Bowie and 'Rocket Man' by Elton John. The countdown to Christmas has begun and, to this end, the concert includes

'Oh Holy Night' and John Rutter's 'Star Carol'.

HBC Singers' recent concerts have been sellouts, which is very pleasing for the singers and an endorsement of Robyn Allen Goudge's direction of the choir. Robyn's expertise and skill has helped this community choir present concerts full of variety and consistently-polished performances. Michael Bell will accompany the choir again, adding depth and another quality to the choir's music.

Two concerts will be held at Red Beach Methodist Church, Saturday 7th and Sunday 8th December. Tickets are available now – email Robyn at coastsingers@gmail.com.

The Choir will return to rehearsals by March 2020, which is the Choir's 30th Anniversary year. If you are interested in singing with the HBC Singers, contact the Choir through their website hbcsingers.com or email coastsingers@gmail.com.



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