

# theMillwatermag

March 2020

Your FREE monthly magazine of all things  
Millwater & Milldale



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# Editor's Note

What a start to the year. Bushfires, pandemics, droughts, floods...

The constant deluge of disasters that dominate the news is exhausting and, let's be honest, quite depressing. And that's not even mentioning national and global politics!



It can all get too much. Yes, it is important to keep tabs on the pulse of the world, but now I make a point of looking for positive news stories too, especially those that feature environmental breakthroughs, and members of the younger generations standing up for themselves, our planet, and our future.

For example, did you hear:

Many huge industries, including Formula 1 racing, fashion giants, and music festivals, are actively taking steps to reduce/eliminate the waste and pollution they create.

A US teenager has invented 'armour' to protect cancer sufferers from excess radiation during treatment.

After decades of absence, baby turtles have returned to Mumbai after the 'largest beach clean-up in history' removed more than 5,000 tons (yes, tons!) of trash from their ancestral breeding site.

For more, I highly recommend the sites [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org), [www.happyeconews.com](http://www.happyeconews.com), and [www.positive.news](http://www.positive.news). Because, no matter where we come from, we humans are actually pretty amazing.

I wish everyone a little more joy in their life, even when everything seems bleak. Remember to wash your hands, and to smile at your neighbours – and it will make your day just a little lighter, too.

**Jessica Copping**  
March 2020

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## theMillwatermag

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# Body Talk with Julia Prescott



prison as a deputy manager. However, Julia soon found her health to be deteriorating. She had been diagnosed with autoimmune connective tissue disorder, Trigeminal Neuralgia, and had gone deaf.

Having been referred to a specialist who offered her long-term medication, Julia decided to instead look into alternative therapies to improve her health. Reflecting back on her life, Julia realised that being stressed, having a lack of passion, and being unimpressed by life was consuming her days. Her position at the prison was adding nothing positive to her life, so she decided a change was necessary.

She began her mission of getting better through alternative therapy, as she tried a range of different things. Reflexology, Body-talk, and liquid crystals seemed to stick for Julia. She was so intrigued by the practice of Body-talk that she began to research further. She underwent many advanced Body-talk courses and, in 2018, she began her own company: Elevate Health NZ. Her business focuses on mindfulness, Body-talk treatments, and being aware of the power of your mind. 'I have just recently started to advertise my company and aim to branch out to run Health and Wellness days for organisations,' Julia explained.



For this month's issue, I had the pleasure of talking with Julia Prescott, the director of Elevate Health New Zealand. We began speaking about her former position as a prison officer in the UK, and what she experienced during her time in that role.

She became very passionate early on about helping people change their lives for the better. Rehabilitation was the focus for many years, as she believed her team within the prison had a moral responsibility to improve their communities. Julia worked for twenty-two years in the UK service, having gained five different promotions and worked in five different prisons. Having then moved to New Zealand, she worked at Auckland

One thing she would like the readers to take away from this article is that you are not your thoughts or emotions. You can decide which thoughts you engage with and which ones you let go. Being aware of your thoughts is really important, as everything starts with a thought. It is how we create our lives.

**Megan Prentice**  
*Features Contributor*

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# Culinary Lane Cooking Tips



Microwaving is the least understood method of cookery, and can also be the most overused, in my opinion. The main point to remember about microwaving food is that it removes moisture and dries food out. Basically, the microwaves from the appliance make the water molecules in foods vibrate, creating heat very quickly.

**Definition of microwave cooking:** Rapid heating by passing high frequency waves from a magnetron through the food or liquid to be heated. Water absorbs the microwaves very well, so food with a high-water content cooks more evenly. The cooking time is short and microwaves do not cause browning, so the food doesn't develop flavours associated with other cooking methods, such as sautéing or roasting.

Here are a few simple tips to make your microwaving more successful.

- Don't try to "cook" large items in a microwave, as they cook unevenly and the processing removes too much moisture from the food.
- To keep moisture in food, try microwaving with a cup full of

water next to it. This will mean the microwave heats more evenly and provides some moisture to the food you are reheating. This works especially well with bread and pizza products.

- You don't have to cook on full power all the time. Try reheating food on a lower setting, e.g. 50%. This will take longer but be gentler on the food, and it will retain more moisture.

- Don't use microwaves to cook meats, as it is too fast and will always make the food rubbery, dry and tough. Reheat meat in the microwave, but don't heat on full power.

- It's best to microwave with a cover, e.g. glad wrap, or a damp paper towel, as this will help retain steam and moisture.

- When reheating food, flatten out the food so there's less volume and more surface area. This allows the radiation from the microwave to be distributed more evenly.



For your dinner parties, outcatering or business lunches, and private cooking demonstrations, go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) or [facebook.com/culinarylane](https://facebook.com/culinarylane).

*By Chef Mark Lane*



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# vet speak

## Choosing a New Puppy



Getting a puppy is an exciting time – but it is also an extremely important decision as a dog can live for about 15 years, so you want to take your time and get it right.

- Research some breeds to find out what breed or mix of breeds will best suit your family life
- Consider adopting a rescue dog and help alleviate the “wastage” that irresponsible breeding creates
- Don't buy from puppy farms, even if you feel sorry for the puppy; more will be bred to replace it
- If buying from a breeder, don't buy a puppy without meeting the bitch (and ideally the sire); this way you are able to check out their temperament and health
- Don't support breeders who produce puppies with severely exaggerated features that may compromise welfare. If buying a

breed that has exaggerated features, choose a breeder who is trying to breed away from extreme features

- Be wary if the parents have needed correctional surgery to enable them to breathe comfortably, correct eyelid issues, or walk normally
- Avoid buying puppies produced from mating closely related dogs. There is no way to verify this for a dog without a registered pedigree
- A responsible breeder will ensure all of the puppies and their parents are healthy and well looked after; they will have them all checked by a veterinarian, have a regular parasite control programme, and will have had any vaccinations done that are required



- Puppies must be weaned, fully self-sufficient and at least eight weeks old before they are released to their new owners

- Puppies should be socialised from three weeks of age to things they are going to encounter as they grow up; such as children, cats, vacuum cleaners, and washing machines

For more information, pop in and have a chat with one of us – we are always happy to talk about puppies!

**Jemma Hedges**  
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# pharmacy talk

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**\*www.purepeony.com:** In 2018, 94% of 134 respondents rated Pure Peony products more effective at calming irritated skin than other natural skincare products they had tried.

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**Mon-Fri:** 8.30am – 6.00pm  
**Saturday:** 9.00am – 3.00pm  
**Sunday:** Closed

# New Zealander of the Year 2020



Eliette Roslin made it to the top ten finalists for the Young New Zealander of the Year awards, for her work with The Green Room and Eliette's Music Academy, based in Albany.

In 2018, Eliette started The Green Room Charitable Trust, which is set up to help children who suffer from anxiety, depression and bullying.

The Green Room sessions bring kids together in a fun and social environment, allowing them to discover music as a form of expression and healing. Our workshops run Tuesday evenings in the form of a band programme.

"Green Room makes me feel like I can be myself, it helps

me combat my depression and anxiety and I feel much happier when I am there. Green Room gives me something to look forward to each week and it's great to hang out with other people my age who are also passionate about music. The mentors are really cool and are fun to hang out with as well."  
– Attendee.

The Green Room came about after Eliette saw noticeable differences in a few students who were struggling with anxiety and depression and who, over the course of their hour lesson, found such peace in making music. Eliette was approached by a mum who expressed her deepest gratitude and said, "I feel like I have my daughter back for a small period of time after your lessons".

From this, Eliette felt like there was more to do, and a wider population she could help. From there, the Green Room was born.

"It was a great surprise when I learned I was shortlisted in the 2020 Young NZer of the Year Awards. I feel honoured and a little embarrassed by the attention." – Eliette.

We hope to expand our sessions to a wider age group in 2020, and help more NZ Youth through the power of music.

If you would like to join or support the Green Room in any way please contact [connect@greenroom.org.nz](mailto:connect@greenroom.org.nz)

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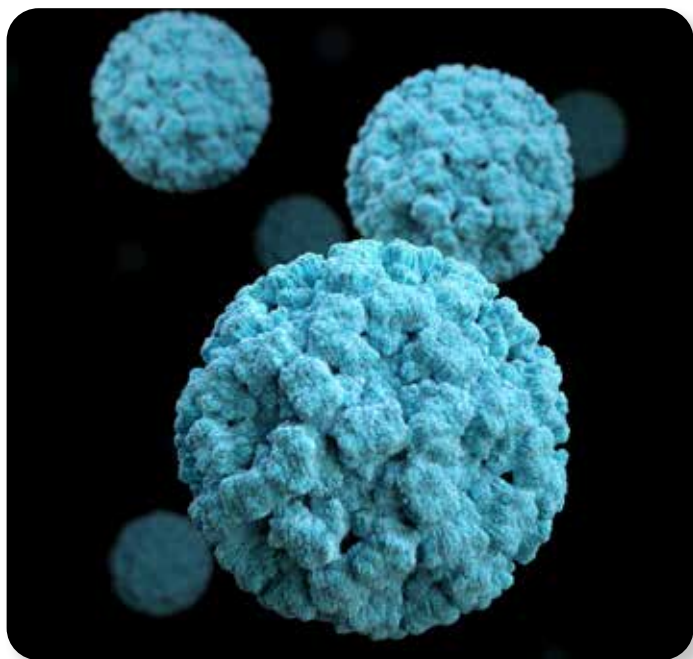
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# Virus Protection



A subject very much in the media and on our minds lately is viruses. Did you know that nature provides some of the very best solutions to support your body's immune defence? And whilst they can be used once you are aware you have a virus, the real effective key to fighting viruses is to have these natural agents circulating in your bloodstream daily as a prevention. If you have your body prepared for when a virus enters your system and is in its initial small stage, you stand a much greater, much more effective chance of supporting your immune system to shut the virus down.

I am of the view that you should take an anti-viral immune support at least from April 1 through to September 30. And with the coronavirus issue, why wouldn't you take protective supplements all the time at the moment? The key is daily prevention. This is what I do in encountering numerous people with viral infections in the shop daily in winter. I take what I consider the most effective supplements for protection

and, for the most part, they work well.

How do they work, you may ask?

Well, some natural substances, in simple terms, cripple the DNA of viruses which makes it difficult for the virus to replicate and build.

Others inhibit the virus shedding its protein coat which, once again, it needs to be able to do to replicate.

Some work by blocking key viral proteins, responsible for both the viral attachment and the entry into the host cell.

All are safe to take daily and often offer other great benefits as well. For example, some are excellent anti-allergy supplements.

Like many things in life, you get what you pay for, and it is very true that higher quality supplements with well thought-out defence strategies are much better, much more effective.

So come on in to Health by Logic to discuss protecting your family against viral threats.

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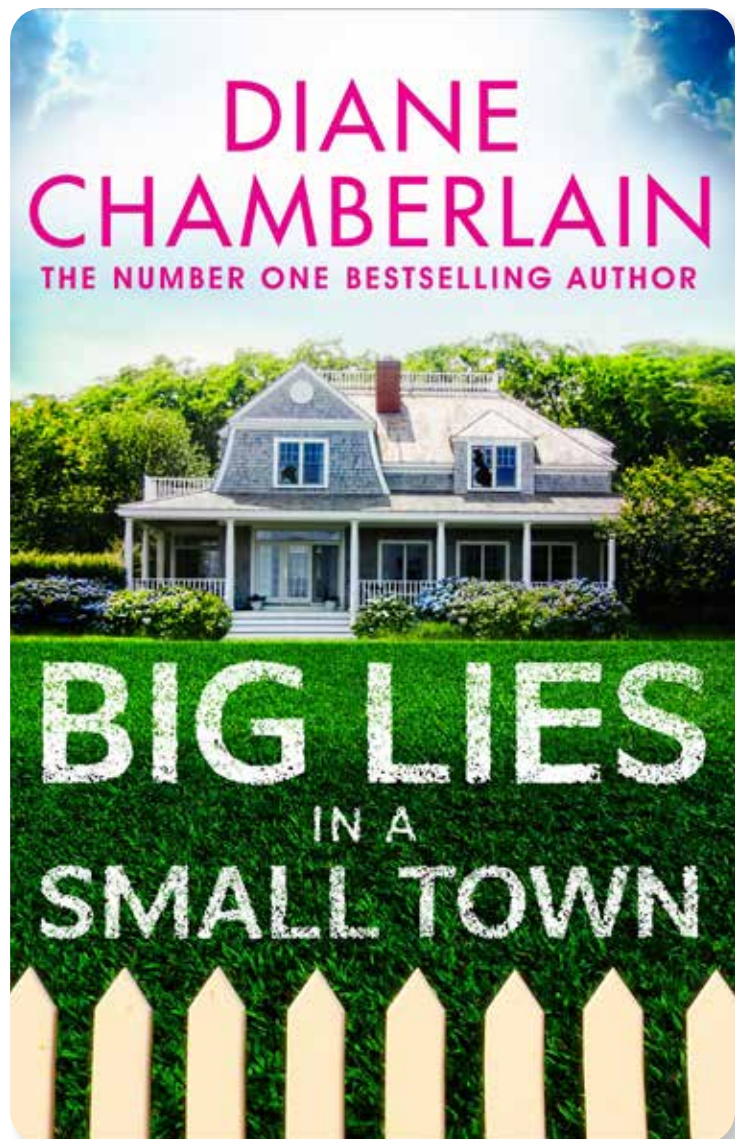
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# millwater *book of the month*

## Big Lies in a Small Town by Diane Chamberlain



*Big Lies in a Small Town* is a novel of two stories set in North Carolina, masterfully interlinking by novel's end.

In 2018, Morgan Christopher is partway through a three-year sentence for a crime that she did not commit. She was a talented art student, but all thoughts of a career in arts are now on hold. But then she has a surprise visitor – and she is out on parole with an unusual requirement. The condition of her parole is to restore an old post office mural from the 1940s. She doesn't know anything about art restoration, but she seizes the opportunity to escape jail. But the mural is more damaged than anyone could have imagined, and when Morgan cleans off all the grime, she discovers a piece of art that looks like the artist lost her mind. Morgan is determined to not only restore the artwork but to get to the bottom of what happened to artist Anna Dale, who disappeared without a trace when the mural was completed.

In 1940, Anna Dale, an artist from New Jersey, has lost her mother to mental illness but is perfectly sane herself when she wins a national contest to paint a mural for the post office in Edenton. She is excited at this thrilling opportunity, but not all the townsfolk like an outsider painting the mural; least of all the local artist who expected to win the contest himself.

*Big Lies in a Small Town* is a fabulous book that alternates between present and past, eventually bringing the stories together. At its heart is a story of violence, murder and small-town secrets. It is also the story of two extraordinary women who are bound together by their art and their determination not to let life knock them down permanently. *Big Lies in a Small Town* has believable, well-drawn characters and a plotline that will keep you turning the pages.

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# the green spot

## Eco Tip of the Month



*Hayley Crawford*

I hope you've all enjoyed the summer and spent lots of time at the beach – and with beach visits comes beach hair! If you have found that shampoo bars aren't for you, then I have another option to suggest. Kevin Murphy is an Australian brand of haircare products that is dedicated to aiding charitable causes that focus on both human and environmental issues, including financial donations to Al Gore's climate change leadership program The Climate Reality Project. They also don't test on animals and avoid the use of any ingredient that will damage or harm animals and the environment in any way.

What is really impressive is that they employ fisherman to extract plastic waste from the ocean, melt it down into granules, and then recycle it to make their bottles. They are the first beauty brand to offer packaging made with 100% OWP (Ocean Waste Plastic), and they estimate they'll save 360 tons of plastic from the ocean each year. So you can do your hair a favour by using a reputable salon brand and do

the planet a favour at the same time.

Kevin Murphy also has a partnership with ECOHEADS, which are innovative showerheads that use up to 65% less water than regular showerheads. This is in light of the estimate that by 2025, two-thirds of the world will be water-stressed, so a water-saving showerhead is something you could consider for your home too.

What's more, their range is easily purchased from our local Millwater salon 'Evoke' who have a deal on for Millwater residents: if you purchase any of the Kevin Murphy range, you go in the draw to win their 'Shimmer Me Blonde' or 'Shimmer Shine' products. So, shimmy on down there to check out their extensive range.

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# art speak

## with Estuary Arts



With exhibitions changing monthly, there are always fresh creative exhibitions on show at Estuary Arts Centre, so that is always a good reason for that monthly visit. In the whole downstairs gallery space, this month we have Freeman Hau's "Passion in Creation III". A first-time exhibitor at Estuary Arts, Freeman aims to connect people through the power of art. Freeman uses imagery and symbols from ancient mythology, infused with mysticism. The theme of *"If we give spirits a form, we become independent"* plays a key role in his artwork. Freeman has been painting for more than 45 years and in 2002 completed a Diploma of Art and Creativity (Honours) from TLC Wellington NZ. "My technique had evolved as I explore themes within the realm of natural and human activity with a variety of subject matters, both divine and earthly, that speak visually to the soul. My works, created on canvases, reflect a distinctive style of countless dots and a unique pigment technique inspired by surrealism, primitive art and South Pacific cultures."

### Part One: Original paintings and 3D works

Created with different subjects and media, using a small brush to create distinct dots of colour or strokes to build the effect of rich colours, shapes and patterns.

### Part Two : "An Epic Journey", original oil dot-painting

In 2002, Freeman changed his artistic direction. Influenced by the story of Adam and Eve, Freeman asks the viewer to consider the connections between the concepts of Earth, Humanity, History, Soul and Art. These 12 dot-paintings were completed over a period of 10 years. A feature of this series is the dynamic unconstrained patterns created by colour, form and energy. For Freeman, the human figure could be painted orange, red or white, while other shapes are rendered in solid colours.

### Accompanying Exhibitions:

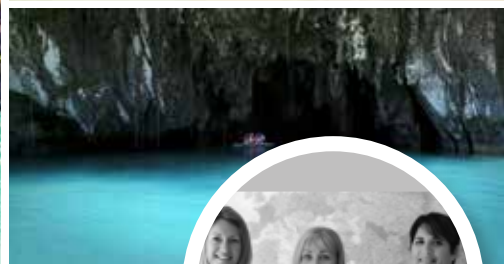
In the Education Wing foyer, view the experimental fluid painting technique developed by artist Paula Wheeler. This popular abstract method to create vibrant and luxurious patterns is mesmerising to watch.

In the café area, view a large mural created and developed by Jo Bain and her young students aged 5 to 8 years old for Sea Week – a time to reflect on our sea and the abundance that it gives us whilst highlighting the importance to protect it, nurture it and sustain it. Conservation is now of utmost importance in all of our minds and our actions, and it is through our younger generation that true consumer change will be realised.

With term one classes well underway, the Estuary Team is working hard on the April School Holiday Programme which will run from 13 to 24 April 2020, inspired by the art of play and exploration, using LEGO bricks, blocks, and Robotics. On Saturday 18 April from 9.30am to 2pm, come on down to the Centre as there will be FREE LEGO play with the local All Blocks Lego User group; LEGO cookie and cupcake decorating; weaving; screen printing; and other activities for the whole family to take part in. So, keep an eye on social media, the website, and our newsletter for more details.



If you would like to subscribe to our monthly newsletter head to the website [www.estuaryarts.org](http://www.estuaryarts.org) or pop into the centre, which is located at 214B Hibiscus Coast Highway. The centre is open 7 days a week 9am to 4pm with an onsite café.



## Do you have a passion for travelling but don't want to travel to alone?

The team at Bucket List Travel are excited to have recently launched their new venture, the Bucket List Travel Club, which has a goal of getting like-minded individuals together and socialising over a cup of tea while talking travel, and making new friends you might later wish to travel with.

Travel suppliers from the industry are hosted at monthly meetings, who update club members on what they can offer solo travellers, and feature different destinations.

The Bucket List Travel team also discuss their personal travel experiences, which are extensive. Offers are available especially for club members, and opportunities for the group to travel together to popular destinations are also available. Whether this be nearby Norfolk Island, or further afield, such as a River Cruise in Europe, there is something for everyone.

After the great success of the first Bucket List Travel Club meeting in January, plans for an escorted tour exploring the

wonders of South America are already underway. For something a bit closer to home, there will be an escorted tour to one of the most beautiful islands in the South Pacific, Niue.

So, if you're by yourself for whatever reason, or your partner is unable to accompany you, but you'd love to travel, they'd love to meet you!

The next meeting is being held at the Red Beach Surf Club on Friday 20 March, at 10am.

For more information, or to RSVP for their next meeting, contact Michelle or Cathy at Bucket List Travel today: 09 426 1490 or [info@bucketlisttravel.co.nz](mailto:info@bucketlisttravel.co.nz).

**Cathy Crawford**  
Travel Advisor

**Viva!**  
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Bucket List Travel invites solo travellers to join the Bucket List Travel Club for an inspiring morning function on South America in partnership with Viva Expeditions.

Hear about fully escorted small group tours that will give you the opportunity to discover the stunning continents of South America and Antarctica in a fun and exciting environment surrounded by like-minded travellers!

10AM – Friday 20th March, Red Beach Surf Lifesaving Club (Heron Room)  
Ngapara Street, Red Beach

RSVP: Michelle Ph: 021 959 414  
[info@bucketlisttravel.co.nz](mailto:info@bucketlisttravel.co.nz)





# NZ Premier of Strictly Ballroom comes to Centrestage Theatre.



Those who remember the iconic movie from the early 1990s will recall the glitz and glamour of the ballroom scene – and Centrestage Theatre's version will not disappoint.

Meet Scott Hasting (Tom Webster): Ballroom Dancer. Future champion. Rebel.

When Scott's radical dance moves raise eyebrows with the Australian Federation, he finds himself dancing with Fran (Lisa Camlebeke), a beginner who has no moves at all. Inspiring each other, the couple find the courage to defy both convention and their families - and discover that to be a winner, your steps don't need to be strictly ballroom...

Adapted from Baz Luhrmann's beloved and award-winning film, STRICTLY BALLROOM has been transformed into a glorious stage musical, combining the story's heart, comedy and drama with white-hot dance, eye-popping costumes by Campbell Stoddard, and over 40 classic chart hits. Musically directed by Karlo Valdez and assisted by Annelie Maddock, the score includes Time After Time, Perhaps, Perhaps, Perhaps and Love is in the Air.

Under the experienced direction of Michael Sanders and Dancing with the Stars choreographer Brad Coleman, assisted by Sophia Pedersen, Centrestage Theatre presents an unforgettable production that will make your heart soar and your feet want to dance!

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# The Hibiscus Coast Presbyterian Church welcomes their new Minister



It is with great joy that the Hibiscus Coast Presbyterian Church, in Centreway Rd, Orewa, announce the arrival of our new minister, Rev. Werner Schroeder, along with his wife Susan and their two young sons Alex and Reuvan. They are hoping to integrate themselves into the local community. Both boys are attending Kingsway Primary school in Millwater.

The Schroeder family arrived in New Zealand in February 2017 from Johannesburg, South Africa, where Werner has been involved in ministry for 20 years. Prior to joining the Hibiscus Coast Presbyterian Church, he became familiar with our New Zealand way as a youth pastor in Drury and then as temporary minister on the Te Atatu Peninsula.

Werner's approach is refreshing, and it is easy to journey with him. Along with other partners, he is keen to continue the church's overseas mission in Vanuatu, as well as having a vision to lead our parish and be actively involved in the Hibiscus Coast community.

The congregation of the Hibiscus Coast Presbyterian Church are looking forward to the refreshing changes that Werner will bring. We are excited about our fulltime Minister and invite our community to be part of our new journey. The Sunday services are at 10am, everyone is welcome.

## Grace and Peace

**Rev. Werner Schroeder (MDiv)**

**Hibiscus Coast Presbyterian Church**

**Mobile 021956581**

**Wainui**

## Easter Brunch Menu

**Selection of seasonal salads/Home Cured Salmon & Dill/Bacon & Egg Potato Salad/Cured Meats & Cheese/Mini Danish & Croissants/Truffled Scrambled Eggs/Roast Vine Tomatoes/Bacon & Sausage/Eggs Benedict/Brioche French Toast Maple Brown Butter/Honey Roast Ham Carvery/Omellees Made to Order/Seasonal Fresh Fruit/Vanilla Yogurt with Wainui Honey/Homemade Hazelnut Granola/Chocolate Mud Cake/Mini Fruit Tarts/Percolator Coffee & Tea**  
**Reservations Essential**

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Tel (09) 444 3437

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TIME: 10:30 a.m. - 3:30 p.m.  
LAST SITTING: 2:30 p.m.  
Sunday, 21st April

**\$45 per Person**  
**Children 7 & under Free**  
**8-11 \$12.50 / 12-14 \$22.00**  
**when accompanied by adult**

Take the #396 Millwater exit on Wainui Road for 5 minutes to Windmill Drive turn left to arrive PUBLIC WELCOME!

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# How do you teach your children about healthy eating?



Children's bodies are growing rapidly, so their requirements for good nutrition is high. Just as we can't build a brick wall with sticks and leaves, we can't build optimally healthy bodies without the right nutrients in our food.

Here are some quick tips to start with:

Get children involved in cooking – let them grate, peel, mash, break lettuce into bite sized pieces, etc. and encourage them to taste along the way. If you taste too and comment on how juicy, delicious, crunchy etc. the veggies are, it gives them a positive association with that food. As they get older, teach them to cook. As parents, it's one of the best life skills we can give them.

Children will sometimes need to taste a food many times before they will accept it. Provide them with lots of opportunities to taste different foods and broaden their palates. Early exposure to foods will enhance their acceptance of it.

Plant a few vegetables – especially things like baby tomatoes, strawberries and snow peas that they can pick for themselves and eat straight away. These can be done in pots on the deck if you don't want to commit to a vegetable garden. Studies show that children who are involved with growing vegetables are more likely to eat them.

Allow them to choose some fresh fruits and vegetables that they would like to try when you go shopping. Involving them in the decision-making often gets their 'buy in'.

Most importantly – modelling. Any parent knows that children are more likely to follow what we do, rather than what we say.

Children feel empowered when they are given an opportunity to choose, so make sure there are only healthy foods for them to choose from. If all else fails – HIDE the veggies from them – mince is one of the ways to do this. If you would like help with encouraging your children to eat nourishing foods, contact me at [paula@nutritionsense.co.nz](mailto:paula@nutritionsense.co.nz).

Throughout the year, I will be running a variety of Healthy Cooking and Lifestyle Workshops. Look out for the notifications on Facebook, or e-mail me to receive a notification before the workshops are advertised and get in first to book a seat.

You can find me on Facebook as NutritionSense for regular posts on health-related topics and recipes.

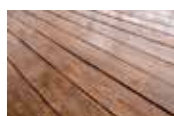
**Paula Southworth**  
*BSc Human Nutrition & Sports Science*  
*Member of the Nutrition Society of New Zealand*  
[www.nutritionsense.co.nz](http://www.nutritionsense.co.nz)

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# millwater property management

## Getting Back on Track



The new year is with us and, for many of us, business has roared into life over the first week of the year.

January is a busy month for landlords. In Auckland, January/February is a peak time when rental properties are filled with university students settling in for the year and with employees on transfer to new jobs. In fact, this is the busiest time for letting. And in the Rodney area it is no different, with tenants on the move as well as new families moving into the

area. January and February have seen a few more properties advertised for rent than prior to Christmas. Rents are increasing a little, as landlords factor in their increased costs over the previous year.

### Healthy Homes Standards

A number of landlords are still confused about the Healthy Homes Standards which are to be introduced. For example, they need to calculate the level of heating required by living areas, and then to assess whether existing heating can satisfy the requirements. Also, the capacity of bathroom fans and kitchen exhaust fans must match the published specifications. Any landlord requiring assistance might well contact a property manager versed in such requirements.

### New Legislation in 2020

The Government has announced proposed changes to the Residential Tenancies Act in a few areas, including tenancy termination restrictions, anonymising records of Tenancy Tribunal orders, and permitting tenants to add minor fittings. This legislation is to be introduced to Parliament in early 2020. We await further details when the bill is presented in due course.

*Craig Harrison | Principal, Quinovic, Millwater*

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# To Print Or Not To Print...



For some, print can be a bit scary...

Do you think stripes are unflattering? Or, you just have no idea how to wear print?

Let me give you a few fun facts about the good ol' print!

It does an amazing job covering lumps and bumps  
It expresses your personality  
It is creative  
It adds interest to your outfit  
It can balance a figure  
It creates a mood  
And it's fun!!

Feel you need some confidence in attempting print? Here are a few things to keep in mind

1. Keep your print to your scale – this means your frame size. If still unsure, keep the print size to a medium; this will be sure to work.
2. A complex print, which is a print with less space between each pattern, confuses the eye and keeps the eye moving.
3. Stripes are amazing! Horizontal stripes are fun and sporty. Keep the size of your stripe in mind, as a smaller stripe is less

broadening that a wider stripe.

4. Vertical stripes are more serious and can easily be worn in a corporate environment; it is also very slimming and can visually add height.

5. Diagonal stripes are flattering and creates a creative mood.

6. Floral prints are feminine and fresh.

7. When combining print with a solid colour, try to keep the print on your top half and over the solid piece.

8. Or, start small and let your accessory be the print. These can be shoes, bags, scarves, or even on your nails.

If you want to stretch your print style confidence, why not try mixing print with print? The easiest way to start is by using monochromatic colours, or pick a modest print that coordinates with a bolder one.

Stripes and floral combo are super chic!

Each print tells its, own story and can make your wardrobe so much more exciting.

*Janine – Natural Style*

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# Awaken Your Sleep Drive

The ultimate formula for achieving deep and regenerative sleep naturally.



It's not a secret that sleep is fundamental for our physical and mental health. It's the time for our body to regenerate, clean up, and detox so we can start new and fresh the next day. Without adequate and quality deep sleep, our body cannot function optimally as it's designed to, inviting illness and diseases into our lives.

Unfortunately, the sleeping problems in modern life have been rising worldwide:

According to a report by Sovereign in 2016, more than a third (35%) of New Zealanders were not getting enough sleep, or the quality of their sleep was compromised.

In the US, 35% of adults don't get enough sleep. 30% suffer from insomnia. 9 million take prescription drugs to help them fall asleep, as reported in 2019.

I suffered insomnia with postnatal depression. I know how

it feels when sleep becomes a daily struggle. However, deep and regenerative sleeps are natural and attainable. It all comes down to reset your circadian rhythm and boost melatonin production naturally.

Here are my favorite two (of 10) secrets for a good night sleep:

## 1. Soak in morning sunlight

Own your morning, own your health. The nighttime sleeping hormone melatonin is converted from serotonin 3-4 hours after darkness. Serotonin is a neurotransmitter made from tryptophan that absorbs sunlight (UV range specifically). The a.m. sunlight, from sunrise to about 10a.m., turns on the giant systems controlling the flow of all hormones in your body, in your pituitary gland.

## 2. Take a cold shower before bed.

Our body temperature fluctuates throughout the day, starting to rise upon waking, peaking in the mid-afternoon, then decreasing until bedtime. Taking a shower speeds up the winding-down process and helps the body trigger sleep signals and give you a deeper sleep.

To find out the other eight secret ingredients for the best sleep ever, please visit my website at [www.alisondaviswellness.com](http://www.alisondaviswellness.com) and sign up for the free "Deep Sleep Guide".

Good night and sleep tight. Because you need it.

*Alison Davis*



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**Drop in and reimagine your retirement at Gulf Rise today, or call Jan and Michelle to make an appointment: 0800 005 877.**

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\*While stocks last.



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# How to be the best driving instructor for your teen



There aren't many parenting experiences that are as nerve-racking as being in the passenger seat while your teen learns to drive. You're stressed, you're worried about your car, and their feet barely reach the pedals. When my dad began teaching me to drive he said there were only two rules – don't hit anything and don't let anything hit you. If you're about to become a driving instructor and have no idea if your teen is ready, here are some simple tips to get you started.

## Step One

Play a driving video game with them and challenge them to drive for five whole minutes without crashing.

## Step Two

Take them to a carpark (preferably an empty one) and let them sit in the driver's seat. Don't actually let them drive yet – just explain where things are and what they're called.

## Step Three

Take photos of them pretending to drive to boost their confidence.

## Step Four

Take time to learn the road code yourself. Use an app on your device. You'll be surprised what you don't know. You won't believe what the legal speed is for passing a horse on a cul-de-sac while towing a trailer.

## Step Five

Once they are 16 and have their learner's licence, they are ready to drive on the road with you supervising them.

The biggest challenge isn't actually teaching your teenager how to drive, it's working out what type of teacher you are going to be. Instructing them on how to operate the family station wagon is the easy part. How you manage your emotions and your expectations will heavily influence your teaching style.

We'll cover the different styles of teaching in the next issue.

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



## Central's Tips

March 2020

The garden is bursting with produce. Harvest beans, tomatoes and corn. Place ripening melons and pumpkins on a bed of dry straw, to prevent them rotting. Protect ripening fruit and berries and start preparing the garden for autumn.

### In the Edible Garden

- A great harvest time in the vegetable garden with **corn, tomatoes and beans** on tap now. If heritage varieties (old-fashioned types that haven't been hybridised) have been planted, you can begin to dry and save seed for next year
- **Ripening melons and pumpkins** need a dry base to sit on, such as straw
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising now. Potted citrus will still require regular watering during a dry March
- **Cover figs, blueberries and late summer raspberries** with bird netting to save your precious fruit.

### The rest of the Garden

- Choose your **tulip, hyacinth and daffodil bulbs** from garden centres or on-line stores. If you don't have much winter sun, crocuses and daffodils will grow in shady areas
- Once the rain returns after summer, you can start a **lawn with seed** from our Prolawn range, where we have blends for all types of lawns. Get a great result by adding **Prolawn Turfmaster Starter** fertiliser with your seed, and water daily for the first couple of weeks
- **Condition soils** after a particularly tough dry northern summer: dig plenty of **Living Earth Organic Compost** through the soil to add back nutrients and organic matter, plus it'll help aid moisture retention





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# Your Skin has a Memory



In 10, 20, 30 years from now, your skin will show how it was treated today. So treat it kindly, with lots of love and respect.

I believe in long-term skin health. Your skin cells are constantly learning and gathering information for future generations. Science shows that how you treat your body will be remembered by your cells, and important information will be stored in your cells' DNA. This is so that your body and your skin can respond faster to environmental changes and adapt. It's all about self-preservation.

I always advise people to be gentle with their skin; it is not only about how they care for their skin every day. For example, immediately stop using products that make your skin red and uncomfortable. We all want fast results as we are so impatient these days, we want results yesterday. All the neglect and damage we have done in our earlier years, we simply want the effects of that gone immediately. Sadly, this is not how the skin works.

You can't lose weight overnight. You can't get fit overnight. You can't remove pigmentation overnight. You can't get rid of wrinkles, blackheads, open pores, acne overnight. It's just biology. Your skin needs time to correct itself. It needs time to purge and to rejuvenate.

When choosing high-intensity clinical skin treatments to accelerate the results, they often come with side effects and these need to be managed well, for long-term skin health. I recommend you use specific products for pre- and

post-care. It's an investment in a healthy skin. Be sure to use anti-inflammatory and skin-repairing skincare post-clinical treatments for your long-term skin health.

Best results are achieved with patience, carefully managing your skin over time, and allowing your skin to recover. This means:

Don't do microdermabrasion sessions weekly, unless you're doing a kickstart program. Do them every 2-3 weeks.

Don't do laser skin rejuvenation again until your skin has completely recovered (4-6 weekly).

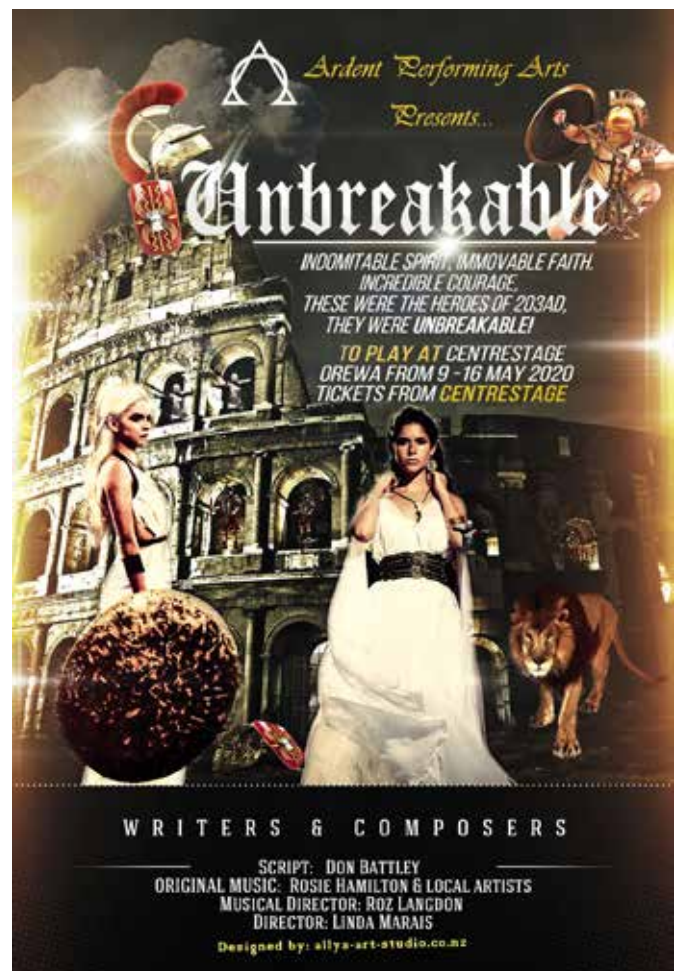
Don't keep on having skin peels, as this usually is done in the cooler months of the year.

Don't overuse skincare with AHAs and high dosages of Vitamin A (retinol).

Once your skin has improved, move onto other actives, such as antioxidants, cell-communicating actives, vitamin C and peptides to continue treatment and maintain results.

Consultations are always available at no charge to discuss your skin goals for 2020.

**Amelia**



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# Can You Predict the Future?



**This seems like a silly rhetorical question, right? Yet, predicting the future is exactly what many people seem to take a punt on, in relation to their personal family insurances.**

The ideal time, for example, to take up medical insurance is when one is healthy, not after one has experienced a medical condition or health episode. One can never know when the unthinkable might happen and a family member is diagnosed with a serious medical condition.

A recent situation highlights this very point. A family which, till recently, had had medical insurance for the whole family,

including children, decided that the money paid for the children's medical insurance would be better used elsewhere, and cancelled the children's medical cover. Besides, the kids were active and healthy, so what can go wrong?

Sadly, one 20-year old was subsequently diagnosed with rheumatoid arthritis, a condition which effectively brings a lifelong exclusion of the condition. Furthermore, because it is a systemic autoimmune condition that can affect other parts of the body, it can often result in premium loadings or even deferral of cover for a range of personal insurances.

In situations such as this, it is the expertise and advocacy skills of an insurance adviser, armed with all the relevant medical information, that can be used to secure and negotiate the best quality and extent of cover after diagnosis of a medical condition. This, however, presents a difficult challenge in such circumstances.

In conclusion, the obvious point needs to be re-stated: *the best time, by far, to secure medical and other personal insurance is while one is healthy, NOT after a medical condition appears.*

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





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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

## Jan 2019

13  
\$1,150,000  
\$1,400,000  
\$1,167,947  
-3.87  
226  
64

## Dec 2019

7  
\$1,135,800  
\$1,468,000  
\$1,118,993  
-2.56  
230  
52

## Jan 2020

10  
\$1,105,000  
\$1,320,000  
\$1,114,943  
-1.94  
218  
49

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.



**Grayson Furniss**  
Franchise Owner  
MILLWATER

## property talk

Well, the sun continues to shine both figuratively and literally in the Millwater property market. The continued good weather seems to be having a positive impact on the local market, and further illuminates the importance of a quality outdoor area and air conditioning. While the sales statistics may look a little humdrum when compared to last month and last year, this does not accurately represent the situation at the coalface.

Probably the most important reported statistic for indicating what is currently happening is the 'days to sell'. This has been on a steady decline since July 2019, when it peaked at 104 days. This is great news, and reflects a much better balanced market. We are back in a situation where well-presented and well-priced properties, that are listed with an agent who really understands the local market, are selling in a sensible timeline.

We are also seeing a number of properties that are selling off-market (not openly advertised) and, equally, some better properties that are now selling at sensational prices with strong interest from multiple buyers. A slight word of caution; we are observing some sales where vendors are accepting prices that seem lower than market. This often seems to coincide with utilising agents that do not specialise in Millwater.

We believe it is important to be dealing with someone who knows what is going on in the local market. An agent with only one listing in an area cannot provide context to the overall performance of the market, does not have existing relationships with buyers and other agents in the area, and cannot provide the level of expert advice to vendor or buyers that houses of this value deserve. You don't ask a heart surgeon to operate on your brain; both can use a scalpel and

can find the information, but it's not until you've done the job a hundred times that you really know all the subtle details that make for a successful outcome. Use a specialist.

Last month, I touched briefly on the potential for the election to have an impact on the local market. We now have a date for the election, and also some early indications that it could be a fairly close race. This definitely throws up the prospect of some lengthy negotiations on a coalition agreement, and the opportunity for some interesting compromises. With the election now in September, it brings forward the potential influence period when buyers will become nervous about changes in policies to around June / July. We would expect this could well continue through to October or even November, and then we are dealing with the Xmas period all over again.

Our advice to potential vendors is that if you want to sell this year, then get it done in the first half of the year. In reality, that means that you will need to be talking to your local specialist agent over the next month or so, with a view to being on the market sometime in April, possibly May at the latest. The market is great now. Why risk allowing other factors, that are outside your control, to influence the sales price of your home?

So in summary, the market is good, use a local specialist if you want a great result, and do it now! As always if you want to discuss or disagree with anything I have mentioned here please feel to get in contact, or if you need any real estate advice I will be happy to help.

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

Mike Pero Real Estate, Licensed REAA (2008)



# Mike Pero

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### 11 Outlook Terrace, Millwater

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**Grayson Furniss**  
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**Sarah Furniss**  
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[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)[sarah.furniss@mikepero.com](mailto:sarah.furniss@mikepero.com)

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# Mike Pero

**SOLD**



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[www.30manuelroad.com](http://www.30manuelroad.com)

### 30 Manuel Road, Millwater

This is the one you have been waiting for! A truly spacious 4 bedroom home with class, style and location, built by the reputable builders at Generation Homes. With extensive views from two sides of the house and orientation designed to maximize all day sun, this is truly a house you will take pride in calling home.

- 2 year young Generation Homes build, spacious 271m<sup>2</sup> (approx) floor plan incl 3 living areas
- flat 530m<sup>2</sup> (approx) site plus huge council verge creating a much larger feeling site
- spectacular entertaining home with large kitchen and butler pantry, extra high quality fittings throughout
- ground floor bedroom with ensuite - ideal for guests, parents or teenagers

[www.mikepero.com/RX2143544](http://www.mikepero.com/RX2143544)

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# Mike Pero

0800 000 525



## SIMPLY STUNNING LOCK UP & LEAVE

2 1

Park &amp; Reserve Views

### 11B Botanical Drive, Millwater

If you've been looking for the perfect lock up and leave opportunity, then look no further. Warm, sunny and bright, this two bedroom apartment offers an elevated position on the first floor and is a fantastic opportunity for you to jump into this desirable area at an entry level price.

- Spacious 72m<sup>2</sup> approx apartment (incl balcony) built by reputable Horncastle Homes
- Two well proportioned bedrooms with one bathroom, stunning kitchen fitted with quality appliances
- Massive loft space with pull down stairs offering even more storage
- balance of 10 year Master Build Guarantee

[www.mikepero.com/RX2169513](http://www.mikepero.com/RX2169513)

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Max Zhang

021 521 888

[max.zhang@mikepero.com](mailto:max.zhang@mikepero.com)[www.mikepero.com](http://www.mikepero.com)



Mike Pero

0800 000 525

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

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**SOLD**

ALWAYS IN DEMAND

2  1  1 **Sold in 10 days!****11A Botanical Drive, Millwater**

These wonderful two bedroom apartments are always in demand. A fantastic entry point into the highly desirable Millwater location, they deliver an awesome lock up and leave opportunity. A stunning ground floor unit, ideal for a wide variety of buyers from first home owners to downsizers, or those looking for a quality residential investment. Perfect for those who want the convenience of low maintenance living in a great location.

- spacious 68m<sup>2</sup> approx apartment with two well proportioned bedrooms and one bathroom
- ground level walk in, no stairs to worry about, stunning kitchen fitted with quality appliances
- balance of 10 year Master Build Guarantee

[www.mikepero.com/RX2192100](http://www.mikepero.com/RX2192100)

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# Mike Pero

0800 000 525



## WAKE UP TO PARADISE

2 1 1

[www.31monyashroad.com](http://www.31monyashroad.com)

### 31 Monyash Road, Manly

For the last fourteen years our vendors have loved living in their little slice of paradise but they are now ready for the next stage of their lives and offer the chance to enjoy this wonderful home to another lucky family. In a wonderful location with sweeping views over Big Manly beach and within easy walking distance to both Swann Beach and Manly, there really is a lot on offer here. Cute and well maintained, this two bedroom cottage will suit a variety of potential owners. A modern kitchen and open plan living, dining and lounge provide entertaining space along with a private rear deck, where you will want to enjoy your late afternoons with a glass or two. Come check out this wonderful opportunity to own a lovely home in this sought after area, leave some time to enjoy the beach and local amenities so you can get a real feel for what the lifestyle here is like.

[www.mikepero.com/RX2161816](http://www.mikepero.com/RX2161816)

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## STUNNING SENSATION HOME, FANTASTIC LOCATION

4 2 2

[www.8siblingcourt.com](http://www.8siblingcourt.com)

### 8 Sibling Court, Millwater

This contemporary styled home is thoughtfully designed and constructed to the most exacting standards. Set on a beautifully landscaped 534m<sup>2</sup> (approx) fenced site, you'll love the low maintenance living and great lifestyle this home offers. With interest sure to be high, immediate action is advised - contact me now for more information.

- Built by by Sensation Homes, a highly regarded builder in Millwater (balance of 10yr Masterbuild Guarantee)
- cathedral style high pitch formal entrance-way. 2.7m stud, formal lounge, separate family and dining rooms
- fully landscaped, fenced and gated
- underfloor heating to every tiled area within the home

[www.mikepero.com/RX2134695](http://www.mikepero.com/RX2134695)

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021 665 423

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027 4440044

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021 521 888

**09 426 6122**

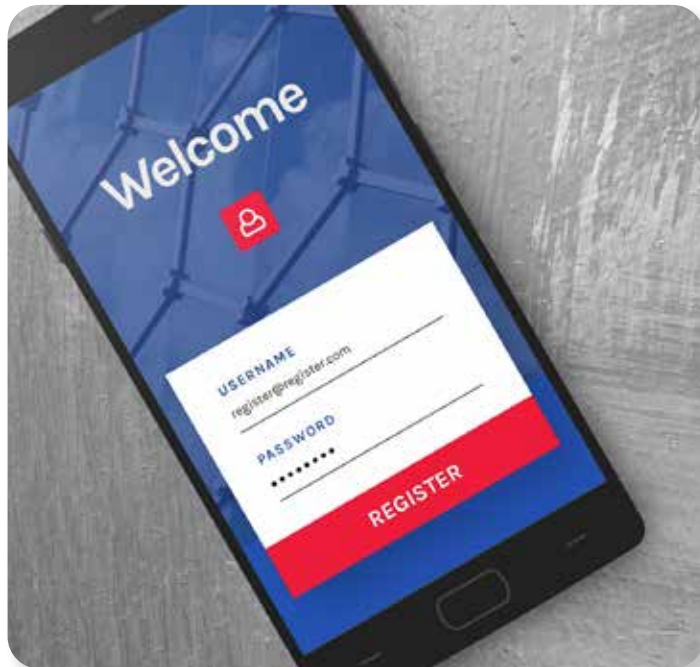
<https://millwater.mikepero.com/>

**Mike Pero**  
REAL ESTATE

\* Nielsen Television Audience Measurement,  
May-Oct 2016 Mike Pero Real Estate Ltd  
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# inside TT

## Passwords – Help!



It is common to see people struggling with the myriad of passwords we need today. Here are some tips to avoid frustration.

### Be secure

Use different passwords for each service or device you use. It may seem a hassle, but re-using the same (or similar) password gives the “keys to the kingdom” to anyone who finds out your password. The resulting loss of privacy, money, or identity is a greater frustration and worry.

### Organising your passwords

However you choose to remember your passwords, minimise the risk of someone else finding them. For example, don't write passwords down and leave near or with your computer (lest a burglary happens). Password managers are apps or

services that can help with creating, recording, and filling in passwords automatically; but using these come with their own risks that need to be carefully considered and managed.

### Protect access to your email

In many cases, passwords can be reset by requesting a password reset verification which is sent to your registered email address. This means anyone who has access to your email can reset passwords, so it's good practice to safeguard access to your email account.

### Emergency access

A growing problem is the inability of trusted loved ones to access digital information of someone who is incapacitated (or worse). Some password manager services allow emergency access to a designated trusted person.

### Keep contact details up to date

In many cases, resetting a forgotten password requires your contact details to be correct before you forget the password (e.g. an email address or mobile number you still have access to). Regularly check these details are current for each online service you use (e.g. websites, email, cloud storage, etc).

### Ask for advice

For peace of mind, ask a digital security expert for a review of your online security and password setup.

### Learn more at Auckland Libraries

I'll be including additional security tips in future articles. You'll also find me at the free smartphone workshops I hold at participating Auckland Libraries. For the next session times, call me on 021-148-1834, email me at toby@techtutors.nz or visit: [www.techtutors.nz/smartphones](http://www.techtutors.nz/smartphones)

*Toby Malcolm, Tech Tutors Ltd.*

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FRANCHISE OWNER

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# millwater romeos



The February outing of the Millwater ROMEOs (Retired Old Men Eating Out) was to the Inmarsat satellite ground station near the end of William Pickering Drive, Rosedale. We were welcomed by David and Irina, who, along with Todd, answered several initial questions about satellites and the many dishes located at the site. This was followed by our group splitting; half to be shown the external dishes, the largest of which is 15 metres wide, and the other half seeing the monitoring and controls within the building. The two groups then swapped locations to view the rest.

From our many questions, we learned that Inmarsat uses the satellites for location of aircraft and ships as well as internet services and other functions. Inmarsat has a working association with the Dome Valley satellite station, where it can switch between dishes in the event of variable weather conditions affecting reception. The dishes automatically adjust their 'look angle' to track satellites, many of which are located in a geosynchronous orbit 36,000 km directly above the equator. These satellites also have the ability to fine tune their position until their fuel runs low, and they are then moved out beyond the geosynchronous orbit. The typical life of a satellite is 15 years plus.

Ships' distress alerts are also monitored, with the alerts being automatically routed to the Maritime Rescue Coordination Centre in Wellington for instant response. Power for the site is via the National Grid, with a UPS and two large generators automatically providing continuous backup.

After our traditional photograph, followed by expressions of gratitude to David and his team, we made our way to the nearby New Brew Bar and Restaurant for a good lunch. Then it was back to Millwater for coffee (or tea) and cake, where we discussed our day's activities.

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



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# Local Musical Brings History To Life



The adage 'history is written by the winners' is never truer than when it comes to the Roman Empire. However, there are some surviving documents that tell the stories of those annihilated by the Romans; including the journal of a young noblewoman living in Carthage North Africa in 203 AD.

It is her writings and additional material by historians that provide the source material for an upcoming local musical: *UNBREAKABLE*.

Roman colonialism was often ruthless and cruel, the casualties enormous, and the 'assimilate or die' attitude is how a village in central Italy became dominant over territories in three continents.

Most modern ideas of power, citizenship, responsibility, political violence, empire, luxury, and beauty were formed by the Romans' dominance over the classical world. Set in Roman-occupied Carthage during the third century, *Unbreakable* is a true story of courage, faith, love, and hope, complete with gladiators, dungeons, and even a dragon.

"*Unbreakable* is about courageous real-life heroes and heroines who had to face difficult choices in a world where the state had ultimate power and personal life decisions had dire consequences," says Linda Marais, Director.

"This is one of humankind's recurring crises and it is widespread today and although this story occurred over 1800 years ago, so many parts of the tale speaks to issues which are still relevant," says Don Battley, Chairperson of Ardent Performing Arts.

"There are questions and challenges that everyone will be able to recognise and understand, alongside situations that remain current and are faced by many, even in 2020," says Battley.

Replete with twenty-three songs, *UNBREAKABLE* explores new ground in musical entertainment with all the composers and performers locals. Even the costuming is local, with the entire company dressed in garments and fabrics sourced entirely from second-hand shops and donors in the area.

*Unbreakable* will debut at Centrestage in Orewa from 8th–16th May 2020. Openings in cast and crew are still available, contact Linda 022 621 6684 or email [linda.ardentpa@gmail.com](mailto:linda.ardentpa@gmail.com).

## MATAKANA GALLERY MOVES TO OREWA BEACH



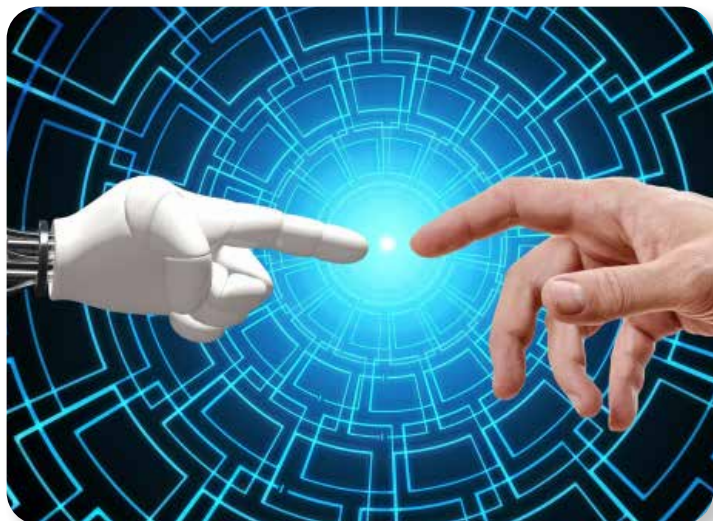
Previously 'Matakana Gallery' in the Village, but now with a new name and address, the 'Marshall Gallery' is open now at 12 Florence Ave, Orewa Beach.

A unique, inspirational portfolio of art and interiors exhibiting a curated selection of works from many of New Zealand's most recognised and talented artists, coupled with a beautiful range of interior design pieces. A totally unique and exciting new creative concept, open now at Orewa Beach.

**Marshall Gallery. Orewa, you've waited long enough.**



# Artificial Intelligence Is No Longer Sci-Fi – It's Here!



You are probably interacting with artificial intelligence, or AI, more often than you realise. Whether you're searching on Google or browsing through movie recommendations on Netflix, you are interacting with AI.

The phrase 'artificial intelligence' was formally coined back in 1956. Broadly, AI aims to replicate or simulate human intelligence in machines using computer software and data algorithms.

AI generally falls under the categories of strong and weak AI.

Weak AI operates within a limited context and is a simulation

of human behaviour, and it is what we have today. It helps turn a large dataset into usable information by detecting patterns and making predictions. Think Google search, chess-playing computers, facial recognition technology, voice activated assistants such as Siri and Alexa, and so on. While these tools seem intelligent, they are just responding to their programming.

The term 'weak AI' may suggest that these programs are inferior, but that's not the case at all. Many AI applications add to the convenience and efficiency of our daily lives. Our smartphones are powered by AI. Many phone cameras use AI to determine the best settings for the shot, or identify the best picture from a burst of shots.

Strong AI doesn't rely on programmed solutions. It is a machine with human-like intelligence that is able to teach itself things, use logic and trial and error to learn and develop like a human brain. Whether this can be achieved is still uncertain.

The AI of today has many applications across various industries - it helps doctors make better medical diagnoses, helps with disease mapping, and makes some of our cars safer by identifying and avoiding collisions.

Since AI technology is becoming more and more tethered to our everyday lives, it is critical for us to start to debate how it is used to ensure it advances for the betterment of our lives.

**Robbie Chui | Millwater Resident**



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# holiday destinations

## Fabulous Fiji

Do you want to take the kids to Fiji?

First, you need to know where to start! There are so many fantastic options to pick from. It comes back to personal preference – decide what kind of experience the family would enjoy most, and then match those expectations to your budget and timeframe.

Each of Fiji's popular tourist regions offers a different experience, and within those regions, each resort offers its unique take on the Fijian family holiday. The classic Fiji 'island experience' will lead you to the idyllic Mamanuca or Yasawa island groups.

Families always love the chilled-out island vibe. The beaches are to die for. And as a rule, the island resorts are smaller, more intimate and less frantic than the large properties on Denarau Island and along the Coral Coast. If convenience is a priority, however, it's hard to go past the resort line-up at Denarau Island.

Today, Denarau is home to a string of large resorts. There are eight in total, each one sitting side by side. They're all just a quick airport transfer away. With a clear run on the new Nadi bypass road, a family can get through customs and be playing poolside 30 minutes later. Family holidays in the Pacific don't come much easier.

Plus, they have an endless array of activities on tap and dedicated kid's clubs designed to keep every kid smiling. Drive an hour or so further and you'll come to the Coral Coast, a place where families can enjoy the best of both worlds. Big resort fun, activities and facilities, along with a host of fascinating adventures in the surrounding countryside.

Although there are several adults-only resorts in the Mamanuca Group, the majority are family-friendly. There is also a range of resorts to suit most family budgets, and even the most affordable have the picture-perfect setting the families seek. Each resort will offer a myriad of activities, and if you'd like to venture further afield, it's easy to do that too. Snorkelling tours, surf trips out to the waves around Cloudbreak, jet ski tours and visits to local villages are all memorable adventures a family can enjoy together.

If a family has time on their side and a thirst for exploration, places like Pacific Harbour (another 90 minutes' drive past the Coral Coast), Savusavu on the island of Vanua Levu, or Taveuni Island might appeal. In Fiji, the world is your oyster.

**Helen Baxter**  
**Air New Zealand Travel Broker**  
 021 684 770 or [helen.baxter@airnzbrokers.co.nz](mailto:helen.baxter@airnzbrokers.co.nz)





# kids corner

## Outer Space Word Search!



SPACECRAFT

SHUTTLE

STARS

ORBIT

CRATER

BLACKHOLE

AIRTANK

NASA

GALAXY

SATELLITE

NEPTUNE

METEOR

SUN

PLUTO

NEBULA

ROCKET

HELMET

ROVER

CURIOSITY

MOON

MILKYWAY

ASTEROID

Assembled by Elissa Copping, age 8

## Hilarious Space Jokes!

Q. What do astronauts buy from the butchers?

A. Meat-eors!

Q. How do astronauts prepare a party?

A. They plan-et!

Q. How does an astronaut keep up their space pants?

A. With an asteroid belt!

Q. Why didn't the Sun go to university?

A. Because it already has a million degrees!

Q. What was the first animal into space?

A. The cow that jumped over the moon!

I love the way the Earth rotates. It really makes my day.

I was up all night wondering where the Sun had gone. Then it dawned on me...

## Awesome Space Facts!

### Did you know...

... Venus's day is longer than its year?

... winter on Uranus is one long night lasting almost 40 Earth years?

... all of the gas giant planets have rings, not just Saturn?

... the tallest volcano in the Solar System is on Mars, and is so big it can be seen by telescopes on Earth?

... the asteroid belt is actually so spread out, you could fly straight through it without ever seeing one rock?

... Jupiter's Great Red Spot is a giant storm which is 3 times bigger than the entire Earth, and has been around for at least 300 years?

... outer space is only 100 km over our heads – so Millwater is closer to space than to Hamilton!

# your local tides

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|----------------|---------------|---------------|---------------|---------------|
| Sun, 1 Mar 20  | 00:272<br>.7m | 06:250<br>.9m | 12:502<br>.7m | 18:520<br>.8m |
| Mon, 2 Mar 20  | 01:072<br>.7m | 07:091<br>.0m | 13:302<br>.7m | 19:350<br>.9m |
| Tue, 3 Mar 20  | 01:522<br>.6m | 08:001<br>.0m | 14:152<br>.6m | 20:250<br>.9m |
| Wed, 4 Mar 20  | 02:452<br>.6m | 08:551<br>.1m | 15:062<br>.6m | 21:200<br>.9m |
| Thu, 5 Mar 20  | 03:452<br>.6m | 09:551<br>.0m | 16:062<br>.6m | 22:210<br>.9m |
| Fri, 6 Mar 20  | 04:492<br>.7m | 10:551<br>.0m | 17:102<br>.6m | 23:240<br>.8m |
| Sat, 7 Mar 20  | 05:502<br>.8m | 11:560<br>.9m | 18:132<br>.8m | -             |
| Sun, 8 Mar 20  | 00:250<br>.7m | 06:462<br>.9m | 12:550<br>.7m | 19:132<br>.9m |
| Mon, 9 Mar 20  | 01:220<br>.5m | 07:403<br>.1m | 13:520<br>.6m | 20:093<br>.1m |
| Tue, 10 Mar 20 | 02:150<br>.4m | 08:333<br>.2m | 14:460<br>.4m | 21:033<br>.2m |
| Wed, 11 Mar 20 | 03:060<br>.3m | 09:253<br>.3m | 15:380<br>.3m | 21:553<br>.3m |
| Thu, 12 Mar 20 | 03:560<br>.2m | 10:173<br>.4m | 16:280<br>.2m | 22:463<br>.3m |
| Fri, 13 Mar 20 | 04:460<br>.3m | 11:083<br>.3m | 17:170<br>.3m | 23:363<br>.3m |
| Sat, 14 Mar 20 | 05:380<br>.4m | 11:593<br>.3m | 18:070<br>.3m | -             |
| Sun, 15 Mar 20 | 00:273<br>.2m | 06:310<br>.5m | 12:503<br>.1m | 18:590<br>.5m |
| Mon, 16 Mar 20 | 01:203<br>.1m | 07:280<br>.6m | 13:423<br>.0m | 19:530<br>.6m |
| Tue, 17 Mar 20 | 02:162<br>.9m | 08:270<br>.8m | 14:362<br>.8m | 20:510<br>.8m |
| Wed, 18 Mar 20 | 03:162<br>.8m | 09:270<br>.9m | 15:342<br>.7m | 21:520<br>.9m |
| Thu, 19 Mar 20 | 04:192<br>.7m | 10:261<br>.0m | 16:362<br>.6m | 22:540<br>.9m |
| Fri, 20 Mar 20 | 05:202<br>.7m | 11:251<br>.0m | 17:392<br>.6m | 23:530<br>.9m |
| Sat, 21 Mar 20 | 06:162<br>.7m | 12:201<br>.0m | 18:362<br>.6m | -             |
| Sun, 22 Mar 20 | 00:470<br>.9m | 07:052<br>.8m | 13:110<br>.9m | 19:272<br>.6m |
| Mon, 23 Mar 20 | 01:340<br>.9m | 07:502<br>.8m | 13:570<br>.9m | 20:122<br>.7m |
| Tue, 24 Mar 20 | 02:160<br>.8m | 08:322<br>.8m | 14:380<br>.8m | 20:532<br>.8m |
| Wed, 25 Mar 20 | 02:540<br>.8m | 09:112<br>.8m | 15:160<br>.8m | 21:312<br>.8m |
| Thu, 26 Mar 20 | 03:290<br>.8m | 09:492<br>.8m | 15:520<br>.7m | 22:072<br>.8m |
| Fri, 27 Mar 20 | 04:040<br>.8m | 10:262<br>.8m | 16:260<br>.7m | 22:432<br>.8m |
| Sat, 28 Mar 20 | 04:390<br>.8m | 11:032<br>.8m | 17:010<br>.7m | 23:192<br>.8m |
| Sun, 29 Mar 20 | 05:160<br>.8m | 11:412<br>.8m | 17:380<br>.7m | 23:572<br>.8m |
| Mon, 30 Mar 20 | 05:560<br>.9m | 12:192<br>.7m | 18:180<br>.8m | -             |
| Tue, 31 Mar 20 | 00:382<br>.7m | 06:410<br>.9m | 13:002<br>.7m | 19:020<br>.8m |



## Millwater Women's Group



The first meeting of the year was a morning tea, and a talk by local resident Robyn Tubb. Robyn has been interested in stitching from an early age, and her interest has taken her around the world. She brought along some examples, including a mannequin named Chloe which showcased her skills beautifully, and showed us photographs of her work. As one member said, 'she is not just a stitcher, she is an artist'. Robyn was a member of the group which undertook the major work of embroidering of the Civic Theatre curtain as part of the restoration, and is one of only two judges of embroidery in New Zealand. Robyn is also on the Board of the Estuary Arts Centre in Orewa. The turnout of 18 members found her to be a vibrant and interesting speaker.

*Hope Spragg*





# Mindfulness and Busyness



As contradictory as these two things seem to be, it's possible to bring mindfulness to our many daily activities, so that we can carry them out without the usual physical and mental tension that tend to occur when we have a lot to do.

If you are a parent of young children, it's likely that every day you have a significant list of tasks to undertake: get kids up, eat breakfast, prepare lunches, prepare self for work, travel to school then to work, carry out work... and so on. As we move between roles and tasks – especially if there isn't much time in between (or we are engaging in the dreaded multi-tasking!) – we tend to keep thinking ahead to the next thing and the next, often imagining what is going to be involved, and this contributes to our tension. Tension also results from our mind and body trying to manage all our racing thoughts and

constant physical movement. In conjunction with this, we'll maybe experience an inner commentary that says things like "Oh no, not another red light" or "I wish the kids would be quiet for a bit" or "Damn, I forgot the toilet paper". Result? We are not the calm, rational and centered person we would like to be.

At its simplest, mindfulness involves doing something with awareness or bringing your awareness to what you are doing. It's the opposite of autopilot and reactivity. Therefore, the breakfast rush could include being aware (or noticing) that you are not tasting your coffee. The moment you become aware that you aren't tasting it – you will begin to taste it! As you trot into kindy or school with your little one (with most of your attention on getting there on time) you might realise that you haven't been appreciating the wonderful feel of their soft little hand in yours. While you are waiting at the traffic lights, notice how your shoulders feel. If they are tense, let them drop – another moment of mindfulness.

Even in the midst of busyness, moments of mindfulness are gold because our body relaxes a little and our mind softens too. Both of these help us to think more clearly and to keep current priorities where they need to be, instead of mentally racing ahead of ourselves and becoming overwhelmed with what is still to do. One deliberate deep breath. One instant of appreciating something. One return to "Let me be present with this" is all it takes to begin to experience life – even a busy life – with a little more ease.

If you are interested in learning more mindfulness skills, Liz runs 4 and 8 week courses at Stoney Homestead, with the next one starting Tuesday, 5 May. For more information you can contact her on 021 988 468 or at [liz@beinspired.co.nz](mailto:liz@beinspired.co.nz).

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Rong



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# Independent Trustees

Are you an independent trustee? Are you taking your role seriously?



When establishing a Trust, the settlors sometimes choose to appoint an independent trustee. An independent trustee may be a person (such as a close friend) or company, and is a trustee that does not personally benefit from the trust. The rationale is that an independent trustee can provide impartial assistance with the management of the Trust and it may also mean that the Trust is less likely to be considered a sham.

It is crucial that the independent trustee understands the obligations and liabilities that come along with this role.

## Responsibilities

Being a trustee can be an onerous responsibility. You must be active in your role and cannot just rubber stamp decisions that the other trustees make. This means you need to:

Attend all meetings (which you should have at least annually);

Be involved in all trust decision making;

Stay informed and up to date on the trust's affairs;

Understand and comply with the trust deed;

Exercise reasonable skill and care when managing the trust, consulting with appropriate experts when necessary;

Act impartially, in the best interest of the beneficiaries;

Avoid profiting personally off the trust in any way, except where the trust deed legitimately allocates you a specific reward for your efforts;

Diligently record all trustee decisions and keep up to date accounts.

## Risks and Liabilities

If you don't take this role seriously, it can have major consequences for you, including putting your own assets at risk.

Depending on the terms of the Trust Deed, for example, the beneficiaries of the trust may be able to sue the independent trustee personally for failing to meet the proper standard of care. Parties that the trust has contracted with may also be able to sue, so it is important to check for limitations of liability in contracts.

Being a trustee can bring personal risk to you for little reward. If you don't believe you can dedicate the time and care necessary to properly carry out this role, it would be wise to decline the position.

If you require any advice in respect of your Trust, please do not hesitate to call on 09 4210559.

**Melanie Baker-Jones**

**Solicitor**

**Simpson Western**

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# Boulevard Arts Fiesta

The Estuary Arts Centre took part in the recent Boulevard Arts Fiesta, which was a roaring success. The Centre ran the free hands-on section, providing:

1. Tie dye
2. Jelly printing and mixed media
3. Traditional lino printing
4. Body art and face painting
5. Harekeke weaving and flax flower making

6. Silk screen printing
7. Fluid acrylic painting demonstrations
8. Oamaru stone carving

The Boulevard Arts Fiesta is an annual event held in Orewa during February, in conjunction with the Hibiscus Community Arts Council.

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# what's on hibiscus coast

## March Events at Orewa Library

### Special Events

#### *Hibiscus & Bays Pest Free Volunteer Group*

Saturday 28 March 10:00–12:30

This is a new group learning about making our area pest free. Demonstrations and guidance to help making your backyard pest-free haven for native birds.

### Children's Sessions

#### *Rhymetime:*

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

*Wriggle & Rhyme:* Term time only from 5 February to 8 April.

Wednesdays at 11.00am (for 0-2 year olds).

#### *Storytime:*

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

*Japanese Storytime:* From 3 January to 9 April.

Fridays at 11.00am.

### Weekly Sessions

*Craft Group:* Thursdays at 10.00 - 11.00am.

*Toastmasters:* Fridays 1.00pm - 2.00pm

#### *ESOL Groups:*

Term time only from 3 March to 7 April.

10.00am - 11.00am. ESOL Beginners.

Led by Sue Judd

11.00am - 12.00pm. Use your English.

Drop in practice session facilitated by Yvonne Gray.

1.00 - 1.45pm. New Session. ESOL Adult Story and Discussion.

Led by Lynn Williams.

2.00 - 3.00pm. ESOL Conversation group Facilitated by Lynn Williams

### Monthly Sessions

BookChat: Wednesday 4th March

First Wednesday of the month, 10.30am

*Talking Poetry:* Monday 9 March

New Group for both readers and writers of poetry.

2nd Monday in the month, 12.00 - 2.00pm.

*Hibiscus Coast Seed Savers Group:* Wednesday 18 March

Third Wednesday of the month, 10.30am.

*Writers Group:* Saturday 21 March

Third Saturday of the month at 1.15pm.

### DNA User Group Sessions:

*Beginners DNA:* 4th Sunday of the month 1.00 - 3.00pm  
22 March

*Intermediate DNA:* 4th Thursday in the month 1.00 - 3.00pm. 26 March

Come and learn how to work with your DNA results in genealogy.



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# millwater *malt*



One from a more occasional visit to the whisky specialists these days.

The Svensk Ek (Swedish Oak) single malt whisky is 10% matured in barrels made from oak trees planted on the island of Visingsö centuries ago; oak originally planned for shipbuilding. The remaining 90% is matured in American ex-bourbon oak barrels, as 100% Swedish oak maturation would be way too expensive nowadays.

The Mackmyra distillery is modern, founded in 1999 in the village of Gävle (about 175km North of the Swedish capital), and is worth taking a detour to their magnificent visitor centre if you're in the region.

**Appearance:** Golden yellow with a hint of amber.

**Nose:** Fresh, fruity and a bit earthy. Vanilla, apples, pears, liquorice, honey, nuts, pepper, menthol and light herbal or grassy notes.

**Palate:** Oaky, sugary, fizzy and spicy. There's a clear cereal-like note to it, and the mouthfeel is medium rich.

**Finish:** Medium length, vanilla from the oak, fruity and spicy.

**Conclusion:** Well worth buying. The 2020 Jim Murray Whisky Bible rates it 95/100 but I would be just a little more conservative in my praise. Try it with just a touch of spring water.

46.1% ABV, 700ml, target price around \$100 – but you will probably have to buy yours online (mine was the last in the shop).



For further information  
phone 09 426 4952  
or chadorewa@gmail.com  
[www.hbcanglicanparish.co.nz](http://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**  
1st Sunday 11:15am

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

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or give us a call on 09 426 6646

# 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)

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 027 4440044

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# how to contact your local ...

## Health & Well-Being, Fitness & Beauty

|                                     |              |
|-------------------------------------|--------------|
| Health by Logic                     | 09 421 1273  |
| Beauty Aspects                      | 021 02972587 |
| Hearsay Speech and Language Therapy | 021 949 539  |
| Liz Weatherly - Mindfulness Mentor  | 021988468    |

## Optometrists

|              |             |
|--------------|-------------|
| Orewa Optics | 09 426 6646 |
|--------------|-------------|

## Motoring & Boating

|                         |             |
|-------------------------|-------------|
| Rod Harman Motors       | 09 426 6066 |
| Rodney Auto Centre      | 09 426 5016 |
| Silverdale Marine       | 09 426 5087 |
| Silverdale Car Services | 09 421 1413 |
| MK Motorsport           | 09 426 0530 |

## Real Estate

|                                  |             |
|----------------------------------|-------------|
| Mike Pero Real Estate, Millwater | 09 426 6122 |
|----------------------------------|-------------|

## Food, Entertainment, Sport & Recreation

|                     |                       |
|---------------------|-----------------------|
| Centrestage Theatre | 09 426 7282           |
| Wainui Golf Club    | 09 444 3437           |
| HSV Car Show        | secretary@hsvclub.com |

## Pets & Vets

|                        |             |
|------------------------|-------------|
| Millwater Vet Hospital | 09 427 9201 |
|------------------------|-------------|

## Home & Garden

|                                     |               |
|-------------------------------------|---------------|
| Central Landscape & Garden Supplies | 09 421 0024   |
| Auckland Garden Services            | 022 122 0950  |
| Elite Property Wash                 | 021 963344    |
| Dynamic Outdoor Solutions           | 0800 273 949  |
| Zones Landscaping                   | 0800 00 60 31 |
| Dirty Diggers                       | 022 091 3317  |
| First Auto Electrical               | 09 427 5748   |

## Housing

|                    |              |
|--------------------|--------------|
| Madison Park Homes | 0800 696 234 |
| Gulf Rise          | 0800 005 877 |

## Community

|                                |             |
|--------------------------------|-------------|
| Hibiscus Coast Anglican Parish | 09 426 4952 |
| Forrest Funeral Services       | 09 426 7950 |
| Illuminate Church              | 09 929 7824 |

## Medical & Dental

|                            |             |
|----------------------------|-------------|
| Focus Hearing              | 09 533 6463 |
| Silverdale Family Dentists | 09 972 1406 |
| Orewa Medical Centre       | 09 426 5437 |

## Pharmacy

|                            |             |
|----------------------------|-------------|
| Millwater Parkway Pharmacy | 09 959 0256 |
| Life Pharmacy Orewa        | 09 4264087  |

## Insurance / Finance / Accounting

|                               |              |
|-------------------------------|--------------|
| Wayne Henry Mortgages         | 0800 WHENRY  |
| UProtectNZ Insurance Services | 027 248 9320 |

## Legal

|                 |             |
|-----------------|-------------|
| Simpson Western | 09 421 0559 |
| Heathcote Legal | 09 475 5916 |

## Printing

|                 |              |
|-----------------|--------------|
| Treehouse Print | 027 4986 202 |
|-----------------|--------------|

## Property Management

|                    |             |
|--------------------|-------------|
| Quinovic Millwater | 09 444 5753 |
|--------------------|-------------|

## Travel

|                    |             |
|--------------------|-------------|
| Bucket List Travel | 021 959 414 |
|--------------------|-------------|

## Fashion / Retail / Gifts

|                           |              |
|---------------------------|--------------|
| Silverdale Village Market | 021 030 3273 |
| Estuary Arts              | 09 426 5570  |
| Marshall Gallery          | 09 947 5319  |

## Child Care / Education / Classes

|                        |             |
|------------------------|-------------|
| Northern Arena         | 09 421 9700 |
| Ardent Performing Arts | 022 6216684 |

Advertise in The Millwater Mag and feature here for free!

# millwater recipes



## Easy Pho (Makes 4)

### Ingredients

1 pack of dry rice noodles  
1 litre of beef stock  
500g eye fillet  
2 tablespoons garlic powder  
2 tablespoons onion powder  
1 teaspoon sichuan pepper powder  
2 tablespoons fish sauce  
salt to taste

#### Toppings:

1 bag bean sprouts  
deep fried shallots  
diced fresh chilli  
thinly sliced onion (not in photo)

#### Seasoning:

fresh mint  
fresh lime/lemon  
fresh Thai basil

### Method

1. Soak rice noodles in tap water for 15 minutes, then boil in water until soft
2. Rinse under tap water in a colander, set aside
3. Slice beef into thin slices, put aside
4. Bring to boil beef stock with 1 litre of water, then add all the powders, fish sauce and salt, adjust to your taste
5. Put noodles into soup just to warm it up, then quickly remove and put in bowl
6. Put small amount of beef into a slotted spoon, and quickly dip in boiling soup for 10-15 seconds, then remove and put on top of noodles in bowl; repeat until all of the beef is cooked in this way
7. When each bowl is lined with noodles and beef, put all toppings on top, then pour hot soup into the bowl
8. Add mint and squeeze in lime/lemon juice
9. Enjoy!

Nita Wong

## Thai Style Steamed Mussels

### Ingredients

1kg x mussels, cleaned & debearded  
4 x spring onions  
2 x cloves garlic  
10gms x fresh coriander  
5gms x fresh mint  
5gms x fresh basil  
1/2 x stick of lemongrass  
50gms x red Thai curry paste (use less for less heat)  
2 x kaffir lime leaves  
5mls x sesame oil  
10mls x canola oil  
1 x 400ml tin coconut milk or cream (depends how much fat you want)  
2 x Tbs fish sauce  
1 x fresh lime

### Method

1. Use fresh mussels. I like to scrub each mussel with steel wool under cold running water to remove any foreign items from the mussel shell. This will ensure a clean flavour.
2. Trim & finely slice spring onions & garlic. Pick & set aside coriander, mint & basil, then finely chop coriander stalks. Cut lemongrass into 10ish pieces.
3. In wide saucepan, heat sesame & canola oil, then soften the spring onion, garlic, coriander stalks, lemongrass and kaffir lime for around 3-4 minutes on a medium heat. Add red Thai paste & sauté for further 1-2 minutes to release flavours.
4. Add coconut milk/cream, fish sauce, then bring to the boil, add mussels & cover pan with lid or plate.
5. Steam mussels for 4-5 minutes, or until they've all opened

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



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# millwater asian corner

## Coronavirus



In November 2018, I wrote an article about advantage of using a mask when feeling unwell to avoid spreading virus to family and people around. (You can read it online at [themillwatermag.co.nz](http://themillwatermag.co.nz)).

I never thought in less than 2 years' time, a new coronavirus would have caused masks to be out of stock everywhere, and to have raised discussions around 'mask?' or 'no mask?'.

For myself, who experienced SARS 17 years ago and learnt the lesson of how to protect myself and loved ones, wearing mask at home when not feeling well is a common practice. Our family also wears masks when aboard a flight. Although wearing a mask cannot provide 100% protection, it does reduce the risk of getting infected in a small and tight environment.

I understand that wearing a mask is not common here, and it looks weird! We are not living in a crowded city and masks seem unnecessary. However, the following may help to protect yourself:

Develop the habit of washing your hand before eating and when arriving home from outside

Drink water frequently to avoid a dry throat

Have a bottle of hand sanitiser in the car, handbags, and school bags

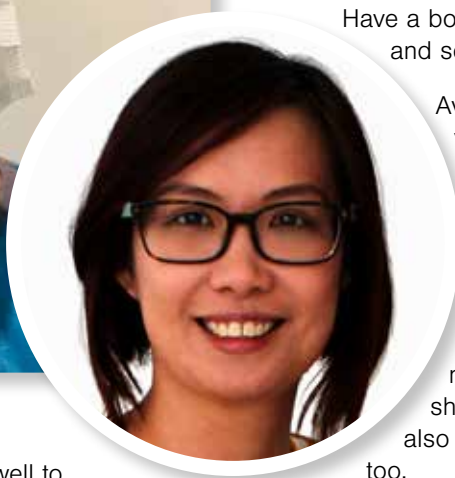
Avoid rubbing your eyes and nose (which is very hard for me and I am still learning).

Don't panic. However, being cautious and a little bit more proactive is probably a better Kiwi attitude than "she'll be right".

At the time of writing, I am worrying about my family in Hong Kong and Singapore; not only masks and hand sanitizers were in shortage or selling at an unaffordable price; it also extends to necessities and certain staples too.

It is certainly a hard time for many Asian families in our community, the fear and worry of their loved ones is such a burden every day. Some racist incidents are also happening around the country. I do encourage you to support your Asian neighbours if possible, even simply a 'hi' or quick chat to show them they are accepted is a great assurance in these hard days.

*Nita Wong*



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# tim lawrence fishing spot



Game on! What an experience landing our first pelagic fish on the new boat and, even better, it was a beautiful big mahi-mahi.

We had planned this trip for weeks, researched where to go and invested significantly in game fishing gear. It was now up to us to spend time on the water and land a big fish.

With a 4am start, we launched from Omaha, bound for the

warmer current northeast of the Mokohinau Islands, a 90+km trip outside NZ waters. After a full day trolling and now late afternoon, we decided to head back towards the Mokes while there was still light... and then it happened. The outrigger pinged as the line pulled out of the clip and the reel started screaming. It was on!

In a flurry of excitement and chaos, we cleared the other three lines and two dredges, all while yelling at each other over the stereo that was still playing music at full volume. The deck was a mess with rods and lures lying around, and two large chilly bins making it difficult to manoeuvre. All the years of training with the experts on game fishing charters had gone out the window, and now we had the two of us trying to work out who was going to drive the boat, who would hold the rod, and who would grab the leader and gaff the fish. We really hadn't thought this through. Lucky it wasn't a marlin!

With the mahi-mahi alongside the boat, I grabbed the leader and then gaffed the fish. It went ballistic as I lifted it into the boat, and there were hooks and lures flying everywhere while we tried to subdue the fish with a little bat, but couldn't hit the moving target hard enough. It was a comedy of errors but it didn't matter because we had a fish on board!

After a quick photo and a good washdown of the deck, we celebrated with a beer or two. What a day! Our next mission is to Hokianga mid-March. Let's hope we have similar luck up there too – tight lines!

## Silverdale Tennis Club



Silverdale Tennis Club is a small, friendly club, situated in the beautiful War Memorial Park beside the rugby club. It has 4 floodlit astro courts and nice amenities.

All areas of the Club are up and running for the second part of the season.

Younger Juniors meet on Saturday mornings with coach Hayden and assistant Riley, at 9am or 10am depending on

age and ability.

Older juniors in pre-interclub and interclub teams have coaching during the week with Damir. Junior Interclub teams play at different venues on various days and times.

Senior teams are feeling the heat, but forging on, giving it their best.

The formal part for the younger juniors finishes on Saturday 28 March, and the Junior teams at a similar time, but the season continues until September for everyone, with Club competitions to be completed before Prizegiving at a later date.

If you are interested and need more info, (fees are at a reduced rate now), you can contact:

**Saturday morning Juniors:** Linda, l.waters@xtra.co.nz

**Interclub Juniors:** Sarah, sarahpm73@gmail.com

**Midweek Tennis on Wednesday, 9.30am:** Pip, phankin@hotmail.co.nz

**General Senior Club on Wednesday, 6.30pm and Sunday, 10.30am:** Roger, rspearman@xtra.co.nz

Come along and have a go.

*Linda Waters*



# We dig gardens.

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**Visit your local yard: Central Landscape Supplies Silverdale**

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

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