

# THE MILLWATER MAG

ISSUE  
68

*September* 20  
20



Your FREE monthly magazine of all things  
Millwater & the Coast



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# Editor's Note

What a year! However, we have now officially survived three quarters of 2020. We've made it this far; we can make it to Christmas.

With the unending onslaught of negative stories in the media, this seems a good time to re-share some online sources of good news, the reading of which may help balance out the regular headlines. I can recommend:

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

[www.positive.news](http://www.positive.news)

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

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

Often, the major news websites have a 'Good News' section hidden away somewhere too. If you find one, please share it with your family and friends. It's not actually all bad out there, although it does feel like it lately.

Finally, if you ever just need a quick antidote to the deluge of nihilistic humour on social media, searching with the keyword "wholesome" on your preferred platform should help you clear the clouds and enjoy some sunshine for a little while.

If it doesn't, please text or call 1737, for free, anywhere in NZ to immediately and anonymously connect to someone who can help.

Be safe, and be kind.

Jessica Copping  
September 2020



## In This Issue

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## Fishing Spot

The last couple of months have been a real challenge for fishing for a number of reasons, both onshore and offshore. The good news is that the days are now getting longer and it's spring – the best time of the year, in my opinion. This is because we have the scallop season opening, the water warming up, and the workups starting.

Now, how do we get around the water issue? I have been washing the boat down at Waterworks in Silverdale. The trick is to take a couple of buckets/drums of water, soap suds, and brushes and sponges. Rinse the boat first, then suds-up the boat as you normally would at home, and then rinse off again. Repeat as necessary. You need the buckets of water as there are no taps there, and the water blaster pressure makes filling a bucket impossible – trust me, I tried, and it didn't end well with me being drenched in water and foam. To flush the motor you will need a large plastic drum of water, which can then be used in the garden afterwards (remember, it will be dry soon).

The other idea I am looking into is a slim water tank which will be installed around the back by my filleting table. 1000 litre tanks start at around \$600 and you will need a pump and fittings to divert your downpipe from the roof to the tank. I reckon the whole set up will cost around \$1000, but it will mean you can wash your boat at home all summer and not have to worry about the water restrictions.

Last month, I posted a picture of a sculpture of a marlin which has generated a lot of interest. The sculpture is almost 2m tall and is made from spare car parts donated to the artist by a friend of mine.



The artist is Yok Ly and he has a Facebook page with his work, 'Yok Ly Metallic Art and Design'. Yok makes a range of sculptures (not just fish). If you would like something commissioned you can contact him via Facebook or via me.

Have a great spring season out there. I am certainly looking forward to being back out there – tight lines!

Front Cover - The Team from Millwater Bistro & Bar

THE  
MILLWATER  
MAG

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## Mindfulness Apps: Are they any good?



Mindfulness apps abound. As do meditation apps. As well as any number of apps related to getting yourself out of sticky, stressed, yucky mental spaces. But how do you choose one? And are they as good as a class?

Two apps that I highly recommend are Insight Timer and The Tapping Solution. Both have free and subscription versions. But in my opinion, the free versions are so well-featured that they are very adequate.

Insight Timer App (<https://insighttimer.com>) is a library of recorded meditations provided by teachers from around the world, including leaders in the field.

I love it because:

You can choose the topic (e.g. coping with anxiety, managing stress improving sleep, etc.)

You can choose how long you want to meditate (anything from 5 minutes to 30+ minutes)

You can bookmark your favourite meditations, and easily find them again

Its timer function is super easy if you want to meditate without a recording, but don't want to keep looking at the clock.

The Tapping Solution App ([www.thetappingsolution.com/blog/tapping-solution-app/](http://www.thetappingsolution.com/blog/tapping-solution-app/)) offers 10-minute guided meditations combining mindful self-compassion and positivity with 'tapping' on easy-to-reach acupressure points. Tapping is well-researched and proven to lower cortisol and help with difficulties including depression, stress, anxiety, and physical pain.

I love it because:

- It's emotional first aid in an app!
- Easy 5-minute tutorial for first timers
- You can choose your topic (e.g. anxiety, anger, sadness, instant boost of confidence)
- Effective and very easy to use

Finding an app that works for you is a great way to start or enhance your mindfulness skills, or to have access to emotional first aid wherever you are. You can use them on the bus or during kids' sports or your lunchbreak. Some of them are invaluable resources.

What you can't get out of an app is individualised input, personal support, or the opportunity to get a sense of how normal your own experiences are. And that's what classes are for.

So, have fun exploring the Playstore, and if you are interested in a class, contact Liz to join the next course which begins on 28 October.

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## Vet Speak

### Making our Gardens Pet Safe



and lilies are highly toxic to cats – they only need to get pollen on them, which they then groom off to become very sick. Lily ingestion causes kidney failure in cats and even if caught early can still be fatal.

If you are putting mulch or fertiliser in the garden, ensure the pets can't get in there. Blood and bone smells amazing to dogs and it makes them very sick! There is a new mulch on the market called cocoa bean mulch, and this contains the husks of cocoa beans. These husks can contain theobromide which is found in chocolate and can affect dogs the same way – with the same catastrophic results.

It's a great feeling knowing summer is coming and with these helpful hints we can ensure even the furry members of our family can enjoy time outside.

If you would like to discuss any aspect of garden safety pop in or give us a call, we are always available to help.

**Jessica Ashley, VN**  
Millwater Vet Hospital  
[www.millwatervethospital.co.nz](http://www.millwatervethospital.co.nz)

As we head into spring we will all be out in the gardens preparing for summer, so we thought it was timely to remind pet owners of all the potential hazards that exist in our gardens.

Rodenticides and insecticides are commonly used in residential gardens and can also be found at the local parks. They are always signposted and in approved dog-safe traps, but keep an eye on your dogs if they regularly go off-lead in the park to make sure they stay away from them.

Insecticides such as slug bait are very dangerous if ingested by your dog. It can cause seizures and death quite quickly so, if you want to protect your leafy veges, chat with your garden centre about safe alternatives to use.

If you are planting new gardens, become familiar with plants that are toxic to dogs and cats and avoid them if possible. Basically anything that grows from a bulb is dangerous to dogs,



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# Pharmacy Talk

## Millwater Parkway Pharmacy: A Little History



Before opening as Millwater Parkway Pharmacy in May 2015, we were originally located in the quaint little village in Silverdale on the main Silverdale Street, known to the community as "the original" Silverdale Pharmacy. Silverdale Pharmacy serviced the area for over 14 years before moving onwards and upwards to become Millwater Parkway Pharmacy, who we are today.

### One-Stop Health Shops!

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Peak Pilates (Physio + Pilates)  
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And of course Jetts Gym. If you're driving along Millwater Parkway, we are all situated on the top level of the Millwater central block, which you can access behind the building via Millwater Parkway and Bankside Road.

### A little about us...

Our pharmacist Joel has a Malaysian background and can speak fluent Mandarin/Malay, and we would have to say his English is pretty darn good too! He moved to New Zealand in 2008, where he enrolled in Pharmacy School at University of Otago very soon after. With over 9 years of experience in pharmacy, he has strong knowledge in the field. Joel is a community-focussed pharmacist and has a passion in voluntary work in his recreational time. He thoroughly enjoys working in this area and looks forward to servicing this friendly close-knit community further.

Rachel is a born-and-bred local to the area and has over 14 years' experience in the pharmacy field. She is the Retail Manager of the store and strives to give friendly service and stock the products we believe to be the most health beneficial. Therefore, firstly, we can feel confident in what we are providing and secondly, knowing they will give the best results. Also, don't be alarmed if you see Rachel helping make up your medication; she is also a qualified pharmacy technician!

Our latest member to join the team, Maria, is originally from the Philippines, where she studied to become a pharmacist. After 4+ years of working in a hospital as a clinical pharmacist Maria wanted to spread her wings, so in 2016 she decided to move to New Zealand. Maria has since completed the Pharmacy Technician Certificate in NZ and accumulated more experience in the field. If you haven't been in to the pharmacy yet, Maria will be the one that greets you with her bubbly and caring personality. She's always smiling, always willing to listen and help, and if you ask her nicely she's also our expert ear piercer!

Working as a team, we aim to provide fast, friendly and efficient service, to ensure our customers can leave happy and resume their busy, on-the-go lives.

Millwater Parkway Pharmacy



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## Discover the Benefits of Indoor Plants with Leaf & Lily



- Be therapeutic and cheaper than a therapist.

Capturing the essence of nature indoors brings us back to our roots. Therefore, it comes as no surprise when others say their houseplants create a tranquil home environment.

When you are feeling a tad low, it's amazing how a walk in the park or time outdoors does wonders for our mental state. When we are closer to nature, we reduce mental fatigue/mental load and stress; all while increasing relaxation and self-esteem. Studies show that by even touching real foliage elicits an unconscious calming effect.

I am humbled to have this opportunity, to be in an industry where I can share my knowledge, plant happiness, and its benefits with you all.

Not only do we provide indoor plants, Leaf & Lily also offer free expert plant care advice, plant rescue services, and ongoing support to ensure that your indoor jungle is thriving! One of the best aspects of my role is helping new plant parents learn from scratch how to care for and nurture their very first houseplants. It is so rewarding watching you all grow in confidence and receive the significant health benefits that living with nature provides.

Feel free to contact me for help anytime.

Sarah Stevens 02102511981

[Facebook.com/leafandlilynz](https://www.facebook.com/leafandlilynz)

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

Hello, Millwater community, my name is Sarah, and we just live around the corner on Harris Drive. Leaf & Lily recently launched within the past month, and we are thrilled to have met so many other plant enthusiasts in the area that share the same passion for nature.

Indoor plants don't only look good, but they can make us feel great mentally and physically too!

Studies have proven indoor plants:

- Reduce stress, depression, and anxiety.
- Boost mood, productivity, concentration and creativity.
- Clean the air by absorbing toxins and mould spores in the home, increasing humidity, and producing oxygen.
- Help to aid sleep.
- Reduce fatigue, sore throats and colds.

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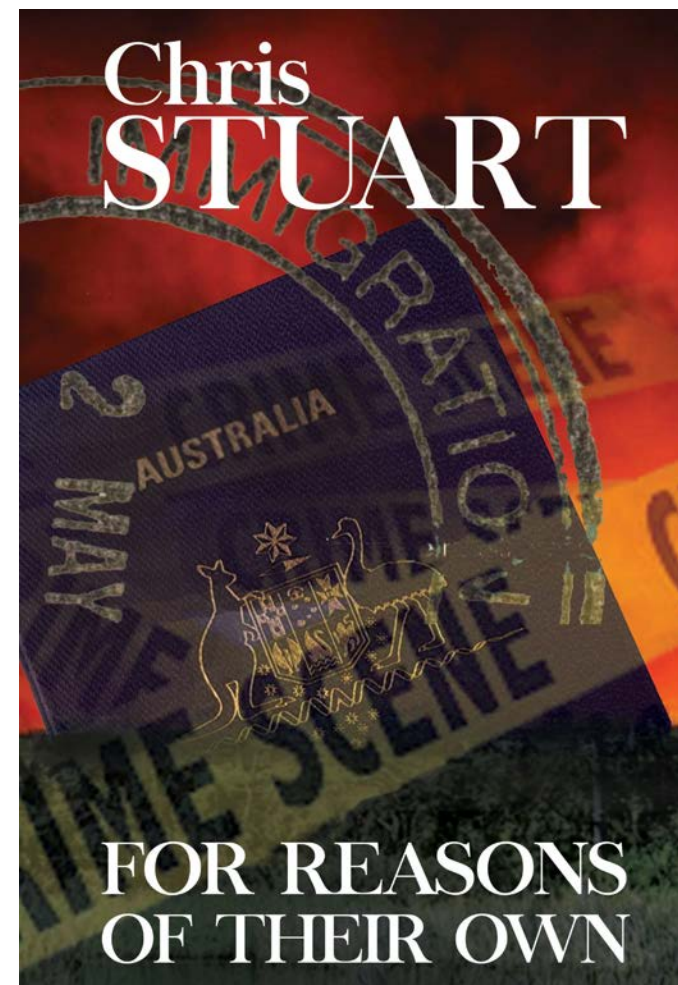
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## Millwater Book of the Month

### For Reasons of Their Own by Chris Stuart



*For Reasons of their Own* is a thrilling debut novel that announces a major new writing talent to the world.

Melbourne is wilting under a heatwave, and Detective Inspector Robbie Gray is working undercover at the International Disaster Conference, frustrated to be stuck on what she perceives to be a babysitting job after a recent internal investigation has left her feeling bruised by police bureaucracy. But things get more interesting when Robbie is called to investigate a body found lying in a rural swamp, north of Melbourne, with a team that includes Mac, a police officer who has also found himself up against a disciplinary matter. Robbie and Mac quickly discover they work well together, and have similar values when it comes to their search for the truth.

They begin investigating what is clearly foul play. But when the nationality of the victim is confirmed, the Australian Security Intelligence Organisation takes over the case, and Robbie and her team are side-lined. But Robbie is convinced that the ASIO's conclusions are wrong, and that they are manipulating evidence for their own purposes. Robbie and Mac go back and look at the evidence, digging further to find the truth. What they discover is a case that exposes corruption in the humanitarian world and transcends international borders.

*For Reasons of Their Own* is a page-turning, fascinating read, with well-drawn characters and an intelligent plotline that will have you thinking about many issues, including whether the past can ever really be left behind, and the idea of what it means to be safe. There are also many more elements and characters in this book that can't be covered in a review.

This is a multi-layered, absorbing read. In particular, the central character, Robbie, is flawed but likeable, a Kiwi living in Melbourne, and I'm sure we will see more of this resourceful, dedicated police officer in the future. I can't wait to read the next book in this series – I am hooked!

Original Sin Press, RRP \$35

Reviewed by Karen McMillan, [www.karenm.co.nz](http://www.karenm.co.nz)

Author of *Brushstrokes of Memory*, *Everyday Strength* and *Elastic Island Adventures*.

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## The Green Spot

As I write this, we have just begun our second round of lockdowns in Auckland. I want to begin by stating that I am not a medical expert and so my recommendations are purely based on my own personal views and research. I acknowledge there is a time and place for stringent Personal Protective Equipment, such as for frontline medical staff and those managing isolation facilities, but even our government is assuring us that reusable fabric masks will suffice for



## Eco Tip of the Month

everyday public activities in minimising the spread of Covid-19.

Every month during this pandemic, the world is using 129 billion disposable masks, according to a report in Environmental Science and Technology. This poses an inevitable threat to wildlife, as the litter ends up in our natural ecosystems. Thankfully, health experts from around the world have endorsed the safe use of well-made reusable masks, and various businesses have repurposed their facilities to become creators of these new norms in our first aid kit.

It doesn't take long to Google instructions on how to make your own,

whether it be with a sewing machine or just trimming a sock, and when it comes to reducing waste it is always helpful to try and use what you already have. In her encouragement to wear masks, Jacinda has even suggested the fashioning of face coverings out of bandanas and scarves. What is important though, is that the fabric has a tight weave and that there are multiple layers.

If purchasing new, the ideal option would be to go for natural, compostable fibres such as thick cotton, which has tested well for filtering particles, or wool, which is naturally bacteria-static and absorbs toxins. Merino wool cloth is lightweight, sustainable, and doesn't overheat or cause itching.

Let's protect each other and the planet. Stay safe everyone.

**Hayley Crawford**

## Empowering Mothers & Growing Friendships



This month I had the opportunity to speak with Abbey Fouche, the founder of The Mums Clique; a not-for-profit charity dedicated to helping and empowering mothers. Going the extra mile to support mothers and to create lasting relationships is their mission. They deliver support packages throughout New Zealand to mothers in need of love and an extra hand. Operating out of Silverdale, they recently opened their 'motherhood haven'; a place for facilitating friendships and providing support.

The motherhood haven works as a physical space for women, mothers and children to drop in. They provide varying educational and social events to give mothers extra information regarding everything to do with the journey of motherhood. Their future goals include having motherhood havens open all around New Zealand, for all mothers and women from different walks of life. For mothers unable to attend the haven, they have online blogs and support groups

dedicated to fostering friendships.

The Mums Clique is free of judgement and embraces everyone intending to spread love, and make people feel heard and accepted. They hope to connect different mothers and give women a place to come where they know they belong.

This charity is not government funded, so they conduct regular fundraisers so they can continue to send care packages to mums in need. If you wish to become part of the charity or to help them with their vision, you can head to their website to donate.



Abbey told me that the most rewarding part of her work is seeing the impact the charity has had on mothers, and their increasing confidence. Knowing that their work matters, and changes these women's lives for the better, makes it all worth it and more.

<https://themumsclique.org.nz/about>

**Megan Prentice**  
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# Millwater Malt

## Dunedin Doublewood



Faced with the potential loss of Airpoints Dollars and no plans to fly anywhere, anytime soon, I decided to spend them in the Airpoints Store before they expired. My attention was immediately drawn to the Dunedin doublewood 18-year-old whisky.

This, now rare, whisky comes originally from the closed Willowbank distillery in Dunedin, which became 'silent' in the late 1990s. The Dunedin doublewood exists due to the foresight of Willowbank predecessors, the Preston Family, to transfer a large number of six-year-old Master-Blended whisky from American Oak to French Oak ex-red wine barrels.

The new barrels came from the North Island and previously contained New Zealand Pinot and Cab Sauv. The Prestons released their doublewood after 2 years in French Oak. The current release has benefited from at least twelve years in the new barrels giving it a truly unique flavour. The non-chill-filtered doublewood 18 is a clever blend of 70% single malt and 30% premium grain whisky.

**Colour:** Dark red and inviting.

**Nose:** Christmas cake, fruity and luxurious. Caramel, cinnamon, blackcurrant, with a touch of smoky leather and woody spices.

**Palate:** Quite intense and somewhat different from the nose. Definitely still very fruity, but with a complex and unexpected level of spiciness to the fruit. Softens delightfully with the addition of a small drop of spring water.

**Finish:** The warm, spiced fruit lingers, with toffee notes adding to a dryness at the end.

**Conclusion:** Small – 500ml – in beautiful presentation box, 40% ABV, target price around \$100 in the shops or online – or via Airpoints Dollars! Definitely one you should buy and try.

## Millwater Ladies Group



On the 28th July, ten women from the group attended an Operatunity daytime concert, called Stage and Screen.

Operatunity started out as a few singers putting on a concert, but has since grown into a company that produces 200 concerts each year; touring nationally eight times a year to over twenty five venues.

The July show featured many of the most beloved musical moments from stage and screen, with songs from My Fair Lady, Fiddler on the Roof, Camelot, Evita, Les Misérables and Miss Saigon to name but a few. There were also a couple of special performances by Liberace and Vera Lynn!

With whopping ballads like *Don't Cry for Me Argentina*, *Maria* and *One Day More*, it certainly stirred the soul and stunned the senses.

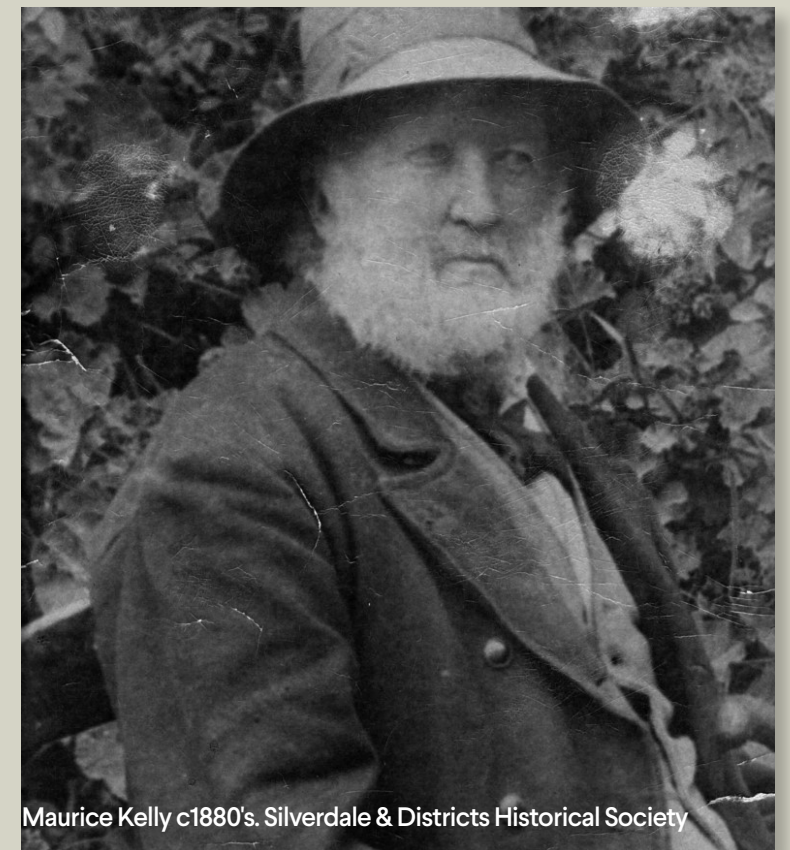
## Events in September at Orewa Library



Robin Grover, author of *Makers of the Wade* and a former president of the Silverdale and Districts Historical Society, tells stories of prominent, eccentric or notorious people and events of early Silverdale (formerly known as the Wade).

### Auckland Heritage 2020: Silverdale Scandals & Other Stories

Ōrewa Library, 12 Moana Avenue, Orewa  
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Maurice Kelly c1880's. Silverdale & Districts Historical Society

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**TIME:** 7pm - 8:30pm

**WHERE :** Illuminate Community Trust, 41A Millwater Parkway, Silverdale

All welcome however, numbers are limited so please RSVP to secure your place!

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[www.capnz.org](http://www.capnz.org)



# Art Speak

## Estuary Arts launches Members Merit Award Exhibition



Yvonne Grey

Estuary Arts Centre will reopen its doors during Alert Level 2 to launch the annual Members Merit Award Exhibition.

This annual show features Estuary Arts Members' artworks in any medium. This year we have just over 250 artworks by 94 artists in a range of styles, genres, and media, including painting, drawing, printmaking, mosaics, ceramics, glass, and jewellery.

The award is judged, and a premier winner along with 7 merit prizes are awarded to members who have displayed outstanding artistic practice.

There is also the People's Choice Award whereby you, the viewer, can have your say and vote for your favourite artwork. This award is sponsored by Orewa Picture Framers.

The exhibition will run until the end of September.

We are very busy preparing a jam-packed programme for our October School Holidays themed around "Bricks, Blocks n' Blocks". This theme is inspired by STEAM (science, technology, engineering, art and math), so there will be plenty of explorative and creative offerings.



Lee Stephens (circular image - acrylics on gold leaf)

Check out the website for more details and register for your classes online at [www.estuaryarts.org](http://www.estuaryarts.org), follow us on Facebook and Instagram (as Estuary Arts). Classes run for half days or full days, and parents and children can pick and choose what interests them.

The Art Centre is centrally located at 214B Hibiscus Coast Highway, Orewa, and has the best gift shop in the area, stocking local artists' arts and crafts at affordable prices. There is plenty of parking and an onsite café. Call the Centre on 09 4265570 or email [admin@estuaryarts.org](mailto:admin@estuaryarts.org).



Michelle Gladwell

## Overfed and Undernourished



With today's obesity crisis on the rise, and the concurrent increase in lifestyle-related diseases like diabetes, heart disease and high blood pressure, something is not right. One in nine children and one in three adults in New Zealand are obese and two more are overweight. Obesity and overweight are not about how our bodies look, but about how they function and their propensity for disease.

In our society today we have access to an abundance of foods and 'food-like' products that provide us with calories, but are not providing us with the nutrients we need to ensure our bodies are healthy.

Malnourishment is no longer just a third world problem, where a lack of food leads to poorly nourished people. We are now seeing a malnourished but

overweight population in many affluent, Western societies. They are not starving for calories, but their bodies are starving for nutrients.

Crisps, lollies, soft drinks, biscuits, fast food and processed foods are never going to provide our bodies with the nutrients they need to stay healthy. These are not everyday foods. They are occasional foods at best. The more processed foods we consume, the more vitamins and minerals our bodies actually require, as they help the chemical reactions in our bodies function properly and protect us from disease processes.

We lead such busy lives and it is a challenge to find time to cook and prepare healthful meals, but if we want healthy bodies for our children

and ourselves, perhaps we could re-evaluate our priorities. It's only difficult until it becomes a habit, and our habits determine how our lives play out. None of us wants to be unhealthy or nutritionally deficient, but our food culture today makes it so easy to head in this direction unintentionally. Perhaps if we were to consider it an investment that pays

dividends for the rest of our lives, we may be able to shift our perspective and find it easier to rearrange our priorities.

If you would like help with creating a more healthful way of eating, contact me at [paula@nutritionsense.co.nz](mailto:paula@nutritionsense.co.nz). Both in person

and online consultations are available. Sign up for my Healthy Cooking and Lifestyle Workshop notifications and get in first to book a place. I'm on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

**Paula Southworth**  
Nutritionist at NutritionSense

**BSc Human Nutrition and Sports Science, Massey University**

**Member of the Nutrition Society of New Zealand**

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# Revisiting Old Friends

Nita Wong

Over the past six years, *The Millwater Mag* has featured many interesting locals in the regular *Millwater Interviews* with past editor Brian Mullan. We thought it was time to revisit some of these and update you on what these wonderful people are doing today. *The Millwater Mag* interviewed local resident Nita Wong in August 2016 who moved to Millwater in 2015. Since the interview Nita has been behind many great community initiatives, helping to support many locals. These include 'Adopt a Family for Christmas' and the 'Meal Support Group'. Nita continues to raise her two lovely boys but also now works for Maddren Homes. Keep reading to find out more about this wonderful lady.

Most readers of *The Millwater Mag* will have 'met' Nita Wong through following her many delicious recipes and reading her discerning articles. We were privileged to spend an hour with this popular stay-at-home mum and her very well-behaved 6 and 3 year-old sons one afternoon recently, which enabled us to share some more of this vivacious and community-focussed lady with our readers.

Nita was born in Hong Kong and came to New Zealand at age 14, from when she attended Westlake Girls' School before going up to the University of Auckland and gaining her BSc in statistics and Diploma in Commerce. Her brother, on the other hand, went to University in Australia. The family returned to Hong Kong in 1999 and Nita went to work for NZ Milk – nowadays better known as Fonterra – where she started in food service marketing. By the time she left Fonterra seven years later, Nita had progressed to become their supply chain manager.

After seven years of long commutes and even longer working hours, Nita desired change. "I wanted to develop my business skills further, so I became a freelance consultant and got involved with many aspects of business design and development and also grew my understanding of how people from

different backgrounds are able to make smaller businesses succeed."

Having met her future husband Wilson Wong at University in Auckland in 1994, they married in Hong Kong during her second year there with Fonterra. "By 2009 and planning on having a family, decision time had arrived and we decided to return to New Zealand, which we have always considered to be home", said Nita. Initially, they lived in Birkenhead before moving 18 months ago to their new Millwater home, which they love.

Nita is modest about her innate creativity but is a passionate and community-focussed Millwaterian. Immediately after moving here, she wanted to become involved in the local neighbourhood and she seeks continually to find ways to better integrate the Asian community within Millwater. An accomplished cook (as is her husband, Wilson), Nita decided to share some of her favourite recipes through *The Millwater Mag*. Understanding the cultural diversity of Millwater has seen Nita seek to promote better integration, through providing translations of *The Insider* for the Chinese community and writing often-amusing articles about Chinese culture.

Nita is also keen on sewing and we may yet see some articles about this other side of her creative nature. However, as a

popular and accomplished Millwaterian, Nita's next community activity will see her provide Chinese translations for the Silverdale Primary School's newsletter. This is all part of her driving motivation to see all communities within Millwater better integrated. "I want everyone to know and understand that, although Chinese culture may be different, Chinese people will generally respond positively to a direct approach for friendship," said Nita.

Nita's desire for more community involvement now sees her studying the real estate business, with her aim of becoming more involved with the developers and builders within Millwater. She speaks both Cantonese and Mandarin and is very clearly an interactive personality who will be a great asset within the ongoing growth of Millwater.

Nita hopes also that the Stoney Homestead will become the success it deserves to be, in helping integrate all residents, no matter what their background may be. Considering the community that we all enjoy here, we asked Nita to describe Millwater in her own words. "Millwater is simply the best place in the world to live and raise a family and I want to help make every resident feel as passionate as I do about this wonderful community."

Brian Mullan



## Auckland Heritage Festival at the Silverdale Pioneer Village



### Eccentric and Notorious People & Events of Early Silverdale

**Saturday 26th September 2020,  
15 Wainui Road, Silverdale**

Robin Grover, local historian, author of *Makers of the Wade*, and a former president of the Silverdale and Districts Historical Society, tells stories of prominent, eccentric and notorious people and events of early Silverdale (formerly known as the Wade).

**Venue:** The Old Chapel, Silverdale Pioneer Village

**Date & Time:** Saturday 26 September, 11am-12pm

**FREE ENTRY** – Gold coin donation appreciated

Bookings essential, phone Sue on 021 630 520 or email [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com)

The Silverdale Pioneer Village will be open all day on the 26th September from 10am-3pm with the Children's Game Room operating, historical exhibitions in all buildings, and Devonshire Teas available in the Old Parsonage for only \$6.

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



# Wainui Golf Coaching

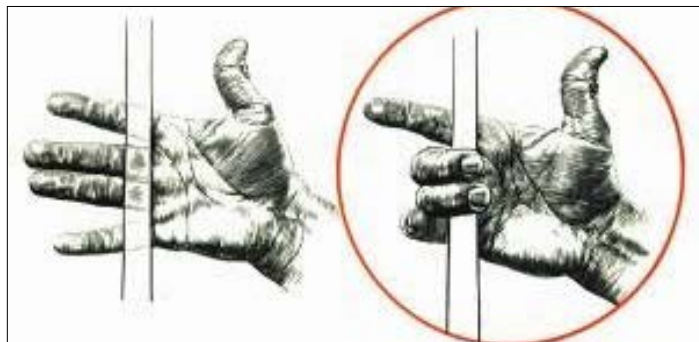
With Mike Duncumb – Head Golf Professional at Wainui Golf & Function Centre



At Wainui Golf & Function Centre we offer coaching and practice facilities for all golfers. We have a driving range and short game area plus the Orchard 9, which are all open to the public. Our indoor teaching studio offers video and Flight Scope Technology. We can film and measure club position in the swing, ball speed, shaft and face angle to give our coaching clients accurate shot information in a perfectly controlled environment.

The golf swing, when performed correctly, should be a smooth continuous motion where good balance enables you to make a series of movements to control the golf club which produce consistent shots.

Like with most sports, good fundamentals are key! This certainly is true for golf. Here are a few tips on grip and posture. Grip and body position should be your number one



priority when working on your swing.

**Grip:** Make sure you grip the club in your fingers and not up in the palm of your hand. Your grip pressure should be in your little finger and wedding ring finger of your left hand and your middle two fingers of your right hand. Imagine you are carrying a bucket of water; the handle of the bucket sits in your fingers. Do not put any downward pressure on your thumbs. Once you have gripped the club, the creases between your thumb and index finger on both hands should point towards your right shoulder (for right-handed players).



**Posture:** When practicing, always place two clubs on the ground like train tracks. The first club will line up with your feet; the second club will be your target line, which the golf ball should take off from. Place the ball just inside this line.

The clubs will help set your feet, knees, hips, and shoulders square to the target line. You can add a third club between your feet to help set consistent ball position also. If you are practicing with an iron, the golf ball should be placed one ball-width forward of centre.

Contact me at [hp@wainui.online](mailto:hp@wainui.online) to discuss our coaching packages.

Mike Duncumb

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# An Introduction to Acupuncture



Acupuncture is the modality where very fine needles are inserted into specific points around the body to produce a healing response. There are two main types of acupuncture. Western medical acupuncture is based on traditional Chinese acupuncture but focuses more on anatomy, a Western physiological model and pathology. It acts by stimulating the nervous system as well as producing local tissue responses.

Traditional Chinese Acupuncture (Eastern) improves the body's natural healing processes by stimulating and correcting energy flow and meridians in the body which are linked to specific internal organs and systems. This energy flow is called 'Qi' – pronounced as 'chi'.

Acupuncture can help you to bring your body's energy back into balance and speed the recovery. If you have a good practitioner, needle insertion need only cause momentary discomfort and is often painless.

Acupuncture can treat:

- Musculoskeletal pain, including pain of the neck, back, shoulder, knee and ankle
- Headaches and migraines
- Sleeping disorders
- Gastrointestinal issues
- Women's health
- Osteoarthritis
- Emotional states

Xuan graduated in 2008 from Beijing University of Chinese Medicine with a Master of Health Science in Acupuncture and Chinese Medicine. Xuan has been an Acupuncturist

and TCM practitioner since 2008. As an ACC health provider, she is passionate about providing highest quality of care to every patient.



Xuan enjoys helping patients with diverse health care needs and has a special interest in musculoskeletal problems, women's health, stress related conditions such as headaches, gastrointestinal issues, insomnia, and some eye conditions including paralytic strabismus, eyelid spasm and eyestrain. She aims to deliver great outcomes through personalised acupuncture services designed to meet your needs.

"I have had a number of acupuncturists over the years; I have found Xuan to be the most gentlest with needle handling and communicative practitioner yet." – Hamish Syrett.

**Osteo Me**  
<http://www.osteopathy.co.nz/>

# Tinopai Oils



Tinopai Oils takes its name from a picturesque little settlement at the top of the Kaitia Harbour, where the company was born. Situated less than two hours from Auckland, the original products were for sale in the local craft shop and later distributed throughout Northland. The name Tinopai means 'very good place'.

Paula tells her story...

In the very beginning, in 1977, my idea of blending oils for the skin evolved from my young son having skin problems. I set to blending some oils to alleviate this, and when that worked, I began using it myself – and so did others.

Over the years, I found myself handcrafting oils for other people, and a cottage industry was born. I use only high-quality essential oils, farmed wherever possible from the north of Auckland or Great Barrier Island.

I can customise oils to the customer's requirements, either at the market or online. I carry most ingredients for the oils with me to my markets. My standard base oils have vitamin E and evening primrose in them.

Sold online at [www.tinopaiols.co.nz](http://www.tinopaiols.co.nz) or at Silverdale Village Market. You can visit me there, or email [sales@tinopaiols.co.nz](mailto:sales@tinopaiols.co.nz) if you require a customised oil.

I have also branched out into new cream products. Night cream with organic olive oil and day cream with organic argon oil. From my experience I have found my argon cream to be very useful in alleviating some skin conditions. It is very useful to apply on minor burns. At the markets I carry a variety of products that vary week to week, such as hand creams and lip balms.

I look forward to seeing you at Silverdale Village Market on Saturdays from 8am-1pm.



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## Making Home-Cooking Easy



potatoes and cut them up; cooking half of the potatoes for the mash which I then make in full by adding the milk, butter and seasoning. I place the mash in a bowl and refrigerate.

I then par-boil the other half of the potatoes, drain, and place in the fridge. Then I make the white sauce and precook the cauliflower; make the cauliflower cheese and then place that in fridge. Cut the carrots and broccoli to the desired size and pre-boil separately, then refresh them in cold ice water, then drain. Place them together in a bowl in fridge. Pre-make the gravy, place in a gravy jug, also in the fridge. Finally, I pre-set the table with all items needed to serve and eat.

When I arrive home, I place a tray in the oven with oil, add the seasoned potatoes for roasting and the cauliflower cheese. When the potatoes, cauliflower and chicken are ready (around 45 minutes, assuming the chicken has turned on 30 minutes prior), I just microwave the mash, vegetables and gravy, and serve.

It's that easy!

Mark Lane | Culinary Lane

It doesn't matter if you are cooking for a classy dinner party or making roast dinner on Sunday; make it as easy as possible for yourself by precooking items. I cooked a wedding for 200 guests this year, making all the food myself by being super organised before the day.

When professional cooks get ready for service or cooking a meal, they get as much of the prep done before finishing the meal. This is important as this allow professional kitchens to cook for large volumes of customers while keeping the quality high and getting the meals out as quickly as possible.

I will give you an example. If I want to cook a roast chicken for my family but I am going out in the afternoon, I do not want to arrive back home and have to rush to get dinner ready in time. I plan to cook the following: roasted chicken with stuffing, roasted and mashed potatoes, cauliflower cheese, broccoli, carrots, and packet gravy.

I make the stuffing and stuff the chicken (rubbed with oil and seasoned), and place it in the oven on a timer at 200°C for 1¼ hours, to start 30 minutes before I arrive home. I peel my

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## True Colours



This includes looking at their intensity:

Cool  
Warm  
Deep  
Light  
Clear  
Soft

But many other things are also taken into consideration to help you along your colour journey, such as:

Personal colouring – how the colours respond to your undertone (blue vs. yellow)

Personality – do the colours make you smile?

Personal colour contrast – low, medium, high

Bonus fun things you learn about how you can coordinate and create impact with your personal colours:

Analogous colours – compatible adjacent colours

Complimentary colours – opposite each other on the colour wheel

Split complimentary colours – either side of the complimentary colours

Triad colours – any 3 colours that form a triangular balance

Monochromatic colours – tints and shades of the same colour

Intensifiers and enhancers

Signature colours

In addition to understanding how to wear your colours, colour can be extremely powerful in its ability to influence how we perceive things and create a mood. The psychology of colour is a fascinating topic to discover. Through colour we unconsciously process our visual world and our experiences and how we respond to them.

Janine – Natural Style – Style and Image Coach

I often hear, "Ooh, I remember about Colour Analysis, my mum or grandma had that done in the 80s," which brings a big smile to my face. Yes, in the 80s, having your "colours done" was a big thing!

It has certainly changed a lot since then, and it is wonderful to see how many people are still engaging and finding the benefits of doing this today. It is wonderfully empowering.

Having your colours done has certainly developed and grown since the 80s! Traditionally, the concept was based around the 4 seasons. Today, we have more detailed colour systems available, which can really help people find a good fit that suits them.

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# Millwater Property



Grayson Furniss

Franchise Owner  
MILLWATER

## 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

## July 2019

9  
\$1,030,000  
\$1,590,000  
\$1,132,614  
-0.75  
225  
104

## June 2020

16  
\$1,071,500  
\$1,400,000  
\$1,135,375  
1.34  
182  
74

## July 2020

29  
\$1,120,000  
\$1,820,000  
\$1,144,005  
4.55  
217  
79

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been misinterpreted on compilation. Furthermore these figures are recent sales from all agents in the area. Data is gathered from Property Guru and REINZ.

## Property Talk

There is really only one number in this month's statistics that matters: the number of sales. That is a massive number in Millwater terms; the highest we have seen since 2015. Large sales numbers like this in Millwater are almost always a precursor to increases in prices and, while the median for this month don't necessarily reflect a huge jump in prices, there is some hidden detail that matters.

Of the 29 sales for the month, 10 of the them were over \$1,400,000, including 6 sales of \$1,600,000 or over. This is the highest volume of sales at this end of the market that we have seen. There were also 11 sales in the sub-\$1,000,000 range, reflecting a larger-than-normal number of townhouse sales during the month. I have no doubt that the volume of sales would have been even higher had there been more choice for buyers, particularly in the \$1,100,000 to \$1,300,000 range.

The near-balance of the two sales groups on either side of the median has seen the median remain relatively static, while the monthly average (not published here) has come up to one of its highest points in 18 months. We are expecting to see next month's figures reflect some price appreciation in the market, albeit on slightly lower sales volumes (as a result of low supply, not demand).

The upshot is that there is now a drastic shortage of quality property on the market in Millwater. Current listing numbers are very low, with new options only trickling onto the market. Potential sellers are citing a lack of options on the purchase side of the equation as being the main reason for

an unwillingness to bring their property to market; a response that seems to be echoed all around Auckland and the country. So, we seem to have a lot of people being frustrated in their desire to move house.

The immediate future looks to be more of the same; a shortage of quality property on the market, meaning good to great pricing being achieved. It seems likely that this will continue until there is a change in buyer sentiment, probably around the time when we start to see mortgage defaults and sales, or a significant upturn in listing numbers.

We are hopeful that there will not be too many mortgagee sales in Millwater; however, we are likely to see an upturn in sales that, while not forced, are necessary. Job losses and business closures are likely unavoidable at this point, but the positive news right now is that those affected can sell their properties and not take an additional hit on that as well. There is always the possibility that this will change, so we suggest that if a sale is likely to be necessary in the future, the safe bet is to take advantage of the buoyant market now.

If you are considering a move at any point in the next 12 months, we would love to hear from you sooner rather than later. We may be able to help you towards a much better outcome and this is one of those rare situations where good advice can be free.

Grayson | 021 665 423 | [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
<https://millwater.mikepero.com/>

Mike Pero Real Estate, Licensed REAA (2008)



## SINGLE LEVEL ENTERTAINERS DELIGHT

4 2 2

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

### 50 Timberland Drive, Millwater

This sunny, warm home feels spacious with four bedrooms, a study, generous open plan living and a large designer kitchen. Add to this the large butler's pantry and you've got an entertainers dream! Single level properties are always in demand and this one will be no exception.

- 4 yr old Generation 200m<sup>2</sup> (approx) home on a 560m<sup>2</sup> fenced site with balance of Premium Master Build Warranty
- Stunning bench top bi-fold windows opening to BBQ area, study near front door for easy access
- Fully ducted heating/airconditioning system to all rooms, LED lighting throughout
- Small boat/ trailer parking

[www.mikepero.com/RX2387345](http://www.mikepero.com/RX2387345)

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## ENTRY LEVEL DELIGHT

4 2 2

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### 19 Prospect Terrace, Millwater

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

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

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

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**Grayson Furniss**  
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09 426 6122

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### 365 Millwater Parkway, Millwater

Well built and set back from the main road, hidden behind established bush on a residents only street, this immaculately presented 3 bedroom home has been designed with the very best of family living and year round entertaining in mind. This is a great part of the world to live - if you know the area you will know that you need to move quickly to secure this quality property.

- Single level home with spacious open plan living area, stunning kitchen and office space or third living area
- Set well back from the main road, on private residents only street in a highly desirable part of Millwater
- Fantastic off street parking with room for a boat / caravan

[www.mikepero.com/RX2364823](http://www.mikepero.com/RX2364823)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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


**Max Zhang**  
021 521 888

# Mike Pero

0800 000 525



## THE ULTIMATE FAMILY HOME?

5 2 3

millwater.mikepero.com

### 10 Sibling Court, Millwater

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

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

[www.mikepero.com/RX2336490](http://www.mikepero.com/RX2336490)

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



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



## Central's Tips

### September 2020



It's getting warmer so it's time to start planning for spring and summer planting. Feed fruit trees, lawns and new seedlings with fertiliser, plant edible flowers and make sure to get on top of those pesky snails and slugs.

### In the Edible Garden

- **Fruit trees** such as citrus, pip and stone fruit need plenty of sustenance now. Exclusive to Central Landscapes in Auckland, **Fertco Organic Boost** is a fertiliser you can topdress existing trees with
- Give all **new seedlings a liquid feed** as soon as they're planted using our favourite **Organic Garden Booster**. It's organic certified, so no chemicals here
- **Pest control time:** slug and snail colonies are in full action and will eat newly planted seedlings in one night! Try using pet and bird friendly pellets or this organic method: Leave a tilted jar of beer half buried in the soil overnight, near your lush seedlings. Attracted to the yeast they drown in it

### The Lawn

- **Fertilise the lawn with Prolawn Turfmaster Gold.** This is the fertiliser the turf experts use that will keep releasing through the growing period

### The rest of the Garden

- **Flowers for summer:** Lavender hedges, dalias, daisies in pots and gardenias at the door - these flowers are stalwarts of summer
- **It's edible flower time too:** calendulas, heartsease, carnations, nasturtiums are just a few
- Remember to **stake newly planted trees and shrubs** because the force of spring winds can stop the roots establishing in the soil, leading to poor plant growth

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## COVID-19 & Our Online Habits



For this issue I investigated the increasing use of technology and our online shopping habits in the middle of a global pandemic. We have become dependent on technology in so many ways because

of COVID-19. With the current alert levels in place for New Zealand, this has caused everything to be converted to online once again. Schools have had to adjust to online lessons using Google Meet and Classroom. This has caused concern for students, who find it hard to be productive at home and to find the motivation to work online alone. And as we wait for the country to return to 'normality', students continue to worry about exams and the pressure to work at home.

While there has been a jump from school learning to online learning, there has also been a change from instore shopping to online shopping. This means that websites such as Amazon are booming. Amazon's boss, Jeff Bezos, has definitely had the biggest win during this pandemic with his sales 26% higher than last year. The online organisation has said that they "plan to spend all of its profit (an estimated \$4 billion) on its response to the COVID-19 pandemic". This proves that big stores such as Amazon are receiving a higher demand in orders and

deliveries, making it harder to pack and deliver orders in the normal 5-7 working days.

Even though stores such as Amazon are booming, cafés, restaurants and other local shops in the community are suffering. This is because of the Level 3 restrictions implemented in Auckland, preventing them from remaining open. Restaurants and cafés are taking the harder hit of the pandemic with such lack of money coming in, meaning that some of these places won't make it through the pandemic and are facing permanent closure.

In saying that, there is something we can do as a community. We can support our local businesses and help out our local whānau. How can we do this? We can do this by shopping locally when possible. If we all stick together, we can make it through this global pandemic.

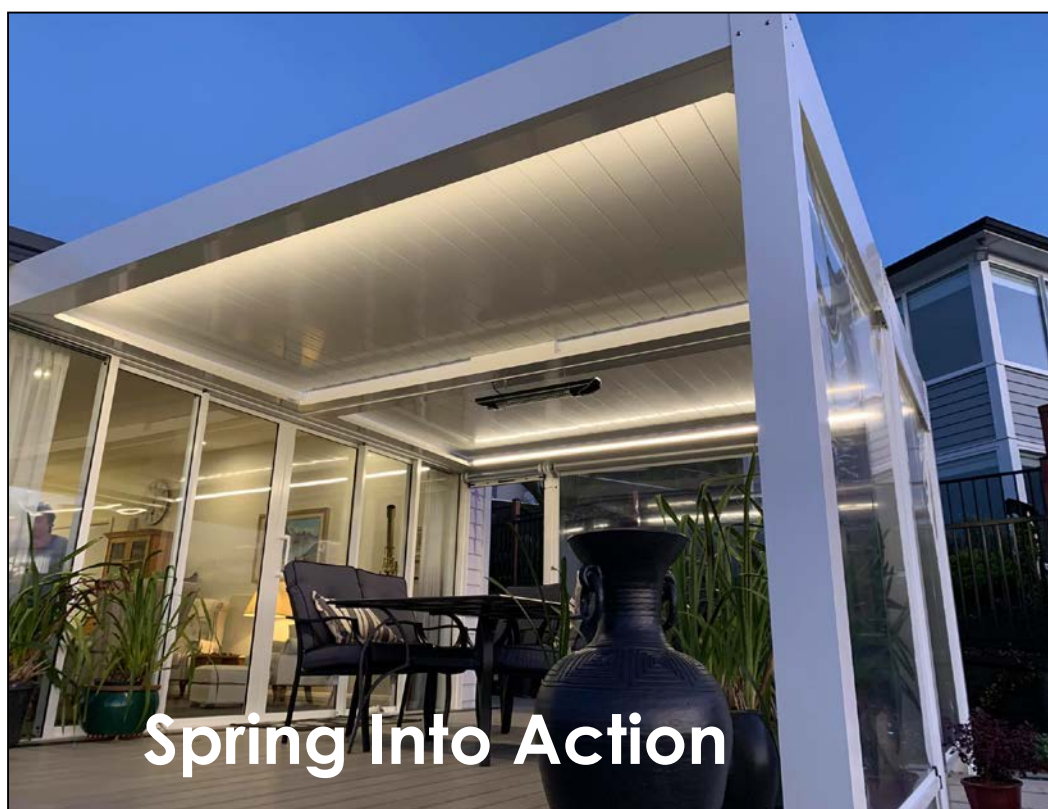
**Daniella Taylor**  
Orewa College



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## Why vacuuming is no longer a chore



Ever since we welcomed a new family member we lovingly call "Mr Robot", our carpets and floors have never been so clean. Before Mr Robot arrived, the thought of fighting over who gets to use the vacuum was unimaginable.

Like everyone in 2020, we are spending many more days indoors than expected. With two young kids and a cat in tow all fighting for space at home and chomping endless packs of snacks at a great rate of knots, crumbs are continuously littered over our carpets and floors. A couple of years ago, we decided to splash out on a robotic vacuum cleaner and we have never looked back since.

Imagine clean floors with a few effortless presses on your smartphone screen. I can't believe how enthusiastic I get talking about a robotic vacuum cleaner with my friends and colleagues!

Before you head out and purchase one of your own, there are a few caveats to be aware of.

First, you do need to do a bit of preparation before starting the vacuum. Picking up any items such as toys and socks off the floor will reduce the likelihood of the vacuum getting stuck and you needing to pause your Netflix.

Second, it does take more time to fully complete a vacuum compared to using elbow grease. The good news is that even the charging is completely hands-off and automated. Our Mr Robot diligently returns to the docking station when the battery drops to 20%.

Third, it can be noisy especially as it tries to power up on carpet and rugs.

Despite some downsides, the benefits outweigh them. After

the first vacuum, it maps out your home's floor plan. You can use the virtual map on the app to set the areas you want it to vacuum, and likewise the areas you want it to avoid (especially kids' rooms with toys all over the floor!). The sensor that it uses to map out your home also helps it to navigate around hazards which is especially helpful for multi-storey homes with stairs. I only wish it came with extendable legs to climb the stairs, but perhaps I just need to get off the couch.

The higher-end models have additional smart features, including the ability for it to clear its own dust bin and communicate via Alexa & Google assistance. From a cleaning perspective, more expensive models come with mopping functions, quieter and more powerful suction motors, and longer run times.

The feature I enjoy most is giving Mr Robot a celebrity personality. Whenever I hear Homer Simpson verbalising how tired he is when the battery runs low, I know our floors are that much cleaner!

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

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## Coast Roast: A Better Coffee Option for Everyone



At Kingsway in Year 13, students who take part in Business Studies get to be part of the Young Enterprise Scheme. YES is an opportunity for students to try their hand at starting a business. The students are encouraged to find things that they are passionate about and centre their business around that.

Kingsway students Emily, Annalise, Danae, Sam, Jenna and Stephen were upset with how the coffee industry damages environments and destroys people's lives. They decided to create a company called Coast Roast which strives to provide the best coffee on the Coast. The unique selling point, however, is how their coffee is fair-trade, eco-friendly, and organic.

The Kingsway students were concerned with the alarming stats around the slave trade. 1 in 100 people are currently stuck in the slave trade. 71% of the slave trade is made up of women of which 99% are getting sexually exploited. Coast Roast is supporting the third world coffee businesses who are not only getting a liveable profit but also encouraging businesses to be slave free.

Coast Roast did not stop there, they wanted the most eco-friendly coffee option. So, they decided to get fully compostable bags, go organic, and have beans that are produced in a zero-carbon roastery. Sustainability is not sustainable when it is not affordable.



Coast Roast wants all Coasties to be able to have access to their award-winning coffee beans. The goal is to make it easy for cafes on the Coast to have access to their beans.

Coast Roast also want to bless their neighbourhoods by providing coffee ready for homes. Currently, they sell a 200g bag or a 1kg option which can be ordered on their website, [coast-roast-co.myshopify.com](http://coast-roast-co.myshopify.com).

They also can be found on Facebook @Coast Roast and Instagram @coastroast\_.

They can be contacted at 022 037 4919 for general enquiries.

## NEW CONSERVATIVE

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Whangaparaoa

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Authorised by F. Mackenzie, 322 Rosedale Rd, Auckland



## Top performing private school – right here on the Coast!

Parents new to the area may not realise that Rodney's only private school is located right here on the beautiful Hibiscus Coast. Wentworth College is a leading co-educational private school based in Gulf Harbour, catering for students from primary through to Year 13. With just 260 students in the College, and 100 in the Primary school, Wentworth is small when compared to most New Zealand secondary schools. Wentworth likes it that way. Our students appreciate this, and so do their parents.



**Last year, 100% of our domestic Year 13 students achieved their University Entrance (national average: 49.3%).**

This makes Wentworth one of the top UE pass-rate schools in the country. Wentworth students follow the internationally recognised Cambridge curriculum, taught in over 160 countries worldwide. Wentworth offers a wide range of subjects, and boasts outstanding academic success, resulting in it being recognised as a "Cambridge Centre of Excellence". Our students have gone on to study at some of the top universities throughout NZ and the world.

### Small class sizes

There are many advantages in having your child educated in a small school. Firstly, it enables teachers to know each child



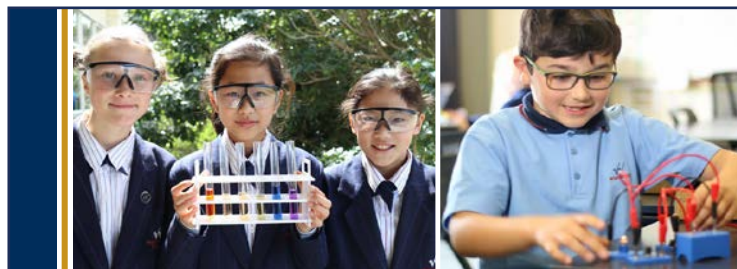
personally. In a large school, children can become anonymous and lost amongst a thousand or more students. Despite what teenagers may sometimes say, they need and like to be known. At Wentworth College, we average 1 teacher to 11 students. This low student-teacher ratio allows our teachers time to work with each student and allows individuals to be challenged in an appropriate and supported way.

*"Being able to contact the Principal or Head of College about your child, and know they know your child well and can really offer advice, is unique." – Parent*

### Year 7 and 8 programme

One of the points of difference for Years 7 and 8 students at Wentworth College is the specialist teachers who take them for their subjects. Unlike some intermediate schools, students don't study with one 'generalist' teacher, but are taught by individual subject teachers in Mathematics, English, Science and Languages, as well as Music, Computer Science, Global Perspectives and Physical Education. For example, our junior students will spend 4 lessons a week in a science laboratory being taught by a specialist science teacher.

Call Wentworth to arrange a visit to our school.



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## Kids Corner

## Plants!



### Word Search!

APPLES	LAVENDER
BUDS	LEAVES
BUTTERCUP	ORANGE
DAFFODIL	PLANTING
DAISY	POPPY
FLOWERS	ROSE
GARDEN	TREES

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

### Word Scramble

Unscramble the letters to find a plant-related word!

OWLFRE =

LTANPIGN =

RDEGAN =

UHSBSE =

SETRE =



### Jokes

Q. What do you give to a sick lemon?

A. Lemon aid!

Q. What did the big flower say to the small flower?

A. What's up, bud?

Q. How do trees get on the Internet?

A. They log in!

Q. What kind of plant grows on your face?

A. Tulips!

Q. What kind of tree can fit into your hand?

A. A palm tree!

Assembled by  
Elissa Copping, aged 9



# Millwater Bistro & Bar

Greetings from Millwater Bistro & Bar!



In today's issue we are excited to introduce you to our Executive Team.

**Xenia Group** is comprised of **Millwater Bistro & Bar**, **The Oakroom** in Auckland CBD, and soon-to-open **The Quartermaster** (Q for short). Q is a multifunctional space being set up in Westhaven Marina, where we have the ability of operating as a restaurant, and the facility to run 3 separate private events, including providing picnic hampers to the boating community. We are so thrilled at the prospect of Q opening, as this will be just the perfect venue to add to our portfolio.

To start off the introductions to the Executive Team, we have **Rohini Jacob & Corey Steven** who head the Xenia Group. Many of you regular patrons of the Bistro would be well acquainted with the two of them. Both Rohini and Corey are veterans of the hospitality industry. With over 50 years of experience and knowledge of the industry between them, they have similar ways of running their business and managing their team. Both believe in leading by example and we never see them behind closed doors sitting at a desk. Instead,

they are on the floor assisting the waitstaff and chatting with our guests, leading to an amazing hospitality experience. They are a very customer-focused couple, which they also instill in their staff.

**Manjit Singh** is our newly appointed Operations Manager who is responsible for the overall operations for all 3 outlets. Manjit brings a wealth of experience and knowledge of the food and beverage industry, with an extensive background being a chef with experience setting up many outlets in this capacity. He will be working closely with our Head Chef and Operations staff to ensure that we offer our customers the best experience.

**Suban Kujur** is the Head Chef of Xenia Group. Suban originally comes from West Bengal in India and has headed a few kitchens before we had the absolute privilege of getting him on board our team. As a leader, he is patient and keen to part with his knowledge, training new and existing staff to bring a wonderful new and exciting dining experience to our customers. Working with Manjit, we are confident our menus will absolutely entice and deliver.

**Ketaki Bhave-Khotkar**, or Kiks as she is fondly called, is now part of our growing family as the Sales, Marketing and Events Manager. Hailing from Maharashtra in India originally, but brought up in Singapore, she has reached NZ in a roundabout way. She has an extensive Food & Beverage background in Function, Events, Sales & Marketing, and now part of our team to whip up a storm!

Follow us on Facebook and Instagram (@millwaterbistroandbar) to stay updated on amazing events coming up:

September Curry Club @\$25pp

Themed Brunch Specials @\$19.50pp

To book:  
Phone: 09 777 6008  
Email: dine@xeniagroup.co.nz

Contact The Millwater Bistro & Bar by phone at 09 777 6008 or email dine@xeniagroup.co.nz.

**Millwater**  
Bistro & Bar

MILLWATER BISTRO & BAR

Your local is now open for **Breakfast & Brunch 7am-3pm**  
We also have exciting events such as our monthly **Wine Dinner & Curry Club** nights which will surely delight you.  
Call or email us for further information or to make a reservation **09 777 6008 / dine@xeniagroup.co.nz**



# Millwater Property Management

Paranoid?



The new Act makes major changes to the rules for ending tenancies. The 90-day notice was a convenient tool for ending a tenancy when a difficult tenant was causing trouble to neighbours. No reason had to be given and the tenancy ended in 90 days' time. The changes will require three documented episodes of anti-social behaviour within 90 days before termination can be considered. Also, a valid reason must be given for ending any tenancy.

Even a fixed term tenancy is no longer sacrosanct between tenant and landlord. Unless specific provisions apply it will become periodic upon expiry and the rules for termination will be similar to the periodic tenancy.

The latest changes are being implemented when the Government is trying to address a housing crisis! We could be forgiven for thinking that quality of housing was all that matters, and not quantity!

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

There is a saying: "Just because you're paranoid doesn't mean people aren't out to get you." There must be a few landlords who are now feeling paranoid about new legislation that has been passed by Parliament under urgency to beat the Election rush.

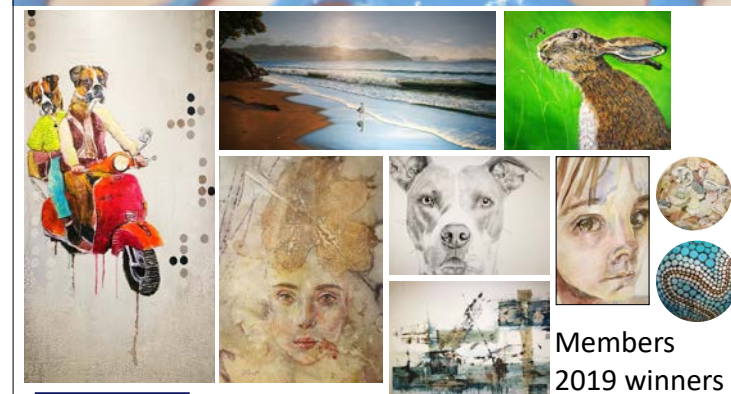
The Residential Tenancies Amendment Bill was passed by Parliament and is now awaiting Royal assent. It is in a form that gives many landlords great concern.

This comes hot on the tail of a series of compliance issues. 2016 saw smoke alarms made compulsory in rental properties. Since then the industry has grappled with certification of insulation and the ongoing matters of insurance declarations and the Healthy Homes Standards of insulation, ventilation, heating, moisture ingress and draught stopping.

## Annual Members Merit Awards Exhibition

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Tue 1 Sept	00:120 .8m	06:262 .8m	12:370 .7m	18:542 .9m
Wed 2 Sept	01:010 .8m	07:152 .8m	13:220 .7m	19:393 .0m
Thurs 3 Sept	01:460 .7m	07:592 .8m	14:020 .7m	20:213 .0m
Fri 4 Sept	02:260 .7m	08:402 .9m	14:390 .7m	21:012 .9m
Sat 5 Sept	03:040 .7m	09:182 .9m	15:150 .7m	21:392 .9m
Sun 6 Sept	03:400 .7m	09:562 .8m	15:510 .8m	22:172 .9m
Mon 7 Sept	04:160 .7m	10:322 .8m	16:280 .8m	22:552 .8m
Tue 8 Sept	04:530 .8m	11:102 .7m	17:070 .9m	23:332 .7m
Wed 9 Sept	05:330 .8m	11:502 .7m	17:521 .0m	-
Thurs 10 Sept	06:160 .9m	12:342 .6m	18:421 .1m	-
Fri 11 Sept	00:582 .6m	07:050 .9m	13:262 .6m	19:371 .1m
Sat 12 Sept	01:482 .5m	08:001 .0m	14:252 .5m	20:361 .1m
Sun 13 Sept	02:462 .5m	09:000 .9m	15:282 .6m	21:351 .0m
Mon 14 Sept	03:482 .6m	10:020 .9m	16:282 .7m	22:340 .9m
Tue 15 Sept	04:512 .7m	11:010 .7m	17:232 .9m	23:310 .8m
Wed 16 Sept	05:492 .8m	11:570 .6m	18:153 .0m	-
Thurs 17 Sept	00:260 .6m	06:433 .0m	12:490 .4m	19:053 .2m
Fri 18 Sept	01:180 .4m	07:353 .2m	13:390 .3m	19:563 .3m
Sat 19 Sept	02:090 .3m	08:263 .3m	14:280 .2m	20:463 .3m
Sun 20 Sept	02:580 .2m	09:163 .3m	15:170 .2m	21:373 .3m
Mon 21 Sept	03:470 .2m	10:063 .3m	16:070 .3m	22:283 .3m
Tue 22 Sept	04:360 .3m	10:573 .2m	17:000 .4m	23:203 .2m
Wed 23 Sept	05:280 .4m	11:503 .1m	17:570 .6m	-
Thurs 24 Sept	00:123 .0m	06:220 .5m	12:463 .0m	18:570 .7m
Fri 25 Sept	01:072 .9m	07:210 .7m	13:462 .9m	19:590 .8m
Sat 26 Sept	02:072 .7m	08:240 .8m	14:512 .8m	21:010 .9m
Sun 27 Sept	04:102 .6m	10:280 .9m	16:542 .8m	23:010 .9m
Mon 28 Sept	05:152 .6m	11:300 .9m	17:522 .8m	23:580 .9m
Tue 29 Sept	06:152 .7m	12:260 .9m	18:442 .8m	-
Wed 30 Sept	00:510 .8m	07:082 .7m	13:150 .8m	19:302 .9m

## Why Choose Mike Pero Millwater?

### Testimonial

Grayson & Sarah were fantastic to deal with. Their professionalism & knowledge was so valuable....

*Mike Pero*  
REAL ESTATE

We found the Mike Pero Company at Millwater to be professional, well organised and knowledgeable, not only in relation to the sale of our house, but in the way they interacted with us. Both Grayson and Sarah were prepared to "go the extra mile" to provide assistance to us when we needed it. We loved the video of the house - and it certainly did the trick.

### Marilyn & David Glen, Millwater Parkway

Grayson and Sarah were fantastic to deal with. Their professionalism and knowledge was so valuable to helping us achieve the sale of our house. Grayson went out of his way even after the sale of our house to support us with our new relocating ventures. We cannot recommend them enough.

### Hayley and Jeremy Winer Moa-Stone Road



For further information  
phone 09 426 4952  
or [chadorewa@gmail.com](mailto:chadorewa@gmail.com)  
<http://hbcanglicanparish.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

## No Gobbledegook



If you live in or around Millwater, there is a high chance you have driven past two bright red banners on Manuel Road.

Last year Maddren Homes launched the campaign based on inspirational quotes to reflect the way Maddren add a little magic to everything they do, with a commitment to client satisfaction and their dedication to make a difference in the industry.

Maddren Homes have been building lovely homes for many Millwaterians, including Master Builder award winners, for many, many years. Being family owned and specialists in Design and Build, Maddren always do things differently in order to achieve the best result, customising each home to meet each client's individual requirements. After all, everyone is different, and every site is different too. If you ever build with Maddren, you will be amazed how much time they spend listening to client's ideas, dreams and, of course, the wish list,

all while making sure there are no surprises and the journey is a satisfying as the end result!

While some of the quotes are self-explanatory such as "Trust Matters" and "Addicted to Detail", some have been conceived to create a giggle or a knowing smile, such as "No Gobbledegook", "Be the Magic, Not the Illusion" and "Imagination is the True Magic Carpet".

These creative quotes not only appear on their website, Facebook and brochures, they are also put up on construction sites across Auckland. Besides the two banners on Manuel Road, you should see more banners hanging up on Grut Greens and Cassidy Drive (Arran Point), and in the very near future you'll find them in Milldale too. See how many you can spot when you go for a walk or a drive next time!

[www.maddrenhomes.co.nz/showhomes](http://www.maddrenhomes.co.nz/showhomes)

## ADDICTED TO DETAIL

The magic of a Maddren home comes from our experience and expertise, our innovative thinking, and our commitment to being real and reliable. It's what sets us apart and makes our houses award winners.

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Discover our latest showhomes including Vinistra in Huapai and Wainui Cove in Millwater.





## Changes to Residential Tenancy Laws - Are You Up To Date?

Are you a landlord of a residential property? Or perhaps a tenant?

If so, you may be aware that the government has recently approved changes to New Zealand's residential tenancy laws under the Residential Tenancies Amendment Act 2020.

Below are some of the key changes of which landlords and tenants should take note.

### Termination of Periodic Tenancies: No More "No Cause" Terminations

The most notable change is the removal of the 90-day "no cause" termination notices for periodic tenancies, such as residential tenancies.

These changes mean the Landlord can no longer end a tenancy by simply giving 90 days' notice. Landlords will need to have a reason for terminating a lease, one that meets the criteria set out in the legislation. Some reasons for termination include the sale of the property, if extensive renovations are planned, or if the owner or family members require the property to live in.

Landlords will need to keep this in mind when deciding on granting a periodic tenancy or a fixed term. Given that it's difficult to end a periodic tenancy, fixed terms may become more desirable from a Landlord's perspective.

### Unpaid Rent and Antisocial Behaviour

What if my tenant fails to pay rent on time, can I terminate? What if they demonstrate anti-social behaviour?

If a tenant is late paying their rent by at



least five working days three times within a 90-day period, or if they engage in anti-social behaviour at least three times within a 90-day period, then a landlord may apply to the Tenancy Tribunal to have the tenancy terminated.

Remember, however, you can't just take matters into your own hands. It is important that you are familiar with all of your obligations under the Amendment Act before cancelling a tenancy or making an application to the Tribunal. For each reason for termination, the legislation sets out different compliance requirements.

### Other Key Changes

Other key changes include:

- rent may only be increased once within a 12-month period;

- landlords cannot withhold consent to certain minor changes to the property; and

- landlords are prohibited from soliciting rental bids.

### When will these changes come into effect?

Most reforms come into effect in February 2021. However, certain provisions, including the restriction on rent increases, are in force now.

If you wish to discuss your rental property, call us on 09 421 0559 or email [silverdale@simpsonwestern.co.nz](mailto:silverdale@simpsonwestern.co.nz).

**Melanie Baker-Jones**  
Solicitor  
Simpson Western

## Self-employed, and hate paying your ACC levies?

Here's a better deal!



Someone once said that there are only two things in life that are certain: taxes and death! I agree, and would add ACC levies to that! No one can escape the long arm of the IRD and ACC, and the sad fact is that **ACC is a rather expensive form of accident insurance!**

Individuals who are self-employed, in partnerships, or are non-PAYE shareholder employees of a company will normally be placed onto the ACC default cover, either **ACC CoverPlus** or **ACC WorkPlace Cover**, respectively. This is the standard cover that most people are familiar with. It can pay for the cost of treatment and rehabilitation and compensation of 80% of lost earnings.

There is, however, another superior ACC cover called **CoverPlus Extra**. This cover can be taken out instead of the default cover, and enables self-employed people and non-PAYE shareholder employees to negotiate an agreed level of weekly lost earnings compensation, while also being entitled to treatment and rehabilitation costs being met by ACC. Those on CoverPlus Extra receive 100% of this agreed compensation if they cannot work because of injury.

ACC CoverPlus Extra has considerable advantages over the default ACC CoverPlus:

- an injured person does not need to prove loss of earnings when they

make a claim – really important for the self-employed;

- the agreed value income compensation is payable in full, even if one returns to work part-time during rehabilitation;

- by reducing the negotiated amount of injury cover that a self-employed person would receive, considerable savings can be made in ACC levies.

**The net result is that one can achieve substantially more comprehensive insurance cover against illness and cover than from ACC cover alone, which is only for accidents. This is particularly important, as there are many instances where ACC has not paid income compensation for injuries considered to be the result of degeneration.**

If you wish to learn more about the advantages of ACC CoverPlus Extra, talk to us.

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UProtectNZ Insurance Services

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

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### Theo Simeonidis

FNZIM, B.For.Sc (Hons.), MPP  
New Zealand Certificate in Financial Services  
Registered Financial Adviser  
Millwater's insurance specialist  
- serving our community

### UProtectNZ Insurance Services

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Mob: 027 248 9320  
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REAL ESTATE



# Bringing the Community Together and Getting to Know Your Neighbours



Join us for puzzle adventure trip around Orewa's estuary from 10am on Labour Day, 26 October!

This is a family event so bring along the kids, let them solve the puzzles/questions and also bring Mum and Dad. This way you can form your own team of 3-5 people. Please make sure you have at least 2 adults in each team, as the team will be temporarily split up during the event.

The event is designed for walkers but feel free to run, jog or bike if you like. However, going faster increases the chances you'll miss crucial clues along the way.

There are prizes to be won on the day and a BBQ with some drinks awaits you at the finish line.

If this sounds like you, please commit to this event by paying \$40 per team. If, for whatever reason, the event needs to be cancelled you'll get your money back ... no worries.

It will be FUN in the SUN for a few hours, combined with a few laughs and mistakes to be made.

Now what do you say ... are you coming?

Call me if you have any questions, or text me your confirmation to get registered (details below). Once received I will give you the payment instructions.

If the weather is not in favour, we will have an alternative date on Sunday 1 November instead. Money will be refunded in case the event won't happen due to COVID-19 restrictions.

Regards and hope to see plenty of you.

**Richard Vermonden, Millwater Resident**

**Phone/Text: 021 504 084**

# Millwater Asian Corner

## The Wisdom of Not To



Do not take a bath (or shower) when experiencing high temperature. Aside from applying a wet towel on the forehead, one should wrap up warmly and let the body sweat. I found we have a massive culture clash here between East and West; when my baby was sick, the nurse unwrapped everything from his body and applied wet towels all over him. We were in great shock the first time seeing this, because we believe in the complete opposite. While I am sure both ways would work, I still prefer to wrap up nice and warm.

No beef after surgery, because it will cause pain in the wound. I didn't believe this until third day after giving birth, as I'd happily consumed minced beef at previous dinner. Ouch, no more beef until the wound is fully recovered.

We are in day 2 Level 3 lock down as I write this. While praying for the best and wishing for a short lock down, I hope some of the above Asian wisdoms can be helpful in some way to keep you healthy.

Stay safe, be kind!

**Nita Wong**  
nita.millwater@gmail.com

Last month I wrote about some natural remedies to relieve mild sickness. This month, let's share something more proactive; what NOT to do to maintain better health. **Of course, this is not professional health advice**, but some wisdom passed on from generation to generation.

First is the advice children hate most; no cold and frozen food when one is coughing. In fact, avoiding these foods could prevent coughing too. That explains why we have very limited access to these foods when we were young. Cold and frozen foods can also cause menstrual cramps; knowing this may help to reduce the use of Paracetamol, if you suffer from this.

Deep fried and grilled (such as barbecue) foods are considered as "hot air" foods; these foods could cause a sore throat, or, if your throat is already inflamed, it could increase the pain once consumed. If you have an ulcer in your mouth, deep fried food is a big no-no.

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# What's On Hibiscus Coast

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

**St Chad Market** • 1st Sat of every month • 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).

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

**Rotary Satellite Club of Orewa Millwater** • 2nd & 4th Tues of every month • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale Contact Secretary Caroline 027 748 0512

**Hibiscus Coast Mid-Week Badminton Club** • Every Weds 9am-noon • (Club Nights Tues & Thurs 7-9pm) • All welcome Orewa Badminton Hall, Victor Eaves Park

**Ukelele Classes** • Every Thurs • 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.

**HBC Grandparents Parenting Grandchildren support group** 1st Weds of each month • 11am - 1:45pm • Red Beach Methodist Church Free group offering support, friendship, guest speakers and lunch • Further details contact Donna 021 024 3064

**Zonta Club of Hibiscus Coast** • 4th Tues of each month 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

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

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

**Hibiscus Coast Rock & Roll** • Every Tues • 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.

**Join Hibiscus Coast Concert Band** • Every 2nd Thurs • 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.

**HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards** • Every Tues & Thurs • (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.

**Silverdale & District Historical Society Coffee Morning** • 3rd Tues of each month • 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)

**Dance Fitness Class** • Every Sat 9:30-10:30am & every Tues/Thurs evening 7-8pm • Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available Contact Richard 021 504084

**Whangaparaoa Indoor Bowls Club** Every Mon • 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

**Silverdale Ballroom Studio** Every Thurs evening • Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 427 5542 for further information

**Kiwi Club** • 4th Sun of each month • Social Dance 5-8pm All welcome • Silverdale Hall

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

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

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

**Hibiscus Petanque Club** • Every Tues & Weds 9am - 12 and Sun from 1pm • 214 Hibiscus Coast Highway, adjacent to the Orewa Bowling Club. New players always welcome, free coaching available . Ph Club Captain Marcos on 021 2511805 for information or call in to chat!

**Rise with the Sun at Orewa Beach** • Every Sunday 10 mins prior to sunrise • hosted by Naturall Wellthy with 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)

**Citizens Advice Bureau Hibiscus Coast AGM** • Friday 21 August • 1.00pm In the Catholic Church Hall • 180 Centreway Rd, Orewa ALL WELCOME

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## Housing

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## Community

Hibiscus Coast Anglican Parish 09 426 4952  
Forrest Funeral Services 09 426 7950  
CAP Course (Illuminate Church) [www.capnz.org](http://www.capnz.org)

## Medical & Dental

Orewa Medical Centre 09 426 5437  
Millwater Dental 09 972 1518

## Pharmacy

Millwater Parkway Pharmacy 09 959 0256  
Life Pharmacy Orewa 09 4264087

## Insurance / Finance / Accounting

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## Legal

Simpson Western 09 421 0559  
Heathcote Legal 09 475 5916

## Property Management

Quinovic Millwater 09 444 5753

## Fashion / Retail / Gifts

Silverdale Village Market 021 030 3273  
Estuary Arts 09 426 5570

## Child Care / Education / Classes

Northern Arena 09 421 9700  
Wentworth College 09 424 3273

## Landscaping

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## Greek Chicken Keftedes (Meatballs) Serves 4

### Ingredients

Chicken mince

4 cloves garlic, finely chopped

½ cup panko breadcrumbs

½ cup crumbled feta cheese (or tasty/parmesan)

Chopped spinach (I don't cook it first but you can if you want)

½ cup chopped sundried tomatoes (finely chop these as they can be a bit tough)

Zest of a lemon

1 egg, beaten

¼ teaspoon salt

½ teaspoon black pepper

If you are like me, I never stick strictly to a recipe, so I add lots of oregano and thyme to these.

### Method

1. Preheat the oven to 220°C (I cook these in a NutriOven but you can do them in a frying pan or ordinary oven).

2. In a medium bowl, combine ground chicken, garlic, panko, feta, spinach, tomatoes, egg, zest, salt and pepper.

3. Roll chicken mixture into balls and then place on a baking pan with a little oil (grapeseed or olive).

4. Cook until golden.

Now, if you really want to take it a step further, these are delicious with **Tzatziki**:

### Ingredients

**1 cup Greek yoghurt, unsweetened and really thick**

**1 cucumber, seeded and peeled (leave a bit of green on it for colour)**

**2 cloves minced garlic (or more if you like it)**

**1 teaspoon lemon zest**

**1 tablespoon fresh lemon juice**

**2 tablespoons chopped fresh dill**

**Salt**

### Method

Squeeze the cucumber (really squeeze all the juice out). Add all the other ingredients and taste. Keep adding extra garlic or salt if needed. This is so good.

Cristina Simeonidis



Millwater Recipes

## Savoury Creamed Potatoes (Serves 8-10)

### Ingredients

10 x medium peeled Agria potatoes

30gms x butter

30mls x pomace olive oil

8 x finely chopped garlic clove

2 x medium fine diced brown onion

4 x rashers of streaky bacon diced, 150gms

10gms x chopped Italian parsley

400gms x sliced button mushrooms

5gms x picked fresh thyme

1ltr x cream

100gms x grated parmesan

300gms x grated tasty cheddar

cheese

2Tbsp x Vegeta stock powder

1tsp x ground nutmeg

Salt & pepper

### Method

Slice the potatoes into thin slices 2mm thick, & wash in cold water to wash off the excess starch.

In a heavy-bottomed saucepan, sweat the garlic & onions in the oil till soft and transparent, cool in a bowl. Add some more oil to the pot. On a medium to high heat, sauté the sliced mushrooms until all the water is removed from the mushrooms, then add the bacon & sauté for 3-4 minutes. Add to the cooling onions. Add the thyme, chopped parsley, cream, powdered parmesan, Vegeta, salt & pepper (over-salt as this will soak into the potatoes). Then lightly whisk together till combined.

Butter the inside of an oven-proof dish

with sides around 10cm high. Layer the potato till they are 5cm below the top. Pour on the cream mixture, till it just reaches the top layer of potato. Add one more layer of sliced potato then sprinkle with the cheese, and tin foil the top. Place in a 170°C oven to bake for around 90 minutes or until the potatoes are soft. Remove the tin foil & grill until the top is golden brown. This can be made the day before and reheated till hot in the middle when required. Perfect served with white or red meat.

Mark Lane | Culinary Lane





# Home Improvements

## Swimming pools and more



### Swimming pools and spa areas

This is one of the big question marks for return on investment. Our general viewpoint is that, if done correctly, a nice swimming pool will add value to a house. Yes, there will always be buyers that don't want a pool; but experience has shown us that houses with pools generally sell for more than an equivalent home without one.

That said, this is not a good option to look at specifically for sale. It is unlikely you will get an immediate return in terms of value, so it should be something that is undertaken because you want a pool yourself and are going to enjoy it for a number of years before sale. If sale price is the only motivation, and you have space for a pool, then you are better to market the property as such, rather than actually do the pool yourself. Anyone who loves your house but wants a pool will probably install one, and you don't alienate the portion of the market who specifically don't want a pool.

There are a huge number of properties around Millwater with spa pools. While it is rare for a spa pool space to be at the top of the requirements list for

buyers, many consider a nice private area to be a real bonus and it will definitely assist in the sales process.

### Outdoor entertainment areas

This has seemingly become the holy grail on buyers' shopping lists in recent years, and could be the subject of a whole article in itself. In short, buyers are increasingly expecting that there will be somewhere they can entertain or relax outside of their house. If your house doesn't have this, then it will be considered a significant negative by many. We have certainly seen homes sell because of outdoor areas and despite faults in other areas of the house.

The difficulty here is how far to go, as the options are endless and vary greatly in terms of cost. This really needs to be considered as a function of the current and potential value of the property. We would advise against spending \$100,000 creating an outdoor area if the house is only worth \$700,000; but spending

\$30,000-\$50,000 on a \$1.2M house is not unrealistic.

This is certainly an area where spending can generate a positive return at sale, and in a short time; however, you need to obtain professional advice. There are too many variables to suggest a one-size-fits-all solution. The key elements that buyers seek tend to be shelter and privacy to complement a well-landscaped environment. The days when a small outdoor umbrella sufficed have seemingly gone; nowadays, buyers are expecting some ability to reduce the impact of wind and sun, all in an inviting and comfortable package.

We would urge caution when considering large fixed roof enclosures on the northern or western side of a house. While it may create an additional space and shelter, its impact on sunlight coming into the home must be considered, especially during winter. With the range of opening roofs available, there is likely to be a solution that achieves the desired outcome without compromising the rest of the house.

If you are considering a home improvement and are unsure about what to do, how much to spend, or the impact on the value of your home, please give me a call. We are always happy to discuss your idea and impart some local knowledge about the impacts that it may have.

Grayson Furniss  
Mike Pero Millwater | 021 665 423



## Hyaluronic Acid

What is it and what can it do for my skin?



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Every day in my salon, I hear clients complaining about dry, dehydrated skin. It is the second biggest concern in the professional skincare industry. These concerns are more prevalent during seasonal/weather changes and through

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Thank goodness we now have the technology and products available to enhance skin health, delivering optimal hydration not only into the top layers of the skin (epidermis) but deeper into the dermis as well. This helps reduce fine lines, and even prevents the formation of wrinkles, giving your skin a plump, smooth, and radiant look.

Our natural production of hyaluronic acid slows down with age. It also has a short lifespan which, when combined with external factors, contributes to the depletion of the skin's natural moisture production. Hyaluronic acid products can be used from the age of 20 especially for the prevention of ageing, as the more hydrated your skin is, the less it will wrinkle.

Best you start using hyaluronic acid. It will replenish and support your skin's natural biological processes. Other added benefits are its powerful anti-oxidant and an anti-pollutant qualities.

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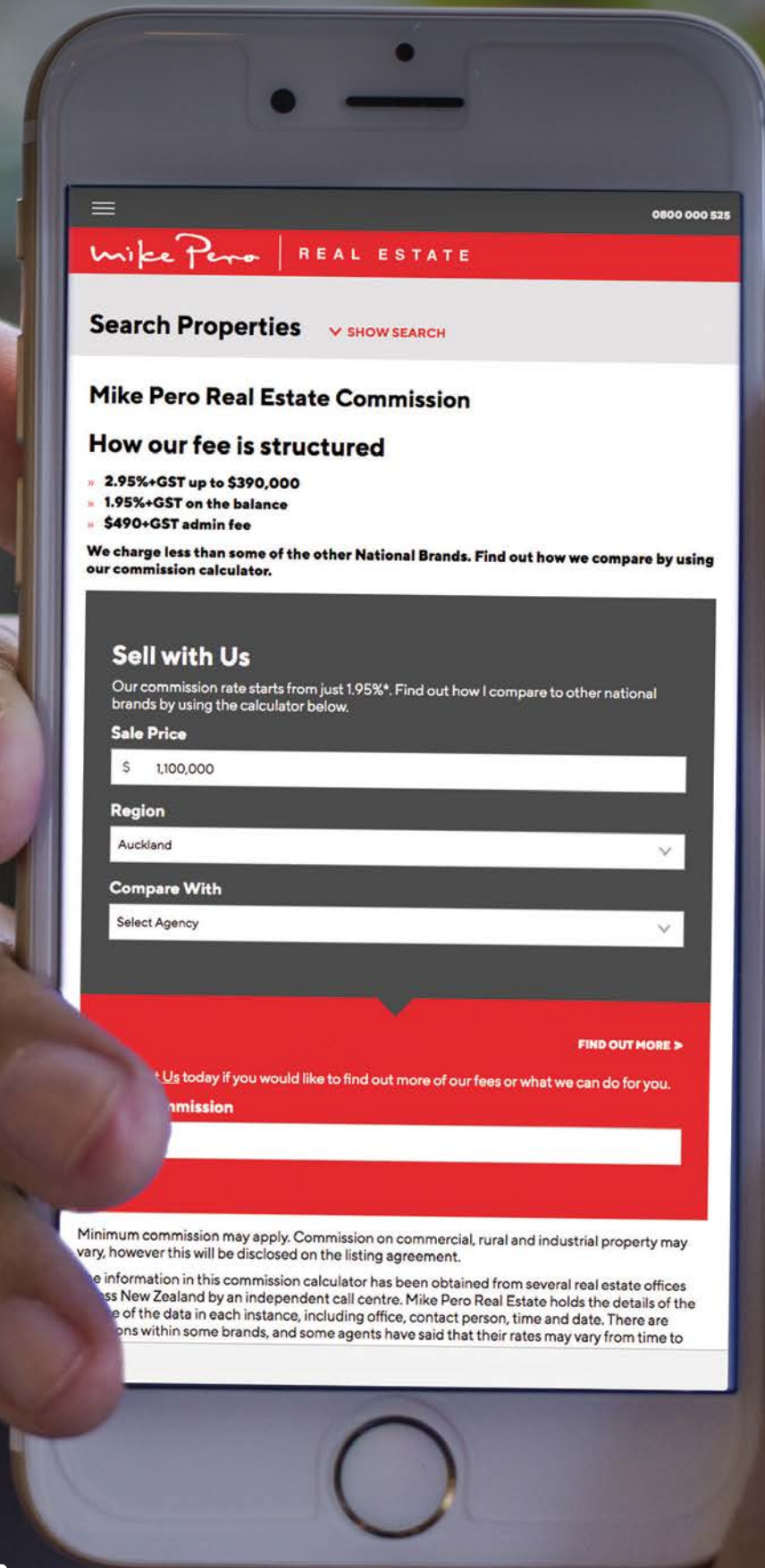
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