



## One of North Harbour Bowls' Hottest Prospects

*Reproduced from Channel Magazine April 2020*

*North Harbour Bowls with Lindsay Knight*

**Milika Nathan, or Millie as she is better known, has two attributes which make it easy to understand why in just three years in the sport she has become one of North Harbour bowls' hottest prospects.**

One is that having started the game in her 20s she has the advantage of youth. And the other is her considerable background in other sports, in her case basketball especially.

"I played a lot of sports at school but only took basketball seriously," she says. She represented North Harbour from various age groups through to the senior representatives, Harbour Breeze, and made national under 16 and under 19 teams and played for the Junior Tall Ferns.

A family tragedy, the death of her beloved mum soon after she had returned from an OE stint in the United Kingdom, helped lead her into bowls. At the time she and her rugby-playing brother Chad spent a lot of the time with their dad, Peter, and started accompanying him to mid-week roll-ups at the Birkenhead club.

She took to the game almost instantly and says: "Bowls gave me a competitive outlet I haven't been able to fulfil since I stopped playing basketball. I enjoy being able to play in the same tournaments with my dad and brother. This is something we can share."

The influence of Peter, a centre singles champion in 2014 and an accomplished player in his own right, has been another beneficial factor in her rise. So, too, has been the maturity she has gained in other aspects of her life.

As well as teaching at Northcote Intermediate School for the past three years she has been responsible for assuming a role in running the Nathan family household. Her bowling CV for such a short span in the game has been remarkable. She has amassed a stack of club titles, both at junior and open levels, was a key figure

in Birkenhead winning Harbour's one-to-five-year inter-club title. She has already represented Harbour in the open grade and was to have been travelling reserve in the cancelled inter-centre championship in Wellington.

And she has a centre open title to her credit, winning last season's Harbour 2-4-2 mixed championship with Peter, beating two redoubtable players in Black Jack Wendy Jensen and Adam Haywood. "That would be one of the most memorable games I've had," she says.

Though she has a modest, likeable demeanour, Millie has set herself some lofty goals in the sport. "It wasn't until recently I started considering a future in bowls," she says. "Now with more opportunities in a competitive environment with experienced bowlers my goals have become more ambitious. I want to focus on improving my skills sets and consistency and cementing a position in the North Harbour women's open team. My ultimate goal is to eventually represent New Zealand."

Many a sound bowling judge within North Harbour and beyond might agree given her natural talent and calm temperament that the latter goal is not unrealistic.



Milika Nathan on the right with her dad Peter.

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*If you or anyone you know is struggling with the lockdown you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.*

**That Was Last Weekend**

Sitting back in lockdown on the couch working my way through Netflix and contemplating what to cook for dinner that night, well realistically what the wife was going to cook for dinner, my mind drifts off to what the past weekend could have been.

Friday with the Club full of members and visitors from as far away as the West Coast and Canterbury, the Wheels on Wairau Seafood Tournament starts in the morning. The Club Draws still unclaimed and sitting at \$360 and \$500, Joker remained with only 18 cards to choose from. Merv "the swerve" spinning the numbers for five sold-out raffles, Merv claiming three out of the ten prizes, but buying six numbers right through each week he is bound to collect multiple times and certainly won't be becoming a vegetarian any time soon. The \$360 draw was claimed by Mark Rumble while the "had to go" \$500 taking four draws before Evan Thomas claimed the dollars, lucky he was late leaving that night thanks to Keith Burgess. The Joker with all proceeds going back into a Club project for the members also went as John Davison found the Joker and the \$500 cash that went with it. That evening the Blues crushed the Crusaders (46-14) to the disappoint of our South Island visitors. Muncey got a big trifecta on the TAB backing the "thieves with wheels" at Alexandra Park and shouted the bar. Stuie's Knights remained at the top of the NRL table with a 28-6 demolition of Manly to round off an exciting night in the Club.

Saturday and a full field of thirty-two fours teams stepped out on the greens for the Wheels on Wairau Seafood Tournament. After an outstanding seafood lunch, prepared by Bernie and Stuie, and four rounds completed day one saw John Hindmarch's team in first place with four wins, there were six other teams following on four wins and nine on three wins. While one hundred and twenty-eight bowlers enjoyed themselves at Birkenhead, Adam Richardson, Randall Watkins and Millie Nathan were out chasing centre titles in their respective champ of champ singles events with all three surviving through to Sunday, Richardson into the semis, Watkins into the quarters and Nathan into the semis.

Saturday evening a large crowd stayed on for the Warriors, still searching for their first win, but were disappointed as they stumbled again, going down by two points to Wests Tigers. But all was not lost as Jackson Ennor struck the Jackpot and shouted the bar, putting a smile on everyone's face.

With clocks turned back, Sunday dawned a spectacular day, with the expectations of another record bar turnover. Three rounds remained to find the winners, Hindmarch's team looked and had performed the team to beat. Games underway and by the conclusion of the seventh round, taking the first days form had been turned on its head with no four winners from day one coming through in the top three. First place had gone to the Birkenhead team of Peter Nathan (s), Terry Moverley, Jimmy Heath and Chad Nathan, having downed Marty Shorts team in the last to claim six wins. Following close behind in second and third were Dave Gwilliams Glen Eden team and Birkenhead's Charlie Harvey's four with Jack Hurawai, Curtis Ennor and Warren Lush. With so many raffles on offer many bowlers were able to go home telling their other half of their third place win!. Sandy Cleghorn wound up the two days thanking all those that helped and the tournament partner Graham Rutherford of Wheels on Wairau, with the final word going to President John Croy thanking Sandy for another superb seafood tournament.

The Centre Champ of Champs had continued on Sunday with reports coming back to the Club throughout the day. Richardson and Nathan had won their respective semis and moved into the finals but unfortunately both came away runners-up. Richardson missing by three shots and Nathan two shots. The Men's Singles and Watkins had also made his final and found himself up against Takapuna's Graham Skellern. Stepping out to a handsome lead (14-2) Watkins was looking good for the title. A lapse of concentration over the next few ends by Watkins saw Skellern peg Watkins back to trial by three shots (14-11). Watkins snapped out of the lapse and stepped back into the game to lead (19-11) before Skellern scored again (19-13). Two touches by Watkins were unable to be moved by Skellern and Watkins walked away with an unexpected BNH Champ of Champ Men's Singles title, not bad for a self-confessed "not a fan of singles" player.

**The Mrs then woke me as it was time for our daily walk and a chance to get out of the house during this lockdown period we currently find ourselves in.**

# Lockdown Tips

Living through a lockdown is new territory for everyone, and will bring on anxiety and stress for many. It is perfectly normal to feel anxious and to experience symptoms of stress at this time and while we are putting a lot of focus on looking after our physical health we also need to make sure we are looking after our mental health.

The Ministry of Health have published a number of tips to help you look after your mental wellbeing;

1. Stay Connected - This is important for our wellbeing, and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this. While we are limiting social contact to contain the spread of COVID-19, there are still lots of ways we can connect.
2. Acknowledge your feelings - It's completely normal to feel overwhelmed, stressed, anxious, worried or scared in the current situation. Allow yourself time to notice and express what you're feeling. This could be by writing thoughts and feelings down in a journal, talking to others, doing something creative or practising meditation. Talk with people you trust about your concerns and how you're feeling. Reach out to others. If you have work related concerns share them, this is not the time for managers or committee members to be carrying the weight of worry alone.
3. Stick to routines where possible - Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, have regular e-meetings with colleagues or virtual coffee dates with friends and do your chores. Meditating and exercising can help you to relax and have a positive impact on your thoughts. Try not to increase unhealthy habits like comfort eating, drinking or smoking.
4. Check-in on other people who might need help - Reaching out to those who may be feeling alone or concerned can benefit both you and the person receiving support.
5. Seek accurate information from legitimate sources - You may find it useful to limit your media intake. Get the facts from covid19.govt.nz to help distinguish facts from rumours. Seek information updates at specific times once or twice a day.
6. Don't be afraid to seek further professional support - For support with anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

# "The Dog House"

Today is first of our weekly "lock-down" column "The Dog House" by Mike Cartwright.

I must admit was a bit apprehensive about writing something for the Bee Express as I had no idea what to write. They said, write about bowls. Well that's all good, but all my bowls stories are about myself and that's likely to bore the hell out of you all. Anyway, I thought I would try and deliver something that might keep a couple of people interested and write about my experiences with lawn bowls and bowling clubs.

Before I start I want to give you some background on me and how I got into lawn bowls and hopefully you'll understand why I'm such an idiot.

My bowls career never started on the lawn, it started on the mat at a club in Auckland in 1974. I was about 14 years old at the time and my Dad had dragged us up to Auckland from a little place called Wainuiomata near Wellington. We rented an old villa in Dominion Road which had a St Alban's church opposite and every Tuesday at 7 pm they had Indoor Bowls.

My brother and I were sad arse's and had no friends so we decided to join and play. Well at 14 and 12 we were the youngest there by about 60 years and because of that we always got the feeling we may have been getting groomed for other stuff other than bowls. During our time there, we got very friendly with an old couple...that's how sad WE were. Mr and Mrs Asher must have been in there 70's and lived in May Road, Mt Roskill. They use to have me and Paul around for dinner (yes dinner) on a regular basis. Albert Asher, as we found out was the son of a famous All Black and NZ Rugby League player at the turn of last century called Albie Asher. Un-be known to me at the time Albie was a legend and was and still is the youngest senior representative rugby player in New Zealand, at, wait for it, 11 years old. What this has to do with bowls I have no idea but, that snippet will give you some idea of the crap I can write about.

Anyway, Mr and Mrs Asher encouraged us to play competitive indoor bowls because, as she said, we were pretty good. Of course we were good back then, we were playing 70 year old's who couldn't see the end of the bowls mat. So, what that snapshot of my life did was give me a love for the game and its intricacies. I only played for about three years before testosterone started to play havoc with my body and I found other interests....useless interests, but interests you have little control over during your adolescent years.

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I won't bore you with the next twenty years of my life, I've done enough of that already, but in 1995 I was reunited with bowls again. I was walking down Beach Road in Browns Bay and past the bowling club. I stopped and looked in at the flag fluttering around at half-mast and remembered those words of Mrs Asher's "you're a good bowler". She was referring to indoor of course, but, I thought what the heck, and walked through the small wrought iron gate at the front of the club. I walked into the bar and as it usually was at 11 am in the morning there was nothing but a couple of alcoholics supping away on a pint and flicking through the creased pages of a Best Bets.

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I sheepishly walked up to the bar and spoke to a tall lean man with curly hair who was drying a glass with a cloth that looked as though it could have done with a wash. Brian McSweeney was the bar man for Browns Bay Bowling Club at the time and I blame him for encouraging me to join and leaving my wife a bowls widow. I told him I was inquiring about joining and no sooner had I uttered my last word he had a pint sitting in front of me. I reached for my wallet but he refused to take payment and he told me to sit down and wait for the Club Captain, George, who was on his way in.

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I sank a couple of pints at the bar while talking shit with Brian until the front door swung open about an hour later. I was greeted with this bellowing voice and a solidly built Maori fella in his 70's who had a grin from ear to ear. The man looked like he had spent his whole life in the sun and had hands that only a woman would love. George Martell was a household name at Browns Bay BC and, as he shook my hand you got the feeling that he was genuinely pleased to meet me. He was, and he and Browns Bay Bowling Club proved it by getting me pissed over four hours. Brian and George made sure I never paid for a drink on my first day at the club and as a result of their generosity I was hooked...on bowls, not booze. A day later George had me back at the club. He handed me an old leather bowls case and said play with these. I opened it up and pulled out a Hensilite size 5 Championship.... Black was the colour of the day back then, none of this coloured stuff. I swung them around in my hand and looked at the emblem on the side. A picture of a kennel and the words "Dog House" etched underneath. How bloody appropriate was that I thought as I realised my home life was about to be turned upside down.

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I delivered a couple of bowls down the green and then George walked over to the rink, chucked a handkerchief onto the green and said "bowl over that" He then vanished into the club to sink a few vodkas while I was left to roll my Dog House's over his well-used white piece of cloth. There was a method in George's madness because a few weeks later I won the First Year Singles Champs...not hard....there was three of us... but that moment had me hooked and my wife was now a bowls-widow.

**BUTCHER JACKS**

The story continues.....

### Spotlight on Club Partners

This week we put the spotlight on Barfoot and Thompson agent Tim Roskruge. Again this year joint supporter of the Kids Christmas Party. Tim is also one of our Quiz Night Partners ensuring our monthly quiz continues. When Tim is not selling realestate he can be found drumming for the band Soul Agents. Thanks for your continued support Tim.

Source: <https://www.barfoot.co.nz/our-people/t.roskruge>

#### Rapport and trust are top of my list

Over the years I'm proud to have built a reputation for fairness, professionalism integrity and resourcefulness. I worked from a very young age, making my own way and made the transition into real estate in 1981, selling Auckland central city and outer lying suburbs. I have sold predominantly on the North Shore for the last 20 years, but am open to working in other areas - I embrace change.



#### There's more to it than just selling houses

Listening to people is incredibly important, understanding why they are selling and what they need.

This is where I excel - it's about sitting down face to face with people and having a depth of knowledge on property and law, combined with strong negotiation skills.

#### Success - We can't direct the wind but we can adjust the sails

One of the keys to my success is knowing how to handle the ups and downs in the industry. Having the ability to answer any question off the top of my head and managing the different scenarios that we come upon gives my clients comfort in the knowledge they will be well looked after.

Both sides of any transaction to me are equally important; I have the ability to build rapport and enjoy working with all cultures.

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