

East Coast Bays **ShoreLines** M A G A Z I N E

15 000
Printed
bi-monthly

• June/July 2018

It's
a Shore
thing!

In this issue...

Calling all Knitters

Happy Dogs, Happy Kids

Long Bay: Sustainable Community Development

East Coast Bays Community News

Erica Stanford: Getting to Know your MP - Q&A

Dining Out - Restaurant Review

...and more

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From the Editor....



Welcome to the first issue of **ShoreLines**, the magazine produced in the heart of the Bays, with the Bays at its heart.

It's no exaggeration to say that this is a true community collaboration. The production team and I have been pretty much bowled over by the enthusiasm and

support we've received from so many local organisations and individuals. So, a HUGE "thank you" to all our advertisers, contributors and interviewees.

My working life began at BBC Radio Bedfordshire (later BBC 3 Counties Radio) interviewing local people and reporting on local stories. Which is one of the reasons why being involved with **ShoreLines** is such a pleasure. It feels like I've gone back to my roots!

As we live in an increasingly digital age, it's surely all the more important to appreciate the community in which we live, and do business with our neighbours. Whilst faceless online retailers may be fiercely aggressive on product range and price, I don't believe they can compete when it comes to a genuine customer experience. Not even close. The simple joy of wandering into a store and being greeted with a smile and nod of recognition. Your regular morning coffee, ready and waiting when you pop in to your favourite café. Being able to speak to a real person, ask them questions and know that they'll take care to get your job done in the time you need it.

East Coast Bays **ShoreLines**

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Disclaimer: The East Coast Bays **ShoreLines** is a magazine for the East Coast Bays community. The editorial staff and publishers have taken all reasonable care to ensure that the information contained in this magazine is accurate at the time of going to press. It is possible that information may subsequently be, or become, obsolete, incomplete or no longer the opinion of the author. You agree to verify any information contained herein before relying upon it and to use any information contained within at your own risk. The editorial staff and publishers accept no liability or responsibility for the consequence of error or for any loss or damage suffered by readers of any of the information and material contained herein. All content is subject to copyright and other proprietary rights, and reproduction without written permission is strictly prohibited.

These are just a few of the things which make bustling village life so valuable – and why we should all make an effort to get out and be a part of it.

Have your say

ShoreLines is YOUR magazine, at the centre of YOUR neighbourhood. What are the topics you'd like us to cover? Who are the people you feel deserve recognition and an acknowledgement of gratitude? Which local suppliers do you love to work with, and why? Don't be shy! Get in touch and tell me your stories. We all hope you enjoy Issue 1, and rest assured we're already hard at work on Issue 2!

Thanks so much, and chat again soon.

Lizzie

One quick note of apology. Sorry if you didn't receive a copy of **ShoreLines** in your post box. This could be because you have a "no junk mail" or "no circulars" sticker. For now at least, we hope you don't mind picking up a copy in the village. We'll let you know if our distribution rules change.

Cover Photo: Rangitoto Island & Hauraki Gulf
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Tips for improving your kerb appeal

When buying a home, first impressions really do count. A tired exterior and neglected garden is often all it takes to put buyers off coming through the front door. Luckily there are plenty of quick, easy and inexpensive things you can do to improve how your home looks from the street.

1. Make an entrance

Your front door is one of the first things buyers see, so make sure it looks inviting. Dress it up with a new coat of paint and consider adding a bold street number that matches your home's unique style. Buyers value privacy, so if you've got a clear glass door, think about replacing it with something opaque or solid.

Is your garden path crooked? Make sure you fix any broken or uneven concrete, and rid your path of moss or mildew - it should be clean and not slippery.

2. Fix your fence

If your fence is looking a bit worn, give it some TLC. Make sure it's standing up straight and any grass around the bottom is trimmed and tidy. Use a water-blaster to remove dirt or mildew and think about giving it a fresh coat of paint or stain if it needs it.

3. Go green

A well-tended front garden creates instant appeal and is a great way to show buyers that your home is worth a look. If

you're not sure what to plant, go with low maintenance shrubs - New Zealand natives are ideal. Think about how you can create a sense of privacy and calm. Bark or crushed shells can be used to cover any patches of bare earth, and rocks, railway sleepers or bricks make inexpensive garden borders.

Don't have a garden? Add some colourful pots or planter boxes. Herbs, perennials or succulents are a good option - they add colour and fragrance. A staggered, asymmetrical arrangement helps to create a dynamic setting.

4. Spruce up your windows

This could be as simple as making sure your windows are always kept sparkling clean. Consider what's on the inside too. Nicely hung drapes or blinds add a homely feel. Peeling frames can give buyers the impression that the house has not been looked after. Wooden windows need to be regularly maintained and painted to prevent deterioration and water ingress.

5. Replace gutters and downpipes

If your home has old an guttering system, there's a good chance it's suffering from broken joinery, mildew, rust or peeling paint. Older styles can often be replaced with easy to install, snap-fit systems. Whatever style you choose, the guttering should blend in with your home, matching or tying in with the roof and fascia. Maintaining and repairing your guttering not only keeps your home looking great, it also prevents leaks and long term water damage.



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Calling all knitters!

Auckland's premature babies need you

Auckland's North Shore Hospital is appealing for more knitted blankets and clothes for its Specialist Care Baby Unit (SCBU).

More than 5,000 premature babies are born in this country every year, and North Shore's need is not an isolated case. "I know other neonatal units are putting things on Facebook asking for knitted goods, so it's right across New Zealand that people are short," said Karen Boyle, charge nurse at North Shore's SCBU.

Woollen hats, booties, cardies and blankets are essential to help keep preemies warm, but they can be a source of comfort to mums and dads too – seeing their tiny bundles looking so cute and cared for, and knowing that others are thinking of them.

Want to get involved?

There are numerous online resources offering free knitting patterns for premature baby items, including:

knitworld.co.nz/charity-knitting/help-our-babies (v-neck cardigan for prem baby)
allfreenknitting.com/Baby-Sets/Premature-Baby-Sets

Anyone needing an extra incentive to hunt out their needles and balls of yarn may wish to read about The Benefits of



Knitting on The Neonatal Trust's website. In summary, they say that knitting can:

- Help with managing stress, anxiety and depression
- Keep the brain healthy
- Help with motor skills
- Be a source of meditation and relaxation
- Instil a "feel-good" sense of pride and achievement

For more information about this and the support services offered by The Neonatal Trust, visit neonataltrust.org.nz/about-us/support-we-provide

Knitted donations should be taken to The Well Foundation, in the main foyer of North Shore Hospital.



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Happy Dogs, Happy Kids – the Golden Rules to keep everyone safe

There were more than 125,000 reported dog bites in New Zealand during the last ten years, at a cost to ACC of more than \$39 million. In Auckland alone last year, there were in excess of 4,300 dog bites reported, at a cost of \$1.5 million.

The 3 Golden Rules

1.

Always ask the owner's permission before you approach a dog!



2.

Where to touch a dog

Red – is NO



Green – is GO



Stop and stay still

Wrap your branches – Hold your elbows



Keep Quiet

Stare at your roots – Look at the floor



3.

If a dog runs up to you copy how Beth & Tane are standing





www.kidssafewithdogs.co.nz

The cost of dog bites goes well beyond financial. The emotional and psychological repercussions can be traumatic and far-reaching.

One of the charities working to improve the situation is Kids Safe With Dogs. Their co-founder is former veterinary nurse, Joanna Clough. "More than 2,000 under 14-year-olds are bitten by dogs every year," she explains. "This simply can't go unchallenged! Which is why we set up the charity to go into schools and share an educational message about how children and dogs can interact safely." Kids Safe With Dogs' most basic advice is centred on The 3 Golden Rules (*above*).

The way in which dogs communicate is carefully explained through some serious but fun activities, which also cover how humans communicate. "It's just as important to



understand the messages we're sending, consciously and unconsciously," says Joanna. "Problems occur when signals are either misunderstood or ignored. For example: just because a dog rolls onto their back, it doesn't necessarily mean they want a tummy rub. It could be the dog trying to communicate, 'I'm no threat, please leave me alone' rather than an invitation for fuss. A big miscommunication!"

Whilst working with primary school-aged children remains the charity's core focus, Joanna says they are looking at extending their programmes for adults. "Parents and teachers often tell us that they've learned stuff from their children's session – which is great! It's doubling the power of the message!" she smiles. "We've been gauging interest in a canine body language course, and the response has been very positive, so that is likely to be our next step in helping to keep everyone safer."

Teachers: if you are interested in arranging a Kids Safe With Dogs visit to your school, please visit www.KidsSafeWithDogs.co.nz and click on the Teachers link on the home page.



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Okura Bush Walkway temporarily closed

The walkway, from the Haigh Access Road entrance to Dacre Cottage, is closed to prevent the spread of kauri dieback. This closure is supported by a rāhui placed over Okura Bush Scenic Reserve by mana whenua. As a matter of tikana, the purpose of the rāhui is to enable the environment to recuperate and regenerate without the presence and impact of humans.

Kauri dieback is caused by microscopic pores in the soil, which can be spread on walkers' footwear when they walk through contaminated mud. Higher rainfall in winter may exacerbate this problem.

So far, the Okura upgrade work has aimed to eliminate muddy areas of the track. New drains have been laid and large sections of track have been board walked.

Department of Conservation (DOC) Auckland mainland operations manager, Kirsty Prior, explains more. "There is still some work to be done to protect kauri growing next to the Okura walkway. Unfortunately, we haven't been able to complete the upgrade work before winter, when Auckland has its wettest months, so closure is the safest option at this time."

Further track upgrades include the installation of two new walk-through footwear cleaning stations.

ShoreLines understand that the closure is likely to be at least throughout June. We shall keep in touch with DOC and hope to have photos of the upgrades in due course.

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Progress May 2018

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About our Bays

Long Bay: Sustainable Community Development & Innovative Urban Design

Being developed by one of New Zealand's largest development companies Todd Property Group, a new housing community at Long Bay has steadily taken shape over the past six years. When complete the 162 hectare development nestled behind the Long Bay Regional Park will be home to approximately 6,000 people living in 2,000 homes.

Now home to over 400 families, the land has been transformed from empty paddocks into a network of residential streets, wetland parks and reserves, overlooking the Long Bay Okura Marine Reserve. It's a carefully planned community, particularly from an environmental perspective. Todd Property recognises this is a sensitive and significant factor, and therefore remains committed to high-quality work practices.

Every home in Long Bay is located within 400 metres of a green space, and when the development is completed, there will be a total of 13 neighbourhood parks. The road grid has been aligned to provide view corridors to the sea and islands of the Hauraki Gulf, and there are a number of short no-exit "garden streets", featuring distinctive landscaping and acting as shared community spaces.

Todd Property has also worked hard to protect the unique heritage at Long Bay, with 19 hectares of coastal headland transferred into public ownership, acting as an extension to the regional park. From an environmental perspective, more than \$4.3 million has been invested so far in new planting, restoring bare pastoral land and streams with more than 310,000 new shrubs and trees.

Other environmental work practices include a multi-million dollar erosion and sediment control programme, which involves a range of techniques and measures to effectively manage run off from the site during earthworks. The development has also helped to significantly improve the quality of stormwater with three large, picturesque wetlands, naturally filtering run-off, returning cleaner water to local streams and forming a natural habitat for native plants and wildlife. New wastewater infrastructure has effectively wiped out sewer overflows into the local streams.

At the heart of the development, the new Long Bay Village is currently under construction and due to open mid-2019. Designed by award winning firm Architectus, the \$70 million project will include approximately 28 retail and dining

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At Nicholls you will always be treated with respect and impeccable care. The optometry team is led by Bruce Nicholls, and includes Chelsey Wood, Karen Burke, Germaine Joblin, Shannon Boy and Robyn Stirling (who is currently on maternity leave after having a healthy baby boy).

When it comes to your vision you shouldn't cut corners. Have your eyes checked properly by a professional optometrist. Call the Nicholls team on **479 2316** or visit **www.nichollsoptical.co.nz** to request an appointment.



businesses as well as 26 premium one and two bedroom apartments. Already over 70% leased, businesses committed to the village include a New World supermarket, medical centre and chemist, gym and retail outlets.

Foodies in particular can look forward to visiting a range of popular eateries at the Village, operated by some of Auckland's most well-known restaurateurs. They include a restaurant and dumpling bar operated by the owners of Kingsland bar and restaurant Citizen Park, along with "Salanzo", a new concept from the team behind popular Mediterranean café and tapas bar Pescado. The successful restaurant chain behind Mai Thai, Grasshopper and Red Crab Thai Cuisine, has also committed to Long Bay Village, with plans to open up a second branch of "Thai Street", an authentic street food restaurant currently operating at Wynyard Quarter. With ice-creams likely to be in hot demand over summer, the Long Bay Village will also feature the North Shore's first Kapiti Creamery, offering cold treats, speciality cheeses and picnic baskets.

Those now living in the Long Bay community are already reaping the benefits and embracing the coastal lifestyle. By having a strong focus on the environment and the community, Long Bay is helping to solve local problems whilst innovating for the future.

To find out more about Long Bay visit longbay.co.nz





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With easy access to the CBD by motorway or Northern Expressway by bus, The Reserve offers you the all-round Auckland life you've dreamed of, at a fraction of the price. Long Bay offers many of Auckland's attractions and is in the process of expanding its connections to the East Coast Road, a brand new village.



Harcourts Cooper & Co



Mary Buckley
Owner/Director



Under the Tuscan Sun

Soak up the Italian culture and lifestyle while staying at a beautiful villa in Tuscany. This was a dream holiday of mine for many years, which I fulfilled when my family hired a villa outside San Gimignano in Tuscany, Italy. We stayed for seven nights and during that time we enjoyed leisurely visits to local villages and wineries interspersed with a few day trips to the Tuscan cities of Florence, Siena, Lucca and Pisa.

A villa holiday allows you to unpack for a week and experience life in the surrounding villages. Our villa was divided into four self-contained apartments that we filled with various family members. It was an authentic stone building with quaint furnishings, lush gardens, spectacular views of the countryside and a generous swimming pool to enjoy on the hot summer afternoons when we returned from sightseeing.

We hired a car which was essential to get around Tuscany and quickly adjusted to driving on the opposite side of the road around the country lanes. We recommend, for day visits to the big cities, leave your car at a local train station and commute. We did this for our day trip to Florence, which was a relaxing and easy train ride. San Gimignano is a beautiful medieval village easily recognised by its numerous tall stone towers at the top of a prominent hill. Being our closest town we visited often for sightseeing, grocery shopping and some delicious meals.

Siena is a must visit when in Tuscany. Its heart is the central Piazza del Campo. There is plenty to see while in Siena. During our day trip we visited the spectacular Duomo full of

beautiful frescoes and sculptures, enjoyed spectacular views over the surrounding terracotta rooftops and had lunch at a café on the Piazza.

Obviously, Florence has enough attractions to stay a few days, but allowing just one day we focused our experience around the artworks of the Uffizi Art Gallery and The Accademia then enjoyed a leisurely lunch on a restaurant sidewalk and meandered the streets and riverside to soak up the atmosphere of this magnificent city. We visited Pisa and Lucca in one day. Pisa was very quick, because the leaning tower was our main reason to visit. We then headed to Lucca, a beautiful city where we hired bikes and rode around the city walls.

Our holiday in Tuscany was everything we dreamed it would be. Beautiful scenery and weather. Delicious Italian food and wine. Magnificent historic art and architecture. With the comfort of our lovely villa as our home for a week.

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A brief history of the "favourite drink of the civilised world"*

The legend of exactly who discovered coffee, and when, is a tale as dark and mysterious as the beverage itself. However, an Ethiopian goatherd named Kaldi is largely given credit. Apparently, he noticed his goats were livelier and reluctant to sleep after eating the berries of a particular bush.

The first documented story of coffee's origins dates from about 1450, when the Mufti of Aden fell ill and had "medicinal" coffee brought to him from Abyssinia. Pretty soon, anyone who had to work or travel at night had started drinking the stuff. By 1510, coffee reached Cairo and then spread north to Damascus, Aleppo, Istanbul and up into Europe. It wasn't entirely smooth sailing, with Venetian clerics denouncing it as "the bitter invention of Satan". Pope Clement VIII on the other hand rather enjoyed a cup and so papal approval was granted.

London's first coffee house opened in 1652, and in just a few short years, there were more than 300 across the capital. They became renowned as places where patrons could engage in stimulating conversation, and so merchants, lawyers, brokers, academics and artists flocked there. It is no coincidence that Lloyds of London, the London Stock Exchange, Sotheby's and Christie's are all purported to have begun as coffee houses.

In 1727, Francisco de Melo Palheta planted the first coffee bush in Brazil. According to popular mythology, he seduced the wife of the governor of French Guiana, who then slipped him the precious seeds, hidden in a bouquet. This was the inspiration for Frank Sinatra's *The Coffee Song* (*They've Got an Awful Lot of Coffee in Brazil*)!

King George III's misguided tea tax in 1773 further fuelled demand for coffee – and it's never really looked back.

Coffee and New Zealand

Kiwis don't actually drink as much coffee as you may think. We're not even in the Top 20 coffee nations – which is led by Finland at a whopping 12.0 kg per person per year. New Zealanders down a mere 3.7 kg per person, but that's still more than the UK (2.8 kg) and Australia (3.0 kg).**

It was a chap from Invercargill who invented instant coffee. Derek Strang owned a coffee and spice works and applied for a patent in 1889 for "soluble coffee powder" under the name of Strang's Coffee. Some controversy surrounds the invention of the flat white. When Starbucks added it to their menu in early 2015, they talked about it originating in Sydney in the 1980s. (Even though there are some who claim it was being served in Melbourne before Sydney.)

But Kiwis may prefer to honour Fraser McInnes from Wellington, who, in 1989, was trying to make a cappuccino and instead produced what we would recognise as a flat white.

** in the words of Thomas Jefferson, 1824*

*** based on statistics from the International Coffee Organisation*

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INVITATION

The Annual General Meeting of the ECB Community Project will be held on Thursday 28 June at the Bays Community Centre at 7.30pm. If you love the Bays & would like to give back to your community, we are looking for some new committee members. Phone Sally on 478 4301 if you are interested.

THE BAYS COMMUNITY ART PROJECT

We invite you to enter a piece of art showing what the Bays mean to you, how your organisation impacts the Bays or what you or your company does in the Bays. Collect 10x10cm cards for your entry at the library or at the Community Expo on 23 June. When your work is done place it in an envelope with a your name, organisation, age, contact details & your inspiration for your work & take to the library. The works entered will be placed in a mosaic format & displayed at the Library.

The final work will show what living and working in the bays means to you.
Contact person: Wendy 476-9180.



Come & find out what goes on in your community. Displays, activities, entertainment, refreshments. If your group would like to be part of this, please contact Sally 478 4301

BROWNS BAY COMMUNITY GARDEN

Next Community Event:
Swap Meet on Sunday June 10 1-3pm
Come along & swap or share unwanted household items & produce.
Keeps unused items from cluttering up your space, saves money & resources, & keeps stuff out of the landfill!
Our next Repair café will be Sunday 8 July 1-4pm
Please let us know if you're able to help with planning or have any skills to offer on the day.
More details of all of these events will be added to our Facebook page - <https://www.facebook.com/BrownsBayCommunityGarden>
712 Beach Rd Browns Bay



THE INTERNATIONAL FRIENDSHIP GROUP

is celebrating its 25th anniversary this year. Many people have been part of this group over the years; newcomers to NZ & to the Bays, locals who have been interested in meeting people from other cultures & helping them settle into their new home.

If you have had any involvement with the International Friendship group, Or you would be interested in finding out more about them, we invite you to join us for lunch on Wed 13 June at 12pm at the Bays Community Centre. Please phone Debbie on 478 4091 to book.

ART EXHIBITION

The St Anne's Thursday Art Group will be displaying art works with a multicultural flavour throughout the Bays Community Centre 12-15 June.
Pictured left: the group's 'Art for Matariki' display, June 2017

EAST COAST BAYS COMMUNITY PROJECT

*...providing support, connections & resources
to enhance the wellbeing of our community*

Whakarato tautoko, nga rauemi me te waiaora i roto i to tatou hapori

Hibiscus and Bays Local Board
Auckland Council

ShoreLines

BAYS COMMUNITY CENTRE CLASSES & GROUPS

ART AND CRAFT

Bays Patchwork Fortnightly Thurs, 7-9.30pm. All levels of ability, beginners to experienced.

Demos & classes also held. Ph Sue 413 8239.

Crazy Quilters This fun, relaxed group meets 4th Saturday of each month, sharing ideas & techniques of an old patchwork style. Ph Marilyn 476 9585

Browns Bay Evening Spinners

2nd & 4th Tuesdays; Ph Helga 479 1668

MakeGiveLive Thursday evenings. Knitting for charities. Becky Smith 022 317 5838; becky@makegivelive.com

North Shore Sunday Quilters Bring along your knitting, sewing or embroidery project for fun & friendship. Open group, non-teaching. Ph Melva 479 7572.

On the Hook Crochet Club Saturdays 3.30-5pm. Ph Olga 021 023 84495.

SPECIAL INTEREST ACTIVITIES & GROUPS

AA meets weekly on Thursdays. Ph Suni 486 0101

Browns Bay 60s Up Movement Ph Phillip 479 4696.

Mahjong Thu 10am-2pm. Ph Jane 478 5392 or Patsy 475 5763

Newcomers' Network Last Tuesday of the month; 6pm.

Eugene@networkfs.co.nz; ph 022 276 0085

North Shore Board Games Wed evenings.

Ph Alistair 022 653 3134.

Overeaters Anonymous Meets Tuesdays & Saturdays.

Ph Preet 021 024 82111

Rummikub Wed mornings. Ph Annette 441 3019.

Social Scrabble Group Tuesdays 10am; \$1 per session. Ph Stella 478 8382.

U3A Browns Bay Are you retired? U3A Browns Bay offers you top-line speakers & the opportunity to explore new interests in study groups at convenient times.

Ph Monette 478 1928. www.u3abb.net.nz

Women's Institute Thursdays, monthly, 10am.

Ph Brenda 415 6242

Writing Family Memories for Future Generations

Older Women's Network . Ph Patricia 479 7519

HEALTH, FITNESS & WELLBEING

Divine Intervention Introduction to Self Healing

3-hour morning session, limited numbers. \$30.

Ph Judy 478 6065.

Guided Meditational Music Saturdays. Ph Anne 021 030 6436

Laughter Yoga Seriously good for you. Join in the fun for an internal jog every Sat 9-9.45 am. Ph Louise 027 475 3734 or email laughterbrownsbay@gmail.com

Pilates Mondays. stef.goder@gmail.com

Reiki 4th Wed of the month. martinturback@icloud.com

Sahaja Yoga Meditation Find peace and balance within yourself. Wed 7.30pm. Free of charge. Ph Maria 479 9511.

Tai Chi Thursday 8.15-9.15am. Individual tuition is also available.

Ph 478 3309 or 021 764 980; wailingwan@gmail.com.

Tai Chi Monday evenings & Wednesday afternoons.

Ph Bruno 021 155 4606

Tai Chi Fridays 9.30-10.30; Sherie 021 536 411

Yoga Tuesdays 5.45-6.45. Mary 027 775 5233 divinethunderolt@gmail.com

LANGUAGES

Amicale Francaise First Sunday of the month for petit dejeuner & conversation. afnorthshore@gmail.com

English Browns Bay Community English School. Mon-Fri daytime. Several levels. Ph Linda 478 3107. www.brownsbayenglish.co.nz.

French Ph Corinne 09 426 1104 or 021 880 649. corinne.monecole@gmail.com

NZ Sign Language Thu evenings.

nzsl@auckland-deaf.org.nz. Ph 630 6980.

FOR KIDS

Realistic Drawing Classes Ages 5-12. Mon, Tue, Thu, 3.30 & 4.30.

Ph 021 023 60215

Helen O'Grady Drama Academy Tue afternoons. Fun classes for 5-17 yr olds. www.helenogrady.co.nz; 0800 161 131

ST ANNE'S HALL CLASSES & GROUPS

ART

Art Group

Fortnightly, Thu. All levels of ability welcome

(incl beginners). Contact Margaret Rex.RED@xtra.co.nz

DANCE

Braemar Scottish Country Dancing Tuesday evenings. ph Yvonne 410 9216 or Sue 473 3633

Ceroc Dance Wed. Beginners from 7.30pm, Intermediate 8.30pm. First class free for all new beginners, no partner required. For more info ph 0272 957 007. or visit w.ww.modernjivedance.co.nz or

Pform.nz Building confidence, creativity & character.

Dance, sing, act; 10-13 years; Thu 6.15 - 7.15pm.

www.pform.nz; info@theperformance.net

Dance Expression Ballet technique with hints of other styles.

5.30-6.15 Fridays. \$10 casual; \$90 for 10 classes. First class free. www.danceexpressionnz@gmail.com

Zumba Gold Mon 1.45-2.45; a more gentle workout!

zumbagoldwithkat@gmail.com

HEALTH, FITNESS & WELLBEING

Born Again Bodies Wed afternoons. Strength, balance & flexibility at any age. Ph Gary 479 2212.

Table Tennis Mon, Tue & Fri 11.30am-1.30pm.

For all ages & levels of ability. Ph Debbie 478 4091

FOR KIDS

Browns Bay Playgroup Mon, Wed Fri mornings.

lizedwards40@hotmail.com

LOOKING FOR A VENUE TO RUN A COURSE, A CLASS OR A MEETING?

At the Bays Community Centre & St Anne's Hall, we have 9 spaces of different sizes available.

Our rates are affordable, our rooms are comfortable & we supply tea & coffee. TV/DVD/WIFI facilities in all rooms.

We can help get you started & provide free advertising.

Ph Debbie 478 4091.

COMMUNITY NEWS

NEIGHBOURHOOD SUPPORT NORTH SHORE

Neighbourhood Support North Shore are looking for a volunteer to assist with admin duties based in Browns Bay. The role is unpaid and is around 9 hours per week, during the day.

You must have excel/database experience. Police vetting is also a requirement, please send email with your CV to manager@neighbourhood.org.nz



Vivian Wang is a Registered podiatrist with extensive experience in a variety of podiatry conditions from toenail & foot skin problems to sport injuries & biomechanical conditions. Vivian also assesses & treats diabetes patients. Ph 489 4107/021 160 3227 www.loveyourfeet.co.nz. Vivian is taking appointments at the Bays Community Centre.

BAHAI DEVOTIONAL GROUP

We are a group of people who meet every Sunday to create 'a universal and totally inclusive place', irrespective of religious affiliations, background, nationality, ethnicity or age.

We promote friendship & fellowship through music, readings & prayer, normally using a topic on which to focus.

Afterwards, enjoying tea, coffee & conversation, we engage in discussion with an attitude of care & respect for the thoughts, feelings & ideas of others, seeking to lift the quality of our inner & outer selves & in so doing, promoting a spirit of friendship & fellowship.

We strive to turn these ideas into simple acts of service in pursuit of our desire to play our part in the development of betterment of society as a whole

brownsbaybahais@gmail.com ph. 021.144.9204

You are most welcome to join us



Hearts & Minds

Are you in need of support to improve your wellbeing?

Hearts & Minds (formerly Raeburn House) is offering a Mental Health Support Clinic at Browns Bay Citizens Advice Bureau.

This free and confidential service provides people from all cultural backgrounds with information and support to improve individual and family wellbeing. Come and see our Health & Support Navigator to find out what opportunities are available to you.

Address: 2 Glen Road, Browns Bay
Days: Mondays
Time: 9:30AM to 12PM
Contact Details: Brigid 09 441 8989
Email brigid@heartsandminds.org.nz
By appointment or drop in.

OVEREATERS ANONYMOUS

Has 2 evening meetings a week in the Bays Community Centre:
Help for all eating problems.
Find out more at aucklandoa.com



Browns Bay Community English School
ESOL for adults; 4 levels:

- * Elementary
 - * Pre-Intermediate
 - * Intermediate
 - * Upper Intermediate
 - * Social English Group (weekly)
- Qualified & experienced teachers.
Small, multi-cultural classes.
8-week courses; daily lessons
FREE Trial Lesson.
Ph Linda 021 023 95103 or
Di 021 667 855
Email LindaAndDi@hotmail.com
www.BrownsBayEnglish.co.nz

Are you afraid to speak before a group of people?

TOASTMASTERS

Can help.

- *Develop better speaking & presenting skills
- *Build strong leadership & mentoring skills
- *Learn to think quickly & clearly on your feet
- *Open doors in your personal & professional life

Call us on 027 422 3685

or go to www.ecbtoastmasters.org.nz

RIDING HIGH WITH WI

Come & join us at the Browns Bay Women's institute.

We are a very friendly, sociable, fun loving group.

We meet at the Bays Community Centre at 10am on the 1st Thursday of the month.

We are a very charity-focused group putting & thinking of others before ourselves & spreading happiness.

Ph Brenda 415 6242 or Alice 428 7313 for more info

SPANISH CLASSES

Have fun while learning Spanish. Experienced & qualified native teacher. Adults & children.

Group or one-on-one lessons.

Conversation classes & help with NCEA, IB, AS CAMBRIDGE, GCSE Spanish practice too.

Classes via SKYPE or Facebook Time available as well.

SPANISH FOR SCHOOL CHILDREN

Fun activities and songs to pick up Spanish.

Ph Gaston 473 5090 or 021 251 0358. gasfer2011@gmail.com



LEARN FRENCH!

Language, Literature & Theatre
Conversation & Current Events
(Intermediate & Advanced)

For Travel, for Study, for Pleasure

Or Improve your Exam Results!

French Singing Group

Groups & Individual Lessons

Any level, any age.

Before school, morning,

afternoon, evening

Classes held in Browns Bay/Torbay

Contact Dr Lynette Wrigley-Brown

tél: 021 0294 0630 or 478.7911

lynettewrigleybrown@gmail.com

ECB BRIDGE CLUB

in Murrays Bay is planning a set of beginners' bridge lessons in winter.

Please contact us at:

www.ecbbridgeclub.co.nz

or ph Helene

027 296 3365



MON ÉCOLE-FRENCH SCHOOL THINK FRENCH....THINK CORINNE

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SPEAK FRENCH

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PREPARE FOR YOUR EXAMS

FOR THOSE WHO WISH TO TRAVEL

Adults & Children

Group (max 4) or private class

LEARN FROM A NATIVE FRENCH SPEAKER

corinne.monecole@gmail.com

www.monecole-french-school.com

tél 021 880 649

Classes at Bays Community Centre



COMMUNITY EVENTS & ACTIVITIES

9-13 JULY - CRAFTING HOLIDAY PROGRAMME

Held in Browns Bay..

Open for drop off from 8.30 am, last pick up by 5.30 pm
Sessions start from 9 am and run to 3.30 pm.

Prices:

\$40 for the whole day from 9 am – 3.30 pm

\$25 for the morning session inc a cooking demo 9am –12pm

\$20 for the afternoon crafting session from 1 pm – 3.30 pm

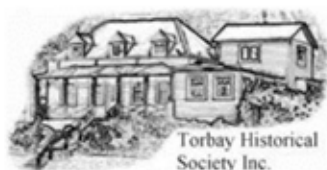
Please book and pay early to secure your child's place & avoid disappointment.

On the day, send a packed lunch, snacks, & a water bottle

For confirmation & booking contact Wendy on 476-9180 or email wendelein@hotmail.com

See "Wendelein Creations" on facebook

<https://www.facebook.com/WendeleinCreations/>



DEVONSHIRE TEAS AT THE VAUGHAN HOMESTEAD

For that special treat have a Devonshire Tea at the Vaughan Homestead in the Long Bay Regional Park.

We will cater for groups of 10 or more.

For bookings ph Barbara 473 6482 or Cathy 473 9371 or email Vaughan_homestead@vodafone.co.nz

DEFENSIVE DRIVING

Our next course at the Bays Community Centre will be held on 9, 11, 16, 18 July.

Ph Stu at Auckland Defensive Driving Academy 486 1909 to book your teen into this life-saving course

PFORM NZ

Building confidence, creativity & character
We run classes to train teens to become the triple threat.

Join us for these fabulous, fun filled classes.
Feel free to pop in for a free trial anytime, we will warmly welcome you.

DANCE | SING | ACT 10-13 years

Thursdays 6.15 - 7.15pm; St Anne's Hall.

www.pform.nz

info@theperformance.net



HAND SEWING FOR BEGINNERS & INTERMEDIATE

Soft toys for boys & girls; any age from 5 years

Small classes; Free trial lesson

Tuesday & Wednesday 3.30-4.30.

Ph Joyce: 479 3372 or 021 296 0073



CHILDREN'S BIRTHDAY PARTIES

Does your child have a birthday in winter?
St Anne's Hall is a great venue for kids' birthday parties.

A large hall with tables & chairs & a small kitchen. Plenty of space to run around, a fully-fenced outdoor play area.

No need to stress about your carpet!

\$20 an hour.

Ph Debbie, 478 4091 to book

HAVE YOU EVER THOUGHT

of encouraging your child go to an after-school care and learn **NEW ZEALAND SIGN LANGUAGE**



NZSL after-school starts in Term 3

Thursday, 23rd August 3.15pm - 4pm to Thursday, 27th September 6 weeks course.
45 mins per lesson. \$70 per child

Address: Glamorgan School ESOL Room, 145 Glamorgan Dr, Torbay, Auckland

Contact MERGE for enquiries and bookings.

Email: info@merge.co.nz

Website: www.merge.co.nz

Mobile: 021 077 1564



KIDS CRAFTS ON WEDNESDAYS

TERM 3: 25 July-26 Sept

Open from 3-5.30.

Held in Browns Bay

A 5min walk from Sherwood & Northcross schools;
arrive to cookies & drink.

An hour of crafting & then time to finish your project.

\$200 for 10 weeks. Ph Wendy: 476-9180;

wendelein@hotmail.com



The Browns Bay Citizens' Advice

Bureau has a new manager;

Graham Metcalfe has taken

over from Anna Julin.

Call into the CAB at 2 Glen Rd

for all of your queries about

absolutely everything!

Or ph 479 2222 or go to

www.cab.org.nz

The Bays
Community
Centre
Newsletter
is part of
Shorelines
Magazine &
published
bi-monthly.
We welcome
your
community
news; there is
no charge for
community
organisations.
Deadlines for
publication are
12 July,
12 September,
12 November,
at noon.
Inquiries to the
East Coast
Bays
Community
Project,
ECBCP@xtra.co.nz
2 Glen Rd
Browns Bay;
Ph 478 4301



We're on Neighbourly, where we
share news, views & information
with our neighbours

Check out our Facebook page
for updates:
www.ECBCP.Facebook



Call: John van Lierop
0274 726 293

2 Bute Road Browns Bay
for prices and brochures



Luxury Apartment Living in Browns Bay

The Victor

The Victor seems certain to make a striking impression on Browns Bay's skyline and, by doing so, potentially sets a precedent for future developments.

Real estate veteran and long time Browns Bay resident, John van Lierop, views this positively, and believes that The Victor could be a new benchmark for the village's multi-residence projects. "In my opinion, it's an exceptional combination of contemporary and classic. You've got all the benefits of modern living designed with traditional values in mind." This includes an element of "eco-living" with the green walls of the central atrium.

It's anticipated that construction will finally be completed in 2020. John acknowledges that this is a long build process, and says that this is due in part to the painstaking engineering that's gone into the design. "The underground car park will have space for up to 120 vehicles, but will sit below the water table. It's been carefully engineered therefore not just for

watertightness but to comply with seismic ratings and thus safely support the six storeys above."

Whilst many of the apartments are priced at well over \$1 million, consent for the development was granted prior to Auckland's Unitary Plan, which means 10% of the apartments were required to be "affordable", so prices for these begin at \$520,000. At the time of going to press, 30 have been sold and, thus far, purchasers have been predominantly middle-aged and older.

John is all too aware that The Victor's construction has caused irritation for some residents, particularly in relation to the loss of public parking. "It is true, quite a few spaces are currently unavailable.

However, the developer has made off-site provision for the construction workers' vehicles and is renting spaces for library users behind The Victor's office, The Brownzy and Anzac Road."

The Tooth About Oral Health



100 Beach & Hurac Roads, Browns Bay Auckland
ph 478 7442 www.northshoredental.co.nz

BLEEDING GUMS ARE A SIGN OF GUM DISEASE. GET BRUSHING AND FLOSSING. THE BLEEDING SHOULD STOP IN 3 DAYS. IF THE GUMS ARE STILL BLEEDING, BOOK IN WITH THE DENTIST.... IT WON'T GO AWAY ON ITS OWN!

Catching a dental problem early may help reduce the amount of pain, difficulty, and cost to fix the problem. Dentists can also look for signs of oral cancers, and spot signs of other health conditions, such as Sjögren's syndrome or diabetes.



Everytime you have sugar it causes 1 hour of acid attack.... that's the start of tooth decay. It takes 3 days for the teeth to start to repair. Group sugars together and limit to twice a week.

Did you know that **75%** of the cost of dentistry is what you do at home everyday?

SMOKING IS HOT at 60C, burning the gums and stopping blood from removing dead bacteria and poisons, so within 1 year all smokers will have PUS coming out of the gums. **NEXT TIME YOU KISS A SMOKER, THINK !**



Human Papilloma Virus (HPV) is associated with 70% of oral and throat cancers. The HPV vaccine can not only help guard against genital warts but also oral and genital cancer.

WE DON'T JUST CLEAN TO REMOVE FOOD ! We brush at the gum level and floss to remove sticky bacteria growing on the tooth. Bacteria will start to grow within 2 hours of cleaning so brush x2 day and floss x1 day.



More than 300 types of bacteria make up oral plaque



At **North Shore Dental** we believe in working with you to achieve the best results using the latest in dental techniques, and the most progressive dental technology available to give you complete dental health. With a full team of experienced dentists, hygienists and back up staff, we are focused on providing the best customer service and making your visit an experience to remember!

We offer the following services -

- General Dentistry
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- Root Canal Treatment
- Hygiene
- Tooth Whitening
- Dysport
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- Implants
- Free Dental Care for Teens

Book your appointment with us today either call 09 4787442 or book online at www.northshoredental.co.nz



Getting to know your MP

Erica Stanford - Q&A



In the first of what will be a regular column, Erica Stanford MP shares a few insights about her motivation for seeking public office and why she feels such affection for our part of the Shore.

What made you want to become an MP?

In a nutshell, I wanted to be able to effect change. I was born and raised in this electorate, and I am raising my family here. We have glorious beaches, green spaces, native bush and a beautiful marine reserve. It's a fantastic place to live, and I want to be a part of keeping it that way. I worked for Murray McCully for five years and I saw first-hand the ability of a local MP to make positive changes in the community, which is why in my first six months I have been completely focused on representing the local community, listening to their concerns, and addressing them.

Glenvar Road is one of the worst roads in the electorate, and the intersection with East Coast Road is the most dangerous. I made this project a priority and worked closely with the local board to put pressure on Auckland Transport. The outcome of our public meeting and submission process is that the road and intersection, as well as the intersection with Glamorgan Drive, are now prioritised in Auckland Transport's draft Regional Land Transport Plan. Upon hearing that the Browns Bay Police Station may be sold, and only one police officer to be retained in the Browns Bay area, I made it my focus to ensure that we kept the station and a local police presence, and I am happy to say that rather than losing any officers, we are in fact gaining two additional staff and the station is no longer earmarked for sale – a great outcome for the security of our community.

What are the issues closest to your heart?

Protecting our marine reserve and preserving our green spaces, and ensuring that every child in the East Coast Bays can get a quality education. I'm focused on ensuring that our local schools are properly resourced with an adequate number of quality, modern classrooms to deliver a high standard of education.

What are the issues on which you're most focused presently?

The East Coast Bays is one of the fastest growing electorates in the country. The issues for us are around how we deal with

growth – traffic congestion, overcrowding in our schools, and issues related to infrastructure. I've been working on ensuring we have upgraded roads to new housing developments like Long Bay, advocating for more classrooms in schools like Oteha Valley School, and calling for more safe pedestrian crossings on Oteha Valley Road.

This new Government has made the call to get rid of the charter school model, forcing charter schools like Vanguard in Albany to either close their doors by the end of the year or transition to a special character school. I have been vocal in my support for Vanguard and will continue to work forward helping them to keep their doors open.

What do you love about living in the East Coast Bays?

I love our people and our sense of community. The fact that there are so many volunteers who are so giving of their time – Restore Deep Creek, the Torbay Historical Society, Sylvia Durant, our wonderful bird lady, and our many other volunteers and community groups, as well as the mums and dads who volunteer for the PTA or to coach local sports teams.

These people are the beating heart of our community and what makes it such a fantastic place to live.

An advertisement for Momentum Life Coaching & Training. It features a woman with her arms raised in a celebratory gesture on a beach. The text includes: "Momentum LIFE COACHING & TRAINING", "LIFE COACH TRAINING", "Living on Purpose, with Purpose", a list of benefits: "Start a LIFE-CHANGING career as a Personal/ Executive/ Business Coach", "Help people live their ideal life", "Become ICF Credentialed", "Be your own boss, flexible hours", "Study part-time in supportive group", and "Versatile SKILL SET for any Profession". It also mentions "Training in Auckland", "Foundation Program", "Starting June 2018", "Call for an entrance interview on 021 037 7289", "Vivienne Kelly", and "021 037 7289 (M) • www.coachmomentum.co.nz".



BISTRO
À LA CARTE
6pm - 9pm
WED - FRI
*Awesome food
Simple menu
Cosy ambience*
www.beachbistro.co.nz

Two years on from the fire:

What did we learn?

Running a business can be hard work on the best of days. But what happens when things go wrong? Now back in business after a fire that almost shut them down, Steve and Anita from Beach Bistro have three big learnings:

1. Check your insurance cover. Check it regularly with your accountant.

Business changes over time. You may think you're covered for things you're not. Is your insurance cover up to date?

2. Your customers are your biggest asset.

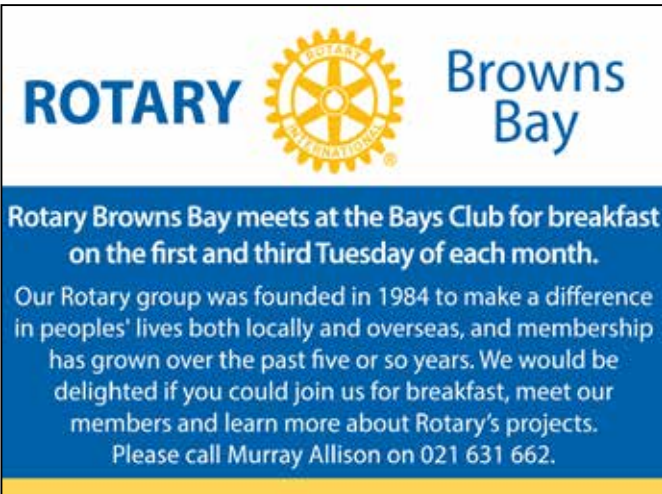
We'd never have reopened if not for the goodwill, understanding and support of our regular customers. Looking after great people is what hospitality is all about. It's what keeps us going.

3. Consistency is important. Hospitality is the business.

Evolution is key.

Maintaining a familiar environment and consistency of service and food is why customers return. We all want that 'home away from home experience where everyone knows our name'.

Beach is back, seven days a week. Drop in for breakfast, lunch or our à la carte dinner service. We look forward to welcoming you to our dining room.



ROTARY Browns Bay

Rotary Browns Bay meets at the Bays Club for breakfast on the first and third Tuesday of each month.

Our Rotary group was founded in 1984 to make a difference in peoples' lives both locally and overseas, and membership has grown over the past five or so years. We would be delighted if you could join us for breakfast, meet our members and learn more about Rotary's projects. Please call Murray Allison on 021 631 662.



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PREMIUM BUTCHER | BROWNS BAY

Tradition | Passion | Quality

Family Boerewors recipe since 1945
Biltong made the same way as Oupa did
Finest quality meats and the best service in town

Opening Hours
Monday - Saturday 7am - 6pm
Sunday 8am - 5pm

Address 26 Anzac Road, Browns Bay
Phone 09 973 1989
Email themeatroom@outlook.co.nz
Website www.themeatroom.co.nz

Bloody Mary Lamb Shanks by The Meat Room

Ingredients

- 4 fresh hind lamb shanks
- "Wild Fennel co" lamb rub (*available at The Meat Room*)
- 1 diced onion
- 2 diced carrots
- 4 cloves garlic
- 1 cup Bloody Mary mix (*available at The Meat Room*)
- 1 cup chicken stock
- 1 tin chopped tomato
- 1 cup red wine



Put onion, carrots, garlic, bloody mary mix, stock & tomato into slow cooker and stir to combine.

Season the lamb shanks with "Wild Fennel co" lamb rub. In a large saucepan over medium to high heat, warm some olive oil, add the shanks and brown on all sides, transfer to slow cooker.

Remove pan from heat, pour in red wine and return to heat, bringing to simmer, stirring to scrape up any brown bits from the pan bottom. Add wine to slow cooker, cover and cook on high for 6 hours

Enjoy, The Meat Room

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AWARD WINNING BEERS ♦ NEW WINTER MENU
16 CRAFT BEERS & CIDERS ON TAP ♦ LIVE MUSIC



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Thai Lemon is proud to provide delicious, healthy Authentic Thai cuisine. Each meal is freshly cooked to order by our experienced chefs.

We cook with care using the finest freshest and well selected ingredients, with promise that no MSG is used.



Vegetarian, vegan and gluten free options available. Please specify any food allergies or special dietary needs when you order.

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www.thailemon.co.nz

Voted one of the **Top 10 Chinese Restaurants** by Kiwis.

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30 Clyde Rd • Browns Bay

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Present this page
10% DISCOUNT
BROWNS BAY ONLY
30 Clyde Road • Browns Bay
Offer ends 31st July 2018

Best homemade dumplings & noodles!

And many more rice, side or vegetarian dishes.

Dine in or Takeaway.

Opening Hours:

Wednesday - Monday: 11.00am - 9.00pm

Tuesday: 11.00am - 3.00pm

Phone orders and pick-ups: **(09) 479 7918**

Online orders go to: shop.gogox.co.nz



A touch of spice is *oh-so nice!*

Enjoy a curry at **Flavours of India**

Flavours of India is a family owned business at 25 Anzac Road, Browns Bay. They are fully licensed, but also offer BYO (wine only – with a corkage charge). There is seating capacity for up to 50 guests and plenty of free parking available at the front of the restaurant.

The décor is simple, with a warm atmosphere. I booked our table for two in advance, which turned out to be a good idea because when we arrived the restaurant was full. (Although there is additional seating upstairs, which I'm told would have been made available if required.)

The atmosphere was bustling. Not only was the restaurant humming, but the kitchen caters for takeaways too. So, there were customers phoning in orders and collecting, as well as a delivery service. The menu is varied offering a wide selection of delicious Indian cuisine. There are meat, poultry, seafood and vegetarian dishes to choose from, with various degrees of heat.

The wine list is limited, but with a BYO option (and there are two supermarkets nearby, which couldn't be handier!)



Reshmi Kebab

To start, we sampled the reshmi kebab, which is chicken marinated in yoghurt with mint sauce on the side, followed by the vegetarian pasanda (a mild curry with seasonal veggies and a creamy cashew nut and coriander sauce) and a hot lamb madras with tomato, coconut and chilli gravy. Our main dishes came with rice, and we chose a garlic naan bread too.

The meal was superb! The mains took 30 minutes to arrive, but in between we shared the starter. The chicken, freshly prepared, was piping hot and more than adequate for two.

Everything tasted freshly made, full of flavour and the bread was straight out the oven. Very authentic Indian food.

Our total bill was \$56 for two (including a glass of Montana Chardonnay and two Kingfisher beers) which we agreed was reasonably priced and excellent value for the money.

We'll definitely be going back, and this place is perfect for a casual dinner with friends.



Incomparably Authentic...

FLAVOURS of India

Phone 478 7773
www.flavoursofindia.club

Get a haircut @ **Amanda Baker** and help **save** the Planet

You may be surprised to learn that the salon industry sends more than 1,500 tons of recyclable aluminium back to landfill each year in Australia and New Zealand alone. That's 1.5 million kilos, about 715 cars, or four jumbo jets!

Unfortunately aluminium doesn't degrade easily; it actually contaminates the soil for 500 years. Add to this the waste of plastics, colour tubes, cut hair and more, and you soon see that beauty at any price is no longer an option. After joining Sustainable Salons, local salon **Amanda Baker Hair & Makeup** are helping to address this problem.


Amanda Baker Hair & Makeup now recycle 95% of their waste by using the comprehensive resource recovery programme offered by Sustainable Salons. *"We are committed to sustainable growth that encourages social responsibility and respect for the planet. This simple initiative can make all the difference to what was once landfill waste become a future resource,"* says **Amanda Baker**, owner of **Amanda Baker Hair & Makeup**.

Rather than contaminating the waterways, excess chemical waste now goes to a chemical recycler to be neutralised into recycled water used in construction and roadworks.

Plastics are also recycled into outdoor furniture and underground sheeting to protect the NBN. What's more, **Amanda Baker Hair & Makeup** staff love that all proceeds from recycling are donated to OzHarvest and KiwiHarest to fund meals for disadvantaged people. In fact, Sustainable Salons donates more than 2,000 meals every month! Collected ponytails are redirected to charitable wig-making services and organisations to provide wigs for those suffering from alopecia or cancer, while cut hair is made into hair booms used in oil-spill clean-up operations. As clients become more aware of the impact products have on the environment, they have also welcomed the opportunity to make a difference.

"The salon industry needs to take action now, and take care of the environment as much as we take care of clients," says **Paul Frasca**, co-founder and managing director of Sustainable Salons. *"**Amanda Baker** really cares about making their salon as eco-friendly as possible. When they looked at what they could do to become more sustainable ecologically and economically, Sustainable Salons was the obvious choice."*

By joining Sustainable Salons, **Amanda Baker** are happy they can support charities and benefit the community, while also taking care of a huge waste problem.



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*Terms and conditions: Valid for new clients only. 24 hour cancellation policy applies. Limit one per person. Valid until 31st July 2018.

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Should you have a business in Browns Bay that is not listed above, or the information is incorrect, or has been recently updated, please don't hesitate to email the Town Manager at: manager@brownsbay.org.nz to notify us of the update.

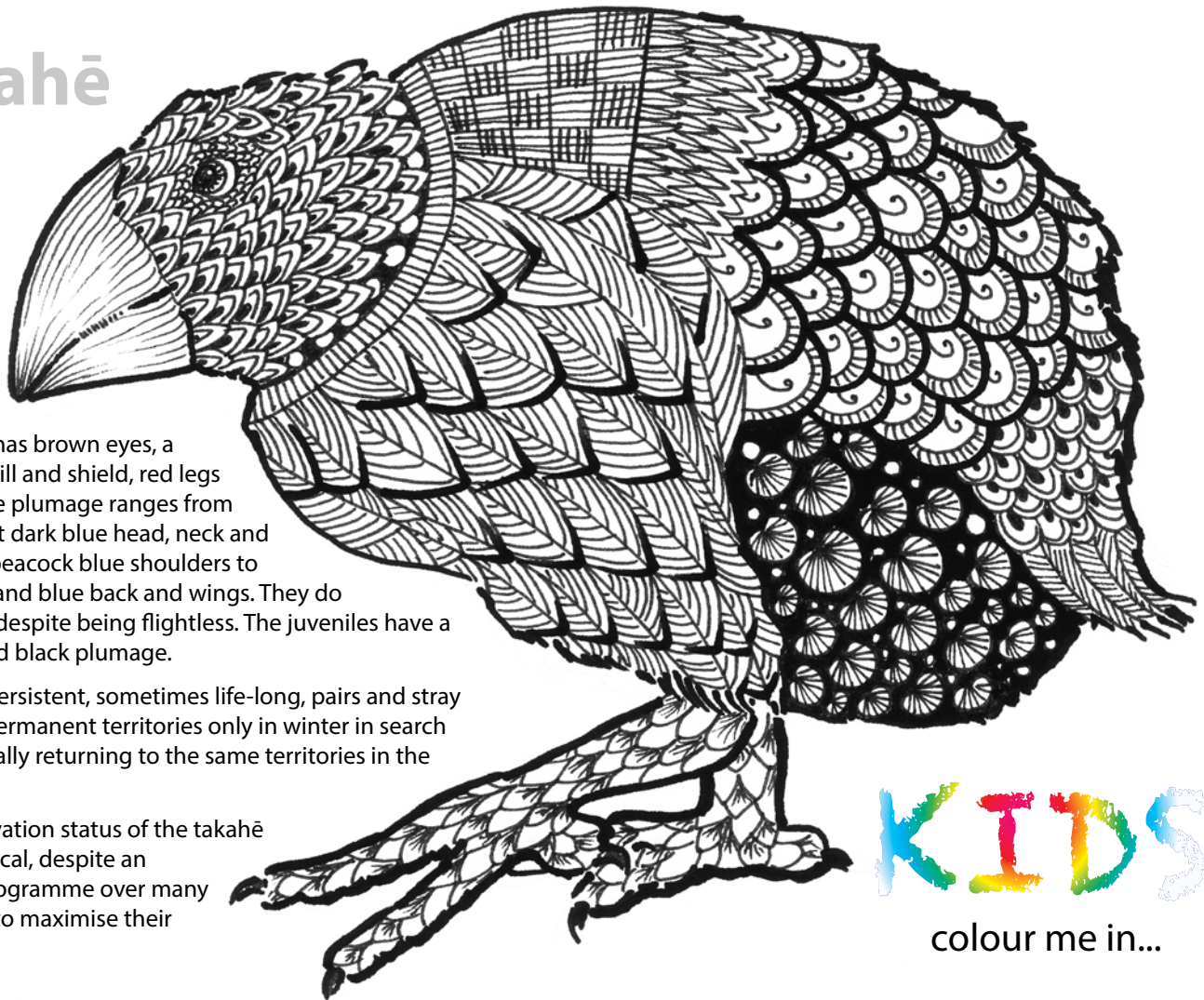
East Coast Bays ShoreLines Bits'nBobs

Takahē

The takahē has brown eyes, a scarlet red bill and shield, red legs and feet. The plumage ranges from an iridescent dark blue head, neck and breast and peacock blue shoulders to olive green and blue back and wings. They do have wings despite being flightless. The juveniles have a black bill and black plumage.

They form persistent, sometimes life-long, pairs and stray from their permanent territories only in winter in search of food, usually returning to the same territories in the summer.

The conservation status of the takahē remains critical, despite an intensive programme over many years to try to maximise their numbers.



KIDS

colour me in...

HIGH AND LOW TIDES (AUCKLAND) FOR JUNE AND JULY

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS											
	Time	m		Time	m		Time	m		Time	m
1 Fr	0252	0.8	9 Sa	0253	2.9	17 Su	0339	0.4	25 Mo	0456	3.0
	0914	3.1		0901	1.0		1004	3.5		1108	0.8
	1510	0.7		1517	2.8		1600	0.3		1736	3.1
	2140	3.2		2125	1.0		2230	3.6		2332	0.9
2 Sa	0333	0.9	10 Su	0345	3.0	18 Mo	0435	0.5	26 Tu	0548	3.0
	0954	3.0		0954	0.9		1058	3.4		1157	0.8
	1549	0.8		1615	2.9		1653	0.4		1826	3.1
	2220	3.1		2221	1.0		2324	3.5			
3 Su	0415	0.9	11 Mo	0439	3.1	19 Tu	0531	0.5	27 We	0619	0.9
	1034	3.0		1048	0.7		1153	3.3		0636	3.0
	1627	0.8		1713	3.1		1748	0.5		1243	0.7
	2300	3.1		2315	0.8					1911	3.1
4 Mo	0458	0.9	12 Tu	0532	3.2	20 We	0619	3.4	28 Th	0103	0.9
	1114	2.9		1141	0.6		0628	0.6		0723	3.0
	1708	0.9		1808	3.2		1249	3.2		1326	0.7
	2342	3.0					1845	0.6		1954	3.2
5 Tu	0543	1.0	13 We	0607	0.7	21 Th	0116	3.3	29 Fr	0146	0.9
	1156	2.9		0627	3.3		0726	0.7		0807	3.0
	1751	1.0		1233	0.5		1346	3.1		1408	0.7
				1901	3.4		1946	0.8		2035	3.2
6 We	0626	3.0	14 Th	0659	0.6	22 Fr	0212	3.2	30 Sa	0227	0.9
	0630	1.0		0722	3.3		0823	0.7		0848	3.0
	1240	2.8		1325	0.3		1445	3.1		1444	0.7
	1839	1.0		1953	3.5		2047	0.8		2114	3.2
7 Th	0113	2.9	15 Fr	0152	0.5	23 Sa	0308	3.1			
	0718	1.0		0816	3.4		0920	0.8			
	1328	2.8		1417	0.3		1545	3.0			
	1931	1.1		2045	3.6		2146	0.9			
8 Fr	0202	2.9	16 Sa	0245	0.5	24 Su	0403	3.1			
	0809	1.0		0910	3.5		1016	0.8			
	1420	2.8		1508	0.2		1642	3.0			
	2028	1.1		2137	3.6		2241	0.9			

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS											
	Time	m		Time	m		Time	m		Time	m
1 Su	0308	0.9	9 Mo	0307	3.0	17 Tu	0417	0.4	25 We	0520	2.9
	0928	3.0		0918	0.8		1040	3.5		1131	0.8
	1522	0.7		1541	2.9		1634	0.3		1759	3.0
	2153	3.1		2147	0.9		2304	3.6		2354	0.9
2 Mo	0349	0.9	10 Tu	0404	3.0	18 We	0511	0.4	26 Th	0610	2.9
	1007	3.0		1016	0.7		1133	3.4		1218	0.8
	1600	0.8		1642	3.1		1727	0.5		1846	3.0
	2232	3.1		2245	0.8		2357	3.4			
3 Tu	0430	0.9	11 We	0503	3.1	19 Th	0605	0.5	27 Fr	0039	0.9
	1046	2.9		1114	0.6		1226	3.3		0858	2.9
	1639	0.8		1742	3.2		1822	0.6		1301	0.8
	2312	3.1		2343	0.7					1929	3.1
4 We	0512	0.9	12 Th	0603	3.2	20 Fr	0051	3.3	28 Sa	0122	0.9
	1126	2.9		1210	0.4		0659	0.6		0742	2.9
	1720	0.9		1838	3.4		1321	3.1		1342	0.7
	2354	3.0					1920	0.8		2009	3.1
5 Th	0556	0.9	13 Fr	0038	0.6	21 Sa	0144	3.2	29 Su	0203	0.8
	1208	2.9		0701	3.3		0754	0.7		0823	3.0
	1804	0.9		1305	0.3		1418	3.0		1420	0.7
				1933	3.5		2019	0.9		2048	3.1
6 Fr	0037	3.0	14 Sa	0133	0.5	22 Su	0238	3.0	30 Mo	0243	0.8
	0641	0.9		0758	3.4		0850	0.8		0903	3.0
	1253	2.8		1358	0.2		1516	3.0		1457	0.7
	1853	1.0		2026	3.6		2118	0.9		2126	3.1
7 Sa	0124	3.0	15 Su	0228	0.4	23 Mo	0333	3.0	31 Tu	0322	0.8
	0730	0.9		0853	3.5		0946	0.9		0940	3.0
	1344	2.8		1450	0.2		1614	2.9		1534	0.7
	1948	1.0		2119	3.7		2213	1.0		2204	3.1
8 Su	0214	3.0	16 Mo	0323	0.4	24 Tu	0427	2.9			
	0822	0.9		0947	3.5		1040	0.9			
	1440	2.9		1542	0.2		1709	2.9			
	2047	1.0		2212	3.6		2306	1.0			

Steady, Stable & Sustainable Market Indicators

— LOOKING TO —

TAKE OFF?

Whether you are looking for a new home or looking to upgrade,
Harcourts Cooper & Co will help you shoot for the stars.



The latest statistics released by the Real Estate Institute of New Zealand showed the median house price nationwide has increased by 1.8% in March, year on year. Auckland saw a minor decrease of 2.2% to \$880,000 during the same period – this was due to a record high in the previous year and a 4% increase in properties sold under \$750,000. Days on the market remain relatively consistent at 36 in Auckland, compared to 35 days last year. Sales volumes in Auckland decreased 12% in March compared to the same period last year.

A recent analysis of over 450 sales completed between January & March 2018 by Harcourts Cooper & Co showed an increase in activity from first home buyers and investors, with these two groups making up 46% of buyers. A further 38% was made up by those 'trading up or trading down'.

When buying or selling Real Estate ensure you obtain experts advice. The 'Bright-line property rule' has changed. From 29th March 2018, people who sell a house in New Zealand within five years of buying it must pay income tax on any gains, unless it's their main home or another exemption applies.

If you bought a house between 1st October 2015 to 28 March 2018, the original two year bright-line rule still applies. For full details refer to the IRD website.

Are you interested in discussing current market trends further? Considering buying or selling and would like to discuss the best options? I invite you to contact me or your preferred Harcourts Cooper & Co consultant for an obligation free chat.

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Clare Ellis

Manager Browns Bay

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