

focus

Issue 7
August 2022

on community

Long Bay, Okura & Torbay

MERC

helping people get the most
out of our beautiful beaches

See page 20 for more details



Coping in a Pandemic: Resilience

The COVID pandemic has affected everyone differently. I have friends that have lost their livelihoods, or worse, have lost loved ones. Others are having to work long hours due to the shortage of staff in many industries.

How has COVID affected me?

Most of my family have had COVID, but thankfully only mildly. Most of my staff have also had COVID. Thankfully without any long-term consequences. I personally have not had a COVID infection (yet), for which I am grateful for.

Life on the Front Line:

We hear in the news many stories about the shortages of nurses and doctors and how these health practitioners are under stress coping with the workload. Pharmacists don't seem to attract much attention in the press, but it would be fair to say that pharmacists are also under stress. The three pharmacists at that were at Torbay Pharmacy last year have all left the profession.

I am personally working long hours to keep your pharmacy services going. No doubt a lot more hours than is healthy. So it is important for me to have good strategies to ensure I stay well. Not just avoiding COVID and the winter bugs, but keeping my mind sane and my body moving. I'll often combine a quick walk on my back lawn to ground me, with some long slow breath exercises to calm the mind. I love to exercise, so a few quick push ups, or chin ups on a bar makes me feel good.

Breathing slowly through the busiest times of the day helps maintain a sense of calm and balance. A quick joke with a customer or a smile and a thank you also helps to refill my tank.

Resilience Strategies:

Breathwork and exercise are my key resilience strategies. Other suggestions are writing (some people use a gratitude diary), arts like dancing or painting, meditation, time in nature, time with loved ones, friends or pets.

It doesn't matter what you do to maintain a feeling of balance and normality. The key point I am trying to make is to be mindful and aware. And while Jacinda has overused the expression, it still rings true: "Be kind".

Martin Harris



Opening Hours Torbay Pharmacy

Monday to Friday
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The local kindly taking education outside



Preschool teacher Jo Luff reckons there's no such thing as bad weather, just bad clothing.

It's mid-winter and you can find her every weekday at the Play and Learn Nature Kindergarten at Long Bay.

Along with her young charges, she dons winter woollies and waterproof gumboots to have fun and learn in a fit-for-purpose outdoor playground.

There's no swings or slides, no whiteboards or building blocks, but there's plenty to occupy the children.

Pōhutukawa trees replace monkey bars.

"Who needs a sandpit or a messy play table, when you have a beach-worth of sand, tidal creeks and an entire ocean at your disposal?" Jo says.

"In a world where children's time is increasingly structured, sedentary and indoors, the play environment at the outdoor kindergarten is a rare and

precious thing."

There's at least two trained teachers on every session, looking after a troupe of up to 10 children.

But what adventures may happen on any given day are very much child-led.

They're at the mercy of the weather, but that's something they celebrate, not resent – there's a safe spot they can retreat to if needed, but that's not often.

Some props help the children play – bungee cords, tarpaulins, and spades among them – and books are at hand when downtime is needed.

The approach is grounded in plenty of robust research influenced by educational philosophies including Steiner, Montessori, Reggio Emilia, Outdoor Adventure Education and Forest School programs from Scandinavia and the UK.

The benefits for young people from significant time spent in unstructured play in the outdoors are increased



concentration, better academic performance, problem solving, resilience, physical health and stamina.

Jo sees it every day: happy, healthy kids, empowered to explore with their young mates, kaitiaki of a patch of wilderness in their own neighbourhood.

It's a dream job for someone who remembers being a "trusted roaming child" – she's passionate about providing the same freedom and opportunity to the children in her care.

She's a staunch advocate for free play from a young age, saying it gives children space and time to work out who they are - before they are told who to be.

In a rapidly changing world the Nature Kindergarten is developing a generation of independent thinkers and problem solvers, connected to the world around them and up for the challenge.

Build financial freedom

So, what does financial freedom mean for you? Have you ever considered the possibility? It's an exciting thought and one that could happen!

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Content of this magazine.

If you have any editorial ideas or unusual photos please send to editor@focusoncommunity.co.nz

Cost of advertising.

Almost 7000 copies of this magazine are delivered to homes in Long Bay, Torbay and Okura by our private delivery team. Because it is a community magazine we are allowed to post into no junk mail boxes.

6.2 cms x 4.2 cms box \$60 + gst

9.2 cms x 4.2 cms box \$120 + gst

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1 page 29.7 cms x 21 cms \$475+gst

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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editor's letter

One of the most precious rights we have is that of the right to vote.

The democracy we enjoy in New Zealand is not enjoyed by every nation in the world and many live in countries where they have no say over their future or their rights.

I have always voted in Local Board, Council and National elections. I was aware of the struggle and sacrifice that was made to give women the right to vote and have a say in how things that affected them would be done.

To be able to vote you need to be enrolled on the electoral roll. There is an excellent Government website which helps you to know if you can enrol and how to do it. Check out www.elections.nz. Support is available if you need it.

This website will also give you more information on democracy in New Zealand, guidance for political parties and candidates. They will also feature statistics and historical

information.

Over the next few months, we will see lots of information being broadcast about the local elections.

In October this year we are able to vote for our Local Board representatives. These are the people we will connect within our community. They will be the ones to make the decisions about how funding is spent in your locality. It is important to take the time to find out who the candidates are. The voting papers will be sent out on 15th September.

We will also be voting for our Councillors and Mayor of Auckland. These people have huge sway over our lives as they make major decisions on how the City of Auckland will operate.

So, if you haven't done so, please think about registering and, when candidate information is released, please study carefully- your future depends on it.

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Having fun while helping others

Torbay retirees Grant and Robyn Fickling are “steaming along” with their enterprise involving the writing, self-publishing and marketing of children’s books. Robyn explains- “Longlegs Creations started as a retirement hobby, however it has grown into a small business! Although quite time consuming, Longlegs is a lot of fun, and we really enjoy the people contact with our customers and others that we meet relevant to the business”.

Grant and Robyn along with friend Carol Sawyer - an accomplished graphic artist, write, illustrate, initiate the printing, market and distribute their range of books. Marketing is effected by way of markets, displays in retirement villages and clubs, corporate customers, schools, holiday outlets and many other targeted venues.

Grant quips that “it’s not the easiest way to sell books, however we offer great stories for the kids at budget

prices by eliminating the cost and margins of publishers, retailers and agents. All profits are donated to Kidscan - the wonderful charity that helps feed and clothe children, in schools.” “ We meet with Kidscan regularly and gain real inspiration and motivation listening to the plight of so many Kiwi kids, who arrive at school

hungry each morning” explains Robyn. “It’s great to be doing something that we really enjoy, being able to offer books at budget pricing, and donating our profit to such a wonderful charity.”

All communication to -- Longlegs. creations@gmail.com or Ph 0211161231 (Robyn)



Torbay/Waiake June 2022



Wendy's update

Are you thinking of Selling? I live locally and have concentrated in selling in the Torbay/ Waiake area for over 25 years. I offer prospective sellers and customers a strong history of results, knowledge and experience in all market trends.

This is a great time for sellers to be on the market – currently in Torbay and Waiake we are showing the lowest amount of properties for sale for sometime.

Across Auckland the median sale price in June surprised the market by rising by 2 per cent on that for May – “No one saw that modest increase coming” said Peter Thompson. Buyer interest in our area is strong – the majority of buyers have done their homework, have finance in place and are ready to buy – qualified buyers are great for sellers!

If you would like an appraisal on your home, a confidential chat about your next move and to maximise your sale give me a call,

Kind regards, Wendy

E w.radcliffe@barfoot.co.nz
W barfoot.co.nz/w.radcliffe

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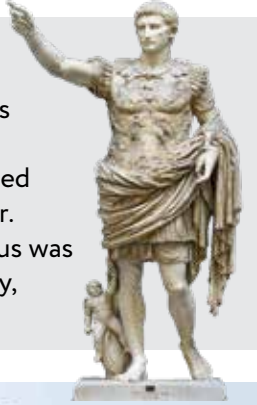


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(LICENSED REA-2008)

Focus on August! The birthstone and flower of August

In 8BC the month was named in honour of Augustus Caesar, the Roman emperor and adopted son of Julius Caesar. Eventually, Augustus was shortened to simply, August.



A birthstone of the highest beauty, peridot is a stunning green gem that is forged in lava. While it may not be the most well known of the birthstones, its stunning range of colour from electric grass to subtle olive will make anyone green with envy.

August is represented by a unique and spectacular flower. The Gladioli is a bright and vivacious flower that is also known as the sword lily as it grows in long stalks.



Days celebrated in August in America

- August 3rd is National Watermelon Day.
- August 5th National work like a dog day.
- August 10th is National Lazy Day.
- August 12th National Middle Child Day
- August 16th is National Roller Coaster Day.
- August 23rd is National Sponge cake day.
- August 28th is National Bow Tie Day!

August is famous for-

Sandwiches! This makes sense because the sandwich was invented in August of 1762 when the Earl of Sandwich requested two pieces of bread with meat inside.



It was on August 28th, 1963 that Martin Luther King Jr. gave his "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington, DC. An astonishing 250,000 people showed up to listen to the speech which called for the end of racial discrimination and equal rights for all.



Bamboo in August can be seen growing with the naked eye at up to two inches an hour!

Icons Marylin Monroe and Elvis both died in August.



Torbay Theatre

FOCUS ON AUDITIONS : 'THE MUSIC MAN'

Sunday 21 AUGUST, 7PM at Torbay Community Hall

Originally scheduled for 2021, Torbay Theatre is looking for additional cast and musicians for this popular Broadway show. There are parts for youth and adult, male and female performers, including main roles, as well as various musicians.

The Music Man tells the story of conman Harold Hill, who arrives in River City to talk the townsfolk into starting a children's band (76 Trombones led the big parade ...) and talk them out of their hard-earned cash. With lessons underway, and uniforms and instruments all on order, Harold finds himself in love with the town librarian, and in trouble with the Mayor.

Performances 8-17 December.

For more information on roles available, musicians needed, updates, and more! see our website below.



Madame Arcati (Jenny Whisken) locates the source of the visitations in maid Edith (Philippa Mandeno).



Poor Charles Condomine (David Adkins) has two ghost wives hurling things at him!!

The Stolen Crystal was a resounding success, with our youngest demographic once again enjoying an afternoon of magic and laughter.



The Stolen Crystal cast in rehearsal.

Blithe Spirit Reading: Invited guests, all Club members, gathered for the second half of this well-loved play by Noël Coward, presented as a lightly-rehearsed reading, free and fun. Thanks to Anne Rimmer for organising and directing this clever alternative to big productions currently vulnerable to postponement or cancellation.

Next Club Night: 3rd September 7:30pm

Email clubnight@torbaytheatre.com if you would like to be involved.

Save the Date: 70th JUBILEE CELEBRATION!!

29th OCTOBER at 7:30pm

Come celebrate with us later this year with scenes from shows from each decade!

For more information, and to book, see our website: www.torbaytheatre.com

See also: our Facebook page, or ph 473-5454. 35 Watea Rd, Torbay.

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Backing the Bays

Your new-look team for the Local Board

Julia and Alexis have teamed up with two new candidates who are community-minded, highly qualified and bring important perspectives to the table. As a team, we have the experience and skills to deliver the very best for our community.



Julia PARFITT

Julia has extensive experience in Local Government and is an effective leader for our community. Julia has a proven track record of delivering significant community projects in our area.



Alexis POPPELBAUM

Alexis has achieved significant wins for our community in the last three years on the Local Board. She's experienced in policy and strategy, and is a volunteer for various local organisations.



Gregg WALDEN

Gregg holds an MBA and has worked as a Marketing Manager for various international and national companies. He is a local business owner and is well-connected in the East Coast Bays as a passionate volunteer.



Frank SUN

Frank is a business owner and dedicated community leader in organisations such as Rotary, Long Bay Residents' Association, Long Bay Chinese Association, Restore Hibiscus and Bays and Harbour Hospice.

What we've achieved

- ✓ Successfully lobbied for a community recycling centre for our community (funding is earmarked for Rosedale).
- ✓ Tackled summer camping on beach reserves.
- ✓ Instigated improvements for Council to effectively enforce its bylaws.
- ✓ Successfully lobbied Council to purchase the farm houses/red shed in Long Bay Regional Park.
- ✓ Lobbied to stop suggested funding delays to the Glenvar/East Coast Rd project.
- ✓ A dog park is planned for and funding set aside.
- ✓ Delivered a fun pumptrack.

Our action plan

- ✓ Improve sediment control compliance on building sites, to protect our waterways and marine reserve.
- ✓ Provide a disability beach access mat so wheelchairs, people uneasy on their feet, or parents with prams can access the beach.
- ✓ Expand Long Bay Regional Park by lobbying Council to purchase available land at Piripiri Point.
- ✓ Fund improvements to Browns Bay town centre, including developing a greater connection between the Village Green and Phoenix Plaza.
- ✓ Improve play spaces with more shade provision, equipment for all abilities and new unique play elements.



Vote for all 4 candidates as your Backing the Bays team

www.BackingTheBays.co.nz

Modern Floating Hotels

Waking up to find a new destination outside your cabin is one of the great joys of cruising, particularly on a river cruise. Every day is a port day when you travel by river, bringing fresh destinations and ever-changing scenery for the entire duration of the trip.

From the Mississippi to the Mekong, the world's rivers are becoming the hottest way to transport tourists in search of a new, relaxing way to travel. There is something so blissful about exploring Europe via its medieval highways, each day disembarking in another picturesque riverside town to explore its cobblestoned streets or hilltop castles. Shore Travel's Mary Buckley said that due to their smaller size, river cruise vessels offer an intimate travel experience with around 100 other guests. "We're all looking for ways to slow down and reconnect and a river cruise offers the perfect opportunity to go with the flow, even if it's just for a week or two."

Europe River Cruise Escorted Tour

Shore Travel's Mary and Jason Buckley are escorting a small group of travellers from Prague to join an Avalon Magnificent Avalon River Cruise in Budapest. After successfully leading this tour (in the reverse) pre-covid, they are looking forward to returning to this beautiful part of Europe with a small group of clients.

From Budapest to Amsterdam, be immersed in the culture of Central Europe in a unique way on this timeless European



river cruise. Begin by visiting three of Europe's vibrant capital cities: Budapest (Hungary), Bratislava (Slovakia), and Vienna (Austria). A Local Guide will show you the must-see sites in each city and you'll have plenty of time to explore on your own. Sail through the picturesque views of the Wachau Valley and the dramatic Rhine Gorge.

Explore quaint towns like Dürnstein with its blue and white baroque Stiftskirche; Passau, known for its narrow cobblestone streets. Enjoy guided tours in historic Nuremberg, Volkach, Würzburg, and Regensburg—one of Germany's best-preserved medieval cities. In the charming Rhine Valley town of Rüdesheim, enjoy a stroll through its famous cobblestone Drosselgasse lined with shops, restaurants, and lively taverns. Straddling both sides of the Rhine River is Cologne, Germany—a 2,000-year-old city known for its Gothic architecture and famous twin-spired cathedral.

This European river cruise would not be complete without a visit to Holland's lively capital of Amsterdam. See the treasures of this 700-year-old city from a unique perspective—on a canal cruise along the elegant grachten.

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Exciting new mural

Long Bay College student, Imogen Lambert was the designer of the Rotary mural now in place on the New World wall in Inverness Road, Browns Bay.

Imogen won an art department design competition & work started to sketch and paint the boards in the College art department, but numerous interruptions meant the project has taken over 2 years to complete.



The ultimate demolition of a Phoenix Plaza placement site allowed Rotary Browns Bay to acquire another spot where it will stay.

Also, the boards have been replaced by a different aluminium construction.

At 9.6 metres, the finished project will be erected on a suitable site close to the art department at the College, towards the end of this year.

Imogen Lambert, now at University studying town planning, is presented with her winning design prize by Rotarian Shirley Smith at Long Bay College last year.



CRIME PUBLIC MEETING

Wed 7 Sept, 7.00pm, Torbay Sailing Club

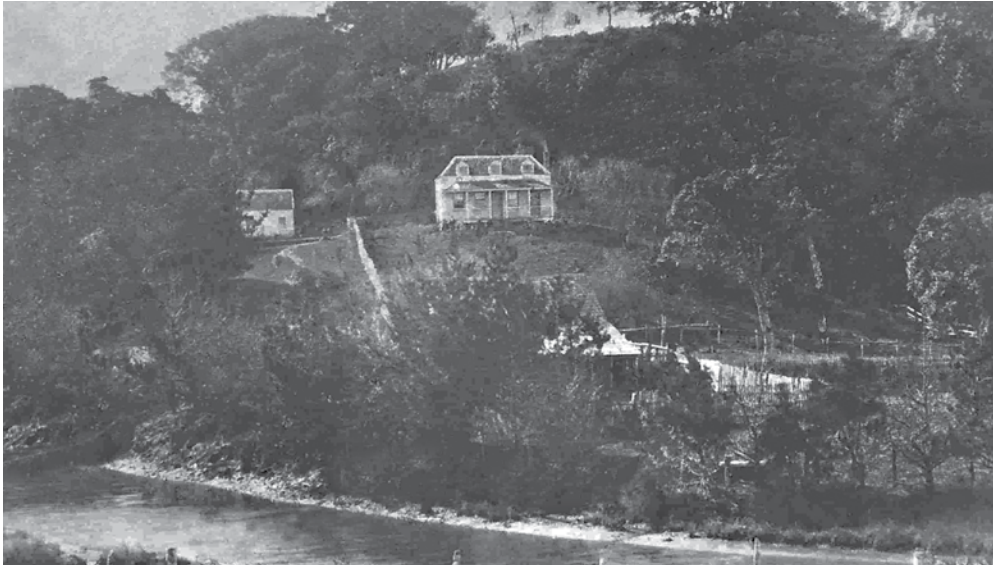
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Torbay Historical Society



On looking at 'Papers Past' we found (Auckland Star 25 August 1880) a court case where "Charles Edward Smith and Arthur Smith were charged with committing wilful damage to certain real property ...(owned by George Vaughan) ..by digging and making dangerous holes, and removing certain mineral, from beneath the surface, called kauri gum..." After the court case concluded Smith was fined '1s. and costs'.

In the areas of Lucas Creek, Albany and the Wade River, Silverdale there were gum fields in the last decades of the nineteenth century. Up in the hills behind Long Bay there were

once 40 gum diggers working. The Vaughan brothers took on the job of transporting the gum punts to ships off the beach, charging the diggers 1 pound a tonne. in one day they moved 30 tonnes.

George Vaughan built a small shed to store the gum awaiting shipment. In the store were kept basic supplies for sale or trade. The women of the camp would buy a yard or two of material, sit on the bank, sew up each side, cut a neck hole, and go off happily in their new finery.

That shed is in the old photos but it was later destroyed as it was past repair. When our society applied to



restore the homestead, the small shed on the property was incorrectly called 'the gumstore'. We found out that Tommy Vaughan (The last to live in the Homestead) had the Lightfoot family living with him. They had many dogs, which annoyed Tommy, so he brought in to the property the shed to house the dogs. The dogs won many prizes at shows. These certificates were displayed on the walls of the shed. We have left some of the certificates and some of the scrim on the wall as part of the history. As part of our ongoing projects we are going to use the shed to display more artefacts.

Everything is very quiet just now but the committee is having working bees and going through our lease with the Council Parks Board. Please let us know if you are able to help.

President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email wjb2ellis@gmail.com

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Is Yoga For Me?

What comes to mind when you think of yoga? Young, lycra clad women twisting themselves into impossible positions? Yoga has been portrayed as an activity for the already fit, flexible and usually young. But this is far from the truth!



Torbay local Jessica Devi is committed to sharing her love of yoga - no matter your age, size or level of fitness. She believes that, if you have a body, you can do yoga! At Yoga Within, Jessica's studio, a community of like-minded wellness seekers gather to practice moving, breathing and improving their health and wellbeing.

There are many different types of yoga. In some classes you get sweaty, while in others you fall asleep. Yoga can be used to increase strength and fitness and reduce stress and support feelings of calm and wellbeing. Yoga includes your mind and your breath. You're not just exercising you're paying attention to sensations you experience and to how your breath may change as you move. Most of us lean toward



being stronger or more flexible and yoga supports us to find balance between the two. Postural imbalances, old injuries and repetitive actions contribute to imbalances in your body, as do the stresses and strains of daily living. The holistic nature of yoga helps to realign both body and mind.

Research suggests that yoga may:

- Relieve stress, support good health habits, and improve mental and emotional wellness.
- Relieve pain in arthritic conditions, lower back and neck pain and increase range of movement in joints that have been injured or limited.
- Help with weight loss.
- Support the management of anxiety or depressive symptoms associated with difficult life situations.
- Relieve the symptoms of menopause.
- Help those with chronic disease to manage their symptoms and improve their quality of life.

At Yoga Within each person is seen as unique and options to rest or work harder are always offered. It's important to Jessica and her team of teachers that everyone who comes to a class finds it helpful. If it's not helpful, why do it, right?

If you've been meaning to get moving more, or have been thinking about improving your health and wellbeing, maybe it's time to pop down to your local yoga studio and say hi, it could just be the beginning of a whole new you!



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Why service your vehicle?

Our cars for most of us are a means of transport, to get us from A to B and back again. For some of us they are our pride and joy, independence, or our livelihood. Whatever your car is to you it's important that you are taking care of it. Regular servicing and maintenance of your vehicle is often neglected. A proper service with an engine oil and filter change is a vital part of keeping your vehicle healthy and ensuring your vehicle runs smoothly and reliably.

Why it's important to have your vehicle serviced

Having your vehicle regularly serviced and maintaining it between services means problems caught early. This can result in things being cheaper to fix. If problems are left too long there can be a domino effect with extra wear or pressure being put on other systems in the vehicle. This could result in more parts needing to be replaced and of course making it more expensive.

The bonus of regular servicing and a detailed service history makes for better resale value and longer life of the vehicle. Usual servicing costs range around \$200 - \$500 depending on vehicle / fuel type and what level of servicing is due. Major repairs like replacement engines, head gaskets or replacement transmissions can go into the thousands of dollars. Regular servicing minimises the likelihood of expensive repairs being needed and at a much lower price tag. Better to get things checked every 6/12 months and only have small things to remedy rather than one big bill because servicing has been neglected.

Preventative maintenance

Having your vehicle serviced regularly and keeping it maintained between services is a worthwhile investment. When your vehicle is serviced any potential problems or upcoming repairs are usually noted down so these can be addressed sooner rather than later. Usually when the repairs are carried out early it's a cheaper repair.

Regular servicing is also the best source of preventative maintenance for your vehicle. There are lots of parts such as



air, cabin and fuel filters, brake fluid and drivetrain fluids that have specific replacement intervals. Parts like spark plugs on petrol engines usually need replacing between 30000km and 100,000km depending on the type of spark plug. During servicing there are so many other things checked while the service is carried out, tyre tread, suspension componentry, brake linings and various other systems relating to the safety of the vehicle and lowering the chance of a failure happening while driving.

If I just top up the oil it'll be fine

Sometimes a vehicle will be using a bit of oil or leaking somewhere, and the answer is just to top the oil up from time to time so there's no need for a service right? Wrong. The oil that is left in the engine does age and breaks down over time, contaminating the new oil you're putting in. Depending on the conditions the vehicle is subjected to will vary the rate the oil breaks down and oxidises. When your oil becomes thick and sticky it's not going to do its job correctly, which is to lubricate the internal components of your engine. Not changing it regularly can lead to deterioration of rubber seals, bearings and in worst cases result in engine failure.

Most manufacturers service schedules recommend servicing at least once every 12 months and between 10,000km and 20,000km depending on conditions.

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Hauraki Floral Art Club

One of the challenges in floral art is to experiment with a range of different styles of design. Using plant material in ways that reflect and use the same principles as all visual arts involves creativity and an awareness of nature.

A recent meeting of the Hauraki Floral Art Club saw members presenting their interpretations of the Stamobile style. This is a design inspired by sculpture, with one or more parts able to move freely by air current. The effect is to suggest arrested or imminent motion.



We meet monthly in the Outram Hall, Murrays Bay, to create, explore and laugh at our less successful efforts. The club celebrated its golden jubilee last year and new members are always welcome, with free instruction for beginners. Phone Jo on 0276738836.

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Torbay Garden Club



Torbay Garden Club members were recently treated to an outstanding visual display at the North Shore Orchid Society's winter show. Our Club photographers, Bill and Barbara Ellis, were on hand to capture this beautiful plant in its many different species- from phalaenopsis to the more modest cymbidium. One of our members is an enthusiastic orchid grower whose husband is President of the Society. They were closely involved behind the scenes and will be staging a Spring Show 25th September and a Summer show on 5- 6 November. The Orchid Club meets weekly on a Sunday at 1pm, enquiries, phone Peter 021 967 815.

July saw Garden Club members get together for a mid-winter 69th birthday luncheon - an annual event, enjoyed by all who attended. September is the Club's annual

Spring Show when we can look forward to a wonderful exhibition of blossoms, bulbs and all the bounty that spring brings. Many bulbs are already appearing, with the promise of warmer days ahead.



In the garden in August

It's time to prepare the soil for planting by digging in compost and lime. Sow vegetable seeds in trays for later planting out - tomatoes, cabbage, celery, melons, capsicum, spinach, onions, cucumbers and lettuce. Others, such as carrots, parsnips, beetroot, peas and radish, can be sown directly into the soil. Prepare beds and plant asparagus crowns where they can grow on for two years. Lift and divide rhubarb clumps and plant strawberries for an early crop. Spray winter crops of cauliflower and cabbage with Copper Oxychloride, to protect from fungus and blight. Any fruit trees showing bud burst can also be sprayed against summer fungus. Plant new citrus and blueberries. In the flower garden plant your favourite seedlings, such as cornflower, hollyhock, poppy, carnation and gypsophila. Establish others such as zinnia, chrysanthemum, marigold, phlox and sunflower in seed mix first to bring them on. Trim and shape camellias that have finished blooming. Re-pot, tidy, and feed indoor and patio plants.

President/Secretary: Hilary Collins Phone: 478 1601

Do you have a good community story to share? I would love to hear from you.

Contact
Carole

editor@focusoncommunity.co.nz



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How Much is Your Backyard Now Worth?

Would you like to know how much your backyard could now be worth?..

From August 2022, new Resource Management Act (RMA) regulations will enable greater development in residential settings promising less red tape and simplified requirements for land development, with fewer consents required for subdivisions and residential buildings.

Most residential zones currently allow only a single dwelling per site and have two-storey height restrictions in urban residential areas. These new standards will enable people to develop up to three dwellings on each site, each being up to three storeys, without needing to apply for a resource consent.

**This could be the perfect time to have your property appraised..
it may be worth more than you think!**

If you would like a ***no obligation free appraisal*** on your property please feel free to get in touch. We are your local specialist team and understand market values and more importantly what drives them very well.

Some kind words from our vendors..

“ *Thérèse is a very genuine person and we are so pleased we selected her to sell our home. Her knowledge and advice was excellent, communication stellar and she was never afraid to go the extra mile. We were so grateful to have her expertise as our agent and believe we wouldn't have achieved the result we did with any other agent. If you are looking to sell your home I cannot recommend Thérèse highly enough.* ”

Jiang Kou

Property and Marketing Consultant
M 021 0879 3257

Thérèse Leslie

Property and Marketing Consultant
M 021 0226 6192



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A Rare Opportunity



Murrays Bay, 2/5 Dalmeny Close



Dairy Flat, 224E Bawden Road



Browns Bay, 504/4 Bute Road



Browns Bay, 904A East Coast Rd



Albany, 55 Fairview Avenue



Torbay, 1007 Beach Road



Torbay, 34A Glamorgan Drive



Torbay, 140 Deep Creek Rd

Scott Larcombe
Property and Marketing Consultant
M 021 0822 3559





Long Bay

The Butchery Team!

We would love to introduce the team. Its made up of 3 guys – Ben (Butchery Manager), Mike (2IC) and Dan (butchery assistant). Mike and Dan are brothers (and their mum Maxine works in our checkout team).

The three have 26 years of experience between them. Our instore made sausages are a crowd pleaser. We recently did a bulk custom order of Chinese style instore made sausages for the Long Bay Chinese community and these were a hit. We already have another bulk order of them. Our team are happy to help with custom orders!

Our meat serve over if full of inspiring meal solutions that are all prepped here instore and ready to go straight into the oven or slow cooker at home e.g. Pesto and cream cheese stuffed chicken breast; honey, mint and rosemary lamb shanks...



BEN was asked

How long have you been in butchery? 9 years.

What is your favourite product?
In store made bangers.

What's your favourite thing about working in butchery?

Working with such a good foundation of people who bring nothing but positivity and passion to work.

Biggest challenge about working in a butchery? Value for money with the increase of costs and living - but with NWLB making this a key focus weekly and doing weekly plans make things a whole lot easier when planning at department level.

MIKE was asked

How long have you worked in a butchery? 15 years all together in butchery.

What is your favourite product?
Love our in store sausages.

What's your favourite thing about working in butchery?

The positive energy within department and store.

Biggest challenge about working in a butchery? Keeping good value despite the rising costs.

DAN was asked

How long have you worked in a butchery? Nearly 2 years including my job at Browns Bay.

What is your favourite product?

Our in-store made beef patties.

What's your favourite thing about working in butchery?

Working with such a great crew and caring owner.

Biggest challenge about working in a butchery? Ensuring every customer is 100% satisfied to the best of our ability, but the challenge is worth the effort because it's very satisfying when customers come back regularly.

Long Bay Regional Park – only 20 years ago

December 2000 part of one of the beaches, with houses and cattle on the hill.



March 1999 Gates hallway and houses, now all gone.



April 2000 Along the inner road.



1988 Long Bay Restaurant.



March 2000 Eta express.



Photos by Bill Ellis.

Celebrating Long Bay community!



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How we celebrated Matariki

This year Matariki was recognised as a public holiday. We welcomed members of our community from near and far to our whanau to celebrate Matariki by leaning into the understanding and traditions of the festival.

Long Bay School represented hau kainga and supported the weekend by leading an incredible whakatau to the Centre with mana whenua responding in kind. We spent the weekend learning about Matariki. Our thoughts and actions sought to honour our first people and traditions by acknowledging the past, celebrating today and looking ahead to the next year.

When asked what made our event stand out, one of the

family leads said "The fact this was residential weekend event that was accessible for all my family and extremely affordable due to the very generous sponsorship. I loved the fact that it was a combination of learning more about the cultural aspects of Matariki and the activities."

Thanks heaps to East Coast Bays Community Project as well as Hibiscus and Bays Local Board for making this event financially accessible for the community. And of course, a big thanks to each and every person involved for bringing their mana and spending time with us all.



Article & images by Yui Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz

Long Bay Business Directory

Cafes and Restaurants

Arum 88 Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza OPENING SOON
55a Ridge Rd

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

Long Bay Fisheries
Order online and then just collect
Shop 3 88 Te Oneroa Rd 09 212 9816

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

Obella Stories shared, memories made
1/56 Te Oneroa Rd 021 076 2843

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Clothing

LongDayz For surf, skate & streetwear.
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Uniform Shop
Uniforms for Long Bay College.
Village Centre 027 303 8087

Hair Care

Barbers www.longbaybarbershop.co.nz
3/88 Te Oneroa Rd 09 214 3967

Health and Beauty

Bloom For beauty and wellness
55a Glenvar Ridge Rd 021 217 4047

Dynamic Physio For all physio needs
55a Glenvar Ridge Rd 09 553 8501

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Long Bay Pharmacy Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

Elementum For resort style living
Village Centre www.elementum.co.nz

Harcourts For community living
mingliu.co.nz 027 519 6826

Supermarket

NewWorld
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

Liquorland
Large range of wines, spirits and beers
7/88 Te Oneroa Rd 09 473 0065

Ming Liu's Update

Garden Tidy-Up Competition

Wanting to give back to the community she loves, Ming recently ran a competition for one lucky Long Bay homeowner to win an Autumn Garden Tidy-Up.

Ming's gardening guru headed out to the lucky winner's home and did a great job of trimming, pruning, and weeding. You can see from the before and after photos what a difference it made!

Due to family circumstances the homeowners had been struggling recently to keep on top of their garden. The work was completed just before the Matariki long weekend, and the lovely family were delighted to have a free weekend to relax and unwind.



BEFORE



AFTER



Ming's 2022 Bus Back

Have you seen any of the buses driving around promoting the top Harcourts Cooper & Co salespeople? Keep an eye out for Ming's bus – of course, she didn't miss the opportunity to show off beautiful Long Bay to the rest of Auckland!

Harcourts Cooper & Co

Ming Liu

Sales and Marketing Consultant

Your Long Bay Local Expert





HOW'S THE MARKET?

'How's the market' is the number one question that I get asked quickly followed by, 'Is now a good time to sell?'

I had a lovely phone call from one of our local neighbours asking me these questions above. This was followed by me asking her why she was asking these questions at this time. We both had a laugh and after further conversation she decided that while the idea of moving sounded appealing she hadn't thought about where she would go and really just wanted to stay in her current home which was in a fantastic sun filled location and already gave her great living. I love these phone calls - helping people work through their options, understanding their motivating factors is what I love to do. Sometimes it isn't simply a matter of selling or buying. If you need a listening ear please give me a call - I would love to chat.

Sharee
Branch Manager

Sharee Adams 021 416 220
sadams@barfoot.co.nz



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* June 2021 - May 2022. Residential sales. Based on independent research.



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Rental values in our area

TORBAY



PER WEEK
\$660 - \$750



AVERAGE
\$660

39 homes for rent

LONG BAY



PER WEEK
\$700-\$1150



AVERAGE
\$980

14 homes for rent

WAIAKE



PER WEEK
\$445-\$645



AVERAGE
\$550

8 homes for rent



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RIDDLE OF THE MONTH

What has to be broken before you can use it?

Answer: Back page

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Quizzes

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MUSICAL INSTRUMENTS

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

- | | | |
|------------|-------------|---------------|
| BUGLE | HARPSICHORD | SHAWM |
| CELLO | HORNPIPE | TABOR |
| CORNET | KETTLEDRUM | TRUMPET |
| FIFE | LUTE | TUBA |
| FLUGELHORN | LYRE | TUBULAR BELLS |
| GONG | MOOG | CIOLA |
| HAMMOND | OBOE | CIOLIN |
| ORGAN | REBEC | |

WORD PUZZLE How many words can you make from the following letters?

TURGN

8 good, 12 very good, 14+ excellent

CROSSWORD

	1		2		3		4		5		6
7							8				
9					10		11				
	12	13						14		15	
16											
17				18					19		
20							21				
22							23				

Across

- 1,9 Extremely hard work – unstinting effort (5,5,3,5)
- 8 Faint (4,3)
- 9 See 1
- 10 Profound – engrossed (4)
- 11 Unsuitable pairing (8)
- 13 Arid region (6)
- 14 Respond (6)
- 17 Irritatingly self-confident (8)
- 19 Cupola (4)
- 21 Dull heavy blow (5)
- 22 Enmity (3,4)
- 24 Socially or economically deprived (13)

Down

- 1 Bread roll (3)
- 2 Shellfish (7)
- 3 Arab sailing vessel (4)
- 4 Enclosed by (6)
- 5 My nation (anag) – metallic element (8)
- 6 Estranged – in pieces (5)
- 7 Let off – set free (9)
- 10 Devoted to a particular cause or purpose (9)
- 12 Temporary basic accommodation (slang) (5,3)
- 15 Cowboy State (7)
- 16 Plant – preparation used for treating bruises (6)
- 18 Card suit (5)
- 20 Storyline (4)
- 23 Youth (3)

SUDOKU

	4	2		6	9			
6	8				5			
					7		6	2
9		5						
2		8				4		9
						6		8
1	2		7					
			6				9	3
			9	4		8	1	

Spanish Rice with ground beef

This recipe is easy to make and delicious to eat. It doesn't take long to prepare and there are a variety of ways to cook it. Another way is to use sausages instead of minced beef. This hearty meal can be served with tortillas.

Ingredients

Half kilo lean minced beef
 3 cups stock
 1½ cups uncooked white rice
 1 (400 gms) can tomato sauce
 1 (400 gms) can diced tomatoes
 1 green capsicum, diced
 1 small onion, diced
 1 tablespoon chili paste
 1 tablespoon crushed garlic
 Pinch salt

Directions

Chop the capsicums and the onions.
 Heat a large pot over medium-high heat.
 Cook and stir ground beef until browned and crumbly, 5 to 7 minutes.
 Stir in water, rice, tomato sauce, diced tomatoes, capsicum, onion, chili, salt and garlic. Cook over high heat until boiling, about 5 minutes.
 Reduce heat, cover, and let simmer until rice is tender, about 20 minutes.
 This can also be cooked in a slow cooker on high for 4 hours or in the oven for 1 hour at 180°



Monthly Quiz Answers Page 30 brownsbayrotary.co.nz



COURTESY OF ROTARY BROWNS BAY

1. Where is this years World Football Cup to be held?
2. What is the first song in The Lion King?
3. The Zika virus was first identified in which continent?
4. What creature is Harry Hotlips?
5. What does a Fletcher make?
6. On a London Underground map what colour is the Circle Line?
7. What Dolly Parton hit had the words, 'you could have your choice of men, but I could never love again'?
8. Where is John o' Groats?
9. What surname links 2 actresses nominated for Academy awards in 1968?
10. What colour is common to both the Belgian and Bulgarian flags?

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WHY IS THE FLU VACCINE SO IMPORTANT THIS YEAR?

Immunisation is the best way to protect our communities from infection and serious illness. With the borders closed due to the COVID-19 pandemic, Aotearoa New Zealand has had few to no influenza infections for the past two years. This reduction in infections is likely to have led to lower-than-normal immunity against the virus in the New Zealand population. As COVID-19 restrictions ease and borders re-open, it can be expected that a resurgence of respiratory viruses will follow, and seasonal viruses may not follow typical seasonal patterns. The lack of seasonal infection in 2020 and 2021 will likely result in reduced residual immunity and contribute to a higher risk of serious disease.

While we can expect to have influenza circulating in our community this winter, we cannot predict what this influenza season may be like, therefore, preparation is of the utmost priority. The presence of both influenza and COVID-19 circulating in the community presents a



further concern due to the risk of co-infection, and an increasing burden on the health system.

The World Health Organization (WHO) recommends countries step up their influenza vaccination campaigns during the COVID-19 pandemic to prevent severe disease and hospitalisation associated with influenza and prepare for co-circulation of influenza and COVID-19. Data from the United Kingdom's winter of 2019–2020 suggest that COVID-19 and influenza co-infections have resulted in severe disease outcomes, with higher mortality rates in cases with co-infection, compared to those who only tested positive for COVID-19. Age-specific mortality rates were higher among older people with COVID-19 and influenza co-infection.

During COVID-19 outbreaks, influenza vaccination becomes increasingly important, as the co-circulation of both diseases leads to an increased risk for severe illness if both viruses are caught whilst unvaccinated.

To book your flu vaccine, phone the team at Torbay Medical Centre 09 477 9000



Torbay Medical Centre
1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre
55a Glenvar Ridge Rd, Long Bay
09 473 0063

Stay Well Tips for a BIG Winter

This winter is already shaping up to be a doozy. We are helping record numbers of people to get their flu vaccines to protect themselves and their families. Many of them describe having been ill recently or having members of the family who have succumbed to the winter bugs. Let's not be scared of what might happen but just take some good sensible precautions and trust in what you are doing. Here's my top Nutrition Medicine tips for avoiding getting sick from winter's bugs.

Antiviral Immune-Boosting Tonic:

I have designed this herbal tonic in combination with medical herbalists. This tonic is my personal main strategy for staying well. It contains a number of practitioner-strength herbs like echinacea, olive leaf, pau d'arco, andrographis, elderflower and licorice. The good news is that the high quality herbs we use are potent in terms of effectiveness. The bad news is they are also potent in terms of taste (not in a good way).

The herbs have actions like reducing the replication of viruses and bacteria as well as boosting key immune cells



like your NK (Natural killer) lymphocytes. These guys are like the SAS of immune cells: deadly assassins targeting bacteria and viruses in your body.

PureDefence with NAC

NAC has the ability to stop viruses (especially respiratory ones) from replicating. This is particularly important early in the infection. Because reducing viral load often means the difference between a mild snuffle and more serious "man-

flu" infections. NAC also has anti-inflammatory properties which is helpful to reduce the aches and pains that can accompany winter bugs.

PureDefence with NAC also contains quercetin, vitamins C and D, zinc and elderberry. These are amazing nutrients in their own right for supporting a healthy and bug-free winter.

Come in and chat to our team at Unichem Torbay Pharmacy about whether these Winter Wellness nutrients are suitable for you and your family. And if you don't like bad tasting tonics, I have some yummy ones as well.



NUTRITION
MEDICINE™

Ways to treat flu symptoms

Rest up – When you come down with the flu, rest will help give your body the energy it needs to fight the virus. Stay at home especially during the first 24 hours after becoming ill.

Drink fluids – Fever, a common flu symptom, is associated with dehydration. It is important to get adequate fluids to ensure that you stay hydrated while ill.

Avoid contact with others – If you think you have the flu, stay home and avoid close contact with others. Flu viruses commonly spread through airborne droplets created when an infected person sneezes or coughs.

Ask your Pharmacist about anti-viral medicines – Prescription medication can be of help if symptoms are severe

Consult your doctor – If you become very sick with the flu or at a high risk of developing complications, call your healthcare provider.

Lower your body temperature - Fever is a temporary rise in the body's temperature. It makes you feel hot and sweaty and you find yourself shivering to generate body heat. Rest and fluids help with your fever symptoms. If symptoms are severe or persist consult your Doctor.

Keep cold, flu, and comfort relief close – When you have the flu virus, you do not want to head to the store and browse through the cold and flu aisle. Keep the cold and flu symptom relief products you need at home, so you can get relief when you need it, fast.

A	Do you need to sit to put on trousers and socks?	✓
B	If you try to balance on one leg, do you wobble and have to grab for support?	✓
C	Are you afraid to stand on steps or a ladder?	✓
D	Do you find that carrying your shopping bags up the stairs causes you difficulty?	✓
E	Does your lower back ache after doing house work or the garden?	✓
F	Are you confident with your body strength and flexibility to work and do chores around the house and garden with ease?	✓
G	Do you often feel 'one under'? Do you feel you are sluggish or fatigued too?	✓
H	Do you have reduced movement and are there things you cannot do now that you could 5 years ago?	✓

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Under One Roof?

Max and Sharon had lived in the same house in Browns Bay for twenty years. Dylan, the son they raised there, was now grown and living close by with his partner, Isobel.

Isobel and Dylan had recently welcomed their first child. They were currently renting and hoping to soon buy a home of their own. When Dylan and Isobel combined their savings and Kiwisaver, they had around \$100,000. A large sum to be sure, just not enough in today's market. Max and Sharon were concerned that Dylan and Isobel might never be able to get a foot on the property ladder.

Determined to help, the parents started by looking at their own resources. Their home was situated on a valuable, full quarter acre site. The house itself had four bedrooms, one bathroom and a separate toilet. Too big for them but not quite big enough for Dylan, Isobel and the baby to move in with them. They decided it made sense to sell their house and pool their money with Dylan and Isobel, buying a property they could all live in together. This solved two problems: It would allow Max and Sharon to free up capital for their retirement, and it would get Dylan and Isobel on the property ladder. Not to mention the benefits of having Nan and Grandad on site!

The two couples started to look for a property that could accommodate them all. They eventually found the perfect place: good schools, modern, spacious and within their budget.

Max and Sharon would own 75% of the property, Dylan and

TAMMY MCLEOD (BA LLB) leads the Davenports Law Trust Team. She is a trust and asset structuring specialist providing clients with advice and assistance on a broad range of issues involving the structuring and establishment of asset plans, interpretation of trust deeds, the management and administration of trust funds, trust disputes and Relationship Property.



Isobel 25%. Dylan and Isobel's savings were only 5% of the actual purchase price so they needed to borrow money to reach 25%. Max and Sharon weren't in the position to lend, as they needed savings for retirement. The bank would lend Dylan and Isobel the extra \$400,000; however, Max and Sharon would need to be co-borrowers as they would be on the property title.

Quickly realising the complexity of the situation, they sought legal advice. Max and Sharon's lawyer explained that these kinds of property sharing arrangements were becoming much more common. She counseled that even within a trusting family, it was important to have an agreement in place that dealt with all the worst-case scenarios. She had seen things go wrong too many times. Some issues to consider were:

What if Dylan and Isobel couldn't pay their mortgage? Who was responsible for rates, insurance, etc.? What happened if one of the couples separated or someone died?

It was vital to set the ground rules now to ensure all parties were on the same page, avoiding nasty surprises down the line.

There are many ways to help children into property. It is tough at the moment; traditional methods aren't cutting it for a lot of people. Thinking outside the square is more important than ever. However, involving more parties in a property can complicate outcomes. Legal advice should be a part of your plan.

TAMMY MCLEOD, MANAGING DIRECTOR, DAVENPORTS LAW



davenports law.

First home buyers? Parents assisting children.

CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

There are a number of ways parents can assist their children onto the property ladder. A loan, gift contribution, or part ownership are common options.

With changes to bank lending policies and the 10 year bright-line test, it is important to get legal advice to establish the best way of structuring a contribution, which will protect both you and your children.

Talk to our Trusts or Property experts about your best option before you commit to anything.

09 883 4400
DAVENPORTSLAW.CO.NZ

A “growing” passion

I love growing things and especially propagating new plants.

Over the last year I have spent time poking around \$2 shops for small teacups.

Most of those I have picked up were only \$1 so not a hobby that breaks the bank.

When out and about I will snip a piece from plants growing in public spaces and when visiting friends and family would ask for cuttings from their plants.

I did actually just buy a few from the garden centre to create a good variety.

I grow mine inside a conservatory and they have thrived, but I know that they would have grown equally as well outside.

Unlike ordinary plants they do not need constant watering and if I forget to water, I know they will not die from lack of.

When planting I put a small amount of gravel in the bottom, then if you slightly overwater the plants don't have their roots in standing water.

Carole McMinn



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Scottish Country Dance



Starting from 24 July
Sundays 3:30 PM - 5 PM

Venue: Long Bay College Dance Studio

Free of Charge

(LBRA Members Only. Soft Dancing Shoes Required)

37 Vacancies Only. Get Registered Now!

Email: info.lbca2021@gmail.com

WeChat: Scan the QR code (Contact: Linlin Zhao)



Tutor: Stella Kuo, started Scottish Country Dancing in 1996, holds authorised teaching qualification and has 7 years of experience in teaching

Classifieds

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Garden Bags and Bins – Prompt and professional service, competitively priced. Call John 0508262626 or 021745992, www.jdpropertyservices.co.nz

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Quiz Answers

1. The World Cup is to be held in Qatar.
2. The first song in the Lion King is "I just can't wait to be King."
3. The Zika virus was first discovered in Africa.
4. Harry Hotlips is a fish.
5. A fletcher makes arrows.
6. On the London Underground map the Circle Line is yellow.
7. The Dolly Parton hit 'you could have your choice of men, but I could never love again' was Jolene.
8. John o' Groats is a village in Scotland.
9. The surname linking 2 actresses nominated for Academy awards in 1968 is Hepburn. Katharine won the Best Actress award, Audrey was nominated for 'Wait until Dark'.
10. The colour common to both the Belgian and Bulgarian flags is red.

Puzzle Answers



7	4	2	3	6	9	1	8	5
6	8	3	2	1	5	9	7	4
5	9	1	4	8	7	3	6	2
9	6	5	8	2	4	7	3	1
2	3	8	1	7	6	4	5	9
4	1	7	5	9	3	6	2	8
1	2	9	7	3	8	5	4	6
8	7	4	6	5	1	2	9	3
3	5	6	9	4	2	8	1	7

Word Puzzle

Gnu, gun, gut, nut, rug, run, rung, runt, rut, trug, tug, tun, turn, urn, grunt



focus
on community

09 473 3259
editor@focusoncommunity.co.nz

Tides Aug 2022 (Murrays Bay)

		LOW	HIGH	LOW	HIGH	LOW			
Mon	01	03:29	0.7m	09:38	2.8m	15:39	0.5m	21:54	2.9m
Tue	02	04:08	0.6m	10:16	2.8m	16:18	0.5m	22:33	2.9m
Wed	03	04:49	0.6m	10:57	2.8m	17:00	0.6m	23:15	2.9m
Thu	04	05:31	0.6m	11:39	2.7m	17:45	0.6m	23:59	2.8m
Fri	05	06:16	0.6m	12:26	2.7m	18:35	0.7m		
Sat	06			00:47	2.8m	07:05	0.6m	13:20	2.7m
Sun	07			01:39	2.8m	08:01	0.6m	14:20	2.7m
Mon	08			02:37	2.7m	09:02	0.6m	15:26	2.7m
Tue	09			03:40	2.8m	10:07	0.5m	16:32	2.8m
Wed	10			04:46	2.8m	11:11	0.4m	17:33	3.0m
Thu	11			05:50	2.9m	12:11	0.3m	18:30	3.1m
Fri	12	00:40	0.4m	06:51	3.0m	13:06	0.2m	19:24	3.2m
Sat	13	01:35	0.3m	07:47	3.1m	13:59	0.2m	20:16	3.3m
Sun	14	02:28	0.2m	08:40	3.1m	14:49	0.1m	21:06	3.3m
Mon	15	03:20	0.2m	09:30	3.1m	15:38	0.2m	21:56	3.2m
Tue	16	04:09	0.2m	10:18	3.1m	16:26	0.3m	22:44	3.1m
Wed	17	04:57	0.3m	11:06	3.0m	17:15	0.5m	23:33	3.0m
Thu	18	05:45	0.4m	11:53	2.9m	18:05	0.6m		
Fri	19			00:21	2.9m	06:32	0.5m	12:42	2.7m
Sat	20			01:10	2.7m	07:22	0.7m	13:35	2.6m
Sun	21			02:00	2.6m	08:15	0.8m	14:33	2.5m
Mon	22			02:54	2.5m	09:12	0.8m	15:33	2.5m
Tue	23			03:51	2.4m	10:11	0.8m	16:31	2.5m
Wed	24			04:47	2.4m	11:06	0.8m	17:22	2.6m
Thu	25			05:40	2.5m	11:55	0.7m	18:09	2.6m
Fri	26	00:21	0.8m	06:29	2.6m	12:38	0.6m	18:51	2.7m
Sat	27	01:03	0.7m	07:13	2.6m	13:18	0.6m	19:30	2.8m
Sun	28	01:43	0.7m	07:54	2.7m	13:57	0.5m	20:08	2.9m
Mon	29	02:22	0.6m	08:33	2.8m	14:35	0.4m	20:47	2.9m
Tue	30	03:01	0.5m	09:11	2.9m	15:13	0.4m	21:26	2.9m
Wed	31	03:41	0.5m	09:51	2.9m	15:53	0.4m	22:06	2.9m

Times adjusted for Daylight Saving.

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Alina & Kim's Featured Properties of the Month

1/8 Oteha Valley Road, Northcross



For Sale

🏠 4 🚿 2 🚗 1 🏡 1 🏠 2

barfoot.co.nz/834862

The Perfect Entertainer

- Generous living spaces with fantastic indoor/outdoor living
- A well-equipped contemporary kitchen with an open-plan living area
- Three double bedrooms
- Two bathrooms (1 ensuite)
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- Peaceful and private land with its own access road
- Few minutes drive to Albany amenities and easy access to motorway

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Lot 2 208 Lake Rd, Northcote



Only 1 left

68 & 68A Kewa Rd, Albany



5/60-62 Highland Park Dr, Highland Park



Only 3 left

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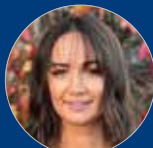
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