

focus

Issue 13
March 2023

on community

Long Bay, Okura & Torbay

Albany Football Hub in action!

See page 8

– Update on Glenvar Rd. See pages 19 and 29

Cardio-Metabolic Health

Cardio-Metabolic Health

Cardio-metabolic health means the health of your heart and blood vessels. Pretty important to helping you to feel vibrant and healthy. If it starts to go wrong, you may get diagnosed with medical conditions such as diabetes, cholesterol, calcification, and blood pressure. It may also effect (and be effected by) fitness levels, stress levels and overall wellbeing. Cardio-metabolic health is related to a well-rounded approach to diet and lifestyle. But what else can you do to stay well?

Opening Hours

Monday to Friday
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Nitric Oxide: The Miracle Molecule for Your Cardio-Metabolic Health

The discovery of nitric oxide has been called the most important discovery in cardiovascular medicine. In fact, the researchers received a Nobel Prize for their work in 1998. So what is all the fuss about?

Well nitric oxide is produced in your arteries and helps to control blood pressure, cholesterol, and the build-up of plaques which block arteries. It has also been found to be essential for energy production in the body, a properly functioning immune system as well as nervous system. Because of these effects, nitric oxide can improve blood pressure, reduce the risk of heart attacks or strokes, improve erectile function in men (and women), and reduce the risk of Alzheimer's disease, diabetes, arthritis and asthma. It has even been shown to slow down ageing and improve athletic performance. No wonder the scientific world has got so excited about nitric oxide.

Over 40? You Need Nitric Oxide!

The sad news is that you lose nitric oxide stores each year as you age. By the time you are 40, your levels could be 50% lower than your peak levels. This is probably why all the diseases mentioned above are more common as you get older. Not enough stomach acid will also lower your nitric oxide levels (a problem for people on acid-reducing medicines).

You can test your levels of nitric oxide with a simple saliva test (which we are offering FREE at the pharmacy this month). If you are low, then you should pay attention to diet (green leafy veges and beetroot), exercise and/or take the only proven supplement to increase nitric oxide levels (NEO40).

For some people, diet and exercise are not enough. These people can take a product that directly boosts your nitric oxide in your blood (NEO40).

NEO40

Neo40 is a patented technology developed by the University of Texas. It is the only product that has been shown in numerous clinical trials to directly produce nitric oxide, as well as boost your body's own nitric oxide production pathways.



Martin Harris

Prison visiting- early one Sunday morning

Early one Sunday morning on production of my I.D. card and scrutiny on camera, the barrier was lifted and I could proceed to the parking area. Before I set out I made sure I was in the correct dress code. No bright colours that could be associated with gang insignia, nothing in my pockets, especially a mobile phone, no pens or pencils that could be used as a weapon, no hoodies, no heels or short skirts. I chose a pair of jeans and a white T shirt (no shorts even though it promised to be a hot day). I am allowed one book and some notes on paper I have made.

We meet with others similarly dressed and our leader gives us the latest regulations and reminds us what units we have been allocated. The outside units have slightly less security than the main building. We are divided into groups of 3 or 4 per unit. One group leader, one musician (usually a bloke with a guitar and music) and 1 or 2 support members. All will take part in the discussions that will follow.

In the main building we are escorted by a security officer to a place with similar security features found in an airport. There is a full body scanner, finger print reader and an x-ray machine. After a while we pass through and are taken through a series of locked gates, there are bars on the windows and the walls are of thick concrete. Yes this is a



prison, the book I am carrying is a Bible and we are here to conduct a service, to discuss beliefs both spiritual and moral with anyone in the unit who cares to visit.

Sometimes there are not many who attend the hour service. It can be half a dozen sometimes up to twenty. I have been asked what are "they" like. Well they are just like you and I.

They come with baggage (and who doesn't) not labels. We use first names only. We don't have "hardened criminals" we are after all just volunteers not pastors.

We open in prayer and we sing something most people know, like Amazing Grace. I am impressed with these singing as some of these guys can really sing (and I should know as I have been in a choir for several years). We discussed 'our' beliefs based on the Bible. The love of Christ, forgiveness, etc. We encourage discussion from the men around us, some have quite a lot to say whilst others just listen. We hopefully plant a seed.

When we leave we shake hands, there are a lot of smiles. We are thanked by the prison officers. We ought to thank them more for the job they do, sometimes in difficult circumstances.

Should you wish to know more you can contact me chris. naylor886@hotmail.com and I will put you in touch with the appropriate authorities

Chris Naylor



Chris Naylor, Sue Hoggard, and Ross Ironmonger

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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

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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

It has been such an eventful month I hardly know where to start!

I have lived in New Zealand for almost 20 years and have never seen rain like it, a curtain of water that I could not see through.

Thankfully we sustained only minor water ingress but our hearts went out to all of those so severely affected by the flooding.

Although I will remember the images of people being rescued right up to their chests in water, the one lasting memory I will have is of how the community came together to help each other.

I am not a real fan of Facebook but here it was an amazing tool for communication. Appeals for old towels to mop up, appeals for help to move sodden carpets, appeals for dehumidifiers were all met in a wonderful caring way.

We heard of people setting up free sausage sizzles to feed the helpers

who had turned up to assist their community.

Neighbours checked on neighbours and phone calls were made to any considered vulnerable.

We saw community at it very best, working for the common good. It didn't matter whether you knew the person in need, people just turned up and pitched in to help.

Community is important and knowing your neighbours is important. If you have someone who has just moved into your locality, just knock their door and introduce yourself. Because we always drive everywhere we don't connect in a way neighbours did in the past.

If we all are aware of who our neighbours are, then we know when we may need to offer help and it will make our community all the richer.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Mairangi Bay FOOD & WINE Festival



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The Tūi Has Landed

After a twenty-year career in human resources, Jodie Shelley found herself inspired to write a novel after listening to an instructional series on Instagram. "The series of four, one-hour sessions was delivered by the amazing Irish author, Marian Keyes. She shared her knowledge from her very successful writing career in the series called 'How to Write a Novel'" Shelley says. Two years on from the series, Shelley's debut novel is about to be launched.

The Tūi Has Landed is a kiwi story about friendship, gambling, and revenge. It is set against a backdrop of terrible dating disasters and horrible pick-up lines.

The book follows the fortunes of Becky and Anahera as they recruit their resourceful friends to embark on what becomes a hilarious, late-night adventure. Their mission is to right a wrong and return a precious ring to its rightful owner, Anahera's beloved koro.

While the novel has been described as a contemporary romance, Shelley manages to combine humour with the grittier subject of problem gambling. During the story, a mysterious character emerges and begins a traumatic descent into the seedy world of addiction and problem gambling.

Shelley began writing her novel while juggling parenthood and her busy corporate role. "I found writing left me refreshed and enthused for the day job, simply by having an

engaging outlet for creativity in the evening. Once my son had gone to bed, I would write, then edit what I'd written in the morning over breakfast."

Shelley reports that she has long enjoyed writing. English was her best subject at school, she took a distance course on Freelance Journalism just for fun, she wrote a daily travel blog to record her adventures on a five-month trip around New Zealand and she currently writes on a regular basis on LinkedIn. "The advice from Marian was to write something you would like to read, which is why my novel is humorous, fun and set in New Zealand."

Shelley now runs a successful executive coaching and leadership development business but continues to write as often as she can. Her second and third novels are in development.



Torbay/Waiake January 2023



Wendy's update

Are you considering selling or buying in the Torbay/Waiake area? Specialising in our area for over 25 years I offer many advantages with in depth knowledge of the community and experience of all markets.

During the month of January, we experienced a strong level of buyer interest – attendance at open homes has been higher than they were in the last quarter of last year. While interest rates are a deterrent, buyers are recognising opportunities at current prices.

The demand for property under \$2million is showing strength – this is a great time for owners to be coming to the market.

I welcome your call to discuss your next move,

Kind regards, Wendy

E w.radcliffe@barfoot.co.nz
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How to play Pétanque

On the beachfront at Browns Bay, towards the southern end, there is a free to use pétanque court. Why not give it a go. Here is how to play.

Pétanque is a ball and target game played by two teams of either one (singles), two (doubles) or three players (triples). The concept of the game of Pétanque is similar to lawn bowls, i.e. resting your boule closer to the jack than your opponent. However, instead of rolling wooden bowls over a lawn, Pétanque is played on an area of bare ground, crushed stone or gravel with metal boules tossed towards the jack.

Players use metal balls called boules.

The jack (or cochonnet) is wooden or synthetic. In doubles and singles each player uses three boules. In triples each player uses two boules.

How to play the game

1. The team to start play is chosen by tossing a coin.
2. Any player in the team that won the coin toss chooses the starting place and draws a circle between 35 - 50cm on the ground in which to stand. Both of the thrower's feet must remain inside the circle until the thrown boule lands on the ground.
3. This player throws the cochonnet between 6 and 10m away in an area at least 1m away from any obstacle.
4. A player from this team throws the first boule trying to place it as near as possible to the cochonnet. This boule becomes the holding boule.
5. A player in the opposing team comes into the circle and tries to throw their boule nearer to the cochonnet, or knock away the holding boule placed there by the other team. The boule that is now nearer to the cochonnet is the holding boule.



6. It is then up to a player in the team not holding to throw until their team gets the holding boule, and so on. A team continues to throw their boules until either they have the holding boule or they have no more boules to play.
7. When a team has no more boules to play, the players of the other team throw their remaining boules and try to 'place' them as close as possible to the cochonnet.
8. When both teams have played all their boules the points are counted. The team with the holding boule scores as many points as it has boules closer to the cochonnet than the closest boule of the opposing team.
9. A player from the team that gained the points at the last end draws a circle around the cochonnet and then proceeds to throw the cochonnet to start the next end.
10. Each team accumulates the points it scores each end until one team reaches 13 points and wins the game. There is no minimum winning margin as in tennis. Teams can score points regardless of whether they started the end by throwing the cochonnet.



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Have fun, get fit, play touch

Touch, Touch Footy or TouchRugby, whatever you call it, is the best way to keep active and “social” through the summer months and in winter too!

Windsor Park, home of East Coast Bays Rugby and Cricket Clubs, becomes a hub of Touch activity from 6pm onwards on a Wednesday and Thursday evening through the summer. In winter there is smaller competition for the die-hard players.

The Bays competition really is for everyone. There are grades for specifically over 40’s men, for the competitive Mens OPEN teams, for guys and gals together in the MIXED grade and also for families in the “Whanau” grade. In 2023/4 plans are afoot to launch the inaugural junior competition. Signing up is done online through the webportal www.touchrugby.co.nz. Organisers much prefer groups, or teams to enter, however we do our best to place individuals into new teams.

Affiliated to NZ Touch and North Harbour Touch Associations respectively the Bays Touch competition is managed by the “Touchrugby.co.nz” platform, and it’s website is geared up for quick entry, online draws and results and easy team administration for managers.

Games run every Wednesday and Thursday night from 6pm. Cost is usually around \$700 per team for a 14-week season.

Contact admin@touchrugby.co.nz 027 666 5668



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TORBAY TAI CHI

Tai Chi is gentle exercise to maintain balance, co-ordination and wellbeing. Benefit for all levels of mobility. Join a friendly group of Seniors at the Torbay Senior Citizens’ Hall on Tuesdays, 9.30 to 10.30. Come along for a sampler class or phone Jo on 0276738836.

Albany Football Hub

Albany Football Hub is the home of 5-a-side football. With a brand new 4 x court venue offering a multitude of football activities including leagues, tournaments, coaching and corporate events this is the place to play 5-a-side football!

Play 5-a-side the way it was meant to be played – 360° walls and netting under floodlights with the latest artificial grass, proper referees for every game, awesome prizes up for grabs, groovy music, and that unique FootballFix vibe everyone loves!

The Albany Football Hub is the only purpose-built, all-weather football centre in New Zealand, with competitions and coaching running all year round for Men's, Mixed, Women's, O35's, and Juniors.

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Contact albany@footballfix.co.nz for your free taster session.

Stuart Davies



During the recent storms a mighty macrocarpa tree fell into Deep Creek. It was quite an effort to remove it as you can see.

Photos by Murray Allison.

Amazing Asia

Discover the wonders of our favourite Asian destinations. Embrace each unique culture, diverse history and taste of food delicacies. Shore Travel is here to help you explore the world, your way. Travel on your own or choose from a variety of guided tours or all-inclusive cruises.

Vietnam & Cambodia: Cruise Vietnam's stunning Halong Bay; wander the endless laneways of Hoi An's Old Town and discover the many restaurants, galleries and shops; board a sampan or local cruise to explore the meandering canals of the Mekong Delta. Explore Cambodia's unique temples of Angkor.

Japan: Ancient traditions meet a world of modernity in a land of timeless beauty. Gain a glimpse into the Geisha culture of Kyoto, stroll along the neon-lit streets of Tokyo and sample local delicacies in Osaka.

Bali, Indonesia: Rich in culture, Bali is famous for never-ending beaches,



stunning sunsets, terraced rice paddy fields and ancient temples. Take a cooking class, shop for a bargain, chill for the day at a beach club, visit one of the many temples, surf some of the world's most epic waves, or escape to a wellness retreat.

Thailand: Discover beautiful beaches surrounded by azure waters. Tempt your tastebuds with authentic Thai food. Shop at the colourful markets and admire stunning Buddhist temples.

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Monthly Quiz

Answers Page 30
info@brownsbayrotary.co.nz



1. When is International Women's Day
2. What happened on 15 March 44BC
3. Prince Edward was born on 10 March 1944. What is his position on the line of succession to the British throne
4. St David's Day is celebrated on 1 March in what country
5. Cyclone Bola hit NZ on 7 March in what year
6. What happened in NZ at 11.59pm on March 25 2020
7. Ramadan is celebrated this year on March 22; how long does it go for
8. The Census takes place on March 7. When was the last Census held
9. What is the birthstone for March
10. What is the earliest date that Good Friday can fall on

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Networking Breakfast
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Professor Paul Spoonley

Paul Spoonley is a New Zealand sociologist and professor at Massey University where his specialist area is social change and demography and how this impacts policy decisions at the political level.
Paul is a recipient of the Paul Harris Fellowship award

TUESDAY 21 MARCH 2023
7am - 8.30am
The Bays Club Browns Bay
6 Anzac Road Browns Bay
Cost including breakfast \$20

RSVP to sue88gci@gmail.com by no later than 16 March 2023

Keeping your vehicle safe

Police would like to remind vehicle owners to ensure their vehicles are secured and any valuable items are removed when they're unattended.

While Police are committed to actively investigating vehicle theft and holding offenders to account, people should take precautions to prevent their vehicle from being targeted.

- Ensure your vehicle is locked, and all valuable items removed or concealed from view when you are not with it.
- If possible, park your vehicle in a garage, but if it must be parked on the road, try to park in a well-lit, busy area.
- Invest in a steering wheel lock or other anti-theft devices for vehicles and trailers.

Anyone that sees suspicious activity around vehicles can call Police on 111 if it's happening now, or 105 after the fact.



Constable Simon Fox
Browns Bay Community Officer

Torbay Historical Society inc.

"From 1918 the Northern Steam Ship Company's SS Hauti (built by George Turnbull Niccol, 148 gross tons and launched in 1911) was also running weekend excursion trips to the wharves at Murrays Bay, Browns Bay, and Deep Creek (Waiake). From 1925 to 1927 SS Gael (built by C and W Bailey, 95 gross tons and launched in 1908 called at Waiake wharf on its Auckland to Warkworth run. That service was on demand, with a flag raised to have the SS Gael call into Waiake."

"From March 1923 Vere Harrison and Frederick Henry Mackay provided a launch service (weather permitting) using the 63-passenger capacity Koa for excursions on the Auckland to Browns Bay and Deep Creek (Waiake) route. Koa was built in 1922 by Bailey and Lowe..... but ceased all services in October 1925"

These extracts are from the 2 latest copies of 'Chanel' Magazine. David Verran regularly writes a page for 'North Shore History' so that is a good place to catch up with the local history.



At the end of Rock Isle Road - shows at the extreme left, remnants of the Waiake Wharf.

We have had some successful public days at the Vaughan Homestead, and hope to make them regularly on Saturdays 2-4 pm.

Phone to check or go to our website.

"The THS website is now operating showing upcoming events, donations and annual membership fees can now be paid on line. Thanks to Tim at SHOCK instant websites (www.n8.nz) for his help and advice in getting the website up and running."



President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email: thsinc@gmail.com Website: torbayhistoricalsociety.n8.nz



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Torbay Theatre

Have you ever wondered why Torbay Theatre's shows sound so good?

Director Peter Segrove has performed in and directed a wide range of plays and musicals. Here's a How-De-Do was born when Peter was asked to create a show using certain favourite Gilbert & Sullivan songs, for the Perkel Opera Company. He took the songs, gathered some fine performers, and staged a show to feel like a drawing-room entertainment of the 1880s, with himself as urbane host. Servants dash in and out with household mishaps; audience feel as if they are seated at one end of the family drawing room. We are privileged to have Peter directing and presenting this entertaining show. He has acted at Torbay Theatre before, this is his directing debut, and he has some of New Zealand's top singers in his cast.

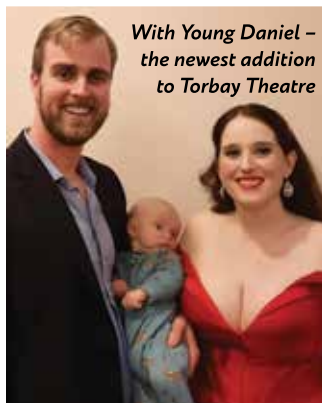
The cast is entirely composed of professional musicians, most of whom are past or current members of the NZ Opera Chorus, including Dragan Atanasov, Tony Nettleton, Penny Watson, and Graham and Philippa Mandeno, who have been seen in many previous Torbay Theatre roles, as well as Jess Wells and Henrietta Reid, more Torbay Residents from the professional opera stage.

Two more of Peter's stars are Christina Ellison and Campbell Ellison. Campbell has grown up singing, dancing and acting, and, after co-starring with Christina in 3 Gilbert & Sullivans at Torbay, had the good sense to marry her. Christina, between Torbay Theatre commitments, has completed a first-class Honours degree in performance singing, and now spends much of her time winning or being placed in major national aria competitions.

While Christina was on stage winning one of her many awards, Kiri Te Kanawa was spotted backstage holding



Campbell and Christina when they met in Pirates of Penzance (2014)



With Young Daniel – the newest addition to Torbay Theatre



With Guy Davis in The Gondoliers (2016)

Christina and Campbell's baby Daniel. Christina and Campbell can be seen and heard on our stage at the intimate Gate Theatre, the small theatre attached to Torbay Community Hall, bringing more of the best of Gilbert & Sullivan to you in Peter Segrove's Here's a How-de-do.

Here's a How-De-Do Dates:

27 April – 7 May

(Thursday to Saturday at 7:30pm; Sunday at 2pm)

For more information, and to book:

www.torbaytheatre.com

or see our Facebook page.

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Be prepared!

In Scouting circles this was a well known phrase as it was the motto of the Boy Scout movement.

In that time being prepared for them meant having a clean handkerchief and your shoe laces tied nice and tight!

With the recent two extreme weather events that we experienced it showed how unprepared we are for anything happening on this scale.

When the second event was happening I know people were packing a bag with their essentials in (medication being number one item) just in case they had to leave their home.

There were queues at the places selling sandbags as people tried to make sure their home would be secure.

So, what is a sensible way to be prepared?

Events often cause power outages so light sources are good. Candles are not brilliant as they don't give a good light and there is always the danger of them being knocked over.

If you think there could be power outages boil the kettle and fill a flask with boiling water so that you can make hot drinks.



Again in a power outage remember if you have a bbq that you can cook simple food and boil water on these.

Having an emergency bag with all essentials for a few days in is also a good idea.

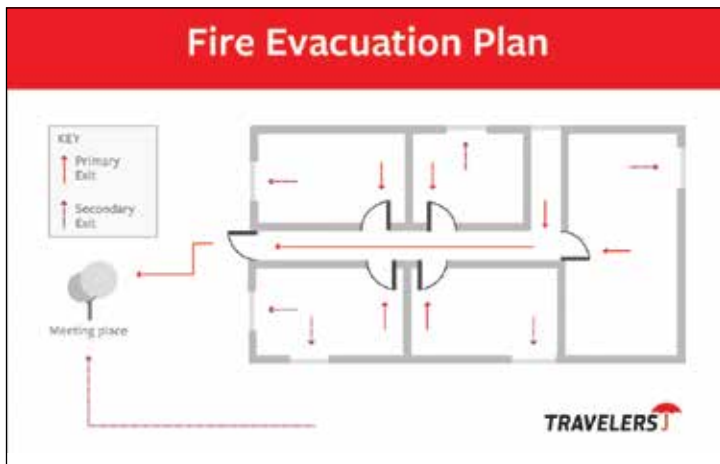
Pop a bottle of milk in the freezer and a loaf of bread then if the weather is too bad to venture out you still have basics at hand.

Never leave collection of regular medication until the last day before you run out, make sure that your vital medications are available.

We don't know what sort of emergency could affect us and the fire service recommend you have an escape plan from your house in case of fire. They recommend that the whole household practise the escape plan occasionally so it is automatic in an emergency.

It's good to be prepared. Hopefully we will never have to use any of our preparations but if we do we will be glad we spent the time preparing.

Carole McMinn



Thinking of.....

MOVING, UPSIZING, DOWNSIZING OR HAVE A CHANGE IN CIRCUMSTANCES?

M: 021 468 562

E: alison.cameron@harcourts.co.nz

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Torbay Garden Club



Torbay Garden Club's annual February garden party was again held at Long Bay Park. Although we were still waiting for summer, the weather was kind. Proceedings began with a toast to mark the start of our Garden Club's 70th year. We enjoyed a sunny afternoon luncheon despite recent flood damage to some gardens. A member baked a beautiful chocolate cake which was cut by Betty Barratt, who will turn 94 in a couple of months.



Members were challenged with topical and lighthearted quizzes, followed by a "show and tell" of special or favourite plants. Our president, Hilary Collins, displayed self-seeded dahlias from her garden to show colours can mutate and blend in a variety of ways, with cross-pollination.



The perfume of another member's snail flower (*Phaseolus caracalla*) enchanted all present with its tropical fragrance. This is a reasonably hardy evergreen trailer, suited to Auckland gardens.



This year marks the Platinum Jubilee of the Club – one of the oldest continuous community groups on the North Shore and we look forward to sharing aspects of this during the year.



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



Do you want to advertise?

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Celebrating the Chinese New Year at Long Bay market

Despite the rain a wonderful display was seen at the January Long Bay market. The Chinese community shared some of their dances and songs to celebrate their new year- the year of the rabbit. In Chinese culture the rabbits represent the moon. The characteristic of someone born in the year is that they are earnest in all that they do, they just ask that others treat them the same way.



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Local Experts

So what does being a local expert actually mean? Thérèse and her team live and work locally. They not only understand the culture of the Bays and surrounding suburbs but know and interact with the people that live there.

They work with many of the local businesses and initiatives as they care about the community, and believe that charity really does begin at home!

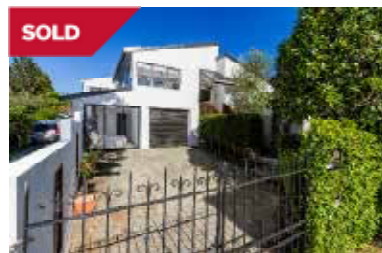
So what does that mean for you as their client or customer? You can be sure that their expert knowledge really does find the right buyers and often this will deliver record sales in the area.

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Shhhhhhhh!

When you enter the Extraordinary Kids classroom, the first thing you will notice on the door is a sign asking those who enter to be quiet. Visitors are often amazed to see so many students, primary through high school, working in such a quiet setting. This is in contrast to many school learning environments that can be noisy.

Why do we maintain a silent classroom?

At Extraordinary Kids we believe that a quiet and calm learning space is critical to allow students to concentrate on what they are doing and think things through. A silent environment offers students the opportunity to work without distractions. Students can then better absorb information and retain what they have learned.

All of our work is individualised to the correct level for the student. Our teachers offer quiet instruction and then students are given time to practise and learn the materials that are being taught. We do not believe in long lessons or huge presentations of materials. Instead, we use the quiet atmosphere as a place for students to become actively engaged in their learning.

We aim for all students to be engaged in meaningful learning at their correct level.



Our teachers and tutors work to ensure that students stay on task as much as possible.

We do allow short breaks for younger students.

By providing a quiet environment we aim to encourage kids to have a calm approach towards learning, lower stress levels, and to study materials at their own pace.

Please see our website for more information on having your child's academic ability assessed by us and joining our after-school learning community.

Extraordinary Kids



Do you feel your child is falling behind academically?

Let us help get your child back on track and improve their confidence and skills.

Extraordinary Kids provides extra help with maths, reading, writing and spelling on the Northshore for students age 6 through high school.

- Homework help
- Structured learning environment
- Programs for dyslexia, learning difficulties and also extension
- Warm and friendly
- Small groups/individualised work

Spaces available now.

See our website for more details and to book an assessment.

Testimonials

Thank you so much for all of your amazing tutoring work with xxxx over the last couple of years. It has been incredible to see his progress over this time.

Parent of Year 8 student attending for help with literacy – 10/12/2020

And in other exciting news, xxxx's maths teacher contacted me at the end of term 2 to say that he has gone up four levels in maths and should be in the top class of maths! We are staying with his current class as I think the combo of the right engaged teacher and support from Extraordinary Kids.

– 10/07/2021

I have noticed xxxx is more interested and is gaining more confidence in the subject.

Previously she didn't want to try, now she's happy to give it a go.

She has been really enjoying tutoring.

Parent of Year 4 Maths Student- 25/05/2022

Update on Glenvar Rd

As we all know Glenvar Rd is closed for the foreseeable future. I spoke to the Engineer on site and he said that the substantial damage to the north side of Glenvar was to have a retaining wall put it. The photos do not show how much has actually fallen away, and this will be a major work to construct this retaining wall. This will take months to complete, so be prepared for the road to be closed for the foreseeable future. The area affected is not the part of Glenvar Rd that is to be realigned, where it meets East Coast Rd.



Glenvar Rd at the slip point in 2004.



Glenvar Rd is not a stranger to slips. Bill Ellis sent me a photo showing a significant problem in 2011, and we know, because of overuse of the road now Long Bay is being developed, has continually had surface problems. When the original road was constructed, it was just a normal neighbourhood road, but because of development it became a major arterial road and it was never designed for that.

Carole McMinn

Seaweek is a nationwide initiative in its 31st year

After being the national coordinators for Seaweek for the past 3 years, this year New Zealand Association for Environmental Education passed on the initiative to MERC.

Seaweek aims to engage communities across Aotearoa with the ocean. We work with like-minded organisations to deliver and promote educational and recreation events centered around the ocean.

Seaweek's whakatauki "Toi Moana – Toi Tangata" was gifted by Kaumatua Joe Harawira (Ngāi Te Rangī, Ngāti Awa, Ngāti Maniapoto, Tūhourangi).

While Te Reo Māori to English translations are challenging, this whakatauki captures the holistic elements of healthy seas, healthy people and relates to sustainable seas to sustain the people. It acknowledges the interconnectedness people have with the ocean to the point where the vitality of people is dependent on the vitality of the ocean. It can also be interpreted as having an element of responsibility, around us being responsible kaitiaki.



While it is a year-round initiative, our big celebration this year is 4th – 12th March where there are numerous events happening. Keep a lookout for events and encourage your friends in our community and across the country to do the same.



SCAN ME

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

Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza
55a Ridge Rd 09 9544 939

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

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.
Village Centre 027 521 4894

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

Unichem 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

Welcome To Our New Neighbours!

When the Longshore and Nerita developments came onto the market in late 2020 there was huge interest from buyers to purchase these off-plan and both developments virtually sold out within weeks!

Two years later, and despite the Covid lockdowns, the new homeowners have started moving in.

The Longshore development consists of 14 townhouses, and the very happy owners have all received the keys for these now. The Nerita development has 28 townhouses and 10 of these have now settled and the new owners have taken possession. The final 18 units are also nearing completion.

You can find these developments north of the Te Oneroa Way roundabout.

We wish our new neighbours many years of happiness in the Long Bay community. No doubt they are discovering what we already know... Long Bay... what a great place to live!



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Quizzes

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NORTH SHORE SUBURBS

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

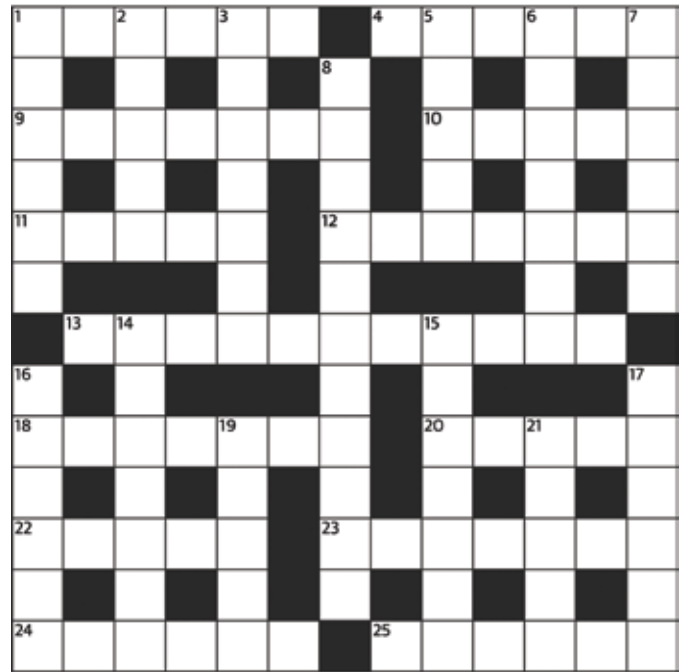
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|-------------|------------|--------------|
| ALBANY | BAYSWATER | BEACHHAVEN |
| BELMONT | BIRKDALE | BIRKENHEAD |
| BROWNS BAY | CASTOR BAY | DEVONPORT |
| FOREST HILL | HAURAKI | HILLCREST |
| Longbay | MILFORD | MURRAY'S BAY |
| NORTHCOTE | OKURA | OTEHA |
| PINEHILL | ROSEDALE | TAKAPUNA |
| TORBAY | WAIAKE | |

WORD PUZZLE How many words of 3 or more letters can you make from the following letters?

APRTS

24 good, 29 very good, 32+ excellent

CROSSWORD



Across

- 1 Twelve constellations together (6)
- 4 Silicon dioxide used as a gemstone (6)
- 9 Dashing (7)
- 10 'Dutch' flower (5)
- 11 Surplus (5)
- 12 Place of Jesus' crucifixion (7)
- 13 London borough (11)
- 18 Fast food items - sweaty hounds? (3,4)
- 20 Spirits dispenser (5)
- 22 Child's grandmother (5)
- 23 Large deer (7)
- 24 Instrument played on the knees (6)
- 25 Artificial (6)

Down

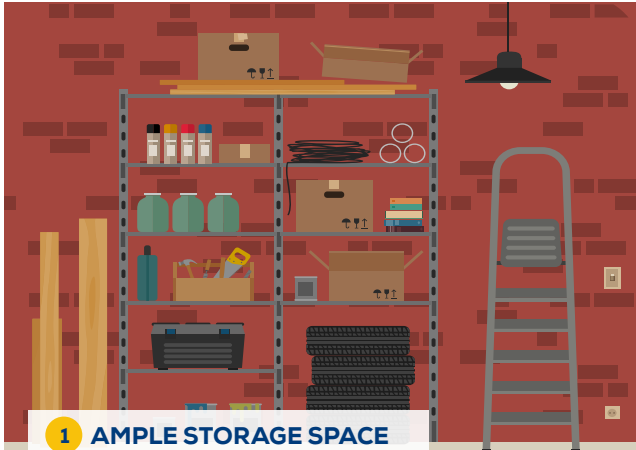
- 1 Croatian capital (6)
- 2 Dutch earthenware (5)
- 3 Insistent (7)
- 5 Up to the time that (5)
- 6 Free (7)
- 7 Breeze (6)
- 8 Six-footer resembling a twig (5,6)
- 14 Dead (as a dodo?) (7)
- 15 Pan scrubber (7)
- 16 Printed cotton fabric (6)
- 17 Charlie Brown's cartoon creator (6)
- 19 Speak pompously at length (5)
- 21 Leg bone (5)

SUDOKU

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

WHY DO SOME HOMES SELL **FASTER** THAN OTHERS? 4 REAL ESTATE SECRETS REVEALED

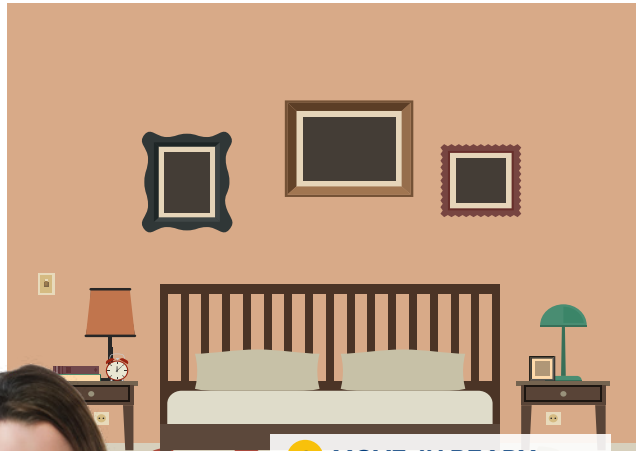
According to our team of property professionals, there are certain key areas that are worth paying extra-close attention to if you want to catch the buyer's eye! These include:



1 AMPLE STORAGE SPACE
Storage space sells homes! You can maximise yours by clearing away any surplus from your cupboards and closets, to make them appear roomier.



2 HOME STAGING
Whether you are doing it yourself or getting a professional in, the secret to successful staging lies in deep cleaning, depersonalising, decluttering and re-arranging furniture so that it is aesthetically pleasing – while showing that every space a purpose.



3 MOVE-IN READY
Homes sell quicker and at a higher value when they are ready for a new owner to move in right away.



4 RIGHT PRICING
– Setting the price just right is key to a fast, successful sale. Going in too high initially has the potential to scare potential buyers away – while dropping the price at a later date can make the vendor look desperate.



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It doesn't have *to be complicated.*



Barb and Roger had known each other since High School but hadn't been in touch for a number of years. Barb had gone off to university and became an accountant and Roger had joined his father's building company, completing his building apprenticeship. Barb met her husband at university, a dentist student who eventually became a successful orthodontist and Roger ended up marrying the daughter of a friend of his parents.

Skip forward 35 years and Roger's wife had sadly died two years previously. Barb's husband had left her for his hygienist. Roger and Barb re-connected at a dinner hosted by a mutual high school friend. Roger had three daughters in their early 20s. He had branched out with his father's building company and they had now established their own development company and had several projects on the go at once. Their business affairs had become quite complex and there were multiple trusts and inter-entity guarantees involved.

Barb had come out of her divorce financially fine. She had given up her accounting career to look after the children from her marriage – two boys and a girl. This meant that upon separation her husband had to pay her an additional amount because of "economic disparity". Barb's parents had also recently died and not only did she have a freehold house and some investments as a result of her divorce, but she had also purchased a holiday home at Lake Rotoiti with her inheritance.

When Barb and Roger re-connected, they picked up on the mutual attraction they had had at high school. It wasn't long before they were spending most of their time together and holidaying together. The kids were fine with it and pleased that their parents were now happy with their new partners. Roger and Barb agreed that it would be sensible for Barb to move into Roger's apartment in Milford, but they both

agreed that they each had substantial assets that they each needed to protect. It was important to each of them that they protected the assets they had acquired, for their children.

Barb and Roger both had their own lawyers but agreed to go and see Barb's as she was an asset protection specialist. Barb's lawyer congratulated them on addressing the potential issues early on. She said that too many couples either buried their heads in the sand, thought their children would be ok with what happened in the future or thought that their trusts would protect them.

She advised that trusts were still amazing asset protection vehicles and would do a great job of helping with the transfer of assets to the next generation, but what Barb and Roger really needed was a comprehensive relationship property agreement, setting out what their respective assets were, how they were held and what would happen in the event of not just separation, but also death. She said that too many people just focused on separation and ignored death and that the two scenarios were very different.

As Barb and Roger talked, they realised that while they wanted each other to be comfortable during their lifetimes if one of them died, they wanted to balance that with making sure that their children were ok and were able to get ahead in tough financial times. They also wanted to ensure that there were no fights within the families – they had seen this happen in friend's families.

The lawyer recommended that they made sure that whoever they appointed as the executors of their wills and trustees of their trusts were appropriate people who wouldn't be conflicted between the survivor of them and respective children. She gave them good advice around using professionals and making sure there was a balance of interests. They talked about structures that would give each of them security but would also ensure that their kids were ok too.

Blended families can provide situations that require quite complex asset protection structures. The key is to be like Barb and Roger and seek advice early. The longer you leave it, the more difficult it is to have the conversations and the more likely it is that children and others get involved and over-complicate the situation. There can be quite simple solutions to complex situations, but it pays to get advice from a specialist as to the best structure.



TAMMY MCLEOD (BA LLB)
Managing Director, Davenport's Law
Trust and asset structuring specialist,
leading the Trust Team.



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Understanding *Relationship Property.*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people.

Income, property, Kiwisaver, intermingled inheritances and gifts from third parties are all considered relationship property when in a de facto relationship - unless both parties have entered into a Contracting Out Agreement. Without one, relationship property would be shared equally upon separation, or even the death of one party, regardless of what anyone's will said.

Know when your relationship is considered a de facto relationship under New Zealand legislation and protect your assets with a Contracting Out Agreement. Contact Tammy McLeod or one of her team for specialist advice.

Torbay & Long Bay Medical Centres

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CERVICAL SCREENING

Almost all cervical cancer is caused by human papillomavirus (HPV). The virus is spread by sexual activity. Eighty percent of people who have been sexually active will have an HPV infection at some point in their lives. There are many types of HPV. Most HPV infections will clear up by themselves. Only a few types of HPV will lead to abnormal, precancerous cells that could progress to cancer.

Cervical cancer usually takes many years to develop. Any abnormal cells can be found and treated to stop them from becoming cancer. Having regular cervical screening every three years is the best way of finding and treating abnormal cell changes and preventing cervical cancer from developing.

Who should have cervical screening?

All women aged 25 until they turn 70 who have ever been sexually active should have regular cervical screening. Women who have had a hysterectomy (removal of the uterus) need to check with their health provider whether they still need to be screened.



Where do you go for cervical screening?

- Your doctor or practice nurse
- Family Planning clinics
- Community health centres, eg, Māori health centres, Pacific health centres, or women's health centres.

Most women are charged a fee for the test. Some Māori or Pacific providers or community or primary health organisations offer a free or low cost service.

How often do women need cervical screening?

Women are advised to have cervical screening every three years. Research shows very little extra benefit from having more frequent tests. If this is your first cervical screening test, or if you have not had a test for over five years, you will be advised to have a second test in a year's time. In some circumstances, you may be advised to have a test more often, eg, after an abnormal result.

More information:

Contact:

- Your doctor or practice nurse
- The National Cervical Screening Programme, freephone 0800 729 729

Cervical Screening Programme

- ✓ Women 25 to 69 can opt for cervical screening
- ✓ A pap smear test is quick & results are fast
- ✓ Detect the early signs of cervical cancer



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

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

Calm the Kids ... Calm the Whole Family

Let me paint you a picture of a stressed family we helped recently. Their two year-old was not sleeping well at night. They were sitting with him for hours to get him off to sleep, which was tiring. But then he was waking in the early hours of the morning. To complicate matters, Mum was pregnant with their second child. You can imagine how stressed this made her feel. She wanted to get up to the child so her husband could get a good night sleep for work. But being pregnant she was very tired. It often seems to be more stressful with the first child. With the first child you are extra anxious to do things right. Plus you don't have the perspective of hindsight that these phases pass.

To help them through this tricky situation, the doctor kindly prescribed some promethazine (which is an antihistamine that causes sleepiness as a side effect). This worked well to get the child off to sleep. However, because of possible long term side effects they didn't want to keep him on this for long. But whenever they didn't use promethazine, the family had a sleepless night. They felt trapped.

So mum asked us for alternatives. We recommended she talk to the doctor about a switch to melatonin, the natural sleep hormone, which the doctor happily prescribed. It worked fine to get him to sleep, but he still woke up in the middle of the night, usually because of nightmares. Because he was so scared from the nightmares, he took a long time to settle.



After a little more investigation, we discovered he was an anxious child even during the day. So we recommended Chamomile in the form of Kiwiherb Kids Calm. The trick with chamomile is that it must be used 4 times a day to help with sleep. This is because it works by calming the mind throughout the day so that by night time, the calm child can easily sleep.

Kids Calm = Superhero

After 3 days, Mum reported that the child was going to sleep easily, staying asleep all night, and was much less anxious during the day. BOOM! Family stress gone.

Chamomile works very well to calm babies and children. It can also calm the tummy, so is great for colicky babies. It can be safely used from birth too. I also recommend it for teething.

THE BODY TONIC GROUP



REVIVE AND THRIVE WORKSHOP

WITH LYNNE SCOTT

Reach Out! Book your place for the 18th or 25th March (held in Torbay)

Groups of 10 - Time 4.30-6.00pm

- Address musculoskeletal imbalances
- Learn self-myofascial release techniques
- Improve range of motion
- Address tight muscles
- Find solutions to pain trigger points
- Maintain correct alignment

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We talk legs, core, back, arms, knees, reducing pain points, increasing strength, flexibility, balance & better posture

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Author

Movement Specialist & Fitness
Trainer (Reps. Registered)
The Biomechanics Method
Corrective Exercise Specialist

- Corrective movement methods demonstrated
- Ask questions; get answers that work for you - Easy 1, 2, 3 steps
- Be shown movements to do at home

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What's on at East Coast Bays Library

The **2023 Census** is on Tuesday 7 March. Being counted in the 2023 Census will ensure your community is fairly represented in important decisions about services like healthcare, schools, and transport etc. Look out for your online code or forms in your mailbox or at your door from February 2023. East Coast Bays Library and our neighbour Browns Bays Citizens Advice Bureau are both Assisted Completion Locations (ACLs). As an ACL, staff will be available to assist people in completing their census forms between Monday 13 February and 7 April. ECB Library will

also have Census staff on site to assist on **Friday 3 March, 10.00-2.00pm** to help with completing census forms.

Our library will also be celebrating Neighbours Month with a **Neighbours of East Coast Bays Library Morning Tea and Talk** will bring together representatives from a some of our local community groups and organisations to give a quick 10-minute talk each on what they do in our community. Join us on **Thursday March 23, 10.00-11.30am** for some light refreshments and informative talks. All welcome.



On your next visit, have a look out for flyers and posters of upcoming programmes and events or talk to our friendly staff for more information. As always, you can also keep-up-to date by following our Facebook page.

Book Reviews

How to be a Bad Muslim and Other Essays

By Mohamed Hassan

This was a book that really surprised me. Not a book that I would normally read, it was lent to me so felt obligated to read it. I am so glad I did. Hassan gives a



great insight into what it is like to be an immigrant in a country so different from his birthplace. He takes us into his experiences being a Muslim in a world of distrust and fear, and, as his writing is so personal and readable, it makes you examine your own thoughts and attitudes towards others who look and believe differently. It is shocking, touching, surprising and memorable. Available in book and eBook formats. I thoroughly recommend it.

– Reviewed by Jill, ECB Library staff member.

Have You Seen Tomorrow?

By Kyle Mewburn with illustrations by Laura Bee Bernard

Author Kyle Mewburn provides young readers with a chance to explore the concepts of yesterday, today and tomorrow. Beautiful illustrations by Laura Bee accompany this contemporary fable about practising gratitude, mindfulness and living in the present. A story that is most certain to be read and read again

– Reviewed by Eileen, ECB Library staff member.

Celebrating Long Bay community!



Teatowels \$18



Coasters \$5 ea

Cushion covers \$22.50 ea



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Email sales@aotearoamemories.co.nz

Available from 61 Fitzwilliam Drive, Torbay, by appointment

Sticky date pudding with toffee sauce

This easy to make recipe for family or friends is a sure fire winner

Ingredients

250 gms dates chopped
1 teaspoon bicarbonate of soda
1 ½ cups of boiling water.
125 gms of softened butter
1 cup brown sugar
1 teaspoon vanilla essence
2 eggs
1 ¾ cups SR flour

Caramel Sauce Ingredients

1 cup brown sugar
100 gms butter
300ml thickened cream

Method

Preheat oven to 180°C and grease large muffin tin.

Place dates and bicarbonate in a bowl and pour over boiling water. Leave to stand for 20 minutes.

Beat the butter, sugar and vanilla until pake and creamy. Add eggs 1 at a time, beating well. Using a metal spoon fold the date mixture and flour until well combined.



Divide into the muffin tin and bake for 20-25 minutes.

Sauce. Melt the butter and sugar until clear and fluid. Add the cream and remove from heat stirring well.

Pour sauce over each pudding and serve hot.

Glenvar Road Closure

The Anniversary weekend storm event saw the top of Glenvar Road severely compromised with large landslips on either side of the road. AT undertook geological engineering assessment, and with the risks and instability it was necessary to close that section of road. AT are underway with earthwork and retaining wall plans to get the road back open again as soon as possible. A date for physical works to start has not yet been set.

AT are continuing to check the current detour through Torbay as a result of the road closure. Several issues have been raised with the Hibiscus and Bays Local Board about the detour, including speeding vehicles through Caversham Drive. AT are also checking how the traffic from Long Bay Primary and College can be managed on the existing network through Deep Creek Road, Glamorgan Drive, and Beach Road. AT believe that these roads are adequate to handle this traffic until Glenvar Road is re-opened.

Is a connection between Long Bay and Okura being made?

Many of you will have seen Templetons, the Long Bay developer completing their final stage of development, which includes a future connection point with Vaughans Rd. People have understandably been asking if this could be used as a detour, while Glenvar Rd is closed. This has still not been transferred to the ownership of Auckland Council and the management of AT. Vaughans Road is a rural road with no lighting or footpaths and has very poorly formed road intersections making it inadequate and unsafe for the

traffic volumes expected certainly highlighted the need for AT to fully upgrade Vaughans and Okura River Roads so this link can be opened as soon as possible.

Why can't AT just do the realignment project now?

The capital upgrade (realignment project team) and road maintenance teams are working closely together on the Glenvar Road closure. The designs for the capital works have been shared with the remedial team to ensure the current earthworks and retaining walls will be built to accommodate the future road upgrades. AT are currently investigating options and aim to do this as quickly as possible appreciating the significance this link provides. It will likely take several months before the damaged section of Glenvar Road is re-opened. The remedial work will be done to accommodate the planned upgrade, this will bring forward widening that section of the road.

Regarding the capital improvements for the realignment project, the detailed design process is progressing as planned and AT expect to have designs ready to share with the Hibiscus and Bays Local Board in March. AT do not have any further update regarding budget decisions for the capital works.

The priority for AT is securing and remediating the section of Glenvar Road impacted by recent weather events as quickly and efficiently as possible, allowing for future improvements.

Carole McMinn

Quiz Answers

- 8th March
- Julius Caesar was stabbed by Marcus Brutus
- Number 13
- Wales.
- 1988
- The whole country went into lockdown.
- One month
- 2018
- Aquamarine
- March 22

Classifieds

Accounting

Vision Accounting Solutions Ltd – www.visionaccounting.co.nz 09 415 0319 Need assistance with financial accounting and taxation matters? We aim to help you understand your numbers, build financial freedom, protect your assets, manage your financials without stress and make informed decisions when you need to. Virginia Stallard and team.

Health & Wellbeing

Jasmine's Thai Massage For Ladies Only – 7 Babington Place, Torbay. By Appointment only. Ph 0222474753 or 0224739419

TORBAY TAI CHI – Tai Chi is gentle exercise to maintain balance, co-ordination and wellbeing. Benefit for all levels of mobility. Join a friendly group of Seniors at the Torbay Senior Citizens' Hall on Tuesdays, 9.30 to 10.30. Come along for a sampler class or phone Jo on 0276738836.

Home and Garden

Carpet and Upholstery Cleaning – stain removal, free deodorising. Fly and insect control. Phone Michael 473 1422 or 0275739112

Floor Cleaning and Polishing – Phone Michael 473 1422 or 027 573 9112

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

Handyman – Born and bred in Torbay Martin is a qualified cabinetmaker and experienced professional. Allsorts Property Services is available for property maintenance, odd jobs, decks, fences and garden services, Call Martin Bassett on 0274526515.

Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

Lawnmowing & Hedges – Contact Ian for a free quote on 473 2004 or 021 764 426. Mowing, garden tidy ups, Hedge trimming. Email: ian@grassrootsmowing.co.nz

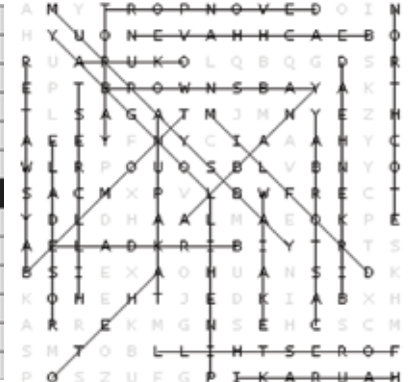
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Puzzle Answers



Word Puzzle

Parts, prats, sprat, strap, tarps, traps, pats, prat, raps, rapt, star, rasp, rats, spat, pars, past, trap, arts, tsar, tars, spar, tarp, taps, part, tar, tap, apt, spa, sat, art, asp, par, pat, sap, rat, rap

focus

on community

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editor@focusoncommunity.co.nz

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

Tides March 2023 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Wed 01		03:08	2.6m	09:29	1.0m
Thu 02		04:08	2.5m	10:29	1.0m
Fri 03		05:09	2.5m	11:27	1.0m
Sat 04		06:04	2.6m	12:20	1.0m
Sun 05	00:39 0.9m	06:53	2.6m	13:08	0.9m
Mon 06	01:25 0.8m	07:37	2.7m	13:51	0.9m
Tue 07	02:06 0.7m	08:18	2.8m	14:31	0.8m
Wed 08	02:44 0.6m	08:56	2.9m	15:09	0.7m
Thu 09	03:21 0.6m	09:33	2.9m	15:47	0.6m
Fri 10	03:58 0.6m	10:10	2.9m	16:24	0.6m
Sat 11	04:36 0.6m	10:48	2.9m	17:02	0.5m
Sun 12	05:15 0.6m	11:27	2.9m	17:41	0.5m
Mon 13	05:58 0.6m	12:09	2.9m	18:23	0.6m
Tue 14		00:36	2.8m	06:45	0.7m
Wed 15		01:26	2.8m	07:38	0.8m
Thu 16		02:24	2.7m	08:39	0.8m
Fri 17		03:29	2.7m	09:44	0.8m
Sat 18		04:37	2.8m	10:51	0.8m
Sun 19		05:42	2.9m	11:54	0.7m
Mon 20	00:24	0.5m	06:41	3.0m	12:54
Tue 21	01:22	0.4m	07:36	3.2m	13:50
Wed 22	02:15	0.3m	08:29	3.3m	14:42
Thu 23	03:05	0.3m	09:19	3.3m	15:32
Fri 24	03:53	0.3m	10:07	3.3m	16:20
Sat 25	04:39	0.4m	10:55	3.2m	17:05
Sun 26	05:26	0.5m	11:41	3.1m	17:50
Mon 27		00:02	3.0m	6:13	0.6m
Tue 28		00:48	2.9m	7:03	0.8m
Wed 29		01:37	2.7m	7:56	0.9m
Thu 30		02:31	2.6m	8:53	1.0m
Fri 31		03:29	2.5m	9:52	1.1m

Times adjusted for Daylight Saving.



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AUCTION DATE
9 MARCH

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27A MANLY ESPLANADE, BROWNS BAY

🏠 4 🏡 3 🚗 1

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15 MOORGREEN HEIGHTS, TORBAY

🏠 5 🏡 3 🚗 2

SECLUDED FAMILY OASIS - PANORAMIC VIEWS

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