

East Coast Bays

ShoreLines

M A G A Z I N E

August/September 2018

15 000
Printed
bi-monthly

It's
a Shore
thing!

In this issue...

"The Bird Lady of Rothesay Bay" retires

Organics - why "the good life" isn't the simple life

Deep Creek Restoration Society Patron honoured

Celebrating 25 years of international friendships

Dining Out: brunch review

...and much more

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From the Editor....



Wow! Has it been two months already? Winter may be the coldest months, but they're certainly not the quietest – not for the people and businesses of the East Coast Bays anyway.

I've met some amazing people over the past few weeks, including the incomparable Sylvia

Durrant, the lovely folks at the International Friendship Group and the dedicated souls at Rotary Club of Browns Bay. Did you know that Rotary world wide have been at the forefront of eradicating polio, working alongside the World Health Organisation? The Browns Bay club do many good works locally, and have some great speakers at their breakfast meetings. Why not give them a call and arrange to visit? Their contact details are on page 6.

We've also had the launch of Huckleberry's North Shore flagship. Have you had a chance to pop in there yet? We were really impressed with the layout and range of products. There's a yoga studio upstairs too and an area for the youngsters to play, if you fancy taking a few minutes to enjoy your coffee in store. Despite a very hectic schedule, CEO Richard Lees took time to share his thoughts and insights about the organics industry with us. You can read what he had to say on page 20.

Thanks to Countdown for kindly agreeing to support our Bits 'n Bobs page. They've put a \$50 voucher up for grabs to

the winner of our kids' colouring competition. So dig out those crayons or felt tips, get arty and drop your entry into Pages Print by 7 September. The winning picture will be published next issue!

Remember, we're really keen to hear about your news & events. Please e-mail editor@shorelines.co.nz and let us know what you, your business or your community organisation are doing.

That's quite enough from me for now. Happy reading...

Lizzie



Cover Photo: Early morning walk on Browns Bay beach
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East Coast Bays ShoreLines

August/September 2018

Published six times yearly

Next issue: October/November 2018

Advertising booking deadline: September 1st, 2018

Delivered: October 1st, 2018

Designed & printed through: Pages Design & Print Services Browns Bay,
www.pagesprint.co.nz

Contact Information: For advertising, sales, editorial & news, contact:
Kim Taylor: publisher@shorelines.co.nz or **021 141 2717**,
or Lizzie Brandon: editor@shorelines.co.nz

Circulation: 15 000 copies.

Delivered free to homes and businesses in the East Coast Bays area. Available in selected libraries, cafés, street boxes and visitor accommodation.

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

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25 years of International Friendships



The group's members are (or have been) from China, Denmark, Egypt, England, France, Germany, Holland, Isle of Man, Italy, Japan, Kuwait, New Zealand, Russia, Saudi Arabia, Serbia, Singapore, South Africa, South Korea, Syria and Tanzania. The world really does get together every week in Browns Bay!

East Coast Bays' International Friendship Group has just celebrated its silver anniversary. For 25 years, new migrants have received the warmest of welcomes as they acclimatise themselves to life in NZ.

It all began when Lois Dudding (who worked for Adult Literacy and was on the committee of the ECB Community

Project) got talking to Sally Cargill about all the new migrants attending English classes at the centre. Speaking at the group's special birthday lunch, Sally recalled those early days. "Lois started offering cookery classes for foreigners. They wanted to take Kiwi food with them to social events, so Lois taught them a few basics, like banana cake and mushroom flan." (See original handwritten recipe opposite).



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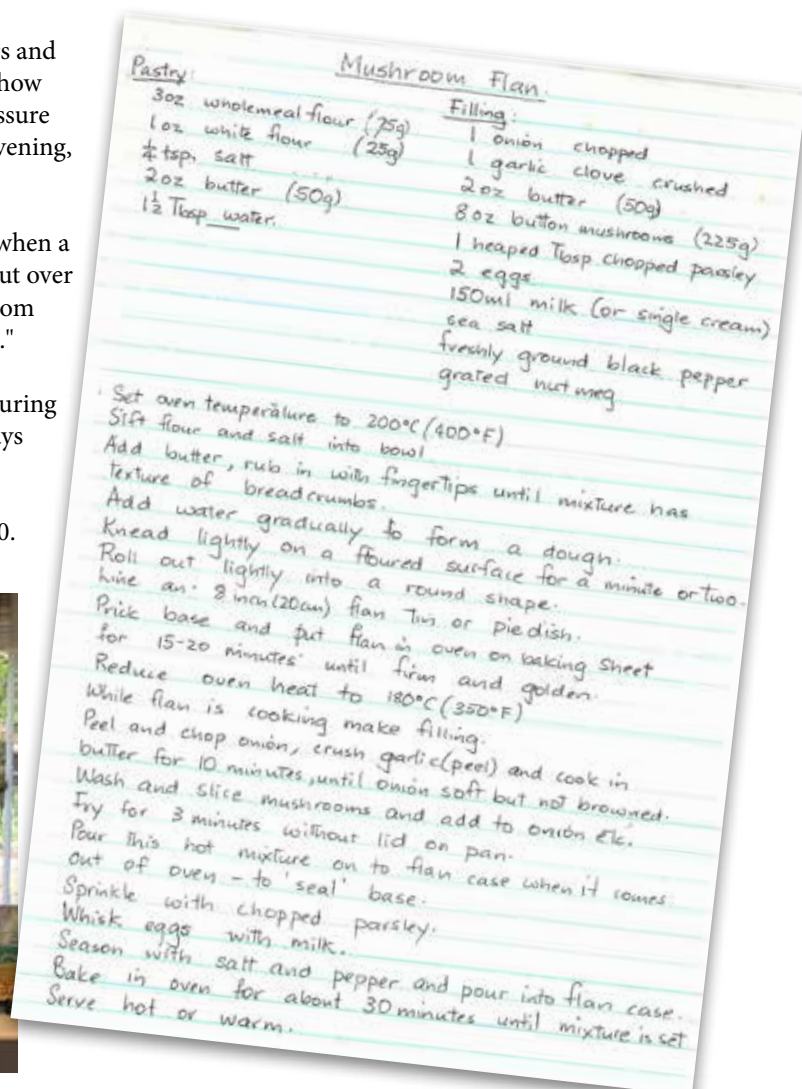
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The group developed from this. It's always had Kiwi members and guest speakers to help explain how things work in NZ – like how to take out library books, how to sign up for a GP, and to reassure parents that, when they're asked to attend a parent-teacher evening, it doesn't mean that their child is in trouble!

Barbara Stubbs is the group's current co-ordinator. "I love it when a new person comes along. They might not say much at first, but over time you can see their confidence grow, the friendships blossom and they find their voice," she says. "That's a wonderful thing."

The International Friendship Group meets on Wednesdays during term time from 10.00 am until 12.00 pm at the East Coast Bays Community Centre.

For more information, please phone Barbara on 0274 768 120.



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

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

Patron of Deep Creek Restoration Society receives Community Volunteer Award

Dr David Gray, patron of the Deep Creek Restoration Society has been honoured with a Community Volunteer Award at an evening hosted by the Hibiscus and Bays Local Board. Along with more than 15 other volunteers, Dr Gray, a long time Torbay resident, was recognised for his work in raising awareness and restoration of the Deep Creek, which flows into the Waiake Beach area.



David's drive and enthusiasm for this project formally began just over four years ago with a petition that received nearly 1,000 signatures. This was followed by an open day showing photos of what the creek

looked like at the turn of the last century and how it has deteriorated since then.

Local awareness and involvement has now grown to such a level where there is an Incorporated Society with charitable status. David has always been at the forefront of instigating the achievements of Deep Creek Restoration Society:

- Initiating an environmental report funded by the local board which would then identify the work that is required to clean up the creek.
- Overseeing the removal of noxious trees and plants on the banks of the creek through communication with Parks Department.
- Planting native trees and shrubs to replace the weeds and encourage native fauna to come back to the creek.
- Organising working bees supported by the community.
- Sharing his experience and wisdom to volunteers who have never worked on a project like this previously.

Want to get involved? To find out more about the Deep Creek Restoration Society visit their Facebook page: Restore DEEP CREEK or e-mail deepcreekrestoration@gmail.com

The road to companionship

This August, Corlize Britz is celebrating her second year as owner of the Driving Miss Daisy North Bays franchise. In June, she also became the owner of the Albany franchise. ShoreLines spoke to one of the business' long-term clients to find out what Driving Miss Daisy means to her.

Joyce doesn't drive. She did once, many years ago, but there was an incident involving a wrong foot pedal and a garage wall, which rather knocked her confidence. Then, when she got married, she happily sat in the passenger seat as her husband did all the driving. Sadly, when her husband passed away a few years ago, not only did she lose her partner but also some of her independence.

It was her sister who first mentioned Driving Miss Daisy to Joyce. She was using their service in Wellington, and said how kind and reliable they were. So Joyce got in touch with her local team.

"I had an appointment at Greenlane Hospital, and I didn't know exactly where to go – but my driver did! She pulled up right outside the door, spoke to the receptionist for me and asked them to phone her as soon as I was ready to come home again,"

Joyce recalls. "That was my first experience with Driving Miss Daisy, and they're as caring now as they were then."

In Joyce's opinion, a bit of thoughtfulness goes a long way. "My driver doesn't just sound the car horn and wait outside. They'll come and ring the bell, check that I'm okay and then help me into the vehicle. They'll even have a brolly ready if we need one!"

She speaks especially highly of Corlize. "I look forward to seeing her and her team every week. I think of them as my friends."

It's no exaggeration to say that Driving Miss Daisy has become something of a lifeline for Joyce. She uses them for all sort of trips – occasionally to the airport, weekly to the hairdresser, and a monthly jaunt to Takapuna where she and a couple of friends meet up for Morning Melodies at the Bruce Mason Centre and then enjoy a leisurely lunch together.

There's one more thing that Joyce appreciates about Driving Miss Daisy: the certainty. She knows exactly how much she'll pay before she even gets into the vehicle, and can use a Visa card rather than carrying cash. "It's all so easy," she smiles, "and it makes such a difference in my life."



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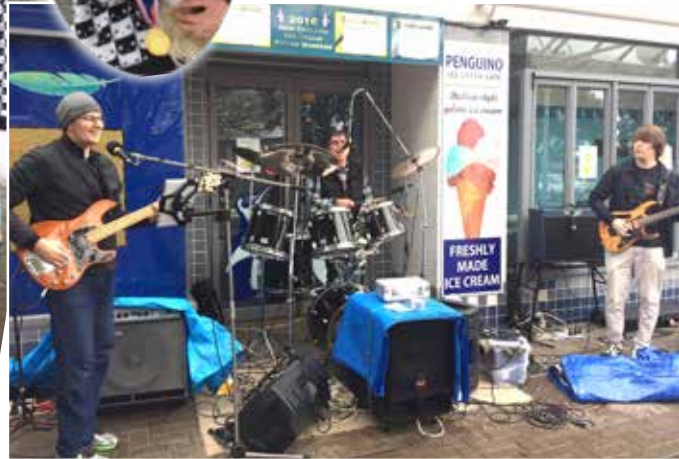
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Bark in the Park

And the band played on...

Despite the weather not coming to the party, Bark in the Park (which was relocated to the beach because of a waterlogged park), was enjoyed by those brave, courageous souls who did attend. This canine friendly social was held on Saturday 14th July between 12 and 4pm. The event was well organised by Sally Cargill from the Bays Community Centre - but, and let me stress here, this was NOT the weather Sally ordered!



Holly (age 12) and her brother Micah (age 6) had gone to a lot of trouble in making up individual doggy treat packs with a tennis ball too. They also arranged the Dog-Irami stall in Phoenix Plaza, with colouring in pages for the passing children and toys and treats for pooches who were down at the beach or out and about in the village. Holly was kept really busy.

A wide variety of hounds popped hairy heads in to say hello and the weather played no part in dampening their fun! Even the band "Vermeer", who relocated from the plaza and set up in front of Penguino's Ice Cream Café, played on under cover.



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Definitely an event to repeat so look out for details in the months ahead. *And well done Holly!*



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Rotary Club of Browns Bay supporting **Trees for Survival**

Trees for Survival is the only environmental programme currently supported by the Rotary Clubs of New Zealand. The project began in 1991, and is administered by a charitable trust that promotes the growing and planting of native trees by school children. The hope is that, by encouraging organisations to sponsor and support primary and intermediary students tend and plant out tree seedlings, communities can come together to help protect NZ's beautiful eco-system.

Rotary Club of Browns Bay are long-time supporters of this initiative, and assist pupils at Pinehill School every August. For more information about Trees for Survival, visit <http://www.tfsnz.org.nz/>

 RotaryClubBrownsBay



Hello Cambodia



Cambodia is known as the Kingdom of Wonder, with an extensive history and culture. Fiona Watt from helloworld Browns Bay highlights some sightseeing recommendations from her travels.

Walking Tour of Phnom Penh

A walking tour is a great way to fully immerse yourself in the environment that you are seeing and to step into the locals' shoes. The walking tour visits Wat Langka, the oldest pagoda in Phnom Penh, to see the Golden Buddha. Follow the riverfront to the Royal Palace then onto the Silver Pagoda, and the many gold, silver, crystal and bronze Buddhas you can see along with other wonderful treasures.

Tuol Sleng Prison

Once a school, which was turned into a prison, it is certainly not a place that would interest everyone. Walking around the grounds you feel the souls of the innocent people who lost their lives in a cruel way to the regime. I believe if you really want to dive into the Khmer Rouge history it is a must to visit; it certainly helps you understand more of the recent history of the country.

Siem Reap

The one thing you notice flying into Siem Reap is how different it appears to the larger city of Phnom Penh. It is very flat, and noticeable are the large farm lands dotted around. This is the place you must not miss on a trip to Cambodia.

Angkor Wat, Angkor Thom and Bayon Temple.

This is one place you wouldn't want to miss in Siem Reap. Wow, what an impressive sight. To get to the temple of Angkor Wat you first have to wander through its grounds, so impressive and grand. Angkor



Thom and Ta Phrom (known as the "Tomb Raider Temple") are both must-see temples. Ta Phrom is a photographer's dream. All around you see large tree trunks grow skywards as its endlessly sporeling roots curl and entwine around each other and the temple ruins.

Cambodia Vespa Tours

The only way you can see the real way of life in Siem Reap is to book one of the Vespa Tours. The main Cultural Country tour they offer will take you on a real adventure into the back country of Siem Reap. You will enjoy a ride through the Angkor Forest to the West of Angkor, visit a local market, West Baray Lake (an artificial reservoir) and catch a boat out to Mebon Temple. The real highlight of the Vespa tour is visiting Wat Svai Romiet Pagoda. Here you get to be a part of a Buddhist Monk Blessing at the main spiritual hall of the pagoda and where you are individually blessed for good luck.

Eating out in Cambodia

One of the best experiences is to try some of the local flavours at one of Cambodia's training restaurants. In Phnom Penh you can visit Romdeng, a charity restaurant where former street children are taught cooking skills and the principles of hospitality. In Siem Reap you can enjoy a similar experience at Marum, where the street children cook traditional tapas style courses and if you dare try one of their delicacies of fried jumping spider, a cricket or scorpion.

Contact Fiona at helloworld Browns Bay to learn more about Cambodia, on (09) 478 4416 or email brownsbay@helloworld.co.nz

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Winter Warmers

As the wet weather continues, and the wind whistles around your eaves, you hear the interminable drip, drip, drip of rain against your window... Why not switch off, keep warm and curl up with a hot chocolate (or mulled wine, if that's your thing) and enjoy a good read.

After a chat with our local librarian and a quick peek on the website, we uncovered the top 10 favourites in lots of different categories.

So, if you are looking for inspiration, how about one of these good reads:

Blockbusters:

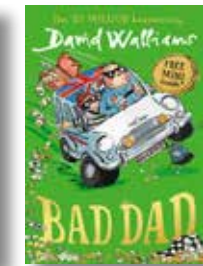
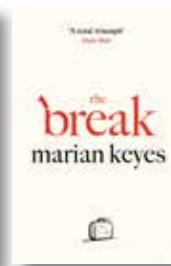
- The Break – *Marian Keyes*
- The Midnight Line – *Lee Child*
- Origin – *Dan Brown*
- The Rooster Bar – *John Grisham*
- Come Sundown – *Nora Roberts*

Or how about top **Bookclub reads:**

- Eleanor Oliphant is Completely Fine – *Gail Honeyman*
- How to Stop Time – *Matt Haig*
- Swimming Lessons – *Claire Fuller*
- Heloise – *Mandy Hager*
- The Answers – *Catherine Lacey*

And let's not forget our **Young Readers.** Top reads include:

- Bad Dad – *David Walliams*
- How to Mend a Kea – *Janet Hunt*
- The Book of Mistakes – *Corinna Luyken*
- Toto – *Michael Morpurgo*
- On a Magical Do-Nothing Day – *Béatrice Alemagna*



Do you have an **eReader** but aren't quite sure how to use it? Did you know you can book a half-hour session with a librarian at ECB Library and receive one-on-one tuition that will help you make the most of your eReading device. Then you can start downloading your books through the library website.

Nearly every day there is something on at your local library. Fancy a **Tea and Topics** morning? Then come along, it's the third Wednesday of every month at 10.30am – 12.00pm. Here is an opportunity to meet other bibliophiles and you get to listen to guest speakers share their knowledge and expertise.

All this and lots more information can be found on the website: www.aucklandlibraries.govt.nz – just look for your local ECB Library. Or drop into the library and ask any one of the friendly librarians for tips on books and events.

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World Cup **Glory**

Another Browns Bay stalwart, the iconic French Bakery Café (La Tropeziennne), opened up at 2.00am on Monday 16th July to host the screening of FIFA's World Cup Final between France and Croatia.

Those hardy souls who braved the weather to join an excited Louis Bouquet in his café were surely not disappointed. The place was packed with only standing room left outside. France went on to win 4-2 and there were joyous scenes afterwards in the carpark in the wee hours. *Merci Louis!*



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Thank you, Sylvia

Note from the editor: I had the pleasure of visiting Sylvia in late June, just days before she announced that she was stepping back from her bird rescue work.

For more than 30 years at her home in Montgomery Avenue, Sylvia Durrant cared for orphaned fantails, a wounded albatross, and every other bird in between. She wasn't the original "Bird Lady" – that was Leila McNamara – but she was arguably the best known, and is certainly one of the North Shore's most beloved and respected residents. It was once estimated that she took care of up to 4,000 birds a year, and in 2007 she was awarded the Queen's Service Medal for her outstanding, untiring work.

Spring used to be Sylvia's busiest months, with the annual influx of injured or abandoned baby birds. Her day would start promptly at 6.00 am, and then every two hours until sundown, she'd diligently ensure her young patients were appropriately fed every two hours.

She didn't have to work alone. There were highly organised shifts of volunteers, many of whom were "second generation" – the children of parents who themselves used to help Sylvia during their school holidays.

Sylvia originally trained as a nurse. She worked at what's now The Wilson Home Trust, and also offered attendant care for people living with disabilities in their own homes. She combines a warm heart with absolute pragmatism – because there can't always be happy endings. If common baby birds (such as ducklings) passed away, they were popped into the freezer to provide valuable nourishment for moreporks and other birds of prey. "It's recycling!" she explained, "and it helped to make sure they didn't get a taste for our native species."

There weren't any birds that she disliked, believing that they all have their place in the world. However she did admit to having a real soft spot for little blue penguins. "They're neat, aren't they!" she giggled.

Part of her rescued penguins' rehabilitation would often include swimming lessons. Accompanied by her faithful rescue dog, Missy, Sylvia would take the birds down to Campbells Bay, where they could splish around in the rock pools. Missy's a Border Collie /Huntaway-cross, and loved her job as a "bird dog" – gently rounding up any penguins who waddled off too far and ensuring that any other dogs on the beach were kept at a safe distance.



Keeping baby birds warm is crucial. You can make "nests" for them quite easily.

Many of her penguins which, for one reason or another, couldn't be introduced back into the wild, have gone to live at Auckland Zoo.

What should you do if you find an injured or abandoned baby bird?

"Don't even try to find the right nest and put the baby back," advises Sylvia. "You can never be sure; it's not worth the risk."

The most critical thing is to keep the bird warm. "If you wrap it up in a snug box and pop it, for example, in the hot water cupboard, a baby bird can probably survive for several hours. Warmth during that time is more critical than food," she stresses. "And then contact NZ Bird Rescue in Green Bay, DOC, the SPCA or your local vet as quickly as possible!"

Everyone at ShoreLines wishes Sylvia a long and happy retirement.

Useful resources:

NZ Bird Rescue: (09) 816 9219 and <http://birdrescue.org.nz/>

DOC emergency hotline for sick or injured wildlife: 0800 DOC HOT (362 468).

SPCA advice about injured birds: www.spcaauckland.org.nz/animal-care/birds



A Tui in a sling with a suspected compression fracture

HEY KIDS!

Colour in our drawing of a Tui on page 30. Drop it off at Pages Print in Browns Bay and we'll publish the winner in our October issue of ShoreLines!

BAYS COMMUNITY CENTRE NEWSLETTER



August/
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2018

COMMUNITY EXPO

Over 40 groups exhibited at the Expo on June 23. Bill Ellis was there with his camera



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Sat. 1 Sept 2018
9am-3pm



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saturday,
18 august
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INTERNATIONAL FESTIVAL

- games
- food stalls
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836A EAST COAST ROAD, OTEHA, AUCKLAND



OKTOBERFEST

Join us on Tuesday 2 Oct for lunch to celebrate International Day for Older People. St Anne's Hall. Entertainment from the Singing Barman
Ph Debbie 478 4091, to book.

EAST COAST BAYS COMMUNITY PROJECT

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

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



CLASSES & GROUPS @ THE BAYS COMMUNITY CENTRE

ART & CRAFT

Bays Patchwork Fortnightly Thurs, 7-9.30pm.
All levels of ability, beginners to experienced.
Demos & classes also held. Ph Sue 413 8239.

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

Browns Bay Evening Spinners

2nd & 4th Tuesdays; Ph Helga 479 1668

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

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

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

SPECIAL INTEREST ACTIVITIES & GROUPS

AA meets weekly on Thursdays. Ph Suni 486 0101

Browns Bay 60s Up Movement Ph Phillip 479 4696.

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

Newcomers' Network Last Tuesday of the month; 6pm.
Eugene@networkfs.co.nz; ph 022 276 0085

North Shore Board Games Wed evenings.
Ph Alistair 022 653 3134.

Overeaters Anonymous Meets Tue & Sat evenings.
Ph Preet 021 024 82111

Rummikub Wed mornings. Ph Annette 441 3019.

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

U3A Browns Bay Are you retired? U3A Browns Bay offers
you top-line speakers & the opportunity to explore new
interests in study groups at convenient times.
Ph Monette 478 1928. www.u3abb.net.nz

Women's Institute Thursdays, monthly, 10am.
Ph Brenda 415 6242

Writing Family Memories for Future Generations
Older Women's Network . Ph Patricia 479 7519

HEALTH, FITNESS & WELLBEING

Divine Intervention Introduction to Self Healing
3-hour morning session, limited numbers. \$30.
Ph Judy 478 6065.

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

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

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

Tai Chi Thursday 8.15-9.15am. Individual tuition is also
available. 09 or 021 764 980; wailingwan@gmail.com.

Tai Chi Monday evenings & Wednesday afternoons.
Ph Bruno 021 155 4606

Tai Chi Fridays 9.30-10.30; Sherie 021 536 411

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

LANGUAGES

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

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

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

NZ Sign Language Thu evenings.
nzsl@auckland-deaf.org.nz. Ph 630 6980.

FOR KIDS

Realistic Drawing Classes Ages 5-12. Mon, Tue, Thu, 3.30
& 4.30. Ph 021 023 60215

Do you have a class you would like to run, or do you need a venue for your group to meet? We have rooms available, especially on Mondays during the day.
Ph Debbie on 478 4091 or
bayscommunitycentre@gmail.com

CLASSES & GROUPS @ ST ANNE'S HALL

ART

Art Group

Fortnightly, Thu. All levels of ability welcome
(incl beginners). Contact Margaret Rex.REX@xtra.co.nz

DANCE

Bays Dance Studio Mon & Thu. Ph Anna Ellis 021 123 1557

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

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

Dance Expression Ballet technique with hints of other styles.
5.30-6.15. Fridays. \$10 casual; \$90 for 10 classes. First class free.
www.danceexpressionnz@gmail.com
Ph Rebecca 021 029 09303

HEALTH, FITNESS & WELLBEING

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

Table Tennis Mon, Tue & Fri 11.30am-1.30pm.
For all ages & levels of ability. Ph Debbie 478 4091

FOR KIDS

Browns Bay Playgroup Mon, Wed Fri mornings.
Liz_edwards40@hotmail.com

Pform.nz Building confidence, creativity & character.
Dance, sing, act; 10-13 years; Thu 6.15 - 7.15pm.
www.pform.nz; info@theperformance.net



COMMUNITY NEWS

NEED TO GET OUT MORE & MEET NEW PEOPLE?

BROWNS BAY LADIES' CLUB

Retired & still young at heart?
Why not join the Browns Bay Ladies' Club.
We meet once a month on a Friday morning.
There are trips, speakers & mini-groups.
Ph Margaret 478 2073 or Pat 479 1696

FRIDAY FRIENDS

New Members Welcome
Friday Friends is a small group who meet for lunch & fellowship every Friday at midday.
We lunch alternatively at the Albany mall & a North Shore café every second Friday.
If you enjoy meeting for lunch in a friendly atmosphere call Patricia or Trevor for details
Ph 478 1731

INTERNATIONAL FRIENDSHIP GROUP

Meets on Wednesdays 10am-12pm (school terms only)
at the Bays Community Centre for morning tea & discussion.
Make friends with people from all over the world & help newcomers settle into their new community.
Ph Debbie, 478 4091.

TORBAY INTERNATIONAL COFFEE GROUP

Meets Thursdays 10.15 at the Senior Citizen's Hall, 35 Watea Rd Torbay.
If you are new to the area, this is a great way to meet people & make new friends.
Ph Carole 473 3259

GAMES MORNINGS

3rd Tue of the month 10am-12pm at Mairangi Presbyterian Church, 10 Penzance Rd.
Morning tea followed by games including Tri Dominos, Rummikub, card games, Scrabble.
The group is opened to everyone.
There is a gold coin charge.
For more info ph Margaret 027 225 8893.

OVEREATERS ANONYMOUS

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



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corinne.monecole@gmail.com

GIRL GUIDING NZ

Want to help empower young girls & women, or even teach them a new skill?
Then, we need you.
Girl Guiding NZ is looking for volunteers to help in Torbay on Thursdays.
If you have any questions, want to register your interest or would like to chat to us about options, go to www.girlguidingnz.org.nz or email Ciara.arnot@girlguidingnz.org.nz.



EAST COAST BAYS BRIDGE CLUB

Beginners-refreshers lessons.
Late August - day and night lessons
Call Helene: 027 296 3365
lessons@ecbbridgeclub.co.nz

BROWNS BAY COMMUNITY ENGLISH

English as a Second Language for Adults.
Try one lesson free.
4 levels: Elementary to Upper.
Bays Community Centre & Red Cross Hall.
Courses run for 8 weeks.
Full details on our website:
www.BrownsBayEnglish.co.nz
Ph Di 021 667 855
Linda 021 023 95103
Email LindaAndDi@hotmail.com



LOVE YOUR FEET

Vivian Wang is a registered podiatrist with extensive experience in a variety of podiatry conditions from toenail & foot skin problems to sport injuries & biomedical conditions. Vivian also assesses & treats diabetes patients.
To book an appointment at the Bays Community Centre ph Vivian on 478 8735.
www.loveyourfeet.co.nz



DEFENSIVE DRIVING

Next course at the Bays Community Centre
1, 3, 8, 10 Oct, 1-3pm.
Ph Stu at the Auckland Defensive Driving Academy 486 1909

ECB LIBRARY NEWS

Wed 15 Aug 10.30- 12pm.:
Tea & Topics author talk with local author Maureen Green 'Writing Your Memoirs'
Tue 21 Aug 11am -12pm:
Family History Month Talk 'Touching Death' with Auckland Libraries Family History Librarian Seonaid Lewis.
Wed 22 Aug 10:30am -12pm:
National Poetry Day . Join us to celebrate National Poetry Day with an open mic event to be introduced by Stu Bagby. It will be a celebration of the spoken word. Come to listen to local poets or take your turn reciting your favourite poems or your own original pieces.
Wed 19 Sep 10:30- 12pm:
Tea & Topics talk on Palmistry Free. All welcome.
The theme for the September school holidays will be 'Time Turner'

CHILDREN'S ARK AWARDED THE HIGHEST RATING BY THE EDUCATION REVIEW OFFICE 2018

Torbay's Friendly little Kindergarten

SESSION TIMES

- Mon to Thurs 8.30am - 2.30pm (8.30am - 11.30am & 11.30am - 2.30pm)
- Fridays 8.30am - 1.00pm

Parents can choose (subject to availability) how many sessions they wish to use, and whether to have full or half days.

SESSION COST (After claiming 20 hours free)

- \$4.20 / half day session
- \$8.40 / full day session
- \$6.30 / Friday session

20 free hours is claimed from the Ministry of Education for each child attending. We welcome visits from prospective children and their families prior to enrolment.

IMPORTANT NOTICE:
An admission to competing hours and additional age group (waiting for babies and toddlers, as well as the current kindergarten age) will be happening at Children's Ark in the near future, to cope with the demand for full-day childcare spaces in the Torbay/Long Bay area. Please contact the centre for more information. Children who are enrolled before the booking system will receive special offers on fees.

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3:30PM - 4:15PM
PRIMARY (5YRS - 8YRS)
4:15PM - 5:00PM
TEEN (13YRS - 18YRS)
5:00PM - 6:00PM
ADULT (20+)
6:00PM - 7:00PM

St Anne's Hall, Browns Bay
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- + BUILDING SELF-ESTEEM AND CONFIDENCE

FREE TRIAL CLASS AVAILABLE NOW

Lessons

Tue: Albany Hub— Albany Highway
Wed: Bays Community Centre
Thu: Kennedy Park, Castor Bay

Fees

\$220 group lessons/\$290 pair lessons/\$410 private lessons

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We offer professional qualifications through our association with NZ Speech Board & Trinity College of London.
To enrol email Janita@headheldhigh.co.nz, visit our website headheldhigh.co.nz or ph 021 459 3384



Hearts & Minds WELLBEING SUPPORT

@ the Bays Community Centre
WELLBEING RESILIENCE TOOLBOX FOR ANXIETY & DEPRESSION
Friday 10.30-12.30

POSITIVE PSYCHOLOGY, PERSONALITY & SELF-ESTEEM

Sunday 3.30-5.30.
learning@heartsandminds.org.nz;
Ph 441 8989



PILATES

Katie Quirke Pilates classes are held at the Torbay Sailing Club.
Contact
katiequirkepilates@gmail.com
021849988.



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Warren Karno is happy to run workshops for small groups to get you started writing your story for your children & grandchildren to treasure.

Warren has many years of experience encouraging people to tell their stories. He can come to your group, or arrange a time to meet with you. Portfolio.press@xtra.co.nz

The Bays Community Centre Newsletter is part of Shorelines Magazine & published bi-monthly. We welcome your community news; there is no charge for community organisations.

Deadlines for publication are 12 July, 12 September, 12 November, at noon.

Inquiries to the East Coast Bays Community Project, ECBCP@xtra.co.nz

2 Glen Rd Browns Bay; Ph 478 4301

LONG BAY⁺

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The complicated world of organics

The "good life" may be blooming, but it's far from simple

Back in the early 1980s, when Prince Charles started using words like "sustainability" and "organic" he was viewed by some as a radical and even as the butt of jokes. But now, the global market for organic food is worth approx. €85bn (NZ\$146bn), and is growing at 10.5% year on year.*

New Zealand's own organic sector is worth an estimated \$600m, a rise of \$139m since 2015. Furthermore, eight out of 10 Kiwi shoppers say they buy organic products at least fortnightly.*

It seems that organics really has shed its "hippy dippy" label and moved from a niche market into the mainstream.

Even so, for growers and manufacturers, the decision to go organic is not one to be taken lightly. Richard Lees is the chief executive of Huckleberry, who opened their Browns Bay store just a few weeks ago. He's also on the board of Organics Aotearoa NZ (OANZ), and feels it's important that consumers understand the significance when a product is labelled "organic".

"Gaining authentic organic accreditation is a huge investment of time and money for the producer and manufacturers,"

he explains. Indeed, it takes three years for a grower to transition from fallow land to organic. This can be an arduous process, which could be inadvertently prolonged if a non-organic neighbour sprays pesticides on a day when the wind changes direction. "I've seen it happen," comments Richard. "I remember one grower lost a whole blueberry crop for this reason. He had to sell the fruit as 'conventional' and then had to jump through a number of hoops to ensure he could get the soil back to the requirements to meet the rules of holding organic status."

What's more, growing the produce is just one part of the whole supply chain process, every stage of which needs to be carefully monitored for organic compliance.

Don't be afraid to ask questions

As the popularity of organics continues to surge, "greenwashing" is something of which to be wary. Richard advises consumers, "Ask questions about traceability, and check the box and food labels to see what's really being promised."



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Your Organic Grocer

He extends this further. "Buy local, buy in season, and buy 'certified organic' where possible."

He observes that younger shoppers are becoming more astute with their buying decisions. "I think education in schools now is questioning how we look after ourselves and the planet. This means that 16 to 25 year olds don't just automatically believe what they're told. They want evidence that something is organic or, if it's not organic, they want to know how the manufacturer is working towards taking a genuinely more sustainable approach."

All of which results in customer-driven improvements.

"There's still a long way to go though," says Richard. "We've only just touched the surface. Our goal for Huckleberry is to be a true one-stop destination for groceries, lifestyle and wellness. We want to be package-free and waste-free – and to keep raising awareness."

"All that time ago Prince Charles was pretty on the money, I reckon!"

Check for certifications

OANZ advise that shoppers should look out for various accreditations, including BioGro, AsureQuality and Organic Farm NZ – which are illustrated here.



The BioGro logo is a mark of trust, it signifies that the company/product has gone through rigorous assessments and audits to ensure that you are receiving something genuine and exactly what it says it is – organic.



OrganicFarmsNZ is a not-for-profit organisation that certifies local and small organic food suppliers in New Zealand. The OrganicFarmNZ label verifies that products are additive-free, GM-free, cruelty-free and striving to be eco-friendly.



AsureQuality is a government-owned certification that ensures the safety and quality of food in New Zealand by providing auditing, testing, inspection and certification to organic players in the food, horticulture, wine and land industries.

Organics by the numbers (from OANZ's 2018 market report)

- Exports are booming – up 42% in total to \$355m
 - o Fresh fruit and vegetables up 26% to \$136m
 - o Dairy, meat and wool up 45% to \$99.5m
 - o Wine up 13% to \$46.5m
- In 2018, organic supermarket sales were \$216m for the year to May, but these still only account for 2.2% of total supermarket sales. Speciality stores sold \$30m worth of organic products over that period.
- 48% of Kiwi consumers say they buy organic products because they are "concerned for the environment".
- Certified organic operations are up 12% to 1,118 licensees and 1,672 certified enterprises.
- More than 50% of producers say they are interested in gaining full organic certification or transitioning towards organic.

* Figures from OANZ 2018 Market Report.

For more information and consumer advice, visit www.oanz.org



Photos credit: Gemma Fitzpatrick, Huckleberry



Bays' back pockets hit by fuel tax

Erica Stanford, MP for the East Coast Bays

Many of you will have noticed the large price hike at the petrol pump this month. Thanks to this Government's new regional fuel tax legislation, Aucklanders have been hit in the pocket by an extra 11.5c per litre. It's a tough pill to swallow given that this tax was totally avoidable.

People in our community are paying more at the fuel pump for one simple reason – Mayor Phil Goff can't keep his promises. Prior to being elected, our Mayor promised Aucklanders that he would trim council costs by between three and six percent. Aucklanders duly elected him, trusting that he would do what he said he was going to do. However, instead of keeping his promise and reining in Council costs, Mayor Goff has taken the easy way out and has ramped up taxes on hard-working Aucklanders at the petrol pump.

The Mayor and the Transport Minister, Phil Twyford, got together to propose new legislation to allow for a regional fuel tax on Aucklanders – a 10c per litre tax (plus GST) to fund regional transport projects.

This Government legislation passed through the Parliament in June under a shortened timeframe. At each stage of the process more and more Aucklanders opposed the legislation with a Council poll showing that nearly half of us didn't want the additional tax by the time the legislation was passed.

National strongly opposed the fuel tax at each stage of the process. We made the important point that **if Phil Goff had reigned in Council spending, as promised, by just four percent he would have saved \$150m per year – the same amount that the fuel tax on Aucklanders is raising per annum.**

So, people in Browns Bay, Albany and Murrays Bay are paying more at the pump purely because Mayor Goff can't stick to his word. And get ready for further hikes over next three years as this Government lifts the national excise tax on petrol by another 10c per litre (plus GST) to fund trams down Dominion Road and light rail to the airport – projects that will have little to no benefit to people on the North Shore.

A National Government would crack down on the council to tighten its belt – instead, the Coalition Government is letting the council get away scot-free. We now have a petrol tax hammering our back pockets – making it harder for firms to do business and increasing the pressure on hard-working families.

And every time we fill up, we are letting Mayor Goff off the hook.

2019 New Zealander of the Year Awards



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One of the up and coming itineraries is Portugal's Douro River - this cruise is great for travellers who have done the major rivers such as the Danube and are looking for something a little different. The Douro Valley is a listed World Heritage site and for those of you who enjoy their wine, this is a great region to explore. Your cruise will start in the beautiful old town Porto, and you will want to visit the charming old district of Ribeira. Another highlight of this cruise is the day trip out to Salamanca. This is a UNESCO World Heritage Site where you can see stunning architecture from the Gothic right through to the Baroque periods and also visit one of the world's oldest universities which dates

back to 1218. If you're adventurous and need to work off some of that wine you can even explore Salamanca by bike! Prices for this 8 day cruise start from \$2589 per person, and includes your accommodation, sightseeing, 3 meals a day and all drinks*.

The well-known Amsterdam to Avignon combination cruises visits places such as picturesque Haarlem in Holland, the open-air museum of Arnhem and one of the best kept secrets in Europe, Strasbourg in France. Along the Saone and Rhone Rivers, there is the opportunity to explore by bike, hike in the Alpilles Mountains or just relax onboard enjoying the beautiful landscapes of Burgundy and Provence. Prices for this 11 day cruise start from \$3909 per person, and include your accommodation, sightseeing, 3 meals a day and all drinks*.

Other itineraries offered by Croisi are their 'out of Europe' cruises. Imagine cruising along the mighty Zambezi and Chobe Rivers, this amazing itinerary will take you through Botswana to Victoria

Falls. Their 8 day cruise from Moscow to Saint Petersburg gives you an immersive experience in Russian culture and for those of you who do not want to travel too far, they also offer cruises along the Mekong Delta.

There is so much choice out there, come in and chat to the experts to find the best holiday to suit you - the best holidays are created together.



The best holidays are created together.
17A CLYDE ROAD | 09 479 1003 | brownsbay@hot.co.nz

HOUSE OF TRAVEL



The ShoreLines Launch at

After more than 6 months of planning, we were delighted to have our first edition of the East Coast Bays ShoreLines magazine out on the street. On time, within budget and with a generous sampling of local community stories, pertinent content and the incredibly awesome support of our local ECB businesses and the community at large.



If you missed the first edition, look on our website www.pagesprint.co.nz and you can view the back issues or pop in to the shop at 94 Clyde Road, Browns Bay and pick up a copy.

To thank our supporters and advertisers we celebrated the launching of the magazine on the 28th May at Deep Creek Brews and Eats, where our special guests enjoyed a tasty selection of mouth-watering canapes from the creative talents of the Deep Creek crew while they chatted over an abundant variety of local brews and wine.

It really has been a fabulous experience putting together a community-based publication maintaining our identity as a 'village' on the North Shore. Without this support, it would never have been possible and Browns Bay would have lost its voice.

Thanks again from

Kim Taylor

and the team at

Pages Print

ECB ShoreLines magazine has been a collaboration of ideas from the start and we, at Pages Design & Print, cannot thank you, our local community, enough for your support.

Photos courtesy Stephanie Danieli - For events, weddings or special occasions. M. +64 27 346 5429 Web. www.danieliphotography.com



Demystifying craft beer

"I quite like it when someone tells me they're not keen on beer," says Andrew Ranum, general manager of Deep Creek Brews & Eats. "It's like 'Challenge Accepted!'"

The Deep Creek brewbar usually has 16 different beers on tap, and Andrew enjoys guiding customers to the ones that really suit their taste buds. In the first instance, this might involve explaining a few facts and busting a few myths. In simple terms, beer falls into two categories: lager and ale. Lager isn't necessarily light and fizzy, and ale isn't necessarily dark and bitter. "Just because someone doesn't enjoy Guinness, doesn't mean they'll dislike all dark beers," Andrew observes. Pale lager probably accounts for 90% of the world's beer consumption. It's made to be refreshing and easy-drinking. Ale on the other hand is designed to be savoured rather than downed. It has a bit more flavour and a bit more character, which may prompt comments and conversation amongst its drinkers.

"The rise of micro-breweries and craft beer has given opportunities to people who aren't bound by cost or convention," comments Andrew. "There's more experimentation with different ingredients, such as throwing things like chilli, liquorice, raspberries or coconut into the mix." Sour beer may appeal to cider drinkers, who are accustomed to a dry finish. "It's essentially made with the addition of yogurt culture. That produces extra acidity which can then be balanced out with some fruit, like peach or berries."

Every month, Andrew holds a Beer Appreciation evening, allowing punters to experience some different flavours and styles, and match these with the appropriate food too. When trying a new beer, he recommends The 3 Sip Rule, which often runs as follows:

Sip 1: "Oh no, I don't like that."

Sip 2: "Hmm, it tastes a bit different."

Sip 3: "Oh yes, that's quite nice, isn't it."

More information about the Deep Creek's next Beer Appreciation evening can be found at deepcreekbrewbar.co.nz.

A very quick guide to common ale types:

Pale Ale: A lighter body, fruity.

IPA: India Pale Ale. A few more hops, a bit more alcohol, sweeter and fuller bodied.

Double IPA: Imperial India Pale Ale. More hops, more alcohol. Big in flavour and body.

APA: American Pale Ale. Exclusively American hops, often with pine or citrus (grapefruit) overtones.

Stout/ Porter: Darker styles with rich coffee, dark chocolate, toasty flavours.

If you're a homebrewer, take a look at the Deep Creek's recipe for making a Redwoods APA on page 28.



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SATURDAY 4th AUGUST

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The logo for Deep Creek Brewing Co. is circular with a white border. Inside, there are three palm trees of varying heights. Above the trees, the words "FLAVOUR FUELLED" are written in a curved path. Below the trees, "DEEP CREEK" is written in a larger font, and "BREWING CO." is written in a smaller font below it.



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Welcome to Pupuke Golf Club

(Enjoy the Pupuke Golf Club facilities)



Contact: kitchen@pupukegolf.co.nz • Pupuke Golf Course • 231 East Coast Road • Campbells Bay • North Shore

Review: Pupuke Café

We visited the Pupuke Golf Club's café on a sunny winter's Saturday. Parking was easy, even though the course seemed quite busy. The café itself is a large, bright and airy space, with a pleasant setting overlooking the course.

The new menu has been carefully created by the café's two chefs, and includes a great choice of Kiwi favourites (such as eggs benedict, mince on toast, crispy chicken burger, and Caesar salad) made with free-range eggs, meats and poultry. Vegans, vegetarians, and those requiring dairy-free or gluten-free options are catered for, and there's a decent selection for the kiddies too.

We opted for two of the "house specials": brioche French toast with bacon, grilled banana & butterscotch sauce (\$17.50), and kumara & corn rösti with roasted tomatoes, baby spinach, roasted red peppers & a house-made herb sauce (\$18).

The service was prompt and friendly, and our food was beautifully presented. The brioche was deliciously indulgent, and a most satisfying combination. "This is just fab! It feels like a treat!" were the comments.

The rösti was very tasty, and the roasted tomatoes were something of a revelation, being chargrilled to perfection, sweet and warm and not too soft. The herb sauce was creamy but not too rich or overpowering the other flavours. We both agreed we'd order these dishes again, without hesitation!

The Pupuke Café serves hearty, appetising food. It's ideal for a casual breakfast, brunch or lunch with friends, whether they're golfers or not. We felt it could also be a nice venue for a wedding reception or family celebration.



Bring this review with you to receive 15% of your total bill at Pupuke Café. Valid for one visit only, until 30 September 2018.

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beach. BISTRO

Redwood American Pale Ale
courtesy of Deep Creek

Tasting Notes: Fresh pine notes with a subtle grapefruit flavours on a solid malt base.

Method: All Grain	Original Gravity: 1.051
Style: American Pale Ale	Final Gravity: 1.011
Boil Time: 60 min	Abv: 5.4%
Batch Size: 22 litres (fermenter volume)	IBU: 38.6
Boil Size: 26 litres	Efficiency: 75% (brew house)

Malts: 5.155kg total

Gladfield Ale Malt	3.85 kg	74.9%
Gladfield Vienna	830g	16%
Gladfield Redback	140g	2.7%
Gladfield Toffee Malt	280g	5.3%
Gladfield Shepherds Delight	55g	1.1%

Hop Additions

Columbus (16% alpha)	2g	60 min	4.6 IBU
Columbus (16% alpha)	8g	10 min	9.2 IBU
Columbus (16% alpha)	40g	Whirlpool (15 min)	12.2 IBU
Chinook (13.3% alpha)	50g	Whirlpool (15 min)	12.2 IBU
Simcoe (13.3% alpha)	50g	Dry Hop	0
Citra (13.0% alpha)	50g	Dry Hop	0

Other Ingredients

Deltafloc / Whirlfloc	1 tablet	15 min
Yeast Nutrient	2.5g	5 min

Water Profile
Calcium 92 mg/l
Chloride 76 mg/l
Sulphate 141 mg/l
Sodium 13 mg/l
Magnesium 2.5 mg/l

Mash Guidelines
Mash Thickness: 2.5L/kg
Temp: 68 °C.

Yeast
White Labs WLP001
Ferment at 18 °C.

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East Coast Bays ShoreLines Bits'nBobs

Tui

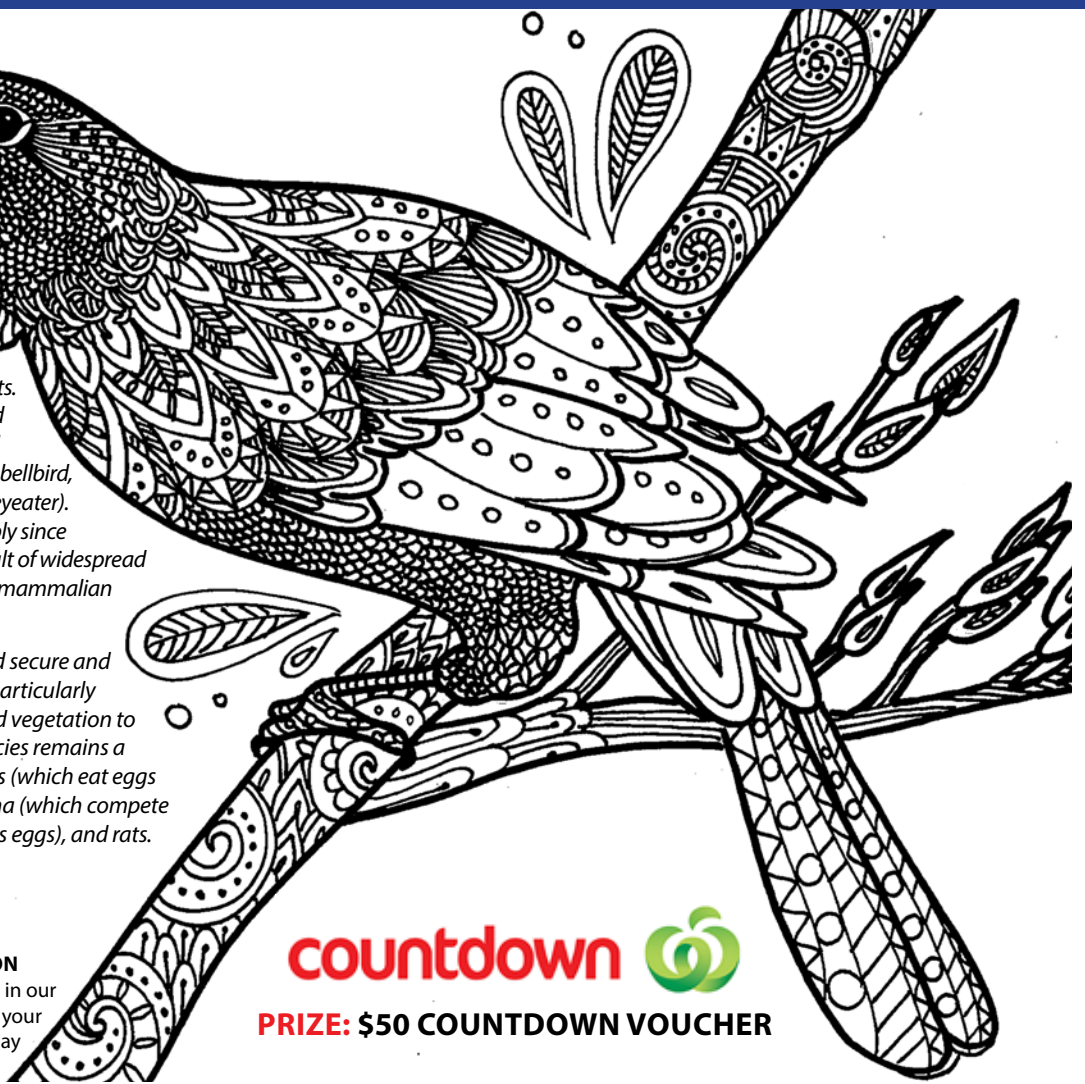
Tui are found through much of New Zealand, particularly the North Island, the west and south coasts of the South Island, Stewart Island/Rakiura and the Chatham Islands – where an endangered subspecies particular to these islands exists. Other populations live on Raoul Island in the Kermadecs and in the Auckland Islands (where, with the New Zealand bellbird, it is the most southerly species of honeyeater). Populations have declined considerably since European settlement, mainly as a result of widespread habitat destruction and predation by mammalian invasive species.

Nonetheless, the species is considered secure and has made recoveries in some areas, particularly after removal of livestock has allowed vegetation to recover. Predation by introduced species remains a threat, particularly brushtail possums (which eat eggs and chicks), stoats, the common myna (which compete with tui for food and sometimes takes eggs), and rats.

KIDS

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HIGH & LOW TIDES (AUCKLAND) FOR AUGUST AND SEPTEMBER

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS								
	Time	m	Time	m	Time	m	Time	m
1	0402	0.8	9	0441	3.1	17	0536	0.5
	1018	3.0		1051	0.6		1159	3.3
	1612	0.7		1720	3.2		1755	0.6
	2243	3.1		2323	0.7		1901	3.0
2	0442	0.8	10	0544	3.2	18	0621	3.2
	1057	3.0		1151	0.4		0626	0.6
	1651	0.8		1819	3.4		1251	3.1
	2323	3.1					1849	0.8
3	0524	0.8	11	0621	0.5	19	0112	3.1
	1138	3.0		0645	3.3		0718	0.7
	1734	0.8		1247	0.3		1345	3.0
				1914	3.5		1946	0.9
4	0606	3.0	12	0117	0.4	20	0204	2.9
	0608	0.8		0742	3.4		0613	0.9
	1223	2.9		1340	0.2		1442	2.9
	1822	0.9		2007	3.6		2044	1.0
5	0651	3.0	13	0211	0.3	21	0259	2.8
	0655	0.8		0836	3.5		0911	0.9
	1313	2.9		1432	0.2		1508	0.6
	1916	0.9		2059	3.6		2142	1.0
6	0142	3.0	14	0304	0.3	22	0354	2.8
	0748	0.8		0928	3.5		1009	0.9
	1410	2.9		1522	0.2		1638	2.8
	2016	0.9		2151	3.6		2236	1.0
7	0237	3.0	15	0355	0.3	23	0450	2.8
	0847	0.7		1019	3.5		1103	0.9
	1513	2.9		1612	0.3		1730	2.9
	2119	0.9		2241	3.5		2327	1.0
8	0338	3.0	16	0446	0.4	24	0543	2.8
	0949	0.7		1109	3.4		1152	0.9
	1618	3.1		1703	0.4		1817	2.9
	2222	0.8		2331	3.4			

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS								
	Time	m	Time	m	Time	m	Time	m
1	0455	0.6	9	0004	0.5	17	0038	3.0
	1112	3.1		0630	3.3		0639	0.8
	1709	0.7		1230	0.3		1309	2.9
	2338	3.1		1855	3.5		1910	0.9
2	0539	0.6	10	0100	0.4	18	0128	2.8
	1158	3.0		0725	3.4		0732	0.9
	1757	0.8		1323	0.2		1405	2.8
				1948	3.5		2007	1.0
3	0625	3.0	11	0152	0.3	19	0221	2.7
	0627	0.7		0818	3.5		0830	1.0
	1249	3.0		1413	0.2		1504	2.8
	1852	0.9		2038	3.6		2106	1.0
4	0117	3.0	12	0243	0.3	20	0318	2.7
	0721	0.7		0907	3.5		0931	1.0
	1347	2.9		1501	0.2		1601	2.8
	1954	0.9		2127	3.5		2202	1.0
5	0215	3.0	13	0331	0.3	21	0416	2.7
	0822	0.7		0955	3.5		1029	1.0
	1452	3.0		1549	0.3		1655	2.8
	2059	0.9		2215	3.4		2254	1.0
6	0319	3.0	14	0418	0.4	22	0512	2.7
	0928	0.7		1042	3.4		1121	0.9
	1558	3.0		1637	0.5		1744	2.9
	2204	0.8		2303	3.3		2342	0.9
7	0425	3.0	15	0504	0.5	23	0602	2.8
	1033	0.6		1129	3.2		1206	0.8
	1702	3.2		1725	0.6		1828	3.0
	2306	0.6		2350	3.1			
8	0529	3.1	16	0551	0.6	24	0626	0.8
	1134	0.5		1218	3.1		1247	0.8
	1800	3.3		1816	0.8		1909	3.0

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