

East Coast Bays

# ShoreLines

M A G A Z I N E

October/November 2018

It's  
a Shore  
thing!

In this issue...

**The future of our village centres**

Torbay's long, long, long distance runner

**Route 66 legendary road trip**

Dining review: à la carte on the Beachfront

**Keeping pets happy during fireworks season**

*...and much more*

Cover Photo:  
Stephanie Daniell

- Browns Bay • Northcross • Pinehill • Rothesay Bay • Sherwood •
- Torbay • Waiake • Mairangi Bay • Murrays Bay • Long Bay & Okura •

Supported by:



Return Flight	Destination	People	Time
7 NIGHTS	LONDON	2	10:15
7 NIGHTS	PARIS	2	11:15
7 NIGHTS	NEW YORK	2	12:15
7 NIGHTS	HONG KONG	2	13:45
2 NIGHTS x 2	SYDNEY	2	13:55
2 NIGHTS x 2	QUEENSTOWN	2	14:15



# Just the TICKET

List and sell with us\* between 3rd September 2018 and 25th November 2018 and you will be automatically entered in the draw to win one of eight fantastic holidays for two to some of the world's top destinations.



**+ WIN A Waiheke Experience**  
**NAME THIS PLACE COMPETITION**  
**ENTER AT:**  
[WWW.OURSHOUT.CO.NZ](http://www.ourshout.co.nz)

For all you need to know go to [www.ourshout.co.nz](http://www.ourshout.co.nz) or call 0800 TO SELL

\* Conditions apply - see online.

[clare.ellis@harcourts.co.nz](mailto:clare.ellis@harcourts.co.nz)  
[www.cooperandco.co.nz/brownsbay](http://www.cooperandco.co.nz/brownsbay)

**Harcourts** Cooper & Co

Cooper & Co Real Estate Ltd Licensed REAA 2008

## From the Editor....



As I write this update, the freesias are blooming outside my office window and the sun is gently permeating through the clouds. The mornings and evenings are just that little bit lighter, and we're keeping the windows open just that little bit longer. Could it be that spring is finally here? It seems to have been an especially

long winter, but at least Penguin's has re-opened again – a sure sign that warmer weather can't be far away. Bring on the pistachio gelato...

If variety is the spice of life, this issue of *ShoreLines* is extremely spicy!

Our feature article takes a look at the geographical hearts of our communities: Mairangi Bay, Browns Bay and Torbay's village centres. What are the major challenges being faced by businesses in these areas, how can these be tackled, and how might we – the wider community – help and support them? For starters, please make a note of the dates for your diary including the Christmas Parades, art & craft markets, and Browns Bay Business Association's AGM. Full details are on pages 6-8, 17, 20 and 25.

What else? You can learn about Torbay's world record barefoot ultra marathon runner, and we're summing up the achievements of a young, gifted mathematician. Our evening dining review comes from a venue that may surprise some readers: Beach Bistro.

East Coast Bays  
**ShoreLines**  
 October/November 2018

**Published six times yearly**  
**Next issue:** December 2018/January 2019  
**Advertising booking deadline:** November 1st, 2018  
**Delivered from:** December 1st, 2018  
**Designed & printed through:** Pages Design & Print Services Browns Bay, [www.pagesprint.co.nz](http://www.pagesprint.co.nz)  
**Contact Information:** For advertising, sales, editorial & news, contact: Kim Taylor: [publisher@shorelines.co.nz](mailto:publisher@shorelines.co.nz) or 021 141 2717, or Lizzie Brandon: [editor@shorelines.co.nz](mailto: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.

With Hallowe'en just around the corner, turn to page 4 to find out about some weird and unusual phobias! And Guy Fawkes Night isn't too far away either, so we've some practical tips about keeping your pets safe and happy during this time.

Wishing you a sunny October and November.

Happy reading,

*Lizzie*

**15 000**  
 Printed  
 bi-monthly

**29 YEARS OF EXCELLENCE**

Commodore Pharmacy / The Health Shoppe is a Kiwi-owned and independent business owned by Lew and Sharron.

We have been helping the community for 29 years, providing friendly, personalised and professional health services.

The Health Shoppe provides a wide selection of naturopathic and homeopathic treatments, vitamins and supplements for all ills and ailments.

Visit us at [www.healthchemist.co.nz](http://www.healthchemist.co.nz)  
 Save time - shop online!

**Commodore Pharmacy & The Health Shoppe**

**Cover Photo: The 'Tor (Waiake Beach)**  
**DANIELI PHOTOGRAPHY & DESIGN**  
 Professional Photographer & Graphic Designer  
 M. +64 27 346 5429 Web. [www.danieliphotography.com](http://www.danieliphotography.com)

**Contents**

- What scares you? ..... 4
- The future of the village centre..... 6
- Browns Bay's Sunday market.....10
- North Shore bus timetable updates.....12
- Meet Torbay's long, long, long distance runner .....14
- How far can ShoreLines go? .....16
- More than 6,000 miles of friendship and adventure .....18
- Bays Community Centre newsletter.....21
- Fireworks and your pets.....27
- Beach Bistro à la carte review .....30
- Achievements add up for Cadence.....31
- Erica Stanford MP .....32
- Citizen's Advice Bureau .....33
- Rotary - Trees for Survival update .....34
- Recipe: Christmas glazed ham .....38
- Bits 'n Bobs, sponsored by Countdown Browns Bay.....42



**Fairview**  
LIFESTYLE VILLAGE



Let Our Family Help Yours

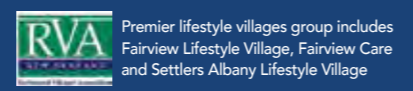
CALL US FOR THE MONTH OF SEPTEMBER IF YOU ARE LOOKING AT MARKETING YOUR PROPERTY

We are here to help you get ahead of the competition. We will be offering our clients a choice of these special promotions when you list with us:

- Half day gardening package
- Half day house cleaning package
- Half day handyman service
- Partial staging of your property
- Fresh flowers for your open home weekend

If you'd like a personal tour of our wonderful country club facilities and luxury villas and apartments please contact Michelle Wainhouse, Sales & Marketing Manager on 0800 102 662 or email michelle.wainhouse@fairviewvillage.co.nz

[www.fairviewvillage.co.nz](http://www.fairviewvillage.co.nz)  
Ph. 0800 102 662



OPEN DAILY FROM 10AM – 3PM

What **scares** you?  
A few of the most unusual phobias...



**Claustrophobia** (fear of confined spaces), **arachnophobia** (fear of spiders) and **acrophobia** (fear of heights) are three of the most common phobias. But what about other lesser-known causes of torment? In no particular order, here are **ShoreLines' Top 10**:

- Coulrophobia** – fear of clowns
- Tuorophobia** – fear of cheese
- Omphalophobia** – fear of bellybuttons
- Pediophobia** – fear of dolls
- Nomophobia** – fear of being without mobile phone coverage (yes, really!)
- Pogonophobia** – fear of beards
- Lutrathobia** – fear of otters
- Ablutophobia** – fear of washing and bathing
- Pentheraphobia** – fear of mothers-in-law
- Arachibutyrophobia** – fear of peanut butter sticking to the roof of the mouth

**151 Parakai GEOTHERMAL Motel**  
Private Mineral Hot Pool in each unit

Modern, clean units located in Parakai, Auckland, with quiet garden setting.

151 Parkhurst Rd, Parakai  
P: 09 420 8260 • M: 027 200 4423  
E: geothermal@xtra.co.nz  
[www.helensville.co.nz/stayat/geothermal](http://www.helensville.co.nz/stayat/geothermal)

ShoreLines

EXPERIENCE . KNOWLEDGE . RESULTS

GERALDINE ZAREIAN  
021 184 0312  
g.zareian@barfoot.co.nz

ANDRE ZAREIAN  
021 234 2791  
a.zareian@barfoot.co.nz



# The Future of the Village Centre

## THE NATIONAL PERSPECTIVE

Research by NZ Post recently found that New Zealanders spent \$3.6 billion online in 2017, with the average online shopper spending more than \$2,350 annually. The report also found that local retailers' online revenues increased by 9% - outstripping growth in "bricks and mortar" sales.\*

What is the future of the traditional village centre in an increasingly digital age? How can businesses at the geographical centre of a community survive and thrive?

"I believe there are genuine opportunities for retailers who strive to deliver a fantastic customer experience," says Greg Harford, Retail NZ's public affairs GM.

"In the first instance, you have to make it easy for customers to find you at any time of day no matter where they are, and that means having a decent online presence." Greg stresses that he is not necessarily advocating full e-commerce, but rather showcasing products and service, and therefore enticing customers to visit the actual store. This raises another important point. "Customers need to find your physical location as well as your digital one. Taking the necessary steps to be listed on Google Maps and Apple Maps should be every retailer's priority; the things don't happen automatically."

Exactly what constitutes a fantastic customer experience will vary from store to store, but certain key factors remain true. "Certainly it's about offering the right product at the right price, but also about creating a pleasant and attractive environment to encourage customers to come back, making them feel valued, and giving them 'the wow factor' that can't be duplicated online," Greg comments. This could include offering complementary add-on services, such as toys for youngsters, or refreshments. "I'm aware of some clothiers who offer a coffee if a customer's trying on several outfits."

He encourages business owners to think about how they can boost their involvement with the local community. "A shop that sells board games might like to host regular gaming nights. This is an opportunity to get people who aren't already regular customers into your store, so that they can get to know you and your brand."

Greg mentions the rise in popularity of *gamification*.

**GAMIFICATION: the process of adding games or gamelike elements to something (such as a task) so as to encourage participation.** Merriam-Webster dictionary

He highlights New World's Easter Hunt as a great example of this, since it ran physically and digitally. "It was fun for the kids, and it distracted them while their parents got the shopping done."

While Amazon is generally regarded by traditional stores as an enemy rather than a friend, Greg speculates that it could be an

asset to those retailers who have ownership of a distinct brand. "If you offer something exclusive then the power of being listed on Marketplace raises your potential customer reach from tens of thousands locally to maybe 30 million across Australia. Don't dismiss that potential."

\* Source: Retail Radar, a quarterly Retail NZ Report, 30 June 2018

## THE LOCAL PERSPECTIVE

In order to put all this into context for the East Coast Bays, it is first necessary to ask and answer a couple more questions...

### What is a Business Improvement District (BID)?

BID programmes are partnerships between Auckland Council and local business associations. Together they share responsibility for carrying out the goals of BID programmes, which are broadly to strengthen and improve a region's business environment and economy.

There are currently 48 BIDs in Auckland representing more than 25,000 businesses with a combined capital value estimated at \$24 billion. Browns Bay, Mairangi Bay and Torbay each have their own BID and, therefore, business association.

## BROWNS BAY

### Notice of AGM

of the Browns Bay Business Association

**Date:** Tuesday 16th October, 2018

**Venue:** The Browns Bay Rackets Club, Freyberg Park, Browns Bay

**Time:** 5.30pm Networking & nibbles  
6.00pm AGM starts

Guest Speaker: **Ben Sheeran**  
Ben will speak briefly on a Social & Environmental Innovation Hub he is setting up in Browns Bay.

#### Other Topics of Interest:

- New 5 Yr Strategic Plan
- Business Plan 2018/19
- Freyberg Park Sports Hub
- Draft Centre Plan

*Run a business from home? We have associate memberships available!*

To register your interest, please email [admin@brownsbay.org.nz](mailto:admin@brownsbay.org.nz)

### What is a business association?

Any business that operates from premises within a BID's designated area is eligible for membership of that business association, and a portion of its business rates are used to fund the association's function. Businesses outside a BID (for example: Northcross, Rothesay Bay or Oteha Valley) may also apply to join the business association if they have a valid commercial reason for doing so. There is usually a charge for this "associate membership".

A business association is run by an executive committee (the board), which is elected by members. Effectively, the board steers the ship, taking responsibility for the governance, compliance and strategic decision making of its BID. The board also appoints the BID manager, who is responsible for ensuring that the strategic and business plans are implemented effectively. The manager performs the day-to-day duties of the BID programme and reports to the board.

To find out more about the roles, responsibilities, policies and procedures of a BID, visit [bid.aucklandcouncil.govt.nz](http://bid.aucklandcouncil.govt.nz)

To view BID maps, visit [bid.aucklandcouncil.govt.nz/bid-rating-maps](http://bid.aucklandcouncil.govt.nz/bid-rating-maps)

### **"Why should any of this matter to me?"**

If you own or run a business in the Browns Bay, Mairangi Bay or Torbay BIDs and you're not actively involved in your business association then you are missing out on a potentially invaluable support service. A crucial part of a business association's role is to give its members a voice. As a local business owner you are integral to the success of the community in which you operate. Your business association needs your input and feedback on local issues that interest, involve and concern you. Your business association cannot lobby effectively on your behalf if you're not interacting with it – which is why it's important that you have your say!

Consider also that your marketing activities could enjoy a significant boost too by tapping into your business association's online and offline promotional channels.

Even if you don't own a local business, you may have a family member or friend who relies on one (or more) for their job. Wouldn't you like to support them and do what you can to ensure their long-term employment? And isn't it great to be part of a thriving community with a bustling village centre at its heart?

**"YES! I want to have a say. I want to get more involved. What do I do next?"**

Read on...

### WHAT'S OCCURRING IN... BROWNS BAY

Since November 2012, Murray Hill has been the town centre manager for Browns Bay Business Association and Milford Business Association. Why would anyone choose to be a town centre manager? "To most it would seem like a pretty dead end job, but I wouldn't do it if I didn't enjoy it," says Murray.

He views the job as not just running the business association but acting as a conduit and connecting the dots between all

interested parties (such as Rotary, sports clubs and the local board) for the benefit of the community at large. "If you can get people working together, they feel like it's 'their place'."

### An exciting mix

There are 283 businesses within Browns Bay's BID, which includes the town centre and the more industrial /commercial area of Beach Road. Murray explains that this presents attractive opportunities for customers not offered by the likes of Takapuna. "You can drop off your car for a service and then either get a lift or enjoy a stroll into the town centre to shop or have a coffee."

### Opening up opportunities

Browns Bay's draft Town Centre Plan was drawn up in 2016. Amongst other things, it proposes paving Inverness Road so that it has no kerbs, essentially extending the village green and providing a larger space for events when required.

The development of a sports hub at Freyberg Park and better connections between it and the town centre, improving the water quality of local streams and better "Welcome" signage are other projects in the plan that could provide great benefits to the whole community.

Murray believes there are many other opportunities which have yet to be realised, and particularly favours the idea of clusters of smaller retailers. "Imagine having half a dozen suppliers of dried spices or non-perishable foods from around the globe in one retail space. Not only do you get a 'taste of the world' food hub, but you're spreading the risk for both landlords and tenants. A 'fashion central' concept could work too."

### The importance of data collection and analysis

Murray uses data from 20 of Auckland's 48 BIDs to monitor overall trends, and is bullish about Browns Bay's performance. "The town centre has just under four million transactions annually and is the highest sales town centre on the North Shore," he reports. "If a business can't make a go of it with over 75,000 transactions a week, there's probably a problem with the business model!"

He urges business owners to pay attention to what the data is saying. For example: close to 30% of business sales are conducted over the weekend. Therefore, shops should be look at how they can open at these times. "Weigh up the turnover you're potentially losing versus the cost of employing and training someone to work those hours."

Every time the business association runs a campaign, customer information is gathered and added (with due permissions) to the marketing database. This offers numerous potential benefits because publicity for large all-inclusive events or individual businesses can reach a larger audience. Which is why Murray encourages members to actively participate in promotions such as the recent Helloworld \$4000 travel promotion. Those who are involved can reap the greatest rewards.

Information about visitor numbers and demographics are also useful tool for attracting new businesses to the area. Murray can show the stats to land agents and property

managers in order to help ensure an appropriate type of tenant. It is hoped that this approach should help to assuage members' concerns about the mix of businesses in the area.

#### Speaking of members' concerns...

Local businesses frequently voice their frustrations about car parking. "The association has been at the forefront to save the car park at 19 Anzac Road," assures Murray. "We're also looking to get co-operation from landlords of vacant land at Christmas for staff parking to free up space closer to the town centre for customers."

**To find out more about Browns Bay Business Association and to apply for associate membership:**

[brownsbay.org.nz/webpages/our-business-association](http://brownsbay.org.nz/webpages/our-business-association)

#### WHAT'S OCCURRING IN... MAIRANGI BAY AND TORBAY

##### Connecting with customers

Joanne Martin has been the BID manager for Mairangi Bay for four years and the BID co-ordinator for Torbay for one year.

She says that communication is a huge part of her role, and is quick to acknowledge the importance of online channels between her members and their customers. "Torbay's website was pretty archaic; we knew we had to make a lot of changes to move into the digital age," she says. "The new website is pretty basic, but easy to read and easy to update which means I can keep it current."

**To find out more about local news and events:**

[torbay.co.nz](http://torbay.co.nz)  
[mairangibayvillage.co.nz](http://mairangibayvillage.co.nz)

"These days so many people like to use their phone instead of a computer which is why we've developed apps for Mairangi Bay Village and Torbay Village," explains Joanne. "Our members can link up their own apps or websites to these and reach more customers, more easily. The apps weren't actually budgeted for, but we recognised they were something



we needed to prioritise, so we skimmed a bit off the overall marketing budget. They didn't cost a huge amount, and are proving to be very worthwhile."

For events such as the Food & Wine Show, Facebook has proven to be the most effective method of engagement. "We start getting enquiries in August so we have to get the date set, and then it's useful to be able to track the increase in 'likes' the closer we get to February."

Joanne further observes, "You have to know your community and recognise their preferences. The Torbay magazine is 40 pages every month and it's still a sought after publication."

##### Events and campaigns

In order to have broad appeal, Mairangi Bay and Torbay have several events throughout the year. This approach also mitigates risk, just in case any one of the events is disrupted, for example, by poor weather. (Incidentally, this is a method also favoured by Orewa business association when planning their events.)

Joanne regards Mairangi Bay's Food & Wine Festival as an opportunity to showcase the whole village, and talks about the "flow on effect" when visitors meander back to their cars and notice a nice outfit, piece of jewellery or vase in one of the boutique shops. "It's encouraging them to return, and I know we have regular visitors from St Heliers because of this."

"We run the Buy Local campaign once a year," says Joanne. "I think that definitely helps to focus people's minds on the great range of small stores and suppliers we have on our doorstep."

##### Finding the niche, protecting identity

Joanne believes that defining and promoting each village's individual niche is critical. Mairangi Bay is "a destination"; visitors are likely to come for a particular shop. Torbay offers a more functional village centre, which is why the business association has opted for a distinct message: that of a plastic-free shopping environment.

Branded reusable bags are distributed, the green grocer offers boxes, and "refuse a straw" is running at cafés. Furthermore, if people collect a bucket of rubbish from the beach, they will be rewarded with a free coffee from Four Square. "The buckets feature the Four Square logo, which is a nice bit of promotion too," comments Joanne.

It is worth noting that a similar pick-up-rubbish scheme does operate in Mairangi Bay – this time sponsored by Montrose – but it is not promoted as the key marketing message.

##### Working together for everyone's benefit

If Browns Bay, Mairangi Bay and Torbay are to continue to survive and thrive, collaboration between the business associations will be a key to success. This can be as simple as ensuring that events and campaigns do not clash or overlap, and are cross-promoted in the areas. Energised involvement from businesses and the wider community will be critical too.

**After all, everyone has the same goal:  
buy local, stay local, support local.**

# Safe and reliable transport for all ages in Albany and North Bays.



Restricted movement and mobility, whether from advancing age, accident or other, can make day to day activities frustrating.

- Our wheelchair accessible vehicles will help you get out and about and be independent.
- We can assist families to have loved ones together to celebrate special family moments at a restaurant or other locations.
- We are available 7 days a week, all hours, with no extra charge for after-hours transport.
- We accept eftpos / Visa payments in each car.
- We can be family when family can't be there.

Total Mobility cards accepted and an ACC approved provider.

To make a booking or to discuss your requirements, call Corlize Britz today.

Ph: (09) 473 8186 Mob: 021 473 818  
Email: [northbays@drivingmissdaisy.co.nz](mailto:northbays@drivingmissdaisy.co.nz)  
[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



Driving Miss Daisy®  
We're There For You

## What is the Total Mobility Scheme?

**Driving Miss Daisy is an approved provider for the Total Mobility (TM) scheme. Sam\* has been a TM cardholder for six years, and has been a Driving Miss Daisy customer ever since Corlize Britz bought the North Bays franchise two years ago. He says he is definitely able to use the service more because of the discount. "We organise a regular return booking for an elderly relative who has mild dementia and attends day care in Silverdale. We couldn't afford to do this as often without the TM card."**

As well as the reduced cost, Sam says that the kindness and trustworthiness of the Driving Miss Daisy team are crucial too. "Our relative can easily get confused, but we know she's in safe hands during all stages of the journey," he explains. "They escort her out of her house, into the day care, out of the day care and back into her home. We may have different drivers on different days, but the quality is always consistent."

Sam concludes, "I rate Corlize's Driving Miss Daisy team as 11 out of 10! Honestly, they do it all so well: turn up when they say will, are always cheerful and you even get a balloon or chocolates on your birthday! It's these touches that make their service extra special."

The Total Mobility scheme is all about helping people with serious mobility constraints gain access to appropriate door-

to-door transportation services. It is a New Zealand-wide initiative, which operates in conjunction with organisations such as Age Concern, Stroke Foundation, CCS Disability Action and Blind Foundation.

To establish whether someone is eligible for a TM card, they need to have an assessment. Various factors are considered to determine if that person could undertake an unaccompanied journey on a bus, train or ferry in a safe and dignified manner. For example, their ability to:

- Get to the transport's departure point
- Get into and out of the transport
- Get to their final destination

If any of these are in doubt, then that person may be eligible for the scheme. It is not just physical challenges which are considered; psychological, neurological, intellectual and sensory issues are also taken into account. Once accepted onto the scheme, TM cardholders in Auckland can benefit from a fare discount of 50% (up to a maximum of \$40).

For more information about the Total Mobility scheme, please visit [at.govt.nz/bus-train-ferry/accessible-travel/total-mobility-scheme](http://at.govt.nz/bus-train-ferry/accessible-travel/total-mobility-scheme).

\* Please note: not the client's real name for privacy reasons.

THE **RayWhite**  
RENT  
EVENT

You're invited  
to our landlord event

Join us for an evening of free information, advice and resources to help you navigate through the many recent changes to our tenancy landscape.

Space is limited so please email [connie.strong@raywhite.com](mailto:connie.strong@raywhite.com) to secure a spot.

Tuesday 30th October 2018, 17A Clyde Road, Browns Bay

[assetrentals.co.nz](http://assetrentals.co.nz)  
Asset Property Care Ltd Licensed (REAA 2008)



Spring is in  
the air...

Considering selling your home?

Call Shane now for an up to date appraisal and marketing plan. With 24 years experience and extensive knowledge in all areas of real estate, development and property investment, let him help you take your next step on the property ladder.

Shane Crowle

[shanecrowle.raywhite.co.nz](http://shanecrowle.raywhite.co.nz)  
0275 445 939 / 09 477 2380  
[shane.crowle@raywhite.com](mailto:shane.crowle@raywhite.com)



## How Browns Bay's Sunday market is saving lives at sea

Browns Bay's second hand market is always bustling with visitors, eager to snap up a quirky artefact or must-have bargain. But what many people may not know is that the market is a registered charity, and its primary purpose is as a fundraiser for Coastguard North Shore and other projects within the local community.

It costs \$15 to hire a standard-sized stall and there can be between 135 and 180 stalls every week, so this is a significant and essential income stream. Furthermore, it means that the organisation does not need to apply for so many grants from other sources (such as Pub Trust or Trillian Trust) potentially freeing up monies for other non-profits.

Chris Webb, Coastguard North Shore's market co-ordinator, puts a few figures into context. "Our most recent new boat cost about \$630,000. We were able to put \$250,000 from the market towards that, and that had taken a little over five years to accumulate. Roughly speaking, we need to get a new boat every 10 years, and it'll need a new motor every two years and a major overhaul every five years. So you can see how important the market is to our operations."

Chris and his team strive to keep the market "fresh" by reserving 40% of stalls for walk-ups. The market is not supposed to be filled with commercial enterprises; it is more for families who are having a house clean-out or youngsters who are fundraising for their own good cause, like an overseas sports trip.



Coastguard North Shore's volunteers help set up the market from 5:00 am every Sunday

For more information about the market, visit [brownsbaymarket.co.nz](http://brownsbaymarket.co.nz)

Find us on Facebook [BrownsBayMarket](https://www.facebook.com/BrownsBayMarket)

Coastguard North Shore has the busiest boats in the country. 365 days a year, their teams are on stand-by to help throughout the inner and outer Hauraki Gulf, regularly going as far and wide as Thames, Great Barrier and Whangarei.

As winter turns to spring, Chris advises boaties to take time for a few checks before their first run out. "The most common call-outs we get at this time of year are for boats that have had a long break. There can be problems with the battery or old fuel from the previous season. Even if you're really experienced on the water, please take a moment to run through Coastguard's Boating Safety Code."

To download your free copy of Coastguard's Boating Safety Code, visit [coastguard.co.nz/boating-safety](http://coastguard.co.nz/boating-safety)

**TUITION**  
Mathematics  
Chemistry & Physics  
Contact  
Gerry Beckingsale M.Sc. Dip. Teach.  
027 296 8100  
[gerry@gb-consult.co.nz](mailto:gerry@gb-consult.co.nz)

EAST COAST BAYS  
**Dental**  
WILLIE STEENKAMP  
SANDRA BEKKER & JAN STEENKAMP  
NOW ALL LOCATED AT  
15 Mercari Way, Albany  
Inquire about our  
**Free Adolescent Care**  
+ FREE \$10 Subway voucher with Jan Steenkamp  
Ph 415 7000  
[www.ecbdental.co.nz](http://www.ecbdental.co.nz)  
\*Conditions Apply (see reception for details)

## Wonderful new Pet Grooming Service

If you are looking for pet grooming, pet training, a dog walker, a pet sitter or just food and accessories in Browns Bay, look no further.

At the Ipet Store there is a range of top brands to choose from for food, yummy treats and some fine accessories, including the portable carry pack with a viewing window for those who want less exercise and more entertainment!

Elvin Liu has been in the pet business for a few years and opened Ipet Store in Browns Bay earlier this. He wants



to make sure the grooming experience is as easy as can be for your pooch. Having two toy poodles himself, he is well aware how sensitive they can be. As neither of them are particularly fond of a good blow dry, he uses a purpose-built drying box which gently (and quietly) blows warm air from over 30 separate air vents. Leaving your pooch, warm, comfortable and dry without the stress!

Pop in and have a chat with Elvin and see for yourself how committed he is to creating a good grooming experience for man's best friend.

Discount Voucher We love your pets!

**\$10 off a general grooming**  
on presentation of this advert. Valid 'til Nov 30th 2018

- Paw Print Pet Grooming
- Paw Print Pet Accessories
- Paw Print Pet Food
- Paw Print Cat Daycare
- Paw Print Pet Shop
- Paw Print Pet Food Delivery

[www.ipetstore.co.nz](http://www.ipetstore.co.nz)  
09 600 3225  
76 Clyde Rd, Browns Bay

No. 1 on the Shore!



# Choose Cruise

Ocean cruising is booming. Get onboard and see what all the fuss is about during New Zealand's annual Choose Cruise Month in October. According to the latest figures from Cruise Lines International Association (CLIA) Australasia more New Zealanders than ever before are cruising, with ocean cruise passenger numbers growing by 9 per cent in 2017 to a record high of 98,000. Over the past 10 years, New Zealand ocean cruise passenger numbers have risen by an average of 15 per cent a year.

With such an amazing variety of cruising options being offered both domestically and internationally, New Zealanders are spoiled for choice when it comes to ocean cruising. While the most popular ocean cruises for Kiwis are around the South Pacific, Australia or local itineraries out of Auckland, we're increasingly seeing more cruises around South East Asia which are capturing the imagination of New Zealand holidaymakers.

With an increasing number of Cruise Ships based in the region throughout the year offering trans-Tasman and South Pacific itineraries, cruising in local waters to the destinations of Australia, New Zealand and the South Pacific accounted for two thirds of New Zealand cruise passengers in 2017.



The South Pacific continued to hold the most allure for Kiwi cruisers, attracting almost 30 per cent of the nation's total ocean cruise passengers. Local cruising around New Zealand remained in second place with 24 per cent of passengers, while Australia experienced the strongest growth with passenger numbers rising 113 per cent, accounting for 13 per cent of total New Zealand passengers.

Whether it's a week-long journey up the Queensland coast or a longer exploration around the South Pacific, ocean cruising is an easy, relaxing and great value way to holiday. Contact the award winning team of travel and cruise experts at helloworld Browns Bay to choose your next cruise holiday.

**Barfoot & Thompson**

"Your mind is like a parachute ... it works best when it's open!"

Full of enthusiasm and positive energy, Adrienne is tireless in the pursuit of doing her best for her clients and customers.

With a natural ability to make you feel comfortable, and a local of Browns Bay for over 40 years, Adrienne doesn't put on airs and graces... she tells it like it is.

This sort of openness and honesty in a real estate agent is refreshing, and invaluable to get the best results for you.

**Adrienne Lawrence**  
...keeping it "real" in real estate.

Adrienne Lawrence Residential Sales  
M 0211 798 793 AH 09 428 0015  
Browns Bay P 09 478 5119  
E a.lawrence2@barfoot.co.nz

**Momentum**  
LIFE COACHING & TRAINING

**LIFE COACH TRAINING**

*Living on Purpose, with Purpose*

- Become a Personal/Professional/Spiritual/Health Coach
- Help people live their ideal life
- Become ICF Credentialed
- Be your own boss, flexible hours
- Small, face-to-face supportive group
- Versatile SKILL SET for any Profession

**Training in Auckland**

**Foundation Program**  
Starting October 2018  
Call for an entrance interview on 021 037 7289

**Vivienne Kelly**  
021 037 7289 (M) • www.coachmomentum.co.nz

## Award Winning helloworld

It has been an exciting past couple of months for helloworld Browns Bay taking out a number of travel industry awards. They received the Most Improved Store 2018 Award at the helloworld New Zealand Nationwide Awards Gala in August. "To have won this award just one year from being under new ownership is a huge achievement," says business owner Mary Buckley. "We are very proud of our experienced and dedicated team who have committed to ensure we provide memorable holidays to our customers."

In September, helloworld Browns Bay and helloworld Milford, jointly owned by husband and wife team, Mary and Jason Buckley, won **Best Brand Retail Multi Location 2018** at the National Travel Industry Awards. "We have enjoyed integrating our business into the local Browns Bay and North Shore community and appreciate our growing customer support."

Also at the same National awards event, helloworld won **Best Travel Agency Brand 2018**.



**WINNER HELLOWORLD NZ MOST IMPROVED STORE 2018**

Thank you for your support!

**helloworld**

helloworld Browns Bay 26 Clyde Road  
brownsbay@helloworld.co.nz 09 478 4416

**HELLOWORLD NEW ZEALAND MOST IMPROVED STORE 2018!**

Your local travel & cruise experts.

CONNECT WITH US facebook.com/helloworld Browns Bay helloworld.co.nz/brownsbay

helloworld Browns Bay  
26 Clyde Road brownsbay@helloworld.co.nz 09 478 4416

# Meet Torbay's long, long, long distance runner

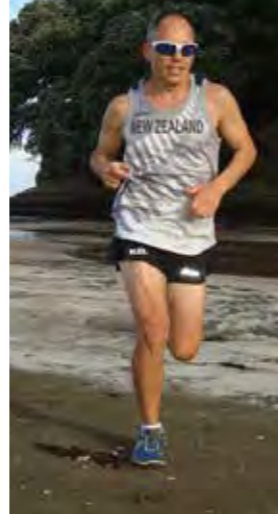
At first glance, Wayne Botha is like any other polite, softly-spoken gentleman. But this unassuming exterior hides an extraordinary secret, because Wayne is a world-class member of an elite group of athletes: ultra marathon runners.

Originally from South Africa's Eastern Cape, he enjoyed running track at school, favouring 3,000 metres, and then when he was 17 he took part in a 21 km hospital fun run. From there, everything spiralled. "I grew up watching the Comrades Ultra Marathon. It's a 90 km trek in Durban," he recalls. "When my uncle did it, I thought he was a superhero!" Wayne has completed this legendary race nine times now, most recently in June of this year with a time of 8h 20m.

Wayne's running has taken him around the globe, and to date he has completed 48 marathons and 70 ultra marathons, including:

- 4th in the 2017 (265.5 km) and 2018 (280.4 km) Australia 48 hr National Championships in Canberra
- 1st in the 2018 NZ 100km National Championships in Christchurch (9h 15m)
- 1st in the 2017 Sri Chinmoy 12 hr in Auckland (114.7 km)
- 1st in the 2015 Sri Chinmoy 12 hr in Auckland (119.9 km) – run barefoot
- 9th in the 2015 Bislett 24 hr indoor running festival in Oslo, Norway (202.3km)

He is also in the Guinness Book of World Records for the fastest 100 km barefoot, achieved in October 2015 at the Sri Chinmoy in Auckland. Clocking in at 8h 42m 11s, he smashed his own record set three years prior by more than 2h 30m!



Wayne took up barefoot running a few years ago, partly to raise awareness of his sport. "There isn't a huge amount of funding available, so when we represent New Zealand at the World Championships, my teammates and I have to pay for our own kit."

Wayne remains modest about his accomplishments, and encourages others to step up and push themselves just that little bit further. "Age needn't be an issue – one of my teammates is 62. In fact, I think that with age comes wisdom; you have a better understanding of how to pace yourself," he says. "The biggest hurdle is the psychological barrier. But believe me, if you can run 21 km, you can run 42 km! Have a go, progress gradually and you could really surprise yourself."

Keep up to date with Wayne's news at [jogbud.com](http://jogbud.com)



*"Styling hair, shaping confidence Because when you feel good... so do we!"*

Visit **THE Hair Dresser**

[thehairdresser.co.nz](http://thehairdresser.co.nz) | Ph: 478 8508 | 358 Beach Road, Mairangi Bay

## Fall in Love with SBA

We're here when you need accounting help.

- Monthly Accounting
- Rental Properties
- Company Formations
- Affordable Fixed Monthly Pricing
- Annual Financials
- GST
- Payroll
- Xero

Talk to Craig Bright. 09 478 0202

SBA Browns Bay | 105 Clyde Road  
[brownsbay@sba.co.nz](mailto:brownsbay@sba.co.nz) | Open Mon-Fri 10am - 6pm  
[www.sba.co.nz/browns-bay](http://www.sba.co.nz/browns-bay)

## SPECIAL OFFER!

# HAIR WORKSHOP

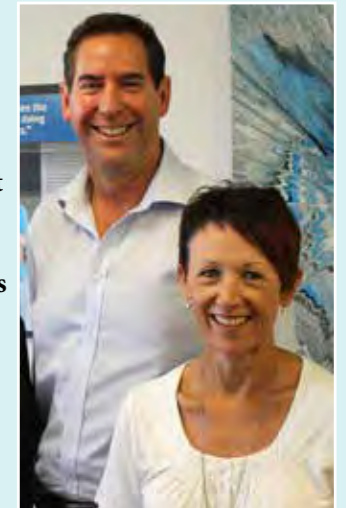
**Half head** foils with cut & blow wave  
**\$125**

**Full head** foils with cut & blow wave  
**\$155**

15B Glen Road, Browns Bay, Auckland 0630  
**09-479 6136**

# Why fall in Love with SBA Browns Bay?

Business owners need to keep abreast of their profit and loss, cash flow, GST, and key financial information. The team at SBA takes an active interest in clients' businesses, and offers constructive advice on strategic issues as well as the numbers.



- We take care of clients' accounts so they can concentrate on their business
- We provide affordable fixed-price accounting. No hefty bills
- We offer easy access to up-to-date figures and information
- We are local, accessible, friendly and approachable
- Awarded Xero National Partner of the Year 2018

Drop in and have a friendly, informal chat with Craig or Kim at SBA, 105 Clyde Road, Browns Bay.

## INSTANT BACHES

FULLY FURNISHED INSTANTLY LOCATABLE HOMES

from **\$69K**

Come and take a look at our new, bigger premises at:  
 256 Forrest Hill Road, Forrest Hill, Auckland 0620  
[www.instantbaches.co.nz](http://www.instantbaches.co.nz)



# ShoreLines

How far can it go?

This is ShoreLines' 3rd issue... and it's growing! As a fun initiative, we've decided to take ShoreLines further afield. Just send us a photograph of your copy of the ShoreLines magazine with an iconic recognisable landmark in the background, and stand a chance to win a \$50 gift voucher.



This issue shows our magazine being shown off just over the ditch in Australia.... But spread the word and let's go even further. Send us your image, along with your name, address and contact number to

[publisher@shorelines.co.nz](mailto:publisher@shorelines.co.nz). The

winner picked out of the hat for this edition is Ant Salmon, who snapped his issue of ShoreLines 2 across the road from Flinders Street Station in Melbourne.

## Hank Jacobs

croons his way through town



Hank Jacobs, at the tender age of 74, can be found every Tuesday busking outside ANZ Bank on Clyde Road in Browns Bay. Come rain, hail, sleet, snow or shine, he will be there doing his thing.

Hank has been frequenting the village for four years now, and

says he loves playing in Browns Bay with the friendly atmosphere and his adoring public!

"It's good to get out the house, being retired and all. I've got a happy personality and the ladies say I'm very handsome..." he chuckles.

Hank lives in Milford and has two grown up kids. Hank loves Johnny Cash, and will be more than happy to play a ditty.... or why not just stop by for a chat.

BROWNS BAY CHRISTMAS TREE

# THE LIGHTS ARE COMING ON

JOIN US ON

FRIDAY 2ND NOVEMBER FROM 5:30PM | LIGHTS GO ON AT 7PM

LIVE MUSIC, FOOD TRUCKS AND ACTIVITIES FOR THE KIDS PLUS SANTA WILL BE THERE!

SEE YOU THERE!

**Rangitoto Swim School**  
THE FRIENDLIEST SWIMSCHOOL ON THE SHORE  
est. 2001

**Learn to Swim**

- Birthday Parties
- Private Tuition
- Indoor Pool Temp 33°
- Family Owned Business
- 4 Children Per Group
- Babies / Preschool / School Age / Adults
- Learn to Swim Through Fun Tuition

**Bookings Being Taken Now!**  
Ph: 476 2223 | 44c Anzac Road, Browns Bay

**GREVILLE DENTAL**  
AFFORDABLE FAMILY DENTISTS  
IN THE EAST COAST BAYS

18 HAURAKI CRESCENT, PINEHILL  
CORNER HAURAKI & GREVILLE RD

- General Dentistry
- Cosmetic Dentistry
- Orthodontics/Invisalign
- Periodontal (Gum) Treatments
- Implants
- Hygienist
- ACC & WINZ
- Free Adolescent Treatment

**\$90**  
FOR EXAM,  
CLEAN AND 2  
DIGITAL X-RAYS

**Colin Angelo & Riaan van der Linde**  
**09 478 7830**  
**www.grevilledental.co.nz**

**CHRISTMAS PARADE**

**Saturday 1st December**

Market Day 11am - 5pm  
Christmas Parade starts at 5pm  
Activities on the beachfront afterwards!

For more details go to our website [www.brownsbay.org.nz](http://www.brownsbay.org.nz)



# More than 6,000 miles of friendship and adventure

Sometimes life throws a curveball. In 2013, Ian Langley was rattling around in a big house, so he moved himself and his cat to Settlers Lifestyle Village on Albany Highway. Shortly after arriving, he met his upstairs neighbour, Ken Hewitt (or rather Ian's cat met Ken's dog!) and they have been good pals ever since. They describe life at Settlers as "carefree living". "You don't have to take responsibility for anything. The lawns are all done, security is great and, if you go away, the only thing you need to remember is to cancel the newspaper!"

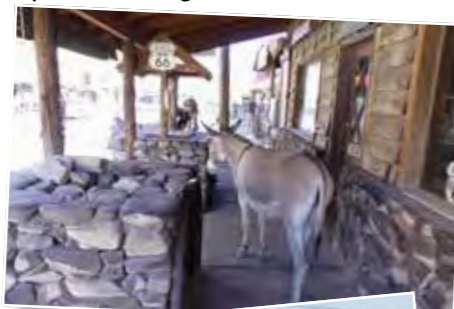
This peace of mind may well have contributed to Ian's decision to jet off for seven weeks earlier this year to experience the legendary Route 66. He has always been a bit of a petrol head – his third car when he was still in his teens was a V8, he owns a 1966 Mustang (pictured below) and has been closely involved with Ellerslie's Concours prestige car show for nearly 13 years.

So, after several "planning meetings" he and his cousin, Paul Schollum, decided to take the plunge and not only drive Route 66 but to buy a Mustang in the US for the trip.

18 months after their first conversation, Ian and Paul were on the plane to Houston! First stop was the Houston Space Center, before heading to Chicago to collect their car. They started on Route 66 down to Pontiac, and swung off to Indianapolis for the Indy 500. By happy coincidence, NZ's Scott Dixon came third! It was Memorial Weekend and Ian was impressed by the spectacle of the parades. "Americans do this stuff really well."



Ian and Paul hanging out with The Blues Brothers at Joliet Area Historical Museum (Illinois).



We saw bands from the air force, navy and army, as well as veterans. It was amazing, and great to see so much respect for the servicemen and women."

After the race, Ian and Paul picked up Route 66 again, and from this point on Ian says that his EZ66 Guide was indispensable. They had allowed all of June for their east to west drive but did not do specific day planning in advance, instead preferring to use the guide and stop off wherever they saw something of interest. This strategy worked pretty well, although their motel in Tucumcari (New Mexico) was "a bit shady" with a dodgy room key that opened someone else's door and dilapidated cars parked around the place to give the appearance of staying guests!

Route 66 is 2,248 miles long, but Ian and Paul drove more than 6,000 miles. "We did a few detours," Ian laughs. "And they were all worth it!" It is therefore hard to pick out just a couple of highlights, however Ian really enjoyed visiting Arthur (Lincoln, Illinois). This is Amish country, and it was fascinating to meet people from such a distinct way of life. He also fondly recalls Oatman (Mohave County, Arizona) a former mining town where donkeys happily wander through the streets. "If you got rid of the concrete and lamp posts, you'd think you were back in the Old West!"

It was a slightly emotional moment for Ian as he stepped out of the Mustang for the last time. "It hit home that we'd done it. Then it was straight onto the shuttle to the airport."

He has no immediate plans for another mammoth trip, but is not ruling out re-visiting the US. "Perhaps we could do Route 66 again," he muses, "but this time from west to east!"



Ian (in the baseball cap) and his pal, Ken, with Jarrod Shearer and Rosalie Pearson of Settlers Lifestyle Village.



The better side of life



By Premier Lifestyle Villages

Settlers is a special corner of the world where you can feel at home and get more out of every day. For enquiries call **0800 102 652** or email [enquiries@settlersalbanyc.co.nz](mailto:enquiries@settlersalbanyc.co.nz)

[www.settlersalbanyc.co.nz](http://www.settlersalbanyc.co.nz)

**Take a tour**  
10am – 4pm, 7 days a week  
550 Albany Highway



### HERITAGE FESTIVAL PROGRAMME includes:

**Wednesday 3 October 11:00am – 12:00pm** A free guided heritage walk around historical places of interest in Browns Bay. Rediscover our community's past, followed by refreshments in the library.

**Wednesday 10 October 11:00am – 12:00pm** A children's free guided walk to explore the heritage of our local village for children accompanied by an adult, aimed at 5-12 year olds.

**Wednesday 17 October 10:30am – 12:00pm** Heritage Tea & Topics. This morning's talk will be from a member of Auckland Council's Archaeology Team in the Heritage Unit. Learn about the long distant history of the area. Free tea and coffee provided.

Throughout the month there will be a static and audio visual display of "Before" and "After" photos of Browns Bay with an audio commentary.

**"Time Turner" Children's Heritage Competition.** The theme for the October school holidays is "Time Turner". We will have a range of events and activities for school aged children.

There is always something happening at your local library so, keep an eye on the website: [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz) and select ECB Library, or visit the library and ask any of the friendly staff.



# Shop TORBAY

more than a place - a lifestyle



Visit Torbay for a relaxing village atmosphere to shop in

**beauty • butcher • dog grooming  
green grocer • hair salons  
liquor store • massage • op shop**

Complete your day by stopping in at one of our great cafés or restaurants.

There is always something for everyone in Torbay Village. Our Art & Craft Market starts up again on the 6th of October and runs on the first Saturday of every month. Meet Santa Claus on Santa Day, 1st of December.



## Bays Community Centre Newsletter

October/  
November 2018

Our programmes run at the Bays Community Centre, 2 Glen Rd Browns Bay & St Anne's Hall 1 Glencoe Rd, Browns Bay

It's back!



Fri 2 Nov; 4-6pm Browns Bay beachfront  
Sun 4 Nov; 4-6pm Waiake  
Fri 9 Nov; 4-6pm Browns Bay beachfront  
Sun 11 Nov; Mairangi Bay beachfront  
Fri 16 Nov; 4-6pm Browns Bay beachfront  
Sun 18 Nov; Murrays Bay beachfront  
Fri 23 Nov; 4-6pm Browns Bay beachfront  
Sun 25 Nov; Waiake  
Fri 30 Nov; 4-6pm Browns Bay beachfront

Bring the family down for some fun times with our cool play equipment

We cancel our events if it's wet or very windy; check our website or Facebook if it's looking dodgy



**BROWNS BAY CHRISTMAS PARADE & CARNIVAL**  
Saturday 1 December.  
Parade starts from Glen Rd at 5pm; followed by a carnival on the beachfront from 5.30. If you would like to be in the parade please contact Sally, 478 4301; ECBCP@xtra.co.nz. You do not need to be an organisation to take part. The more, the merrier!



**THINK.PLAY.LOVE**  
Music, Movement and Sensory Classes for Babies & Toddlers. We are running one of our very popular Music sessions at St Annes Hall, on Sat 27 Oct at 10am for children from 6 months - 4 years. The cost is \$22 per child with a 10% discount for any extra children booked. Email hannah@thinkplaylove.co.nz to secure your spot

**ORCHID SHOW**  
& plants for sale.  
Sat 3 & Sun 4 Nov, St Anne's Hall.  
North Shore Orchid Society  
a.gillian@xtra.co.nz



**HUGE VINYL RECORD SALE**  
St Anne's Hall, Sat 1 December  
Go to: <https://www.eventfinda.co.nz/2018/christmas-pop-rock-vinyl-record-sale-browns-bay/aukland/browns-bay>

**CHRISTMAS CRAFT MARKET**  
Wed 28 Nov, 10am-12pm  
Bays Community Centre  
Get in some early Christmas shopping. The craft groups that meet at the Centre will be selling some of their gorgeous creations: paintings, Christmas cards & decorations, jewellery, patchwork.  
Free morning tea. Just turn up!

**BOOTY SHAKE**  
Starts October 28  
Every Sunday morning 9-10am on the Browns Bay beachfront; till 9 Dec



**BUILDING BRIDGES**  
Mairangi Arts Centre is proud to be part of the Suffrage 125 national event programme. Curated by Claire Chamberlain, Building Bridges examines the work of women artists who have a connection with the North Shore of Auckland and considers how this has impacted their work on the occasion of the 125th anniversary of the Suffrage movement in NZ. Featured artists include Sue Bridges, Dagmar Dyck, Paris Kirby, Alexis Neal, Betty Maxwell, Tiffany Singh



### 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

2 Glen Rd Browns Bay; 478 4301; ECBCP@xtra.co.nz



## Classes, Groups & Courses at the Bays Community Centre

### CLASSES & GROUPS @ ST ANNE'S HALL

#### 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 Sunil 486 0101

**Browns Bay 60s Up Movement** Ph Joy 444 0236.

**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

**Creative Writing** 7-13 yr olds. Wed 4-5.30.

Ph Lisa 021 987 207

## Classes, Groups & Courses at St Anne's Hall

#### ART

##### Art Group

Fortnightly, Thu. All levels of ability welcome (incl beginners).

Contact Margaret Rex.RED@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

**Zumba Gold** Mondays. Contact Bev eastonb57@gmail.com

#### HEALTH, FITNESS & WELLBEING

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

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

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

#### FOR KIDS

**Playball** Kids Sport Development specialists. Ages 2-9 years.

Contact Candace 021 054 0134. Candace@playball.co.nz

*We have 9 rooms of various sizes available at the Bays Community Centre & St Anne's Hall. If your group needs a new venue for meetings, or if you'd like to start a course, contact Debbie on 478 4091 or bayscommunitycentre@gmail.com. Our rates are affordable; we provide free advertising & we are able to help you get a group started.*



## Community News

#### OVEREATERS ANONYMOUS

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

#### 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 Hall & a North Shore café every second Friday.

If you enjoy meeting for lunch in a friendly atmosphere, call Patricia or Trevor 479 1731



#### FREE GUIDED WALKS

Join your local park ranger to learn more about community parks on the North Shore.

**Wed 3 Oct 10am-12pm**

Explore Kennedy Park & Rahopara Pa.

**Tue 23 Oct 9.45-12pm**

Fernhill Escarpment, Albany

**Fri 16 Nov 9.45-12pm**

Centennial Park.

Bookings essential.

Email anna.baine@aucklandcouncil.govt.nz

#### TAI CHI CLASSES

The benefits:

Relaxes mind & body  
Relieves tension & improves sleep  
Increases energy  
Improves breathing & circulation  
Improves digestion  
Improves co-ordination  
Increases flexibility  
Prevents high blood pressure  
Strengthens the immune system.  
Bruno Rubini has taught Tai Chi for 25 years.  
Mondays 7pm; Wednesdays 1.30pm  
Bruno@actrix.co.nz  
021 155 4606

#### MON ECOLE FRENCH SCHOOL

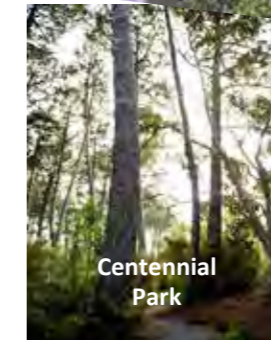
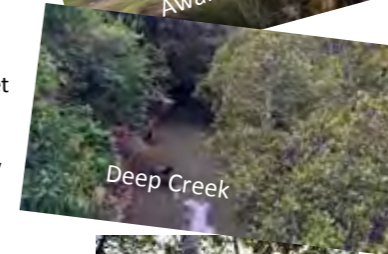
Think French- Think Corinne  
Speak French! Learn French! Prepare for your exams!

For those who wish to travel, improve your French!

Adults & Children Group (max 4) or private class

LEARN FROM A NATIVE FRENCH SPEAKER

corinne.monecole@gmail.com  
www.monecole-french-school.com. tel:021880649



#### INTERNATIONAL FRIENDSHIP GROUP

Still meeting after 25 years!  
Every Wed 10am-12pm except during the school holidays at the Bays Community Centre.  
If you are a recent arrival to NZ, or a Kiwi with an interest in people from other cultures, join us for coffee & interesting conversation.  
Ph Debbie on 478 4091

#### SPANISH CLASSES

Have fun while learning Spanish. Experienced and qualified native teacher. Adults & children. Group or one-on-one lessons. Conversation classes & help with NCEA, IB, AS CAMBRIDGE, GCSE Spanish practice too. Classes via SKYPE or Facebook Time available as well.

#### SPANISH FOR SCHOOL CHILDREN

Fun activities and songs to pick up Spanish.  
Ph Gaston 473 5090 or 021 251 0358.  
gasfer2011@gmail.com



Maddy is available for bookings at the Bays Community Centre

#### HIBISCUS & BAYS RESTORATION NETWORK

Do you have a stream or reserve in your neighbourhood?  
Over 30 groups are established in our community, looking after their local gem.  
We meet every second month on a Thursday evening in Browns Bay, to share information, network & inspire, support & assist each other.  
There may be an established group to join in your neighbourhood, or we're happy to help you get one started.  
Bush reserves are one of the things we love about the Bays, & they rely on the community to keep them pest-free, weed-free & their streams clear, clean & flowing.  
For more info, contact Sally on 478 4301; ECBCP@xtra.co.nz

#### PEST-FREE HIBISCUS & BAYS 2045

One of the initiatives from the Restoration Network is to rid our community of weed & animal pests. A steering group has been developing a Pest-Free Policy, which will be presented to the Local Board for adoption. We hope to have a Pest-Free co-ordinator in place by the end of the year.

#### KENNEDY PARK PETANQUE CLUB

Play socially at club level, inter club & national  
Club days: Tue, Thu 1-3pm  
Sun 10am-12pm  
Coaching & training available  
12-1pm Tue

#### HIGH TEA WITH YOUR PETANQUE?

Sun 11 November 3.30pm  
Contact Roger 022 353 7606



#### EAST COAST BAYS BRIDGE CLUB

Beginners-refreshers lessons.  
Day and night lessons  
in Murrays Bay  
Call Helene: 027 296 3365

## Community News

### BAYS CRAFTERS

A group of Crafters meet on Tuesdays 10.30-12.30. Come for an hour or the whole time. Bring the project you are working on or something you would like to learn.

We all help each other and learn a lot. There is no charge. Held in Browns Bay. Contact Wendy 476 9180

### LEARN FRENCH!

Theatre Class Teens/Adults  
Conversation & Current Events  
(Intermediate & Advanced)  
For travel, for study, for pleasure  
or improve your exam results

French singing group  
Groups & individual lessons  
Any level, any age.

Before school, morning, afternoon, evening  
Classes held in Browns Bay/Torbay

### FRENCH REVISION

October Holiday Exam-Intensive course.

Revise grammar, verbs, vocab, oral,  
plus a few games.

Yrs 11/12/13. Mon-Fri, 2 hours a day.

Phone Lynette 0210.294.0630  
tél: 0210.294.0630



### 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](http://www.BrownsBayEnglish.co.nz)

Ph Di 021 667 855

Linda 021 023 95103

Email LindaAndDi@hotmail.com

### NEW! MARY'S KITCHEN VEGETARIAN/VEGAN COOKING CLASS



\$120 for 6 weeks; includes ingredients &  
recipes

Starting Mon Oct 29, 10.30-1.30.

Interested in the classes

but can't make it during the day?

Come to an introductory evening on

Tuesday 16 October

6-8pm

Contact [mrjackson\\_nz@hotmail.com](mailto:mrjackson_nz@hotmail.com)

Text or ph 021 0818 9780



### VOICeworks

Every term our students perform at  
Torbay Theatre with full technical support.

Classes for 5 years to adult are offered at  
Torbay Theatre in

Drama, Speech, Communication,  
Effective Presenting

Highly qualified teacher with over 25  
years' experience

Individual tuition or groups - ask about  
a time to suit you.

Trinity College London & Speech NZ  
exams offered

Watch your child grow in confidence &  
poise through the magic of theatre!

For more information, contact

Jacqué Mandeno:

Phone: 473 5454/027-5227836

Email: [jacque@mandeno.com](mailto:jacque@mandeno.com)

### EAT. PLAY. LAUGH.

Join our new monthly Friendship group for a cooking demo,  
lunch, fun activities. Starting Nov 5

No charge, but bookings essential. Ph Wendy 476 9180



### TORBAY THEATRE

A vibrant, fun club, for ages 8-88 with 3-4 major  
productions a year, & 3-4 informal Club Nights.

### CHARLIE AND THE CHOCOLATE FACTORY

Our stunning cast are now enthusiastically rehearsing this  
exciting musical version of the Roald Dahl classic.

This will be a fine show for all ages, with a diverse group of  
Oompa-Loompas, horrid children & their horrid parents,  
not to mention the famous Willy Wonka.

Dec 6-16; Torbay Community Hall, 35 Watea Rd.

For more info see our website: [www.torbaytheatre.com](http://www.torbaytheatre.com)

### Op-Shop

Come along, browse and grab a bargain

at St Mary's Op-Shop.

Under the Church hall @ 168 Deep Creak Rd.

**NOW OPEN**

**Wednesday 9am -3pm &**

**Saturday. 9 am till 12.30pm.**

(Closed the Saturday before Easter Sunday &  
the Saturday before Christmas until the first  
Saturday in Feb)

Anglican Church Torbay  
St. Mary by the Sea

### PILATES

Katie Quirke Pilates  
classes are held at the  
Torbay Sailing Club.

Contact

[katiequirkepilates](mailto:katiequirkepilates@gmail.com)

@gmail.com

021849988.

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 November, 12 January, 12 March, at noon.

Inquiries to the East Coast Bays Community Project, [ECBCP@xtra.co.nz](mailto:ECBCP@xtra.co.nz);

2 Glen Rd Browns Bay; ph 478 4301

# Shop Mairangi Bay Village

relax • revive • retail

Visit Mairangi Bay, we have everything  
you need for a relaxing day's shopping.

**beauty • bookshops • fashion  
florist • gifts • hair salons  
jewellery • opportunity shop  
school uniforms • shoes • travel**

Complete your day by stopping in at  
one of our great cafés or restaurants.

There is always something for everyone  
in Mairangi Bay. Join us for the Santa  
parade (Saturday 24 November)  
& see out the year at Carols in the  
Park (Saturday 12 December). Then  
celebrate the best Mairangi Bay has to  
offer at our Festival of Food & Wine on  
Saturday 16 February 2019.



Download the Mairangi  
Bay Village App today



## Talented team bring a modern twist to The Sound Of Music

Long Bay College's production of The Sound Of Music wowed audience members last month during six sell-out performances. "What amazing, talented students," "An absolutely brilliant production," "It was fabulous," were among the many positive reviews shared by audience members.



The Sound Of Music was written in 1957 but is still very much-loved. "Its message of personal integrity and the need to draw on moral strength resonates just as much with audiences today as it did then," explains Production Director and Head of Department for Media Studies at Long Bay College, Miss Adrienne Bishop. The production team, cast and crew were excited to breathe new energy into the creative direction for their version of the show. Amendments to the script and songs, a minimalist set design, the use of artful lighting and carefully constructed props, all lent a modern edge to the show's iconic moments and classic musical numbers.

The Sound Of Music provides a range of opportunities for a large cast, which is an important consideration when choosing a production for a school where so much creativity and talent thrives. A lot of talent



emerged during the audition process Miss Bishop says, "It was an exciting discovery for this show and for future College productions." Year 13 student and opera singer, Tayla Alexander was cast in the lead role of Maria Reiner. She is one of Auckland Opera Studio's youngest students and rising stars. Student and actor, Riley Druce was cast as Von Trapp following a recent role in the NZ Youth Theatre's production of 'Cats'. Harry Nalder, who played the intimidating Nazi SS officer Herr Zeller, came to the stage after a stint with SGCNZ Young Shakespeare Company at London's Globe Theatre.

With almost 100 students from Year 9 to 13 involved in the cast, crew and orchestra, students of all ages had a chance to shine and work collectively across year groups. "The students created a supportive family atmosphere amongst themselves. Watching them mentor each other and support each other to perform as a harmonious team was something quite awesome," Miss Bishop says.

The College creates a large-scale musical every two years. Assistance from the wider school community is instrumental for ensuring the production is staged successfully. College Principal, Mr CJ Healey says, "It really has been an amazing, community effort. Our productions are a real testament to the strength of our College's community spirit and pride."



## Hockey girls win winter tournament

The Long Bay College girls 1st XI Hockey team recently won the Secondary School Winter Tournament's Kate Trollove Cup. The tournament was held in Stratford in gruelling weather conditions. After winning 4 matches, the girls played an exciting final against Rotorua school, Te Kura Kaupapa Maori o Ruamata. At full time, the teams were at a 1-all draw and the game went to golden goal to decide the winner. Long Bay College won the match 2 to 1. With this season's success behind them, the girls have won the right to compete at a higher grade in 2019.



## Food technology students top New Zealand competitions

Year 13 students, Bara Kralova and Aimee Pugh, were recently awarded silver medals at the New Zealand Secondary School Culinary Competition grand final. Competing against the best of the best from secondary school's from around the country, the girls were challenged to prepare 4 entrees and mains which were plated for judgement by industry experts. Bara and Aimee were complimented on their exceptional use of seasoning and great flavor and they achieved a record-breaking score of 100% for kitchen skills and hygiene. The success at the grand finals follows Long Bay College's culinary competition team win of the New Zealand Secondary School's Excellence Award and trophy in August. A team of 11 competitors were awarded 32 medals as well as 2 top-of-class wins. Principal CJ Healey says, "We're very proud of the success of our students who are performing to the highest standards in both our academic and vocational courses as well as our co-curricular activities. We're enabling students to follow their passions so they can transition into the workforce or tertiary education in areas they truly love."



# Fireworks and your pets

It is nearly that time of year when, for some questionable reason, the failed Gunpowder Plot of 1605 is commemorated, and fireworks fill the night skies.



You could start desensitisation training. You'd begin with quiet sounds played for a short time and gradually increase this, offering little rewards along the way.

Pets and fireworks are typically not a great mix, so ShoreLines asked Kirsten Beaumont, practice manager and vet nurse at East Coast Bays Vets, to share some tips about how to keep the furries happy, calm and safe through the whizzes and bangs.

The unexpected loud noise and light from fireworks can be truly terrifying for some pets. These pets can progress from heightened anxiety to a full blown phobia with panic attacks which can make for a stressful night for their owners.

The most important thing is to keep your animal securely indoors. That means ensuring that doors and cat flaps are locked shut. If you're going out, think about putting your pet into a smaller room with their favourite blanket (or your dressing gown) and some quiet music playing.

Never punish your pet if they're scared, but equally don't smother them with reassurance. They'll pick up on the tension in your voice and react. It's better to act normally, ignore the noise, and try to distract them with a game and maybe a treat.

Think about adjusting the time you feed your dog. There's evidence to suggest that a full tummy (especially with food that includes carbohydrates and vitamin B6) can increase production of the brain's natural calming chemicals.

There are a few things you can do to plan ahead for fireworks season too.

Maybe invest in plug-in diffusers that release synthetic pheromones. These can contribute to a calm atmosphere, but need time to take effect. As well as the diffusers, there are dog collars that do the same thing. There's also an over-the-counter product called Calmex. We've had good feedback from our clients, and we definitely see a spike in sales in October and November. Some dogs may find tight fitting shirts, which are commercially available, comforting during fireworks.

If your animal is really stressed then medication could be an option. We always say it's a last resort, and tend to find it more common in dogs than cats.

This is just general advice. Every pet is different, so I'd strongly recommend that you have a good chat with your regular vet before going ahead with any of these strategies.

East Coast Bays Vets recently earned their Best Practice Accredited Clinic from the NZ Vet Association. So far, they are the only practice on the North Shore and one of just seven around Auckland to have achieved this. Kirsten says, "It's a voluntary award but one we felt was important as it shows a genuine commitment to our standards of service for our clients. The whole process took about 18 months, and we've made improvements to our systems as a result."

The clinic's next goal? To achieve Cat Friendly accreditation. Wouldn't that be purrfect!

**Stitch 'n Time**  
CLOTHING ALTERATIONS & REPAIRS

**\$14** Jeans, Trousers & Shorts shortened

Standard hems (excludes 1 hour or same-day service)  
Valid until 30 November 2018

**ON PRESENTATION OF THIS VOUCHER**

Shop 8 • Clyde Court • Browns Bay  
**479 2203**

**WHITE FLOWER** Café

Enjoy a **FREE** small coffee on us with every main meal over \$10 ordered.

Available Monday - Friday before 10.30am  
Please present this advert to redeem your **SPECIAL** deal and we look forward to seeing you enjoying yourself at White Flower Café

VALID UNTIL 30 November 2018

**478 6457** • 88 Clyde Rd, Browns Bay, Auckland 0630



**TITLES ISSUED! OCCUPATION OCT 2018**

Exchange your existing home's maintenance and garden hassles for a brand new townhouse. Enjoy this summer in your new efficient home!



HERE IS YOUR OPPORTUNITY TO SECURE ONE OF THE LAST FEW UPMARKET TOWNHOUSES JUST COMPLETED

Architecturally designed 4 bedroom and 2.5 bathroom dwellings with double garaging, built by a reputable developer with proven projects such as Tenor boutique apartments in Albany, Ridge View Estate in Oteha Valley and the Beach Rd luxurious units in Mairangi Bay. Showcasing split level living in this modern 204sqm contemporary living space, allowing separation of the 2 living areas and the dining room.

4	2.5	2	2	SIZE	PRICED FROM
				205m <sup>2</sup>	\$1,159,000

VIEWING: Sat/Sun 12-2pm / Mon-Fri 12-1pm / [www.barfoot.co.nz/759409](http://www.barfoot.co.nz/759409)



ONLY 3 LEFT



UNPARALLELED MODERN LIVING IN LONG BAY

- Bright, warm and sunny homes
- Spacious living, luxury fitout
- Freehold titles (no body corp. fees)
- 10 year Master Build Guarantee

- Platinum location, occupation by August 2018
  - Central aircon/heatpump/ventilation system
  - Designer kitchens with Bosch appliances
  - Grand bathroom fitouts
  - Extensive security systems
- [www.barfoot.co.nz](http://www.barfoot.co.nz)

**ANNIE YONG-MEWBURN**  
 M: 0210 240 8633  
 P: (09) 413 6528  
 E: a.yong@barfoot.co.nz

**SARAH BENBOW**  
 M: 021 908 004  
 P: (09) 413 6528  
 E: s.benbow@barfoot.co.nz



# Secure your Lifestyle and New Home in Long Bay

- the Premier Development Location on the Shore

The adage **LOCATION - LOCATION - LOCATION** applies fully to our developments in Long Bay. We are within 200m from the new Long Bay Village Shopping Centre, 600m from college and primary schools, with Long Bay beach only an easy 800m stroll away.

At the heart of the development, the new Long Bay Village Shopping Centre is currently under construction and due to open mid-2019. This \$70 million project will include approximately 28 retail and dining businesses. Already over

just completed the very successful Moki Pl terrace house development in Long Bay where our showhouse is located, we are now launching our Bight Rd project, to be completed mid-2019.

Unsurpassed attention to detail and seamless design combine to create a superb lifestyle in the Long Bay development. We offer a range of affordable homes, starting from \$875,000. Some of our homes are fitted with internal passenger lifts, to provide a mobility solution for buyers thinking about current and future health needs.



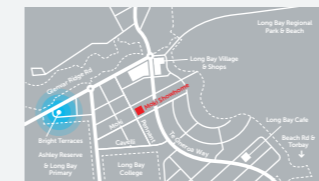
70% leased, businesses committed to the village include a New World supermarket, medical centre and chemist, gym and retail outlets - in addition to a range of popular eateries at the Village, operated by some of Auckland's most well-known restaurateurs.

Our architecturally designed 2, 3 and 4 bedroom homes (all offered with full title and 10yr Master Build Guarantee) are setting a new standard in contemporary living. Having

We are a reputable developer with proven track record - our well known developments completed on the Shore include Tenor boutique apartments in Albany, Ridge View Estate in Oteha Valley and Mairangi Bay's executive terrace homes on Beach Rd. Our superior quality of finish and comprehensive specification confirm the exceptional value enjoyed when you purchase a home from us. You are invited to visit our Moki Pl showhouse to see for yourself - kindly see Moki Place and Bight Terrace advertisements for directions and more detail.

**ACT NOW TO AVOID DISAPPOINTMENT**

- **MODERN DESIGN**  
Opportunity to select your own colours
- **BUY WITH PEACE OF MIND**  
10 year Master Build Guarantee
- **CUT DOWN ON HEATING BILLS**  
Warm, energy efficient homes
- **LESS MAINTENANCE / UPKEEP**  
Better lifestyle



UNIT #	4	3	2	1	SIZE	PRICED FROM
2	2	2	1	125m <sup>2</sup>	\$875,000	
3	3	2	1	149m <sup>2</sup>	\$995,000	
4	4	2.5	2	180m <sup>2</sup>	\$1,075,000	



LOW DEPOSIT, BALANCE PAYABLE ON COMPLETION JUNE 2019 (CONDITIONS APPLY).  
 VIEWING: Sat/Sun 12-2pm / Mon-Fri 12-1pm  
[www.barfoot.co.nz/7763124](http://www.barfoot.co.nz/7763124)

**ANNIE YONG-MEWBURN**  
 M: 0210 240 8633  
 P: (09) 413 6528  
 E: a.yong@barfoot.co.nz

**SARAH BENBOW**  
 M: 021 908 004  
 P: (09) 413 6528  
 E: s.benbow@barfoot.co.nz



# Beach **Bistro** Review

A dining gem hidden in plain sight

There were smiles all round when Steve and Anita were finally able to re-open Beach Bistro's doors after a break of nearly two years. The café has earned its place amongst Browns Bay's "most loved" not only for its food but also its welcoming environment, which regularly features the works of local artists and photographers.



fell apart. The fresh spaghetti came with a creamy but light tomato sauce, packed full of mushrooms, sugar snaps, broccoli and cauliflower. It was substantial without being heavy.

Feeling thoroughly satisfied, we had not expected that the pièce de résistance was yet to come. But then Steve brought out his flambé trolley and prepared crêpes suzette at our

However, lovers of great coffee and nourishing brunches may not be aware that Beach is also open for evening dining. On Friday and Saturday evenings the venue is transformed into a white linen and candles-on-the-table à la carte restaurant, and at the end of a frantic working week, four of us took the excellent decision to visit.

The menu changes monthly and is consciously limited to four entrées, three mains and three desserts. There are also pizza and pasta options. We decided to share two starters between the four of us: Prawn Quinto (\$16 – juicy king prawns with spiced Japanese mayo) and Chicken & Cheese (\$12 – Brazilian chicken bites and deep fried brie). Both were beautifully presented and extremely tasty.

Each of us selected a different main course: sesame crusted seared tuna loin served on a kumara purée (\$30), honey glazed beef short rib (\$30), Hong Kong style pork (\$30) and a vegetarian pasta du jour (\$24). These were accompanied by a fine 2015 Cottier Estate chardonnay (\$75).



The tuna was perfectly seared and melt-in-the-mouth tender. The kumara was a great match and there was a nice zing from a little sprinkle of salmon caviar. The pork is a chef's special, inspired by Anita's childhood in Hong Kong. It was sweet and delicious with a distinctly Asian flair. The short rib was a fantastic fusion of sweet and savoury, and just



table. There were other dessert treats too, including tarte tatin and a selection of house-made ice creams. The black sesame ice cream was a particular winner.

With its cosy ambience, Beach Bistro's à la carte evenings would be a lovely choice for a date night or for a small group of friends wanting to enjoy a conversation over dinner. When considering the quality of the food being served, we felt that the pricing was more than fair. Other evenings offer different kinds of music & dining experiences – of which more in future issues and on the magazine's Facebook page.

## LIVE MUSIC

### MONDAY NITES

CHECK UPCOMING GIGS

**Beach** transforms into a gig space for emerging musicians to busk while honing their skills by performing to small intimate audiences of up to twenty-five...  
*‘up close and personal’*  
 limited ticket events, with food & beverage and proceeds going to the artist.

ALWAYS SEEKING ACTS TO ENTERTAIN




# PENGUINO

is open for Summer!



Penguinino



**Taste our award-winning Gelato ice cream, freshly made right here on our premises in Browns Bay, every day!**

## Achievements add up for Cadence!

While many people shudder at the thought of times tables or long division, Torbay Primary's Cadence Lowe excitedly tackles them head on. She was recently the only one in her class to earn two impressive maths accreditations: Matific and iXL.

Cadence (pictured here with her certificates) is one of the youngest in her year, but was also asked to sit her iCAS, which is an invitation only issued to the top 2% of a school.



For anyone who finds maths a bit of a struggle (that's me – Ed.) Cadence shares these words of advice:

- Accept who you are. There are no dumb questions, so ask lots.
- Practice heaps but have fun. Play games online that have an element of maths in them.
- Take time to read the question. You can't answer something properly if you don't really know what you're being asked.

Cadence is hoping to put her maths skills to excellent use in later life. She would like to become a scientist and work in Antarctica counting the penguins!

## More Awards for Penguinino's

Penguinino's is now open for its 17th summer season in Browns Bay! Malcom and the team are looking forward to welcoming back two and three generations of customers, whom they have had the pleasure of getting to know over the years.

Since 2001, Penguinino's has received numerous accolades from the NZ Ice Cream Awards. In 2017, the banana ice cream scooped a Gold Award, and this year the very popular strawberry yogurt and white chocolate flavours were recognised.

This summer, perennial bestsellers will be joined by some new flavours, including Ferrero Rocher, salted caramel, and on special occasions they are promising to bring out lemon cake and amarena cherry. Here's to some long overdue warm and sunny weather, and remember:

*You can't buy happiness, but you can buy ice cream - and that's kind of the same thing.*

## Budding Artist gets rewarded!

In every issue of ShoreLines we will include a page for colouring in. The picture will feature one of New Zealand's unique wildlife. We invite our young, budding artists to give it a go and fill in the gaps in one of our images.

A winner will be drawn from each issue, and Countdown Browns Bay have kindly sponsored us with a \$50 Voucher to be spent in their store. This month's winner is Adele Newey (11 yrs).



Adele receiving her \$50 voucher from Countdown Store Assistant Manager Clarissa, with Advertising Manager David, from ShoreLines



# PUBLIC MEETING

## CRIME PREVENTION & PUBLIC SAFETY

**Sunday 28 October, 2pm**  
ECB Leisure Centre, 12 Bute Rd, Browns Bay



**CRIME IS ON THE RISE - COME & HEAR FROM**  
Police, Neighbourhood Watch, Community Patrol  
and the Local Board to find out what's happening in ECB

**ERICA STANFORD** MP FOR EAST COAST BAYS

PH: 09 478 0207 EM: office@ecbelectorate.co.nz  
WB: www.EricaStanfordMP.co.nz



These brand new homes offer all the mod cons, indoor garaging, lift, heated indoor pool, spa entertaining areas, gym and more.



Luxury apartments featuring contemporary design and outdoor living ready to move into right now!

To arrange an appointment please call Sharon Rabone on 0800 278 432 or 021 618 913 or email sales@ariavillages.co.nz



3-7 Woodlands Cres, Browns Bay, Auckland. [www.ariabay.co.nz](http://www.ariabay.co.nz)

**Sylvia Durrant**  
Nomination Update

In the last edition of Shorelines I asked for your support with my nomination of Sylvia Durrant AKA 'The Bird Lady' for 2019 Senior New Zealand of the Year...

**THE RESPONSE HAS BEEN OVERWHELMING**

*Thank you*

- 2,773 PETITION SIGNATURES
- 488 FACEBOOK SHARES
- 262 FACEBOOK COMMENTS
- 1,500 FACEBOOK LIKES

The nomination, along with everyones amazing comments, has been submitted. Keep an eye on my website or facebook page for updates.

[www.EricaStanfordMP.co.nz/bird-lady](http://www.EricaStanfordMP.co.nz/bird-lady)  
FB: EricaStanfordECB

Exterior lights need constant maintenance.

Take advantage of our **Coastal Maintenance Package**  
This is targeted for people living on the coast.

**Before** **After**

0800 688 244  
office@abelectrical.co.nz

**Citizens Advice Bureau**

**"There isn't a question we haven't heard!"**  
The varied and valuable work of the Citizen's Advice Bureau

**Citizen's Advice Bureaus (CABs) began in England just before the Second World War to help people cope with the trauma and confusion caused by the conflict. Initially they were places that people could go to for help tracing missing relatives in bombed areas or learning about new wartime regulations.**

By peacetime, CABs had become an integral community service, evolving into a trusted resource for all sorts of information and guidance. They have always offered a free service and been staffed by loyal, trained volunteers.

New Zealand's first CAB opened in Ponsonby in 1970, and there are now more than 80 all around the country. CAB Browns Bay is in the Community Centre on Glen Road.

Maurice Hanvey started volunteering there just over a year ago and in that time the queries he has handled have included concerns about multiple speeding tickets, clarification of the definition of "pet ownership", information

about how a new migrant should open a bank account, and numerous "neighbourly" issues.

"No, I don't have an encyclopaedic brain," smiles Maurice, "but we do have an excellent database on our website that we can refer to. If the query can't be answered that way, then we'll broaden our search online, and of course each of our volunteers tends to have their own particular field of expertise and knowledge." Indeed, before he retired, Maurice himself was a chartered accountant as well as owning/operating a couple of successful businesses.

Unusually for a non-profit organisation, CAB Browns Bay is not currently seeking volunteers. "We actually have a waiting list, which is a nice position to be in!" says Maurice. "We're always busy too, but we would love to help even more people. So please drop in or give us a call."

Do you have a problem or concern? Would you like some impartial advice from a friendly team?

Browns Bay CAB is open Monday to Friday, 9.00 am until 4.30 pm. There is a Justice of the Peace on site for a couple of hours every day.

For more information:  
W: [cab.org.nz](http://cab.org.nz)  
Ph: 479 2222  
E: [brownsbay@cab.org.nz](mailto:brownsbay@cab.org.nz)

*Not sure? ASK US.*



*Make those memories last forever...*

Get a **FREE** A4 print when you book a 2-hour family photoshoot!

Offer valid until 30th November 2018  
\*Terms and Conditions Apply

**Danieli**  
PHOTOGRAPHY

Contact: Stephanie Danieli | +64 (0)27 346 5429 | [www.danieliphotography.com](http://www.danieliphotography.com)



Welcome to Buon Venuti Ristorante and Pizzeria. A place that has combined pure Italian cuisine with authenticity for over 40 years.

Now under new management, our chef does not disappoint. With over 20 years experience in the Italian industry in Parnell, Mission Bay and Ponsonby.

Whether it be serving the best Italian dishes in our wonderful restaurant or providing you with superb meals to enjoy at home – we aim to please!



**10% OFF TOTAL BILL** on presentation of this advert! valid until 30 November 2018

16 Glen Rd, Browns Bay, Auckland 0630  
09 479 6134 • [www.buonvenuti.nz](http://www.buonvenuti.nz)  
Mon - Sun: 5 pm - Till Late

## Check before you travel: changes to **North Shore** bus services

Revised bus services came into effect on 30th September. Auckland Transport says:

*We have designed a simpler network, which has fewer routes but higher frequencies and better connections.*

*In some areas the changes will be limited to route number and timetable changes. On other parts of the Shore the changes are more significant.*

AT also states that passengers may now need to transfer to another bus to complete some journeys, but that this will not cost more with an AT HOP card.

For more information, visit [AT.govt.nz/newnetworknorth](http://AT.govt.nz/newnetworknorth)



In late August it was time for Rotary Club of Browns Bay to help the children of Pinehill School with the next phase of their Trees for Survival project around Kaukapakapa. Flaxes were going into the lower wetlands and manuka onto the slopes. The weather gods did not initially smile on these worthy endeavours so it was a fairly soggy trudge to the planting areas.

It was the first time that some of the youngsters had used a spade but they enthusiastically got stuck in! By morning tea, the sun was shining, and there were some muddy but very satisfied volunteers. In total, about 1,000 seedlings were planted over three hours, and there was already excited chatter about next year's project.

For more information about Trees for Survival, visit [tfsnz.org.nz](http://tfsnz.org.nz).

Rotary Club of Browns Bay meets at the Bays Club at 7.00 am on the first and third Tuesday of every month. They regularly host some excellent guest speakers, such as Mark Crysell, TVNZ's current affairs editor, on 20th November.

If you'd like to know more about Rotary, please visit [baysclub.co.nz/rotary-club](http://baysclub.co.nz/rotary-club)

Find us on Facebook [RotaryClubBrownsBay](https://www.facebook.com/RotaryClubBrownsBay)



# DEEP CREEK BREWS & EATS

CRAFT BEER • BAR & GRILL • LIVE MUSIC

## LIVE MUSIC THIS OCTOBER

Fri 5: Chris Sanders - acoustic pop / rock, 8pm

Sat 6: [OKTOBERFEST] Brew Trio - rock / indie, 8pm

Sun 7: Brotherhood Musiq - soulful pop, 6pm

Thu 11: Club Manouche - gypsy jazz, 7pm

Fri 12: Ed Jackson Duo - pop / rock, 8pm

Sat 13: Andy Richards Duo - pop / rock, 8pm

Sun 14: Sam Swindells Duo - soul / pop, 6pm,

Sat 20: James Gaylyn - soul / funk / disco, 8pm

Sun 21: Brotherhood Musiq - soulful pop, 6pm

Thu 25: Sarah Fadness - folk / americana / pop, 7pm

Sat 27: Liquid Honey - soul / funk / pop, 8pm

Sun 28: The Lindy Tops - jazz / swing, 6pm

DEEP CREEK BREWS & EATS, 111 CLYDE RD, BROWNS BAY

T: 09 479 6665 [WWW.DEEPCREEKBREWBAR.CO.NZ](http://WWW.DEEPCREEKBREWBAR.CO.NZ)



**RACK N ROLL RIBS**  
HALL OF FLAME

**RIBS**  
(Beef/Pork)

**BURGERS**  
**CHICKEN**

Simply cut this ad out and get  
**10% discount off your bill!!!**  
(You must bring coupon in to redeem)  
Valid until Nov 30th 2018

Find us on **facebook.**

**LOYERS CORNER**

**Authentic**  
TURKISH CUISINE

**OPENING HOURS**  
Sunday to Thursday: 11.00am - 9.00pm  
Friday to Saturday: 11.00am - 9.30pm  
Phone Order: (09) 478 8894  
SMS Order: 021 027 26507  
Offer valid 'til 30 Nov. 2018

**15% DISCOUNT**  
on presentation of this advert only for orders over \$30

**ADDRESS:** 178 Carlisle Road, North Cross Shopping Centre

**THE MEAT ROOM**  
PREMIUM BUTCHER | BROWNS BAY

**Tradition | Passion | Quality**

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

Bring this coupon in and receive a free Lilly's Ham Glaze with your Christmas ham purchase. (See our recipe on p 32)

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

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

**HOT ROAST MEALS**  
Browns Bay

That's what we're called 'cause that's what we do!  
Premium quality, tender roast meats and world famous potatoes...

**Open 7 days!**  
Mon-Tue 4pm-8pm  
Wed-Sun 11.30am - 8pm

**10% DISCOUNT**  
on presentation of this advert  
Valid 'til 30 Nov 2018

**78B Clyde Court**  
Clyde Rd,  
Browns Bay  
**478 6987**

Map showing location at 78B Clyde Court, Browns Bay, near Inverness, Beachfront Ln, and Manly Esplanade Walkway.



**10% DISCOUNT**  
on presentation of this page

Welcome to Browns Bay's  
Newest Chinese Restaurant  
**Yummy Dumpling**

With 3 private dining areas

**A delicious selection from our extensive menu**



Pumpkin and corn pancake



Stir-fried Choy Sum with dried mushroom



Sweet potato in hot toffee



Soup noodle with beef brisket



Yummy Dumpling



Chicken drumsticks in natural sauce



Stir-fried pork with pineapple in sweet and sour sauce



Stir-fried broccoli with shrimp

**Shop 2 & 4 • 12 Inverness Road, Browns Bay**

09 218 8455 • 020 484 8008 • passionfruitlm@gmail.com

**OPEN 7 DAYS** • Lunch 11am - 2pm • Dinner 5pm - 10pm

**CHRISTMAS X RELAUNCH**



**YOUR IMAGE & THERAPY SPECIALIST**

8 INVERNESS ROAD, BROWNS BAY  
09-2141555  
02-1868666

**CHOOSE 3 OF THE SERVICES FOR ONLY NZ\$ 250**

1. FULL COLOR
2. HALF HEAD FOILS
3. HAIRCUT
4. HAIR TREATMENT
5. BOND PLEX TREATMENT
6. SCALP TREATMENT

---

**CHOOSE 3 OF THE SERVICES FOR ONLY NZ\$ 150**

1. HAIRCUT
2. SHORT COLOR / REGROWTH
3. HAIR TREATMENT
4. SCALP TREATMENT
5. BOND PLEX TREATMENT
6. PARTIAL FOILS



**Welcome to**  
**Pupuke Golf Club**  
*(Enjoy the Pupuke Golf Club facilities)*

**Doesn't matter if you're five or 85!**  
Here are **six great health reasons**  
to play golf.

## A Slice of Nice!


Browns Bay's The Meat Room is a great traditional butchery. Shan, Kay, Chris & Q make up the friendly team and can help you with any of your meal combinations, from Roasts to BBQ'd meat, slow-cooked or pan fried they will have a recommendation to complement any side dish. Shan started his career at Alberton Meat Market which has been open since 1945 with his dad, uncle and grandfather, before coming to NZ where he managed five of the Nosh butchery departments. He comes with a wealth of knowledge and has over 20 years experience and skill.

The Meat Room opened its doors in Browns Bay back in 2014 and offers a wide variety of exceptional quality meat products... a traditional butcher in the true sense! All Meat Room products are NZ farmed, with the chicken, lamb and pork all being free-range and the beef being Angus and aged for at least three weeks.

They have a mouth watering range of homemade sausages including Italian fennel, Cumberland, Maltese, duck, chicken and Romanian pork as well as traditional beef and even German Bratwurst all proudly made on site. The 'oupa's' pork sausage and the boerewors are made with a family recipe passed down through three generations from 1945! And the biltong and dry wors is exceptional - the recipe handed down from Shan's grandfather.


Drop in and have a chat to the crew about any tasty dish you might be planning and don't forget, with Christmas coming up, you can order your delicious ham or turkey now.

Check out The Meat Room's easy Glazed Ham recipe alongside.



### The Meat Room Recipe

#### Christmas Glazed Ham



**1 x Award winning ham** (winners in 2012,14,15,16).  
**These award winning hams can be pre-ordered from The Meat Room.**

**1 x Lilly's apricot ham glaze (available in store)**

**Glazed cherries**

**1 x tin pineapple pieces in juice, drained**

**Tooth picks**

1. Preheat oven to 180 degrees C
2. Remove the rind from the ham. Score the fat in a diamond pattern. With the toothpicks place cherries and pineapple over the fatty side of the ham
3. Add a 1/4 cup water to a roasting pan and place the ham on a wire rack in the centre of the pan
4. Brush the ham with a third of the glaze and bake for 50 min
5. Spoon the remaining glaze over the ham and bake for a further 15 min. Set aside 15 min before carving

At Pupuke Golf Club we welcome players of all ages and abilities. Not only is golf a fun and social pastime, it's also a great way to improve and maintain your health. Here are just six examples:

1. It's been shown that children who are introduced to golf at an early age enjoy learning and playing the game with their parents. Plus, they develop the motivation, confidence and skills to keep be active and engaged in sports throughout their lives.
2. An 18-hole round of golf can involve walking up to nine kilometres (approx. 12,000 paces) exceeding the commonly recommended 10,000 steps-for-health daily.
3. More than 90% of people suffering with medical conditions caused by physical inactivity are aged 15 years and over. It's therefore really important to remain active throughout adulthood. This could explain golf's popularity across the generations, with only minimal drop off of participation. (Data from Active New Zealand survey 2017).
4. Diseases which are caused or aggravated by physical inactivity can have a serious negative impact on the lives of New Zealanders aged 55+. Regular golf could help to counteract this.
5. A landmark Swedish study of more than 300,000 golfers found that those who played regularly live an average five years longer than non-golfers, regardless of age, gender or socio-economic status.
6. Golf is good for your mental health as well as your physical (although you may have moments when you disagree with this statement!) Playing can help reduce the risk of anxiety, depression and dementia, while also boosting confidence and self-esteem.

Whether you're a complete novice who has never played or you're a lapsed player whose clubs have been gathering dust in the garage for months, you'll find a warm welcome at Pupuke. Our pro, Ben, runs friendly and informal lessons. To find out more, contact him on [027 254 2204](tel:0272542204) or [ben@benguilfordgolf.co.nz](mailto:ben@benguilfordgolf.co.nz).

**Come on, and give it a go!**  
**What have you got to lose – except for maybe a few balls?**



# Celebrating 20 Years of being Naturally Organic

It all began in 1997. Neil Thomas was visiting a friend and noticed a box of organic veges on their kitchen bench. With his background in produce brokerage, and having conducted months of comprehensive research, Neil and his wife, Karen, set up their first online organic home delivery business. This was quite a challenge because organic suppliers were limited and Internet connection was still via dial-up.

However, in 2000 the business took a leap forward when they moved into a new retail store in Rosedale Road. "We opened our doors to the public – and we've never looked back!" says Neil. The store was rocking pretty much from day one, and went from three staff to 10 in the first month.

As interest in organics became more widespread, Naturally Organic outgrew their premises and, in 2014, they moved to their Mega Lifestyle Store & Café at Northridge Plaza. This store stocks close to 5,000 product lines, catering for gluten-free, vegan and paleo preferences.

Bostock's Organic Free Range Chicken and specialised organic meat cuts are more great additions. There are also eco-friendly household products and allergy-free skincare ranges. The café bar offers raw juices, vegan treats and Altura barista coffee. Naturally Organic's online operation has grown too, and is now run from a local, purpose-built site, supplying customers all around the country.

Neil and Karen are deservedly proud of what they've achieved over the last two decades. "The organics industry has evolved – and so have we. Our customers come from all walks of life, and we even have four generations from one family who choose to shop with us. That's what it's all about!"

## Naturally Organic: your award-winning organic store

**WINNER**  
Organic Retailer of the Year 2018

**WINNER**  
Westpac Business Awards 2012  
(Workforce Development)

**FINALIST**  
Westpac Business Awards 2012  
(Excellence in Customer Service)

**FINALIST**  
Top Shop Awards 2012

**WINNER**  
e2themax Business Mentoring Award 2009



ABC \$2 Mart (09) 478 2178 Aces Sports Bar (09) 478 8512 ADS Architectural Design (09) 479 4123 Advantage Air conditioning Ltd 021 353639 Al Financial Services Ltd. (09) 479 8449 Akshar Suprette Akshar Suprette (09) 479 5594 Albany & Bays Glass Services (09) 478 1435 Albany Toyota Browns Bay (09) 415 7890 Amanda Baker Hair & Makeup (09) 478 8395 Andrew Baker Electrical Ltd (09) 476 7461 Anytime Fitness Anytime Fitness (09) 478 3741 ANZ Bank (09) 2524912 ASB Browns Bay (09) 448 4160 Asian Wok Asian Wok (09) 476 9028 Augensteins Jewellers (09) 479 4391 Automotive Services (09) 479 4214 Balinz 021 144 5287 Barbershop Co. (09) 476 9255 Barfoot & Thompson (09) 478 5119 Barry Barry's Medical Centre (09) 478 2609 Bathrooms Inc (09) 475 9955 Bay Audiology (09) 476 4396 Bay Breaks Beachfront Home (09) 476 6234 Bay Sushi (09) 478 8178 Bays Boxing 021 760 221 Bays Car Painters Ltd. (09) 478 7611 Bays Club (09) 478 8171 Bays Flowers (09) 4783937 Bays Martial Art Academy (09) 479 9956 Bayside Dental (09) 478 8773 Bayvet Bayvet (09) 479 3918 Beach Bistro (09) 479 9628 Beauty First (09) 475 6780 Belle Femme Beauty & Natural Health Clinic (09) 478 5651 Bernies Bakery & Cafe (09) 476 9508 Berrymans (09) 478 9464 Bin Inn (09) 476 9090 Biovit GMP Laboratories Ltd (09) 479 9296 Blend Hair Salon (09) 479 6044 Blue Bay (09) 476 3383 BNZ 0800 275 269 Bosch Service Bosch Service (09) 478 8457 Brake and Auto Services (09) 479 5764 Bridgestone Tyre Centre (09) 477 0052 Browns Bay Auto Electrical (09) 478-8611 Browns Bay Auto Repairs (09) 478 3809 Browns Bay Automotive and Tyre Ltd (09) 478 3129 Browns Bay Bowling Club (09) 478 6952 Browns Bay Butcher (09) 479 4014 Browns Bay Family Doctors (09) 479 5738 Browns Bay Fisheries (09) 478 8307 Browns Bay Fresh (09) 476 3972 Browns Bay Liquor Centre (09) 479 3827 Browns Bay Mowers & Heating (09) 479 5820 Browns Bay Panel Beaters (09) 479 4990 Browns Bay Photo & Digital (09) 947 6131 Browns Bay Picture Framing (09) 479 4501 Browns Bay Police (09) 478 1700 Browns Bay Racquets Club (09) 478 6469 Browns Bay School (09) 479 4301 Browns Bay Trading Centre (09) 478 6257 Browns Bay Traditional Barber Shop (09) 479 5660 Buon Venuti Pizzeria Restaurant (09) 479 6134 Bute Collision Repairs and Custom Builds (09) 478 3766 C & S Engineering and Welding 021 443 019 Cabinet Crafts 021 514 323 Cafe Anatolia 029 720 602 Calder Chiropractic Centre (09) 479 2666 Caltex New Zealand (09) 478 7509 Caravan Imports 021 154 8886 Caroline Eve (09) 476 7727 Chargrilled Lamb Shoulder (09) 476 1553 CHER Massage and Spa (09) 478 2969 Chocolate Earth (09) 476 9996 Chouxtopia 027 288 1398 Chrysalis (09) 475 5987 Citizens Advice Bureau (09) 479 2222 Coastal Furniture Polishers Ltd (09) 479 4369 Cobble (09) 478 7059 Code Planning 021 110 6525 Commodore Pharmacy (09) 478 5854 Countdown (09) 255 9662 Countdown Pharmacy (09) 475 9125 Crafty Wonderland (09) 475 5335 Cruise Life Ltd. 0800 747 5626 Dale Nixon Automotive Ltd (09) 479 2009 Deeja's Shoes (09) 479 2029 Deep Creek Brewing Co. (09) 479 6665 Discount Tyres (09) 444 4750 Discoveries Educare (09)880 5181	(09) 476 9252 (09) 478 5537 (09) 478 8100 (09) 419 2348 (09) 478 3379 (09) 486 8460 (09) 473 0643 (09) 476 6863 (09) 476 8207 (09) 475 6138 (09) 478 5790 (09) 478 7773 0800 229 276 (09) 479 5956 (09) 479 9622 0800 376 784 (09) 476 0454 (09) 283 0305 (09) 479 9993 (09) 473 6453 021 466 336 (09) 479 5822 (09) 478 6815 022 425 6145 (09) 479 7279 (09) 476 3383 (09) 477 0848 (09) 476 2575 (09) 478 4416 (09) 4795612 027 270 0888 0800 483 786 (09) 479 1003 (09) 476 7770 (09) 479 2163 (09) 478 1587 021 154 8886 (09) 479 1704 021 266 8181 (09) 551 7851 (09) 479 3573 (09) 215 4871 (09) 478 2478 (09) 478 7882 022 6726710 (09) 478 8872 (09) 479 3101 0800 501 501 (09) 478 2038 (09) 478 8798 0800 364 533 021 180 7966 021 685 593 (09) 479 5344 (09) 478 7069 (09) 292 4452 0800 473 323 (09) 488 995 (09) 473 6077 (09) 476 2086 (09) 478 9135 (09) 476 5353 (09) 478 8853 (09) 478 6004 021 708 677 0800 295 195 (09) 478 9450 021 037 7289 (09) 473 2357 (09) 479 1270 (09) 479 1171 (09) 478 3000 (09) 476 6088 (09) 478 8057 (09) 479 2316 (09) 476 8022 021 712 225 (09) 478 7442 (09) 478 7080 (09) 485 6544 (09) 477 0167 (09) 479 2598 (09) 950 6125 027 229 4919 (09) 4786453 (09) 477 0033 (09) 479 8714 (09) 478 6176 (09) 478 8334 (09) 475 9794	Party Hire Auckland Ltd (09) 478 8226 Penguino Ice Cream Ltd (09) 476 8380 Perfetto Hair Design (09) 479 6136 Phillips Law Browns (09) 377 0993 Phoenix Dairy (09) 478 2972 Physiotherapy Care (09) 479 4447 Pinehill School (09) 478 0301 Pizza Hut Pizza 0800 838 383 Play it Again (09) 478 2892 Precision Plumbing (09) 415 3386 Pukeko Bakery 021 871 931 Rack 'n Roll Ribs (09) 555 1492 Ramen Takara (09) 476 6041 Red Cross Shop (09) 479 9505 Renovation Works 0800 736 696 Repco (09) 476 1430 Robinson & Running Ltd (09) 475 0191 Rodney Wayne Browns Bay (09) 479 1113 Royale Kitchens (09) 479 1589 RTL Computer Services 022 176 6026 Sabayjai Thai Massage (09) 214 6482 Sal's Pizza (09) 476 7257 SBA Small Business Accounting (09) 478 0202 Secret Auto Nails (09) 479 9177 SGA Insurance Consultants 0800 747 336 SGA Insurance Ltd. 027 290 9965 Sherwood Primary School (09) 4783024 Shoe Talk Ltd (09) 479 7807 Shore Therapy 021 038 9223 Shore Wools (09) 478 1975 Siam Thai (09) 479 4011 Skin Boutique (09) 478 0041 Skindeep (09) 478 9900 Smith & Sons 075 478 4014 Snap Fitness Browns Bay (09) 973 4597 Soulshine Café (09) 479 7070 SPCA Opshop (09) 479 9611 Speakers Corner Ale House (09) 478 4560 Splashedive (09) 475 0071 St Mark Law (09) 974 4209 St Pierre St Pierre's Sushi of Japan (09) 213 1623 Starbucks (09) 478 5155 Steve Roos Motor Services (09) 479 2690 Stevens (09) 478 5197 Stevenson Campbell Lawyers (09) 477 0388 Stitches 'n Time (09) 479 2203 Sugar 'n Cup (09) 479 9366 Sunset Hair and Spa (09) 479 7868 Super Liquor Browns Bay (09) 478 9446 Sushi Day (09) 476 6000 Taiaotea Kindergarten (09) 478 7795 Tank Juice Bar (09) 972 3364 Taylor'd Solutions Ltd 0274 667 252 Technical Compliance Cons. Ltd 021 113 4326 Thai Heng Garden & Orchard (09) 479 6043 Thai Lemon Takeaway (09) 478 9844 The 123 Mart (09) 479 1230 The Attic Shop 021 800 290 The Bed Store 027 907 0427 The Brownzy Sports Bar (09) 476 1593 The Chippy (09) 478 6766 The Coffee Club (09) 476 8547 The Creche (09) 479 1214 The Dental Centre (09) 479 7710 The Denture Centre (09) 479 2220 The Jungle Gym 021 2465569 The Laundry Spot (09) 476 2938 The Meat Room (09) 973 1989 The Original SA Shop (09) 476 3414 The Planning Room 021 911 957 The Salvation Army (09) 479 8703 The Upholstery Company 021 150 6617 The Velvet Gypsy (09) 479 6931 Torbay Primary School (09) 473 8603 Trade Mark Design Ltd 021 139 9008 Triton Hearing Ltd (09) 478 5050 UK Grocer 021 856 820 Unique New Zealand 0800 332 737 United Services Limited (09) 571 0778 Verve Hair Design (09) 478 7997 VTNZ (09) 479 4286 Warawara (09) 476 6878 Westpac Bank NZ Ltd. (09) 478 1121 Whitecouls (09) 984 5438 Whiteflower Café (09) 478 6457 Wood Cellar (09) 478 8577 Yuruki Japanese Restaurant (09) 478 0410 Yoga Within 021 884 518 Young and Caulfield (09) 479 5757 Z-tech Phone Repairs (09) 280 4852
---	---	---

This page is proudly sponsored by the Browns Bay Business Association in support of Business Enterprise on the Shore.

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

# East Coast Bays ShoreLines Bits'nBobs

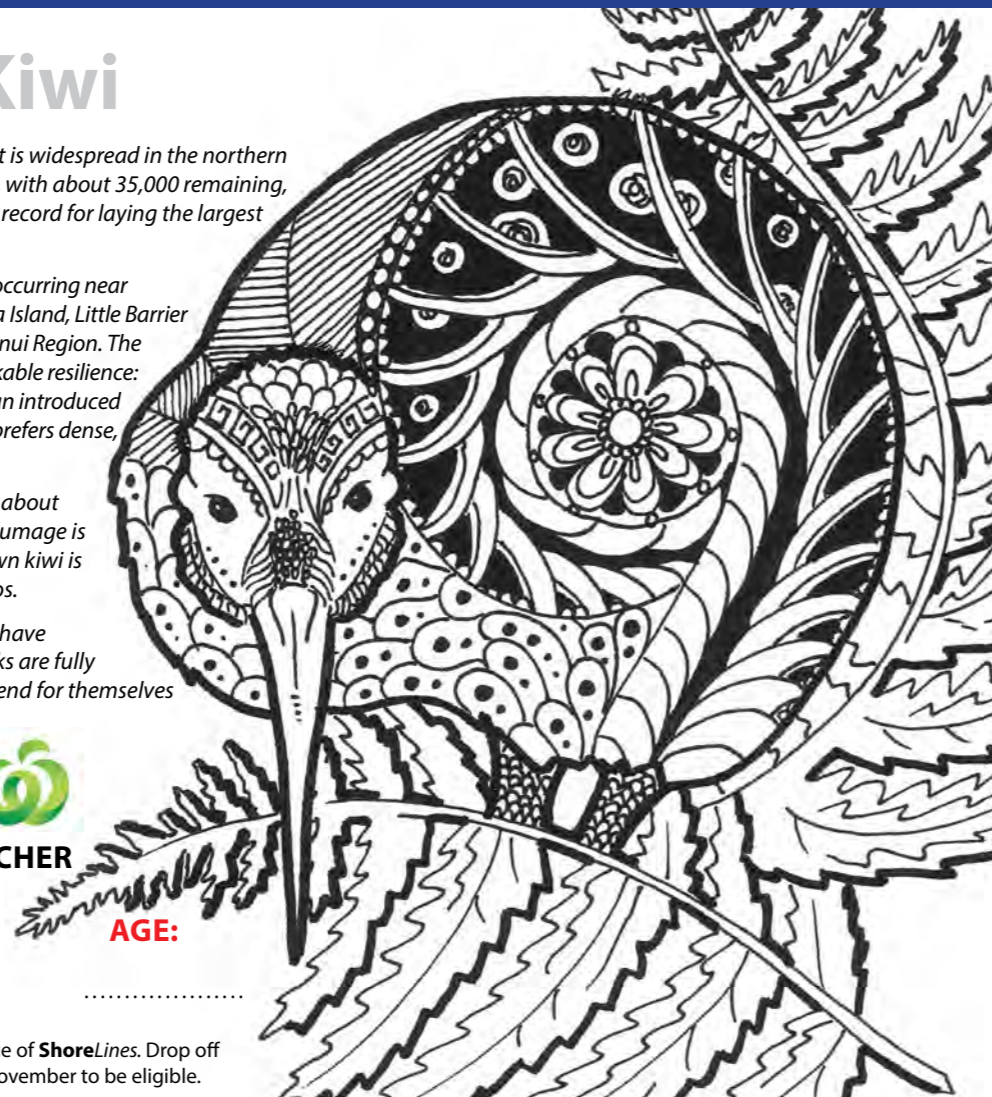
## Little Brown Kiwi

The North Island brown kiwi is a species of kiwi that is widespread in the northern two-thirds of the North Island of New Zealand and, with about 35,000 remaining, is the most common kiwi. This bird holds the world record for laying the largest eggs relative to its body size.

Brown kiwi are found throughout the North Island, occurring near Northland, Coromandel, Eastern North Island, Aroha Island, Little Barrier Island, Kawau Island, Ponui Island, and the Whanganui Region. The North Island brown kiwi has demonstrated a remarkable resilience: it has adapted to live on scrub-like farm land, pine (an introduced tree) plantations, and their native forests, but it still prefers dense, sub-tropical and temperate forest.

Females stand about 40 cm (16 in) high and weigh about 2.8 kg (6.2 lb) the males about 2.2 kg (4.9 lb). The plumage is streaky red-brown and spiky. The North Island brown kiwi is the only species of kiwi found internationally in zoos.

These kiwi, like all kiwi, feed on invertebrates. They have 2-3 clutches a year with 2 eggs in each clutch. Chicks are fully feathered at hatching and leave the nest and can fend for themselves within 1 week.



**countdown** 

**PRIZE: \$50 COUNTDOWN VOUCHER**

**NAME: KIDS**

**AGE:**

**COLOUR ME IN COMPETITION**

The chosen picture will be published in our December Issue of **ShoreLines**. Drop off your submission at Pages Print in Browns Bay before 3 November to be eligible.

## HIGH & LOW TIDES (AUCKLAND) FOR OCTOBER AND NOVEMBER

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS					N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS										
Time	m	Time	m	Time	m	Time	m	Time	m						
1 Mo	0017 3.1 0615 0.5 1238 3.1 1840 0.7	9 Tu	0142 0.4 0828 3.4 1404 0.3 2027 3.4	17 We	0150 2.8 0749 0.9 1425 2.8 2028 1.0	25 Th	0215 0.8 0839 3.1 1435 0.6 2057 3.2	1 Th	0147 3.0 0745 0.6 1417 3.1 2028 0.7	9 Fr	0257 0.4 0924 3.4 1517 0.5 2139 3.2	17 Sa	0252 2.6 0858 1.1 1531 2.8 2136 1.0	25 Su	0316 0.3 0942 3.4 1540 0.5 2204 3.3
2 Tu	0106 3.1 0705 0.6 1331 3.1 1936 0.8	10 We	0232 0.3 0858 3.4 1453 0.3 2116 3.4	18 Th	0241 2.7 0845 1.0 1521 2.8 2125 1.0	26 Fr	0257 0.5 0921 3.2 1516 0.5 2140 3.2	2 Fr	0247 3.0 0848 0.7 1520 3.1 2130 0.7	10 Sa	0341 0.4 1008 3.3 1621 0.5 2224 3.2	18 Su	0348 2.6 0958 1.1 1625 2.8 2230 1.0	26 Mo	0403 0.3 1029 3.4 1629 0.5 2254 3.3
3 We	0200 3.0 0801 0.7 1431 3.0 2038 0.8	11 Th	0320 0.3 0946 3.5 1539 0.3 2203 3.4	19 Fr	0337 2.6 0948 1.1 1619 2.7 2222 1.0	27 Sa	0340 0.4 1003 3.3 1600 0.5 2224 3.2	3 Sa	0351 3.0 0954 0.7 1623 3.1 2233 0.7	11 Su	0422 0.5 1050 3.3 1644 0.6 2307 3.1	19 Mo	0448 2.8 1055 1.0 1719 2.8 2321 0.9	27 Tu	0451 0.3 1118 3.4 1721 0.5 2345 3.3
4 Th	0300 2.9 0903 0.7 1535 3.0 2144 0.8	12 Fr	0406 0.3 1031 3.4 1625 0.4 2249 3.3	20 Sa	0435 2.6 1047 1.1 1713 2.8 2315 1.0	28 Su	0424 0.3 1047 3.3 1645 0.5 2311 3.2	4 Su	0456 3.0 1100 0.7 1724 3.1 2333 0.6	12 Mo	0503 0.5 1132 3.2 1728 0.7 2349 3.0	20 Tu	0542 2.7 1147 1.0 1805 2.9	28 We	0541 0.3 1210 3.4 1815 0.5
5 Fr	0405 2.9 1011 0.7 1641 3.1 2249 0.7	13 Sa	0450 0.4 1116 3.3 1710 0.5 2334 3.2	21 Su	0523 2.7 1142 1.0 1803 2.8	29 Mo	0509 0.4 1134 3.3 1734 0.6	5 Mo	0559 3.1 1200 0.6 1821 3.2	13 Tu	0543 0.7 1215 3.1 1813 0.8	21 We	0610 0.8 1235 2.9 1853 3.0	29 Th	0638 3.2 1305 3.3 1912 0.6
6 Sa	0511 3.0 1117 0.8 1744 3.2 2351 0.6	14 Su	0533 0.5 1200 3.2 1756 0.7	22 Mo	0605 0.9 1206 2.8 1849 2.9	30 Tu	0600 3.2 1223 3.2 1827 0.6	6 Tu	0629 0.6 1254 0.6 1914 3.2	14 We	0631 2.9 1259 3.0 1900 0.9	22 Th	0657 0.7 1321 0.7 1940 3.1	30 Fr	0134 3.1 0739 0.5 1402 3.2 2011 0.6
7 Su	0615 3.1 1217 0.5 1841 3.3	15 Mo	0618 3.0 1245 3.1 1843 0.8	23 Tu	0650 0.8 1313 0.8 1932 3.0	31 We	0651 3.1 1318 3.2 1924 0.7	7 We	0122 0.4 0749 3.3 1344 0.5 2006 3.3	15 Th	0114 2.8 0710 0.9 1346 2.9 1959 1.0	23 Fr	0144 0.5 0809 3.1 1406 0.6 2027 3.2		
8 Mo	0748 0.5 1314 3.2 1936 3.4	16 Tu	0703 2.9 1333 2.9 1934 0.9	24 We	0757 3.0 1354 0.7 2015 3.1			8 Th	0211 0.4 0838 3.3 1432 0.5 2053 3.3	16 Fr	0201 2.7 0801 1.0 1438 2.8 2042 1.0	24 Sa	0230 0.4 0855 3.3 1452 0.5 2115 3.2		

Bits 'n Bobs Page  
Proudly  
sponsored by:

**countdown** 

Cnr Anzac & Clyde Streets, Browns Bay,  
Auckland 0630  
Hours: Open 7am Closes 10pm  
Phone: 09-476 5974

ShoreLines

## The Tooth About Oral Health



Cnr Beach & Anzac Roads, Browns Bay Auckland  
ph 478 7442 www.northshoredental.co.nz

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

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



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

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

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



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

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



More than 300 types of bacteria make up oral plaque 

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

We offer the following services -  
General Dentistry  
Cosmetic Dentistry  
Orthodontics  
Root Canal Treatment  
Hygiene  
Tooth Whitening  
Dysport  
Wisdom Tooth Removal  
Implants  
Free Dental Care for Teens

Book your appointment with us today either call 09 4787442 or book online at [www.northshoredental.co.nz](http://www.northshoredental.co.nz)



# Augenstein's

• JEWELLERS & WATCHMAKERS •

*In the heart of Browns Bay since 1989*

PANDORA



KAREN WALKER

W&S



QUORRA  
FINE JEWELLERY

REJEWELLERY



SWAROVSKI



*Celebrating 100 years  
experience in the jewellery  
trade between father  
Gerhard and son Gerry*



ROYAL  
LONDON

CASIO



CITIZEN  
ECO-DRIVE



CACTUS



OLYMPIC  
SWISS WATCHES LTD

ROAMER  
OF SWITZERLAND

TISSOT  
SWISS WATCHES SINCE 1853



SCHNEIDER  
Kuckuckuhren · Cuckoo Clocks

RHYTHM  
Small World

60 Clyde Road, Browns Bay Phone 09 479 4391 Fax 09 479 5034  
[www.augensteins.co.nz](http://www.augensteins.co.nz)

*Jewellery, watch and clock sales. Manufacturing jewellers. Jewellery, watch and clock repairs on site.*