

JUNE 2023

EST 1992

TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine



Birds of a Feather
New restaurant
opening soon in
Long Bay Village

Feast Coast Bays is Coming
Matariki Kids Colouring-In Comp
Saving with Solar

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ACQUIRE

New Restaurant Coming to Long Bay

The opening of Birds of a Feather in Long Bay this winter will be a boon for Long Bay and our wider area. Owner Peter Guo is well known within the wider Auckland Chinese community. His previous restaurant was the iconic Hees Garden, Mt Eden, one of Auckland's oldest and best loved restaurants. The Cantonese-style Hees Garden operated for 42 years and only closed because the landowner sold the property to a residential housing developer.

Having the land sold out from under them was one reason Long Bay was attractive. Setting up in a newly developed shopping centre provides a more secure future. It's also closer to home - Peter has lived on the North Shore for 20 years.

Like Hees Garden, Birds of a Feather will serve some classic Cantonese dishes. There'll also be trendy yum cha lunches and dishes infused with an innovative culinary twist to provide for the increasingly diverse people living across the East Coast Bays and wider North Shore. But Peter's new restaurant will draw visitors from further afield as well – starting with the families who miss Hees Garden.

Birds of a Feather will be unique, but Peter remains committed to providing a restaurant that welcomes

families. "That social connection that comes from generations of customers sharing in the family social ritual of fine food is very important to me. I look forward to encouraging that" he said.

There'll be plenty of opportunities to try Birds of a Feather's menu as they are planning to open for lunch and dinner. They also have a private function room that can be booked.

If working in this exciting new restaurant sounds interesting to you, Peter is looking for full time and part time staff. Email him now at: Birdsofafeathernz@gmail.com



Peter standing in front of the wallpapers which are symbolic of the name—Birds of a Feather.



Outside of the new restaurant.



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4 Fitzwilliam Dr	\$1,010,000
12C Tikati Rise	\$1,035,000
3D Manuwai Rd	\$1,050,000
1/10 Tiri View Pl	\$1,060,000
967 East Coast Rd	\$1,080,000
4A Danbury Dr	\$1,155,000
2/23 Ridge Rd	\$1,160,000
20 Glenvar Rd	\$1,250,000
22 Manuwai Rd	\$1,410,000
Unit 1/8 Orne St	\$1,520,000
27 Headland Dr	\$1,920,000
45 Rock Isle Rd	\$2,495,000
24 Cliff Rd	\$2,710,000

*Source REINZ

LOCAL MEDIAN = \$1,070,000

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BARFOOT & THOMPSON



Chair's Letter

**By Steve Piner, Chairperson
Torbay Business Association**

Welcome Birds of a Feather! It's great to see another top-class restaurant in the Bays. And just in time too – Feast Coast Bays kicks off next month (p11). Feast Coast Bays is a campaign, collaboratively designed by the Torbay, Mairangi Bay and Browns Bay Business Associations, to promote the amazing restaurants we have in East Coast Bays. The aim of the campaign is to stimulate economic growth by attracting people from outside our area to visit our shopping centres. All diners eating at participating restaurants during the campaign will have the opportunity to enter a weekly prize draw. We hope that locals will get involved too. Maybe there's a great restaurant you hadn't heard of?

Torbay Kindy's pleas (May issue p8) have been heard with 30Kph speed limit signs having been erected already and a crossing is to be installed soon. Remember to please slow down around schools and kindergartens.

Thank you to Candice for the Ploughman's Pie recipe (p5). We tried it the other night, and from a confirmed meat eaters' perspective it was absolutely fit for a King!

Sharp eyed readers will have spotted the new TBA logo at the bottom of 'The Fine Print' (below). A long time coming, the new logo helps to update the image of the TBA and is more inline with the new look Torbay Magazine.

If care is at the heart of a community, then our community has a strong heart! I attended Objects in my Room & Leaf and Honey's fundraiser for Woven Earth (p7) in May and was impressed by both the number of in attendance and their generosity.

It's on cold nights when the heater is running that you start thinking about how to save on electricity costs. Last year we

ran a series of ads for Solar King and an article on installing solar. In this issue we catch up with what savings have been made from that install (p16).

Our Expo events planning is progressing well and are promising to be great opportunities for locals to find out more about community groups, and primarily home-based health and beauty practitioners in our area. There are still spaces available if you want to promote your group or health and beauty service. See p30 for more detail.

Awesome to see work starting on Glenvar Road, but still promises to be a long hard slog over winter. Don't forget the businesses in Long Bay – the road closure has had a marked effect on trade. As always, if you can please #SupportLocal #ShopLocal.



The Fine Print

To submit a story, news, poem or to advertise, email: magazine@torbay.co.nz or ph 027 502 8724

Publisher: Torbay Business Association Inc. PO Box 89186, Torbay 0742.

Website - www.torbay.co.nz

Facebook – Torbay Village, New Zealand

Instagram - Torbay Village NZ

Editorial Team this Month: Marewa, Keerti, Steve, Lisa, Rosemary, and Deb.

Proofreading: Helen O'Neill, www.correctly.co.nz

Cover Story Photos: Keerti Siag

Layout: Cathy Coldicutt, www.bluerockdesign.co.nz

Printing: Bluestar Group

Circulation per issue: 7200 across Waiake, Torbay, Long Bay and Okura.

Acknowledgements

Thank you to our advertisers who enable the Torbay Business Association to publish this Magazine, run business development events and support community groups. Thanks also to everyone who contributed story content and photos.

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ISSN 2815-7222 (Print) ISSN 2815-7230 (Online)



A Pie Fit for a King—*Ploughman's Pie*

By Candice Bradshaw

INGREDIENTS:

- 2 large onions
- 2-3 cloves garlic—crushed
- 50g butter
- 4 eggs
- ¾ cup of milk
- ½ cup self-raising flour
- 3 medium potatoes—cooked then cubed
- 2 cups halved button mushrooms
- 3 tablespoons piccalilli
- 1 & ½ cups of grated cheese
- 1 tablespoon chopped parsley
- 2-3 small tomatoes—chopped

METHOD:

Melt butter. Cook garlic in butter. Stir in egg, milk, flour, piccalilli and cheese, then mix in the rest of the ingredients. Pour into greased ovenproof dish. Garnish with tomatoes and bake at 220 degrees for 25-30 minutes.



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It Thrives in the Shadows

By Prachi Mittal

Trigger warning—this story discusses family violence and abuse.

A beautiful villa overlooking the ocean, a Trust fund, the latest car, a big rock on the finger, all signs of a life of plenty. Yet, she hasn't chatted with her best friend in ages, there are plenty of missed calls from her mum who lives in another city. She is always too busy to visit, too preoccupied to pick up the phone. Why is that? Could it be that this opulence is a cover?

Research has found that one in three women in New Zealand are likely to face violence in the home. How is it that such a large portion of our population is facing violence of one form or another? It is because family violence thrives in the shadows and abuse grows manifold in isolation. Forcing victims to cut off ties with their loved ones, not letting her develop a support system and ensuring she is never alone with a friend can be a key tool in the hands of the abuser.

Not all violence shows up as a black eye. Violence can exist in many different forms, physical, economic, sexual and/or emotional. One of the most challenging things about family violence is that it exists across all sections of our society. It does not matter what is the ethnicity, financial status, or location of a person. Anyone could end up in a violent relationship and as a society we need to create an environment in which people can ask for help free of stigma.

We could together take a stand against violence.

If you or someone you know needs help to be safe from family violence please ring 0800 REFUGE or 0800 733 843. If you are in immediate danger ring 111.



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Each person will receive a workbook, and the weekend will be punctuated with spaces, dialogue and prayer.

Email: chaplain@vaughanpark.co.nz to book your place.



Thank You

By Katy Comar—March cover story

"I contacted Torbay Magazine for help with fundraising for an acting trip to London in June where I will be performing *Shakespeare's The Comedy of Errors* alongside twenty three peers from New Zealand. I got an enthusiastic response the same day from Keerti, and we arranged to meet. Keerti was organised and helpful and we scheduled a photoshoot. The final cover photo and article was great! It helped a lot in terms of fundraising and enlightening other young performers to the opportunities the Shakespeare Festival can give us.

I am so thankful for the response I got from the article in the Torbay Magazine. Many friends donated, as well as members of the community who support the arts and opportunities for young people like me. The money raised through my Give-A-Little page helped a lot, especially since I have just begun university. I'm getting prepared for my trip and I am incredibly thankful and excited.

Thanks Torbay Magazine for your help."

Catch up on past issues at www.torbay.co.nz—Magazine Archive.



Woven Earth Fundraiser

Over 60 generous people filled *Objects in my room* and *Leaf & Honey's* store in Long Bay on Thursday 18 May for a *Woven Earth* fundraiser.

Kerryn Trupp, founder and CEO, opened the evening with her own story that led to her establishing the charity. After leaving a violent partner with two children in tow, she was relocated and rehoused, but she and her children had to start again with nothing. The house was empty, they had escaped with few belongings and the poverty was almost enough to send her back to the partner and home they'd left.

On average, *Woven Earth* help 3-4 individuals or families a week! "It's not okay to drop these families off at an empty house." Kerryn said. So, *Woven Earth* stocks houses with donated furniture, linen and new belongings that give survivors of violence-in-the-home a greater chance of starting anew. It's about giving them a new home and, as Kerryn said, "restoring dignity".

Several artists donated works to be auctioned: Amanda Billing, Kate Cox, Lisa Fe'ao Tansley, Amanda Kemp, Keerti Siag, Shelley Simpson, and Elaine Wright. Together with raffles and 10% of shop sales on the evening, the amount raised was just over \$5,000, smashing the \$2,000 target hoped for.

Many others donated household items for *Woven Earth* to use and many others their resources or time to make the night a great success. Thank you to everyone, including our amazing community, who made this event possible.

Special thanks go to MC Sue Brewster; the SPONSORS: *Objects in my room*, June Label, *Leaf and Honey*, *Lindi Kingi Jewellery*, *London Street Art Club*, Ming Liu of *Harcourts Cooper & Co*, *Morris and James*, *New World Long Bay*, *Pure Yoga Torbay*, the *Torbay Business Association*, *The Better Tea Company*, *The Clean Collective* and *Welcome Back Slow Fashion*; and VOLUNTEERS: Shahade Bradley, Bryony Carrington, Angela



Dean, Paul Huggins, Jasper Molloy, Louise Mark Brown, Jenny Knight, Amanda Prendergast, Keerti Slag and Anne Te Kanawa Huggins. Most of all thank you to the amazing Kerryn Trupp and her *Woven Earth* team for all they do for our communities.



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Chat GPT and Students

By Oliver Simpson

ChatGPT is an artificial intelligence (AI) chatbot, built and released by OpenAI in November 2022.

It is designed to be able to have human-like conversations with us as well as help us discover new information. It can answer questions, create essays, draft emails and code.

However, with this, comes the possibility that it could be used harmfully, for example, school students using it to produce full essays instead of writing the essays themselves.

Recently, two students, one in Year 12 from Cambridge High School and one in Year 13 from Pukekohe High School, took to the media in response to accusations that their work was generated by AI. Interestingly, they were both excellence-level students.

When it comes to detecting work

generated by AI, it becomes difficult to ethically decide whose work is AI-generated and whose isn't. Experts on the subject are warning that using AI to detect AI is dangerous with potential legal implications. The potential risks for youth are that if AI writes everyone's essays, writing skills across the population could reduce over time. For example, in some subjects at my school, ChatGPT is a perfectly fine way to find or summarise sources; however, I'm not allowed to have it write my whole essay.

The New Zealand Qualifications Authority (NZQA) has not released an official stance on student use of AI yet



leaving it up to teacher judgement.

AI generated image using 'Ploughman's pie fit for a King'. See our real photo pg 5.

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Declare Your 'Jam'

By Frances O'Brien
TBA Treasurer

Did you know that any money you receive for your

time, effort or for something you sell could be considered taxable income? The only exception is money received from a "one-off private sale".

Perhaps you make jam, t-towels, crafts or you grow seedlings. At first it might be just a fun hobby and you get pleasure from gifting your creations to family and friends. But then you start thinking you could sell your jam at a market and make a little bit of pocket money? If you do an irregular one-off stall you won't need to declare the earnings. But if you regularly sell stuff at markets, or you regularly buy and sell second-hand goods on TradeMe or via Facebook, Inland Revenue could class this as running a business.

Any earnings you make from a side

hustle, where you hope the earnings will cover your costs and hopefully make a bit extra, needs to be declared. Not making a "profit" doesn't exempt you from this. All individuals, self-employed people and businesses must disclose income received and expenses incurred. Also, it doesn't matter whether that income goes directly into your bank, or you are paid in cash (or by some other means such as barter trading).





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Gardening with Veronika

By Veronika McPherson

It's time to transplant brassicas, beetroot, leafy greens, herbs and globe artichoke. Also, be sure to plant enough leafy greens to feed you

through winter. Sow batches of peas, beetroot, rocket, corn

salad, mizuna, lettuce and coriander every 3-4 weeks to ensure a continuous supply. If you have any bare soil planting a green crop will help to improve the soil quality and it can be used to make your own mulch.

If June feels a bit too wet and cold, growing something inside might be a good option. Sprouts are a quick and easy choice.



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- A rubber band.
- Seeds for sprouting, such as, mungbeans, alfalfa, daikon radish, red cabbage or broccoli. Organic seeds for sprouting are available online or at your local garden centre.

INSTRUCTIONS:

Cut your netting fabric to size. Put 1–2 tablespoons of sprouting seeds into the clean glass jar and fill with water. Cover with the fabric and hold in place with the rubber band.



Leave to soak overnight.

Drain the water the next day and rinse the seeds. Drain again and leave the jar leaning into a bowl for drainage. Repeat every 12 hours. After a few days your seeds will start sprouting and are ready to eat.

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Will Your Successors Be Ready When it's Their Time to Sit on the Throne?

By Michelle Keating, Family Business Association–NZ

We've just seen possibly the longest wait anyone has had before they got to take over the family business. While your successors may not have to wait 70 years to take their turn on the throne like King Charles III, it pays to have a strong succession plan.

Many family business owners hope the next generation will take over when they retire. But does the next generation want to take over the business eventually, and are you prepared to put in the time, collectively and individually, to facilitate a smooth succession?

Younger family members may have other plans. Working in the family business on weekends as a teenager does not automatically translate into wanting to take over the business as an adult. Perhaps their skills and interests lie elsewhere? Handing on the family business may not suit all families or businesses. Whilst it may be difficult to think of the business

leaving the family, it may be the best option for all involved.

If you're all on board, business succession is still a journey that requires time to be invested at regular intervals. You may need to stay involved for 3 to 5 years or more. Is there a positive relationship dynamic between family members? Will the next generation be ready to lead the business in time? Think about a timeframe now in case you need to consider employing an interim manager who can run the business and help upskill your replacement.

Family business succession can be a complex process because family members are involved in the discussions and decisions, and everyone has a unique viewpoint and opinion. But personal commitment, planning, open communication and application of proven practices, can make the family business succession journey an enriching one. As a family you can successfully pass the sceptre and your legacy to the next generation.



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Local resident Michelle Keating works for the Family Business Association, a not-for-profit organisation that has served families in business for more than 25 years in Australia, and for just over 3 years in New Zealand. With more than 2,000 family business members collectively, they understand the unique experience of families in business like no other organisation.

The Family Business Association tailors solutions to family business members through facilitating and engaging resources and channels that promote success and foster sustainability. Their resources, events, courses, and conferences help build stronger families and healthier businesses that transition for generations.

Special Offer for readers of the Torbay Magazine

Join the Family Business Association - NZ before the 30th June 2023 and receive 50% off the annual fee.

Simply use the code **NEW50** upon checkout.

Membership includes:

- A free Family Business Essentials workshop
- All education courses at discounted member prices – including our planning for Succession Course
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www.familybusiness.co.nz or call 0800 249 357.



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Scams! They're becoming more common and sophisticated, designed to deceive the most intelligent of us all.

Bank scams usually require you to deposit funds into a receiving NZ bank. This 'cleans' the money. From there, the money will be transferred offshore. With the introduction of 24-7 banking transfers in NZ, the trail will go colder quicker. A recent statistic I read said that in Australia, only 3-5% of scammed funds are returned to customers by their banks.

If an investment opportunity seems **too good to be true**, trust your instinct. A regulated investment offer in NZ requires a Product Disclosure Statement and an independent supervisor. Before you part with your money, call the company using the phone number on their website to verify that the offer is genuine.

If in doubt, seek independent advice from a financial adviser qualified to advise on investments. **Your future self will thank you.**

Rachelle Bland

Financial Adviser – Investments

“Verify that the offer is genuine.”

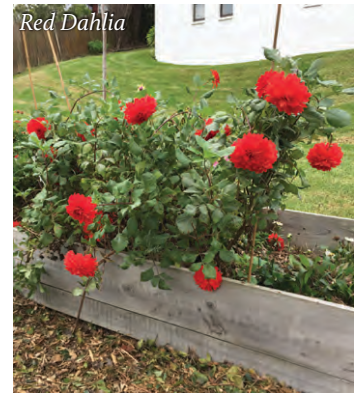


What is a Yacon?



Yacon is a vegetable originating from the Andean region of South America that was introduced to New Zealand in the mid-90s. Thanks to our fertile soils and high sunshine hours, it grows exceptionally well in NZ. The Yacon looks very similar to what we know as a kumara but the flesh is sweet like an apple and importantly it is packed with health-promoting compounds. As our interest in the health benefits of plant-

foods increases, more and more people are wanting to understand how nutritious and natural foods can positively support our wellbeing and help maintain a sustainable environment. The annual Yacon grows to 2m tall and is almost pest and disease free.



Weed Eaters Wanted

Can you help with an occasional weed eat? If you can please phone Dianne on 0273137116.

One of our gardeners grows comfrey to make comfrey tea for Mansion House Gardens, Kawau Island.



Story and photos by St Mary By The Sea Community Garden - a friendly, sharing social group.
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Torbay Theatre News

Torbay Theatre's Gilbert & Sullivan *Here's a How-De-Do*, which played April–May, was a sold-out triumph thanks to our generous cast of professional and semi-professional singers who gave their time for the pure enjoyment of it.



Philippa Mandeno, Campbell Ellison and Wilson Wang in a song from The Gondoliers, in Here's a How-De-Do.

Audition Call

Teens and Children Keen on Drama?
TORBAY THEATRE SCHOOL HOLIDAY PLAY

Performance Dates: 11th, 12th, & 13th July at 2pm

AUDITIONS: Sunday 11 June 2pm

Keen and committed performers aged roughly 6–16 (plus a few adults, no upper age limit) are invited to spend the holidays rehearsing and performing a vibrant play for the very young. Think pirates, puzzles and a sprinkling of magic.

Rehearsals will take up most of the first week of the holidays, plus a few weekends and early evenings in June. Participants will enjoy performing, and also get good training in all aspects of stagecraft and backstage work.

Solid commitment is essential. Many of our past participants are now competent light operators, stage managers, set builders, and actors, with some studying musical theatre in Australia.



Trix is restrained by boy-turned-donkey in The Enchanted Cave, one of our past July School Holiday plays.

CLUB NIGHTS are back on with the next date being **Saturday 10th June at 7:30pm**. These are fun open nights where club members perform a variety of skits, songs, and readings. Guests are welcome. To offer a performance (max 10 minutes long), email: clubnight@torbaytheatre.com

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Was Installing Solar Worth it?

June last year I wrote about installing solar. I can now report that on average over 10 months we saved \$80 a month compared to the same 10 months pre-solar. Plus, we got an average credit of \$17.50 a month for power going back to the grid. \$100 a month doesn't sound like much, especially if I think about the cost of installation. At our rate of power savings, it could take 17-18 years to recover that cost. But the price of electricity is predicted to increase over the coming decade.

According to Gustav Eiselen, an energy savings specialist on LinkedIn, in 2001, the average price of electricity nationally was 10 cents per kilowatt-hour (kWh). By 2020, it had risen almost 200%! If the price increases by even 50% over the next 10 years, we'll recoup the installation cost by 2030.

Reducing monthly outgoings is becoming more important as living costs keep rising. But there are other benefits of installing solar. It is estimated that the value of a property with solar increases by \$20 per \$1 reduction in bill. A \$1200 annual saving therefore increases the house value by \$24,000. It can also make a property easier to sell. Properties with solar are perceived to be environmentally friendly, sustainable, modern and technologically advanced. This helps to set the property apart from other non-solar properties on the market.

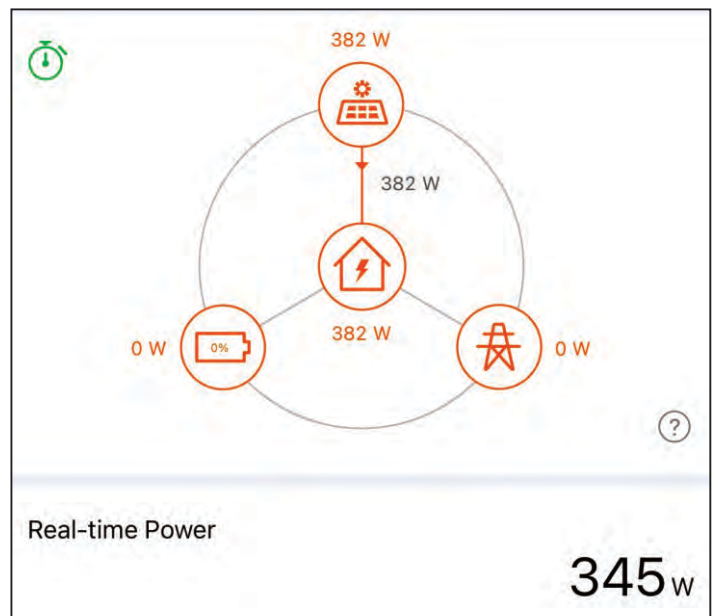
We probably could have saved more by improved load shifting. It was an adjustment to stop running the dishwasher and washing machine at night when power is cheaper to running these appliances during the day. We also only just learned that we should have been running one appliance at a time so that we were using power generated by the solar panels as it was being generated. Using more power than the light is giving you means you're going to the grid for the extra. Now we use the delayed start time feature on the dishwasher so it starts once the washing machine has done its thing.

We also didn't make the most of daylight hours. Perhaps because of the term "solar" we thought the sun needed to

be shining. So, if it was a cloudy day, we let the laundry pile up and do load after load on sunny days. But solar panels generate power from the day's light, regardless of whether it's sunny or not. The amount generated might be lower on a dull day, but spreading our power use could have reduced how much grid power we were using.

Obviously, the number of people in the house makes a difference. The savings I've calculated are a bit rough as some months there were only three of us and for a few months there were four or five of us.

You can catch up on past issues of the Torbay Magazine at www.torbay.co.nz.



iSolarCloud App tracks power being generated in realtime





New Ban on Produce Plastic Bags

By Michelle Beard, Pumpkins in Trees

Hello Pumpkins!

As part of the move to reduce plastic waste single-use plastic bags in supermarkets and other retail stores is to be phased out. The full ban on plastic bags for packing fruits and vegetables in stores will begin July 2023.

The plastic bags used for fruits and vegetables commonly known as "produce bags" are used to pack loose items such as carrots, apples, and lettuce. These bags are made from thin plastic and are usually discarded after just one use. This means that they contribute to the growing problem of plastic waste in landfills and oceans.

WHAT CAN BE USED INSTEAD?

- Switch to lightweight reusable bags made from materials such as cotton, mesh, or jute.
- Place fruit and vegetables directly into the shop trolley then pack into larger reusable bags after purchase.
- Invest in a *kete* (flax basket) or cane carry basket.

To keep vegetables and fruits fresh in the fridge, store vegetables in reusable containers, bowls, jars or reuse bread bags or other bags for storage.

Overall, the phase-out of plastic bags for fruits and vegetables in New Zealand is a positive step towards reducing plastic waste and promoting sustainable living for future generations.



Single-use plastic products banned from July 2023:

- plastic produce bags;
- plastic drinking straws (except for people with certain health conditions or disabilities);
- plastic tableware (bowls, plates and cutlery);
- plastic produce labels.



Mother's Day Competition Winners

Congratulations to our Mother's Day Shop Local Competition Winners. The winners of a \$50 voucher were **Ronel Barnard** and **Eleni Te Paa**.

Thanks to the Torbay Village Butchery and the Torbay Fruit Shop we were able to draw a further 2 prizes. These were won by **Amy Nicolle** and **Sheryl Pawson**.



Fishing with Pont

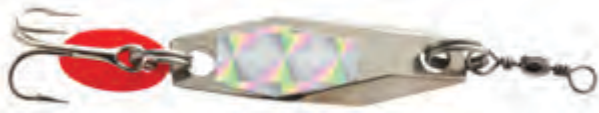


By Nathan Pont

This month I will be covering how to find a kahawai work-up and the fishing techniques to use. As we head into winter, kahawai work-ups become much more common along Rangitoto Channel and Whangaparāoa Bay.

WHERE AND HOW TO FIND THEM

Kahawai work-ups are often dependent on the location of bait fish. They tend to be fast moving, so you can't sit and wait in one location for them. A good place to spot a work-up is along the edges of Rangitoto Channel or on the edges of the end of Whangaparāoa Peninsula. The best way to find a work-up is to look for "Tern Work-ups"—hundreds of terns flying close to the ocean and diving. The splashes on the surface below the tern work-up are kahawai. Tern work-ups can be seen from a distance. Whether you are driving to a fishing spot or you are stopped, look around and towards the horizon to spot one.



Kahawai lure for trolling or casting. *Kia tupato! Be careful not to catch your fingers on the treble hook!*

HOW TO FISH

The two common ways to fish these work-ups are to have a small soft bait or kahawai lure (see photo) and either cast into the work-up or troll (driving while towing the lure) around the outside of the work-up. Just a safety note: if the lures are going to be trolled then ensure that plenty of space is left for surrounding boats who may be fishing the work-up as well. When casting the lures, it is important that the lures stay close to the surface and lines are retrieved quickly. This helps the lures look like the baitfish which the kahawai are chasing.

Tight lines until next time.



Tern fishing a kahawai work-up.

Rage Over Red Cones?

The lack of parking giving people access to Torbay Village shops remains a sore point following the upgrade several years ago that reduced the number of convenient parking spaces. Every now and then this annoyance is triggered when Auckland Transport or Vector cone off the main street, sometimes up to 24 hours or more before the scheduled works begin. It's good to see the Mayor is trying to reduce this cause of disruption to our businesses:

Mayor Wayne Brown
@MayorWayneBrown

.@AkiTransport has promised to undertake a six-month trial of streamlined temporary traffic management. This means less disruption and should help ease congestion. Contact AT to remove any cones that you feel are unnecessary (09) 355 3553. Let my office know how you get on!

3:57 PM · May 3, 2023 · 20.7K Views

Tides—May 2023 (Murrays Bay)

		HIGH	LOW	HIGH	LOW	HIGH		
Thur 01	04:25	2.7m	10:49	0.8m	17:07	2.7m	23:14	0.8m
Fri 02	05:13	2.8m	11:37	0.7m	17:57	2.8m	-	-
Sat 03	-	-	00:01	0.7m	06:02	2.8m	12:25	0.5m
Sun 04	-	-	00:49	0.6m	06:52	2.9m	13:13	0.4m
Mon 05	-	-	01:37	0.5m	07:44	3.0m	14:01	0.3m
Tue 06	-	-	02:26	0.5m	08:36	3.0m	14:50	0.3m
Wed 07	-	-	03:18	0.5m	09:28	3.0m	15:39	0.3m
Thur 08	-	-	04:12	0.5m	10:21	3.0m	16:30	0.3m
Fri 09	-	-	05:08	0.5m	11:15	3.0m	17:24	0.4m
Sat 10	-	-	06:05	0.5m	12:10	2.9m	18:21	0.5m
Sun 11	00:45	3.1m	07:03	0.5m	13:08	2.8m	19:22	0.6m
Mon 12	01:43	3.0m	08:01	0.6m	14:08	2.8m	20:26	0.7m
Tue 13	02:40	3.0m	08:58	0.6m	15:10	2.8m	21:28	0.7m
Wed 14	03:36	2.9m	09:55	0.6m	16:10	2.8m	22:27	0.7m
Thur 15	04:31	2.9m	10:50	0.5m	17:08	2.8m	23:21	0.7m
Fri 16	05:25	2.9m	11:42	0.5m	18:01	2.9m	-	-
Sat 17	-	-	00:11	0.7m	06:16	2.8m	12:31	0.5m
Sun 18	-	-	00:58	0.7m	07:06	2.8m	13:18	0.5m
Mon 19	-	-	01:44	0.7m	07:53	2.8m	14:01	0.5m
Tue 20	-	-	02:28	0.7m	08:39	2.8m	14:43	0.5m
Wed 21	-	-	03:11	0.8m	09:22	2.7m	15:23	0.6m
Thu 22	-	-	03:53	0.8m	10:03	2.7m	16:02	0.6m
Fri 23	-	-	04:36	0.8m	10:43	2.7m	16:42	0.7m
Sat 24	-	-	05:19	0.8m	11:24	2.6m	17:24	0.8m
Sun 25	-	-	06:02	0.8m	12:06	2.6m	18:09	0.8m
Mon 26	00:26	2.7m	06:47	0.9m	12:50	2.5m	18:58	0.9m
Tue 27	01:12	2.7m	07:33	0.9m	13:39	2.5m	19:51	0.9m
Wed 28	01:59	2.6m	08:22	0.8m	14:33	2.5m	20:46	0.9m
Thu 29	02:48	2.6m	09:14	0.8m	15:30	2.6m	21:42	0.9m
Fri 30	03:39	2.7m	10:07	0.7m	16:27	2.6m	22:36	0.8m

Source: MetOcean Solutions

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

Disclaimer: Torbay Magazine, MetService and MetOcean Solutions accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, MetOcean Solutions or a third party, or that arise from the use, or misuse, of the tide information contained in this timetable.

Reflecting on 80 Years

Artist, Marie E. Potter celebrated 80 years with the launch of her inaugural book – a retrospective titled Reflections. Whilst her award-winning works are held in collections throughout New Zealand and abroad, this North Shore born, third-generation New Zealander and her husband still reside in Mairangi Bay, surrounded by the inspiration for so many of her pieces.



The book, chronicling her work and life story, was launched to 60 plus enthusiastic locals including many notable faces from the arts and literacy circles. Takapuna Library provided the perfect location complete with drinks and nibbles while playwrite, Joan Rossier-Jones, interviewed Marie on the inception and development of the book.

Marie's work has focused on New Zealand culture and history and many North Shore landmarks have been featured. One of her favourites is a leather relief of Rangitoto and the surrounding harbour.

Marie has been recognised for her work within the local community, including the 2004 Civic Award for Citywide Community Services to the Arts in North Shore City. Rather than retiring her skills, she continues to support, inspire, and mentor other local artists and organisations such as the Lake House Arts in Takapuna. Last year Marie donated the design for our Torbay Business Association tea-towel, commemorating 30 years publishing the Torbay Newsletter (now Magazine).



Torbay Friendship Club

Variety is the name of the game for the Torbay Friendship Club. Last issue we heard about their trip to 'Stonehenge'. What better place to go next than the Puhoi Pub for an enjoyable lunch with friendly banter and excellent food. Then in May, they tripped off to Chelsea Sugar, as they said, "to get a little sweeter!"

On a more serious note, they've had Simon Fox, the Browns Bay Community Constable visit them – as a guest speaker of course.



Simon gave an interesting insight into what's been happening around the Bays. He also shared practical tips on how the group's members could better protect themselves and their homes.

This month's speaker will be Craig Bidois from

FearFree. He'll be talking about his experience with the UN in Iraq and Sudan.

To join in the fun, or even just join in for a warm cuppa with friendly people, or a game of Mahjong, Rummi or Scrabble, check out the Torbay Friendship Club's listing in our What's On Where pages 28-29. They'd love to welcome you.

A poster for an orchid show. The background is red and features a large, vibrant display of purple and yellow orchids. The text 'North Shore Orchid Society' is in the top right corner. The title 'Orchid show' is in large white letters in the center. Below the title, the location 'Albany Village Hall' and address '21 LIBRARY LANE CORNER, ALBANY HIGHWAY' are listed. The dates and times are 'Saturday 24 June, 10am-3pm' and 'Sunday 25 June, 10am-3pm'.

The Physical and Mental Health Benefits of Arts and Crafts

During wet, cold months, it's easy to fall into 'couch potato' mode, preferring to stay home rather than go out for exercise. One thing you can do to keep yourself active is take up, or re-visit, a hobby.

Raft studios have all the space and materials you need to create some arts or crafts and if you need some inspiration, we can help with ideas.

"Art enables us to find ourselves and lose ourselves at the same time." Thomas Merton.

"Art is something that makes you breathe with a different kind of happiness." Anni Albers.

BEING CREATIVE...

INCREASES HAPPINESS—Getting into the 'flow',—losing all sense of self and time while crafting reduces anxiety, improves your mood, and even slows your heart rate. Repetitive creative motions like drawing, knitting, or writing help activate flow, and are all tasks that flood your brain with dopamine, that feel-good chemical that helps motivate you.

REDUCES DEMENTIA—helps stave off and reduces the effects of dementia. Studies show that creative engagement not only reduces depression and isolation but can also help people with dementia tap back into their personalities and sharpen their senses.

IMPROVES MENTAL HEALTH—Crafting can help focus the mind and has been compared to meditation due to its calming effects on the brain and body. Even just journaling or

sewing releases dopamine, a natural anti-depressant. As well as reducing anxiety, depression, and stress... crafting can help you process trauma. Writing, drawing, or painting can help people manage negative emotions in a productive way, and is especially useful for processing trauma or experiences that are hard to talk about.

For the full article, inspired by Ashley Stahl:

<https://www.forbes.com/sites/ashleystahl/2018/07/25/heres-how-creativity-actually-improves-your-health/?sh=6d5578ef13a6>

Whatever you decide to do, we can help you with getting creative! To get you started, we're offering 3 hours of free studio time (see voucher below).



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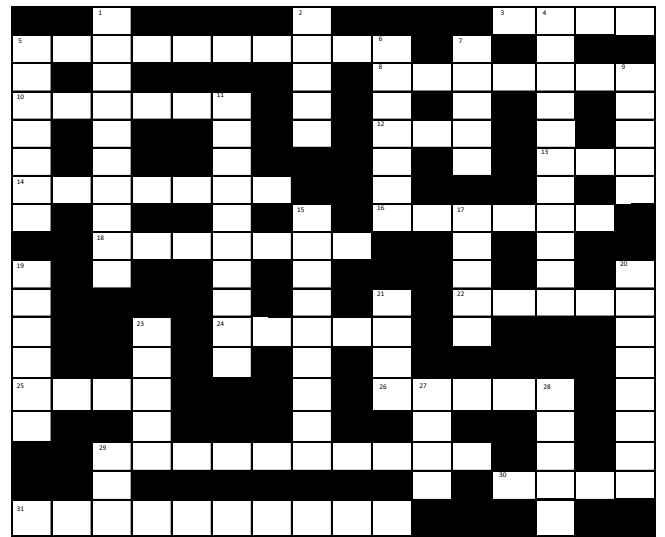
			5	1	7	9		
	5	9	4		8			
1			3	9				4
		7	6	5	2	4		
6				7	9	2	1	
		5			4		8	7
	4		9	8	5		2	
5				4		7		9
		3			1		5	

Answers Page 30

Answers to clues marked * can be found in this edition

ACROSS

- 3 * Rachele advises how to avoid a _
- 5 * Pie fit for a King
- 8 Manufacturers make a _
- 10 Colourless pungent acid in vinegar
- 12 You need at least one _ to row a boat
- 13 _ goes the weasel
- 14 Romans raced them for sport
- 16 * Winter _ tips from Plunket
- 18 * Frances warns to declare all of your _ income
- 22 Shortened name of famous Russian Vodka
- 24 Without this layer we'd be fried
- 25 Formal letters often start with _
- 26 * Euro Patisserie have added this to their beef & cheese pie
- 29 * You'll find retreats here
- 30 Typical species used for Xmas trees
- 31 * Oliver talks about _ intelligence

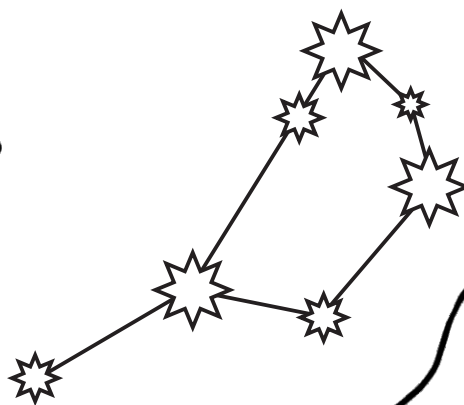
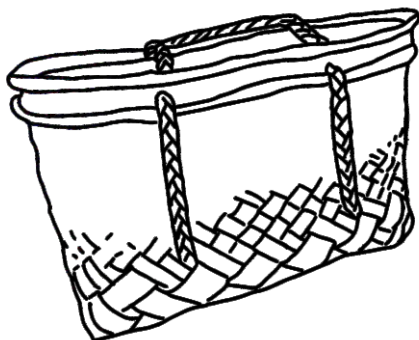


DOWN

- 1 * Objects in my Room & Leaf & Honey hosted a fundraiser for ___
- 2 * South American vegetable
- 4 * Raft suggest great ways to avoid becoming a ___
- 5 * Bird on the cover
- 6 * Veronika reminds us _ are a quick and easy choice
- 7 * Hibiscus and Bays Local _
- 9 * Kerryn _ is the CEO of 1 Down
- 11 * Torbay Primary celebrated King Charles III ___
- 15 * School that went gold
- 17 * _ Coast Bays restaurant competition
- 19 * Katy will be performing in Shakespeare's ___ of Errors
- 20 * One in three women are likely to face ___ in the home
- 21 * Peter's last restaurant was the famous _ Garden
- 23 * Māori name of the Variable Oystercatcher _ Pango
- 27 * _ work-ups are a good sign Kahawai are there
- 28 Goes great with gin
- 29 Animal doctor

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Life on the Edge

June 2023

Ngā Kōrero



(Above): Varied Oyster Catcher



(Right) Oyster Catcher

Meet the Variable Oystercatcher

Perhaps one of the most recognisable shorebirds in our community is the *Tōrea Pango*/Variable oystercatcher.

There are three species of oystercatcher in Aotearoa/New Zealand. *Tōrea Pango*/Variable oystercatcher, *Tōrea*/South Island pied oystercatcher and *Tōrea Tai*/Chatham Island oystercatcher.

Despite their name, they typically feed on bivalves by inserting their long thin orange/red beak between the shells and prying them open. Worms and insect larvae in coastal environments uncovered by rainfall can also make a quick meal for them.

A couple of behaviours make them really noticeable. Most people familiar with coastal areas will have witnessed them screeching or dive bombing. This behaviour is mostly observed in protective adult birds when there is a nest or chick close by. This could be an effective deterrent for most native species. However, against humans, other land

mammals (possums, cats, and dogs), mustelids (stoats, ferrets and weasels) and rodents (rats and mice) this is much less effective. Even if mammals perceive this behaviour as an invitation to “play”, in reality the birds are more likely to be protecting their nests and their young.

So next time you see this behaviour consider that you and your pets are likely to be disrupting oystercatcher nesting and rearing efforts.

Photo by Keerti Siag Photography

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



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Hot Drinks are a Leading Cause of Burns

- Always keep hot drinks out of reach of children.
- Put your baby down before picking up a hot drink.
- Don't pass a hot drink over a child.
- Lidded cups aren't necessarily safer.

Bath Water Can Burn

- Run cold water into the bath first, then add hot to bring it to the right temperature.
- Remember the hot tap will remain hot after being turned off.
- Test the water temperature with your elbow.
- The water in hot water taps should reach a maximum temperature of around 50 degrees. If you think your water is too hot you can speak to an electrician or plumber. If your house is rented, talk to your landlord about having someone come to adjust the temperature.



Cooking Areas are Dangerous

- Young children don't have a reflex to pull away from something that is burning them. That's something they learn.
- Put electric jugs to the back of the bench.
- Use back elements on the stove.

- Keep children out of the kitchen when cooking.
- Make sure electrical cords from appliances like toasters, jugs, or sandwich makers are out of reach of your child.

Select the Right Children's Sleepwear

- Children's nightwear must meet mandated product safety requirements.
- Check the fire hazard labelling and choose clothing with the white label.

Fireplace and Heater Safety

- Teach children to stay a metre from the heater.
- Fit fire guards – attach them to the wall around heaters and fires.
- Make sure your child can't reach the heater from their cot.
- Choose not to use baby walkers.

Check your Home for Fire Hazards

- Keep matches, lighters and candles out of reach of children.
- Remove lint from the dryer after each use.
- Make sure there's proper ventilation and airspace around the dryer.
- If for any reason the dryer isn't working properly – don't use it.
- Make sure there's only one plug per socket, and check how many amps your multi boards can manage.
- Make sure your home has working smoke alarms. The New Zealand Fire Service recommends installing a smoke alarm in every bedroom, hallway and living area.
- Have an escape plan and practice it with the whole family.

Glamorgan Goes Gold!



Katie Elliott—Glamorgan School FOTS Committee

Glamorgan School's Friends of the School (FOTS) committee continued to celebrate the school's 50th jubilee with its recent disco! Themed "Glamorgan Goes Gold", the students (and some parents) dressed in a bedazzling array of gold items and face glitter – including one creative student who came as a bar of gold! It was great to see the kids take over the stage and show off their dance moves, and the committee is grateful to all the parent helpers for their support.



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The FOTS committee likes to work with local partners, and there were a few that helped in various ways to make the disco a success. *It's My Party* provided the

lighting and decorations and was also the DJ for the event for the first time. The hall was sparkling with gold tinsel and balloons, which the kids all loved! There was also a magic mirror photobooth, kindly sponsored by local construction remedial firm *WRNZ*. *Domino's* Long Bay gave the FOTS team a discount on the pizza order and *New World* Long Bay donated some sweets. In total, the disco raised around \$3000 towards a new playground at the school.

The FOTS committee's next big event will be the always popular **Quiz Night on 2 September** – making its return after a year's hiatus. We're hoping to run both a silent and live auction on the evening, so please contact us at fots@glamorgan.school.nz if you would like to donate a prize – or even sponsor the event!



Celebrating King Charles' Coronation

By Susan Ye

On Friday 5th May, our school celebrated King Charles' Coronation with a mufti day. Some children were dressed up in red, white, and blue colours to represent the Union Jack, and some even wore crowns in honour of the King.

During the day, the children participated in a variety of activities, including some visual arts, story writing, and crown-making. Our *tamariki* were very proud of their own creations. They demonstrated their creativity by using a range of materials to decorate their crowns. Even the teachers took part in this special event, dressing up like Royals and showing off their sparkling gems and crowns. They also practiced their hand waves.

The school had a great day celebrating King Charles' Coronation. A very special day which they will remember for a long time.

Stories by the children:

"If I was the king, I would have a feast and invite 1000 people and wear gold, diamond, silver, and even more gold. When the feast starts, there will be pizzas, cupcakes, donuts, cakes, pancakes, and other food. When the feast is done, we will go inside the castle and go into every room. In every room there will be five diamonds and six huge bars of gold." *Sophie, Year 2.*

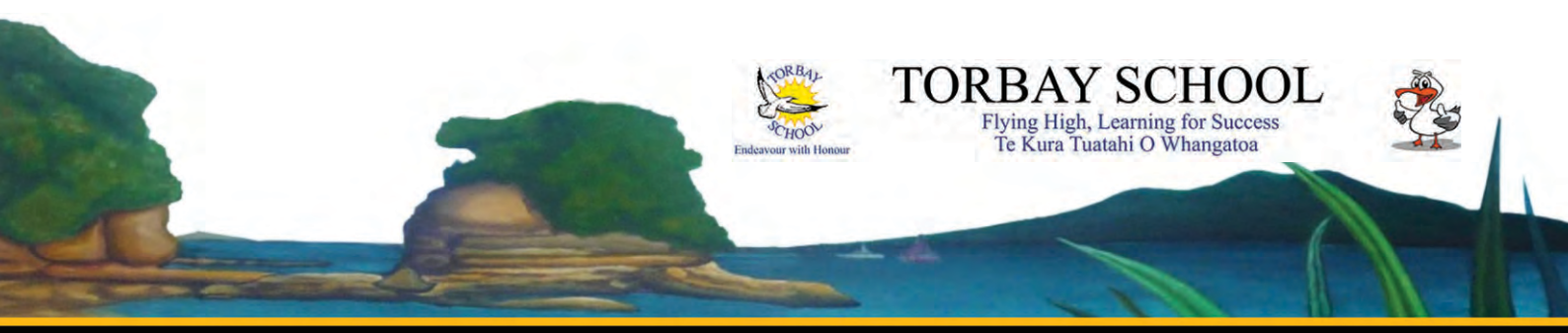
"If I was the King, I would get a computer and play with my friends and have 500 dogs and a big feast with pizzas. I wouldn't brush my teeth, my butler would. I will buy all the Lego sets. In my parade I would see dancing." *Dylan, Year 2.*

"On 6th May 2023, King Charles got crowned in a coronation at Westminster Abbey in London, England. The place had concrete walls. It was really old. They arrived in a gold carriage. His wife got crowned too and now she is the Queen.



The queen's name is Queen Camilla, she will be a good queen. King Charles had to hold the sovereign's orb and it was big. They asked him "are you ok?" There were over 2,000 people invited to the coronation." *Ella, Year 3.*

"King Charles the Third got crowned. It was very heavy. He went in a gold carriage, and he waved to all the people with the Queen—they both waved. There were lots of people there. The crown was gold and more colours but it's still heavy and it's delicate but it is nice. There is so much gold, he lives in England. He is the King of England and New Zealand." *Millie, Year 3.*



THE ASPIRING SCHOLARS ENRICHMENT PROGRAMME



At the start of Term 2, Long Bay College launched the Year 9 and 10 Aspiring Scholars Enrichment Programme for 2023, and this will continue fortnightly in Terms 2 and 3. Students are excited about upcoming sessions which will cover a wide variety of topics such as 'Ethical Perspectives', 'Learning from Memory', 'The development of AI' and 'Conspiracy Theories'.

The Aspiring Scholars Enrichment Programme is designed to give students a head start in developing critical thinking skills which are needed for success in NCEA and NZ Scholarship Exams in future years. Enrichment sessions challenge students' thinking and encourage them to consider a wider world view.

Sessions are led by teachers who have expertise in developing high order thinking skills in students. This programme is in addition to the extension activities which students receive in their Aspiring Scholars core classes.

Placement testing for our 2024 Year 9 Aspiring Scholars class will take place on Saturday 5th August 2023 (Week 3, Term 3). For more information on the Aspiring Scholars programme or to register your interest, please feel free to contact office@lbc.school.nz



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www.coredesign.nz

Fence Brothers—For all your fencing needs. Fences, decks, gates, automation, steel or timber. Free quotes. Ph 0800 336 232.

Gera Glass—Certified tradesman glazier. showers, mirrors, splashbacks, balustrades, pool fences, broken windows, safety glass, pet doors and more... No job too big or small! Free quotes. Ph Dylan 022 656 9417 or geraglass@xtra.co.nz.

Gutter Cleaning—Your spouting cleared hassle free by a friendly husband & wife team based in Torbay. Before & after photos, free quotes, www.guttergeeks.co.nz for details. Ph Gregg 027 333 5444.

Licensed Builder—www.jhconstruction.co.nz. Is your bathroom in need of a make-over? Bathroom and house renovations. Ph Jamie 021606413 or jamie@jhconstruction.co.nz.

Painter—30+ years experience—Interior and exterior painting, also staining and specialty finishes. Ph Keith 0274 599 909

Painter—No job too big or small. 30 yrs experience. Heaps local references. Ph Clive 0274 812 231.

Painter and decorator—After 36 years in the trade and 25 of those spent in Torbay I am scaling down my work load and able to do smaller jobs at a very fair rate. Free quotes. Ph Darren 0272706728.

Painter and decorator—Experienced in all aspects. For a free quote ph: Nick 0211444101 or Shaun 021 154 8886. shaunshgm@gmail.com

Plasterer—Interior/exterior, local, 25+yrs experience. Ph Richard 022 199 8673.

Plastering/Painting—Male and female team 20 years experience, no job too small immediate start. Ph Brad 0272 5111 65 or 443 5064.

Plumber—All work. Coastal Plumbing and Drainage. Ph 473 7787 or 027 263 3217.

Property Maintenance—Interior/exterior repairs, painting, plastering etc, just ask Ian on 021 184 2426

Tiler—25 years experience. Certified waterproofing. Free quote. Ph Brent 021 949462.

SERVICES

Butterflyer Personalised Transport—www.butterflyertransport.co.nz. Ph Lisa 021 118 2715.

Tax Returns and Advice—Ph Marc 473 8860.

Vision Accounting Solutions Ltd—Vision Accounting is a Chartered Accountancy firm which prides itself on making the time to offer our clients a friendly listening ear, whilst providing best practice, professional accounting and taxation results. Ph Virginia 473 0507

HOME & GARDEN

Active Tree Care Ltd—All tree work undertaken qualified arborists. Free quotes. Ph 473 6723 or 027 555 6403.

Carpet and Upholstery Cleaning—Stain removal, free deodorising. Fly and insect control. Ph Michael 473 1422 or 0275 739 112.

Garden Bags and Bins—Prompt and professional service and competitively priced. Ph John, 0508 262 626 or 021745992. jdpropertyservices.co.nz.

Handyman—Born and bred in Torbay, Martin is a qualified cabinetmaker and experienced professional. Allsorts Property Services is available for property maintenance, odd jobs, decks, fences and garden services. Ph Martin Bassett 027 452 6515.

Kev's Trees & Hedges—Formerly Torbay Trees. Tree work and Hedges. Free quotes. Ph Kevan 473 7330 or 021 126 0779.

Landscaping—Format Landscapes, local, over 20 years experience, Diploma in Landscape Design. We undertake all aspects of hard and soft landscaping including decks, paving, fences, retaining walls, planting etc. Small to large projects. Free quotes. Ph Matt 021599 107. www.formatlandscapes.co.nz.

Landscaping—From concept to completion. For practical and creative solutions. Small areas and makeovers a speciality. Ph Peter 0274 394 574.
www.landscapedesignauckland.co.nz

Lawnmowing and Hedges—Ph Jim's Mowing 0800 454 654 for large or small lawns, trimming, rubbish, spray, clean-ups. Guaranteed! www.jimsmowing.co.nz

Lawnmowing and Hedges—Free quotes. Ph Ian 473 2004 or 021 764 426. Mowing, garden tidy ups, Hedge trimming. lan@grassrootsmowing.co.nz

Rubbish Removal and Skip Filling—Ph Cliff 473 6317 or 027 618 5917 for all your garden and general rubbish removal needs.

Shaun's Home and Garden Maintenance—Honest & Reliable. Lawns, Sales & Rental tidy ups, Hedges, House washing & much more. 021 1548 886 shaunshgm@gmail.com

Squeaky Cleaners—Eco friendly products, Insured, References, Non Franchised, Reasonable Rates. Specialising in Residential / Office cleaning to showhome standard. Call or text Joy now to discuss your options. Ph 021 487 463. squeakycleaner.co.nz

SIGNS

Sign Addiction—Shops - Vehicles - Boats - Site Signs and more. Ph 0274 991 744 or 473 6364 or sign.addiction@xtra.co.nz

FOR HIRE

Awatuna Scout Hall—Waiake Beach. Available for birthday parties, exercise classes. Kitchen facility. Ph: Amanda 021 076 7422, awatuna@gmail.com.

Senior Citizens Hall, Torbay—Email torbaycommunityassociation@gmail.com

Torbay Community Hall—Email torbaycommunityassociation@gmail.com

TUITION

Ballet—Pre-school, grades, advanced and adult classes. Royal Academy of Dance syllabus. www.diannewallaceballet.co.nz. Dianne Wallace RAD Dip Tchg. Ph 027 603 0481

NEEDED

Lawyer—Legal advice for not-for-profit re intellectual property, plagiarism and other concerns. Email: chairperson@torbay.co.nz

What's On Where

AL-ANON FAMILY GROUPS—Support group for family and friends of alcoholics. See: www.al.anon.org.nz or ph: 0508 425 266

ALCOHOLICS ANONYMOUS—0800 229 6757. www.aa.org.nz. Join our friendly **Tuesday** night meeting at 7.30pm St Marys by the Sea Anglican Church if you wish to stop drinking.

AGE CONCERN NORTH SHORE—489 4975

AGE PLUS CHARITABLE TRUST—09 550 3387

ASSOCIATION OF BOOK CRAFTS—027 440 4458

BACKGAMMON CLUB—Backgammon is a very old popular game. Easy to learn, harder to win. Depends on roll of the dice and your strategy. Join our friendly club on **Wednesday** afternoons 12.30-3pm for some fun at Browns Bay Community Centre, Room 3. 2 Glen Road, Browns Bay. Ph: Linda 021 216 3050 or 476 8311 or just come along.

BAYS CITY JUDO—473 7855

BRAEMAR SCOTTISH COUNTRY DANCE CLUB—Relaxed, friendly group who dance **Tuesday** 7.30pm at St Anne's Hall cnr Glencoe and Beach Rd, Browns Bay. Ph: Yvonne 410 9126

BROWNS BAY LADIES CLUB—Retired and still young at heart? Why not join the Browns Bay Ladies Club. We meet 4th **Friday** of every month. We have a guest speaker and also offer many interesting groups and bus trips. Ph: Christine 475 5426 or Jan 478 9231.

BROWNS BAY RACQUETS CLUB—Would love to have more players 55yrs plus. We play mixed doubles. **Friday** 9am. We have lots of fun and fees are low, in fact nil at first. Ph: Angela Verry 021 121 158 or 479 5094

CITIZENS ADVICE BUREAU—479 2222

DIGITAL SENIORS—FREE COACHING—Need help with your digital device? Bring your phone, tablet or laptop to East Coast Bays Library. Tuesdays 10am-2pm. Ph: 0800 373 646

THE CREATIVE KEYBOARD CLUB—Who have Members in Torbay. We meet at The Community Hall, (behind St Cuthberts Church) 45 Anzac Road, Browns Bay 2.00pm every 2nd **Sunday** of the month and enjoy music from members and guest artists. Includes afternoon tea. Small admission fee. Ph: Marlene 478 3166.

DEEP CREEK RESTORATION SOCIETY—021 366 236

EAST COAST BADMINTON—Active Badminton Centre, 44/46 Apollo Drive. **Tuesday** 5pm-10pm. Ph: Don 473 0703 or 027 497 6242

EAST COAST BAYS BRIDGE CLUB—Learn to play bridge. All ages welcome. Contact: lessons@ecbbridgeclub.co.nz or Helene 027 296 3365

EAST COAST BAYS LIONS—022 047 3266

EAST COAST BAYS RSA—478 8033

EAST COAST FOLK CLUB—8pm first Friday of every month at the Torbay Senior Citizens Hall (behind Torbay shops 37 Watea Rd). \$10 Admission. Casual performers first half with featured guest in the second half. Ph 09 426 3588 r.uhe@xtra.co.nz

EAST COAST BAYS TOASTMASTERS—027 422 3685

ECB WIDOW & WIDOWERS ASSOCIATION—479 6042

FRIENDS OF OKURA BUSH—021 177 5755

FRIENDS OF SHERWOOD—476 7279

HAURAKI FLORAL ART CLUB—Join a fun and friendly group creating artistic designs with flowers and foliage. Free lessons. We meet the second **Wednesday** of every month from 9am. Ph: Jennifer 09 479 5691 or Jo 027 673 8836

LONG BAY OKURA GREAT PARKS SOCIETY—021 424 617

LONG BAY RESIDENT'S ASSOCIATION—021 253 0571

LONG BAY TOASTMASTERS—022 048 5034

LONG BAY VILLAGE MARKET—4th **Sunday** of every month 9am-2pm, Michelle 021 119 8796, Leanne 027 432 3317 (txt is best); longbayvillagemarket@gmail.com

NEIGHBOURHOOD SUPPORT—09 353 0427

NORTH SHORE BRASS ACADEMY—021 281 0405

NORTH SHORE CMA—Companionship and morning activities for seniors. Ph: 489 8954

NORTH SHORE HISTORICAL SOCIETY—489 3760

NORTH SHORE KICKBOXING—021 228 2808

NORTHSHORE WRITERS GROUP—Invitation to all adults who have written, are writing or want to write! Contact Tim 021 224 4533 timowen1968@gmail.com

PLUNKET—838 0981

POHUTUKAWA SINGERS—We're an adult mixed voice choir based in Albany. Rehearsals are **Tuesdays** 7-9pm. New members welcome now. For more info contact Colin 021 0249 9925 or candcnewel@gmail.com

RAFT STUDIO—Classes and Workshops:

- **Mondays:** 9.30am-12pm *Short & Sweet Open Studio for One Hour Projects*; 12pm-3pm *Sewing*; 7pm-9pm *Have a Yarn* (alternate **Mondays**)
- **Tuesdays:** 9.30am-12.30pm *Papercraft*; 1-4pm *Mixed Media for Beginners*
- **Wednesdays:** 9.30am-12pm *Short and Sweet Open Studio for One Hour Projects*; 1.30pm-4.30pm *Abstract Acrylics*.
- **Thursdays:** 9.30am-12.30pm *Mixed Media Advanced*; 1.30pm-4.30pm *Casual Painting Group*.
- **Fridays:** 9.30am-12.30pm *Art for Wellbeing*; 3.30-5.30pm *Youth@Raft*.

Ph 021 145 2865. For more details see RAFT pg 20.

RESTORE HIBISCUS AND BAYS—Monthly planting days at local reserves. For info ph: 027 290 4826

ROTARY BROWNS BAY—Torbay meets every 1st and 3rd **Tuesday** of the month for a 7am breakfast at the Bays Club in Browns Bay. If you are interested in doing different things in your community, come for a visit. Ph: Paul Mees 021 0257 0993. www.brownsbayrotary.co.nz

RUMMIKUB GROUP—Join our friendly group on **Wednesday** mornings 10am-12 noon in the Council Building in Glen Road, Browns Bay. Ph: Annette 021 061 2199 or just come along.

Competition

Do you recognise this location?

Win a \$50 voucher
for Piatti Italiani Restaurant, Waiake

To enter the draw send an email to n.osullivan@barfoot.co.nz with your answer to **Where Am I?**

Entries close 19th June 2023. **T&CS APPLY**

MAY LOCATION: MURIWAI BEACH
MAY WINNER: MARGARET BRUCE



Where
Am I?

SALVATION ARMY OP SHOP—473 2150

ST MARY'S COMMUNITY GARDEN, TORBAY—
Allotments available to grow your own veges,
herbs, flowers. Join a fun sharing group. Ph:
Nanette 021 140 4548 or Dianne 027 313 7116.

TORBAY FRIENDSHIP CLUB—A lively and
thriving club for retirees. The club meets
monthly (except January) on the second
Thursday, 10.00am at Torbay Village Hall.
Activities include great speakers, excursions,
coffee mornings and games groups. Annual
membership \$25.00, plus joining fee. Call
Noreen 027 271 3524. Visit fnzi.nz for info on
Friendship Clubs in general.

TORBAY GARDEN CLUB—478 1601

TORBAY HISTORICAL SOCIETY—473 6482

TORBAY INDOOR BOWLING CLUB—Looking
for a new activity? Come join this friendly club
on **Monday** 6.45pm at Torbay Community
Hall. Entrance off Watea Road by the Tennis
Courts. All ages welcome. Ph: Janet 473 1621

**TORBAY INTERNATIONAL COFFEE
GROUP**—473 3259

TORBAY SAILING CLUB—021 1844 580

TORBAY SENIOR CITIZENS— Email:
torbaycommunityassociation@gmail.com

TORBAY STEP BEYOND STUDIOS—022 596 8440

TORBAY TENNIS CLUB—Behind the
Community Hall offers tennis for all ages. All
inclusive membership fees. Junior fee includes
coaching. Club coach Jason Hart offers exciting
programmes. For more info or to register see
our website for open day dates:
www.torbaytennis.org.nz

SCHOOLS

City Impact School.....	477 0302
City Impact Arts Academy.....	477 0300
Glamorgan Free Kindy.....	473 5099
Glamorgan Primary School.....	473 6453
Long Bay College.....	477 9009
Long Bay Primary School.....	473 6077
Northcross Intermediate School.....	477 0167
Titoki Montessori School.....	473 0362
Torbay Kindergarten.....	473 9340
Torbay Play Centre.....	473 8077
Torbay School.....	473 8603

TORBAY THEATRE—

- **Backstage Club:** To volunteer for anything
backstage or lighting, Wednesdays
10.15am-12, pop in, contact Daphne 473
7494 or see our website (page 15).
- **Club Night:** 10th June 7.30pm.

TORBAY WALKERS—A group of friendly
women meet every **Wednesday** afternoon at
4pm and walk for 1 hour. Please come along
and join us at the bus stop in Torbay Village.
Ph: Irene 473 1159 or Diane 473 1761.

U3A BROWNS BAY—A group of likeminded
people in their 3rd age (retired or semi-
retired) who wish to keep their mind active
through learning and gaining new skill, meet
the first **Tuesday** of the month at Presbyterian
Hall, 45 Anzac Rd, Browns Bay. We have
amazing speakers and over 30 special interest
groups. Annual fee \$30. Ph: Myfanwy van
Hoffen 4755741, email: myfanwy@xtra.co.nz
or see www.U3ABB.nz

UCAN2 DANCE STUDIO — Free intro to
Ballroom and Latin dancing and Street Latin.
No partner required. 1 hr class on Thurs 29th
June. One person wins an 8 week course;
Friday 12th Social Dance 7.30-10.30pm \$10pp
—all welcome. 23 Tarnedale Grove, Albany. For
more info see www.ucan2dance.co.nz or
phone Marie on 415 5997

**VAUGHAN PARK ANGLICAN RETREAT AND
CONFERENCE CENTRE**—*Being Disciples 24/7:*
Resourcing Monday's Ministries with Bishop
Bruce Gilbert (CNZM). Weekend Retreat: 25 –
27 August. \$392.00 includes retreat, full
catering, and accommodation (see pg 6).
For more info: www.vaughanpark.nz
To book: chaplain@vaughanpark.org.nz

CHURCHES

Browns Bay Presbyterian Church.....	479 2441
City Impact Church.....	477 0300
East Coast Bays Catholic Parish.....	478 4565
Graceway Baptist Church.....	473 8562
Long Bay Baptist Church.....	473 2498
Long Bay Baptist Mainly Music.....	947 3378
Shore Presbyterian Church.....	021 036 7957
St. Mary's By The Sea Anglican Church	473 8180
Trinity Methodist Church.....	478 5107



BROUGHT TO YOU BY:

*Nicki
O'Sullivan*

021 1198 153

n.osullivan@barfoot.co.nz

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THE BAYS



Geraldine Zareian

021 184 0312

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5 Star Google Reviews



Matt and Maggie are an incredible real estate duo.

We have worked with Matt and Maggie for both property sale and purchase and in both regards they've been amazing.

They're super attentive, with incredible attention to detail and achieved a wonderful result for the sale of our property in a tricky market, whilst always making us feel like we were their most important client.

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ANNA & TOM
WAINUI ROAD, WAINUI



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T's & C's APPLY



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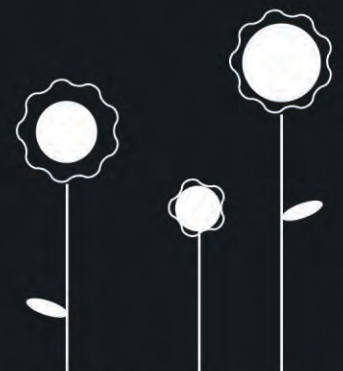
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matt.corin@harcourts.co.nz

MAGGIE GAO

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