

AUGUST 2022

NEWSLETTER

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Slow Ageing  
Are you recession ready?  
Puppies & much more...





# VICTORIA SHORT

FOR  
ALBANY WARD COUNCILLOR 2022



Having called Torbay home all my life, I now have the privilege of bringing up my two daughters in this beautiful part of the world. I am of Kiribati descent and am a first generation New Zealander. My family have lived off Glamorgan Drive since the 1970's.

In my current elected role at Auckland Council, I have been extremely outspoken about the poor value for money ratepayers are receiving. In the last few years, rates have dramatically increased while services have decreased. I have been critical of Watercare's poor performance, however I am not convinced that the Central Government's Three Waters reform will deliver meaningful value for Auckland, and I oppose the proposal.

I led the review of the Parks Management Plan and aim to preserve and protect our green spaces, opposing any sale of such spaces to safeguard them for the enjoyment of our future generations. I am also active with our local environmental and restoration groups who, not only save the council money through their volunteer hours, but also educate our residents on pest control, transform and restore our native bush and provide a safe-haven for indigenous species to thrive.

I am also an executive committee member of the Torbay Business Association and a strong advocate for supporting effective and efficient business development and operational frameworks within Auckland.

#### A vote for Victoria Short ensures:

- ✔ Decision making that considers long term future implications
- ✔ A focus on core council business
- ✔ Stricter accountability and oversight of all Council Controlled Organisations (CCO) (Auckland Transport, Auckland Unlimited, Watercare, Panuku)
- ✔ An emphasis on community needs rather than personal politics
- ✔ Complete transparency in decision making with no conflicts of interest
- ✔ A collaborative approach with the Mayor and other elected Councillors where democratic trade-offs can be made for the direct benefit of residents within our community
- ✔ An accessible, approachable, and available Councillor who is always willing to listen and engage

For more information head over to  
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# VICTORIA SHORT

FOR  
ALBANY WARD COUNCILLOR  
2022



## MTB Racing Needs More Girls

*JafaKids Mountain Biking Club* member Ruby Lee wants more girls to get into mountain biking. Ruby, who is 14, represents Long Bay College in the Auckland Schools Series races (about 5 a year) and she will be racing in the Whaka 100 in Rotorua, 21-23 October. The Whaka 100 is advertised as “the toughest most satisfying one-day MTB marathon you’ll ever do”. But no race is tough when you’re up against only one or two others in your category.

“Out of the hundreds of boys racing, there are often not even 3 girls to fill the podium in my age category. I would really like more girls to get into mountain biking racing so that I can compete with them and make female friends that have the same drive and love for this sport.” Ruby said.

MTB is currently a male dominated sport and Ruby is proud to be one of the few girls competing in mountain biking across Auckland Schools.

“The connections I have made with other mountain bikers both within my MTB club *Jafakids* and through racing are great. It’s great to be able to share the love for such a cool sport. It’s such a great community. Of course, I’m biased in saying that, but I love the triumph of smashing it up a big hill or getting a perfect run of a jump trail.”

If any girls out there enjoy mountain biking and want to try racing, Ruby is keen to help. If you would like to know more, email her at [rbytuilee@gmail.com](mailto:rbytuilee@gmail.com)

Photos (cover and page 3) by Mike Beale



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### LOCAL SALES - JUNE 2022\* (29)

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15A Geoffrey Rd	\$900,000
2/87A Deep Creek Rd	\$930,000
1/3 Salem Pl	\$990,000
34A Glamorgan Dr	\$1,055,000
2/99 Carlisle Rd	\$1,070,000
12D Relko Cres	\$1,085,000
6A Mizpah Rd	\$1,125,000
2/48 County Rd	\$1,150,000
3 Infidel Place	\$1,165,000
112 Awaruku Road	\$1,180,000
37 Bight Road	\$1,210,000
118B Glamorgan Dr	\$1,270,000
22A Ridge Road	\$1,275,000
17 Flavia Close	\$1,311,000
1/11 Regatta Rd	\$1,355,000
6 Coventry Way	\$1,370,000
3 Tempo Place	\$1,376,000
49B Rewi Street	\$1,400,000
10 Fitzwilliam Dr	\$1,410,000
1 Halder Pl	\$1,452,000
14 Moki Pl	\$1,475,000
7 Corric Hill	\$1,570,000
19 Bight Rd	\$1,750,000
1007 Beach Rd	\$1,800,000
20A Hebron Rd	\$2,050,000
10 Cliff Rd	\$3,800,000

LOCAL MEDIAN = \$1,272,500

\*Source REINZ

BARFOOT & THOMPSON

# Meet Zoe Steyn— *a 10-year-old with a big heart*

Torbay School pupil Zoe Steyn was missing her friend Hollie so much she decided to set up a toys-for-sale stall to raise money for Starship Foundation. Hollie died earlier this year and Starship Hospital treated and cared for Hollie during her 4-year battle against a rare form of cancer. On sunny days, look for Zoe's stall outside her home on Deep Creek Rd (opposite RAFT Studio). If you would like to support Zoe's fundraising or want to know more, please email her mum on [geenies19@gmail.com](mailto:geenies19@gmail.com)



## **WE ARE ALWAYS LOOKING FOR NEWS ABOUT WHAT'S HAPPENING IN TORBAY, WAIAKE, LONG BAY & OKURA**

To submit a story, news, poem or to advertise, email: [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz) or ph 027 502 8724

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Thanks also to everyone who contributed story content and photos.

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*Kāore te kūmara e kōrero mō tōna ake reka.  
The kūmara doesn't speak of its own sweetness.*

New Zealand is a tricky place to succeed. Many of us were raised to be humble. It's wrong to brag about how great you are. "If your head gets any bigger you won't get through the door", family or colleagues would quip. The whakataukāki (proverb) above warns against singing your own praises. It's better for others do that. Luckily, the Torbay Newsletter is only too pleased to celebrate the qualities and skills of people in our community.

We think Joel & Arama (BrownTown Detailing on the cover & page 5) are inspiring and we hope you support these young go-getters. Ruby-Lee is a role model and leader (pg 3). Zoe Steyn (pg 4), at only 10 years old, is exactly what being a Kiwi used to be about: you feel like you've got to do something to help people – well, get out there and do it. Wonderful community organisations and charities need help. Who wouldn't want to be a Puppy Raiser (pg 6)? Who wouldn't want to dig in and plant some trees to restore our bush? (pg 15 and 23)

When times get tough, as Rachele Bland (pg 14) says, "Don't Panic". Working together, supporting our neighbours, family, our local small family businesses, and our community organisations is how we will get through the next challenging economic period whilst preserving our values.

As always, please give our advertisers some love – they are supporting this amazing publication put together by the Torbay Business Association team, our volunteers (who are wonderful) and that includes all of you who have submitted your stories, photos, journeys, columns and inspiration.

Kia haumarua! Kia ora! Stay protected! Stay well!

Marewa, Keerti, Lisa, Steve, Colin, Oliver, Veronika, Deb, Aimee... and many more.

## Are you a paperfree household?

To receive a PDF copy of the Torbay Newsletter by email instead of having a paper copy delivered to your house, subscribe (at no cost) by emailing us at [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz).

We will need to know the email address to send to, and the physical address that we should no longer deliver to. Current and past copies are available on our Torbay Business Association website.

# Splashing out on your own at 16

Imagine if you could do what you love and get paid for it - at 16 years-old! Joel Schutte is still pinching himself to check if he's dreaming. On his 16th birthday, after working long hours at 21 Days Bar & Brasserie in Browns Bay, he bought his own car - a Mazda RX-8. He fell in love with working on restoring it so it looked perfect inside and out. His car was so clean and shiny all the time, that friends and family began lining up for him to detail their cars. Perhaps detailing cars could be a business, he wondered?

Joel was so excited to learn that yes, detailing cars is a valued service and no one in our area was doing it! Right then he decided to start his own car detailing business. Then the research began. He learned that detailing a car is so much more than washing, vacuuming and wiping it. He began upgrading his equipment and products. He talked to his best friend, Arama Mikaere, who shared Joel's love for cars and dream to be his own boss. Together, they set up BrownTown Detailing.



Sure, they had doubts. They'd heard that a large percentage of new businesses failed within their first year. The first few months after leaving school and leaping into a start-up was nothing Joel and Arama could have prepared for. There was so much



they hadn't thought about. They made some mistakes, some of which were expensive. There were times when they thought it was over. To get through that, they immersed themselves in learning about running a business. They learned about marketing, advertising, website development, the psychology behind it, and more about detailing. They improved and their perseverance paid off.

With support from their customers, friends and family, BrownTown Detailing is nearly through their first year. They're still learning, still perfecting the art of detailing and they're growing as mates and business partners. At times it still feels surreal that they're living their dream, a dream they describe as "delivering stunning results for our community". What an inspiring story!



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# The Reward of Being a Puppy Raiser

- By Katie Lancaster | Photos by Keerti Siag



My family jumped at the chance to be a Puppy Raiser for Blind Low Vision NZ Guide Dogs. Haylee came to live with us when she was nine weeks old and right from the start she was curious and adventurous. Learning about training basic dog

handling skills for Haylee to become a considerate member of the household was also a welcome distraction during lockdown for my daughters.

The key role of a Puppy Raiser is to provide the dog with lots of exposure to everyday activities so they can confidently work within a wide range of environments. Once Haylee had all of her vaccinations, we were able to take her to places with her black jacket on. So far, Haylee has experienced travelling on public transport, going inside the mall, library, cafes, my workplace and the girls' classrooms. During these outings we also advocate for the accessibility of guide dogs and raise awareness of the rights of people who are blind or have low vision, so they are not discriminated against.



After a year with us Haylee will go on to do 16 weeks of guide dog training. I am often asked how will I be able to give her back? But this is the best part for me. I supported my brother with his disability from an early age and that taught me that life can be hard for people who need assistance to navigate around in the community. Although we'll be sad to say goodbye, we know that Haylee has been bred to become a highly-trained skilled

assistant who will give a person who is blind or with low vision better access to our environment. Our hearts will be filled knowing we have made a significant difference. It's been so amazing, we hope we get to train many more pups.



If you like dogs and have a passion for volunteering, becoming a Puppy Raiser for Blind Low Vision NZ Guide Dogs is a great cause. It's a great way to contribute to our community and sharing your lives for a while with a very loyal and lovable friend is immensely rewarding.



### Puppy raisers wanted who:

- work part-time or less,
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**Blind Low Vision NZ Guide Dogs**

For more information:

<https://blindlowvision.org.nz/guide-dogs/puppy-raising>



*Inca*

# *Pet of the Month*

Inca is a Blind Low Vision NZ Guide Dog in training.

# *Mystery Letterbox*



*August's Winner*

If this is your letterbox, you have WON a \$50 voucher from Torbay Village Butchery. The voucher must be claimed by the end of August. It cannot be exchanged for cash. Contact [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz)

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# More Support Needed

- By Oliver Simpson

Most children, at some point in their childhood, want to be a firefighter when they grow up. But is this a job people actually want to do? You may have seen recently that career firefighters and their dispatch counterparts have been on strike. Why?



Career firefighters, including volunteers, are employed by Fire and Emergency, a crown agency which gets its funding from an insurance levy collected by insurance providers.

Firefighters nowadays do much more than their job advertises. They rescue



animals, perform lifesaving CPR, extricate people trapped in vehicles, respond to hazardous substance spills and more. In 2013, Fire and Emergency's predecessor, the New Zealand Fire Service, entered into a collective agreement with New Zealand's main ambulance providers, which meant that firefighters now co-respond to all purple-rated medical calls such as cardiac arrest, respiratory arrest, and death. But firefighters receive limited training in medical response.



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Since the agreement was signed, they have received very little to no recognition for this extra work they do. Compared to their counterparts in Australia, firefighters in New Zealand earn proportionately less. Their jobs are effectively the same, but they're certainly not paid the same. Meanwhile, Fire and Emergency New Zealand's senior leadership earn more than their counterparts in Australia. How much our firefighters are being paid is undoubtedly contributing to our shortage of firefighters. Other concerns raised include poor working conditions, limited mental health support, and broken equipment. Firefighters are striking to get better pay, better working conditions, better equipment, and better support. What does this mean for us, their rescuees? You might worry that if firefighters are striking, their response to callouts will be impaired, but this is not the case. The strike is mainly

behind the scenes. Firefighters will still be able to respond as they always have as long as Fire and Emergency New Zealand's management has been able to keep your local station open.

For more information and to find out how you can support our firefighters visit the [firecrisis.nz](http://firecrisis.nz) website.



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# Planning for S

- By Steve Piner

It's cold and raining a lot – not the time to be outside digging holes. But summer is on its way and now is the perfect time to start planning your outside projects. It's especially important to start early so your plans are not thwarted by the current shortages and long delays in getting building materials, and tradespeople.

For example, I need to replace some fencing because our sheep are getting into the house yard and they're chewing through most of our garden plants. Allow for extra time to ring tradespeople – you may have to ring six or more. Eventually, one fencing contractor agreed to come and assess what's going to be needed. A 20-minute walk around really proved the adage "you don't know what you don't know"! Being able to tap into his wealth of experience and knowledge was a great help. But he's selling his business and can't take on the job himself. Further, he said, no one's going to risk their tractor on our water-logged ground—it's got to be a summer job. With tradespeople experiencing high demand, they can afford to be picky about what jobs they take on.

At least I've had guidance on how to do some simple repairs and a bit of temporary fencing to save our agaves in the short term. And I've got plenty of time to procure the

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# ummer Projects

materials I'll need for the bigger task once the ground has dried out and access has improved. Ordering materials and paying for them to be delivered in October might also save money as prices just keep rising.

So, I don't get to tick off a big item on my 'To Do List' just yet, but it's 'In Progress' and I can move onto the next job on my dance card. For us, it's fencing, for you it might be a deck, or new stairs, or repairs on your gutters or roof. Planning now for summer jobs will take a heap of stress out of the process and affords you the opportunity to review your plans later and make changes if required. Now I have some time to figure out how to drain the water-logged mud pit that is our backyard!



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# The Slow Age



The pursuit of eternal youth is not new but new research is shining light on ways to slow the ageing process. Many of the strategies will sound familiar: eat less, eat a plant-based diet, exercise, get plenty of sleep and avoid chronic high levels of stress. Of course, smoking, alcohol, UVB sun rays and environmental toxins don't help.

What is new in the science of ageing and longevity is the development of tests that can determine your biological age. This is different from your chronological age—how many years you've been alive.

A new book *True Age: Cutting Edge Research to Help Turn Back The Clock*, by Dr Morgan Levine explains how scientists can now determine the rate at which a person is ageing. Partly it's genetics, which we can't do much about. But we can do something about the lifestyle and environmental factors that trigger certain genes to turn on or off. Levine hopes that by understanding what we can modify, more people will be motivated to slow their ageing and thus stave off the onset of age-related diseases.



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# eing Movement

He doesn't talk about how old we feel psychologically. Looking after your skin, colouring your hair, lengthening your lashes, filing back the callouses – whatever your beauty therapists do that helps us to stay feeling beautiful must also count. Plus, massage and being pampered is relaxing and relaxing is something he recommends.

One health boosting strategy Dr Levine explains is how short intense exercise, that the body experiences as an acute stress, can trigger your body to become stronger and more resilient. Regular cold-water plunges, which is gaining followers internationally, is one example. To give this a go, take part in Long Bay College's **Almost Mid-Winter Swim**. Grab some mates and some sponsors and help LBC fundraise for the Cancer Society. Plus, you get to dress up!



## Almost Mid-Winter Swim

Wednesday 10 August, Long Bay Beach (near MERC)

- 3.45pm** Start with Jump Jam/Warmups
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Book for 2 and enjoy this Winter Treat with a friend, family member or partner.

# Recession Resilience

**Rachelle Bland of Cliffe Consulting**, an independent financial advisory firm, was the Torbay Business Association's business skills speaker in July. The focus on the "R" word was a bit challenging, but necessary given the rough 2 years our small businesses have just been through.

Rachelle gave us an informative overview on the "state of the nation" and lots of tips for building resilience to get through the predicted upcoming financial dip.

One of the challenges for investors, she said, was that everyone has an opinion. It's best to base your money decisions on personalised advice that considers your circumstances and goals. With that in mind, here are just some general take-aways.

Recessions happen. Don't panic. Some businesses can thrive during a recession. Have emergency funds set aside. Protect your cashflow.

Cut back unnecessary spending. Differentiate between what you need versus what you want. Avoid growing debt. Shorten payment terms. Focus on your core competencies – scale back if needed. Don't stop marketing. But don't push a hard sell. Keep in contact with customers both present and past and listen to what they want.



**Act quickly** to get in for our next *business booster talk* happening early August. Follow our Torbay Village, NZ Facebook page or email [theteam@torbay.co.nz](mailto:theteam@torbay.co.nz) for details.



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An Arvida Living Well Community

# Torbay Theatre

70th Jubilee Celebration: 29 October at 7.30pm

The *Stolen Crystal* was enjoyed by our very youngest audience in the July School Holidays. They went away filled with magic and laughter. In other news, thanks to Anne Rimmer for organising a free, fun, lightly rehearsed and evocatively-costumed reading of Noël Coward's *Blithe Spirit* for Club members. The light supper was a great catch-up with friends we have seen a lot less of lately. This was a clever alternative to big productions currently vulnerable to postponement or cancellation.

## Audition Call - 'The Music Man'

Sunday 21 August, 7pm at the Torbay Community Hall

Additional cast and musicians needed: youth and adult, male and female performers, including main roles, as well as various musicians. For more information on roles available, musicians needed and more, see our website.

Performances 8-17 December

For information and to book see our Facebook page,  
[www.torbaytheatre.com](http://www.torbaytheatre.com) 35 Watea Rd, Torbay



Friends of Okura Bush  
www.fob.org.nz

## COMMUNITY PLANTING DAY

### Okura Bush Walkway, Stillwater

Join the Friends of Okura Bush and your local community at our annual planting day at the beautiful Stillwater Recreation Reserve. This is a fantastic opportunity to participate and learn more about the value of environmental restoration.

- WHEN:** Sunday 7 August, 10am start until about mid-day.
- WHERE:** Entrance to Okura Bush Walkway. Meet at 1A Duck Creek Road.
- WHO:** All who enjoy looking after our special environment. Family groups welcome.
- WHAT TO BRING:** Gumboots and lots of enthusiasm. Some spades and gloves will be provided but bring your own if you can.
- Refreshments will be provided.

Toitū te marae o Tane Mahuta; Toitū te marae o Tangaroa; Toitū te tangata.  
 If the land is well, if the sea is well, the people will thrive.




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# PROTECTING OUR LONG BAY OKURA MARINE RESERVE



## *Did you know* **EVERY GRAIN OF SAND IS A LITTLE PIECE OF HISTORY**

“Sand” is actually shell and rock ground into smaller pieces. It can take take decades – even hundreds of years to grind shell. Other particles could be thousands of years old. The creamy-white sand we find north of Auckland/Tamaki Makaurau and the Bay of Plenty/Te Moana a Toi-te-Huatahi, hold feldspar and quartz at its source.

Moved mostly by waves and tidal currents, sand travels along the sea floor for thousands of kilometers. Black sand found on the West Coast up to Cape Reinga/Te Rerenga Wairua, is a mixture of titanium and iron originating from Mount Taranaki.

Within the intertidal and splash zones, countless marine invertebrates live amongst the grains. Bivalves, foraminifera and small gastropods all comprise a community in the sand.

Sand is a fundamental part of the marine ecosystem, and protected as part of a Marine Reserve.

### **The Benthic Zone**

includes organisms like sea stars, oysters, pipi, tuatua, tipa (scallops), kutai (mussels), sea cucumbers, brittle stars, urchins and anemones. All important food sources for other species in the food-web, such as crabs and fish.



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Your buyer needs to imagine living in the property. Remove visible clutter | Clear the kitchen bench | Hide excess toys, books or extra furniture | Clear corners to increase room size

**FIX ANY FAULTS** ✓

Buyers notice everything. Repair doors & handles | Fix Windows | Replace dead lightbulbs | Tighten dripping taps

**CREATE ATMOSPHERE** ✓

Help prospective buyers to feel comfortable. In winter, aim for warm & cosy | Heat the house beforehand | Brighten dark spaces with lamps or natural light

**NEUTRAL ENVIRONMENT** ✓

Decor tastes are highly personal. Adopt a neutral approach to styling

**DRESS TO IMPRESS** ✓

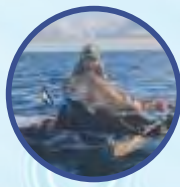
Make buyers want to live there. Make the beds, do dishes & the laundry | Freshen bathroom towels | A bowl of fruit in the kitchen | Flowers on the dining table | Scented candles

**If you have been thinking of moving, get in touch for a friendly chat about how to maximise the value of your home!**

[www.mattandmaggie.co](http://www.mattandmaggie.co)

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# Staying Outside of Marine Reserves

Our seascape is diverse and due to New Zealand's remote location some species are unique to our waters. Marine reserves provide a protected area in which they can be studied. For this reason, fishing is not permitted inside these areas. At all times marine mammals are protected regardless of where they are. It is not an offense to accidentally catch a marine mammal but you are required to let the Department of Conservation (DOC) know if this happens. But, it is an offense to fish inside a marine reserve regardless of whether it is accidental. With a potential fine of \$10,000 or 3 months imprisonment and the loss of your fishing gear, its worth making sure you know where you are.

I use my fish finder to ensure that I don't fish within a reserve. I do however cut through the reserve on my way back from a long way offshore. If you don't have a fish finder or your fish finder is not able to track your course, download a phone app instead such as Boating HD by Navionics. This app doesn't require phone reception to work. Turn location services on and hit the start button on the app before you head out.

*Tight lines fellow fishos,*

*- By Yolande Jeffares*

## Marine Reserve Boundary Markers

**Boat Ramp Signage** – while these signs can disappear from time to time, important information such as closures and reserve locations will usually be displayed.



**Landmark** – a large yellow triangle on shore is used to mark the beginning of a reserve, these line up with buoys on the water.



**Yellow Buoys** – on the water these buoys mark the boundaries of a reserve. They may be different shapes and have lights to keep them visible and they may have surveillance cameras.

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## Tides AUG 2022 (Murrays Bay)

	HIGH	LOW	HIGH	LOW	HIGH
Mon 01 -		03:29 0.7m	09:38 2.8m	15:39 0.5m	21:54 2.9m
Tue 02 -		04:08 0.6m	10:16 2.8m	16:18 0.5m	22:33 2.9m
Wed 03 -		04:49 0.6m	10:57 2.8m	17:00 0.6m	23:15 2.9m
Thu 04 -		05:31 0.6m	11:39 2.7m	17:45 0.6m	23:59 2.8m
Fri 05 -		06:16 0.6m	12:26 2.7m	18:35 0.7m	-
Sat 06 00:47 2.8m		07:05 0.6m	13:20 2.7m	19:32 0.7m	-
Sun 07 01:39 2.8m		08:01 0.6m	14:20 2.7m	20:35 0.7m	-
Mon 08 02:37 2.7m		09:02 0.6m	15:26 2.7m	21:39 0.7m	-
Tue 09 03:40 2.8m		10:07 0.5m	16:32 2.8m	22:42 0.6m	-
Wed 10 04:46 2.8m		11:11 0.4m	17:33 3.0m	23:42 0.5m	-
Thu 11 05:50 2.9m		12:11 0.3m	18:30 3.1m	-	-
Fri 12 -		00:40 0.4m	06:51 3.0m	13:06 0.2m	19:24 3.2m
Sat 13 -		01:35 0.3m	07:47 3.1m	13:59 0.2m	20:16 3.3m
Sun 14 -		02:28 0.2m	08:40 3.1m	14:49 0.1m	21:06 3.3m
Mon 15 -		03:20 0.2m	09:30 3.1m	15:38 0.2m	21:56 3.2m
Tue 16 -		04:09 0.2m	10:18 3.1m	16:26 0.3m	22:44 3.1m
Wed 17 -		04:57 0.3m	11:06 3.0m	17:15 0.5m	23:33 3.0m
Thu 18 -		05:45 0.4m	11:53 2.9m	18:05 0.6m	-
Fri 19 00:21 2.9m		06:32 0.5m	12:42 2.7m	18:58 0.8m	-
Sat 20 01:10 2.7m		07:22 0.7m	13:35 2.6m	19:55 0.9m	-
Sun 21 02:00 2.6m		08:15 0.8m	14:33 2.5m	20:54 0.9m	-
Mon 22 02:54 2.5m		09:12 0.8m	15:33 2.5m	21:52 1.0m	-
Tue 23 03:51 2.4m		10:11 0.8m	16:31 2.5m	22:46 0.9m	-
Wed 24 04:47 2.4m		11:06 0.8m	17:22 2.6m	23:36 0.9m	-
Thu 25 05:40 2.5m		11:55 0.7m	18:09 2.6m	-	-
Fri 26 -		00:21 0.8m	06:29 2.6m	12:38 0.6m	18:51 2.7m
Sat 27 -		01:03 0.7m	07:13 2.6m	13:18 0.6m	19:30 2.8m
Sun 28 -		01:43 0.7m	07:54 2.7m	13:57 0.5m	20:08 2.9m
Mon 29 -		02:22 0.6m	08:33 2.8m	14:35 0.4m	20:47 2.9m
Tue 30 -		03:01 0.5m	09:11 2.9m	15:13 0.4m	21:26 2.9m
Wed 31 -		03:41 0.5m	09:51 2.9m	15:53 0.4m	22:06 2.9m

Source: MetOcean Solutions  
Times adjusted for Daylight Savings.

# Life on the Edge

## August 2022

### Ngā Kōrero



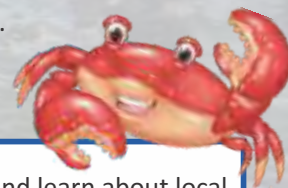
## Meet the Half Crab: Kawekawe

Crabs are quite likeable creatures, right? All the kids we work with think so! They take great delight in lifting rocks and watching the little critters quickly scurry away. Often, we see lots of half crabs, *Petrolisthes elongatus*, found aggregating under the rocks on our shores.

There are a few things which set them apart from other crabs. First, they are not predators, but filter feeders that strain plankton from moving water. Furthermore, half crabs are not considered 'true crabs' because they have 3 pairs of 'walking legs' rather than 4. The last pair of 'legs' (better to call these filtering 'arms') are usually folded up and tucked away unless they are submerged and actively feeding.

They also have an 'abdominal tail fan' folded up under their body, to help the crab maneuver backwards and help it to turn over if it gets flipped on its back. These characteristics mean that half crabs are more closely related to their

lobster-like ancestors than they are to other crabs! True crabs don't use this tail fan for movement, but it has an important job for all crabs carrying eggs! On female half crabs, the tail fan is wider and has hair-like appendages to anchor developing eggs beneath them.



Join us for some seashore exploring and learn about local marine life at our **Explore the Seashore workshop** on

**Saturday 13 August from 12-4pm**

For more info go to: <https://bit.ly/exploreseashore>

Article by Sarah Kulins for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. [merc.org.nz](http://merc.org.nz)

Dark ruby colour with bold aromas of black liquorice, black pepper, cherry, and baking spice. The entry is rich, full, and scintillating. The palate is mouth-watering and smooth with a hint of chocolate. The finish is voluptuous with soft velvety tannins. Saldo leads the resurgence of California luxury red blends earning its "cult" wine status.



## SALDO

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Raft Studio has been open for 6 months and we couldn't be prouder of what we have achieved so far. Classes are always a buzz with chatter and our workshops are very popular. Look for workshops on different arts during term 3 and 4.

### Sewing

This month's theme is **sewing**. On Monday afternoons, Ruth and Jen step through the process of making anything fabric –an item of clothing, a toy, or upcycling old items into new, such as bags, gift cards, aprons or pillowcases. You can bring along your own project to work on or learn to sew from scratch. In term 3 we'll be starting an 8 week program teaching sewing basics, using a sewing machine, and trickier things like zips and bias binding. At the end you'll



have a bag to hold sewing bits and bobs (or more likely, bobbins).

Our **Repair, Revive & Repurpose** workshops were a hit. We repaired ripped or stained clothing by patching, hand sewing and mending. Then we revived some pieces of clothing with colorful printing, shortening or re-hemming. Lastly, we turned old jeans into new bags.

Thanks to *Creative Communities Funding* through Auckland Council, we were able to offer these workshops for free.

Our **Flower Arranging Workshop** in July was fantastic. Thanks to local Mel Stapleton from Cecilia Fox for showing us how to make beautiful bouquets out of winter flora. What a gorgeous way to spend a Saturday morning.

See the **What's On** section (pg 29) for details on our August workshops. We'll be teaching how to make **Pysanka Eggs, a Woodland Creature House and Macrame Feathers**.

We are grateful for the support from our regulars, everyone who has donated goods and everyone who has come in to say Hi. For those yet to visit, please come in and check out the studio and meet the team at RAFT.



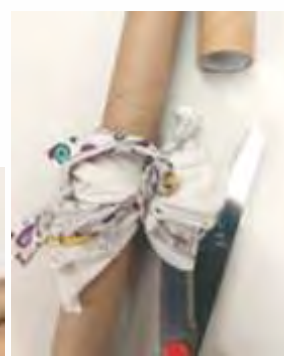
### Make a Pom Pom from an old T-Shirt

1. Cut 3 x 2cm wide strips off an old t-shirt.



2. Cut the ends so they are long strips (not a circle).

3. Take 2 cardboard tubes (e.g. toilet paper tubes). Wrap the strips around the tubes until you have a big bunch.



4. Tie off the bunch by threading a 25cm long strip between the 2 tubes and around the bunch to hold them together tightly.

5. Cut the fabric bunch along each tube on the outside edge.



6. Take the middle strip used for tying and tie it off into a loop. Use your t-shirt pom pom as a decoration, on a gift or hang it off your favorite bag.

# “Having Fun Whilst Helping Others”

This is the mission statement of *Longlegs Creations* a local Torbay team writing kids' books to raise money for KidsCan.

After enjoying writing his own story and printing a few for family and friends, Grant Fickling and wife Robin decided to crack on with kids books. “To date, our books have been written for kids



aged 4–9, however a new release will focus on older readers, and will relate to New Zealand Triumphs and Tragedies - Wahine, Tangawai, Hillary, etc. We believe younger teens will benefit from understanding some of New Zealand's best, and worst days. Older folk might enjoy reliving some of our countries more recent history also.” Grant said.

Longlegs do all the writing, illustrating, printing and marketing themselves. Grant writes the stories, Carol Sawyer, a talented graphic artist, illustrates them and Robyn's creative skills turns Longlegs books into a reality. No



‘middlemen’ means more profit for KidsCan “who feed 56,000 hungry kids at schools every morning!” Robyn said.

The books are sold through corporate customers, villages, clubs, and schools and they say their growth has been impressive. Their story proves that when you have substantial in-house creativity and you don't mind hard work, there are no limits to what you can achieve.

For more information phone 0211161231 or email [Longlegs.creations@gmail.com](mailto:Longlegs.creations@gmail.com)

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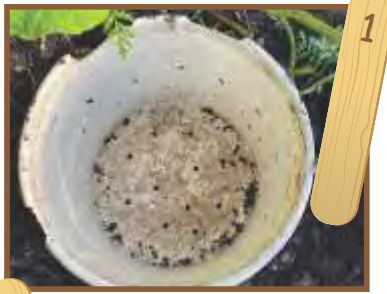


# August Gardening

- By Veronika McPherson

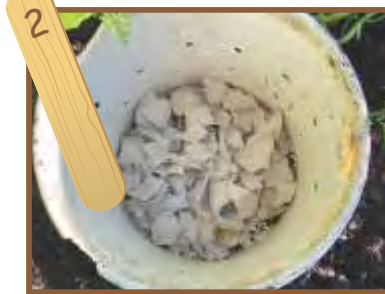
It's time to start sowing seeds for tomatoes, chilli plants, aubergine, capsicums and potatoes. Starting early helps to minimise pests like Psyllids that often attack these plants in the warmer months.

## How to make an in-ground worm farm



Drill holes into the sides and base of a container like a bucket or plastic pipe.

Dig a hole in the ground in your garden and place your bucket in it. Pack the soil back in around the outside, being sure it is touching the bucket on all sides.



Make a bed for your worms. Put some dry carbon material in the bottom of the bucket followed by some screeded wet newspaper. Add a mix of food scraps and brown material such as leaves, shredded cardboard and small pieces of newspaper or egg cartons. 50% carbon to 50% food scraps will create a balanced healthy environment for your worms.



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*Come in for a visit - we'd love to meet you!*



**LONGDAYZ**

103/57 Glenvar Ridge Road,  
Long Bay Village up in the courtyard

☎ 027 521 4894 ✉ tania@longdayz.co.nz



# Composting with Veronika

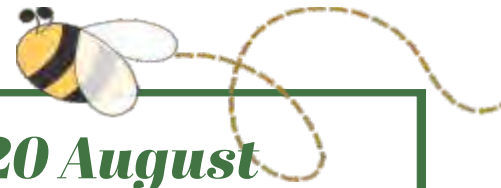


Add your worms. Compost worms are different to earth worms. They live closer to the surface and eat raw organic material. You can buy compost worms or ask someone with a compost bin if they can give you some of their worms.

Put a lid such as a saucer or terracotta dish on top and hold it in place with a rock or brick.

Feed your worms. A little at a time add small pieces of vegetable and fruit scraps, and brown material. Small pieces will break down quicker. Avoid dairy products, onion, garlic, citrus, oils, fats and meat.

The worms will break down the food and their worm castings and worm tea will feed the surrounding soil.



## Plant Swap: 20 August

6 Ridge Road, Waiake

10am-12pm

Swap seedlings, perennial plants, indoor plants, seeds, cuttings, garden produce or anything else you want to share from your garden.

Follow Veronika on Instagram @sunnyglades for more information



Restore  
Hibiscus & Bays

## 700 native trees planted in Emlyn Place Reserve

Restore Hibiscus and Bays and local volunteers had a fantastic morning on Saturday 16th July planting almost 700 new native trees in Emlyn Place Reserve. These trees will grow to provide food and habitat for our precious native species of birds, lizards and insects. A huge thank you to all of our wonderful volunteers – we wouldn't get very far without you all!



Would you like to get involved in community-led conservation in your local patch? There is a role for everyone. Please contact Meg at [meg@restorehb.org.nz](mailto:meg@restorehb.org.nz) or call 0211603155 to find out more.

[www.restorehb.org.nz](http://www.restorehb.org.nz)

[info@restorehb.org.nz](mailto:info@restorehb.org.nz)

# Save the Planet & Your Wallet with Thrifting



Thrifting is in vogue; op shops and charity shops are experiencing faster turnover of stock and they've improved their appearance. Op shops are particular about the quality of goods they accept. Many items are gently used, or even unused with the original price tag intact. Charity shops constantly receive new donations, so they keep prices low to make room for new stock. Finding things at one-tenth the market price is one of the thrills thrift shoppers thrive on. Pop into your local op shop – you could be pleasantly surprised and if you see something you like, buy it then and there as it will likely be gone next time you visit.

Buying pre-loved items helps the planet by reducing waste in landfills and reducing demand for new products. This should lower water waste and greenhouse gas emissions, and your own environmental footprint will be smaller.

## Thrifting tips for children's items

Babies and kids grow so fast they usually don't stay the same size for more than a month or two, and that means their clothes and shoes aren't worn very often. They also grow out of their toys, strollers and bathtub. Look for quality used baby items at garage sales, kid-specific consignment shops, thrift stores, on TradeMe, Facebook Marketplace and Instagram. Family and friends with kids are also keen to pass on their kids' stuff that's no longer needed.

**Clothing** - When buying used children's clothes be careful about items with drawstrings. Check all buttons, zippers, and clasps are secure, and make sure nothing is unravelling as

loose threads can get caught around little fingers and toes. Don't forget Halloween costumes, other holiday events and sports gear – there are bargains to be found! And buy off season, as that's when the selection is good and prices are lower. Wash and dry everything before using.

**Baby Shoes** - Infants barely need shoes. If you want a cute pair of sneakers or sandals for your baby, opt for a used pair.

**Toys** - Your baby will put toys in their mouth (it's part of how they discover the world) so clean second-hand toys with detergent and rinse them before use. Soft toys can be washed in the washing machine. Check used toys for chipped paint or loose pieces. This is especially important if toys are old – they might contain lead paint. Watch out for toys with small parts that could be a choking hazard. Generally speaking, the smaller the child, the bigger the toy should be.

**Baby Furniture** - Look for gently used furniture such as changing tables or rocking chairs. Always check that furniture meets safety standards, hasn't been recalled, and doesn't have any peeling paint, chips, or missing parts.

**Strollers** - Your baby or child will spend a lot of time in their pram or stroller, so make sure it's a good safe one. Avoid items with broken, loose, or missing parts and, if you can, try before you buy to see if it's a sturdy smooth ride. These should also meet safety standards, have a correct harness and instruction manual.

**Baby Bathtubs** - Baby bathtubs are fine to buy used as long as they aren't mouldy and don't smell of mildew.

**High Chairs** - Safety standards require a high chair to have a five-point harness to prevent a child from climbing out and a fixed crotch post so they can't slide out. If these two elements are in place, a hand-me-down high chair is fine. Avoid high chairs with removable trays or arms that lift the tray over the baby's head.

### More tips:

- <https://www.plunket.org.nz/being-a-parent/preparing-for-your-baby/baby-equipment/second-hand-baby-equipment/#general-advice-on-buying-second-hand-baby-equipment>
- <https://www.parents.com/baby/gear/registries-buying-guides/buying-baby-gear-used/>



## Torbay Plunket & Mama Market

### Annual Nearly New Sale

Saturday 24th September 10am-12pm  
East Coast Bays Leisure Centre, Browns Bay.

Come along and snap up a bargain! Funds raised go towards our *Meals for Families* programme, which provides meals to every Torbay Plunket family with a new baby.

Got some gently-used kids' items to sell?

A table costs \$30, or a table with rack costs \$40.

Contact Suzanne Butler  
[sales@aucklandmamamarket.co.nz](mailto:sales@aucklandmamamarket.co.nz)



# Tu's Plea for Pingao

## Featuring Jack the Terrier & Tu the Tūturiwhatu

Jack was busy sniffing new dogs who wanted to play with him, when he heard Tu calling. He broke away and dragged Gary to the end of the beach.

"What's up Tu?" Jack asked, when he found Tu hiding behind a boulder.

"Kia ora, Jack. Thanks for coming. I wanted to ask if you could help me," Tu said.

"Sure. I love helping," Jack answered.

"We Tūturiwhatu and our endangered friends, the Tōrea pango or Oystercatchers and the Pāteke or Brown Teal can't find enough safe places to nest," Tu cried.

"But the beach is such a long place," said Jack.

"Yes, it is Jack, but for some reason the Spinifex plants, or Pingao, are thinning out. The Pingao help protect our nesting areas from waves which come a long way up the sand."

"I don't know how a dog can help with that," Jack said.

"Could you sniff out some people who could grow some Pingao and then come and plant it? It's that golden orange grass where you find the rats you like to catch."

"I can try," Jack promised.

"It's a shame you're not allowed in the park so you could get rid of those pesky rabbits. We're seeing them up around the Wade Head Cheniers where we nest. They're doing a lot of damage."

"I'd love to catch rabbits, but Gary already got yelled at by some people on the beach for letting me catch the rats. Anyway, he's kept pretty busy picking up the little blue bags of dog poo that people leave lying around everywhere. That's the weirdest human behaviour I've ever seen," Jack barked.

"Well, thank you Jack. I know you'll do what you can. I'll go tell the others I've passed on our plea." Tu turned to leave.

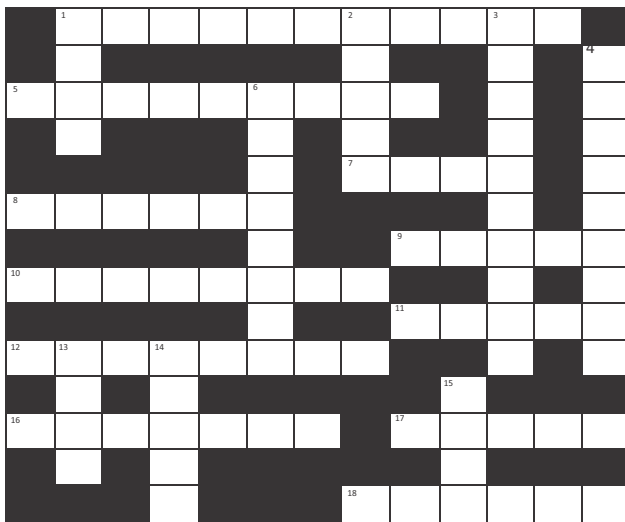
"Ka kite ano. See you later, Jack".

"See you later, Tu. Stay safe," Jack barked and ran back to Gary.



Inspired by Friends of Okura Bush

### Crossword



Answers to clues marked \* can be found in this edition

#### ACROSS

- 1 \* The Lancaster's jumped at the chance to be one
- 5 \* MTB club Ruby rides with
- 7 One edge of a wedge
- 8 Cut grass stored to be fed to cattle and sheep etc
- 9 Wet slapping sound
- 10 \* Bays new home for surf, skate and street wear
- 11 Everything tastes better with this cured meat
- 12 \* Writing team creating books for kids to raise money for KidsCan
- 16 \* Exhibition held at Long Bay College last week of term 2
- 17 \* Edward and Jessica can help restore and maintain this
- 18 \* Raft shows you how to make one from an old T-Shirt

## Puzzles Answers Page 29

### Sudoku

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

#### DOWN

- 1 Dawn in Te Reo Maori
- 2 Process of checking, usually associated with accounting
- 3 \* Almost 700 new native trees planted in July at this reserve
- 4 \* Back in vogue with shops experiencing faster turn over
- 6 \* Half crab
- 13 Traditionally used to propel dinghies
- 14 Opposite to something being taken away
- 15 Spans between two posts

# Matariki Celebration at Torbay School

**Mānawatia a Matariki (Happy Māori New Year).** Matariki celebration is always a buzz at Torbay School. We are continuously learning and keeping the tikanga (customs and traditional values) happening at our school. Every year the tamariki (Children) learn about Ngā whetū o Matariki (The stars) and what each of the stars represent. The tamariki use a range of tools to research and do activities around each of the stars to build on knowledge and understanding. Our Te Reo Māori tutor Whaea Jen also supports and enhances this learning in the classrooms.

This year, the tamariki have showcased their learning in a variety of ways. Some of the creations were weaving using both paper and flax, painting, designing and making stars with a range of materials, making pounamu (Green stone) by using saltdough and baking them in the oven, writing stories and listening to stories read by the Kaiako (teachers) and many more.



During the week of Matariki, each year level invited their whānau (families) to school for the celebration. The tamariki performed waiata, shared their learning with their whānau, and then followed this with the sharing of kai (food). These events were amazing! It was wonderful to see so many whānau turn up to celebrate Matariki in such a special way. Some even brought yummy kai (food) to share.

Our "Performance Kapa haka" joined with other schools from the Oneroa Kāhui Ako cluster at Long Bay College to celebrate Matariki. They sang and performed beautifully and have made us very proud.

We are looking forward to more Matariki celebrations in years to

come, making each celebration a memorable one for our tamariki and whānau. We are looking forward to more Matariki celebrations in years to come, making each celebration a memorable one for our tamariki and whānau.

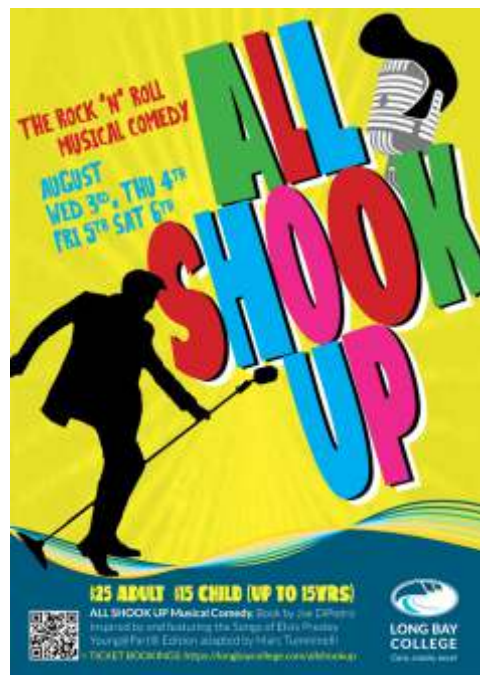


# LONG BAY COLLEGE NEWS

## ALL SHOOK UP.

The rock 'n' roll musical comedy.

It's summer 1955, and into a square little town in a square little state rides a guitar-playing roustabout who changes everything and everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumpin' out of your blue suede shoes with such classics as "HEARTBREAK HOTEL," "JAILHOUSE ROCK," AND "DON'T BE CRUEL." Book by Joe DiPietro. Inspired by and Featuring the Songs of Elvis Presley.



### BOOK YOUR TICKETS:

<https://longbaycollege.com/allshookup>

### Show nights are:

Wednesday 3rd August 7pm  
Thursday 4th August 7pm  
Friday 5th August 7pm  
Saturday 6th August Matinee 1pm  
Saturday 6th August 7pm

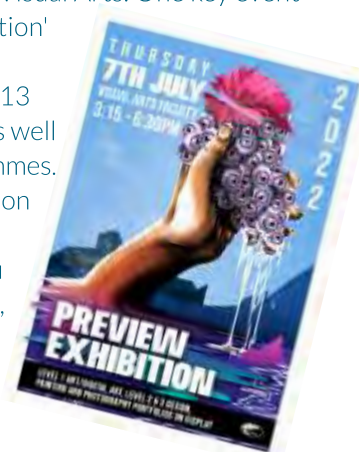
### Ticket prices are:

\$15 child (up to 15yrs)  
\$25 adult



## CREATIVITY AND COMMUNITY 'Preview Exhibition'

Two of Long Bay College's core values are Creativity and Community, and the college has a proud history of strong performance in the Visual Arts. One key event that embodies these values is our annual 'Preview Exhibition' which was held in the last week of Term 2. This exhibition showcased portfolios in progress by our Year 11, 12 and 13 students from our Level 1 Art & Digital Art programmes as well as our Level 2 & 3 Design, Painting & Photography programmes. As always this was a hugely popular event with the exhibition being visited by hundreds of students, staff, parents and extended whānau from our community. A huge thank you to all that came to support and celebrate our very creative, talented and hard-working students; the calibre of work was exceptional, and we are very excited to see what they produce next! Follow us on Facebook & Instagram.



## LONG BAY COLLEGE IN ACTION

### School Tours

See Long Bay College in action during a school tour, guided by one of the school's Senior Leadership Team members. It's a great opportunity to get to know the school and ask questions.

### Booking a Tour

Tours start at 9am

- Monday, August 1st
- Tuesday, August 9th
- Friday, August 12th
- Thursday, August 18th

Bookings can be made through:  
[www.longbaycollege.com/enrolment](http://www.longbaycollege.com/enrolment)

### Enrolment Interviews

- Tuesday, August 2nd
- Thursday, August 11th
- Wednesday, August 17th
- Tuesday, September 6th

### Entrance Testing

- Aug 6th - Testing for aspiring scholars
- Nov 8th - Entrance testing held at Northcross
- Nov 12th - Further entrance testing

Visit us Online: [www.longbaycollege.com](http://www.longbaycollege.com)  
[www.facebook.com/LongBayCollege@LongBayCollege](https://www.facebook.com/LongBayCollege@LongBayCollege)



**LONG BAY COLLEGE**  
Care, create, excel

# CLASSIFIEDS



## ACCOMMODATION

**Accommodation** - North Shore. Fully furnished self-contained. Apartments, houses. Ph 021 935 854.



## BUILDING TRADE

**Builder** - Decks, Bathrooms, Alterations. Free quotes. Ph Barry 027 280 1038.

**Builder** - Renovations to bathrooms, buildings, new decks, fences, paths and driveways. Also gutter cleaning and roof repairs. Ph Cliff 473 6317 or 027 618 5917.

**Building and Landscape Maintenance** - General building maintenance, small renovations, handyman work, landscaping, fences, pergolas and more. References available. Ph Dale on 0274397519.

**Coast Roofing Ltd** - Long run roofing, new roofing, re-roofing and repairs. Local Torbay resident 35 years experience. Free quotes. Ph Matt 027 274 6159.

**Electrician** - 24 hour service, All work considered, no job too small. All work guaranteed with Electrical Certification. Ph Graham 473 0233 or 021 067 6294.

**Electrician** - Registered. Install, maintain, repair, rentals, senior discount, free quote. No job too small. Ph Jordan 021 0234 5467.

**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.

**Interior exterior repairs & maintenance** - eg painting, decks, paving to welding plus more. Ph Ian: 021 1842426.

**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** - 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** - Uplifting Works Painting. Interior/exterior painting. Quote 021 560 891.

**Plasterer** - interior / exterior, local, 25+yrs experience. Ph 0221998673.

**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.

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



## SERVICES

**Airport Transfers** - Avoid traffic. Private car or van to/from airport, wharf or city. Northern Busway carrier. Alpha Shuttles 0800 4686 2371 www.alphashuttles.co.nz.

**Day Trips** - Great for club or staff outings. Private charters and tours. Alpha Shuttles 0800 4686 2371. www.alphashuttles.co.nz.

**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 AND GARDEN

**21st Century Cleaning** - Carpet and commercial cleaning, text Mike 021 656 885.

**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** - From concept to completion. For practical and creative solutions. Small areas and makeovers a speciality. Ph Peter 473 5156. www.peterfrylandscapes.co.nz.

**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.

**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

**Premium Garden Solutions** - Planting and design, paving, hedges and trees, garden maintenance regulars and one offs, formative pruning, irrigation installs 25+ years experience. Ph Shane 021723751 or shane@premiumgardensolutions.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 and reliable. Painting and decorating inside and out. Sales and rental tidy ups. Lawns, hedges, house washing, painting and more. Ph 021 1548 886 or shaunshgm@gmail.com

**Squeaky Cleaners** - Eco friendly products, Insured, References, Non Franchised, Reasonable Rates. Specializing 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** - at Waiake Beach available for hire for birthday parties, exercise classes. Kitchen facility included. Contact Amanda 021 076 7422 or awatuna@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.



## HELP REQUIRED

**Volunteers** - Torbay Business Association, a not-for profit organisation, welcomes people who might want to get involved with events or the Torbay Newsletter to source or write stories, do admin, deliveries. Email theteam@torbay.co.nz.

Advertise  
in the

Torbay Newsletter

FREE design\*  
FREE advice

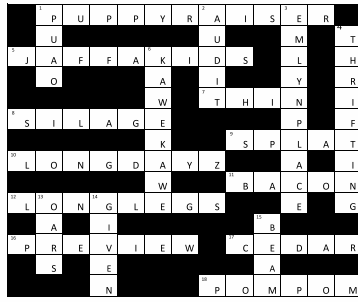
027 502 8724  
newsletter@torbay.co.nz

\*T&C Apply



# Puzzle Answers

Crossword



Sudoku

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

# What's On

**AL-ANON FAMILY GROUPS** – Support group for family and friends of alcoholics. See [www.al.anon.org.nz](http://www.al.anon.org.nz) or ph 0508 425 266

**ALCOHOLICS ANONYMOUS** – 0800 229 6757. [www.aa.org.nz](http://www.aa.org.nz). Join our friendly Tuesday night meeting at 7.30pm at St Marys by the Sea Anglican Church if you wish to stop drinking

**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 Room 3, Browns Bay Community Centre, 2 Glen Road Browns Bay. Ph Linda 021 216 3050 or 476 8311 or just come along

**BROWNS BAY LADIES CLUB** - Retired and still young at heart? Why not join the Browns Bay Ladies Club? We meet the 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 55 years 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

**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

**EAST COAST BADMINTON** – Active Badminton Centre, 44/46 Apollo Drive. Tuesday 5.30-10pm. Ph Don 478 3830.

**EAST COAST BAYS BRIDGE CLUB** - Learn to play bridge at the club or online. Email [lessons@ecbbridgeclub.co.nz](mailto:lessons@ecbbridgeclub.co.nz) or ph Helene 027 296 3365 or 479 4689

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

**LOVE DRAMA** – speech and drama classes. Group and individual classes for all ages with Jacqué Mandeno. Ph 027-522-7836

**PLAY GROUP** – Parents and preschoolers drop-in. Tues 9.30-11.30am. \$3 per family. St Mary's Church Hall. Deep Creek Road

**RAFT STUDIO** – Casual Group Classes - All About Sewing (Mon 1.30-4.30); Create with Paper Craft (Tues 9.30-12.30); Acrylic Painting (Wed 1.30-4.30); Mixed Media (Thurs 9.30-12.30); Art for Wellbeing (Fri 9.30-12.30); Watercolour Group (Fri 1.30-4.30). Open Studio: Mon & Wed 9.30-12.30; Tues & Thurs 1.30-4.30.

**RAFT STUDIO** - Workshops/Tutorials - Pysanka Egg decorating workshop with Evan Lewis (Sat 6th Aug 10am-4pm); Woodland Creature Houses - parent & child workshops (Sat 13th & 20th Aug 2-5pm); Macrame Feathers workshop with Tanya Webb (Sat 27th Aug 2-5pm). Ph: 021 145 2865, email: [raftstudiostorbay@gmail.com](mailto:raftstudiostorbay@gmail.com) or visit: [www.raftstudios.co.nz](http://www.raftstudios.co.nz)

**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](http://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

**ST MARY'S COMMUNITY GARDEN, TORBAY** – Allotments available for you to grow your own vegetables, herbs and 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. We have great speakers and other activities include excursions, coffee mornings and games groups. Annual membership \$25.00, plus joining fee. Call Ann: 021 167 8610. Visit [fnzi.nz](http://fnzi.nz) for info on Friendship Clubs in general.

**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](http://www.torbaytennis.org.nz)

**TORBAY INDOOR BOWLING CLUB** – Are you new to Torbay or looking for a new activity? Come join this friendly club on Monday 7:00pm at Torbay Community Hall beginning the first Monday in February. You will be very welcome. Ph Kevin 473-3253 or Janet 473 1621

**TORBAY THEATRE** – Club Night 11th June 7:30pm. And if you enjoy creating and caring for props, costumes, sets and all things backstage join our Backstage Club: Wednesdays 10.15am – 12pm. Ph: Daphne 473 7494

**TORBAY THEATRE** – Next Club Night: 3rd September 7:30pm. Email [clubnight@torbaytheatre.com](mailto:clubnight@torbaytheatre.com) if you would like to be involved.

**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 1st 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 Hoften 4755741. Email [myfanwy@xtra.co.nz](mailto:myfanwy@xtra.co.nz) or see [www.U3ABB.nz](http://www.U3ABB.nz)

**UCAN2 DANCE STUDIO** – UCan2 Dance Studio – Ballroom & Latin, & Street Latin dancing free 1hr intro class. No partner required. Wednesday 31st August. One person wins an 8 wk course. 23 Tarndale Grove, Albany. See [www.ucan2dance.co.nz](http://www.ucan2dance.co.nz) or Ph Marie 415 5997

# TORBAY BUSINESS ASSOCIATION

## Members

The *Torbay Business Association* is expanding to serve our wider district covering Waiake, Torbay, Northcross, Long Bay and Okura. Business people and businesses living and working in these areas are welcome to join as **Associate Members**. To be listed here and on our website: [www.torbay.co.nz](http://www.torbay.co.nz), join now. **Low fee – great benefits.** For more information email [theteam@torbay.co.nz](mailto:theteam@torbay.co.nz)

### BREAKFAST, LUNCH & DINNER

Bakers Gallery, Torbay .....	473 2998
Bobby's Burger & Pizza, Torbay ..	473 1002
Chand Indian, Torbay .....	473 6259
Euro Patisserie, Torbay .....	473 7535
Hot Roast Shop, Torbay .....	473 2134
Piatti Italian, Waiake .....	478 6936
Scout Café, Torbay .....	473 9070
Sushi Torbay .....	473 6361
Torbay Bakery and Café .....	473 6467
Torbay Takeaways.....	473 9229

### GROCERIES

BK's Four Square, Torbay .....	473 6197
Torbay Village Butchery .....	473 2014
Liquor Centre Torbay .....	473 9619
Liquorland Long Bay .....	473 0065
Torbay Dairy .....	473 9721
Torbay Fruit Shop.....	473 9429

### HEALTH SERVICES

Community Laboratory, Torbay - appts needed .....	473 1908
Torbay Chinese Acupuncture Centre.....	473 2278
Torbay Medical Centre .....	477 9000
Torbay Pharmacy .....	473 9629 or 473 0730
Torbay Physiotherapy & Hand Clinic .....	473 0333
Torbay Skin Clinic.....	477 1111
Waiake Medical Centre .....	478 7660

### HAIR & BEAUTY

Foxy & Co., Torbay .....	473 2277
Hairazors/Niaa The Hub, Torbay..	473 9468
La Bella Vita Beauty, Torbay .....	473 0856
Nom Thai Massage, Torbay .....	473 5080
Simply Colours & Cuts, Torbay ...	473 8111
The Cutting Room, Torbay .....	473 5241

### HOME & GARDEN SERVICES

Cedar Master Ltd .....	022 690 6650
JMC Build .....	021 234 5383
Premium Garden Solutions .....	473 3878 or 021 723 751

### REAL ESTATE AGENTS

Barfoot & Thompson Torbay .....	473 9190
Barfoot & Thompson Long Bay ...	473 0712
Matt & Maggi - Harcourts ....	027 777 0737

### OTHER SERVICES

Dogs Body Grooming Parlour .....	473 1500
RAFT Studio .....	021 145 2865
Research Centre, Toroa St.....	972 2757

### OTHER SHOPS

LongDayz – Surf, Skate & Streetwear, Long Bay .....	027 521 4894
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### COMMUNITY GROUPS

Age Concern North Shore.....	489 4975
Age Plus Charitable Trust.....	550 3387
Association of Book Crafts....	027 440 4458
Awatuna Sea Scouts.....	029 897 3287
Bays City Judo.....	473 7855
Braemar Scottish Country Dance Club .....	478 2441
Browns Bay Presbyterian Church	479 2441
Citizens Advice Bureau.....	479 2222
City Impact Church.....	477 0300
Deep Creek Restoration Society .....	021 366 236
East Coast Bays Catholic Parish...	478 4565
East Coast Bays Lions.....	022 047 3266
East Coast Bays RSA.....	479 4275
East Coast Folk Club.....	426 3588
East Coast Bays Toastmasters.....	027 422 3685
ECB Widow and Widowers Association .....	479 6042
Friends of Okura Bush.....	021 177 5755
Friends of Sherwood.....	476 7279

Graceway Baptist Church.....	473 8562
Long Bay Baptist Church.....	473 2498
Long Bay Baptist Mainly Music....	947 3378
Long Bay Great Parks Society	021 424 617
Long Bay Residents Assn.....	021 253 0571
Long Bay Toastmasters.....	022 048 5034
Neighbourhood Support.....	353 0427
North Shore Brass Academy	021 281 0405
North Shore CMA.....	489 8954
North Shore Historical Society....	489 3760
North Shore Kickboxing.....	021 228 2808
Plunket.....	838 0981
Raft Studios.....	021 022 41456
Rotary Browns Bay - Torbay	021 025 70993
Salvation Army Op shop.....	473 2150
Shore Presbyterian Church...	021 036 7957
St. Mary's By The Sea Anglican Church .....	473 8180
Torbay 60s Up.....	421 1011
Torbay Community Hall.....	021 027 0103
Torbay Community Playgroup....	473 4473
Torbay Friendship Club.....	021 370 544
Torbay Garden Club.....	478 1601

Torbay Historical Society.....	473 6482
Torbay Indoor Bowls Club.....	473 3253
Torbay International Coffee Group.....	473 3259
Torbay Kindergarten.....	473 9340
Torbay Play Centre.....	473 8077
Torbay Sailing Club - Hall Hire.....	021 1844 580
Torbay Senior Citizens.....	473 7593
Torbay Step Beyond Studios	022 596 8440
Torbay Theatre.....	021 027 01303
Trinity Methodist Church.....	478 5107

### 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 School.....	473 8603

# GERALDINE ZAREIAN

## Geraldine and Her Team were Amazing Agents

Geraldine made our selling experience very easy and streamlined.

She explained the process the whole way though and supported us through what could have been a very stressful experience, starting from preparing the house for sale through to achieving the sale for us.

Geraldine's local knowledge of the local market was invaluable, her excellent communication skills and easy friendly nature make her a pleasure to work with.

We have and will continue to recommend Geraldine and her team to anyone looking for a real estate agent.

*Thankyou Geraldine*

*Rosie & Pete Howard*

*4 Freya Place, Torbay*



When you wish for a successful and stress-free experience, call me for advice.

There's no cost or obligation to discover what your home is likely to sell for in the current market. With extensive local experience and \$320 Million of sales, my credentials speak for themselves. A coffee and a chat is always a pleasure!

**BARFOOT  
THOMPSON &**

GERALDINE

ZAREIAN  
& Team



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