

JULY 2023

EST 1992

# TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine



*Rev Sapati Tima*  
Anglican Retreat  
& Conference  
Centre

Defibrillator locations

What to do with waste

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*Matariki* tips





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# An Open Invitation

Legend has it when Thomas and Margaret Vaughan gifted the land to the Anglican Church, part of the reason for that particular parcel of land was they'd had enough of their cows falling off the cliff!

Built in the late 1990s, Vaughan Park Anglican Retreat and Conference Centre overlooks Long Bay beach and the reserve; it's the perfect place to reflect, revive and refill. As Rev Sapati Tima says, "You can't pour from an empty cup." Originally from Samoa, Rev Tima, wife Meiolandre and their children came to Vaughan Park four years ago, after serving in South Auckland. As resident Chaplain, Rev Tima, provides weekday services for all and is involved in many of the Retreat Programmes, particularly those for youth, the young at heart and those focused on interpersonal relationships. Quietly spoken, and with a deep empathy and infectious laugh, Rev Tima, is always ready to help you fill your cup.

While faith and hospitality are at the core of their ethos, Vaughan Park is host to individual day stays, organised retreats, weddings, social groups, and corporates. With on-site accommodation and exceptional catering to feed body and soul, adding to the holistic nature of the Centre. Vaughan Park's own Annual Retreat Programmes are a wonderful addition for some specialised, focused retreats.

The Ruatara Chapel was named in honour of Ruatara, a Ngā Puhī chief

from Rangihoua in the Bay of Islands. Ruatara assisted the Rev Samuel Marsden in establishing a Christian mission in Aotearoa New Zealand in 1814. The chapel reflects the contemplative and nurturing spirit at the heart of Vaughan Park.

The Research and Study Centre invites reflection on the balance between learning and prayer. Built in memory of the Saints and Martyrs of the Pacific, it curves around the Chapel as if in a gentle embrace.

Perhaps one of Auckland's best kept secrets, Vaughan Park extends an open invitation to all to visit and share the natural beauty and spiritual peace.

## Vaughan Park Anglican Retreat and Conference Centre

1043 Beach Road, Long Bay, Auckland

Ph: 09 473 2600

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12 Danbury Dr	\$1,040,000
17 Salem Pl	\$1,064,000
12A Tikati Rise	\$1,070,000
2 Lingham Cres	\$1,100,000
14 Tempo Pl	\$1,110,000
1 Flavia Cl	\$1,250,000
194B Glenvar Rd	\$1,260,000
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5 Killarney Ave	\$1,305,000
14 Caversham Dr	<b>\$1,315,000</b>
52 Te Oneroa Way	\$1,330,500
7 Ceramco Pl	\$1,355,000
5 Weatherly Rd	\$1,364,000
71 Hebron Rd	\$1,400,000
1 Mawson Ave	\$1,403,000
1086 Beach Rd	\$1,430,000
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935A East Coast Rd	\$1,500,000
25A Law St	\$1,566,000
25 Caldera Dr	\$1,650,000
11 Ridge Rd	\$1,800,000
26 Tawatawa St	\$1,805,000
65 Headsail Dr	\$1,980,000
2 Headsail Dr	\$2,100,000

\*Source REINZ

**LOCAL MEDIAN = \$1,315,000**

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# Chair's Letter

By Steve Piner, Chairperson  
Torbay Business Association

Matariki celebrations are upon us and the theme for 2023 is Matariki *Kāinga Hokia*; (Matariki.com) returning to your *whanau* and your people. A journey back home and to celebrate and feast with friends and family. The theme is also underpinned with important environmental messages returning to where you are from and reconnecting with the mountains, rivers, ocean and land, reminding us of our responsibility to the places we call home. Article (pg. 60) by Michelle about the food scrap bins and by Kiri Carter remind us of sustainability and being conscious as consumers. And on that note, we welcome Jen Anderson (Torbay Resident) with the article (pg. 7) taking the Torbay residents down memory lane, reminiscing about the annual inorganic collection. Thanks to Shane Thompson for removing the poisonous Castor Oil plant from the car park next to the Four Square.

The news NZ is now in a recession drove home how useful our business networking events are. Last July 2022, we had Rachele Bland as a speaker for the networking meeting and she did a good job explaining what a recession is. Those of us who were there have been watching the months in the negative accumulating. As if our local businesses haven't been through enough already with lockdown, staff shortages, and increasing costs causing people to tighten their belts. If you're worried you and your staff might need some super advice (see pg. 16-17).

Through it all our local businesses have always been there for the community (producing this free magazine for 31 years for one) and, though we feel we regularly ask you to support them, now again they will need #ShopLocal to be at the forefront of your mind.

Along with the chills the economy is sending down our spines, we're moving into the colder months of winter. If you haven't got a heat pump yet, now's the time to consider what Albany Heat Pump can do for you (pg. 5). Other warming stories include our report back on the amazing success of Janie and Brent Wilson's Champagne on the Shore fundraiser for Ronald McDonald House (pg. 19). It was a wonderful night. You'll find another heart jumping story, supplied by the Torbay Community Hall committee (pg. 12) who discovered that Okura doesn't have an AED at their hall. This might be something a fundraising effort could tackle in future. And it was heartening to connect with Rev Sapati Tima and the Vaughan Park team (cover story). It's great to know there's another venue available and how many of you knew their accommodation was available for the public to book? Actually, I knew a little bit about Vaughan Park because I worked on the installation of their door furniture during the build many years ago. Please do take them up on their invite to check them out.

If the political football is getting a bit overwhelming why not enjoy a private chef experience at Beaufort & Co. or get further away for a bit of photography in Tasmania – see Keerti's ad (pg. 13).

Thank you to our member businesses and the advertisers who continue to support us and all the community members, groups and schools who write stories. We're proud to be carrying on this tradition (the Magazine) and the tradition of good ol Kiwi not-for-profits.

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## The Fine Print

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# How Heat Pumps Can Save Winter Dollars

With the recent drop in temperatures, it's clear that a heat pump is a necessity to keep your home healthy. Homes should be warmer inside than outside!

Heat pumps cover all bases when it comes to comfort. Ensuring you are cool and comfortable in summer and preventing feeling damp and cold in winter. In addition, they offer features that other heating cannot, like dehumidifying, air filtration, safety, and ease of use.

To adhere to NZ Healthy Homes standards, landlords must provide a fixed heating source in the main living area that can maintain a healthy temperature. One of our technicians can advise what size heat pump would meet the standard.

Heat pumps are cost effective, averaging 25c an hour in winter to heat about 50m<sup>2</sup>. The Energy Efficiency Conservation Authority identifies heat pumps as one of the most energy efficient forms of heating available in NZ because they don't create heat, they simply move available heat from one place to another.

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filters the air to remove viruses such as Covid-19\*, as well as smells, dust, moulds and other common household allergens.

According to Todd Brady, Technical Director of Albany Heat Pumps, the difference between a house with a heat pump and one without is vast. "With a heat pump you're not just getting a heater – you're getting a healthier home," he says.

Albany Heat Pumps offer all the latest technology, with smart solutions for whole-home heating. "We have Wi-Fi systems that control your heat pump remotely – so you always come home to the perfect temperature," says Todd.

Whatever the home, Albany Heat Pumps can find the best solution for you. "We're the industry experts and can create custom solutions to suit your life and budget," says Todd.

Albany Heat Pumps is the number one Mitsubishi Electric dealer in NZ. "We've been installing heat pumps for twenty years, only installing brands that we trust. We're locally owned and operated, with some of the most competitive pricing around, alongside quality workmanship."

Thinking of buying a heat pump, now is a great time! Albany Heat Pumps have good stocks and heat pumps at exceptional prices making your decision easy!



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# Food Scraps Bin Reduce Landfill Waste

By Michelle Beard, Pumpkins in Trees

Hello Pumpkins!

Hopefully you have received your new food scraps bins by now.

Each year, in Auckland alone, households send about 90,000 tonnes of food scraps to landfill which is contributing to greenhouse gas emissions and other environmental problems such as the production of leachate, a liquid that contains contaminants and can seep into groundwater and nearby water bodies, causing pollution.

Diverting food waste away from landfill and into an environmentally sustainable method such as composting or anaerobic digestion helps to reduce this waste filling landfills.

What can you put in your council food scraps bin:

- Fruit and vegetable scraps, eggshells, dairy products.
- Bread, pasta and rice. Coffee grounds and tea bags.
- Meat bones and scraps, including fat trimmings.
- Fish bones and scraps, including shellfish shells.
- Indoor cut flowers.
- Paper towels and tissues.
- Home compostable bin liners.

The organic waste collected will be broken down using anaerobic digestion and used to create biogas (which will be captured and converted into renewable energy) and nutrient-liquid fertiliser (which will be used on farms).

The Auckland food scrap bin collection is an important waste management strategy that can help reduce the environmental impact of organic waste in landfill.

## Food Scraps Find New Home in Your New Bin

By Kiri Carter, Senior Communications Specialist – Waste Solutions

In the 1930s crates of unsold vegetables from the city’s markets were tossed off barges into the Hauraki Gulf. Crates washed up onto the shores of the East Coast Bays were quickly scooped up by locals and shared amongst the community. Now East Coast Bays’ residents will be joining past generations who made the most of what they had and left nothing to waste.

Waiake, Torbay and Long Bay residents, in urban areas, can give food scraps a second life by putting them in the new green bin you should have all received. Just put the food scraps bin out for collection each week when you put your rubbish bin out.

Once collected, the food scraps are transported to Ecogas, an organics processing facility in Reporoa, and converted into renewable resources. Empty trucks returning from Auckland to the Waikato region are used to transport food scraps to the plant, so the collection does not result in additional trips. Using anaerobic digestion technology, bacteria ‘eat’ the food scraps and break them down into valuable by-products, such as biogas, renewable energy and fertiliser. Renewable energy in Auckland’s case is used to grow tomatoes in glasshouses near the Reporoa facility.

“By residents using the food scraps collection, there is potential to prevent large amounts of waste going to landfill and reduce greenhouse gas emissions in the process. The trial in Northcote was well received so we are sure that residents will embrace the new food scraps collection and see its value,” said Parul Sood, Auckland Council’s General Manager of Waste Solutions.

***Kī ana te rukenga kai i ngā taīora, mā tātou e huri hei rauemi. Food scraps are full of nutrients, let’s turn them into a resource.***

For more information about the food scraps collection visit the Auckland Council website and search for “food scraps”.



Alison’s three sons help collect food scraps.

Torbay resident Alison Lin loves to garden and cook, making all her family’s meals from scratch, including her own bone broth for stock.

“When I make it myself, I know exactly what’s gone into it. It’s important to me that my three young boys have good quality food to eat.”

Most of her family’s vegetable scraps go into their garden compost, but not the bones. Alison doesn’t want to attract mice or other vermin, so she only composts plant-based food scraps.

“I absolutely love the new food scraps collection service. I used to put the bones and meat scraps into the rubbish where they would end up in landfill. Now I know it’s going somewhere useful. My children are even happy to put the food scraps bin out and do their part.”





# Inorganic Creativity in the Days Before Cotton Wool

By Jen Anderson

Our boys grew up through Torbay Playcentre enjoying days of messy play, clambering, field trips and junk construction. Aahh junk play! "How did that toaster work anyway?" Followed closely by: "Hey look what a cool dinosaur head I've made out of it!"

A great source of quality "junk", back then, was the annual inorganic collection, where the whole street got one week to dump our unwanted inorganic items kerbside. At this point, I should qualify that, for the most part, any items "rescued for recycling" were requested, by permission, from local owners, and then, upon exceeding their final "use-by date," were returned to the roadside for collection at some point.

A brainwave of one of our local mums, was to challenge for anyone (kids only) to "Build your own (or team) speed mobile, solely using materials or objects sourced from the inorganic collection", then "Race said machine in our inaugural, all-local, all-inorganic, soapbox derby".

Several families took up the challenge and some fantastic and strange jalopies, plus a handful of toy ride-ons lined up at the top of the coned-off panhandle at the end of the street to compete. All regulatory OSH requirements were checked, and the competing teams chose their drivers. To the shrill of the soccer referee whistle, they were off at speed. Yes – there were scrapes, loose screws and lost wheels. Some patches of skin and items of clothing were damaged and not a thread of cotton wool could be found. But the day was a success. The carts raced over and over again until they were relocated to someone's farm to free up the road.

I'm not sure anyone remembers who won. If you ask any of the drivers, they'd be sure to claim that it was "US who won" or "THEY who cheated". It was such a blast – a win/win all round, and for free.

Even dear old John had the best laugh he'd had in years, and I believe a few of the contestants went on to become engineers.



Race Day: Sunday 18th October 2009





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# Tax Evasion—Services in Return for Goods

By Frances O'Brien, TBA Treasurer

Continuing our series on tax evasion, another practice to be wary of is the 'quid pro quo', 'you scratch my back, I'll scratch yours' deal. Receiving a service or goods in return for providing a service or goods could be considered a taxable activity. For example, imagine a local business fixes the business association website voluntarily. Feeling grateful, we give them a free advert. But, giving the ad in return for that favour turned what was a charitable act into a trade of one service for another. This is an allowable business activity in the opinion of the IRD, but the income for the advert needs to be declared and GST on it needs to be paid. It

sounds like a nice thing to give a free ad to the generous volunteer, but their business in turn needs to declare the 'income' (the value of the ad) that they received for fixing the website. And if GST registered, they must collect the GST and hand it on to Inland Revenue.



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The best way to stay on the legal side of the tax law, is to issue invoices or receipts for goods and services, showing any discount given and if applicable GST. All barter trades, exchange of for-profit goods or services, quid pro quo deals, and discounts, should be recognised in the financial statements to ensure all transactions are transparent. So, next time you're approached and offered a product or service for free, or

heavily discounted, *in return* for a discount on something you sell or do, think twice. The person could be trying to avoid paying tax. Just because no cash changed hands doesn't mean you don't have to put it into your books.

Note: the example used in this article does not reflect the practice of the Torbay Business Association. We recommend businesses use qualified experts in business accounting and tax law to be sure they comply with the law.

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## St Mary by the Sea Community Garden

There is little doubt that for gardening aficionados, communing with nature is a soul-seeking enterprise. For some, this grounding activity involves tending a backyard flower or veggie patch. For others, joining a community garden has the two-fold benefit of producing food for the whanau while learning green-fingered skills

alongside fellow plant lovers.

However you choose to get your hands dirty, research shows that spending time around plants has a positive effect on mental health and emotional wellbeing as well as reducing stress, and alleviating anxiety and depression.

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# Gardening with Veronika

By Veronika McPherson

July is a good time to get your garden beds ready for spring planting. Maybe designate an area in your garden where you can pile organic material

like grass clippings, hay, silage, old plant material, aged woodchips, aged manure, autumn leaves and any green waste from your garden that does not contain obnoxious weeds. This pile will start breaking down over the next months and come spring you can plant your seedlings straight into this lovely pile of goodness. Just add a handful of compost to the hole that you plant your seedlings into.

The material around the seedling will keep breaking down and feed the plant as it grows.

Now is the time to plant seedlings of brassicas, beetroot, leafy greens, herbs and globe artichoke. They will grow slowly over the winter months and be ready to harvest come spring.

## HOW TO MAKE AN EASY PEA TRELLIS

Peas are great to grow over the cooler months and you can plant a new tray of peas every few weeks to have continuous supply.

One of the easiest and most economical way of making a pea trellis is by using branches that you can find in your garden.

- Cut several branches that have plenty of small twigs that the peas can cling onto.
- Simply stick the twigs into the ground and plant the pea plants on both sides of the branches.

This works really well for dwarf and medium size pea plants. Larger varieties may need a little extra support in the form of tall stakes and some string to withstand strong wind.

## Happy Gardening



# Castor Oil Plant

By Shane Thompson, Premium Garden Solutions

Over the 20 years I've lived in Torbay I'd occasionally say to my wife, those plants along the Four Square wall need to go because they're poisonous. I informed previous owners of the Four Square that the plants were *Ricinus communis*, but no one seemed to know who was responsible for removing them. Summer after summer I watched kids play in the planter box, sit on the wall eating ice creams and I'd warn parents of the danger. I am now a Torbay Business Association committee member and I love the professional team I work alongside. Finally, they've helped make my dream come true and we've removed the poisonous plants.

The castor oil plant (*Ricinus communis*) comes from Africa and parts of Asia. It is a large suckering shrub or small tree growing up to 4 metres. It has large glossy green, red, purple, or brown leaves, red or green flowers and the seed capsules are spherical and spiny.

The plant downs produce a product known as castor oil. You might remember grandparents used to swallow it to relieve constipation. Cleopatra was said to use the oil to whiten her eyes. No wonder they had short life spans back then! The point here is that when the oil is manufactured professionally, after pressing, it's heated to a temperature that deactivates Ricin – the dangerous toxin. In its natural growing state, *Ricinus communis* is very poisonous. The

leaves and seeds contain Ricin which if touched without gloves can irritate the skin. If consumed or chewed it can cause severe gastrointestinal problems, neuromuscular disorders and even death. It is also fatal to dogs.

Auckland Council advises you must not breed, sell or distribute *Ricinus communis* in the Auckland / Tamaki Makaurau region. You can however move an existing plant within the boundary of your own property – not something I would recommend. The plant spreads using a process called ground layering, which is when a stem lies along the dirt, and it puts down roots. The seeds spread when the seed capsule explodes.

## HOW TO GET RID OF RICINUS COMMUNIS

Dig it out and put it in your rubbish bin or dump it at the inorganic transfer station. Do not burn it as it releases toxins that can cause respiratory problems!

Spray small seedlings or adult castor oil plants with Glyphosate (Roundup). For larger plants cut across the trunk and paste with stump killer. Wear gloves and wash-up well afterward.





# Long Bay Planting Day

By Elaine Pollock, Park Subcommittee,  
Long Bay Okura Great Park Society

On Sunday May 28 over 100 volunteers gathered in Long Bay Regional Park to plant 4000 native trees and shrubs on the edge of the sand dunes. Recent damage to the dunes is a reminder of the important role plants have in protecting our beach and park. Perfect weather conditions and many willing workers contributed to a very successful day. They were supported by Long Bay Park volunteers and staff, and once again the

Shah Satnam Ji Green S Welfare Force were with us, contributing their time and skills. This group attend many of the Regional Park and other community planting projects and we thank them for their ongoing support for the enhancement and protection of our Park.

Thank you to everyone who attended. We are able to enjoy our wonderful Park thanks to the contribution of volunteers over many years.



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# Need a Heart Starter?

**By Noreen McArthur, President, Torbay Community Association**

In a medical emergency would you know where to find a portable machine that restarts the heart? They're called automated external defibrillators (AEDs) and we have several located throughout our area.



## WHERE TO FIND AN AED

- Torbay Sailing Club, Beach Road, Waiake (*attached to the wall outside of the building, available all hour's day and night*)
- Torbay Medical, Torbay Village (*opening hours only*)
- Dr Paul Hunter, The Cottage, 987 Beach Road, Torbay (*opening hours only*)
- Torbay Community Association Hall (*behind the Torbay shops, attached to the outside wall by the steps leading into the Hall, available all hour's day and night*)
- Long Bay Medical (*opening hours only*)
- Lumino the Dentists, Long Bay (*opening hours only*)
- New World Long Bay (*opening hours up to 9pm daily*).

## HELP NEEDED

The Torbay Community Hall AED unit was donated some years ago by the New Red Cross. It is kept and maintained for the benefit of the community by the Torbay Community Association. This is the group who run the two halls in the car park behind the Torbay shops. However, the Torbay Community Association is a not-for-profit charity and the AEDs are expensive to run and maintain. From time to time the pads and batteries need to be replaced and they are expensive.

We would greatly appreciate your help to assist in maintaining this very important unit to ensure it is always running at 100% should we or our loved ones in Torbay ever need it.

**Donations can be made online to our bank account no:  
03-0123-0011471-00 Reference: AED Donation.**

If you can donate for this cause, but are not sure how to, please feel free to call Noreen McArthur, Torbay Community Association President on 027 271 3524 or Helen Topliss, Vice President, on 021 134 4444.

Our grateful thanks, and trusting we never need to use any of them.



AED at entrance to Torbay Community Hall (behind the shops)

## Tips for Matariki Day

Matariki Day is an opportunity to celebrate your individual, and our combined national, cultural identity. Many people in New Zealand/Aotearoa have parents, grandparents, and great-grandparents from different cultures. Here's some tips for sharing your heritage this Matariki Day:

Cook and share a traditional recipe representing your genealogical background.

Organise a pot-luck lunch or dinner with friends, family, or colleagues. Share your recipe online.

Wear one, or several, items that signal the ethnic group or groups you belong to or are descended from. Make it obvious. Post a photo of yourself dressed up on social media.

Play traditional music in your shop or café. Sing a traditional song or share a traditional myth, proverb, or story online or make it the focus of a get together.

Display a traditional artwork or craft in your office or shop window. Have a show and tell. Get a group together to create a collaborative artwork combining elements from your different cultural backgrounds. This could be a collage, painting, or digital creation. Share the artwork online.

Say hello to people in a language, or languages, of your diverse cultural backgrounds. Learn how other people say hello and what languages they can speak or understand.

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# Insider Tips for Adventurous Explorers

**By Bryce Read, The Travel Co  
Unveiling the Secrets of a Premier  
Aussie Specialist**

Greetings, fellow wanderers! As a dedicated Travel Agent I'm always travelling our world with the objective to share hands-on knowledge, insights, and expert tips. I love finding new places and delving into the best experiences on offer.

I was lucky enough to travel to Tasmania late last year and was stunned with the pristine wilderness, rugged coastlines, and captivating wildlife. Don't get me started on the accommodation, and food and wine offerings!

We really uncovered hidden delights and off-the-beaten-path treasures. Beyond the popular tourist spots, we ventured into the lesser-known corners and discovered the true essence of this remarkable island. Everyone should experience the other-worldly landscapes of Cradle Mountain at some point in their lives. And no trip to Tasmania is complete without a close-up and personal with the adorable Tasmanian devils at the Bonorong Wildlife Sanctuary.

From hiking through ancient rainforests to exploring historical convict sites, Tasmania offers a tapestry of experiences that will leave you yearning for more. It certainly did with me!

I was so enchanted with Tasmania I set up a 12 day hosted group tour, encompassing the best of the best offered by this untamed gem. From wine lists and menus curated to excite even the most passionate foodie, through to the ultimate sight-seeing experiences designed to enhance and develop your photography skills – all under the guidance of a photographic professional.

Find out how to train your eye and inspire your camera to record flora, fauna, wildlife and burning sunsets which will sing long after you return home.

This tour has something for everyone, whether you're a seasoned globetrotter or a curious photographic newbie. Numbers are limited as a small group ensures impeccable personal attention.

I invite you to dive into the realm of travel secrets – soak up the hidden wonder that is Tasmania.



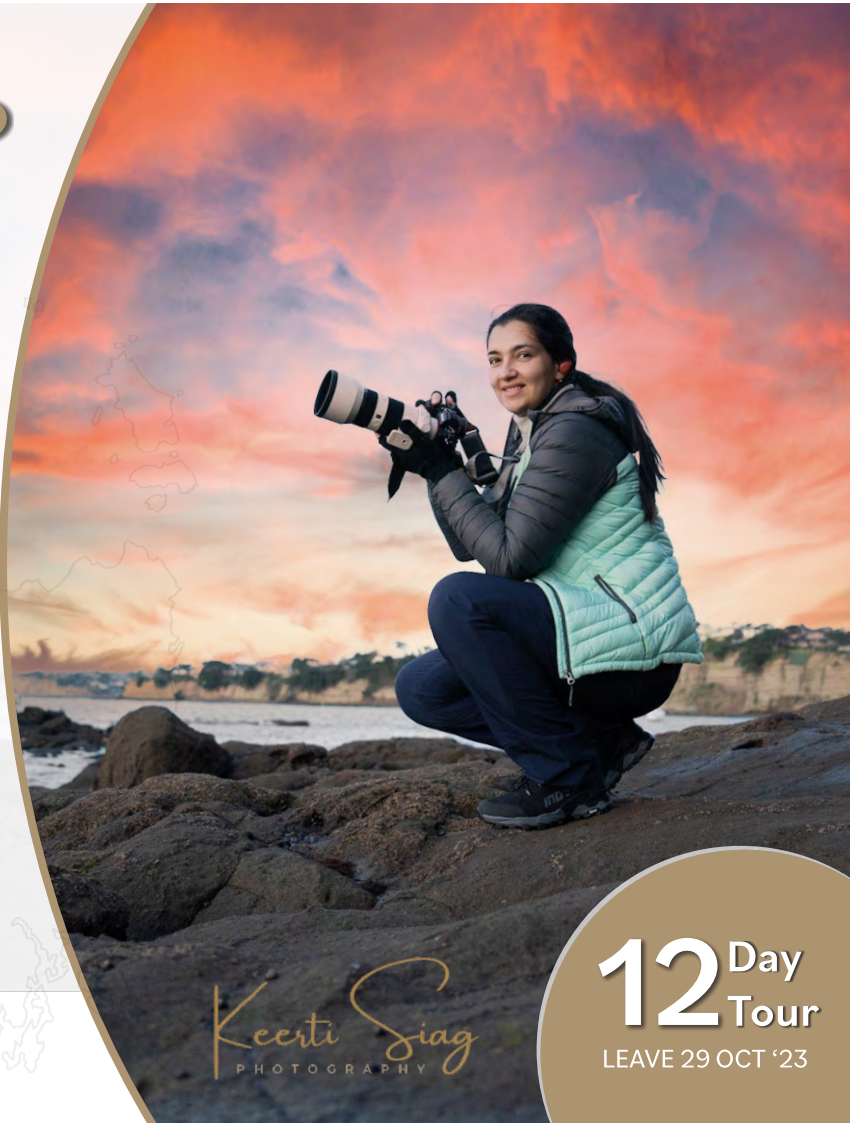
## Do you love Tasmania?

## Do you love Photography?

Imagine **Touring Tasmania** while developing your photography skills under the guidance of professional photographer and tutor – Keerti Siag.

Bryce Read brings 25+ years' experience in hand-building **quality holidays** known for the delightful and unexpected. A Premier Aussie Specialist, Bryce creates a Tasmanian Tour with all the incredible sights, wilderness and **many foodie offerings**.

- Learn to use your camera's full potential - Go from Auto to Manual mode
- Improve your compositions and learn creative photography techniques
- Learn post processing skills and tools to enhance your images



P: 09 410 2697 E: bryce@thetravelco.nz  
[www.thetravelco.nz](http://www.thetravelco.nz)

Keerti Siag  
PHOTOGRAPHY

**12** Day  
Tour  
LEAVE 29 OCT '23



# Torbay Friendship Club

By Delphine Pearson

Firstly, thank you to everyone who has contacted our Friendship Club after reading about us in this magazine. We look forward to welcoming more retired community members at our next meeting.



In June our speaker was Craig Bidois (*photo above*). He gave an interesting talk on his United Nations call up to Iraq and Sudan. From surviving sandstorms to dodging bullets and air strikes, he's now going back to train totally inexperienced men on how to hold and use a gun so they can fight for their country. The tragedies of local people and their fight for survival is unimaginable to the likes of our peaceful, daily living.

Our June outing was to the Bridgeway Theatre for lunch and a surprise movie. That was a bit warmer than our last walk which gave our walking group "cold feet", so they've decided to have a break until spring. They'll have plenty else to do playing Mahjong, Scrabble or Rummik; joining in on the Craft Group's activities or simply enjoying our Coffee Mornings. And then there's our next exciting speaker who will be talking about their trip to Peru.



For more information on how to join in the fun see our listing in the *What's On Where* section (pg 29) or phone Noreen McArthur on 027 271 3524 or me - Delphine on 022 072 9813.

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# Torbay Theatre July School Holiday Play



Help the best pirates work out the puzzle and solve problems along the way. Can they read the treasure map, or will they be tricked? Look out for the colourful parrot!

A play for the very young (aged 2-8)

TUESDAY 11th @ 2pm

WEDNESDAY 12th @ 2pm

THURSDAY 13th @ 2pm

\$5 All Ages

Booking advised: these shows sell out fast.



Some of Torbay Theatre's resident pirates: 'I am a Pirate King' (Dylan Webb and his motley crew).



Pirates in rehearsal.

## CASTING CALL Big end-of-year musical

AUDITIONS: 20th AUGUST 2pm – Save the Date!

PERFORMANCES: December 7–17th



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# 4



## Reasons an employer should consider a financial wellness programme

At Super-Advice we are about all things financial, but more importantly, helping people understand so they can get ahead financially.

Therefore tasks are not being done as efficiently as you would like.

Having financial woes is a very easy position to find yourself in. Money worries are one of the leading causes of presenteeism.

### #1 Overall Wellness

Financial wellness makes up a large percentage of overall wellness. If you think about it, everything costs money.

If there's a shortfall, it is going to be stressful.

If an employer can help an employee deal with that, that's going to be a good thing for everyone.

### #2 Presenteeism

Presenteeism means that you may have an employee at work, however, because they are worried about something they are very distracted.

One example might be that they are worried about money and they might be staring blankly at the screen not paying attention to work.

### #3 Cost of living

Inflation is running rampant. Everything's getting incredibly expensive. Just look at the petrol pump.

It's very difficult for businesses to keep pay in line with inflation. It's quite often not possible at all.

So if you can, in turn, offer your employees a program that allows them to be better, and provides lots of education around how to better manage money and manage their financial situation, you will be adding a lot of value.

Where does a standard working Kiwi go for financial advice these days? You can't really rock into your bank branch and say, "I need some financial advice" to the teller.

You could track down a professional financial adviser and they can write you a plan for \$2,500.00 or more.

START THE CONVERSATION TODAY

0800 89 4688

[super-advice.co.nz](http://super-advice.co.nz)





Or there is another option, which is a financial wellness programme provided by an employer to their employees.

#### #4 Attraction and retention

Reason number four is it is an amazing attraction and retention tool. We are in a low unemployment environment at the moment, so you want to both retain, and when necessary, attract talent. Being an employer that promotes the fact that they care about their employees, and want to provide them with extra benefits to help them be fantastically well educated on financial matters, and to get ahead financially, you will find that it's a great attraction and retention tool.

Super-Advice NZ helps ordinary Kiwi's obtain Financial Freedom. We work with progressive businesses who choose to offer their teams meaningful Employee Benefits.

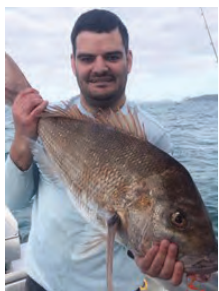
**If you need any financial help or advice please get in touch with us at Super-Advice.**



The main Super-Advice Team from left to right. Anna, Jeremy and Aileen.



# Fishing with Pont



**By Nathan Pont**

Isn't it great to see the sun again and the wind dropping. This month begins a series on deep water "gannet work-ups". Firstly, looking snapper.

## WHERE AND HOW TO FIND THEM

Better weather opens up the chance to head further out. In the "Middle of the Gulf" (eastern side of Tiri, Kawau, western side of Coromandel and southern side of Little Barrier) between 30-55m there are schools of pilchard which attract large numbers of gannets, dolphins and whales which creates "gannet work-ups".

To spot these, look for gannets diving from high up in the sky. Or, if the conditions are still enough you can often spot the water spout of the whales. As the "Middle of the Gulf" is such a large area it is recommended that you stop every few miles, pull out the binoculars and have a good look around. I often have a Plan B for where I am going to fish and look for the work-ups on the way. The two main areas I aim for are the contours just beyond the no anchoring zone and the contours on the southern side of Little Barrier. I stop every few miles along these contours to look for work-ups and check my sounder for snapper.

## HOW TO FISH

The most common way to fish the work-ups is to use slow jigs. There are many different types of slow jigs (follow my column to learn more). It has become more common to use the slow jigs as fishing work-ups becomes more about finding the work-ups rather than trying to attract the snapper. Next month I will cover how to fish the work-up once you find one.

*Tight lines until next time.*



*A gannet diving into a work-up*



**Closed from 15 July, back first week of September.**

Thanks to you all for your friendship, love and support. It's been a fantastic 6 months since we opened! But like a good son, I miss mum so we are taking the opportunity to go visit (and get more recipes).

**4/1056 Beach Road, Torbay. Phone: 09 473 1002**

## Tides-July 2023 (Murrays Bay)

		HIGH	LOW	HIGH	LOW	HIGH	LOW		
Sat	01	04:33	2.7m	11:02	0.6m	17:23	2.8m	23:30	0.7m
Sun	02	05:30	2.8m	11:56	0.5m	18:17	2.9m	-	-
Mon	03	-	-	00:22	0.6m	06:27	2.9m	12:49	0.4m
Tue	04	-	-	01:15	0.5m	07:23	3.0m	13:40	0.3m
Wed	05	-	-	02:09	0.4m	08:19	3.0m	14:32	0.2m
Thur	06	-	-	03:03	0.4m	09:13	3.1m	15:23	0.2m
Fri	07	-	-	03:57	0.3m	10:06	3.1m	16:14	0.2m
Sat	08	-	-	04:52	0.3m	10:59	3.1m	17:08	0.3m
Sun	09	-	-	05:46	0.4m	11:53	3.0m	18:03	0.4m
Mon	10	00:24	3.1m	06:41	0.4m	12:48	2.9m	19:02	0.6m
Tue	11	01:19	3.0m	07:36	0.5m	13:45	2.8m	20:03	0.7m
Wed	12	02:14	2.9m	08:32	0.5m	14:45	2.8m	21:05	0.8m
Thur	13	03:10	2.8m	09:29	0.6m	15:46	2.7m	22:04	0.8m
Fri	14	04:06	2.7m	10:25	0.6m	16:45	2.7m	22:59	0.8m
Sat	15	05:01	2.7m	11:19	0.6m	17:39	2.8m	23:50	0.8m
Sun	16	05:54	2.7m	12:10	0.6m	18:28	2.8m	-	-
Mon	17	-	-	00:38	0.8m	06:45	2.7m	12:56	0.6m
Tue	18	-	-	01:23	0.8m	07:32	2.7m	13:39	0.6m
Wed	19	-	-	02:06	0.8m	08:16	2.7m	14:19	0.6m
Thu	20	-	-	02:48	0.7m	08:57	2.7m	14:58	0.6m
Fri	21	-	-	03:28	0.7m	09:36	2.7m	15:35	0.6m
Sat	22	-	-	04:07	0.7m	10:14	2.7m	16:13	0.6m
Sun	23	-	-	04:46	0.7m	10:52	2.7m	16:52	0.7m
Mon	24	-	-	05:25	0.7m	11:30	2.6m	17:34	0.7m
Tue	25	-	-	06:06	0.7m	12:12	2.6m	18:19	0.8m
Wed	26	00:31	2.7m	06:49	0.8m	12:58	2.6m	19:09	0.9m
Thu	27	01:16	2.7m	07:37	0.8m	13:51	2.5m	20:05	0.9m
Fri	28	02:06	2.6m	08:31	0.7m	14:50	2.6m	21:04	0.9m
Sat	29	03:01	2.6m	09:30	0.7m	15:53	2.6m	22:04	0.8m
Sun	30	04:02	2.7m	10:31	0.6m	16:55	2.8m	23:03	0.7m
Mon	31	05:05	2.7m	11:31	0.5m	17:53	2.9m	-	-

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



# Ronald McDonald House Fundraiser a Huge Success

By Alan Fletcher

Glitz, glam and sparkles were all on display at the black-tie Champagne on the Shore fundraiser for Ronald McDonald House held at the new Mercedes Benz dealership in Takapuna on Thursday 8th June. Over 200 people packed the venue with fancy frocks, shiny shoes, and strapping gentlemen in their finest dinner suits.

Attendees dug deep and generously helped raise over \$85,000! This came from ticket sales, the sale of donated auction items, raffles, and purchase of one or more RMH accommodation nights for families going through everyone's worst nightmare – a sick child under the care of our medical heroes at Starship Hospital.

Entertainment, similarly donated, included live performances from Kings and Boh Runga to the joy of our generous locals who danced late into the evening. Also donated was the free-flowing champagne, wine, beer, and gin which kept our engines running.

Sponsors Mercedes Benz, The Production Agency and Janie and Brent Wilson of Janbre Group (see May cover story) put on a fantastic and memorable night. It was a wonderful opportunity for North Shore's community to help alleviate the difficult and trying times some families face. The accommodation, meals and support RMH will be able to provide with the money raised will give families more time to focus their energy and love on supporting their hospitalised child.

We were heartened to hear Janie and Brent and team plan to make this an annual event. That gives me a year to lift my dancing skills.



Steve & Marewa (Torbay Magazine), Daniel Church, Janie & Brent, Victoria Short (HBLB) & me.



Kings and MC Megan Alatini.

Photos by Hana Vackova, Event Photography, Browns Bay

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Medium:	\$120	Half page:	\$245		



The Torbay Magazine is produced as a service to the community by the TBA, a small not-for-profit whose members are mostly small businesses. **To book your advert, email: [magazine@torbay.co.nz](mailto:magazine@torbay.co.nz)**



### Getting Crafty with Paper

You might think that Papercraft is sitting around making greetings cards or that Mixed Media sounds a bit difficult.

In the Papercraft group we have been creating Junk Journals from discarded packaging cardboard, scrapbook papers, old sheet music, old book paper, envelopes, fabric, lace and more. These can be tailored to become recipe books, garden notebooks, travel journals, a diary or a journal for a wedding gift or a baby's first year. Even a simple paperclip can be turned into a clever little bookmark to slip over the top or side of a page. These photos show you what beautiful things some of our members have made.



In the Mixed Media class, we have altered old bottles to make stunning vases. We are currently making Art Lap Books to hold our paints, brushes, paper and pencils all in one amazing folder which can be used as a portable drawing/painting board.

No previous experience or artistic talent is required to join our classes. We provide everything you need to take home your own masterpiece. Classes are fun and they're an opportunity to meet new people. Why not pop in any day

except Friday morning to see what we are doing?

Our mums and babies' group, Going Potty, is starting up again and will be running every Wednesday morning.



**Going Potty**

**New Parents group @** 

Wednesday Morning during School Terms from  
10am - 12pm

Come along and meet other new parents, get crafty and have some time for your creative self.  
Non-mobile baby's welcome.



#### INTRODUCING JAN LUNT, PAPER-CRAFT AND WATERCOLOUR TUTOR

Jan is a Torbay / Long Bay local and lives with her family and cute dog Rocky. Jan brings lots of creative ideas and talent to our Team at Raft, as well as

being the calm and organised person who keeps us in tow. She's worked with many diverse people which has given her a very trusting and warm persona that resonates with many of our students. Jan enjoys watercolour painting and paper crafts which includes a multitude of creative arts.



### Project Idea: Box Art

If you have one of those draws, filled with unwanted but useful things, why not group a few together and create a piece of art in an old box. You can use anything from an old matchstick box to a shoe box. Make a theme of it and turn it into a memory box or gift. Great way to use up clutter!

All you need is a box, some glue, decorated paper for the background and lots of small decorative things. Old lace is a great way to make bunting :)





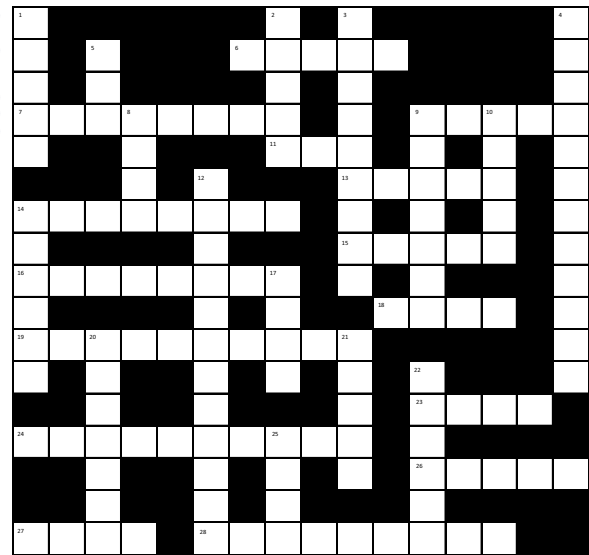
		8		5				
		3				6	8	1
		4	8		9	7	5	2
8		9		1		2	7	
		1	3	6			4	9
			2			1		8
		2			1	4		7
1			9	7		8		5
3	8	7			2	9		6

Answers Page 30

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

ACROSS

- 6 \* Keeps you regular
- 7 \* The 'M' in RMH
- 9 Extremely enthusiastic recommendation or appraisal
- 11 An immoral act considered to be against divine law
- 13 \_ tail fundraiser for WWF
- 14 \* Nathan's two main areas to fish have something in common
- 15 Small containers, typically glass, used for holding medicines
- 16 \* Food scraps bin reduces \_ waste
- 18 Snail \_
- 19 \* Long Bay Primary Light-up \_ event
- 23 Most advanced stage of HIV
- 24 \* Raft group focus
- 26 That which is taken to be true
- 27 Go fly a \_
- 28 \* Respiratory \_ Virus



DOWN

- 1 Rosemary and \_
- 2 \_ of a feather opening soon in Long Bay
- 3 \* Local mums \_ led to kids only challenge
- 4 \* Super-Advice reason #2
- 5 \* Vineyard prize destination starts with
- 8 Drive out or expel someone
- 9 \* Nga Puhi Chief who aided Rev Samuel Marsden
- 10 4th studio album of rapper/singer Drake
- 12 \* Relation of the Black Ringed Sea Hare
- 14 Considered the successor to the Prophet Mohammad
- 17 Uncouth and aggressive man or boy
- 20 Type of transport hub
- 21 Not clean
- 22 \* Rev \_ Tima
- 25 Astronomically speaking it's a billion years

# Kid's Flea Market Returns

**By Wenmiao Bian, Project Manager, Families Growth and Thrive Charitable Trust**

The first post-pandemic Kids' Flea Market in June, held at St. Anne's Hall, Browns Bay, attracted over 200 people. Young entrepreneurs aged 6 to 12 years old, from across the Bays, managed 15 stalls filled with an impressive array of used/pre-loved items. Their enthusiasm and creativity resulted in sales of approximately \$800. Thanks to sales of delicious cookies from Brown's Bay bakery An's Creation, \$100 was raised for this year's Pink Ribbon campaign.

The Kids' Flea Market was organized by Families Growth and Thrive Charitable Trust who provide opportunities for children and youth to make social connections, and develop

their talents and entrepreneurial skills. Teenage volunteers from various high schools and some adult volunteers helped to make the event a success. Pam, the Chairperson of Heart of the Bays, also provided invaluable support and encouragement.

The great response from the community means the Kids' Flea Market will return as a monthly event (except for school holidays). The next one will be Sunday 6th August, 9am – 12 noon and all the stalls are already booked.

Families Growth and Thrive Charitable Trust, established in 2019, is a non-profit organization aimed at providing cultural and educational support for new immigrant families. To find out more see their website: [www.fgtct.org](http://www.fgtct.org)





# Life on the Edge

## July 2023

### Ngā Kōrero

#### Meet the Black Ringed Sea Hare

The author and naturalist Rachel Carson wrote that the edge of the sea is a strange and beautiful place. Long Bay-Okura Marine Preserve has a lot of strange and beautiful shoreline that is home to animals that are just as strange and beautiful.

One of my absolute favorites is the Black Ringed Sea Hare, *Aplysia argus*. It is a Mollusk, and related to animals such as nudibranchs, octopus, snails and oysters. At high tide it moves around the shallows searching for its preferred food, sponges, and at low tide they can be found hiding in rockpools trying not to dry out. Smaller slugs are most common, but you can be lucky to find a sea hare up to 40cm long! They have a squishy feel but be careful, if they feel threatened, they can release a bright purple "ink" that can stain fingers. Recently, students visiting Sir Peter Blake MERC have been lucky enough to see lots of sea hares while taking part in our kiatiakitanga rock pooling program. Talk about strange and beautiful!



Article and Photo by Patrick Burnham, Marine Education Coordinator for Sir Peter Blake Marine Education and Recreation Center, Long Bay. [merc.org.nz](http://merc.org.nz)



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# Respiratory Syncytial Virus (RSV)

Winter is a great time for chasing leaves and jumping in puddles. But it can also be a stressful time for *tamariki* (children) and *whānau* (families) with continuous rounds of sneezing, coughs, and runny noses. *Tamariki* are spending more time indoors around other *tamariki* making them more likely to pick up bugs and illnesses.

## WHAT IS RESPIRATORY SYNCYTIAL VIRUS (RSV)?

A common cause of colds is respiratory syncytial virus (RSV) which causes infection in the respiratory tract and lungs. It is especially common during winter and spring months.

Most *tamariki* have been exposed to RSV by the time they are 2 years old, giving them a chance to build up their immunity.

In older children, RSV symptoms are mild and similar to a common cold. However, for *pēpi* (babies) the virus can cause serious illnesses such as bronchiolitis and pneumonia, and they can become increasingly unwell very quickly.

*Tamariki* with bronchiolitis may wheeze and breathe faster to try and catch their breath. For *pēpi*, because of their much smaller airways, they can be seriously affected by bronchiolitis.

The virus often spreads at daycare and early childhood centres and *tamariki* can bring it home to others, including vulnerable *pēpi*.



## TIPS TO PREVENT EXPOSURE TO RSV

- Frequent thorough handwashing
- Social distancing, especially from people who are sick (let friends and *whānau* know before they visit)
- Covering coughs and sneezes. Teach little ones to sneeze into their elbows
- Keep your house warm and dry
- Have a smokefree environment
- Keep sick children home from daycare and early childhood education centres.

If you are concerned about your *pēpi* or *tamariki*, PlunketLine is available 24/7 on 0800 933 922. Or consult your doctor or practice nurse.

## HOW IS RSV TREATED?

Treatment of RSV depends on the severity of symptoms. Most RSV cases are mild and don't need medical treatment from doctors. However, an RSV-related infection can be more serious for babies. Some might need treatment in a hospital as they need to be watched closely, have plenty of their normal milk/fluids, if needed, and treatment for any breathing problems. Antibiotics aren't used because RSV is a virus and antibiotics work only against bacteria, but sometimes, doctors give medicine to help open up the airways.

## WHEN CAN I GIVE MY BABY PARACETAMOL?

RSV infections usually go away after 1-2 weeks. Mild and cold-like symptoms should be manageable. For fevers and pain, you can use paracetamol, however, always consult your doctor before doing so. For young babies (under 3 months old) paracetamol needs to be prescribed by a doctor. It's a good idea to talk to a health professional before giving your child any medicine, and that includes cough medicine (which is not recommended for *tamariki* under the age of 6).

## WHEN SHOULD I TAKE MY CHILD TO THE DOCTOR?

If you are concerned about your child's symptoms or your child is displaying severe symptoms such as high fever (more than 39 degrees Celsius), wheezing, severe cough or if they are struggling to breathe (faster breathing and working extra hard to catch their breath), take them to the hospital. For young *pēpi*, they may not want to drink milk as they may be struggling to breathe.



**DECLUTTER AND DONATE**

Torbay Plunket is looking for donations of good quality children's and babies clothes and toys

If you have anything suitable, our drop off mornings are:

**9-11 AM SATURDAY 29 JULY SATURDAY 12 AUG**

AT THE TORBAY CLINIC  
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plunket  
whānau āwhina



# Magical Night at Long Bay Primary School



Last month's incredible 'Light-up Playground' event was a roaring success showcasing community spirit and support for the school's needs. The event was organized by the Long Bay Primary School PTA to raise funds for weather shelters at the school's collection zone. Vibrant lights and music, supplied by It's My Party, magically transformed the playground into a captivating wonderland.

Families relished the diverse food trucks, including pies from the delectable Pioneer Pie Company, irresistible crepes from French Kiss, and the school's Fun Candyland stand. The success of the evening aids the Long Bay Primary School PTA in their mission. Together, the community and PTA prove that unity can create magic!



A big thanks to *It's My Party*, owned by Sean and Natalie, a local light and sound company with 30 years of experience. If you've got any events coming up, *It's My Party* has budget-friendly offerings like DIY disco and karaoke packages, outdoor lighting, workplace parties, themed kids and adult discos, house parties, weddings, and special birthdays. Check them out on [www.itsmyparty.co.nz](http://www.itsmyparty.co.nz) or phone 0212636226.





# Torbay School's Garden to Table Programme

By Susan Ye

*Garden to Table* is one of the many activities our Year 6 students get to experience and enjoy. The programme provides the opportunity for students to learn about the practicalities of growing a range of delicious and nutritious vegetables and it encourages students to think creatively and find innovative solutions to challenges they may encounter in the garden.

Throughout the programme, students experience the entire garden to table process. They spend time nurturing the garden, including applying natural fertilizer like worm tea to ensure their vegetables are growing healthily. From growing, the children then harvest the produce, learn about food handling techniques, and most importantly, learn to cook by following a recipe. They even set the tables and enjoy a meal together in a restaurant style setting. Our *tamariki* learn about composting, reducing food waste, and the importance of organic gardening practices. This knowledge empowers them to make environmentally conscious choices both in and out of the garden.

The most satisfactory and rewarding process is the harvesting. The students' smiley faces say it all when they pick produce from the garden to cook in the kitchen. Working in the garden also encourages students to work collaboratively as a team. They learn the value of communication, sharing responsibilities, and supporting each other in achieving common goals. These skills are transferable to various aspects of their school and personal lives.

We would like to acknowledge our head chef, Vicki Byard, who comes up with amazing recipes each week for our students to cook. She not only teaches the benefits of healthy eating but also the essential skills around the kitchen, especially the health and safety aspect of using a range of utensils appropriately. Meanwhile our garden expert Chanel



Torbet teaches our students sustainability around the garden and guides them in the process of growing delicious vegetables. Of course, all of these fabulous learning experiences wouldn't happen without the support of our teachers and a group of dedicated parents who come each week to help.







# Open Evening 19<sup>th</sup> July 2023

An invitation to learn more about our school, Long Bay College.  
We look forward to seeing you there!

## Open Evening

Our open evening is a perfect opportunity for you to get to know our beautiful school, our educators, and our students. Please join us on Wednesday, **July 19<sup>th</sup>** for a welcoming and awe-inspiring evening hosted by Long Bay College.

There are **guided tours** led by student leaders operating throughout the evening and presentations taking place in the auditorium at 5pm, repeated at 6pm and 7pm.

Bookings required: <http://events.humanitix.com/enrolments-evening>

## Year 8 Day

We will be welcoming year 8 students to our annual open day on Friday, **July 28<sup>th</sup>**.

This is an important day and part of the successful transition of our students from Intermediate to College.

## School Tours

Visit Long Bay College in action during a school tour, guided by one of the school's Senior Leadership Team members. This opportunity is an excellent way to get to know the school and ask questions.

## Booking a Tour

Tours start at 9am on the following dates:

- **Tuesday, August 1<sup>st</sup>**
- **Monday, August 7<sup>th</sup>**
- **Friday, August 11<sup>th</sup>**
- **Monday, August 14<sup>th</sup>**

For further information and to book your tour: [longbaycollege.com/open-evening](http://longbaycollege.com/open-evening)

## Enrolment Interviews

- **Tuesday, August 8<sup>th</sup>**
- **Wednesday, August 16<sup>th</sup>**
- **Monday, August 21<sup>st</sup>**
- **Tuesday, September 5<sup>th</sup>** (Reminder: AIMS Games Tournament during this week).

## Entrance Testing

**Aug 5<sup>th</sup>** - Testing for aspiring scholars (Registration required).

**Nov 3<sup>rd</sup>** - Entrance testing for Northcross Y8 only. Held at Northcross Intermediate.

**Nov 11<sup>th</sup>** - Entrance testing for Y8 who were absent or do not attend Northcross.

## Out of Zone Applications

- The deadline for applications is 4pm on Wednesday, 30<sup>th</sup> August 2023.
- Enrolment interviews for Out of Zone applications should be booked for the 8<sup>th</sup>, 16<sup>th</sup> or 21<sup>st</sup> of August.
- The ballot for Out of Zone places in 2024 will be held on Wednesday, 6<sup>th</sup> September 2023.
- Applications received after the deadline will not be eligible for the ballot and instead will go on a waitlist.

## Visit us Online

[www.longbaycollege.com](http://www.longbaycollege.com)  
[www.facebook.com/LongBayCollege](https://www.facebook.com/LongBayCollege)

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# Classifieds

## ACCOMMODATION

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

## BUILDING & TRADES

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

**Builder**—Renovations to bathrooms, buildings, new decks, fences, paths and driveways. 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.

**Building Consents**—Renovating? Need building consent? Ph 021 0297 1498  
Email: info@monkco.co.nz

**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.

**Design & Build**—Renew - Redo - Build. Ph Core Design & Build 0800 579 470  
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

**Butterfly Personalised Transport**—www.butterflytransport.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. jdpropertieservices.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](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 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:candcnewel@gmail.com)

**RAFT STUDIO**—Term 2 Weekly Classes:

- **Mondays:** 9.30am-12pm *Short & Sweet* Open Studio for One Hour Projects; 12pm-3pm *Sewing*; 7pm-9pm *Have a Yarn* (alternate **Mondays**, next on 17 July)
- **Tuesdays:** 9.30am-12.30pm *Papercraft*; 1.30-4pm *Mixed Media for Beginners*
- **Wednesdays:** 10am-12pm *Going Potty*; 1.30pm-4.30pm *Abstract Acrylics*.
- **Thursdays:** 9.30am-12.30pm *Mixed Media Advanced*; 1.30pm-4.30pm *Casual Art 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](http://www.brownsbayrotary.co.nz)

## Competition

*Do you recognise this location?*

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

**JUNE LOCATION: WENDERHOLM ESTUARY  
JUNE WINNER: RUSSELL GRANT**





**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.

**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](http://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](mailto:torbaycommunityassociation@gmail.com)

**TORBAY STEP BEYOND STUDIOS**—022 596 8440

## 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 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 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](mailto:myfanwy@xtra.co.nz) or see [www.U3ABB.nz](http://www.U3ABB.nz)

**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](http://www.vaughanpark.nz)  
 To book: [chaplain@vaughanpark.org.nz](mailto: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



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EVAN & VICTORIA



*Contact Us*

**MATT CORIN**

027 777 0737

[matt.corin@harcourts.co.nz](mailto:matt.corin@harcourts.co.nz)

**MAGGIE GAO**

021 518 280

[maggie.gao@harcourts.co.nz](mailto:maggie.gao@harcourts.co.nz)

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