

OCTOBER 2022

EST 1992

TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine

Naomi Saffer
New floristry trends

New Look
Torbay Newsletter



Safety at Work
Holistic Beauty
Spring Gardening
The Godwits Return

Evolution from Newsletter to Magazine

The Torbay Newsletter started life as a single double-sided folded A3 broadsheet.



1992

1995

A few years on, it grew to an A5 sized multi-page booklet.



Over a decade later, the Torbay Newsletter title featuring the tor appeared, at first in black and white. In 2007 it took on some colour and in 2011 the Newsletter upgraded to gloss paper.



2008

2013

The next change was to go up from the small A5 sized booklet to a size midway between an A5 and the full A4 size it is today.



The leap to the full A4 size occurred in 2019. The next big change, in writing style and quality of content began in February 2022 once the new Torbay Business Association Chair and Co-ordinator formed a new editorial team.



2019

2022

The new look Long Bay, Okura, Torbay & Waiake Lifestyle Magazine caps the evolution of the Torbay Newsletter from its humble beginning to the magazine that it is today.

Thank you to everyone who called for a modern look befitting our area, and for your feedback and suggestions on what to change, what to keep and what to call it. Enjoy!



Leaf & Honey

By Naomi Saffer

How lovely to be asked if I wanted to feature in our local Torbay Magazine. I have lived in Torbay, gosh, for about 15 years. We moved here from Mt Eden. It was a bit of a shock to the system to go from inner-city living to a quiet seaside suburb, but we are fully settled now and just love this little community. We feel very lucky to live in best suburb on the North Shore, wink wink.

I am the owner of a very busy and very beautiful floral studio, Leaf and Honey. Our flowers are often referred to as being quite unique, but we have a simple and considered aesthetic.

We mainly flower large-scale events and weddings, with a few high-end clients and some wonderful customers for whom we regularly flower their homes and special occasions. Every now and then we do



a wee pop-up shop either online or in the flesh. In the past we have been in Morningside and Takapuna. Not Torbay yet ... but watch this space! We hope to have more of a presence locally and in the bays very soon!

Our studio is pumping and full of flowers from September to May so we can usually accommodate our local friends and clients. If you live locally and would like to order some of our beautiful blooms for your home or a one-off special bouquet, please email us. If you are a flower lover or just appreciate good design and an abundance of beauty please follow us on Instagram.



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9 Dee Place	\$1,165,000
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886 Beach Road	\$1,290,000
4 Killick Place	\$1,298,000
36 Danbury Dr	\$1,300,000
1 Sealy Road	\$1,300,000
118A Glamorgan Dr	\$1,308,000
17 Carnmore Pl	\$1,370,000
3 Uruhau Close	\$1,467,500
79 Te Oneroa Way	\$1,500,000
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Chair's Letter

By Dr Marewa Glover, Chairperson
Torbay Business Association

Welcome to the NEW LOOK *Torbay Magazine!* The timeline on the inside

cover page shows the evolution of the Torbay Newsletter from its beginning 30 years ago. It has changed in size, look and feel several times. This eighth version reflects the growth and change in our community, the wider area we deliver to which includes Long Bay and Okura, and the increase in the number and types of businesses operating in our northern East Coast Bays *rohe* (district).

Keerti Siag (our Torbay Business Association Co-ordinator) and I, are thankful for all the feedback, suggestions, and advice we have received since becoming the editors this year. Some experts: Lisa Grace, Colin Lunt and Alice Leah said, 'this is not a newsletter, it's a magazine!' Though technically right, we were warned people don't like change. Thinking of our longer-term readers, we changed things slowly. But as Kath Knight says (pg. 16) there comes a time when you must 'seize the day.'

So many wonderful locals have facilitated the change – writing articles, sponsoring content, advertising with us, allowing us to tell their stories and take their photo. And what a difference a professional photo can make! This new stylish look would not have been possible without Keerti and Colin's photographic skills.

Values that are shared by many in our community, such as sustainability, community spirit, love for our environment, native birds and our coastal lifestyle, also drove the change. You have important stories to share. There are champions to celebrate, people doing good deeds, award-winning businesses, ordinary people modelling what it means to care. The *Torbay Magazine* is a stage. We wanted it to be a stage upon which you could stand with pride.

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Have News?

To submit a story, news, poem or to advertise, email: magazine@torbay.co.nz or ph 027 2757 852

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Facebook – Torbay Village, New Zealand

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Marewa, Keerti, Steve, Lisa, Deb, Rosemary, Wendy and Oliver.

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To receive a PDF copy of the Torbay Magazine by email instead of having a paper copy delivered to your house, subscribe (at no cost) by emailing us at magazine@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.



INDEPENDENT LOCALS

Hibiscus and Bays Local Board



Steve PINER

@stevepiner.ecb

I grew up on the North Shore and chose Torbay to give our daughter the same great quality schooling and coastal lifestyle to grow up in. A builder by trade, I worked my way up through a range of building sector jobs to Operations Manager then to running my own successful businesses. Over the last 5 years I've served on the Long Bay College Board and been a member of the Torbay Business Association. This gave me a deep insight into the needs of local parents, youth and small businesses. I'm concerned about youth mental health and want a more inclusive future for them. Other groups are also being overlooked. We have a more culturally diverse community and more younger adults raising their families in the area. With your vote I will challenge out-dated and out of touch thinking.



Nathan PONT

@nathanpont.ecb

I have called the East Coast Bays home my whole life. I have grown up experiencing the most the Bays has to offer through starting school all the way through to my adult life. In my professional working career as a Quantity Surveyor, I have had the opportunities to work on local schools and housing projects in the Bays. I have been on The Long Bay Okura Great Park Society Committee for the past five years being involved in protecting our Regional Park. This has provided me with an understanding of our local issues. I have a passion for boating and our beaches and believe the facilities should be improved to ensure the community can enjoy the Hauraki Gulf and local beaches. The Bays are growing, and I want to ensure the spirit of the Bays and our community needs is at the fore front.



Victoria SHORT

@victoriashort.ecb

For the last 3 years I have led the Local Board as Deputy Chair emphasising transparency, accountability and action. Prior to this, I spent 6 years advocating to Council and Central Government on behalf of our residents as electorate agent for MP's Hon Murray McCully then Erica Stanford. I am a volunteer trustee for Life Education North Shore, a member of the Institute of Directors, an executive member of a local Business Association and an active volunteer with many of our wonderful community organisations. My laser focus is on prudent expenditure of ratepayer funds, crime prevention, improving transport choices and upgrading our ageing infrastructure. I stand with a strong independent team, offering a fresh approach underpinned by results and accountability.

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Authorised by V.Short, PO Box 35764, Browns Bay



STEVE
PINER



VICTORIA
SHORT



NATHAN
PONT

Congratulazioni Piatti Italiani, sette anni in Waiaki

By Colin Lunt (article & photos)

It's seven years since Alfio opened Piatti Italiani nestling midway between Torbay and Waiake on the corner of Hebron Road. Alfio admits it was a huge risk following on from the restaurants before him, but it was a risk he was willing to take. It then came as a wonderful and welcome surprise when his son Giancarlo decided to join him. They now form a great partnership and one which they have valued through the many challenges of starting up and then battling through Covid.



"We were just getting settled and Covid came along," said Alfio. "There we were, overnight, faced with possible disaster." Alfio and Giancarlo got to work quickly creating a business-saving take home menu choosing the best from their mother's and grandmother's recipes – delicious Antipasti, Pasta, Risotto, Fritto Misto and Pollo, all simply yet skillfully created for their regular customers who supported them right through. Their Click and Collect Menu remains on their website and is still very popular.

Piatti Italiani is now back in full operation with Alfio in the kitchen lovingly preparing this week's specials - how about Lasagne - Salmone e Asparagi (Salmon and Asparagus Lasagna) or Scallopine Piccata (Pork loin escallops pan-fried with garlic, capers and a lemon-butter sauce)? There's Antipastos to share, mouthwatering Linguine and Tagliatelle and Nonna Giuseppina's unbelievably tasty Sicilian style pizza bread drizzled with the best-ever olive oil. The bread is a secret recipe handed down and lovingly recreated by Alfio. Giancarlo meanwhile is deftly rolling out the pasta. Once done he's your host front of house, creating Piatti's cocktails and serving.

Piatti is friendly, cosy, not too noisy and full of the beautiful odours of good food. From the moment you enter you know it's going to be a good night. They're open Tuesday to Saturday 5 to 8.30pm. And don't forget their special Wednesday deal, purchase any meal and second meal is half price! See ad pg. 8.



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Thank you

Our experience with the Torbay Magazine has been nothing short of astonishing. In August we had the amazing opportunity to feature on the cover. With genuine support and great guidance from the Torbay Magazine team, their story and our ad led to a 113% increase in business. Our customers have also promoted us. But we've not only had an increase in business and support, we've met an entire community of like-minded business owners around the Torbay area.

I can't recommend the Torbay Magazine enough. They have brilliant pricing for adverts, a wide area of physical copy delivery and an absolutely splendid and devoted team – Marewa, Keerti and the rest. Thanks.

Joel & Arama,
BrownTown Detailing

Mystery Letterbox



If this is your letterbox, you have **WON** a \$50 voucher from Torbay Bar. The voucher must be claimed by the end of October. It cannot be exchanged for cash. Contact magazine@torbay.co.nz

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100 Years of Justices of the Peace

By **Oliver Simpson**

As the Auckland Justices of the

Peace Association celebrates its centenary on 15 October, I thought it a good time to recap what they do and how to become one?

Justices of the Peace (JPs) were established in the mid-1300s in England by King Edward III. JPs originally had the job of keeping control of rogue sheriffs and barons, and advising the Monarch of crimes in their county or shire. These days, their role is vastly different. Instead of monitoring rogues, JPs witness signatures; certify documents; take statutory declarations, affidavits, or affirmations; receive information and complaints, and issue summonses (calling people to court). Occasionally they act for the coroner (who is a

specialised judge in New Zealand).

A JP must have a genuine desire to serve their community. But they need to have a range of abilities to qualify to become a JP.

JPs must be competent in:

- spoken and written English;
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JPs must be impartial as they see all sorts of personal information and witness signatures. They are not allowed to have ever been bankrupt or have had a serious criminal conviction. They are also never allowed to accept any gift or monetary thanks for their work, except in some cases where the Ministry of Justice reimburses some of their costs.

Once given provisional approval to become a JP the governor-general must formally appoint you. Then you must undertake the training provided.

For information on becoming a JP visit the Auckland Justices of the Peace Association's website:
<https://jpauckland.org.nz/>

To become a JP, you must:

- be a New Zealand citizen;
- have letters of support from two recognised organisations you have volunteered for;
- be nominated by your local MP;
- have a CV;
- pass an interview with an Associate Minister of Justice.

JPs can do the following:

- Witness signatures on documents
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Gardening with Veronika

By Veronika McPherson

Mid-spring is the time to plant seedlings and sow seeds but hold off planting heat-loving plants until Labour Weekend when you can sow

cucumbers, courgettes, eggplants, pumpkins, dwarf and climbing beans direct into your garden beds.

It's also a good time to add a layer of mulch in your garden. Mulch can be anything from grass clippings, straw, or simply

old plant material. Do a clean-up in the garden and cut up your old plant material into smaller pieces and sprinkle generously on top of the soil. Mulch moderates the ground temperature, keeps the weeds at bay and protects the earth from the elements. A layer of mulch will also stop the soil from drying out and save you from watering as often—a big bonus come summer.

Plant Dahlias now. October is the month to get your dahlias in to enjoy these beautiful blooms come summer.

Tip of the Month

Plant your pea seeds in pots made from toilet rolls. We fill up an old ice cream container with our recycled toilet roll pots. Cut and fold to make small pots and sow three pea seeds in each roll.



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Plant straight into the garden when the peas are about 5cm high. This is a great way to recycle and reuse the resources you have at hand. Once you've planted your peas out in the garden, repeat!

Alternative Bread's Mixed Spice Loaf

How great to have a local gluten-free baking expert and bread mix maker in our backyard. Alternative Bread's spiced bread fruit mix has the classic spongy texture many gluten-free breads lack. Neither is there that chalky metal aftertaste some gluten-free products suffer from. If you have any family or friends who are gluten-free, we highly recommend you try, or buy Ruth's bread mixes and download her recipes. Xmas is coming – why not make Ruth's Christmas cake? She has some special advice on how to get it right and October is the month to make them. See her advert opposite.

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2. Touch up any tired painted areas, replace lightbulbs, repair anything that needs fixing.
3. A spring clean makes your home feel fresh & new again. A good tip, get your carpets cleaned, and have the house and driveway water blasted.
4. Give it some flair! Draw attention to the best areas of your home by dressing them up with colour to catch a buyers eye. Cushions work well for this.
5. Buyers can fall in love with your home from the street. Give the front of the house a spruce up, tidy up the garden, use potted colour.
6. Choose an agent like me, I can help you with your "to-do" list - the job won't seem so big after all!



Wendy Treadwell

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What is Holistic Beauty?

Holistic Beauty is an all-encompassing approach to a healthy mind, body and soul which will ultimately result in healthier radiant skin.

I'm passionate about holistic beauty because I truly believe our appearance outside is connected with what happens inside of us, which means that beauty is more than skin deep. Our real beauty comes out by nurturing what is on the inside, and it shows in our mood, vitality, and glow.

Holistic beauty to me also means a natural approach to skincare using non-toxic products and ageing gracefully. At Bloom, we're about enhancing a person's existing beauty—supporting clients to glow with life and glow with beauty.

Tips to achieve Holistic Beauty

- Get your beauty sleep
- Eat a balanced and healthy diet
- Drink lemon water
- Take a recommended supplement
- Wear sunscreen
- Meditate
- Walk in nature
- Talk to someone

Learning how to cultivate beauty within ourselves by making our mind, body & soul healthy improves our overall wellbeing. This results in us being truly confident in our own skin which develops overall happiness.



Tanika

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Abby

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Abby is a Registered Nurse and Nutritionist with over 24 years experience. She supports her patients to learn to nourish and fuel their bodies with whole foods from nature.

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A Push for Council to Extend the Long Bay Regional Park



By Teresa Moore

With the aid of some great advocacy from the Long Bay Okura Great Park Society, it has been good to see the \$3.6 m purchase of land within the Regional Park in the last year. This land included the two remaining houses situated in the heritage protection zone within the park.

Long Bay is a very busy regional park, with over 2 million visitors per annum coming from all over Auckland. Indeed, it is such a popular destination and the demand from a growing population is so strong, that ongoing extensions to the Long Bay Park are important if we are to provide for future generations in the same way our forebears did for us.

Therefore, the Long Bay Okura Great Park Society believes the Council should buy the land that is for sale at Piripiri Point, at the end of Vaughans Road. This 7.06ha of land is zoned Piripiri Point Protection Area and most of it is designated Outstanding Natural Landscape. It could be amalgamated into the Long Bay Regional Park and would thus protect the Outstanding Landscape Area of the whole

park. It would also provide access from Vaughans Road to Grannies Bay and Pohutukawa Bay and make way for extending the recreational track network in the park.

To follow our progress on this campaign please follow Long Bay Okura Great Park Society on Facebook and on our website www.longbaypark.org.nz



Looking towards Piripiri Point



Aerial view of Piripiri Point



Sunset at Piripiri Point

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Torbay Theatre

We celebrated with the Queen as her 70th Jubilee coincided with 70 years of Torbay Theatre. We now mourn her passing and remember her life-long commitment to service; dedication to duty; and her sincere resolve to do good. A mighty tree has fallen in the forest; the rare white *kotuku* has flown. But Torbay Theatre goes on.

Our **70th JUBILEE EXTRAVAGANZA (29 OCTOBER at 7:30pm)** celebrates our long life. *Ladies in Retirement*, *Tin Hats and Gas Masks*, various Gilbert and Sullivans, wartime songs, and much more, will feature amongst scenes taken from shows from each decade of Torbay Theatre's existence. Roles, as far as possible, will be reprised by the original actors.

The mix of straight plays, comedies, and musicals will showcase our range, with many of our actors having at least one foot in the professional world. Our musical casts, famously 'aged 8 to 88' are drawn from local families and those who cross Auckland to audition. Our music directors skilfully blend the melodious but untrained voices of those who are reading music for the first time, and the professionals from the NZ Opera Chorus, who come back year after year.



The Three Decibelles with their professional-sounding medley of wartime songs.



Chauffeur Perkins breaks the bad news to the Lady of the Manor.

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Labour Day

Labour Day commemorates the campaign for an eight-hour working day and was first celebrated on 28 October 1890. Several thousand trade union members and supporters attended parades in main centres across the country. Government employees were given the day off and some businesses closed for the day.

The initial fight for an eight-hour working day began 50 years before that and was led by Samuel Parnell. In 1899, predating Waitangi Day and Anzac Day, Parliament legislated to make Labour Day a public holiday. New Zealand workers were among the first in the world to win this concession.

Photo: Poster celebrating 100 years of Labour Day Parades in New Zealand. Wikimedia Commons



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Living the Life of Riley

It's hard to believe it's been a few weeks since I was luxuriating in a long European summer. But that's the thing about time, it marches to a fast beat.



Art in the Park, Turin, Italy



Pizza at the local bakery, Bari, Italy

We all know the sayings - 'seize the day', 'there's no time like the present' and 'don't put off tomorrow, what you can do today'. But do we really appreciate the wisdom they carry?

Covid, if nothing else, gave the gift of time. For me, it was a rare pause in the busyness of life to reflect on how I was spending mine, or not spending it. I needed to start doing more of the things I love. And I love travel. I'm not talking a holiday. One where you spend the first week recovering from your exhaustion or getting sick, the next enjoying your newfound bliss only to find yourself spending the last week angsty about returning to work.

I mean travel where I throw on my backpack and forget about the grind of everyday life for several months. But money doesn't grow on trees and the squeeze of rising prices is real. So how could I pull it off? The secret lay in the planning:

- **Book early.** Start looking a year prior to going before prices get crazy.
- **Travel outside of peak places and times.** A lot of the joy is in discovering interesting and affordable places outside of the usual hot spots. Airbnb and the popular travel apps offer good options with excellent reviews. We chose fantastic places that rarely disappointed and the reviews were always on point.
- **Do free stuff.** Google the '10 best free things to do'. There's often free movies and concerts in parks, local food festivals

and galleries. Window shopping is a great way to wile away an afternoon, especially in a big city. And don't get me started on the joy of a European supermarket! Buying food can be much more rewarding than eating out which we saved for a treat. Having a picnic in a local park or beach is also a great way to soak up the local vibe.

- **Use public transport.** This will save you a small fortune. We cycled, we walked (a lot) and met many diverse and interesting people on buses and trains.



Nothing beats the local city beach, Gallipoli South, Italy



Cycling was a highlight, Puliga, Italy

- **Work remotely.** Another positive that Covid delivered: I was able to do some work which helped the coffers. And lastly, it takes a village – I had amazing support from *whānau* and friends who kept the home fires burning.

Three months later, I'm back to the busyness of daily life. The tan is fading but my commitment to making time for the things I love hasn't. Life is just too short!

By Kath Knight, a local who has grown up in the 'hood. She's also the owner of Objects In My Room. An eclectic homewares store popping up in Long Bay Village soon (see ad page 6).



The colours of South France - Menton.

"Hard working professional."

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The Thodays. Weatherly Road. August 2022.



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PROTECTING OUR LONG BAY OKURA MARINE RESERVE

Did you know

THERE IS A MARINE MAMMALS PROTECTIONS ACT

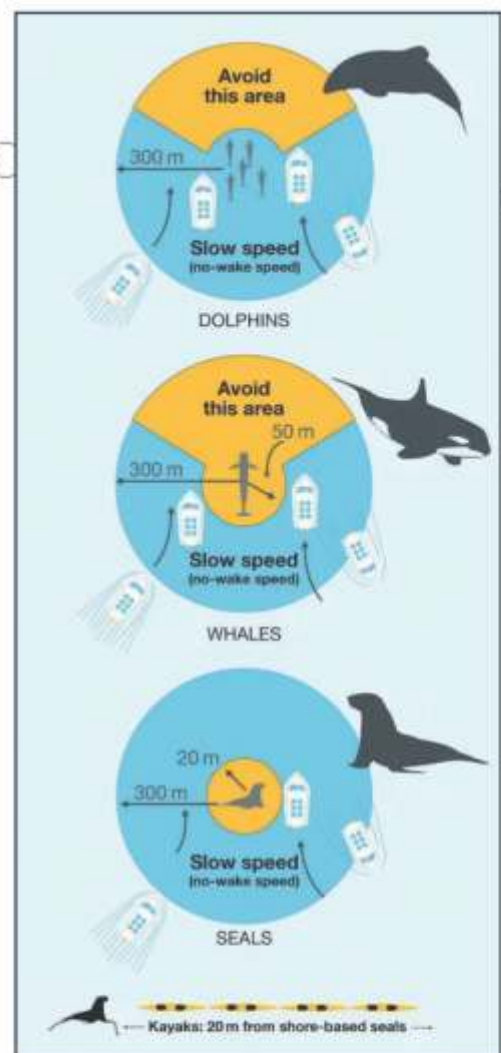
for the protection, conservation, and management of marine mammals within NZ and within NZ fisheries waters?

Along with cetaceans (whales, dolphins and porpoises), marine mammals include seals and sea lions. In Aotearoa, we typically see *kekeno* (fur seals), *pakake* (all sea lions) and our native sea lion, the *rāpoka*. The Antarctic *popoangaore* (leopard seal) also ranges into NZ waters. Other special visitors to our coastline include *ihupuku* (elephant seal), the weddell seal and crabeater seal.

The Marine Mammals Protection Act and its regulations are administered by the Department of Conservation. The regulations set out how we are supposed to share the environment with marine mammals.

We've all seen, heard, or been lucky enough to encounter dolphins, seals and sometimes whales. The Act seeks to ensure our interactions are in the best interest of the marine mammals. If they choose to interact with us, we can't stop them – but we should avoid forcing ourselves upon them.

Source: Yui Khai Foong, MERC



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✓ **MINIMISE FURNITURE:**

Rearranging or storing excess furniture will allow your house to appear more spacious and highlight its charm and unique details. Storing excess books and toys is definitely a good idea.

✓ **GO EASY ON SCENTS:**

One buyer might love the smell of a candle or freshly baked cookies - another might not. Our recommendation is to keep scents neutral and minimal in order to boost your home's appeal.

✓ **SHOW OFF STORAGE:**

We think it's important to "spring clean" wardrobes, laundry cupboards and any other storage areas to emphasise space and show their size and capacity. Every buyer likes space!

✓ **STREET APPEAL:**

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Straylines for Spring

By Yolande Jeffares

In spring, the fish feed up for spawning. If you prefer bait fishing, now is a good time to be slowly trolling a strayline with large strips of bait, whole baitfish, or whole squid. I prefer lures but in spring I often have a strayline out the back while fishing lures out to the side of my kayak.

Straylines can be purchased ready-made, but it is cheaper to make your own. To make a double hook strayline, you'll

need: two hooks, a swivel, a small ball sinker and some mono line. The weight of your line depends upon the type of fishing. In the kayak over sand, I typically use 20-30 lb mono. In a boat, at anchor or in rocky terrain, you may want to increase to a 50 lb line. A lighter line allows for more natural movement of the bait in the currents, whilst a heavier line provides greater insurance against it breaking due to abrasion or strain.

Tight lines my fellow fishos

How to make a strayline rig

1. Thread the line through your first hook leaving about 30 cm at the tag end (where the line is already cut). This hook will sit flat against the line part way up your rig where you secure the top of your bait, the head of a whole bait or the top of the squid hood. Tie onto the hook using a snell knot. It is possible to have a 'floating' hook, which isn't tied in place but it will take more practice to have your bait presented naturally.



2. Attach the bottom hook with a uni knot. As a guide to the distance between hooks—this



hook will go midway down your bait strip, in the belly of your baitfish or through the eyes of your squid. After you tie your uni knot cut off any excess tag end.

3. When both hooks are secured, allow about 60 cm from bottom hook to top of the line (allow a bit extra if you are still learning your knots) and cut the line. Thread the line through a small ball sinker.

Alternatively you can attach a small sinker at the swivel. Lastly, tie the top end to a swivel (or you can tie a loop using a double surgeon's knot).

That's it, you're done.

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Tides OCT 2022 (Murrays Bay)

		HIGH		LOW		HIGH		LOW		HIGH
Sat	01	-		05:40	0.3m	11:56	2.9m	18:04	0.5m	-
Sun	02	00:15	2.9m	06:28	0.4m	12:46	2.9m	18:58	0.6m	-
Mon	03	01:07	2.8m	07:20	0.5m	13:44	2.8m	19:59	0.6m	-
Tue	04	02:04	2.7m	08:20	0.6m	14:48	2.7m	21:04	0.7m	-
Wed	05	03:08	2.6m	09:28	0.6m	15:55	2.7m	22:10	0.7m	-
Thu	06	04:16	2.6m	10:39	0.6m	16:59	2.8m	23:14	0.6m	-
Fri	07	05:23	2.7m	11:44	0.5m	17:59	2.9m	-	-	-
Sat	08	-		00:13	0.5m	06:26	2.8m	12:42	0.4m	18:54
Sun	09	-		01:08	0.4m	07:22	2.9m	13:34	0.4m	19:45
Mon	10	-		01:59	0.3m	08:13	3.0m	14:22	0.3m	20:33
Tue	11	-		02:46	0.2m	08:59	3.1m	15:07	0.3m	21:19
Wed	12	-		03:31	0.2m	09:43	3.1m	15:50	0.3m	22:03
Thu	13	-		04:13	0.3m	10:25	3.0m	16:33	0.4m	22:46
Fri	14	-		04:54	0.3m	11:06	2.9m	17:15	0.5m	23:29
Sat	15	-		05:34	0.4m	11:47	2.8m	17:58	0.7m	-
Sun	16	00:11	2.7m	06:15	0.6m	12:30	2.7m	18:45	0.8m	-
Mon	17	00:55	2.6m	06:59	0.7m	13:16	2.6m	19:36	0.9m	-
Tue	18	01:42	2.4m	07:48	0.8m	14:09	2.5m	20:32	0.9m	-
Wed	19	02:33	2.4m	08:44	0.9m	15:06	2.4m	21:31	1.0m	-
Thu	20	03:31	2.3m	09:47	0.9m	16:05	2.4m	22:28	0.9m	-
Fri	21	04:31	2.4m	10:48	0.9m	17:00	2.5m	23:20	0.9m	-
Sat	22	05:29	2.4m	11:42	0.8m	17:49	2.6m	-	-	-
Sun	23	-		00:08	0.8m	06:21	2.5m	12:30	0.7m	18:35
Mon	24	-		00:54	0.6m	07:08	2.7m	13:14	0.6m	19:19
Tue	25	-		01:37	0.5m	07:53	2.8m	13:57	0.5m	20:03
Wed	26	-		02:21	0.4m	08:36	3.0m	14:40	0.4m	20:47
Thu	27	-		03:04	0.3m	09:19	3.0m	15:24	0.3m	21:33
Fri	28	-		03:49	0.2m	10:04	3.1m	16:10	0.3m	22:20
Sat	29	-		04:34	0.2m	10:51	3.1m	16:59	0.3m	23:09
Sun	30	-		05:21	0.2m	11:40	3.1m	17:51	0.4m	-
Mon	31	00:01	2.9m	06:11	0.3m	12:33	3.0m	18:47	0.5m	-

Source: MetService www.hightide.co.nz

New Not So Free Freedom Camping Bylaw

So called 'Freedom Camping' throughout Long Bay, Waiake and Browns Bay has become an increasing problem for residents over recent summers. The new Freedom Camping in Vehicles Bylaw 2022, which came into effect on 1 September, aims to balance and clean things up a bit.

The goal of the new bylaw is to protect sensitive areas, public health and safety, and access to Auckland Council-controlled areas – including most roadsides – from the impacts of freedom camping in vehicles.

The biggest change is that freedom campers must have a 'self-contained vehicle'. A 'self-contained vehicle' must have "the ability to meet the ablutionary and sanitary needs of the occupants of the motor caravan or caravan for a minimum of three days without requiring any external services or discharging any waste." In plain language, campers must have their own toilet and shower.

The other win for residents is that campers cannot stay in any one spot for longer than 2 nights. After the second night, they are required to leave after 9am and cannot return to that same spot for two weeks.

The Bylaw bans freedom camping at 13 new areas, including nearby places, such as Milford reserve and Colonial Road in Birkenhead. As a Regional Park, Long Bay falls under the Reserves Act and its current rules continue.



Campers that break the new rules are liable to an infringement fine of up to \$200 or a fine in court of up to \$10,000.

Torbay Business Association AGM

31 October, 6.30pm

Senior Citizens Hall, Torbay

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*Prices compared to Countdown on 15/9/22

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WHEN: Friday's: Start time: 5pm - 6pm

WHERE: Torbay Community Hall,
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The word *Sahaja* means 'inborn' because the purifying and healing energy that is gently awakened lies waiting within every human from birth. *Sahaja Yoga* is a genuine, solid experience: an actual physical reality

verifiable on one's own nervous system. It leads to spontaneous improvements in one's interactions and relationships with the world.

The new state transcends religious, ethnic, economic and political differences and clearly manifests the oneness of mankind. This meditation is freely available to anyone with a genuine desire to know the true self with a quest to evolve to a higher level of awareness, understanding and enjoyment.

Classes are held at the Torbay Community Hall on Friday 5-6pm (see adjacent ad).



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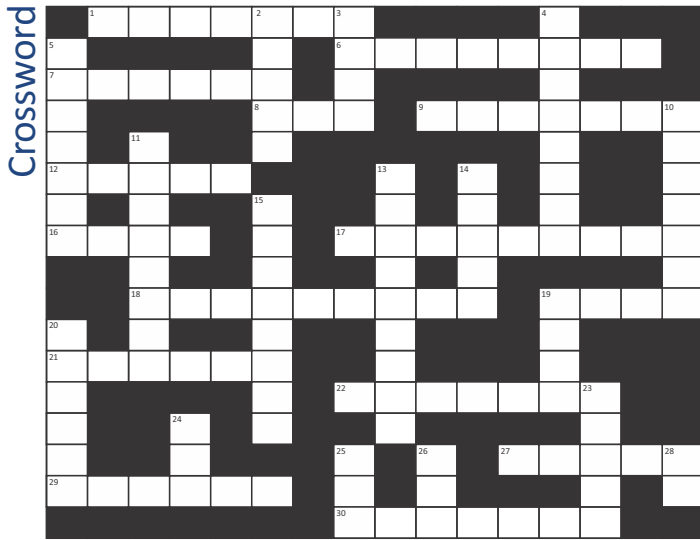
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Crossword

Answers to clues marked * can be found in this edition

ACROSS

- 1 * Raft Studio are getting funky with this months craft
- 6 Capital of South Australia
- 7 * Waiake, Torbay and Long Bay were all once known as ?
- 8 Domestic cat or dog
- 9 Evacuation to medical aid (often by air)
- 12 Spot on
- 16 On beaches
- 17 * Plunket has had a record year for ?
- 18 * Yolande talks about how to make a ? rig
- 19 * RAFT do all sorts of ? and crafts
- 21 * Who turns 7 this year ?
- 22 * This type of vehicle camping is subject to new bylaws
- 27 * Gioncarlo makes this everyday before moving to front of house
- 29 * Alternative Bread's mix is free of ?
- 30 * Wendy suggests having these cleaned to make a good impression

DOWN

- 2 To change
- 3 North, South, ? and West
- 4 * LBOGP wants Council to buy this Point
- 5 * Barefoots academy for ?
- 10 * Viking ?
- 11 * Piatti Italiani deal night
- 13 * Naomi talks about ?
- 14 * Justice of the ?
- 15 * We have changed from a Newsletter to a ?
- 19 Vocal highest male or lowest female
- 20 * Kuaka appearing are signs of ?
- 23 * No longer needed they should be disposed of in your general household rubbish
- 24 Rear of boat or plane
- 25 Curve
- 26 We breathe
- 28 * 2013 was the year we went to a full ? size

Puzzles

Answers Page 33

Sudoku

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



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Happy *Diwali* from India



By Keerti Siag

'*Diwali* celebrated in October and November' is a significant event for the Hindu community.

Diwali celebrates achieving 'victory over darkness and

evil'. It remembers the story of Lord Rama, wife Sita and brother Laxman who returned home after 14 years in exile,

on the darkest day of the lunar month and day of the new moon. He returned after defying Ravana who was associated with evil. Lord Rama's homecoming was celebrated by lighting up the city of Ayodhya with



'*Deepaks*' or '*Diyas*' (traditional oil lamps). The name *Deepawali* came from this festival of lights. But this is just one of the reasons why the festival of *Diwali* is celebrated in



the Indian subcontinent by the Hindus. It is not just for one culture or religion.

Growing up in India, *Diwali* for me was a month of being with extended family



and close friends, spring cleaning, and eating special delicacies. What fascinates me now is that all festivals bring people together to celebrate the present, and encourage a sense of gratitude for the past and hope for the future.

Sometimes though, I worry that the meaning and purpose of some rituals is being lost. For example, the burning of *diyas* was an environment-friendly practice which also helped ward off summer bugs. Firecrackers are a poor substitute and contribute nothing but pollution. Online gifting separates the giving and receiving of gifts from the purpose of bringing people together. Gifts expressed love and affection, they weren't just an obligatory ritual.

In India to catch up with family and friends, my first week was spent visiting markets to buy clothes, traditional jewellery, and sweets for family members I haven't seen for 3 years. The best part so far has been spending time together doing things we all love.

Whatever festival or celebration comes next for you, beyond observing and preserving the religious and cultural aspects of it, remember the other purpose is to share happiness and love.



Responsible Mask Disposal

By Rosemary Gatland

Less people will be wearing face masks from now on, but careless disposal of masks is still a problem. Walking around reserves, walkways, beaches, and shopping centres over the last few months, I've picked up numerous face masks.

Hopefully this will be a dwindling find. If you do have used masks to get rid of, please dispose of them in your general household rubbish bin and not in the recycling.



Halloween: 31 October

Torbay always manages to better its previous year's Halloween with its Alexander Avenue celebration. The event put together by keen locals attracts people from all over Auckland. We've made the national news on multiple occasions!

This year, why not add some *Māori* words to your festivities? For example, you could say *harowīni* (haro-wheeny) instead of halloween or *paukena* (poe-kena) instead of pumpkin. You could even play a *tinihanga* (tinny-hanga; joke) on someone, or choose to give out *he aporo* (some apples) instead of *he rare* (ra-ree; some lollies). Whatever you do, *kia ngahau* (na-hoe), have some fun!



Keep Your Business Safe with up-to-date Health & Safety Policies

Ray Hewitt, of Hewitt Health & Safety Limited, was Torbay Business Association's September event speaker. He started his H&S journey in the family business in the lead up to implementation of the 2015 HSAW Act. After working for several large companies, a conversation with the builders who were building his house led him into construction. Earlier this year, Ray went out on his own. He now helps a range of clients – reviewing and analysing root causes of incidents, updating H&S policies (of which there are many), and he can assist engagement with Worksafe, 'the watchdog of health and safety', who enforce safety laws.

Regardless of size, all businesses have legal health and safety obligations to protect their staff, contractors, and visitors to the workplace from harm. But H&S entails more than just preventing physical injuries. The Covid pandemic highlighted employer requirements to prevent the spread of infections, but responsibilities also include thinking about the broader wellbeing and mental health of staff.

While large companies likely have H&S policies and processes in place, many solo operators working from home and small businesses in our shopping centres may not have even the legal minimum. Businesses, especially those with an office-based workplace, may think they are low-risk, but all employers are expected to identify potential risks and have plans in place to prevent accidents happening.

"When it comes to safety... you've only got one chance," he said.

A Torbay local, Ray is keen to support businesses in our wider local area – no matter their size.

Ray's tips to prevent accidents in the workplace:

- Weigh up (risks, versus cost and impact). Is someone's life or good health worth less cost or less trouble?;
- have robust, adequate systems in place that are reasonably practicable - they don't have to be complicated;
- induct your staff;
- keep a register of hazards;
- create 'Safe Work Processes' if you undertake any high-risk activities;
- record your accidents/near misses and undertake root cause analysis;
- have 'Toolbox' (safety) meetings with staff;
- periodically review systems and record doing so.

Did You Know?

- During Feb '21 to Jan '22 there were 63 work-related fatalities.
- During Jun '21 to May '22, 32,190 work-related incidents resulted in more than 1 week off work.
- The most common reason for more than 1 week off work was muscular stress from lifting, carrying, or putting down objects.

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RAY HEWITT 027 467 2033

Life on the Edge

October 2022

Ngā Kōrero

Meet the Red-billed Gull: Tarāpunga

The *Tarāpunga*/Red-billed gull is seen around coastal towns, rubbish and where you'd find fish waste. This means we see them regularly. Because of their loud calls, it's logical to feel like they are abundant; however, their conservation status is 'at risk' and 'declining'.

Their normal diet is zooplankton at sea and little fish and invertebrates around estuaries. Rubbish provides an easy meal but limited nutritional value. Feeding on rubbish places them at harm from urban pressures and human conflict. As they pick through overflowing bins, they are often the scape goat for unsightly rubbish. This is one reason why taking home your rubbish from shared spaces is recommended.

They are under threat from introduced land-based predators who can attack them and their eggs. Like other shore nesting birds, they are most vulnerable during nesting when the eggs are not yet hatched, have recently hatched or they are tending to their own eggs and young.

People and pets chasing or 'playing' with them can cause them undue stress or at the very least displace them from where they want to be. This could be where they are looking to nest.

Minimising our impact on this species along with trapping of pests can help to reverse their population decline.

Article by Yui Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz



Once Our Area Was One

Population growth and arbitrary division of our area into suburbs based on population numbers may one day cloud the memory that our area from Waiake to Okura was once one. Waiake was once part of the Torbay suburb as was Long Bay Beach just down the hill.

The lifestyle we sense as unique, that we treasure, was a place of bounty. From the healing springs at Waiake; from Te Toroa Point to Te Piripiri Point—it was a food bowl, a place of industry, a place to raise children and to play.



The Oneroa Post Office was the first post office in the bays. It was opened in 1897 at Captain Cholmondeley-Smith's home. Kate, Cholmondeley-Smith's daughter, was the first post-mistress. By 1911, mail was being delivered weekly. In 1930, its name was changed to the Torbay Post Office.

The area of Torbay was once known as Oneroa in recognition of *Te Oneroa o Kahu* (Long Bay beach). Oneroa literally breaks down into two words: *one* = sand, and *roa* = long. *Te Oneroa o Kahu* means *Te* (the), *Oneroa* (long beach), *o (of) Kahu* (a Māori ancestress of the area).

Over the next year (thanks to a grant from the Hibiscus & Bays Local Board), the Torbay Business Association will invite you to participate in visioning how, even if, our suburbs can collaborate—at least on some tasks or values—to build upon our history to preserve and celebrate our unique lifestyle and support our local industry (businesses) and communities however diverse. Together, can we be stronger? Divided might we become fodder for the *karoro* (seagull)?

Photo restored by Colin Lunt, Source: Auckland Libraries. Story: Heike Lutz & Theresa Chan, Auckland Council North Shore Heritage - Thematic Review Report Vol. 2.3, Section B North Shore Area Studies, 2011.



Godwits Return to Karepiro Bay

- By Bernard Michaux, ornithologist, Friends of Okura Bush



Newly arrived godwits/kuaka at Karepiro Bay

The godwits/*kuaka* are starting to return from their breeding grounds in Alaska, a sure sign that spring is here. There has been a small flock overwintering at Karepiro Bay this year – an average of 12 birds – so I was surprised to find 25 *kuaka* when I visited Karepiro on the last day of August, with some of the birds still showing a bit of colour from their breeding plumage. Two days later there were 32 birds, so expect the flock to build up to its normal number of between 100 and 200 over the next month or so as more adults and then juveniles return. The annual migration of *kuaka* is one of the great stories of bird migration, not least because the birds complete their 11,000km return trip flying non-stop for 7-8 days.

The returning *kuaka* are not the only sign of spring. Native dotterels/*tūturiwhatu* change into their breeding plumage and start to pair up. There are two pairs taking up residence on the newly refurbished Weiti chenier at Stillwater, still nine birds at Karepiro with at least two pairs showing some early signs of breeding behaviour, but no sign of the resident pair on the Okura chenier. Hopefully they will return soon following their breeding success last season.

The pied stilts/*poaka* have long since paired off and will be busy sitting on eggs by now. I think there are three pairs nesting in the (very wet) 'hayfield' behind Weiti beach. The variable oystercatchers/*tōrea pango* are still mainly in their winter flock, although I notice that the 'bonhomie and good will to all' vibe is wearing thin, with the usual squabbling and strutting around increasing. It won't be long before they pair up and get down to the serious business of breeding.

Lastly, the three *pāteke* (a male and two females) are back on the Weiti lagoon again this year. This is a very unusual breeding arrangement for *pāteke* and it will be great if this rare endemic species produce two sets of ducklings again this year.



Pair of brown teal/pāteke. The male is on the left and can be distinguished from the female by the green sheen on his head. Photo by Martin Sanders

Karepiro Bay can be accessed by driving to the parking area towards the end of Ara Weiti Road and taking a short walk through Karepiro Forest to the Bay. Karepiro Bay can also be accessed by taking the Okura Walkway entrance at the end of Duck Creek Road at Stillwater and either walking around the coast (mid to low tide) and then over the hill through Karepiro Forest. If you see the birds roosting at high tide – usually by the southern of the two streams into the bay – please take the mown 'inland route' if accessing the southern part of the beach so as not to disturb them.



The male dotterels/*tūturiwhatu* are starting to change into their breeding plumage. Photo: Keerti Siag

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Thursday to 6.30pm

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Long Bay Village up in the courtyard
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At **Raft Studio** we want to be as inclusive as we can to meet the creative needs of all sectors of our community. We know it's not always possible to set aside a whole morning or



afternoon to join our classes. So we are trialing shorter sessions. The first is **Going Potty**, designed to give new parents with young, non-mobile babies the opportunity to get creative whilst meeting new friends and having time for a chat and a coffee.

Young and the young-at-heart writers may be interested in our **October Poetry Workshop** facilitated by published poet and short-story writer Marewa Glover (who is also the Chair of the Torbay Business Association). The workshop will focus on writing poetry with a message e.g. protest poetry, slam poetry and poetry for songwriters. There'll be time to write on a theme and use different styles. Poetry can be triggered in multiple ways, such as sitting in the garden, observing people on the street, or thinking about current affairs. It's a great way to express your thoughts and emotions. Marewa's poetry was featured in a recent Auckland Central Library celebration of Maori *wāhine* (women) and *rangatahi* (youth) writers. This is a fantastic opportunity for local budding writers.

This month's craft is

Macramé

You've probably seen macramé creations on social media or in that hip boutique: knotted patterns on a wall hanging or plant hangers. But what is this funky craft and where did it come from?

Macramé is a type of textile created using knotting techniques, as opposed to weaving or knitting. Each knot is created by hand. No tools are required other than a mounting ring to keep the item in place while you work.

Macramé is having a moment, but this isn't the first time. When most people think of macramé, their mind travels back to the bohemian-inspired wall hangings of the 1960-70s. It's been suggested that this method of knotting began in the 13th century but some historians have found that the ancient Persians and Babylonians used knotting in artifacts that date back to BC.

In our macramé classes, run by Tanya from The Stranded Knot, you'll learn how to master the basic knots used to make plant hangers, wall hangings, key chains and jewellery. See the **What's On** section (pg 29) for October class dates. We know there's something there for everyone.



Make an I.O.U Voucher Book

It can be difficult to know what to give a friend or family member for their birthday, new baby or as a get-well gift. Sometimes you want to express your love but cannot afford to splash out. Maybe time is the one thing you have to give. An I.O.U. Voucher Book is a great solution. It can be as big or as small as you wish depending on who is making and giving the book. Here are some ideas children could put in their book to give to a parent or grandparent. Equally, this idea could be by adults for a friend, for example to cook them a meal, bake them a cake, or do the washing or shopping for them.



1. For the cover, cut a piece of card 10.5 x 10cm. Fold in half. Stick on a picture from a magazine or paint or draw a picture on the front and decorate with ribbon, string or stickers.



2. Cut 3 or 4 pieces of paper 10 x 9.5cm and fold in half to make the pages of the book.



3. On each page paint or draw a picture of the IOU - the tasks will depend on the age of the child or adult.
4. Either staple or bind the pages together with string or ribbon.

A Record Year for Donations

Torbay Plunket's annual **Nearly New Sale** held at the end of September is the main fundraising event supporting our work for the year. So September was a busy month for our volunteers. Thanks to a superb response from generous locals our **Declutter and Donate** campaign resulted in many new and gently used children's items being donated for the sale. It was a record year for donations, for which we are very grateful.

provides simple, delicious frozen meals to every family in Torbay with a new baby. Thank you to all of our supporters and volunteers.



In the run up to the event our volunteers spent many hours collecting and sorting donated items. Then with their cute helpers they hit the streets to publicise the **Nearly New Sale**. That couldn't have happened without the wonderful support of **1st Impression Printing**.



We also want to thank **BK's Four Square Torbay** for their generous donation of vouchers, which along with the money raised from the **Nearly New Sale** will support our **Meals for Families** programme. Our **Meals for Families** programme

Supported By



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ePro8 Challenge at Torbay School

EPro8 is a science and engineering competition that challenges students to use engineering, problem solving and innovation skills. Organised by our IT and Technology Curriculum Leader, Jennifer Dawe, the competition is a great way for students to develop their **'Learner Powers': "Resilient, Reflective, Innovative, Collaborative, and Curious"**. The competition involved year 5 and 6 students working collaboratively in groups to create sophisticated models using the equipment provided. It was amazing to see how the students used a range of skills to measure, calculate and create, and if things didn't go to plan, they showed resilience and tried again.



India and Theo:
 "The name of this model is Scarecrow. We had to be resilient because we stopped and had to decide if it should be 2D or 3D and we almost had to change the whole thing. Our Scarecrow had to have pulleys that moved the arms up and down and we had to be innovative (think

outside the box.) This was so we could make it work by just pulling ropes and we had to work as a team to build everything. We think we did a good job at it because we had a time limit, and we were versing older kids. We had to use lots of maths in measuring and problem solving and we had to use English because we needed to communicate."

Alex M, Enya, Gary, and Sienna D: "Our **ePro8** model is called a scarecrow. We used resilience when things did not work, we also used collaboration when we needed to plan something, innovation because we had to design our scarecrow, curiosity because we had to think of ways to build the shapes of the scarecrow, reflection because we had to think what to do when things did not work. We all feel very proud of our scarecrow."



Blair, Matteo, Sienna C, and Charlotte:
 "We made a bridge model. We used our maths skills to measure all the areas to find out how long and tall the bridge was. We

communicated with each other to find the best way to connect different parts of the bridge. At times, it was challenging because we had disagreements, but we worked together to solve these problems. We are very proud of our achievements; we think we made an amazing cool bridge. From this experience, we learnt to be resilient and have fun at the same time."

Nicky, Luca M, and Marlon:

"The model we built was a bridge. We had to be Innovative, Collaborative, Curious, Reflective and Resilient. We had to work together by supporting one another, one of us was holding the metal stabilizer and one of us joined it up. We also had to be reflective. We had to come up with different ideas when the first one did not work and tried it again. We applied our maths skills by adding the measurements together and working out the differences. We also need to make some of the stabilizers the same height. We are very proud of what we have made."



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prepare a student for study in subsequent years, but they are also designed to support students in learning for life, developing 21st-century skills and embedding their ability to self-manage, think critically, and relate to others.

More info about the full range of **PROJECTS** on offer; longbaycollege.co.nz/learning/projects



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ACCOMMODATION

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

Christmas Holiday - unit available 22/12-2/01. 2 brm, 3 min walk to beach. Ph 022 091 0270

BUILDING TRADE

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.

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

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.

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

SERVICES

Babysitting - Weatherly Road Torbay area. Ph: Kaylah (13yrs old) Ph: 022 107 4461

Clothing Alterations – Experienced dressmaker (Qualified Tailor). Long Bay. Ph Cora 021 185 1432 or Email: cora.vallejos@hotmail.com

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

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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

Senior Citizens Hall, Torbay - email caroline.k@xtra.co.nz

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.

HELP REQUIRED

Volunteer accounts person - Torbay Schools Waterwise Programme (a not-for-profit org) serving 4 local primary schools. Email: Melissa Craig mcraig@torbay.school.nz

Volunteers – Not-for-profit Torbay Business Assoc welcomes people who can help with events and admin; and Torbay Magazine story writing or editing and deliveries. Email theteam@torbay.co.nz

What's On

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

ALCOHOLICS ANONYMOUS – 0800 229 6757. www.aa.org.nz. Join our friendly Tuesday night meeting at 7.30pm 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 5pm-10pm. Ph Don 473 0703 or 027 497 6242

EAST COAST BAYS BRIDGE CLUB - Learn to play bridge at the club or online. Email 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

NORTHSHORE WRITERS GROUP – Invitation to all adults who have written, are writing or want to write! Fortnightly from Weds 7th Sept. Contact Tim 021 224 4533 timowen1968@gmail.com

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 - Closed for School Holidays 1st - 17th October. After that we have All About Sewing (Mon 1.30-4.30); Create with Paper Craft (Tues 9.30-12.30); Going Potty, new parents' group (Wed 10.30-12); Abstract Art (Wed 1.30-4.30); Mixed Media (Thurs 9.30-12.30); Casual Art Group (Thurs 1.30-4.30); Art for Wellbeing (Fri 9.30- 12.30). Open Studio: Mon & Wed 9.30-12.30; Tues, Thurs & Fri 1.30-4.30.

RAFT STUDIO - Workshops/Tutorials - Hanging Macrame Shelf (Oct Sat 1st & Sat 15th 9.30-1pm. Cost TBC; Poetry for the Young or Young-At-

Heart (Sat 15th Oct 1.30-4pm \$15pp); Powertex 3D Mixed Media (Sat 22nd Oct 2-5pm \$55); Christmas Cards & Gift Tags with Jan Lunt (Sat 29th Oct 10am-1pm \$30).

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

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

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 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

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: Email 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 Hoffen 4755741. Email myfanwy@xtra.co.nz or see www.U3ABB.nz

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Puzzle Answers

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Sudoku

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

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, join now. **Low fee – great benefits.** For more information email 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

Bloom Beauty and Wellness...021 217 4047	
Foxy & Co., Torbay	473 2277
Hairazors/Niaa The Hub, Torbay..	473 9468
Jasmine's Thai Massage (Ladies Only) ...	022 247 4753
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	021 234 383
Premium Garden Solutions	473 3878 or 021 723 751

REAL ESTATE AGENTS

Barfoot & Thompson Torbay	473 9190
Barfoot & Thompson Long Bay	473 0712
Matt & Maggie - Harcourts	027 777 0737
Wendy Treadwell - Harcourts ...	021 042 7370

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.....	478 8033
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 Friendship Club.....	021 271 3524
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

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