

SEPTEMBER 2022

NEWSLETTER

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Celebrating Fathers

Importance of voting
Rising concern about robberies
Dealing with fallen trees





VICTORIA SHORT

FOR

ALBANY WARD COUNCILLOR 2022



The Albany Ward is made up of two local boards. The Hibiscus and Bays Local Board, that covers Waiwera down to Campbells Bay and the Upper Harbour Local Board which is from Oteha Valley across to West Harbour. The Albany Ward is served by two Ward Councillors who will be elected in the upcoming October Local Government election. Since the amalgamation of the supercity 13 years ago, we have never had a local Councillor who resides in the East Coast Bays, something I hope to change with your vote and support.

Prior to being elected as the only independent member of the Hibiscus and Bays Local Board and the current Deputy Chair, I served as an electorate agent for our local MP the Hon Murray McCully and Erica Stanford in Browns Bay. This gave me a comprehensive understanding of policy, legislation and government agencies and the impact it has on our local residents.

I have lived in the East Coast Bays my entire life and I'm a proud mother of two girls, of which I have the privilege of raising them in a community that has been instrumental in making me who I am today. From going to Brownies at the judo hall at Northcross as a child, to competing in athletics at Bays Cougars Athletics Club, and attending the local schools Glamorgan Primary, Northcross Intermediate and Long Bay College. It is fair to say there is nothing quite like growing up and living in the Bays.

Going into the Councilor role, I believe our community needs to be better informed on what is happening within Auckland Council. This leads to a stronger democracy and better outcomes for everyone. There are a number of immediate changes that need to be made at a Governing Body level, most importantly actively listening to our communities needs with a focus on delivery. An internal cultural change is well overdue to lift staff productivity, well-being and resilience for the benefit of all Aucklanders.

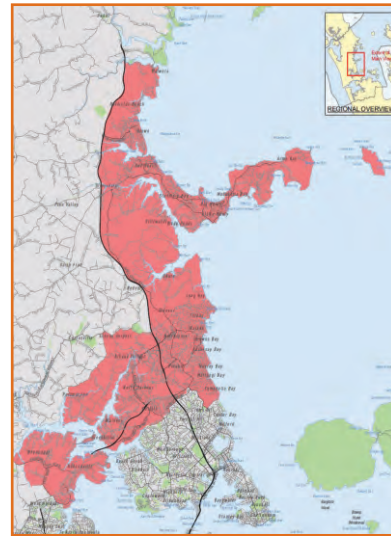
I will bring the needs of the East Coast Bays to the forefront of every council debate, discussion and negotiation. Our residents should always come first, and I intend to champion our community requirements in Town Hall.

Through leading by example I will strive to:

- ✔ Ensure that there is a culture of putting the customer and ratepayer at the heart of every interaction and decision making process
- ✔ Focus the external communication strategy to one of proactive community engagement instead of reactionary justification
- ✔ Make sure our community's involvement and submissions to public consultations are taken seriously and materially impact the council decision making process
- ✔ Force Auckland Council to be accessible and available for open honest feedback from our community on areas for improvement
- ✔ A review of the Code of Conduct and complaints process for elected officials with accountability and repercussions if it is breached
- ✔ Build an internal appreciation within Auckland Council that revenue is earned by hardworking ratepayers and expenditure must be treated with care and respect

I need your vote and support to bring the spotlight back to our community needs and affect active change.

**VOTE FOR AN EAST COAST BAYS LOCAL
VOTE VICTORIA SHORT**



VICTORIA SHORT

FOR

ALBANY WARD COUNCILLOR
2022



Happy Father's Day *We Love You!*

- By Kathy, Sarah and James

We are so grateful for everything our Dad, Greg, taught us and provided for us. But first here's a bit about his background.

Dad's parents met during World War 2 at Wenderholm Park, during a Red Cross picnic where his mother was volunteering. His father was an American soldier. Greg was born in Vermont, USA, the eldest boy of 5 children. When he was 7 years of age the family moved back to his Mum's home country – New Zealand. Greg has been surfing Long Bay Reef and Flat Rock and loving the lifestyle of the Bays since 1960. He has enjoyed many a long day hunting, trapping and shooting possums along the cliffs of the Bays, and gathering freshwater crayfish from Torbay streams. Greg met Sue Bonner, a child of another prominent Torbay family of 6 kids, and a year later they were married. They went on to have us 3 kids and we all grew up in Torbay. Like his father, Greg was a self-employed builder all his working life. He's built many homes across the Shore as well as building Long Bay Primary school.

When we think about what Dad taught us, we are thankful for the appreciation for nature, the ocean and our local surroundings that he instilled in us. When the surf was up at Long Bay, Dad would take us into the surf with an old Tractor inner-tube and we would ride the waves all day long. When there was a storm, Dad would surf and us teenage girls would body surf. We all got to travel a lot around the North Island to all the surfing areas.

Dad taught us to treat others how you'd like to be treated yourself. Stand by your word.

Slip, slop and slap, because you can never have enough sun cream even if once plastered with it you looked like a polar bear. All our friends were always welcome around home. Dad would provide ample pieces of wood and nails for the boys and he'd help build tree houses the whole neighbourhood could come and play in. We had so much fun winter or summer, rain or shine.

Growing up through life's ups and downs, Dad has always been there for us. The door was always open, and we knew we could return home anytime no matter what age we were. Dad and Mum helped us move house and flats too many times to count. And during her 20's when Sarah battled cancer, Mum and Dad supported her.

Dad taught us that family comes first. He's always been fun-loving, wrestling with the kids and his brothers on the floor of the lounge, throwing family do's where we all get to enjoy great food, his love of blues and rock 'n roll, while playing pool, cards or table tennis.

A generation on and some activities have changed. But Greg is the same great father to us, and now he's also a great grandfather to all of our children, taking them paddle boarding, kayaking at all the Bays, and on family convoys over to Stillwater or for adventures in Wenderholm and Orewa.

You've probably come across Greg, or Greggo as he's affectionately called by some, while out walking around Torbay. He can often be found sparking up a conversation or looking out at the swell from Long Bay.

To Dad – we are so thankful for how you provided us with such a happy childhood and enriched our lives and our families. We love you!



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LOCAL SALES - JULY 2022*

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32 Caversham Dr	\$865,000
44 Pennant St	\$950,000
42 Pennant St	\$953,000
3B Killarney Ave	\$1,000,000
162 Glamorgan Dr	\$1,100,000
20 Infidel Pl	\$1,325,000
52 Nor'East Dr	\$1,340,000
1A Geoffrey Rd	\$1,351,000
234 Glenvar Rd	\$1,400,000
23 Headsail Dr	\$1,408,000
5/3C Long Bay Dr	\$1,420,000
Lot 2/35 Waiake St	\$1,500,000
Lot 1, 35 Waiake St	\$1,500,000
25 Bight Road	\$1,600,000
28 Cavalli Road	\$1,655,000
21 Turutu Place	\$1,770,000
5 Copper Lane	\$1,780,000
61 Carlisle Road	\$1,850,000
68 Headland Drive	\$2,070,000
2 Kina Pl	\$2,288,000
9 Hanikura St	\$2,500,000

LOCAL MEDIAN = \$1,414,000

*Source REINZ

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Chair's Letter

Our theme this month is Fathers. The local government election is also featured. As an Auckland Council Business Investment District, the Torbay Business Association is covered by a political neutrality policy forbidding us from favouring any politician/political party over another. We think that's appropriate for a publication serving a diverse community. Unlike in past years, we accepted advertisements from any mayoral, ward or local board candidate. We also now charge politicians/candidates "market rates" as per rules governing their use of community publications.

Thanks to our Co-ordinator, advertisers, writers, designers, volunteers and delivery team. Demand is so high we had to increase our print run. We were asked why we don't leave piles of Newsletters at the shops? Simply, we haven't enough left after delivering to all homes and businesses in Waiake, Torbay, Long Bay and Okura. We also have a growing list of subscribers who receive the Torbay Newsletter by email, including residents who now live elsewhere.

We love supporting new writers. Welcome to Karen Davis, Poppy's mum (pg. 6); Jessica Sherwood (pg. 8); Ruth Jones (pg. 13); & Rosemary Gatland (pg. 26). Don't be shy – give it a go.

Marketing is all about "repetition, repetition, repetition" and we're happy to help groups get their message out, but we think readers deserve quality, original content. Please let us know if you're putting identical news on the wire, (for anyone to print), and we can help present your message in a fresh way.

Thank you for the positive feedback. A classified advertiser was told "this is the Bible for trades" and a new resident said she was "enjoying the new look magazine – its super good quality and full of interesting information. I have learnt heaps about my new home area!!"

Dr Marewa Glover, Chairperson, Torbay Business Association

Have News?

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

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Facebook – Torbay Village, New Zealand

Instagram - Torbay Village NZ

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

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



A fresh new team to tackle local issues with genuine community knowledge and roots.

Introducing your new local team that is running with **Victoria Short** this Local Government elections for 3 seats on the Hibiscus and Bays Local Board. **Steve Piner** and **Nathan Pont** bring integrity, governance experience, community knowledge and private sector experience. They both have deep community roots and a passion to keep the East Coast Bays thriving.

WHAT WE STAND FOR

- A laser focus on council expenditure with an emphasis on value for money
- Decision making that considers long term future implications
- A focus on core council business and delivery Stricter accountability and oversight of Auckland Transport, Auckland Unlimited, Watercare, and Panuku
- An emphasis on community needs rather than personal politics
- Complete transparency in decision making with no conflicts of interest
- A collaborative approach with other elected members and Councillors for the direct benefit of residents within our community
- An accessible, approachable, and available member who is always willing to listen and engage

OUR CORE FOCUS AREAS

COMMUNITY

- Ensuring our residents have full access to all community facilities available
- Continue with the ongoing support to our Youth organisations who provide services such as mentoring, youth development programmes and leadership opportunities
- Initiatives to prevent crime in our shopping centers and work closely with our local Police constables

VALUE FOR MONEY

- Ensure the local board and Auckland Council are prudent and responsible with ratepayer funds
- Ensure that core council services are met and carried out to a high standard
- Any investment project with council is thoroughly thought through and takes into account any future implications this may have on the community or future boards

PRESERVATION

- Protection of our green spaces for future generations to enjoy the coastal lifestyle we all love
- Continue to support to our environmental groups who carry out restoration work and educate our community

www.independentlocals.co.nz

THREE TICKS IS ALL IT TAKES FOR A BETTER FUTURE

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



STEVE
PINER



VICTORIA
SHORT



NATHAN
PONT

Poppy's Survey of Local Shops re Father's Day

- By Karen Davis

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It is not joy that makes us grateful; it is gratitude that makes us joyful, and recently we truly experienced this in the hub of Torbay. My 9-year-old daughter, Poppy, volunteered to survey local shops for the Torbay Business Association to find out what men buy. We hoped to glean ideas for Father's Day gifts. It's here amongst the Torbay community that we have witnessed a little bit of magic. What started off as me just supporting Poppy to do her survey turned into a wonderfully humbling experience.

You may have seen

Poppy and her clipboard asking the local businesses if they were running any specials for Father's Day. She has a timid voice and quiet disposition. However, with every business we approached, each and every staff member and owner was warm and welcoming and always gave Poppy a smile and a minute of their time. This was when I witnessed the magic. Her smile was getting wider, and her voice a little louder.

Whilst, like any mother, I'm incredibly proud of Poppy for stepping out her comfort zone, I'm also incredibly grateful to be part of this supportive and warm community Torbay has to offer. So, from the bottom of my heart, thank you to each and every one of you that answered Poppy's questions, and especially thanks to Marewa, Chair of the Torbay Business Association, which is where the magic began!



Most popular products men buy in local shops:

Beef sausages from the butcher, beverages from BK's Four Square, cigarettes from Torbay Dairy, and we're sure it's completely unrelated that indigestion tablets are the most common purchase by men at Torbay Pharmacy. Foxy's said men ask for haircuts, of course, and at Long Dayz there's a black jumper that's above anything else the most popular item in the store with men. Torbay Bar and Restaurant was the only business offering a Father's Day special – on desserts in the evening.



Princess Pet of the Month

Princess with her babies
Mogwai and Knight

Mystery Letterbox



September's Winner

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



SPRING IS IN THE AIR

We are coming up to Real Estate's busiest time of year so get ahead of the competition - beat the spring rush!

I have some good marketing specials for September so don't delay phone Ann to get sold.

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Blue September

- By Jessica Sherwood

Fitting in with our focus on fathers, this month is also **Blue September** – the Prostate Cancer Foundation’s campaign to prompt men to get their prostate check.

Prostate cancer is one of the most commonly diagnosed cancers in Kiwi men. Every year more than 4000* men are diagnosed and over 700* die from the disease. But, prostate problems do not always mean cancer. An enlarged prostate (called benign prostatic hypertrophy (BPH)) is very common,

especially with advanced age. Up to 90% of men in their 70s have varying degrees of BPH, which is thought to be linked to an increase in DHT androgens that happens with aging.

As the prostate enlarges this can cause discomfort in the groin and increased pressure on the bladder and if enlarged enough, can block the urethra altogether. BPH increases your risk for urinary tract infections, bladder stones and possible kidney damage.

Symptoms to look out for:

- Feeling a frequent or sudden need to urinate, especially at night
- Finding it difficult to urinate (e.g. trouble starting or not being able to urinate when the feeling is there)
- Discomfort when urinating
- Finding blood in urine or semen (see your doctor if this happens)
- Pain in lower back, upper thighs or hips
- Bone pain
- Unexpected weight loss

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Whilst it is helpful to know that BPH isn't cancer, it is important to get any changes checked, as prostate cancer and BPH share similar symptoms. Some of the symptoms could also be caused by other conditions such as bladder stones, infections, or prostatitis

(inflammation of the prostate). Recent studies have shown zinc supplementation can reduce the size of the prostate – suggesting a link between zinc deficiency and BPH – as zinc is needed to metabolise androgens. See our tips to reduce risk.

Tips to reduce risk:

- Maintain your ideal weight
- Increase consumption of fruit and vegetables
- Do at least the minimum level of physical activity weekly
- Avoid margarine, pesticides and herbicides
- Decrease coffee consumption and stress
- Moderate/lower alcohol consumption
- Stop smoking
- Increase intake of zinc and essential fatty acids.

BPH diagnosis, remember that up to 90% of men get this diagnosis at some point in their life, and that herbal medicine has been used effectively for centuries to help reduce the size of enlargement and symptoms. You do not have to 'put up with' your symptoms – see your doctor and naturopath today.

Jessica Sherwood - I'm a naturopath and medical herbalist in Northcross. While I have a special interest in women's health, I am also passionate about men's health (a husband and a son will do that). In the future I would love to do further study into traumatic brain injuries and how naturopaths can help.

* Sources: www.prostate.org.nz; Sarris, J., & Wardle, J. (2018). *Clinical Naturopathy 2e: An evidence-based guide to practice* (2nd ed.). Churchill Livingstone.

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Life on the Kiwi

Who coined the term 'lifestyle' block? Yes, it is a lifestyle, just not the one you thought you were buying. Something is always needing repair, replacing, upgrading, or redoing.

Sooner or later, probably sooner given the recent weather, one of those big green and brown things the birds love so much is going to fall over. If you're lucky, it doesn't take a chunk out of the house, an outbuilding or half a mile of fence. Trees laugh at the puny boundaries we make to divide us. So, assuming a tree has succumbed to the wind, and you haven't had to call the fire service and/or insurance assessor, you're now going to have to clear it off your neighbours land, and then yours. You could, of course, go to the Torbay Newsletter Classifieds (pg. 32) and get someone experienced to sort it for you. That would be the smart thing to do. Or, insert JAWS theme here, you could have a crack at it yourself. Be warned, this is where things can get tricky and expensive!



Before you become this guy (left), check out this guy (right), Essential Craftsman on YouTube for a



reality check and some sound advice.

Like the man says, there's something primal about ripping through timber with a chainsaw and making a stack of firewood.



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Lifestyle Block







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Things to keep in mind in the current

Market

- There's plenty to be positive about in this market.
- Net Migration will play a part in reinvigorating the market.
- Factors affecting the market - interest rates, lending rules are short term influences.
- We are currently moving into a stable market.
- Buyer activity is starting to increase.
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Gardening with *Veronika*

- By *Veronika McPherson*

September is here, and it's time to prepare your soil and get ready for spring planting. To get your veggies off to a good start, add a layer of compost and a full spectrum mineral fertiliser to your garden beds. Top with mulch.

Coriander grows well in the cooler spring months and won't bolt and go to seed as quickly as in the summer heat. It is best sown direct as its delicate tap root doesn't like being disturbed. Leaving some of your coriander plants to flower and go to seed will give a seed supply for future planting and cooking.

For a continuous harvest of potatoes, keep planting every

three weeks from August through to October. Getting them in early will avoid trouble with potato psyllids. Sow tomatoes, chilli, and capsicum indoors while sowing beetroots, carrots, radish, dill and salad greens directly into your garden.

Also, remember to plant some bee-friendly plants in your garden to attract pollinators and beneficial insects. Borage, Phacelia and Marigolds are great to have dotted around your veggie garden as these plants are excellent companion plants for many of your veggies, and the bees cannot get enough of them.



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E-Waste

- By Ruth Jones

Electronic devices and appliances are great for getting things done quicker with less effort, but when they break or stop working, they become e-waste. E-waste includes computer monitors, TV's, remote controls, Fitbits, hard drives, mobile phones and microwaves – anything made with electronics.

New Zealand produces about 80,000 tonnes of e-waste a year! It's worth collecting though because e-waste can contain highly precious materials such as gold. It is estimated that up to 7% of the world's gold is found in e-waste. Some components can also be recycled.

But e-waste also contains highly toxic metals that can be harmful to us and the environment. Lead, beryllium, and arsenic are just a few of the harmful materials used in electronic devices. To prevent these toxins leaching into the ground and eventually into ground

water, we don't want electronic devices dumped and ending up in the landfill. It's also not great to burn them. Inhaling toxic fumes from burning e-waste can trigger asthma and other respiratory conditions.



Continued on page 15



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Everyone is feeling the effects of high inflation - from food prices, petrol and household costs. This is a good time to review your last three months bank statements to see how you're spending and what you're spending money on. Has 'lifestyle creep' affected your cost of living? Is your spending aligned with what you actually value or not?

Having a budget is the best way to keep costs under control. Because, if you don't control your money, your money will control you. Stop spending on credit cards and build up an emergency fund. And, don't look at your KiwiSaver and/or investments. If they are set up correctly, they perform much better when you don't look at them too regularly!

If you want to check that you're on track to achieve your financial and retirement goals, book in a free, no-obligation discussion with me at <https://www.cliffeconsulting.co.nz/contact/>

Rachelle Bland

Financial Adviser – Investments

“For the June quarter, annual inflation was 7.3%, the highest in over three decades.”



It's Never Too Early to Think About *Christmas Giving*

Only the most organised among us will be starting now to plan for Christmas. For Teresa Moore, Torbay local and CEO of national charity the Catalytic Foundation, preparations for Christmas are in full swing. With even more families struggling, Catalytic are aiming to provide boxes full of Christmas gifts for 5000 children around the country.

Teresa, who has worked for the Catalytic Foundation since 2018, started the **Christmas Shoebox Campaign** in 2019 in response to the stories of need she was hearing from the charities the Foundation supports. Teresa had fond memories of Christmas day growing up. Her grandmother did everything she could to ensure the children had a box of presents to open on Christmas day. Her grandmother instilled in her that the gifts she received



weren't about the physical item but rather the feeling of knowing someone cared about you enough to choose and wrap the gift.

When Teresa heard that parents and caregivers in the community were having to choose between food or a gift for their children, she wanted to help take that difficult

decision away from them. As my grandmother (pictured) always said, "if it's got to be, it's up to me," said Teresa.

In 2021, 2332 children from Invercargill to Kaitiāia received a Christmas Shoebox gift. The boxes were generously filled by the community and included practical items for the family, like toothbrushes, shampoo, towels, an item of clothing like socks or a hat, and a special toy. All items were new and selected with the child in mind. Charities supported by the Catalytic Foundation nominated families, and a box of gifts for each child under 18, was given to the parents of the family.

"We want the presents to come from their parents, not us, that way we get to show aroha to the parents or caregivers," said Teresa. "We had such a great response from the community last year. A local plumber got his children involved in filling 100 boxes to teach them the value of giving back to their community." Teresa said.

Filling Christmas Shoeboxes can be a social affair.

It's an opportunity for friends, workplaces, community, and family groups to share the joy of giving. If you, or a group you belong to, would like to support the Christmas Shoebox appeal, boxes can be dropped off to you for filling with presents, or you can make a tax-deductible donation to the Christmas Shoebox appeal at www.catalytic.org.nz/christmas_shoebox_project.

The Catalytic Foundation also accepts donations of new items like books, toiletries, towels, and clothing towards the campaign.



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To find out more about our serviced apartments please call Sharon today on 021 618 913 or visit ariabay.co.nz



An Arvida Living Well Community

Torbay Theatre

70th Jubilee Extravaganza

Saturday 29 October at 7pm at the Torbay Community Hall

Celebrate with us as we recreate scenes taken from shows from each decade of Torbay Theatre's existence! In some cases, roles will be reprised by the original actors – as Daphne Goddard recounts:

“Ten years ago, while trawling through our archives, we realised that it was sixty years from the time that Torbay Dramatic Society (later re-named Torbay Theatre) was formed. The first full-length play they performed was *Ladies in Retirement*. Jill Reid suggested that we re-stage this play based on real events in 1885, and that she would like to direct it. Auditions were held, the play was cast, rehearsals began, but the person cast as Leonora was having personal problems and I, who normally stayed backstage, was reading in her part.

When she eventually pulled out, I got the role by default. What a great time I had. Leonora was a terrific role to play. Jacqué Mandeno, in the role of Ellen Creed, killed me off before interval. She was wonderfully patient and supportive with someone who had not acted on stage since my teenage years. And so, for our 70th reunion I get to play Leonora again in one small snippet from *Ladies in Retirement*, with Jacqué of course.”

Club Night 3rd September 7:30pm. Email clubnight@torbaytheatre.com with any last-minute items (10 minute maximum).

For information and to book see our Facebook page,
www.torbaytheatre.com 35 Watea Rd, Torbay

Continued from page 13

Tips for reducing e-waste

- **Resist buying a new electronic device until you really need to –** The more electronic devices we buy, the more e-waste produced. Avoid buying a new electronic device just because it's the latest model.
- **Restore and Reuse –** Before discarding e-waste, consider if the device can be repaired. If it still works but you don't want it, try selling it or donating it.
- **Correctly dispose of electronic devices –** If it's got to go, drop it off to an eco-friendly e-waste disposal centre.

E-waste centres in Auckland

Abilities Incorporated

91 Hillside Road
Glenfield
Ph: 027 229 2250

ITAD NZ

Gate 9, 312 Postman Road
Dairy Flat
Ph: 09 972 0736

Noel Leeming

Wairau Park
3/5 Croftfield Lane
Ph: 0800 444 488

E-Cycle

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A proven team who get things done

Wayne Walker and John Watson back the Bays



John Watson and Wayne Walker

John and Wayne have developed into an effective and experienced team within the Council and out in the community.

They back each other, share the heavy workload and have support from an extensive network of Bays people across community, business, sport and education – built up over years of helping get things done, fixed and delivered. They are capable councillors.

Wayne's past business experience spanned working and consulting as a qualified project manager for large water quality and conservation projects, and owning and managing a large garden centre, plant nursery and landscape team. Wayne also designed and manufactured. With a B Com. degree in organisation, project management and business.

John graduated M.A (Hons) in History, served as Dean of Forms 3-7, Outdoor Education Co-ordinator, Project 'K' and Liberal Studies Director and coach of youth teams in rugby, cricket, rugby league and basketball.

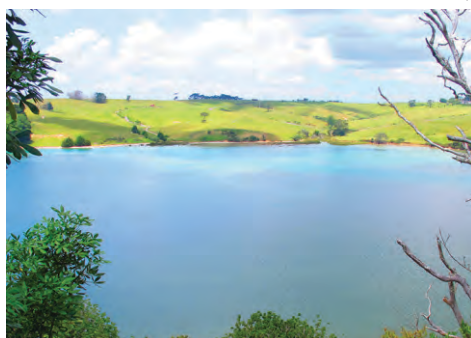
Family, sporting and educational connections

John Watson and Wayne Walker and their extended families have generational ties with the Bays.

Between them their sons and daughters attended Long Bay, Kristin, Kingsway, Westlake Boys (where John was Head Boy), Rangitoto and Whangaparaoa Colleges. John taught at secondary schools on the North Shore and for many years Wayne ran popular evening courses.

Both played sport in the Bays for local clubs and coached; John as captain of cricket and league clubs and Wayne especially tennis where he plays in the North Harbour interclub competition. As a long-time member of Toastmasters Wayne represented the area many times. In 2011 he was the New Zealand National Champion for Impromptu Speaking.

Okura Estuary



Backing local Bays businesses, clubs and community

John and Wayne enjoy being out in the Bays, meeting, advising, helping.

For many years they have helped restoration and environmental projects often as founder members and drivers; working closely with Long Bay Okura Great Parks Society, Friends of Okura Bush, Forest and Bird and Restore Hibiscus Coast and Bays – sharing their aims and aspirations.

When developments threaten locals' amenity, lifestyle and enjoyment of what makes their neighbourhood, home and community John and Wayne will be there – available, accessible, advising and following through. Not afraid to battle for you they will roll up their sleeves to help. Like you they understand what makes the Bays a special place.

Business and community-wise John and Wayne have regular catch-ups with Business North Harbour, Hibiscus and Bays Local Board and many groups such as CABs, Age Concern, RSAs, Grey Power, Youth, Sporting and Recreational clubs and Church groups. As an effective team they split the load.

Phone
Wayne 021 882 861
John 021 287 5999

Independent Councillors who make a difference – for Albany and Auckland

In Council meetings our Albany councillors stand out...they make a difference!

They're tough and they're experienced – totally committed to delivering for their communities and holding council (bureaucracy, CCOs and mayor) to account.

Recently they've stood up over Government's Three Water Reforms, flawed Housing Intensification Plans and moves to shift Governance of the Hauraki Gulf and Regional Parks away from your democratic control (both John and Wayne serve on the Hauraki Gulf Forum).

If that's 'oppositional' then that's fine by us; it's the right stand to take for you.

We need your help to get re-elected and we're giving it our best. Make it two votes for the John Watson and Wayne Walker team – Vote Putting People First for Auckland Council's Albany Ward.

VOTE



Wayne Walker



John Watson

for **AUCKLAND COUNCIL** Albany Ward

Find out more and how you can help at www.puttingpeoplefirst.nz



Voting and it's Importance

- By Oliver Simpson

As you might have seen, driving around the Bays and the rest of Auckland, local election season is upon us. Candidate's signs line street verges and adorn fences wherever they've gained permission to do so. You may have seen that they're standing for different positions. What do all of these positions do, you may ask?

The candidates are standing to represent you at three levels of the Auckland Council. To be Auckland's Mayor. To be an Auckland City Councillor. And to be on a Local Board.

The Mayor – The Mayor is one of Auckland's 21 Councillors but they have a leadership role. Every eligible voter (18 years+) living in Auckland gets a vote on who this should be. The Mayor promotes a vision for Auckland. They also appoint the Deputy Mayor.

The Councillors – Councillors make up the Governing Body of Auckland Council. There are 20 elected Councillors and the Mayor. Auckland City is divided into wards (similar to electorates). Depending on their size some wards have one Councillor, and some have two. In Council meetings, Councillors represent the people who live in their ward. The Councillors as a group, including the Mayor, consider Auckland-wide plans and direction and they vote on how the Auckland Council should spend ratepayers dollars. We are in Albany Ward and you get to vote for 2 Councillors.

Local Boards – Local Board members are elected to represent the residents of their smaller district or subdivision regarding Auckland Council works and services delivered more specifically for the benefit of that area. Each Local Board is allocated Council funding to spend within their areas to meet local needs and desires for improvement. Local Board members elect a Chairperson (who is paid full-time) and a Deputy Chairperson, who along with the rest of the Local Board members are paid to work part-time.

four are elected to represent the East Coast Bays subdivision from the other side of the Okura River down to Aberdeen Road in Campbells Bay, following East Coast Road. You get to vote for the 4 HBLB who will represent the East Coast Bays.

These 8 HBLB members decide how to divide the ratepayers' money they have been allocated. The HBLB run some contestable grant funding rounds that community groups can apply to. For example, the Torbay Business Association has received funding to run business networking events for their members and the surrounding business community. Christmas decorations in our shopping centres are often funded by the Local Board. The pontoon and the Torbay Village mainstreet upgrade were made possible thanks to the HBLB. Community events, playgrounds, Restore Hibiscus and improvements at community clubs are some more examples of what the HBLB has funded. **Your vote counts, please use it.**

Another important election that is happening around this time is the triennial school Board of Trustees elections. These people have the job of deciding, for example, a school's finances, strategic plans and Board members participate in disciplinary decisions. Schools can have up to 7 and down to 3 parents' representatives, and some boards have co-opted members. Your voting papers should be coming out soon, so make sure to get your votes in for that also.

The Hibiscus and Bays Local Board (HBLB) – has 8 members. Four are elected to represent residents of the Hibiscus Coast subdivision up to Waiwera and Tiritiri Matangi, and then down to the Okura River – roughly following the motorway; and

"Someone struggled for your right to vote. Use it"

— Susan B. Anthony

TOBY MALCOLM for Hibiscus & Bays Local Board



Of all our levels of government, council should be closest to us, in the best position to hear and implement our local interests. This will be my mission if elected, and I pledge to:

- Provide scheduled local drop-in sessions to listen to your needs.
- Represent and act on your behalf.
- Keep you regularly informed via email newsletters.
- Work for improved services for seniors, a strong local economy, a protected environment, safe and effective transport, a connected and inclusive community, and improvements in value from council spending.

I am a local business owner of Tech Tutors Ltd, which provides computer training and support to individuals and businesses in our community.

My degree from Lincoln University, with a significant focus on policy analysis, will serve me well in my job as your advocate.

To do all this, I'm asking for your vote.

PROTECTING OUR LONG BAY OKURA MARINE RESERVE

Did you know **COASTAL PLANTING IS MORE THAN JUST LOOKING GOOD**

Along Long Bay Okura Marine Reserve on the main Long Bay Beach, Auckland Council have a planting programme. Plants are specifically selected by collecting seeds from the local environment.

As plants establish and grow roots, they stabilise the ground. In a coastal environment like Long Bay, this helps stabilise the sand dunes. Without plants, the dune and lands can quickly erode, washing away into the sea and changing the underwater landscape. Historically, naturally occurring plants would have performed this role of stabilisation. However, these plants were cleared to make way for human use, so the dunes have begun to erode away. Dune planting seeks to reverse this.

If the dune plantings are walked on whilst they are being established, then hours of investment from seed collection to planting are undone in a split-second.

It's vitally important that we, our family, our children and pets stay out of the dunes.

CONTENT SUPPLIED BY MERC

Long Bay - Okura
Marine Reserve

Dune plantings

are the end result of hours of mahi to collect seeds from the area, germinate, grow and care for them, identify a location and, finally, return them to the areas the seeds were collected.



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Should you 'stage' your home?

Is it worth the money?

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Either DIY or professional, incorporates furniture which compliments the room. (If you are on a budget, try TradeMe to find a great deal)

✓ SHINE THE SPOTLIGHT ON THE ROOM

Not on your personal taste. Think tones that are neutral, neutral, neutral. (You want buyers to focus on your house - not the furniture).

✓ ENSURE YOUR HOME TELLS A STORY

Well put together, comfortable and seamless. Ensure all rooms are completed in the same style. (Don't skip 1 or 2 bedrooms – either opt for the full staging package or make sure you complete the DIY).

We hope the above has been helpful. For more tricks and ideas please contact us. We look forward to talking through your options with you.

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Feeding the Whānau

- By Yolande Jeffares

I started fishing to teach my grandson (who lives with me) 'blokey stuff'. But first I had to teach myself how to fish. It took me a while to get the hang of it, but eventually we started catching the odd keeper off the wharf, and one-by-one, other whānau started joining us. It became a time for us to unwind and reconnect. I was sure we could do better if we could get out on the water, so I got a couple of starter kayaks, and off we went. I love being on the water. I like to push myself further and further, explore new waters, and land bigger, more challenging fish, but none of that is essential to feed the family.

For about nine months of the year, our spend on buying meat is almost non-existent, thanks to fishing. Even with reel servicing and replacing lost lures and bits and pieces, I still save money. There is something very special about being able to live that bit more naturally and to be able to share with neighbours who otherwise would rarely eat fish. Sure, it's tough work, especially when the bigger fish are biting, but the added bonus is it keeps me fit and healthy.

Now is the time I start 'stocktaking': going through my fishing gear, seeing what needs replacing or fixing ready for the new season. A marine heatwave is predicted, so there's every

chance the fishing will ramp up again in September rather than October. Whichever is the case, I'm looking forward to it.

Tight lines fellow fisho's



One snapper = 11 meals of fillets for two adults and two smoked fish packs to feed a family of four.

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Tides SEP 2022 (Murrays Bay)

		HIGH	LOW	HIGH	LOW	HIGH
Thu 01	-		04:21 0.4m	10:31 2.9m	16:36 0.5m	22:49 2.9m
Fri 02	-		05:04 0.4m	11:15 2.8m	17:22 0.5m	23:34 2.9m
Sat 03	-		05:49 0.5m	12:03 2.8m	18:13 0.6m	-
Sun 04	00:23 2.8m	06:39 0.5m	12:58 2.7m	19:12 0.7m	-	-
Mon 05	01:18 2.7m	07:37 0.6m	14:01 2.7m	20:16 0.7m	-	-
Tue 06	02:19 2.7m	08:43 0.6m	15:09 2.7m	21:23 0.7m	-	-
Wed 07	03:26 2.7m	09:52 0.6m	16:16 2.8m	22:28 0.6m	-	-
Thu 08	04:34 2.7m	10:57 0.5m	17:17 2.9m	23:28 0.5m	-	-
Fri 09	05:39 2.8m	11:57 0.4m	18:13 3.1m	-	-	-
Sat 10	-	00:25 0.4m	06:37 2.9m	12:51 0.3m	19:05 3.2m	
Sun 11	-	01:18 0.3m	07:31 3.1m	13:41 0.2m	19:55 3.2m	
Mon 12	-	02:08 0.2m	08:21 3.1m	14:29 0.2m	20:43 3.2m	
Tue 13	-	02:56 0.2m	09:07 3.1m	15:15 0.2m	21:30 3.1m	
Wed 14	-	03:42 0.2m	09:52 3.1m	15:59 0.3m	22:15 3.0m	
Thu 15	-	04:25 0.3m	10:36 3.0m	16:44 0.5m	23:00 2.9m	
Fri 16	-	05:09 0.4m	11:19 2.8m	17:30 0.6m	23:45 2.8m	
Sat 17	-	05:52 0.5m	12:05 2.7m	18:20 0.8m	-	
Sun 18	00:31 2.6m	06:39 0.7m	12:55 2.6m	19:14 0.9m	-	
Mon 19	01:20 2.5m	07:31 0.8m	13:51 2.5m	20:13 1.0m	-	
Tue 20	02:14 2.4m	08:29 0.9m	14:52 2.4m	21:14 1.0m	-	
Wed 21	03:13 2.4m	09:32 0.9m	15:51 2.5m	22:11 1.0m	-	
Thu 22	04:12 2.4m	10:31 0.8m	16:45 2.5m	23:02 0.9m	-	
Fri 23	05:08 2.4m	11:22 0.8m	17:33 2.6m	23:48 0.8m	-	
Sat 24	05:58 2.5m	12:07 0.7m	18:16 2.7m	-	-	
Sun 25	-	00:31 0.7m	07:43 2.7m	13:48 0.5m	19:56 2.8m	
Mon 26	-	02:12 0.6m	08:24 2.8m	14:28 0.4m	20:36 2.9m	
Tue 27	-	02:52 0.4m	09:05 2.9m	15:08 0.4m	21:17 3.0m	
Wed 28	-	03:32 0.4m	09:45 3.0m	15:48 0.3m	21:58 3.0m	
Thu 29	-	04:13 0.3m	10:26 3.0m	16:30 0.3m	22:41 3.0m	
Fri 30	-	04:56 0.3m	11:09 3.0m	17:15 0.4m	23:27 2.9m	

Source: MetOcean Solutions. Times adjusted for Daylight Savings

Life on the Edge

September 2022

Ngā Kōrero



Meet the Pink golfball sponge: Pototaka moana

Ever spotted one of these round, soft and rose-coloured balls on the rocky shore? Sponges might not seem like the most stimulating sea creatures, but they are super interesting when you take a closer look! As adults, sponges are sessile, which means they are fixed in one place – they attach themselves to rocks with short, root-like structures. Sometimes they form extensions of themselves, filamentous outgrowths that detach and form new ‘baby’ sponges through budding - a form of asexual reproduction!

So if they can't move, how do they eat? Sponges are filter feeders, they draw in water through their pores, trap the plankton, then expel the water through larger openings, often at the top of the sphere. Their bodies are made up of tiny silica spicules that make them unappetizing to most seashore creatures but even though they aren't a highly sought-after prey, they are prone to physical disturbance, like

foot traffic on the rocky shore, heavy wave action in the intertidal, and dredging. Animals which do fancy eating sponges are the nudibranchs which can concentrate the ‘chemicals’ (which the sponge uses for its own defense) in its body to make itself distasteful to predators!



Article by Sarah Kulins for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz

Backing the Bays.co.nz



**Gregg
WALDEN**

**Alexis
POPPELBAUM**

**Julia
PARFITT**

**Frank
SUN**

VOTE 4  for the **Backing the Bays** team
to effectively represent you on the **Hibiscus & Bays Local Board**

It's been great to see the sun after all the cold and rain. Throughout winter, many locals have come to see **RAFT Studio** as their happy place, offering refuge from the dark and gloomy days. With spring on the way, it's time for new ideas to blossom and maybe take up a new hobby or interest. We're also busy creating for our **RAFT Art and Craft Sale** later this year. We'll have lots of gifts and cards for sale or if you'd prefer to make your own, join one of our classes. In September, Tanya



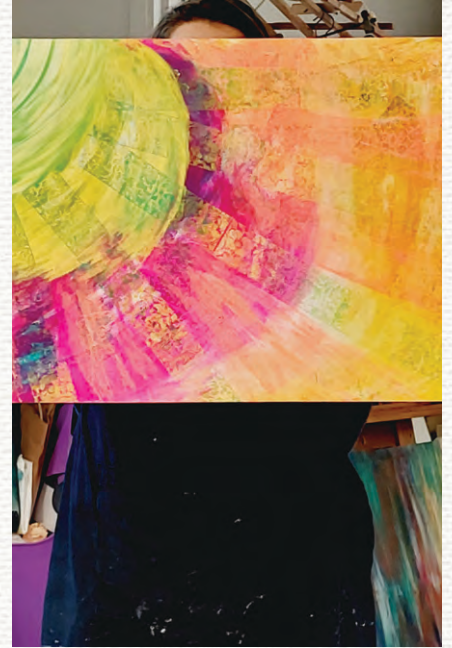
will be running her popular **Macrame** workshops, Jen will be getting creative with **Picture Frames**, and Helen and Jan will step you through making a **Mixed Media** artwork. See the **What's On** section for details (pg 29). If you're not sure what you would like to do, look on our Facebook or Instagram pages, come to one of our open studio sessions or pop in to chat to one of our team.

Abstract Art

So, what is **Abstract Art**? One definition is 'art that does not attempt to represent an accurate depiction of reality but uses shapes, colours, forms and marks to achieve its effect'.

You may know of famous abstract artists such as Jackson Pollock, Wassily Kandinsky and Piet Mondrian. Here at **RAFT** we have our own proponent of the art form, Jen van der

Woerd. Jen's weekly class explores many forms of abstract art using acrylic paints, and other mediums and tools to create your own artwork on canvas, board, card or textiles. No experience is needed, and all materials are provided.



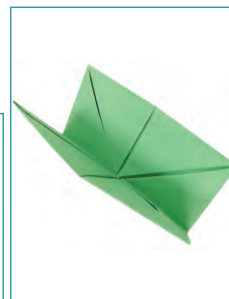
Make an Origami Monster

1. Fold a square of paper (20cm is a good size) into quarters and crease so you have a centre point mark. Unfold.



2. Take a corner point and fold into the centre point. Crease well. Repeat with the other 3 corners.

3. Flip the paper over and repeat this process.



4. Fold along the horizontal and vertical creases so the paper is easier to manipulate.

5. Push up the outer points gently until they meet. Pull out the flap to insert your fingers.



6. Stick two sides together top and bottom to form the monster's face and mouth. Decorate to make your monster (or animal).

Photo Restoration

Are you one of those people fascinated by TV's Friday evening Repair Shop? Ordinary people turning up with an assortment of wrecked rocking horses and bullet-ridden fob watches then seeing repaired, re-painted and rebuilt objects being handed back to their owners.

Earlier this year I started a hobby restoring some of our family's precious photos and documents and the word was out, I was restoring and digitizing collections of family photos, slides and some very sadly neglected photos. In contrast to those highly skilled crafts-people, I just have me and some very sophisticated software resulting in tears, lots of smiles and appreciation.



Torbay resident Peter Boyle (pictured) phoned, enquiring about the restoration of a couple of framed prints which had been on the wall for many years. Coloured photos of three young children had faded and were in desperate need of some serious work. It's also a chance to meet some lovely people chatting over a cuppa. Peter had the Torbay greengrocers 43 years ago!

One recent project outshines all the others. Chris, an ex-airman, approached me with a small, low-resolution picture of a plane. His comments tell the story: "A chance meeting at a

local market brought us into contact with Colin. He was surrounded by samples of his superb photography and examples of outstanding photo restoration work."

"I produced a very average copy of an aviation themed photo and asked, 'What can you do with this?' A very polite reply came back 'leave it with me.' Within days, the results of his diligence and skill produced some amazing proofs and fantastic suggestions to enhance the original photo. These concepts were well beyond my initial expectations. The finished restoration was completed, plus all the extras I piled on to the initial brief, within an extremely short time frame."

"Colin's work is that of a consummate professional. I enjoyed the experience and what's more important, I am overjoyed with the outstanding results he produced on my behalf." *Chris*

If you have precious photos or documents which need restoring contact **Colin at Restore: 0273 704 188, colinjunt@gmail.com and www.clc-photographic.com**

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It's Time to Get Serious About Security

There is growing concern in the community about the increase in brazen thefts and break-ins from shops and houses in the Torbay and Long Bay area.

Prateek, the owner of the Stredwick Dairy known as Pacific Superette Torbay, was robbed on 6 August. During opening hours, two offenders entered the shop and began smashing everything to get to the till and cigarettes. When the thieves couldn't get into the locked cigarette cupboard they scooped up as much vaping product as they could carry. Prateek, his wife, and another couple were behind the counter. They ran for their lives. Thankfully, no one was physically injured, and the offenders were later caught by the police.

Just days later a woman was caught on CCTV cameras at 3am trying all the shop doors in Long Bay. She broke into Aruma Malaysian restaurant. A car was also stolen from the Long



Bay shops car park that day.

A week later the storage units in the New World underground car park for the new apartments were broken into and thousands of dollars worth of private belongings, including electric bikes, were stolen. Cars and mailboxes have also

been targeted for their belongings, including tools and credit cards.

Torbay Village shops continue to experience shoplifting. One man walked out of BK's Four Square without paying for the beer he'd lifted. When a staff member asked him to pay, he abused them, put the beer in his car and returned for some more. People have also been shoplifting food from the product displayed outside the Torbay Fruit Shop.



The Torbay Business Association is concerned about the safety of our people working and shopping in Torbay and

Long Bay. Please let us know if you hear of any thefts. We can advocate for greater protection, and we welcome suggestions for what could be done to better keep each other safe from increased local crime. **In an emergency call the Police on 111, or after a crime call 105.**



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Todd Talk Two: *Having a Laugh at Work*

- By Oliver Simpson



Todd Statham returned to Torbay in August to talk about injecting fun into your shop or workplace. Extending on from his previous message to “do what you love; love what you do”, this time he shared tricks and games for engaging staff or customers in a fun way. First, he said you, the boss or shopkeeper, need to be prepared to have fun.

“It’s okay to play”, he said.

“And it doesn’t have to take up a lot of time.”

To demonstrate, he had us play some games teams can compete at, such as paper-scissors-rock. You could do this for just 5 minutes a day, record staff scores over the week and award the loser the task of doing something nice for someone at work or picking the next week’s game. Losing the game should be okay, just like making mistakes is okay, he said.

It was a fun night and a creative way to learn more about people than I otherwise would have learned just chatting to them about their businesses.

Activities ‘to bring people in with fun’

- Put some lego on a table/counter with a sign saying ‘Add 5 pieces’. You could also do this with a jigsaw puzzle.
- Using chalk, draw a hopscotch or tic tac toe on the footpath outside your shop door. This does 2 things: it stops people, and it gives you a chance to engage with them.
- Set up Jenga for passers-by, in an office or customers in a shop, to extract a piece.
- Start a drawing on a blackboard or canvas with an invite for customers to make one addition to it.
- Fill a large jar with something relevant to your shop or workplace and have people guess the number or weight of things in the jar.

Act quickly to get in for our next *business booster talk* happening early September. Follow our Torbay Village, NZ Facebook page or email theteam@torbay.co.nz for details.



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Get Moving, Get Summer Ready

- By Rosemary Gatland

One thing I liked about lockdown was that so many people got out walking. As a keen walker, I can see that people are back to work. Winter, too, puts people off walking. I know I have chosen an extra half an hour in bed in the mornings over my walking shoes.

With the days starting to stretch out and daylight saving starting this month, it's a good time to start building up your fitness for the longer summer days. We'll spend more time outdoors, gardening, enjoying our environment, playing sports and travelling. For people who can walk, without pain or without aids, walking is one of the cheapest and easiest ways to start exercising. It's also effective if done at least a few times a week and for long enough and at a fast enough pace that you break a sweat. That will be different for everyone. And to prevent pain developing, if you do walk regularly, make sure you've got the socks and shoes for it.

Starting from scratch? Here's a few tips to get started:

- At the mall or shopping centre, park your car at one end. Walk to the other end and back doing your shopping along the way.
- Ask a friend to do short a walk with you. Start somewhere flat. Walk 10-15 minutes one way and then walk back.

Steadily increase the time and distance when you feel you can do more.

- If you can, vary where you walk. Keep your head up and take in the sights.
- Join a walking group (see pg.33).
- Join a Steps Challenge, or work towards joining in a fundraising walk.
- Google 'fun-run-walks Auckland' for some inspiration.



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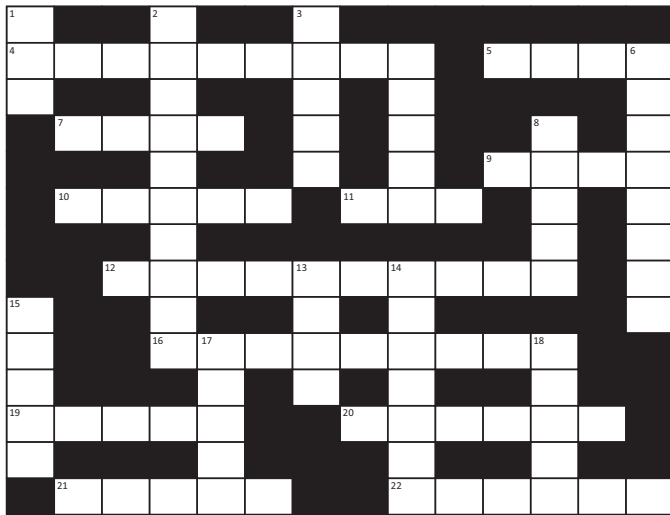
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Answers to clues marked * can be found in this edition

ACROSS

- 4 * Stihl have them and they're pretty handy on a lifestyle block
- 5 Some boats have them to move
- 7 * What colour is associated with September?
- 9 * Margaret can help you with recovery after _____?
- 10 * Shoebox Project think its never too _____?
- 11 Beer comes in them
- 12 * Day we celebrate this month
- 16 * BrownTown are known for their _____?
- 19 Another way of saying what BrownTown do
- 20 * Torbay Roast are open for lunch and _____?
- 21 * Phil is from Akarana _____?
- 22 In her field, Rachele is an _____?

Sudoku

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

DOWN

- 1 Parts of a play
- 2 * These guys really know their range
- 3 * Driving Miss _____
- 6 * September is about this aspect of men's health
- 8 * Young lady who conducted a survey of local businesses
- 13 A type of cheese
- 14 Old time sea biscuit
- 15 Fits like a _____?
- 17 Everyone wants a little something?
- 18 Honking birds

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Surviving (and thriving) as a New Dad



Let's hear it for the Dads! Whilst there are cultural differences, many new Dads wake through the night if baby cries. They help with feeding, they're changing nappies, bathing baby, and taking baby to appointments (like Plunket!) or for walks around the block...and lots more.

If you're a new Dad and you're finding the first few months of parenthood challenging, it's because they are! If we could sum up the best advice for how to thrive (and not just survive) in the newborn stage and beyond, it would be this: **talk with your partner**. Here are some other tips that might help:

- **Know it's ok to find it tough**—most people do.
- **Head along to antenatal and parenting classes with your partner**. Plunket does some good ones. Knowing what to expect during labour and birth and in those first few weeks can make a huge difference.
- **Trust you'll learn 'on the job'**. Changing nappies, bathing baby, settling your little one to sleep—having kids is a huge learning curve, and it's normal to feel out of your depth. It may not seem like it yet – but you'll soon be a pro at using that car seat!
- **Have some time to yourself – and make sure your partner does the same**. It's important you can still have time to do things you enjoy, like seeing friends or playing sport. It might just be less time than you're used to. Take turns so you both have a chance to recharge your batteries.
- **Talk about stuff**. Worried about money? Struggling with memories from your own childhood? Stressed out you don't know what you're doing? Talk to your partner, or to a mate or whānau member. Don't keep that kind of stuff bottled up. It helps to have other dads around that you can chat 'dad stuff' with. This could be your own dad, uncles or dad mates – or online communities or local groups (Plunket does some).
- **Look after your body**. You'll feel better physically and mentally when you fuel your body with good fresh food (try to get your 5+ a day, and limit fried and sugary food) and water. It's also good to try and get active for 30 mins a day.
 - **Bonus tip:** Why not head out for a walk around the block with baby in the front-pack or pram. You'll get some fresh air and a chance to stretch your legs, your partner can have a nap or some time to themselves, and you might even be able to convince baby to have a nap. Win. Win. Win.

- **Mindfulness (be chill and present)**. Take some big breaths (breathe in through your nose for 1, 2, 3 and then breathe out through your mouth for 1, 2, 3, 4) and just be in the moment with your baby. It's relaxing, and helpful if you're feeling anxious or stressed. If you're an app kind of guy, Smiling Mind could be worth a try (it's a not-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness to your life).
- **Get some sleep – when you can**. If you have a newborn, chances are you're not getting much sleep. Have a go at some day-naps while your baby's asleep or going to bed earlier than you would normally. Getting as much shuteye as you can really helps with your energy and sanity levels.

Tips for bonding with your baby

Hugs and cuddles—babies respond to touch. Close contact makes them feel safe and secure – it's also soothing for you too! Let your baby rest on your chest when lounging around at home.

Make eye contact with them while you talk, sing and play—your baby gets meaningful communication from making eye contact with you and gazing at your face close up.

Keep baby close as you go about your daily routine – carry baby with you in a sling or front pack while taking a walk or doing light tasks around the house.

Talk, sing and read with them—even though your baby can't understand what you're saying, hearing Dad's calm, reassuring voice makes them feel safe and secure.

Enjoy playtime—whether it's dancing with your baby in your arms around the lounge to your favourite tune, playing peek-a-boo with them, or making silly faces, being playful with your baby is a great way to bond.

Where to go for Help

Dads can experience postnatal depression and anxiety. In fact, up to one in 10 will. There's also growing evidence that, just like mums, dads experience hormone changes when their baby is born (including fluctuations in testosterone, estrogen and cortisol, the stress hormone) that may negatively impact mental health. Here's some ideas of who to talk to if you're not feeling well:

- Your GP/family doctor can offer you support and if necessary, refer you to other specialist health providers (e.g. counsellor, psychiatrist).
- PlunketLine (0800 933 922) – our nurses are here for you 24/7, for free.
- Text or call 1737 – New Zealand's free 24/7 counselling service.
- Kidz Need Dadz (KND) has a free Dadzkare support line – 0800 563 123.
- Lifeline (0800 543 354 or text 4357) is also 24/7 and free.

Win-Win

Glamorgan School Raffle Supports Local Businesses

All around the country, schools, sports teams, and other charities rely on local businesses to support them. Businesses donate prizes or goods which schools then use to raise funds. Recognising that it's been a tough two years for our local businesses, with lockdowns and now a global cost-of-living crisis, Glamorgan's Friends of the School (FOTS) committee has come up with a unique fundraiser which supports local businesses while raising money for the school – the **Glamorgan Gives Back Raffle**.

"We're really aware of how tough the

past two years have been for everyone, and we wanted to do something to say thank you to some of the businesses in the community who have supported Glamorgan School in the past," says Nicole Thompson, who organised the fundraiser with the FOTS Committee. "We have been very lucky to always have so much support from local businesses, so it's nice to be able to give back to them."

The school's Board of Trustees authorised the committee to purchase

up to \$5000 of prizes from local businesses. Prizes include an \$800 voucher to use with **Your Local Electrician**, a \$700 voucher for **Create Renovations** and a \$275 voucher for **Torbay Service Station**. Other prizes include vouchers for **Scout Cafe**, **Muscles and Motion**, **Torbay Fruit Shop** and **Torbay Village Butchery**.



There are twenty-five prizes to be won and raffle tickets are just \$5 each. Get your tickets at the Glamorgan School office between 29 August and 23 September.

Winners will be drawn at **SCOUT CAFE** on Saturday 24 September.



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Torbay School Update



Cure Kids Red Nose Day Fundraising

Fundraising for **Cure Kids** to support research into cures for cancer, amongst other diseases, has important meaning for Torbay School. Lucca Holecliffe, a current student in year 3, has undergone ground-breaking treatment for cancer over the last three years and this was partly funded by **Cure Kids**. Lucca is an official Ambassador for **Cure Kids**. **Cure Kids** also has a relationship with another special Torbay School family. Hollie Beattie (Year 5) was both inspirational and a beacon of resilience who lived life to the full despite her illness. Hollie's family are fully supportive of **Cure Kids** and their fundraising efforts.

For **Cure Kids - Red Nose Day** on 29 July, Torbay School held a special event to commemorate the memory of Hollie and support Lucca and the Holecliffe family. We had a 'wear red' mufti day and started the day with a *whakatau*, welcoming special guests from **Cure Kids** and some famous rugby players. Some students were treated to a yummy breakfast followed by games organised by the rugby players.

Matt Johnson, a Blues player and **Cure Kids** ambassador, gave an inspirational talk to the students in an assembly. He talked about his health issues and how he had faced and overcome his challenges. He explained how he used resilience to keep trying when playing the sports he loves and how he never gave up.

Other activities throughout the morning included yoga for the adults, face painting, bake sales, a photo booth, books and toys sales, disco and basketball throw. Parents were invited to join in the fun too. The year 6 students did an amazing job running the games and activities. For some of the junior children, it was their first time learning to use money to buy things. Lots of problem solving and decision making was required! The event gave students a chance to practice the school's *Learner Powers* (Resilient, Reflective, Innovative, Collaborative and Curious).

We would like to thank our awesome community for their donations of goods and for their support with this event. Please support **Cure Kids - Red Nose Day** if you have a chance. The funding gives scientists and doctors the opportunity to conduct research aimed at improving the health of children.

By Susan Ye, Deputy Principal



TORBAY SCHOOL

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Te Kura Tuatahi O Whangatoa



"Kia Ora, Ko Jess toku ingoa.

I was honoured to be selected as Long Bay College's first 'School Based Teacher Training' student this year. It's a Waikato University programme which sees talented prospective teachers train in schools while completing their teaching qualifications ...
... with Waikato University."

"In 2020 I joined the Long Bay College team as a teacher aide and quickly found myself feeling quite passionate and connected to the community here. The 'School Based Teacher Training' Programme has been an amazing opportunity for me to progress my career and training in a way that has allowed me to build on this connection and be supported by the wonderful community here at Long Bay College."

"I have been so well looked after by my amazing mentor and associate teachers each step of the way, as well as the wider staff at the school. The flexibility I have had to gain experience in different learning areas of the school has been invaluable to me. While the opportunity to work with a variety of classes and students over the course of a whole year has been incredible and a definite highlight of this experience."

"The 'School Based Teacher Training' cohort has been another community that has made this experience for me. Being able to visit these other schools around Auckland and share our experiences together has been incredibly helpful and eye-opening. The professional learning and development I have received at both Long Bay College and the other 'School Based Teacher Training' schools have been of very high quality and relevant to my teaching practice in the classroom as well as university assignments."

"I would highly recommend this programme to anyone who is wanting to progress their careers or maybe wanting a change in career while remaining involved in the workforce and community. With a full year of experience under my belt as a trainee teacher and the awesome network of supportive teachers I am surrounded by here at Long Bay College, I am feeling confident and excited to head into my first year of teaching next year."

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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 5.30-10pm. Ph Don 478 3830.

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

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

RAFT STUDIO - Workshops/Tutorials - Macrame Rainbow & Feathers Wall Hanging (Sat 3rd & 10th Sept 2-5pm and 21st Sept 7-9pm); Frame It (Thurs 8th & 15th Sept 6.30-9.30pm); 3D Mixed Media Art Work (17th Sept 2-5pm). Ph: 021 145 2865, email: raftstudiostorbay@gmail.com or visit: www.raftstudios.co.nz

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

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: 3rd September 7:30pm. 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

UCAN2 DANCE STUDIO – UCan2 Dance Studio – Ballroom & Latin, & Street Latin dancing free 1hr intro class. No partner required. Thursday 29th September. One person wins an 8 wk course. 23 Tarnedale Grove, Albany. See www.ucan2dance.co.nz or Ph Marie 415 5997

Puzzle Answers

Crossword



Sudoku

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

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

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

HOME & GARDEN SERVICES

Cedar Master Ltd	022 690 6650
JMC Build	021 234 383
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.....	479 4275
East Coast Folk Club.....	426 3588
East Coast Bays Toastmasters.....	027 422 3685
ECB Widow and Widowers Association	479 6042
Friends of Okura Bush.....	021 177 5755
Friends of Sherwood.....	476 7279

Graceway Baptist Church.....	473 8562
Long Bay Baptist Church.....	473 2498
Long Bay Baptist Mainly Music....	947 3378
Long Bay Great Parks Society	021 424 617
Long Bay Residents Assn.....	021 253 0571
Long Bay Toastmasters.....	022 048 5034
Neighbourhood Support.....	353 0427
North Shore Brass Academy	021 281 0405
North Shore CMA.....	489 8954
North Shore Historical Society....	489 3760
North Shore Kickboxing.....	021 228 2808
Plunket.....	838 0981
Raft Studios.....	021 022 41456
Rotary Browns Bay - Torbay	021 025 70993
Salvation Army Op shop.....	473 2150
Shore Presbyterian Church...	021 036 7957
St. Mary's By The Sea Anglican Church	473 8180
Torbay 60s Up.....	421 1011
Torbay Community Hall.....	021 027 0103
Torbay Community Playgroup....	473 4473
Torbay Friendship Club.....	021 271 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

GERALDINE ZAREIAN

Successfully Selling Torbay!



Trustworthy & Tenacious

Geraldine is a very kind and honest real estate agent.

These are highly admirable qualities for someone in this profession.

I found her knowledge of the market excellent. Geraldine would always treat me as a person and be available anytime. Even when I had silly questions she would always be lovely and never made me feel stupid.

A very professional and tenacious lady who had my back the whole time and never gave up until I had a sale.

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With the expansion of our Torbay office we are looking for dedicated agents to join our team. Please get in touch. I would love to hear from you.

Please call **Sharee Adams**
(Branch Manager)
021 416 220



YOUR DEDICATED SALES AND RENTALS TEAM



Sharee Adams
Branch Manager
021 416 220



Mon Tu
Head Property Management
027 809 6687



Alex Mathew
027 358 8165



Anna Lin
021 043 7690



Alina Yang
021 608 219



Andrea Tavae
022 476 7273



Anna Ju
021 889 687



Claire Cassin
021 053 5987



Jason Meng
021 053 5987



Jennifer Anderson*
021 177 5530



Jennifer Jiang
027 603 7788



Jun Olis
021 066 9149



Karin de Leeuw
027 270 2700



Kim Jin*
021 395 888



Kyra Perwick*
027 311 7953



Lily Chapman
029 288 8205



Oliver Liu
021 820 999



Paul Adams
021 966 266



Ray Qu
021 190 0881



Reuben Payn
022 086 5744



Ronald Venturina
021 073 1617



Shane Anderson
027 482 7440



Stephen Kattan
021 808 938



Tiki Jiang*
021 775 217



Wendy Radcliffe
021 772 070



XiaoLi Duan
027 888 2888



Yang Lin
021 0873 3492

*Associate Salesperson. All others are Salespeople unless otherwise stated.

TORBAY 09 473 9190
LONG BAY 09 473 0712



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