

DECEMBER 2022

EST 1992

TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine

Ho Ho Ho
Santa is Back!



Alexander Ave Halloween Success

Where Have all the Buses Gone?

Okura Forest Festival – Save the Date

Ho Ho Ho! Santa is Back!

Saturday 10th December | 11am - 1pm
Torbay Village Plaza

Join us around the Christmas tree to celebrate Santa's return.

- ★ Photos with Santa
- ★ Magic by The Sageman
- ★ Make & Take a Christmas Tree Decoration
- ★ Plunket Fundraising Sausage Sizzle
- ★ Colouring-in Competitions

Organised by Torbay Business Association
in collaboration with RAFT Studio



FRUIT MINCE Pies!

Wow, fruit mince pies
are back in season!!



Wishing the Bays a Merry Christmas !!

Okura Forest Festival

Saturday 18 February 2023

From small beginnings 10 years ago, where local musicians came to play at the Okura Domain to entertain the locals and raise funds for Friends of Okura Bush, grew the well-loved annual Okura Forest Festival. Today, the Okura Forest Festival is Auckland's largest one-day environmental awareness music festival – a 12-hour event run entirely by volunteers. The last one attracted over 1500 people!

It is a very family-friendly event with a range of child-orientated activities, some a little quirky. But all ages attend from the very young to seniors. Feedback from previous festivals include such comments as 'best one-day festival ever'.

The event runs from 11am to 11pm at the Okura Domain, 89 Okura River Road. Cost of entry has had to be increased next year to \$49 for an all-day ticket to cover increased costs to

Celebrate our natural world, enjoy live music, food stalls and workshops

Bands include local and headline acts. In February, one group, Ungus, is coming from Australia!

Well-being and craft stalls add to the festive feel, as do stalls from community or Council environmentally focused groups such as Zero Waste, Whitebait Connection, Live Lightly, Kauri Dieback and Greenpeace.

There are also one-hour workshops facilitated by experts in the environmental field. These are very popular, with up to 100 attending the main sessions in the hall, and they're free for Festival attendees.

Although those coming to the Festival often bring their own picnics, a large team of volunteers prepare a range of delicious, mainly vegan and, where possible, organic food and beverages for sale.

run the festival. Young children are free. It's best to buy your tickets online, but there will be gate sales as well.

Proceeds from the Festival are targeted towards the environmental restoration programmes undertaken by Friends of Okura Bush in the Okura – Weiti – Stillwater area, including trapping, weed control and planting programmes.

So, pray for the sun to shine, and come and join the fun on 18 February at the Okura Hall.

For further information, visit the Okura Forest Festival Facebook page or website:

www.okuraforestfestival.com



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We would like to thank all our clients for your continued trust in us.

We wish you the best of festivities with friends & family over the holiday season.

LOCAL SALES - OCTOBER 2022*

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2/2 County Rd	\$1,000,000
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21/19 Windlass St	\$1,229,000
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122 Stredwick Dr	\$1,250,000
25 Weatherly Rd	\$1,257,000
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18 Carnmore Pl	\$1,295,000
40/19 Windlass St	\$1,395,000
17 Dee Pl	\$1,424,500
4 Phoebe Meikle Pl	\$1,451,000
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LOCAL MEDIAN = \$1,235,000

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Wishing you a happy and relaxing summer!

We're closed from 23 Dec - 12 Jan.



Have News?

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

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Chair's Letter



By Steve Piner, Chairperson
Torbay Business Association

Kia ora koutou katoa.

WOW! What a year it's been! No sooner do we put Covid behind us

(fingers crossed) than we are reminded of all manner of old and new crises. It's just exhausting! So, as the newly elected Chair of the *Torbay Business Association*, let me remind you of the good news!

Our beloved Torbay Newsletter has become the Torbay Magazine – celebrating the lifestyle of our wider area from Waiake to Okura. And we've improved the quality, with more content supplied by community groups and residents, and none simply copied from the internet (except for the Sudoku, I am utterly hopeless at those). Even our Crossword is original, created from the Magazine content. Making all this happen was, and still is, no simple task. So, thank you to all our contributors, editors, designers, advertisers, distributors and volunteers. Thank you for your faith, support and effort.

Lastly, thank you to our previous Chairperson, Dr Glover. I know first-hand the effort that has gone into, not just the Magazine, but also the Business Association. At times it's been a fight for survival against some pretty poor behaviour. I look at what has been achieved in the last 14 months and can only applaud the effort and determination it has taken to get us to this point. Keerti, our Co-ordinator, similarly has put in tremendous effort, hours and photography. Thanks also to our previous Executive Committee members, those who are staying on and welcome to our new business owners joining me on the committee for the next year.

This issue, as with every issue, is packed with great reads, informative content, a few challenges and a world of passion and talent. Two *whakataukī* (proverbs) come to mind:

Ha kai kei aku ringa. There is food at the end of my hands. This *whakataukī* signifies resilience, empowerment and hope. It refers to one's ability to use the skills and resources one has to create success. It's about being responsible for the resources and capabilities one needs to grow and develop.

Ki te kāpuia e kore e whati. We succeed together!

Be safe over the holidays and enjoy your time with whānau and friends.

We are back in February, after Santa has put on a few kilos!

Ka kite ano



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Alexander Ave Halloween

By Karen Davis

Swept along by the crowds, the sweet smell of candy and the intriguing costumes, we meandered up and down Alexander Avenue for Halloween. If I'd had some forewarning of quite how busy it would be, it's possible I would have opted out. However, I am incredibly grateful I didn't get warned and even more grateful we went!

As we followed along after my husband, who held my daughter's witch broom high in the air so we didn't get lost (which would have otherwise seemed rather odd if it weren't for the diversity in costumes surrounding us), we lost ourselves in a flurry of excitement and perhaps a little sugar rush!

We felt enveloped in a warm hug, wanting to just ride the wave of crowds who were sharing smiles and making memories together. It was incredibly encouraging to note not only how courteous people were but how polite kids were being, even if we parents were whispering reminders in their ears occasionally.



Once again, the community has held up such high standards even amongst the organised chaos, and on behalf of everyone in Torbay, I think I can say a big grateful thank you to the people of Alexander Avenue for putting on such a spectacular effort. We enjoyed making memories with you and look forward to making so many more.



As always, it has been a pleasure working with our community this year.

Wishing you all a wonderful holiday season!

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Table talk

SPARK UP THE CONVERSATION WITH A SHOWSTOPPER TABLE SETTING THESE HOLIDAYS



Images courtesy of French Country Collections, available now at Objects in my room.

They say we feast with our eyes, and what better way than with a table setting as delicious as the food you'll be serving this festive season.

Here's some quick tips and tricks to help you get started setting the scene.

Start with your theme. What mood do you want to create? Do you want to keep it classic and elegant, modern or natural? Perhaps you're after an informal garden gathering or a beach inspired picnic? The internet is overflowing with ideas and Pinterest is always a great go-to for DIY inspiration. Likewise, there's many a good book on table settings.

Once you've nailed your theme, work out what you do have and invest wisely in a few special items that will help bring your look to life. Perhaps it's a showstopper centrepiece, a new linen tablecloth or napkins, some additional tableware or candles. Mixing old and new can also create an exciting, eclectic touch.

Bring nature to your table. There's a bounty of summer flora and fauna just waiting to be harvested and what better way to bring the tree to the table than with flowers and plants.

Whether you're a first timer, or a seasoned hand, setting a festive table is your chance to have fun and let your creative side do the talking. If you're needing help, pop into our store in Long Bay Village and we'll help you transform your table to create your most memorable gathering yet.



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Mystery Letterbox

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Cancelled Buses

By Oliver Simpson

It's no surprise that Auckland Transport has been in the news recently for its spate of bus cancellations. But why are these buses being cancelled?

I, being a non-driving school student, rely on buses a lot. Checking AT's mobile app to see the changes to the schedule in the afternoon, recently only brings bad news. If my usual bus home is cancelled, I have to wait 30 to 45 minutes for the next bus.

More than 1000 buses are being cancelled each day! This is because Auckland Transport and its operators are more than 500 drivers short of their minimum 2500 staff requirement. Of those that are employed, on any one day about 10% of them are off sick.

Long shifts – some being 14 hours long, coupled with low pay and the ever-increasing risk of assault are putting people off the job.

Auckland Transport acknowledges it is an issue, however, according to Public Transport Users Association National Coordinator Jon Reeves, buses not turning up is a major turn-off.

Reportedly many commuters have reverted to driving instead of catching the bus.



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To fix the driver shortage, Auckland Council, and Auckland Transport with Waka Kotahi New Zealand Transport Agency have committed funding to increase bus drivers' pay. The former has committed an 8% increase in wages, and, together, the latter will add 3.9% on top of that. Minister for Transport, Hon. Michael Wood, also announced that the Government will commit \$61 million for drivers' wages

to increase base rates in main transport centres to \$30 per hour and \$28 per hour for regional drivers. Some of this money is earmarked for fixing the conditions in which bus drivers work.

Hopefully, the wage increases will help to retain drivers, attract more drivers to the job and result in less cancellations before more commuters lose faith in public transport.



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Sustainability Matters

Sustainability is an important value to many people who live in the upper East Coast Bays area.

Throughout the year the paper we print on and the quality of printing has changed a few times. This is because the printing cost was high when the new Torbay Magazine editorial team started in February. As a not-for-profit organisation, we believed that advertisers who support the Magazine should not be charged more than necessary. We're here to help businesses, not make a profit from them. So, we quickly found a new designer and printer, and reduced costs by about \$2000 an issue – a potential saving for the year of \$22,000!

Alas, all businesses, including printers, have been hit with increasing costs this year. So, when the printing price went up, we found Bluestar. Not only have we kept the printing

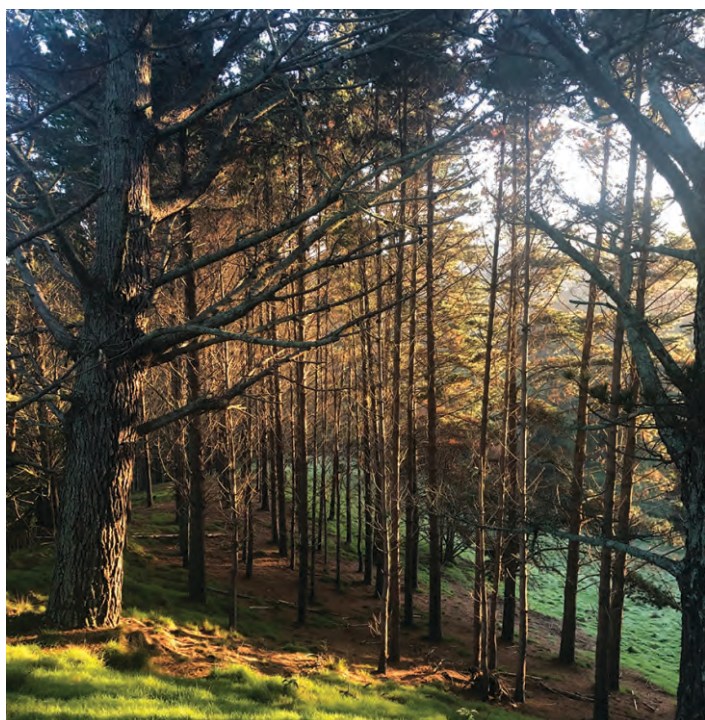
cost lower than what we inherited, Bluestar use Forest Stewardship Council (FSC) accredited paper.



The FSC label means the paper comes from environmentally responsible sources and 'gold standard' ethical production methods are used in the making of the paper. The paper we print on is also completely recyclable.

Other Torbay Magazine moves towards more sustainable practices include our Paper-Free delivery option. If you'd like to receive the Torbay Magazine by email instead of receiving a hard copy in your letterbox email us at magazine@torbay.co.nz and let us know the address we should stop delivering to. It's free and you can change your mind when you want.

Our latest big change makes the Torbay Magazine easier and more fun to read online. Now you can flip through the latest issue on your screen. The current Magazine and some previous issues remain available to download an electronic version. Find the latest Torbay Magazine at: torbay.co.nz



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Browns Bay Business House Bowls



Wednesday nights at Browns Bay Bowling Club are worth checking out. The welcoming team have created a fun, relaxed way to give bowls a go, make some new friends or build your business network. Never bowled before? Don't

let that stop you! You'll fit right in. Most of us are in the 'lot to learn' club.

Each team of four gets two games a night, in a round robin style tournament. While you're waiting your turn, there's always a good song to sing and dance to, a cold beverage to sip on from the well-stocked bar (at good club prices of course), or even a free sausage sizzle with good ol' tomato sauce, kindly donated by New World Browns Bay. It's a great summer beach BBQ vibe with plenty of team banter!

There's \$240 in prize money up for grabs at the end of each night including 3 random prizes. So even if you're not winning on the green you could still win some money – so be sure to hang around for more drinks and laughter. On the final night there are prizes for the top 3 teams.

It's a lot of fun and a great way to ease into the second half of the working week. So, grab your work mates, or some friends and enter a team. We can't guarantee you'll become an expert in bowls, but we can guarantee you'll have a good time.

I'm proud to support this initiative that brings our local community together to network and have a bit of summer fun.

Wendy Treadwell—Your local agent for Harcourts Cooper & Co



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Cost: \$240 per team

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Happy Holidays Everyone



Take some time this festive season to reflect, recharge and relax with those you love. If you're considering a change of address in 2023 give me a call - I'd be happy to discuss your options for a successful sale.



Wendy Treadwell

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Gardening with Veronika

By Veronika McPherson

Summer means you can now grow climbing beans, dwarf beans, cucumbers, tomatoes, capsicums, aubergines, chilli plants, squash,

zucchini, corn and melons. They all love the warmer weather.

If some of your plants are going to seed. Let them go! Their flowers will help feed beneficial insects. And, left in the ground long enough, the seeds will drop and could sprout, supplying you with free growth for the next season.

Tips for Growing Healthy Tomato Plants

- First, prep your soil with compost, sheep pellets and a full spectrum mineral fertilizer.
- To prevent blossom end rot, which is a calcium deficiency in tomatoes, put crushed eggshells in the hole you're going to plant in. You can also put banana skins in, as tomato plants love potassium.
- For support, insert a stake and tie the plant to it with a soft fabric tie.
- Remove the lower leaves and plant deep as roots will develop along the buried stem and make a strong and sturdy plant.
- Water it well. Tomatoes are best watered earlier in the day and directly onto the soil to prevent any dampness staying on the plant which can lead to fungal disease.
- Add a layer of mulch around the base of the plant but not directly against the stem.
- Basil, Marigolds, Borage and Phacelia are great companion plants for tomatoes.



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If you're going away on holiday, add a good layer of mulch around your veggies to help stop the soil from drying out. Bare soil means dry soil as it is getting warmer. To prevent this add hay, straw, rotted woodchip, pea straw, grass clippings or simply old plant material from around your veggie patch. Also, a living mulch will leave no room for weeds to grow or birds or cats scratching in your garden.



Another way of protecting your soil is to grow a living mulch, which means you are covering the soil with plants. Good live mulch ground cover plants include Nasturtium, Chamomile, Calendula, Phacelia, Buckwheat, Crimson Clover or Marigold. As well as protecting your soil from the hot summer sun, they'll attract pollinators. Some plants that need bees include: cucurbits i.e. zucchini, pumpkin and cucumber.



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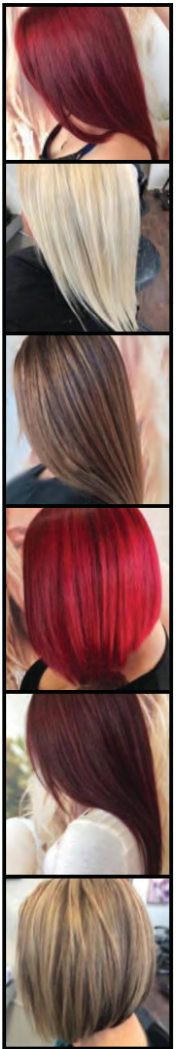
Jo and Amy opened **Simply Colours & Cuts**, haircare specialists in Torbay, on 4 November 2014 and have just celebrated their 8th anniversary. Simply Colours & Cuts is a maintenance based salon who take pride in their work and love what they do.

“We feel very lucky to have made it to 8 years,” said Jo. “We love the Torbay community and are very thankful for all our lovely clients that have supported us over the years especially the last two years with the struggles with COVID.

So, thank you! We look forward to many more years being part of this wonderful community.”

*“Have a fabulous & safe Christmas
& New Year!”*

From Jo, Amy and the Simply Colours and Cuts team xo



Happy Holidays

From Nicki O'Sullivan



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Torbay Theatre Presents...

'THE MUSIC MAN'

8-17 DECEMBER

A play by Meredith Wilson. Door sales may be available but, like the Broadway version, we often sell out and have to turn people away.

One family performing in this month's The Music Man includes Grant Coffman and his daughters Grace, middle sister Hannah and his youngest daughter Emily. Grace was choreographer for Torbay Theatre's most recent musical, *Oklahoma!* in 2020, as well as for *The Music Man*. This year, Grace is also playing the female lead: Marian, the librarian whose honesty just might rub off on the conman bandleader. Grant got involved because Grace, who has just been accepted for a Musical Theatre school in Sydney, suggested Grant might like to revive his acting skills (last seen: High School), and he ended up as the self-important Mayor Shin. His is a speaking role – no musical solos for him, but he is loving singing in the chorus. Emily joins them as Amaryllis, alongside Hannah, who was also in *Oklahoma!* Nearly the whole family is involved – and this is not unusual at Torbay Theatre – the Coffmans are one of several families where all or most are on-stage or backstage.

A musical for the whole family, full of hit songs you don't know you know (*Ya got trouble, 76 Trombones ...*), a cracking plot involving conmen, romance, and a children's band, with a cast drawn from Torbay and right across Auckland.



The Coffman Family – Grant, Grace and Emily at rehearsal.

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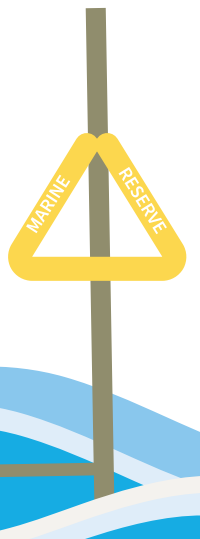
If you see someone who might be about to commit an offence, such as carrying fishing gear, let them know they're in a Marine Reserve. They might be unaware of the boundaries or what behaviours are prohibited.

A polite reminder might be all it takes to prevent an offence being committed. Phone 0800 DOC HOT for the Department of Conservation and let them know you've intervened.

If you see someone actually fishing or collecting shellfish – do not engage. Engaging can undermine a compliance investigation. Be careful, remain safe and call 0800 DOC HOT immediately. DOC have trained staff or honorary officers who may be available to investigate.



If it's safe,
take photos from a distance.
Include landmarks to help with establishing the location of the offence. The number plate of a vehicle involved can also be helpful. From there, leave it in DOC's hands. They have legal responsibility – your job is done.



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MATT AND
MAGGIE



Should you **FIX IT OR NOT FIX IT?**

5 RECOMMENDATIONS ON WHAT YOU SHOULD FIX OR NOT FIX BEFORE YOU ARE MARKET READY!

There's no 'black-and-white' rules that apply to every property and every seller. But think about our 5 recommendations as you walk through your home and give us a shout if you would like us to give you a hand!

✓ 1. PAINT

Fix it! There's no accounting for the massive upgrade a fresh coat of paint can bring.

✓ 2. MAJOR KITCHEN RENOVATION

Don't fix it! Unless there are major structural issues, most new buyers would prefer to upgrade their kitchen to their own design.

✓ 3. MINOR KITCHEN ISSUES

Fix it! Things like plumbing leaks, or swapping out light fixtures, upgrading the tapware or changing out the kitchen cupboard handles all can make a big difference.

✓ 4. EXTERNAL GUTTERS & GARDEN

Fix it! Visually it is so important to clear pathways, trim hedges, tidy up gardens, mow lawns and free external guttering from debris. The first 30 seconds of a buyer entering your property makes an important impression.

✓ 5. FLOORS

Fix it! Sand and re-seal heavily scratched floors, replace cracked tiles, and clean noticeable carpet spots and stains. Sprucing up floors can be well worth the investment.

Our commitment is to be there for you, every step of the sale.
Call us today so we can sell your property at the best price and with the least amount of hassle.

www.mattandmaggie.co

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A Kayak Fisher's Gift List

By Yolande Jeffares

Christmas gifts for a kayak fisher can be tricky. While we can never have too many rods and reels, we tend to choose particular set-ups for our style of fishing.

So, unless you know exactly what the yak fisher in your life wants, it's probably better to leave rods off the list. However, there are many other options to suit a range of budgets.

Fishfinder: A high-end item, but it can be a game changer for people who fish often. While we call them fishfinders, their greatest advantage is being able to 'look beneath the water', find structure where fish are likely to frequent and getting in close to reefs without losing your tackle to the rocks below.

Fish Smoker: Small or large and great for summer. For me this Christmas, a cover for my Bradley Smoker is top of my wish list.

FVP 7a Lithium Battery: Goodbye heavy lead acid battery, hello light and compact power! These come with everything you need to convert your connection and a charger. Other power related ideas include a battery charger or power pack to charge cell phones.

Hot water bottle: This is a quirky, its 'the thought that counts' gift. Filled with icy cold water it helps keep caught

fish cool in the back of the kayak. It takes up less space than most cooling options and doesn't clunk about.

Kayak Gaff: Like a normal gaff but shorter – perfect for hauling large fish onto your kayak or for species with a very soft mouth that are likely to come off the line if allowed to fight too much.

Lures: Kaveman Tackle Micro jigs – either singles or a box set. Pretty shiny things that appeal to pretty much any species. Or a gift voucher for tackle.

Rod Rack: (pictured)

As the rod collection grows, so does the need for organisation.

Wishing you all a very kayak Christmas.



AKARANA LEGAL LAWYERS

Experienced Lawyer in Torbay

Hello, I'm Phil Sheat, Principal of Akarana Legal, with over 30 years legal experience. Contact me to arrange a friendly, no-obligation first chat on any legal matter.

Happy holidays, be safe and don't forget to 'slip on a shirt, slop on some sunscreen and slap on a hat'



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Mobile 027 275 2122 Email phil@akaranalegal.co.nz Website www.akaranalegal.co.nz

Tides DEC 2022 (Murrays Bay)

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

Source: MetService www.hightide.co.nz

Fight to fix Glenvar-East Coast Rd intersection or install a dog park?

A Horizon Research poll suggests the low turnout of voters in the recent local government elections was mostly driven by a lack of information about the candidates and their policies. Almost a third of non-voters said they didn't vote because they didn't know anything about the candidates, 26% said they didn't know enough about the policies, and 22% said they couldn't work out who to vote for.

The elected Hibiscus and Bays Local Board members for our area for the next three years are: Julia Parfitt, Victoria Short, Alexis Poppelbaum and Gregg Waldon. To find out more



about their priorities for our area have a look at our survey which gives you a chance to rate their promises and say what you think.

To go in the draw, complete the anonymous survey by mid-January and give your contact details which will be removed from the results.

To do the survey type this link into your internet browser: shorturl.at/mvwEM



*It's Summer
- Rosé time*

At Liquorland Long Bay you can choose from over 40 delicious, always chilled, Rosé.



Special Mention #1

ROCKBURN'S EXQUISITE "STOLEN KISS" (VERY LIMITED STOCKS) FROM OTAGO WILL DRIVE YOU WILD.



Special Mention #2

THIS IS HOW THE FRENCH DO ROSÉ - CHAPOUTIER PAYS D'OC ROSÉ HAS JUST ARRIVED & THE PRICE IS AS GOOD AS THE TASTE.

Supporting the Path to Wellness

Life happens and sometimes it throws us a curve ball. When this happened to Rachael Davey, she found herself not knowing which way to turn next. Her yoga teacher training had taught her that meditation was a space where she could get back to her centre, gain clarity, peace and calm, and seek guidance and wisdom. So, Rachael began meditating every morning, and this led her to conceive of *IAM Raw Crystal Candles*.

“Sometimes the best gift you can give is to remind someone how great they are”

“I wanted to create gifts intended to encourage others; to remind them of their own greatness and to uplift people. I also wanted to create a mindful gift-giving experience that would inspire wellness physically, emotionally, and spiritually.”

“IAM Raw Crystal Candles comes from a very special place in my heart, and I feel extremely privileged to be able to help others on their path to wellness.”

Luxurious Raw Crystal Candles Encourage, Uplift & Inspire



Mindful Gift Giving

Our beautiful candles instantly make the receiver feel valued and appreciated. The anticipation of unravelling the layers creates added excitement and extends the gift experience.

Christmas Edition – Moss Agate Abundance & Wealth



A luxurious gift experience

This is by far the best Christmas candle! An enchanting and familiar aroma of freshly cut evergreens instantly invokes the festive season and holiday vibes. Minty and refreshing with a whisp of sweetness, the scent in this candle will uplift and invigorate. Delicately decorated with Moss Agate, flower petals and gold leaf to add that extra touch of opulence.

Wellbeing Series Wellness of Body, Mind & Spirit



Harness the healing energy and vibration of the crystals to promote wellbeing and balance: physically, emotionally, and spiritually.

The oil blends calm and soothe, promote peace and relaxation, enhance clarity of mind, and help reduce stress and anxiety.

Align yourself with the crystal you feel intuitively drawn to, or the energy and vibration they emit.

The aroma in the Wellbeing Series is simply stunning! If meditating is your thing this is the perfect blend to aid focus, calm and enlightenment. The woody base note of essential Sandalwood adds a luxurious, rich, and creamy aroma to the candle. Complimenting and enhancing the other earthy scents in the blend and adds depth to the fragrance.



Raw Crystal Candles

Made from natural plant-based soy wax which is GMO free - contains no paraffins or unnatural additives. Double wood wicks are eco-friendly and handcrafted.

 iamrawcrystalcandles.com

 [@iam_raw_crystal_candles](https://www.instagram.com/iam_raw_crystal_candles)

 [FB.com/IAMrawcrystalcandles](https://www.facebook.com/IAMrawcrystalcandles)

 info@iamrawcrystalcandles.com

The Benefits of Volunteering

By Rosemary Gatland

If you have some spare time on your hands, as I have had recently, there are a lot of volunteering opportunities in our local communities.

With the Torbay Magazine I have been fortunate to combine both an interest in walking, by helping with deliveries, and many years working in administration. Working with the *Torbay Business Association* on the Torbay Magazine editorial team has taught me a lot about how a small village like Torbay works.



Linda and Rosemary

I have recently started helping in the nursery at Long Bay Regional Park. Once again this is community based and a good way to meet people. It is good to know that the hard work put in now will benefit future park visitors. I am also involved in a large planting project further north.

There are other

opportunities in the area such as charity shops which are always on the lookout for volunteers. In most cases you can do as many or as few hours as you like each week.

By Oliver Simpson

Despite needing to focus on my studies, I spend a large amount of time volunteering. I, too, enjoy being on the editorial team for the Torbay Magazine, writing articles and looking over all kinds of others. I also assist with the layout of the magazine. Like Rosemary, this has given me a different perspective into how community-based lifestyle magazines work.

I am also a rugby referee. That runs year-round and takes up my Monday afternoons, Friday nights, and Saturdays. I thoroughly enjoy it, and I find that it is a great way to keep fit. Like most associations, the North Harbour Rugby Referees Association is in dire need of referees. If you've ever thought of continuing to be a part of the game other than playing, while having the best seat in the house, then visit nhrra.co.nz to find out more.

Clinical Psychologist

Margie Bowman
021 222 9539



AN EXCEPTIONAL PLACE OF WELLBEING

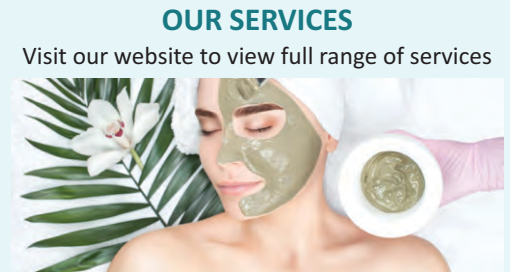
GLB Beauty offers a full suite of services, ranging from custom facials and advanced med tech facials to therapeutic body treatments and injectables. We also offer a Nail Spa within our Medispa. We offer monthly promotions and membership packages and invite you to come and experience all we have to offer in a luxurious oasis.

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NAILS AT GLB



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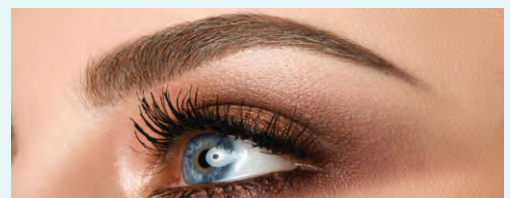
FACIALS & MED TECH FACIALS



INJECTABLES



LASER HAIR REMOVAL & WAXING

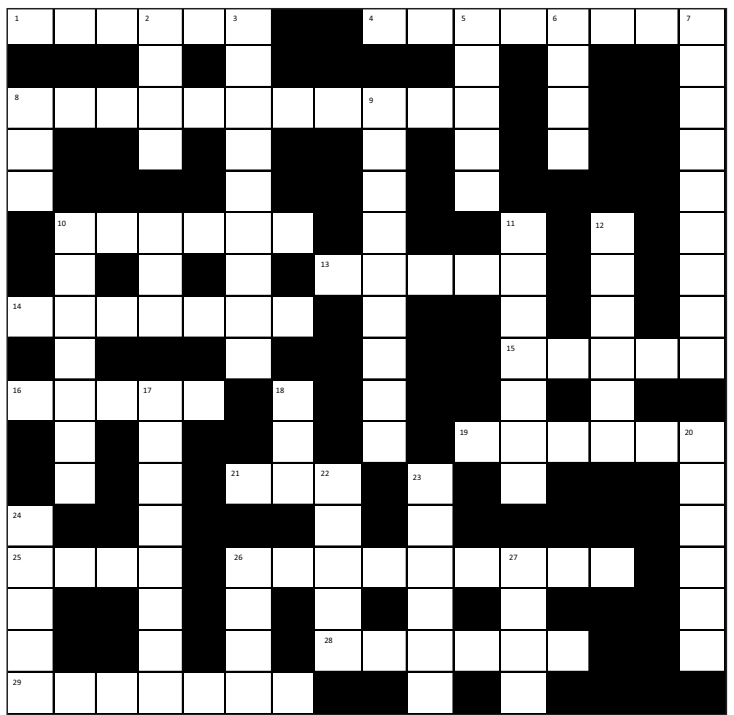


EYEBROW BLADING

Sudoku

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

Crossword



ACROSS

- 1 Xmas is often hard on the _?
- 4 *_? _? Browns Bay, another Business House Bowls sponsor
- 8 *Santa is arriving on a _?
- 10 Fiberous tissues uniting muscle to bone
- 13 *Who is back in the Plaza on Dec 10?
- 14 The beginnings of a beard
- 15 To take control is to _? it from someone else
- 16 After a succesful day, Yolande's kayak might smell a bit _?
- 19 *You name it, they can brand it
- 21 *The _? Place specialise in hair loss treatments
- 25 So noted
- 26 *More than 100 buses are ? each day
- 28 What do the sun, bananas, cheese and baby chicks all have in common
- 29 To make false or damaging statements about someone

DOWN

- 2 Luck is often said to be a _?
- 3 *Wendy _? Is proud to sponsor Business House Bowls
- 5 It's the thin end of this that's often blamed
- 6 Killer whale
- 7 Its summer so we often need a strong _?
- 8 Often said to be mightier than the sword
- 9 *Ave of Halloween
- 10 *Objects in my room can help you with your table _?
- 11 *After 32 years at Torbay School Mrs _? is retiring
- 12 *Okura _? Festival is back in Feb 23
- 17 A good one is hard to find but we have the best ones in our classifieds

- 18 Goes great with tonic
- 20 *LiquorLand think this _? Kiss is wild
- 22 What they want for Halloween
- 23 A NZ ski resort and the other knob on the stereo
- 24 Everyone is always looking for new _?
- 26 Scout _? in Torbay
- 27 _? before you leap

Answers to clues marked * can be found in this edition



RESTORE

Photo Restoration



During the past few weeks it has become plain to see that, although the digital age is here, cupboards are crammed full of photographs and memories. Many of those memories have not seen the light of day for many years but really deserve to be out there. I was recently confronted with a box brimming full of treasures. There were a few photos which just had to be restored; some to be printed and framed, others digitised and kept as a computer file. Here's just one of the end results. These are the original

grandfather and grandmother have been brought together once more in a new frame.

Several hours and experiments later, here's result .



Christmas is nearly here and it is always a challenge to think of something appropriate and different. How about a framed print from a treasured picture? Give me a call



Precious Drawings often Feature

It's not only photographs which are special. I was presented with a rather old A4 sized drawing which had been treasured for many years. It was in a fractured frame, faded and covered in stains...

photos, faded and dirty, but with some TLC and imagination,

I'm local in Torbay.

For more information:

Call or text me at 0273 704188

email colinjlint@gmail.com

Web: www.colphotographic.com

"From little acorns big oak trees grow." That's how it feels for those of us who offered our time and skills to help get Raft off the ground 1 year ago. And what a year it's been.

We started with classes on abstract art, papercraft, mixed media, macrame and sewing. After listening to the community, we added open studio times, One Hour Project sessions and evening classes, such as, the Have-a-Yarn group for knitters, felters and crochet enthusiasts. We've run Art for Wellbeing classes; a Casual Art group for people who wanted to paint in their chosen medium and a Going Potty session for new parents with babies. There's also been a variety of weekend workshops teaching macrame, how to recycle fabric, make cards, Christmas wreaths, fairy houses, *Matariki* kites, create artworks with mixed media projects and floral arrangements.

There's still time to come in and get creative before year end. On our last day, Saturday 17th December, we'll be holding the Santa's Crafty Christmas Workshop. But watch our Facebook and Instagram pages for pop-up sessions during the Christmas holidays and for news of the wide variety of art and craft sessions that will be available in 2023.

We would like to express our heartfelt thanks to everyone who has sponsored and supported Raft this year. Thank you to all of the people who have donated tools, furniture and materials; our local Hibiscus & Bays Board members who have provided help and advice; and local businesses who have been so generous. We couldn't have done it without you.

We wish you all a very happy Christmas and look forward to an Arty, Crafty, Creative New Year.

Come Join Us

As part of the Torbay Village community, we're helping with the Village Christmas celebration on

Saturday 10th December.

We'll be decorating the Christmas tree. Join us and learn how to make a Christmas decoration of your own. We've also designed a Spot the Gnome and colouring-in competition for our local stores.



Make a Christmas Gift Bag

1. Gather your tools and materials: a supermarket brown paper bag, 2 different patterned Christmas wrapping paper, a piece of card 6cm x 11cm, ribbon, scissors, glue and a ruler.
2. Measure 2 strips of wrapping paper to the width of the bag x 3 cm deep and glue one to the top half of the bag 5cm from the top.
3. Measure 1 strip from the second piece of wrapping paper to the width of the bag x 11 cm deep and glue this close to the first strip.
4. Glue the second narrow strip under the deep strip.
5. Cut a small motif from one of the papers and glue on the bottom corner of the bag.
6. Cut several lengths of ribbon and knot onto one of the handles.
7. To make the tag, punch a hole in the centre at the top and add a ribbon.
8. Cut strips of the wrapping paper or motifs and decorate the tag.



Life on the Edge

December 2022

Ngā Kōrero

Meet the Sea Star - Papatangaroa

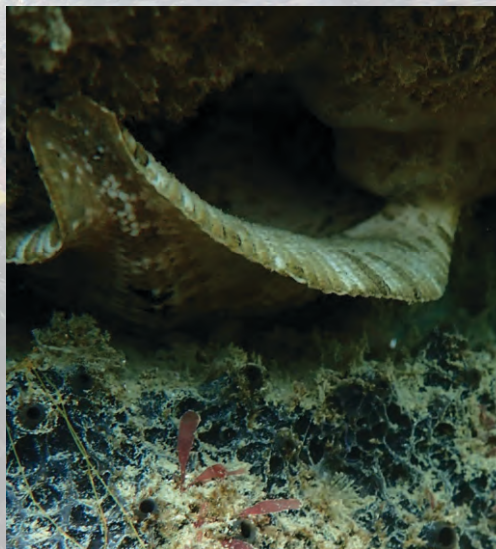
Did you know there are six sea star species we commonly encounter on the shore here in Long Bay? This month, we're shining a spotlight on the ambush star, *Stegnaster inflatus* (sometimes referred to as the *bat star*). Ambush stars have a distinctive 'webbing' between their arms, and they come in various colours; hues of orange, yellow, pink, and even green!

To catch their food, some sea stars use the suction of their tube feet to pry open the shells of prey items like bivalves, but not the ambush stars! They take a different, perhaps more strategic approach, forming a 'cave-like' space below them by arching their body. When

their prey of choice—shrimps, crabs or small fish—think they've found a good spot to hide and takes up shelter beneath it, the ambush star drops onto it. The trapped prey has no way out then – and if it doesn't fit in its mouth, no worries, sea stars can digest their prey outside their body!

Isn't nature amazing? Always remember that the environment is an intricately connected network, and each organism (no matter how small) plays a unique role in a balanced ecosystem.

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



When those good intentions lead to injury, we've got you covered

- Injury specialists with x-ray facilities* on site
**x-ray fees may apply*
- **\$19.50** ACC visits for community services card holders
- 2 convenient locations
 - Smales Farm (24 hours) - 74 Taharoto Road
 - Northcross (8am-8pm) - 948 East Coast Road

Shore  care
Urgent Care Clinic

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 www.shorecare.co.nz

Plunketline Open During Holidays



plunket
whānau āwhina

Sleep, sickness, starting solids: there's always something going on when you're looking after kids – and they don't take a break over Christmas. *PlunketLine*, *Whānau Āwhina*, *Plunket's* free 24/7 parent helpline, doesn't stop either. And you don't need to be a *Whānau Āwhina Plunket* client to use *PlunketLine*. Anyone with questions or worries about *tamariki* under 5yrs can call the *PlunketLine* team any time – even on Christmas Day. They even have nurses who can speak languages other than English and Māori, and if needed external interpreters can also be called upon. People with varying levels of deafness are helped via a deaf relay service.

“Our nurses work one of four shifts each day, similar to the model found in hospitals. This shift based roster along with the tele-health model allows *PlunketLine* to operate 24/7 and help *whānau* around the *motu* whenever they need it.”

This year, the *PlunketLine* team has handled nearly 99,000 calls and completed more than 1300 breastfeeding video conferences to help families needing support from a lactation consultant. That's an average of 271 calls a day.

“No parent would be surprised to learn that the most common calls to *PlunketLine* relate to sleep – particularly how to get *pēpi* and *tamariki* to snooze,” says *PlunketLine* Manager Ms Dick. “Other common queries are around feeding, such as starting solids and how to progress at

different ages, and child behaviour, including dealing with tantrums and toilet training.” And when children get ill *PlunketLine* is there, too. “It can be frightening when your child is ill, especially in the middle of the night, and parents and caregivers are often very stressed and worried when they call. A nurse will ask their caller questions to find out the symptoms, then direct the parent or caregiver to the best option – that could be advice or a referral to a health centre or even hospital.”

Call PlunketLine on 0800 933 922 for 24/7 parenting help. Calls are free, even from cell phones.

Torbay Plunket Garage Sale

Torbay Plunket will be holding a Garage Sale on

**Saturday 10th December at the clinic,
1022 Beach Road, Torbay**

Come and grab a Christmas bargain of good-quality second hand children's clothing and toys. We'll be set up at the front of the clinic from 11am-1pm.



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\$54

Full mouth examination
including oral
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and gum health
assessment *

*Excludes digital XRays

Haere rā Mrs Harwood



After 32 years of working at Torbay School, Mrs Glenys Harwood is retiring. She is one incredible woman.

Mrs Harwood began her journey in the education sector as a Teacher Aide at Torbay School before becoming a teacher, and has spent most of her teaching career as a Deputy Principal. During her time at Torbay School, Mrs Harwood has been an incredibly inspirational teacher, an amazing leader and Deputy Principal, and is highly respected by all.

As an educator, Mrs Harwood has touched many lives, both children and adults. She has always been prepared to give people advice and share her never-ending wisdom, which has been appreciated by many people. Mrs Harwood has been a dedicated servant of Torbay School, always putting the children's welfare at the heart of everything she does.

One of the many responsibilities Mrs Harwood had was that of Special Educational Needs Coordinator (SENCO). In this role she worked with many outside agencies to gain the support that students needed to help them succeed at school. Glenys worked tirelessly with teachers, parents and students to overcome the challenges they faced, and she often made personal sacrifices to help others in need. Glenys went above and beyond the remit of her job description.



Glenys will also be remembered for her skills in organising and motivating our students to fundraise for good causes. She organised many fundraising events to support children and whānau, managing every aspect to the finest detail to ensure goals were met. Her organisation skills are exceptional. There's never been a job that is too small or too big for Glenys and she always approached tasks with a smile on her face.

Other hats Mrs Harwood has worn include: working with international students and their families, organising assemblies for a variety of special occasions, guiding student leaders, peer mediators and so much more. Her list of achievements over 32 years go well beyond what can be expressed here. The school and community thank her for all she has done. We wish her a very happy retirement enjoying quality family time. She will be enormously missed, but we hope that she will pop in now and then to say "hi" or even do some relief teaching work!

The Class of 2022

You have had some pretty tough schooling years! But this is it, you've made it!!!



Our 2022 leavers are a source of immense pride to the Long Bay College community.

A fantastic group of young people, they have been a credit to themselves and their whānau.

From setting record pass rates at NCEA level 1 and 2 to meeting the challenges of COVID disruption throughout their time as Senior students, they have been exemplars of our school values through a period of significant disruption and uncertainty.

It is often the case that in your teenage years you feel that the world completely changes around you. For our 2022 leavers that was uniquely, and literally the case. Their efforts and commitment to achieving their personal excellence is the shining example they leave.

Good luck leavers, we are so very proud of you!



LONG BAY COLLEGE

Care, create, excel

Classifieds

ACCOMMODATION

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

BUILDING & TRADES

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

Builder – Renovations to bathrooms, buildings, new decks, fences, paths and driveways. Ph Cliff 473 6317 or 027 618 5917.

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

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.

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

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.

Security – Locks + Safes + Alarms + Cameras + Smoke Detectors + Fire Extinguishers. Torbay Local = no call out fee. Justice Dept Licensed #22-095290. Member of NZ Security Association. Ph 021 779 243

门锁+保险柜+警报系统+监控安装+烟雾感应器+消防装置 Torbay 和 Long Bay本地公司, 无需额外上门费用, 只需支付工时费用, 司法部门牌 照号码 #022-095 290, 0800 875 247

Security - USL Group - Watch UK TV, BBC, ITV, CH4 and Sports. Over 50 UK channels installed on your TV, Laptop, PC or Phone. Must have Fibre and a Smart TV. For more info call Warwick, local Torbay Technician, 0800 875 247

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

SERVICES

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

Tax Returns and Advice - Ph Marc 473 8860.

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

HOME & GARDEN

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

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

Garden Bags and Bins – Prompt and professional service and competitively priced. Ph John, 0508 262 626 or 021745992. 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.

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

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

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

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

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

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

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

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

SIGNS

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

FOR HIRE

Awatuna Scout Hall – Waiake Beach. Available for birthday parties, exercise classes. Kitchen facility. Ph: Amanda 021 076 7422, 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.

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/VOICEWORKS CLASSES - Term 4 Shows Tuesday 13th December. Contact Jacqué 027 522 7836 / jacque@mandeno.com

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 - WORKSHOPS – Santa's Crafty Christmas Workshop (13th, 14th, 15th or 16th December 6-9pm). Make a Christmas Street Scene or a 3D Christmas Canvas. And another Santa's Crafty Christmas Workshop on Saturday 17th December 10am-4pm. Come for a half or full day. See Raft details page 23 or ph: 0211452865

RAFT STUDIO - OPEN STUDIO – Come and make Christmas cards, tags and decorations Mon 9.30-12.30; Tues & Fri 1.30-4.30pm.

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

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

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

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 THEATRE - Backstage Club: To volunteer for anything backstage or lighting, Wednesdays 10.15-12, ph Daphne 473 7494, pop in or see our website (pg. 15).

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

***If phoning from a mobile please add 09 to dial landline numbers.**

Puzzle Answers

Crossword

Sudoku

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

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

WISHING YOU A

Merry Christmas

& A HAPPY NEW YEAR!



*Geraldine
Zareian*

REAL ESTATE

Your Preferred Local Expert



021 184 0312

tosell.co.nz

BARFOOT
THOMPSON &

LICENCED REAA 2008

AWARD-WINNING PROPERTY MANAGEMENT*



Give yourself the best Christmas present you could ask for by swapping your investment to Barfoot & Thompson Torbay this new year!

You have way more important things to focus on than emergency midnight calls, late rental payment disputes, and staying up to date with legalities. Let us handle the stress, leaving you to enjoy the returns.

Sharee Adams 021 416 220
BRANCH MANAGER

Mon Tu 027 809 6687
HEAD OF PROPERTY MANAGEMENT

LICENSED REAA 2008
**BARFOOT
& THOMPSON**
PROPERTY MANAGEMENT

**Torbay
Long Bay**