

MAY 2024

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TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine

*New Childcare Centre -
BestStart Long Bay*

**Pūhoi – A Hidden Gem
Campbell Glade Reserve – Help Needed**



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09 558 1468

longbay@best-start.org

Award-Winning Early Learning Centre for Long Bay

BestStart Educare is delighted to welcome children and their families into its newest early learning centre on Pennant Street. Caring for children from three months to six years old, *BestStart Long Bay* is a hub of exploration where learning meets play, and curiosity takes centre stage.

Indoor spaces have been meticulously designed to support and inspire the development of infants, toddlers, and preschoolers. Each room is equipped with high-quality resources to ignite young minds and foster a love for learning.

The adventure continues beyond the walls with an expansive outdoor area, inviting children to explore and challenge themselves on carefully designed playground equipment. It's a space where independence and self-confidence are nurtured through every climb, jump, and giggle.

"We are set in a great location within walking distance to the Long Bay regional park and local primary schools" says Centre Manager Rashika Prasad. "Our children will be able to go on wonderful local excursions and make connections with their local community."

BestStart's Set for School programme ensures families know what to expect as children become ready for the next steps in their learning journey. Play activities which link to areas within the NZ school curriculum, such as literacy, maths, and science, will be seamlessly incorporated into everyday learning. Preschool classrooms are also set up to encourage

greater independence and assist children to develop self-help and socio-emotional skills for school.

BestStart Educare has been providing award-winning early childhood education for over 25 years. *BestStart* has consistently been recognised as New Zealand's highest-quality ECE service for the past six years as a gold winner in the annual *Quality Service Awards* as well as securing a gold win for *Best Childcare Provider* at the *Oh Baby 2022* biennial awards. *BestStart* has more than 260 centres nationwide and Long Bay is the newest addition.

"We cherish the relationships we build with each child and their family. Through one-on-one communication and interactive online learning portfolios on *Storypark*, we capture and share each child's unique learning journey. It's a wonderful way for parents to stay connected and be part of their child's daily activities," says Rashika.

BestStart offers 20 hours free for three to five-year-olds (*conditions apply). The Long Bay team can help you find out if you are eligible for a WINZ subsidy and assist with application for this.

Come learn and play with us at 31 Pennant Street, Long Bay.

For more information:

Call: 09 558 1468

Email: longbay@best-start.org

Visit: www.best-start.org. Opening hours: 7:30am-6pm

BestStart Long Bay Opens to the Community

Another milestone in the development of Long Bay has been reached with the opening of *BestStart Long Bay*. Conveniently located next to *New World*, the modern, purpose-built childcare centre caters for *pēpi* and *tamariki* from 3 months of age up to 6 years old.

A lot of love and care has gone into creating a space at *BestStart Long Bay* that inspires creativity, exploration, and a sense of community. *BestStart Long Bay* offers quality care and education for all children, with age-appropriate activities for every age group. The safe and nurturing learning environments are designed to build children's confidence, empowering them to lead their own learning and reach their full potential.

Recognising that every child is unique and that a strong connection with their teachers supports their sense of belonging and wellbeing, *BestStart Long Bay* offer excellent child-to-

teacher ratios. Each child will receive individual attention and support from Rashika Prasad (Manager) and the Long Bay teaching team, who come from diverse backgrounds with a wealth of experience and passion for delivering positive outcomes for children.

Working in partnership with parents and caregivers, *BestStart Long Bay* develops an individual learning plan for each child that focuses on the child's individual needs, interests, their cultural background, and the aspirations their families have for them. Learning plans are tailored for each age group – primary caregiving is met for babies and toddlers, and preschoolers participate in *BestStart's* wonderful *Set for School* framework to ensure a seamless transition to school experience.

To help you decide if *BestStart Long Bay* would be right for your child, you are welcome to make a booking to visit.



Rashika Prasad, Manager, *BestStart Long Bay*



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LOCAL SALES MARCH 2024*

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35 Awaruku Rd	\$958,000	38
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3A Manuwai Rd	\$1,080,000	127
211 Glamorgan Dr	\$1,100,000	24
39 Bight Rd	\$1,145,000	42
107 Weatherly Rd	\$1,148,800	15
31 Awaruku Rd	\$1,155,000	38
4 Captains Cl	\$1,165,000	32
53 Fitzwilliam Dr	\$1,200,000	26
32 Acacia Rd	\$1,200,000	66
4/3C Long Bay Dr	\$1,231,800	90
1 2/83 Glamorgan Dr	\$1,232,000	23
24 Killarney Ave	\$1,238,000	91
2 Morlie Pl	\$1,251,000	34
16B Charmaine Rd	\$1,270,000	6
105 Weatherly Rd	\$1,291,500	41
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30 Lingham Cres	\$1,357,000	27
68 Weatherly Rd	\$1,410,000	76
5 Flotilla Pl	\$1,440,000	11
4 Orewa St	\$1,500,000	34
1 Kukupa Lane	\$1,650,000	186
61 Carlisle Rd	\$1,700,000	86
21 Headland Dr	\$1,850,000	183
26 Remuremu St	\$2,100,000	68

*source REINZ

Median for March = \$1,235,000

Local Median for D.O.M = 36 Days
(D.O.M = Days on the market)

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The Fine Print

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Publisher: Torbay Business Association Inc. PO Box
89186, Torbay 0742.

Website - www.torbay.co.nz

Facebook – Torbay Village, New Zealand

Instagram - Torbay Village NZ

Editorial Team this Month: Marewa, Steve, Lisa, Deb,
Candice and Anna.

Proofreading: Helen O'Neill, www.correctly.co.nz

Layout: Cathy Coldicutt, www.bluerockdesign.co.nz

Printing: Bluestar Group

Circulation per issue: 7200 across Waiake,
Torbay, Long Bay and Okura.

Acknowledgements

Thank you to our advertisers who enable the Torbay Business Association to publish this Magazine, run business development events and support community groups. Thanks also to everyone who contributed story content and photos.

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ISSN 2815-7222 (Print) ISSN 2815-7230 (Online)



Chair's Letter

**By Steve Piner, Chairperson
Torbay Business Association**

Our unsung heroines, Candice and Anna, have again worked their magic to make sure we bring you the best in local

goings on. Firstly, we extend a warm welcome to our new neighbour *BestStart Long Bay*. The layout and resources are fantastic and well worth the visit (p3).

Make sure to read the *Torbay Friendship Club's* piece on scammers (p14). It's a valuable reminder to everyone connected online. Stay safe!

We are excited to be supporting *Auckland Council's* new 'Love Food, Hate Waste' campaign with a series that kicks off this month. Michelle Beard's column fits that theme perfectly (p20).

Of course we love to hear your comments about the magazine. Your feedback, good and bad, is essential to making sure we continue to deliver our best. On that note we have had a few changes in our delivery team, and we appreciate your patience while they get settled in. Don't forget, we offer a Paper-Free subscription service – see p30 for details. As Long Bay continues to expand, and more townhouse developments replace single dwellings across our delivery area, we're noticing some growth in our delivery runs. Don't worry! Our print run of 7200 is still enough, for now.

With a little bit of luck, and a lot of hard work, by the time you read this you will have seen the results of what has been happening in the background to update and liven up Torbay Village. I can tell you we keep busy. And while I'm sure everyone has it well in hand, make sure to remember your mums, and in your way celebrate Mother's Day!

Ngā mihi nui (big thanks) to all our contributors, our advertisers, designers, the printing team, and our local delivery team, without whom none of this would be possible.

From one Mother to another,

Happy Mothers Day

Wendy

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Celebrating Culture and Connection in Long Bay

The *Long Bay Residents' Association* put on a great event in mid-March with the idea of bringing the community together to eat and share food from each other's cultures. This was an excellent opportunity to make new connections and try something different! We had a variety of flavours from Malaysia, the Netherlands, England, South Africa, and others, including the obligatory Kiwi sausages on the BBQ.

There was also a Jenga competition which was a lot of fun. Competitors were randomised with young and not-so-young facing off to bring out a touch of competitive spirit. Prizes were kindly donated by the *Long Bay Surf Club*.

"It was fantastic to see the variety of cultural food – a

celebration of the diversity in our community," remarked Gareth Roberts (*Chairperson for the Long Bay Residents' Association*).

Earlier in the day the residents also got together for the *Long Bay Community Clean Up* event which runs once a quarter. Another great way to make new connections and help keep the streets and rain gardens clean and tidy. The next clean up event is June 15th at 9.30am.

To make these kinds of events possible, please donate via our website at www.longbay.nz. If you are a Long Bay resident, you can also join the Association via the 'Join Now!' link.



Long Bay residents enjoying the Jenga competition



Jenga winners



Long Bay Village square



Members of Long Bay Residents' Association Board – Community Clean Up

15 Years of Laughter

Famous French writer, Victor Hugo, once said, "Laughter is the sun that drives winter from the human face."

If you love a good laugh, you might want to try *Browns Bay Laughter Yoga*. *Laughter Yoga* combines yoga, deep breathing and fun exercises designed to stimulate laughter. The sessions are led by a trained laughter leader who chooses a theme which can make for some very funny activities. Don't worry, all the exercises are adaptable to your own physical ability.

Browns Bay Laughter Yoga is a not-for-profit community group that has been running since 2008 with any costs being covered by participants' donations. Many people of all ages have enjoyed the group sessions and reaped the benefits of laughter and light exercise. One greatly enjoyed add-on is the weekly social get together at a local café for coffee and conversation after the *Laughter Yoga* session.

So, if the shadow of winter creeps across your face during the

cold months to come, bring the sun back and lift your sense of well-being with *Browns Bay Laughter Yoga*.

For more information phone: Louise 027 475 3734 or Jan 021 178 3768, or email us at: laughterbrownsbay@gmail.com



Laughter Yoga

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Heart of The Bays, Glen Road, Browns Bay

6



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A Fresh New Look

By Steve Piner

It's amazing what a coat of paint can do. Even brick work can be transformed, lifting the appeal and feel of a home.

The simplest method is to pay someone to do it. But, if you're on a budget, feeling adventurous, or overconfident, you can do it yourself.

If you decide to DIY, you can hire water-blasters and spray equipment, and source paint, rollers, and brushes locally. Spraying is easier than rolling, but you'll still have to touch up mortar joints (especially if they are deep) to ensure good coverage. Other advantages of spraying includes that it takes less time and gives thorough coverage. We elected to spray the soffits and fascia at the same time. However, you do need to be more careful when spraying, as overspray may carry on the wind. Make sure to move cars out of harms way and alert neighbours so they can do the same.



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Here are the basic steps we followed:

- Pressure wash (at least 2000psi).
- Check for and seal any leakage around windows, doors, and vents, and repair any missing mortar.
- Spray with a suitable moss, mould, and lichen killer.
- Pressure wash again (min 2000psi).
- Mask up window and door openings, downpipes, and anything

else you don't want to paint.

- Brush or spray with a sealer/primer coat.
- Brush or spray two topcoats.

As most brickwork is dark, if you want to go to a light colour, be prepared: you may need a third coat.

However, using a pigmented primer/sealer close to your chosen topcoat will make a huge difference.



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A Village Locals Call “Home”

Events, talks, live music, markets, and art displays enliven and contribute to building the character of small community-based shopping centres like Torbay Village. Attractions bring people into the Village, and while there hopefully they will stop, shop, and sit. Shopping local isn't just about supporting our small, mostly family-owned businesses. A lively atmosphere with people walking around, drinking and eating in cafés or sitting in outside seating areas attracts others to visit. It sends a signal that the community feel at home in the Village, and they would likely notice strangers or others acting suspiciously, which helps deter crime.

Thanks to the *Hibiscus and Bays Local Board (HBLB)*, the *Torbay Business Association* has been able to continue *Torbay Village Santa Day*, run business networking events, and the occasional *Torbay Village Market*. We would love to organise attractions on a more regular basis, but alas the shoestring we run on can't stretch beyond the (HBLB) generosity. So, it's great when

businesses run events in the Village, like the *Ground + Glow Mother's Day Wellness Celebration Event* by *Yoga Roots and Sauna Collective*, and *Foxy & Co's* special ladies' afternoons. Any businesses with *Torbay Village* event ideas, or willingness to support/sponsor happenings, are welcome to talk to us (theteam@torbay.co.nz). We've got the know-how, some gear and we know what types of attractions work.



Ground + Glow
A Mother's Day Wellness
Celebration Event

Sunday, 12 May
@ 1pm-5.30pm

Torbay Village
Senior Citizen Hall

Foxy & Co's Fun Afternoon

10 About 40 ladies attended *Foxy & Co's* special ladies' afternoon on Sunday 7th April. It was a fun afternoon about hair, beautiful hair. There were goodie bags, free raffles, demonstrations, consultations, bubbles and a talk by a specialist on hair loss in women.

Foxy & Co held the event to help ladies understand their hair and get educated on how to care and style their hair to achieve a just-left-the-salon look. It was also about giving back to the local Torbay community. The event was a great success, and we look forward to the next one.



Harcourts Cooper & Co
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Supporting **Breast Cancer Cure** this **Mother's Day**
Sunday 12th May | 10am - 11am

Bring Mum down to Waiake Beach for a **FREE** ice cream or coffee from the Cooper & Co Van. Proceeds from purchases for the rest of the family to be donated to Breast Cancer Cure!



Prizes to be won!



Mum's Advice Never Gets Old

By Dianne Denman, St Mary by the Sea Community Garden

Vegetables contain a host of highly protective substances that help build our resistance to illness and disease.

Variety is the key when it comes to the vegetables and fruit we consume. The different colours of plants provide different antioxidants, so eating the rainbow is what we are aiming for.

Silverbeet can be grown almost all year-round. The red silverbeet, *Ruby Chard*, is easy to grow and provides many nutrients. It's highly decorative and suitable for growing in pots and planters, for example, on your deck. Pick the leaves regularly to encourage

fresh growth.

Peas are a cold season crop. They can be sown from Autumn to Spring in our East Coast Bays area. Some varieties can grow to two metres high and as wide as 50 centimetres. Use stakes or trellis to support them. The *Snow Pea/Sugar Snap* pea is great value in that the pods can be eaten whole, which means less waste. They're best to eat when young and tender. These are just two of the vegetables that provide us with nutrients and help bolster our health through winter when colds and flu are more prevalent.

So, remember your mother's words, "Eat your vegetables".



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Māori in the Māra (garden)

Huawhenua (vegetable) is made from the words *hua* (fruit) and *whenua* (land). Hence, fruit of the land. Similarly, *huarākau* means fruit from a tree (*rākau*). A fun word to say is *āniwaniwa*, meaning rainbow. Growing in the *māra* under the *āniwaniwa* this month are *kōrare* – silverbeet and *pī* – peas, not to be confused with the *pī* that help with pollination – bees, or the joke slang word for the Beehive in Wellington – *whare* (house) *pī* (bee).



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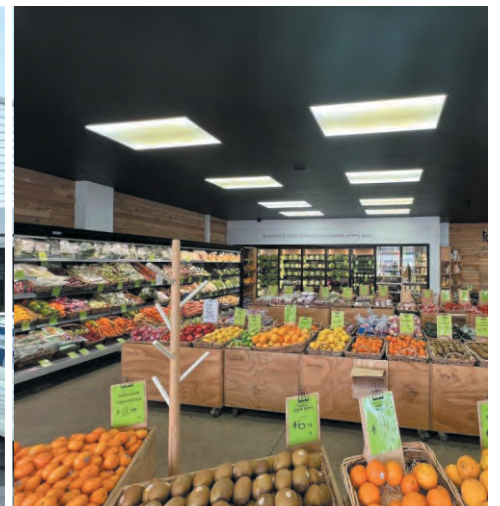
Pranav and Savan (pictured below), brothers who live locally, are the new owners of the Northcross fruit and veg shop, previously *Farmer Joe*. They call themselves 'The Produce Pros' because they've got 11 years' experience - Pranav used to work for *Farro*. *Fruit World, Northcross*, is their first step into business ownership. They looked at a few businesses but when they walked into *Farmer Joe's* they loved the feel of the shop. With Kevin's blessing they'll be continuing with what he started by keeping the look and feel on the inside. One thing they do expect to change are the prices. With *Fruit World's* buying power, they expect to drop the prices. They'll also be adding new grocery lines over time including packaged meat.



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Beware of Scammers Targeting the Lonely

By Delphine Pearson, Torbay Friendship Club

We sincerely hope you had a lovely Easter weekend and drenched yourself in chocolate. At Christmas you indulge in too much of everything and promise you are going to cut down. By Easter, the indigestion is over, and you start to treat yourself again and soon those self-made promises are forgotten. I say, enjoy your life to the fullest while you can. One never knows what tomorrow will bring. Laugh, love and be happy.

On that note, don't let your happiness be ruined by scammers. Our April speaker, affiliated to most banks, discussed various scams that are creeping around aimed at encouraging unsuspecting, lonely people to part with their money. Remember, if a deal sounds too good to be true, it is not true.

We learned that scammers are creating fake profiles online. They steal photos from the Internet, create a fake identity and then they try to build up a supposed genuine companionship with you. They never let you see who you are actually talking to. If you don't know who you are talking to, and they ask you to send money or to give them a short-term loan – DON'T do it! It's a SCAM!

Rather than looking for companionship online, come along and meet real people in real life at the Torbay Friendship Club. Perhaps join our next coffee morning. Our last one, at Kings Plant Barn, Silverdale, was a wonderful success. Maybe

join our excursions. Our dinner at *Daikoku Japanese* in Albany was thoroughly enjoyed. We also have groups within the Club that play Mahjong, Scrabble, Rummi, or do Crafts. They are all well supported and enjoyed.

If you would like to join some of the fun, our next meeting is on 9th May at 10am in the Torbay Community Hall. To find out more, don't hesitate to call me on 022 072 9813 or Noreen McArthur on 027 271 3524.



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At *Torbay Theatre*, we believe in the transformative power of the stage. It's not just about entertainment, it's about creating moments that resonate, inspire, and bring people together. From riveting performances to behind-the-scenes magic, there's a role for everyone in our community.

Our recent production of *'Grease'* was a runaway success. Every show sold out — a testament to the support and enthusiasm of our community.

Join us and become part of a legacy of creativity, passion, and camaraderie. Whether you're treading the boards or lending a helping hand backstage, your contribution matters. *Torbay Theatre* is where dreams take centre stage and friendships are forged that last a lifetime.

Our community needs things to bring people together, and you can be the catalyst for change. Take the leap and join us at *Torbay Theatre*. Together, let's create magic that resonates far beyond the stage. Contact us today and discover how you can make a difference! – info@torbaytheatre.com



For more information, and to book for shows, please see our website: www.torbaytheatre.com · 35 Watea Rd, Torbay · Ph: 027 547 2426

Music for our Mothers

This year's annual *North Shore Brass Cabaret Concert* celebrating mothers on Saturday 11 May, features world champion piano accordionist Grayson Masefield. Grayson was first in the world to win world championships in all three categories of classical, virtuoso, and digital accordion categories.

Grayson adjudicates and performs at festivals around the world – most recently, just this year, in Sweden, Denmark, and China. In addition, he founded *Aotango*, a quintet of professional musicians who regularly appear in New Zealand. Grayson originates from a family of accordion players based on the North Shore who for three generations have been importing accordions.

The cabaret concert promises music from around the world. Grayson will be accompanied by *North Shore Brass* under Harmen Vanhoorne and opening the concert will be the up-and-coming *North Shore Brass Academy Band* under Billy Middleton. See page 29 for details.

Harmen Vanhoorne



Grayson Masefield



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Pūhoi – A Hidden Gem

By Candice Bradshaw

Twenty-five minutes' drive north of Torbay lies Pūhoi, a quaint little village that is very dear to me with its strong sense of community spirit dating back to the 1860s.

Bordered by the Pūhoi River, this iconic destination provides a relaxing break from urban life and the hustle and bustle of Auckland.

One of the most iconic landmarks is the *Puhoi Pub*, an establishment that has been serving locals and travellers for over a century. They have live music most weekends and a delectable menu to soak up your beverage with.

The *Puhoi Cottage Tearooms* offer the best scones in town and they are famous for their Devonshire High Tea!

There are multiple attractions to see when visiting. The *Puhoi Heritage Museum* offers insight into the unique identity of the village. The *Centennial Hall* has some interesting historic pictures and is worth a look. The hall can also be hired. The *Puhoi Store* sells locally sourced flowers and honey, good coffee and food.

For those seeking adventure, there are exciting opportunities for outdoor activities such as mountain biking and hiking. The breathtaking views make it a paradise for outdoor enthusiasts.



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Kayaking along the river or a leisurely stroll offers a peaceful escape in nature. You'll find kayaks available for hire opposite the *Puhoi Store*.

I'd also recommend checking out the shops. *Slow Water Trading Post* is a treasure trove of Bohemian gifts, Texan boots and more. *Brook and Bridge* is a newly owned store that has a beautiful array of local art and giftware, and somewhere I can be found every Thursday.

If you need to retreat from the chaos of city life and to reconnect with nature, Pūhoi is a close getaway. It's a special place if you're just needing to just 'be'.





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Fishing Spots



By Nathan Pont

In April, I joined a fishing charter to the Firth where we fished on one of the mussel farms. We successfully used ledger rigs using Pilchard. Pilchard as a bait worked really well for attracting Snapper. We had to stay in touch with the bait because as soon as it hit the bottom the baits were getting eaten.

If fishing mussel farms, have ways to hold yourself in place or be prepared to drift. I found the best way to stay in place was to loop a rope with hook around the mussel farm line, then tie the rope to the boat. Just don't anchor anywhere near the mussel farms as there are lines everywhere, not just directly under the floats.

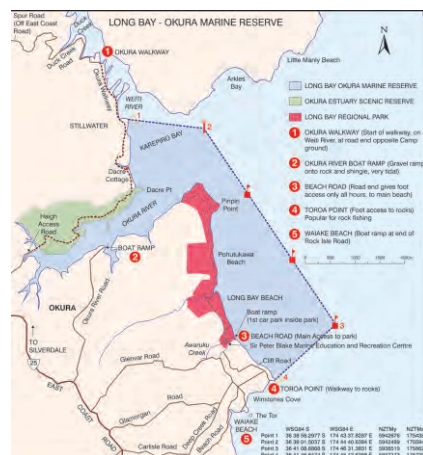
Be sure to consider the wind and tides when working out what way the boat will be facing. The best location to fish appears to be in the channels of the mussel farm. Being on the wind side of the channel will have the boat facing into the wind and the back of the boat facing into the channel. As always be respectful and don't damage any of the equipment on the mussel farms. If you are not confident, just drift fish.

Other fishing I enjoyed in April was soft baiting in 5–10m of water around Rangitoto and Kawau. I successfully used micro soft baits, often 1–2 inch. This required using smaller jig

heads, a lighter line and a 10lb leader instead of the typical 20lb. Micro soft baits appeared to work up to depths of 15m. Any deeper required a heavier jig head. Micro soft baits are fished in the same way as normal soft baits, they just can't be cast as far so you need to fish straight below and behind the boat rather than in front of the boat.

Find the tern work-ups to find the best location to fish with soft baits. These spots are usually in the Whangaparāoa Bay, along the East Coast Bays, and Rangitoto Channel.

Finally, many people have contacted me about an increase in the number of people fishing in the Long Bay Marine Reserve which is protected. A recent investigation showed the number and size of Snapper has increased within Long Bay Marine Reserve compared to outside. If you see anyone fishing within Marine Reserves, help protect the Snapper for future generations them by phoning **0800 DOC HOT** (0800 362 468).



18



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- Scissor cuts
- Beard trim
- Deluxe razor shave
- Kids cuts

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Tides—May 2024 (Murrays Bay)

		HIGH	LOW		HIGH	LOW		HIGH	
Wed 01	00:23	3.1m	06:27	1.0m	12:40	2.9m	18:41	0.9m	-
Thu 02	01:20	3.1m	07:26	1.0m	13:38	2.9m	19:43	1.0m	-
Fri 03	02:21	3.1m	08:27	0.9m	14:41	2.9m	20:50	0.9m	-
Sat 04	03:22	3.1m	09:28	0.8m	15:47	3.0m	21:56	0.9m	-
Sun 05	04:21	3.2m	10:27	0.7m	16:51	3.1m	22:56	0.8m	-
Mon 06	05:18	3.3m	11:24	0.6m	17:50	3.3m	23:52	0.7m	-
Tue 07	06:13	3.4m	12:18	0.5m	18:46	3.4m	-	-	-
Wed 08	-	-	00:45	0.6m	07:06	3.4m	13:11	0.4m	19:38 3.5m
Thu 09	-	-	01:36	0.6m	07:58	3.4m	14:01	0.4m	20:28 3.5m
Fri 10	-	-	02:26	0.6m	08:50	3.4m	14:50	0.4m	21:16 3.5m
Sat 11	-	-	03:16	0.7m	09:40	3.3m	15:37	0.5m	22:04 3.4m
Sun 12	-	-	04:07	0.8m	10:30	3.2m	16:24	0.6m	22:53 3.3m
Mon 13	-	-	04:58	0.9m	11:19	3.1m	17:11	0.8m	23:42 3.2m
Tue 14	-	-	05:51	1.0m	12:08	3.0m	18:00	0.9m	-
Wed 15	00:33	3.0m	06:45	1.1m	12:58	2.9m	18:52	1.0m	-
Thu 16	01:25	3.0m	07:39	1.1m	13:51	2.8m	19:49	1.1m	-
Fri 17	02:19	2.9m	08:33	1.1m	14:46	2.7m	20:48	1.2m	-
Sat 18	03:11	2.9m	09:24	1.1m	15:42	2.7m	21:45	1.2m	-
Sun 19	04:01	2.9m	10:14	1.1m	16:37	2.8m	22:36	1.1m	-
Mon 20	04:48	2.9m	11:00	1.0m	17:27	2.9m	23:22	1.1m	-
Tue 21	05:33	2.9m	11:44	1.0m	18:13	2.9m	-	-	-
Wed 22	-	-	00:04	1.0m	06:16	2.9m	12:26	0.9m	18:56 3.0m
Thu 23	-	-	00:45	1.0m	06:59	3.0m	13:07	0.8m	19:37 3.1m
Fri 24	-	-	01:27	0.9m	07:42	3.0m	13:48	0.8m	20:17 3.2m
Sat 25	-	-	02:09	0.9m	08:26	3.1m	14:30	0.7m	20:59 3.2m
Sun 26	-	-	02:52	0.9m	09:11	3.1m	15:12	0.7m	21:42 3.2m
Mon 27	-	-	03:39	0.9m	09:58	3.1m	15:56	0.7m	22:28 3.2m
Tues 28	-	-	04:28	0.9m	10:46	3.1m	16:42	0.7m	23:17 3.2m
Wed 29	-	-	05:20	0.9m	11:36	3.1m	17:32	0.8m	-
Thu 30	00:09	3.2m	06:14	0.9m	12:28	3.0m	18:27	0.8m	-
Fri 31	01:04	3.2m	07:11	0.8m	13:25	3.0m	19:28	0.9m	-

Source: MetOcean Solutions

Campbell Glade Reserve Habitat Restoration

Two years ago, the *Friends of Campbell Glade* was formed to bring together people willing to help restore the Glade. Like so many areas, the *Campbell Glade Reserve*, in Waiake, was being overrun with invasive pest plants – Bamboo, Woolly Nightshade, Jasmine, Honeysuckle, Moth Plant, Madeira vine and many more. Rats and possums were also a problem.

The ecosystem of the area is scientifically classified as a *Warm Forest 11*, that is, Kauri Podocarp Broadleaf. To restore the reserve so that native plants and birds can flourish, the *Friends* remove invasive weeds, run several rat stations and they are setting up possum traps.

“It is thrilling to see our earliest plantings sprouting metres up. Many natives are now able to seed naturally and the ancient Ponga are free of Jasmine. We have planted many



common natives and some unusual ones such as *Kōtukutuku* (tree Fuschia) and *Kohekohe* (NZ mahogany tree).”

CAN YOU HELP?

The *Friends of Campbell Glade* are supported by *Restore Hibiscus and Bays* – with advice and materials – but they would love to have more helpers on the ground. The invasive weeds spread so easily. After the cyclone, the *Friends* found hundreds of banana plants (the invasive variety) sprouted near the stream. They have 350 plants arriving soon and could definitely do with some help, at least on their upcoming planting day.



Planting Day Helpers Needed

Saturday 22 June @ 10am

Regular Helpers Welcome

9am every second and fourth Saturday of the month

Campbell Glade Reserve
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If you would like to learn more, feel free to get in contact for a free, no-obligation discussion.

Rachelle Bland

Financial Adviser – Investments

“Enjoy golden years with financial confidence”



Reducing Waste with Babies and Toddlers



**By Michelle Beard,
Pumpkins in Trees**

Hello Pumpkins!

We recently had a friend stay with her 2 and 3-year-old. It certainly took me back to a

time when I was battling sleep deprivation and just beginning my journey into reducing my waste.

Young children can produce so much waste and it was looking at our landfill bins going out each week when we started to try and reduce it and approached waste reduction with babies in a more minimalistic way.

BUYING SECOND-HAND, BORROW OR HIRE – Consider buying second-hand first or borrowing from friends or family. Places to find a bargain include charity shops, markets, and *Plunket's Nearly New Sale*. Free items can be found on the *Pay it Forward Facebook* groups. To hire items, check out toy libraries or places like *Baby on the Move* in Albany.

GO REUSABLE – Consider reducing plastic waste by using reusable nappies, wipes or breast pads and making baby food from in-season ingredients instead of buying single-use squeezable baby food.

DO YOU NEED IT? – Before buying disposable items, ask yourself the simple question, “Do we need it?” You may already have an item at home you could re-purpose or you may be able to buy second hand or borrow that item.

WHEN MAKING NEW PURCHASES – Opt for wooden toys rather than plastic ones, and choose clothing made from natural fibres over synthetic materials. Instead of physical gifts, consider giving experiences.

WHEN OUT AND ABOUT – Reducing the need for single-use items when out and about with kids can be as simple as adding a couple of items to your bag when heading out the door. A wet bag for wet clothes or cloth nappies, a cutlery kit with straws and spoons, plus bring snacks, preferably in reusable containers, from home.



Plunket's Nearly New Sale



Organising for our very popular annual Nearly New Sale, to be held on Saturday 14th September, is underway. The Plunket Nearly New Sale is the best place to buy good quality, preloved baby and children's clothes, toys, and nursery items.

If you would like to clear out those unwanted baby and children's items, and make some money at the same time, then selling at the Nearly New Sale is a great way to do this. We are now taking bookings for sellers – to book a table please contact sales@aucklandmamamarket.co.nz.

If you don't want to have your own table, we'd be grateful for any good quality items we can sell to raise funds for Plunket. All money raised goes directly to supporting families in the Torbay and Long Bay community.

If you would like to help the *Torbay Plunket* volunteer group as they plan and prepare for this great event, or if you're interested in helping on the day, we'd love to hear from you. Just drop us a line at Torbayplunket@gmail.com.



For event updates follow us on Facebook: facebook.com/TorbayPlunketNearlyNewSale



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Term 2 @ Raft Studio

The clocks have gone back, and the nights are getting longer. But summer held on and we had some warm, blue-sky days into late April. Don't they make you feel good?

Wellbeing has been widely studied. It's about what makes us happy? What provides purpose and meaning in our lives? Who do we have positive connections with, and what are we grateful for? These are just some of the themes that have been introduced and explored in our *Art for Wellbeing* sessions at Raft. Making art in all forms is therapeutic and provides the opportunity to connect meaningfully with others.

Using a visual journal and looking at wellbeing through a creative lens opens our hearts and minds. Journaling has been described as a transformative process, an inner journey of self-reflection and personal growth.

At Raft, there are no expectations that you need to be good at art. The sessions are about the process of exploring different themes rather than creating a product. We also supply journals and art materials from our wide range of resources. The *Art for Wellbeing* sessions are offered in a safe, confidential, small-group setting. It has been heartening to see future friendships form within these groups, and group members returning each new term to continue with their journals.

Art for Wellbeing is just one of our regular sessions. You can find the times for all of them in the *What's On Where* section (page 28).

WHAT IS DESTASH?

Destash means disposing of things that you no longer have a use for. When Raft was formed two years ago, a small group of like-minded people pooled their art and craft knowledge, materials, and tools to begin classes. We asked the local community to donate anything that they were no longer using, and the response was absolutely amazing. People who were downsizing, going abroad, no longer able, or no longer interested in their art and craft collections gave and carried on giving. We are now in a position to DESTASH some of those resources that we are unable to use ourselves. We are sure that others will be pleased to have them and all at very reasonable prices. All proceeds from the *Raft Destash* will go towards funding tools and materials that we have to buy to run our classes. So do come along on 25th May to our *Destash & Craft Market*. You will find amazing bargains of fabrics, trims, patterns, yarn, all kinds of craft items, kit sets, artwork, and handmade crafts.

May is going to be a busy month at Raft. In addition to our regular classes and the *Destash & Craft Market*, we have planned several weekend workshops, and we are starting an evening sewing group called *Sew Cool*.

Destash Market

Saturday 25 May @ 10am – 2pm

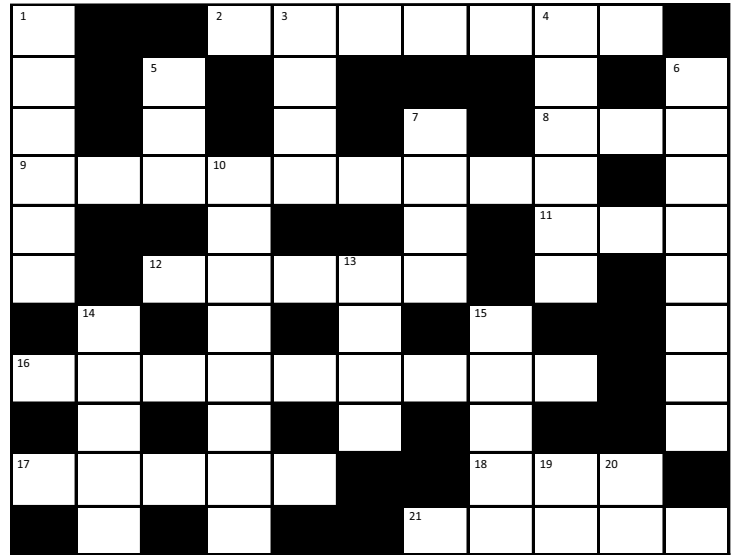
Raft Studio, St Mary's by the Sea Community Hall
168 Deep Creek Rd
Torbay



Sudoku

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

Crossword



Answers on page 30

Answers to clues marked * can be found in this months magazine

ACROSS

- 2 *Māori slang for the Beehive
- 8 Also known as (Abbrev.)
- 9 *New addition to Long Bay
- 11 Common type of welding
- 12 *A hidden gem north of Auckland
- 16 *Torbay Butcher has the goods for a great ____
- 17 *Fastest way to paint brickwork
- 18 Siblings often __ for attention
- 21 *Competition at Long Bay Residents' Assoc event

DOWN

- 1 Not so long ago we were told to stay in our what?
- 3 DOC has lots of them all over the country
- 4 *Restaurant with a great Wednesday deal
- 5 Not no
- 6 *What is said to drive winter from the human face?
- 7 Before Rideshare you called a what?
- 10*Late night at Black & Gold
- 13 If its not theirs, it must be ____
- 14 Stingy summer pests
- 15 Classic cooking oil
- 19 Not out
- 20 For example



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Ensure our Future – For the Next 40 Years

At the *East Coast Bays Community Crèche*, we are committed to providing a quality early childhood service. We have strived to achieve this for forty years despite many setbacks and challenges. For *tamariki* to have the best start in life they need great foundations and the best possible beginning to their education journey. There is a robust body of research that strongly supports the notion that the first thousand days from conception, is the most crucial period in the development of the human brain. Therefore, it is essential that teachers working with young children have the necessary qualifications and commitment to the teaching profession and are provided with the incentives to stay in this profession ensuring quality outcomes for children in Early Childhood Education (ECE). That's why, along with other centres, teachers, parents, *whānau* and communities we have fought hard for two decades to win respect, recognition and pay parity for certificated teachers in the early childhood sector.

Recently there have been some gains made towards this. Unfortunately, these are currently being threatened, and community-based ECE is facing huge challenges to survive and thrive – particularly stand-alone services such as ours.

To promote awareness of this, and gain your support, we are hosting a public meeting centred on ECE. This gathering, co-hosted by dedicated teachers/*kaiako*, support staff/*kaiāwhina*, parents, and *whānau*, aims to address the pressing issue of stable funding, and advocate for the necessary improvements in the sphere of ECE. Please join us to hear from ECE *kaiako* and support our call.



Public Meeting

Highlighting the need for stable, fair and equitable funding for ECE

Friday 24th May 2024 @ 4pm–5.30pm

Phoenix Plaza, Brown's Bay

*Alternative venue if the weather is bad:
Rothsay Rm, Heart of the Bays (near the CAB)*



Meet Muddy Kids NZ

Locally based *Muddy Kids NZ* offer year-round nature-based programmes for *tamariki* and *rangatahi*. Their programmes give young children, and school-age youngsters, the chance to experience free play. Their philosophy is that play is not just a pastime but a fundamental right of children.

Muddy Kids prioritizes the emotional and physical safety of every child and create an environment in which kids can express themselves without the constraints of adult direction. The day starts with the children collectively shaping the programme for their day outdoors. That could be exploring hidden corners of Long Bay Regional Park, venturing to the beach, or embarking on a nature walk. Independence and self-reliance are encouraged. The Educators serve as guides, offering support and encouragement without overshadowing the child's journey. From conquering climbing trees to navigating new friendships, each milestone boosts kids' confidence and self-esteem.

Engaging all their senses in a natural environment, children at *Muddy Kids* experience the benefits of unstructured play, such as reduced stress and improved overall well-being. In a society where play is often overshadowed by structured activities, *Muddy Kids* stands as a beacon of light, championing the transformative power of free play in childhood development.

To learn more, email muddykidsnz@gmail.com or visit their website: www.muddykidsnz.co.nz



Torbay School's 'Tuakana/Teina Programme'

At Torbay School, we run a successful transition programme for our new students. One aspect of this programme is our 'Tuakana/Teina Programme'. *Tuakana/Teina* is a Māori term that refers to the relationship between an older (*tuakana*) person and a younger (*teina*) person, which supports our new learner in a mentoring situation. Our older students take on the role of supporting and guiding new students to Torbay School. This programme nurtures a sense of belonging and well-being among our families/*whānau* and children as they integrate into the Torbay School community.

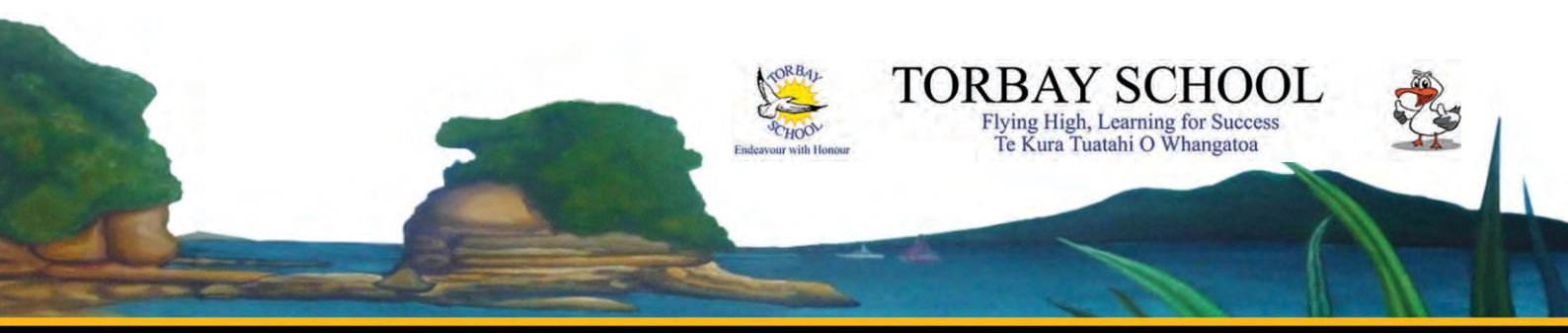
Our *Tuakana/Teina Programme* was launched at Torbay School by one of our staff members, Sarah Kilkolly. Sarah is an *Across School Lead* for the *Oneroa Kāhui Ako*. She works with teachers from our Early Childhood Centres (ECE) and Primary Schools supporting transitions to school.

Within Torbay School, Sarah takes the older (*tuakana*) buddies through a series of workshops to prepare them for working with their (*teina*) buddy. These workshops allow our students to develop key competencies such as leadership, participation, and communication skills. Students also work collaboratively to share ideas when working with their buddy to ensure the transition to school is smooth and happy.

Once a fortnight, a group of older student (*tuākana*) buddies, along with our New Entrant teacher Kylie Wilson, visit Early Childhood Centres to connect with their younger (*tēina*) buddies. These interactions establish *whanaungatanga* (relationships) and build strong connections. By familiarising

themselves with the younger child in a comfortable setting, our big buddies successfully help to alleviate any apprehensions that their younger buddy may have, while creating a sense of excitement about the upcoming transition. Our older students read our Torbay picture book, share stories, and play together. Our older (*tuākana*) students become role models for our new students and there is an opportunity to learn from each other within a safe environment. When they come for their first school visit, the big buddies take them on a tour with their family/*whānau* and spend time with them in their classroom. Once they have started school, our students are encouraged to support them in the playground and within the classroom to build friendships with their peers and to foster social skills.

As a school we value the benefit of this very special programme. Our *whānau* have also seen the benefits, acknowledging that their child is happy because there is a familiar face and this forms a foundation for relationships, helping develop smoother transitions to school. We would like to thank Sarah Kilkolly for all the work she has done for our transition programme. We also would like to acknowledge Kylie Wilson for her continuous work building relationships with our local ECE and making sure our new entrant students and their *whānau* are welcomed and settling into school life.





Save the date!

Open Evening 24th July 2024

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

Open Evening

Our open evening is a perfect opportunity for you to get to know our beautiful school, our educators, and our students. There are guided tours operating throughout the evening and presentations taking place in the auditorium. Please join us on Wednesday, **July 24th** 4pm-8pm for a welcoming and fabulous evening hosted by Long Bay College.

Year 8 Day

We will be welcoming year 8 students to our annual open day on Friday, **August 2nd**. This is an important day and part of the successful transition of our students from Intermediate to College.

Applications for 2025 open 1st June 2024

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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.

Kitchens—Call Kitchen Co, your local kitchen company, for design to complete kitchens. Driving Your Dollar Further 021 347 424, www.kitchenco.co.nz, email: kitchenco@xtra.co.nz

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.

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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.

Garden Bags and Bins—Prompt and professional service. Competitively priced. Ph John 0508 262 626 or 021 745 992. 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.

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Landscaping—From concept to completion. For practical and creative solutions. Small areas and makeovers a specialty. 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

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

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

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

SIGNS

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

FOR HIRE

Awatuna Scout Hall—Waiake Beach. Available for birthday parties, exercise classes. Kitchen facility. Email awatuna@gmail.com.

Senior Citizens Hall, Torbay—Email torbaycommunityassociation@gmail.com

Torbay Community Hall—Email torbaycommunityassociation@gmail.com

TUITION

Ballet—Pre-school, grades, advanced and adult classes. Royal Academy of Dance syllabus. www.diannewallaceballet.co.nz. Dianne Wallace RAD Dip Tchg. Ph 027 603 0481

SUPPORT LOCAL

Advertise with us—you'll be supporting local businesses and community groups.

Our advertising rates are the cheapest and we deliver further.

The Classifieds is the **Bible for Trades** in our area.

Classifieds (per 7 words):	\$5	Third page:	\$225
Small:	\$60	Half page:	\$245
Medium:	\$120	Full page: (non-prime spot)	\$475
Quarter page:	\$195		

Prices exclude GST. Free design (T&C's apply)

The Torbay Magazine is produced as a service to the community by the TBA, a small not-for-profit whose members are mostly small businesses.

www.torbay.co.nz | To book your advert, email: magazine@torbay.co.nz



What's On Where

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

ALCOHOLICS ANONYMOUS—0800 229 6757. www.aa.org.nz. Join our friendly **Tuesday** night meeting at 7.30pm St Marys by the Sea Anglican Church if you wish to stop drinking.

AGE CONCERN NORTH SHORE—489 4975

AGE PLUS CHARITABLE TRUST—09 550 3387

ASSOCIATION OF BOOK CRAFTS—027 440 4458

BACKGAMMON CLUB—Backgammon is a very old popular game. Easy to learn, harder to win. Depends on the roll of the dice and your strategy. Join our friendly mixed group on **Wednesday** 12.30-4pm for some fun at Heart of Bays, Inverness room, 2 Glen Road, Browns Bay. Cost \$2. Ph: Linda 021 216 3050 or 476 8311 or just come along.

BAYS CITY JUDO—473 7855

BRAEMAR SCOTTISH COUNTRY DANCE CLUB—Relaxed, friendly group who dance **Tuesday** 7.30pm at St Anne's Hall cnr Glencoe and Beach Rd, Browns Bay. Ph: Gae 027 292 5012

BROWNS BAY LADIES CLUB—Retired and still young at heart? Why not join the Browns Bay Ladies Club. We meet 4th **Friday** of every month. We have a guest speaker and also offer many interesting groups and bus trips. Ph: Christine 475 5426 or Jan 478 9231.

BROWNS BAY LAUGHTER YOGA—Saturdays 9am, Rothersey Room, 2nd Floor, Heart of The Bays, Glen Road, Browns Bay. Ph: Louise 027 475 3734 or Jan 021 178 3768. Email: laughterbrownsbay@gmail.com

BROWNS BAY RACQUETS CLUB—Would love to have more players 55yrs plus. We play mixed doubles. **Friday** 9am. We have lots of fun and fees are low, in fact nil at first. Ph: Angela Verry 021 121 158 or 479 5094

CITIZENS ADVICE BUREAU—479 2222

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.

DIGITAL SENIORS—FREE COACHING—Need help with your digital device? Bring your phone, tablet or laptop to East Coast Bays Library. Tuesdays 10am-12pm. Ph: 0800 373 646

DEEP CREEK RESTORATION SOCIETY—021 366 236

EAST COAST BADMINTON—Active Badminton Centre, 44/46 Apollo Drive. **Tuesday** 5pm-10pm. Ph: Don 473 0703 or 027 497 6242

EAST COAST BAYS BRIDGE CLUB—Contact: lessons@ecbbridgeclub.co.nz or Helene 027 296 3365

EAST COAST BAYS LIONS—022 047 3266

EAST COAST BAYS RSA—478 8033

EAST COAST FOLK CLUB—8pm first Friday of every month at the Torbay Senior Citizens Hall (behind Torbay shops 37 Watea Rd). \$10 Admission. Casual performers first half with featured guest in the second half. Ph 09 426 3588 r.uhe@xtra.co.nz

EAST COAST BAYS TOASTMASTERS—027 422 3685

ECB WIDOW & WIDOWERS ASSOCIATION—478 8805

FRIENDS OF CAMPBELL GLADE RESERVE, WAIAKE—027 473 5022

FRIENDS OF OKURA BUSH—021 177 5755

FRIENDS OF SHERWOOD—476 7279

LONG BAY OKURA GREAT PARKS SOCIETY—021 424 617

LONG BAY RESIDENT'S ASSOCIATION—Longbayra@gmail.com

LONG BAY VILLAGE MARKET—4th **Sunday** of every month 9am-2pm, Michelle 021 119 8796, Leanne 027 432 3317 (txt is best); longbayvillagemarket@gmail.com

MUDDY KIDS NZ—A nature-based programme for *tamariki* and *rangatahi* in Long Bay. Ph: 021 237 2528

NEIGHBOURHOOD SUPPORT—09 353 0427

NORTH SHORE BRASS ACADEMY—021 281 0405

NORTH SHORE CMA—Companionship and morning activities for seniors. Ph: 489 8954

NORTH SHORE KICKBOXING—021 228 2808

NORTH SHORE WRITERS GROUP—Invitation to all adults who have written, are writing or want to write! Contact Tim 021 224 4533 www.northshorewriters.co.nz

PLUNKET—838 0981

RAFT STUDIO—Term 2 Classes start 6th May

Mondays

9.30am-3.30pm *Sewing*. One-on-one lessons available. Beginners classes available by appointment

7pm-9pm *Have a Yarn* (second **Monday** of the month)

Tuesdays

9.30am-12.30pm *Papercraft*

1.30pm-4pm *Sew Cool*

7pm-9pm *Sew Cool* (second and fourth **Tuesday** of the month)

Wednesdays

10am-1pm *Abstract Acrylics*

Thursdays

9.30am-12.30pm *Mixed Media*

1.30pm-4.30pm *Casual Art Group*

Fridays

9.30am-11.30am *Art for Wellbeing*

12.30pm-2.30pm *Art for Wellbeing*

3.30pm-5.30pm *Youth@Raft*

Workshops & Events

15th May—*Tiny Wooden Houses Workshop*

25th May—*Destash & Craft Market*

26th May—*Creative Writing Workshop with Kathy Servian*

For more information see RAFT page 22 or phone: 021 145 2865

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.rotarybrownsbay.org.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.

SALVATION ARMY OP SHOP—473 2150

ST MARY'S COMMUNITY GARDEN, TORBAY— Allotments available to grow your own veges, herbs, flowers. Join a fun sharing group. Ph: Nanette 021 140 4548 or Dianne 027 313 7116.

TORBAY FRIENDSHIP CLUB—A lively and thriving club for retirees. The club meets monthly (except January) on the second **Thursday**, 10.00am at Torbay Village Hall. Activities include great speakers, excursions, coffee mornings and games groups. Annual membership \$25.00, plus joining fee. Call Noreen 027 271 3524. Visit fnzi.nz for info on Friendship Clubs in general.

TORBAY GARDEN CLUB—478 1601

TORBAY HISTORICAL SOCIETY—473 6482

TORBAY INDOOR BOWLING CLUB—Looking for a new activity? Come join this friendly club on **Monday** 6.45pm at Torbay Community Hall. Entrance off Watea Road by the Tennis Courts. All ages welcome. Ph: Janet 473 1621

TORBAY INTERNATIONAL COFFEE GROUP—473 3259

TORBAY SAILING CLUB—948 Beach Rd, Waiake. For information about hiring hall email: hire@torbaysailingclub.org.nz.

TORBAY SENIOR CITIZENS— Email: torbaycommunityassociation@gmail.com

TORBAY STEP BEYOND STUDIOS—022 596 8440

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 THEATRE—

Club Nights: 8 June, 7 September, 2 November

Backstage Club: To volunteer for anything backstage or lighting, Weds 10.15am-12, pop in, ph Daphne 473 7494 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 **FIRST** Tuesday of the month at Outran Hall, Murrays Bay. We have amazing speakers and over 30 Special Interest Groups. Annual fee \$40. Ph: Val Lloyd 021 763 662 or go to website www.U3ABB.nz

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SCHOOLS

City Impact School.....	477 0302
City Impact Arts Academy.....	477 0300
East Coast Bays Community Crèche.....	479 1241
Glamorgan Free Kindy.....	473 5099
Glamorgan Primary School.....	473 6453
Long Bay College.....	477 9009
Long Bay Primary School.....	473 6077
Northcross Intermediate School.....	477 0167
Titoki Montessori School.....	473 0362
Torbay Kindergarten.....	473 9340
Torbay Play Centre.....	027 880 5413
Torbay School.....	473 8603

CHURCHES

Browns Bay Presbyterian Church.....	479 2441
City Impact Church.....	477 0300
East Coast Bays Catholic Parish.....	478 4565
Graceway Baptist Church.....	473 8562
Long Bay Baptist Church.....	473 2498
Long Bay Baptist Mainly Music.....	947 3378
Shore Presbyterian Church.....	022 241 23460
St. Mary's By The Sea Anglican Church.....	473 8180
Trinity Methodist Church.....	478 5107

Torbay Business Association Members

BREAKFAST, LUNCH & DINNER

- Birds of a Feather 鸛羽, Long Bay 220 2116
- Chand Indian, Torbay 473 6259
- Euro Patisserie, Torbay 473 7535
- Hells Pizza Northcross 478 6661
- Hot Roast Shop, Torbay 473 2134
- Parallel 23 Bar & Eatery, Torbay.. 214 7931
- Piatti Italiani, Waiake 478 6936
- Scout Café, Torbay 473 9070
- Sushi Torbay 473 6361
- Torbay Bakery and Café 473 6467
- Torbay Takeaways..... 473 9229
- Troy Restaurant, Torbay..... 473 1002

GROCERIES

- BK's Four Square, Torbay 473 6197
- Torbay Village Butchery 473 2014

- Liquor Centre Torbay 473 9619
- Torbay Dairy 473 9721
- Torbay Fruit Shop..... 473 9429

HAIR & BEAUTY

- Absolute Thai Massage, Torbay..... 473 5080
- Black & Gold Barbershop..... 391 4089
- Foxy & Co., Torbay 473 2277
- K Five Design (The Cutting Room), Torbay 473 5241
- La Bella Vita Beauty, Torbay 473 0856
- Simply Colours & Cuts, Torbay ... 473 8111

HEALTH SERVICES

- Community Laboratory, Torbay... 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

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
- Matt & Maggie - Harcourts 027 777 0737
- Shane & Jen Anderson, Bayleys... 0274 827 440 or 0211 77 55 30
- Wendy Treadwell - Harcourts ...021 042 7370

OTHER SERVICES

- Dogs Body Grooming Parlour 473 1500
- RAFT Studio 021 145 2865
- COREISS Research Centre, Torbay.. 972 2757

How to Stop Junk Mail and Newspapers

The *Torbay Magazine* is a great way to stay up-to-date with what's on where, businesses and services, school and community group news. This is a free community service provided by the Torbay Village businesses

(through their not-for-profit *Torbay Business Association*), and our wonderful advertisers.

If you would prefer not to receive free newspapers, newsletters, or magazines, attach a sign to your letterbox that states 'No Newspapers' or 'Addressed Mail Only'.

The following *Auckland Council* table explains who can deliver what, depending on what sign you have on your letterbox.

Type of unaddressed mail	Letterbox sign stating words to similar effect as –			
	'addressed mail only', 'no newspapers or circulars'	'addressed mail and newspapers only'	'no circulars', 'no junk mail', 'no advertising material'	no non-delivery sign displayed
• public notices ¹ • election material	✓	✓	✓	✓
• free print media ²	✗	✓	✓	✓
• local community or charitable material ³	✗	✗	✓	✓
• advertising material ⁴	✗	✗	✗	✓

¹ for example public notices from government bodies, local authorities or New Zealand Post.
² for example a free community newspaper, newsletter or magazine.
³ for example fund raising letters.
⁴ for example circulars, business cards, samples or clothing donations bags.

PAPER-FREE OPTION

Paper-free households might prefer to flip through our *Torbay Magazine* online at www.torbay.co.nz. To join our paper-free subscribers list, email us at magazine@torbay.co.nz with your address and we'll email you when the latest issue comes out instead of popping one into your letterbox. You can always pick up a paper copy at *Scout Café* in Torbay, *Evan's Kebab* in Northcross, or *Browns Bay Library*. Be quick though, they go fast.

Puzzle Answers

Sudoku

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

Crossword

1	B				2	W	3	H	A	R	E	4	P	T			
	U		5	Y				U						I	6	L	
	B			E				T		7	T			8	A	K	A
9	B	E	S	10	T	S	T	A	R	T							U
	L				H				X					11	T	I	G
	E			12	P	U	H	O	I								H
			14	W		R		U				15	O				T
16	C	A	S	S	E	R	O	L	E								E
		S			D		S										R
17	S	P	R	A	Y							18	V	I	20	E	
		S			Y							21	J	E	N	G	A



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New Zealand



North Island



Auckland

Suburb Awards



Browns Bay



Northcross



Torbay



Oteha



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SUCCESS STORIES

Begin With Us



“

Matt and Maggie!

were recommended to us by a couple of different friends. Right from the outset, I knew they were a team we could work with to sell our house. They listened to our needs and guided us through the process, without ever feeling like we were being pushed into a decision we didn't want to make.

Thanks for helping sell our home in a tough market!

Jamie, Donna, Sophie & Emily
Vendors of 22B Caversham Drive,
Torbay

”

If you're looking to write your own *Success* story, reach out and let's **make it happen!**