

MARCH 2023

EST 1992

# TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine

Shakespeare's Globe  
Door Opens for  
*Katy Comar*

Ethical consumerism

Holi – Festival of Colour

Community spirit clears away flooding



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# Shakespeare's Globe Door Opens for Katy Comar

"We know what we are, but know not what we may be" says Ophelia in Shakespeare's play *Hamlet*. At the age of 17, Katy will get a chance to find out what she may be thanks to an invitation to perform at Shakespeare's Globe in London.

Though a dream since primary school, Katy's passion for theatre really began when she attended the University of Otago Sheilah Winn Shakespeare Festival. During her Long Bay College years, Katy regularly entered the festival and three times advanced to the national festival. Last year, her dedication to the arts and acting paid off when she won entry to the National Shakespeare Schools Production, a week-long course for just 48 students. Further accolades were to come. Half of those 48 were selected to form this year's Young Shakespeare Company and Katy was one of them. This really lifted Katy's hopes for her future as the troupe get to travel to London for more intensive training and the chance to perform at Shakespeare's Globe.

Katy has watched over 100

Shakespeare plays and she's acted in many. She loves analysing a character and working on what new perspective her acting can bring to the character and the play. One role Katy has analysed is Hermione in *The Winter's Tale* (see cover photo).

During her time at the Globe, Katy hopes to deeply analyse a range of characters such as this one. But it won't all be play acting. While there, the **Young Shakespeare Company** will partake in a packed schedule of events and learning opportunities and a majority of days will be spent rehearsing their performance to be delivered just before they come home. "I can't wait to represent New Zealand theatre and culture." Katy said.

To be part of this potentially career-making opportunity, Katy needs to raise \$10,000 by July to cover her travel costs, insurance, accommodation, food, taxes, and course fees. She's also starting university, so to help raise this amount she's started a Givealittle page. As we like to say #supportlocal, and thank you if you can help.



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# Chair's Letter

By Steve Piner, Chairperson  
Torbay Business Association

Well, February turned out to be eventful! While the Torbay Village came through relatively unscathed, many in our community were less fortunate.

Certainly, concern about our failing stormwater infrastructure (pg.7) is deserved. Council road crews have been doing an amazing job of clearing slips and debris but there's a pile of work ahead to clean up the public spaces that need it.

The closure of the top of Glenvar Road, after major slips, has caused and will continue to cause disruption and delays for some time. Let's hope this provides the impetus for the long promised Glenvar Rd / East Coast Rd intersection improvements to be prioritised.

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There's lots of inspiring and thought-provoking content in this month's magazine. Local organisations like Plunket and Catalytic

stepping up to help. Not to mention a whole slew of local businesses, groups and individuals donating their time to clean up and restore some normalcy. Community spirit is certainly alive across the East Coast Bays.

That community spirit is what keeps clubs, like the Browns Bay Bowling Club (pg.13) going. This magazine too survives on the generosity of a lot of volunteer hours. And, of course the businesses who advertise with us and sponsor what we want to do. A big thanks this month goes to Nicki O'Sullivan

whose support has enabled us to expand our What's On Where section keeping you posted about the wide range of community group run activities and support. She's also supporting local businesses through her Where am I competition. If you recognise the location in her photo and email her a correct answer, you could win the draw for a \$50 voucher for Long Bay Surf Club.

Welcome to Beaufort & Co Cafe in Oteha Valley Rd who in turn welcome you to visit them for a free coffee. Just cut out the voucher and pop in to see them. I often stop there on my way to the motorway. But I must warn you their doughnuts, gluten-free cupcakes, and bacon butties are delicious!

We're similarly pleased to introduce you to another delicious Kiwi-made product (pg.19). Fling hassle-free cocktails or mocktails are just the ticket for a warm summer evening, which hopefully we will be getting more of.

The school year is finally underway. It has been an honour these last few years to act as Kaumatua for Long Bay College after the passing of local Māori elder Matua Rawiri Wharemate. This role affords me the privilege of supporting the official welcome (pōwhiri) of new students, staff and whānau to the school (pg.26). This year I challenged the new students to exhibit resilience, resist the doom and gloom, show respect for themselves and each other, and in so doing earn the respect of others. It is a worthy challenge for us all. One of the highlights of this year's pōwhiri was listening to the speaker for the manuhiri (guests) - a Year 9 Northcross Intermediate graduate. He spoke strongly and with confidence. Like Katy Comar (pg.3) he could be another LBC graduate to one day proudly represent us on a world stage.

And lastly, but by no means least, to you, our community - getting involved, supporting and caring for each other, kia kaha, kia māia, kia manawanui! Be strong, be brave, be determined!

## The Fine Print

To submit a story, news, poem or to advertise, email:  
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# The power of choice

## USING OUR WALLETS TO VOTE FOR A BETTER WORLD

**Buying the things we need and want is a normal part of life, but we can make a positive impact by making mindful choices with our spending.**

Words by Kath Knight  
owner of Objects in my room

Did you know that only 1% of the global wealth increase since the turn of the century has gone to the poorest half of the world's population? Meanwhile, half of new wealth has been scooped up by the richest 1%. In 2017, just 8 people held as much wealth as the poorest 3.6 billion combined. It's a staggering statistic to digest.

This massive inequality is largely due to 'shareholder capitalism'. Back in the 70s a typical US Corporation would

And the more we demand suppliers to behave ethically, the more they are held accountable to make conscious business decisions.

The trick is to keep the momentum going. Like any movement that challenges the status quo, it takes time and effort to grow and succeed.

But progress is happening. In the UK, the John Lewis Partnership has changed the game by having their 83,000 workers co-own the department store chain which has annual sales of over £11 billion.

We're also seeing a rise in initiatives like the B Corp movement. A not-for-profit initiative supporting businesses to balance people, planet, and profit, and become a force for good. In NZ, we've got over 80 certified B Corp organisations, including big names like KiwiBank and Kathmandu, as well as small enterprises like Zay Bags.

And let's not forget about the pioneers of the Fair Trade movement. Dating back to the 1940s, the movement was officially established as the World Fair Trade Organisation (WFTO) in 1989. With members in 76 countries, the WFTO is all about serving marginalised communities and putting people and planet first.

TradeAid is also a great example of a conscious organisation that puts people and the planet first in everything they do. They use the WFTO's fair trade principles and their own Charter to guide their work to bring about lasting change through honest, transparent, and equal partnerships.

**To become a more conscious consumer, you can follow these simple steps:**

- Educate yourself on the brands, products and services you're buying
- Look for ethical alternatives
- Choose products with fair trade certification and ethical labels
- Support small, local businesses
- Choose quality over quantity
- Consider pre-owned options

We can all make real, impactful change through our purchasing power. As Anita Roddick from The Body Shop famously said, "If you think you're too small to have an impact, try going to bed with a mosquito in the room."

So let's use our wallets to vote for a better future, one where global inequity is a thing of the past.

Article references and for more info check out: [wfto.com](http://wfto.com); [sustaintrust.org.nz](http://sustaintrust.org.nz); [bcorporation.net](http://bcorporation.net) [www.tradeaid.org.nz](http://www.tradeaid.org.nz)



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return about 33% of its profits to shareholders. Today it's a whopping 70%. And this trend of funneling profits to shareholders isn't just happening in the US, it's a worldwide issue.

The good news is, as individuals we have the power to make a positive impact in righting these global inequities through our spending. Every purchase we make is a vote for the type of world we want to live in, and conscious consumerism is our chance to cast that vote.

It's about using our hard-earned money to choose products, brands, and services that are doing right by the world over the unethical ones.

As consumers, the more we demand ethical products and services, the more commonplace they'll be, and the cheaper they'll become, which makes them more accessible for everyone.

# Who's Responsible for the Stream at the Bottom of your Yard?



Backyard before the recent flooding. Photo: Keerti Siag



Backyard after the recent flooding. Photo: Keerti Siag

The recent extreme weather, flooding and falling trees has affected many of you, and its affected some of us who put together the Torbay Magazine (Keerti, Steve and Rosemary). We each had a different experience and we've learned a lot as a result.

All of us live next to a different stream, but they all flooded. Rosemary's stream is a back yard feature that used to have small foot bridges across it so she could get to the other side to do gardening. Like most of those bridges, the decorative dinghy has also been washed away. The stream at the bottom of Keerti's backyard was fenced off. She didn't even know it was part of the same property. Steve has two streams that run from adjoining properties to form one larger stream that then flows into the neighbour's property.

The flooding washed all sorts downstream. Sections of fencing, broken pieces of dinghy, clumps of soil, flax, grass, fallen trees, rubbish, posts. What a mess!

This raised many questions for us. Who was going to clean up the mess and who is responsible for keeping these streams from damming up or slowing future flows of heavy rain that need to run quickly to the sea?

We were surprised to find out that generally, the landowner is responsible for maintaining any watercourse flowing through their property! If that's the case why does the Council send people out to clear Rosemary's stream about three times a year? They don't do the same for the stream behind Keerti's house or Steve's. After searching online, we found that Auckland Council does have some 'Water Improvement Projects' designed to improve the performance of some piped storm water systems to reduce flooding of "affected properties". This likely explains why Rosemary's stream was regularly being whipper-snipped.

For streams not on the Council's current project list, either the landlord or the homeowner must make sure that any

watercourse on their property is clear from obstructions like rubbish and chemicals from the point where the watercourse enters their property to the point it exits. But there's a lot more to it than that. If you do have a watercourse in your back yard, we recommend you read the Council guides for *Caring for Urban Streams*. They cover flooding, erosion, stream water quality, stream side planting and stream life. Please also check the Council's *Works within Watercourses* guide, especially if you need to do any repairs, for example to a damaged culvert or slipped stream bank. You might need an engineer's report and a permit!

If your land was damaged in the recent floods, the damage could be covered by the Earthquake Commission under your home insurance policy that covers Fire Insurance. For more information on what you are covered for and how to claim, contact the Earthquake Commission or your insurance company.



The stream after the recent flooding. Photo: Keerti Siag

# What Caused the Auckland Anniversary Weekend Flooding?

By Oliver Simpson

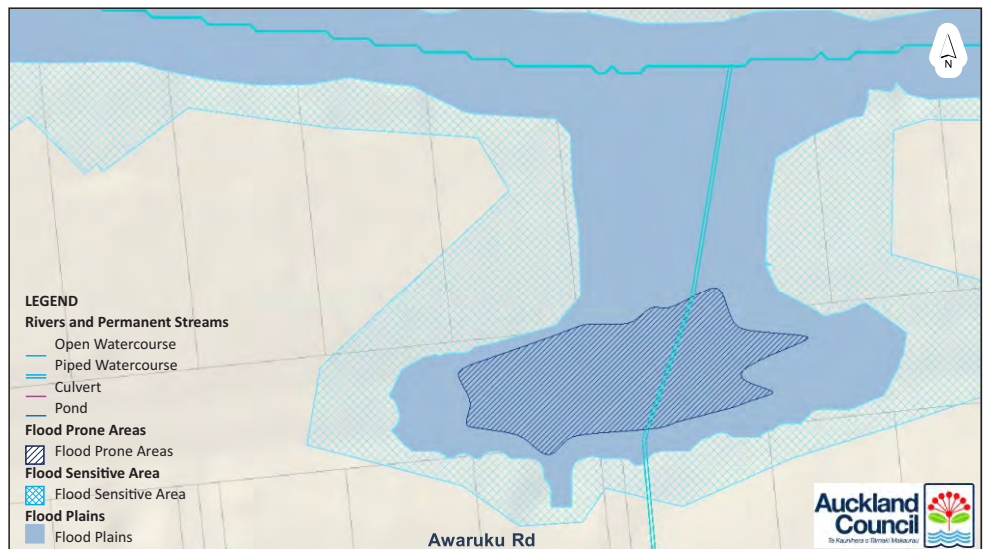
This year's annual weather cycle is a La Niña cycle. La Niña generally brings rainy conditions to the northeast of the North Island according to NIWA (the National Institute of Water and Atmospheric Research).

In addition, our local Waiake and Torbay stormwater infrastructure, built 50–60 years ago, was not designed to cope with the subsequent population growth in the area. The increase in roads, buildings and paved surfaces, and increased coverage of the land by these structures, prevents water from dispersing into the ground. As a result, water pools, overloads the drains and streams and flooding results. This is why new housing developments are required to provide storm water retention tanks or ponds such as those

as you see upon entering the Long Bay development.

That's what happened on January 27th. After an already wet month, Albany recorded 260.6 mm of rain by 10 pm (NIWA). With our aged infrastructure maxed out, the water began to fill the areas marked by Council as flood plains.

*High Water* is a TV mini-series based on the flooding of the city of Wroclaw in Poland during the 1997 Central European flood. The drama follows the efforts of the Wroclaw authorities to manage the oncoming flood and protect the city. If you'd like to understand more about the flooding of urban centres *High Water* is well worth watching. You can find it on *Netflix*.



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# Despair over Sediment Discharge

Okura Estuary, the largest estuarine marine reserve in New Zealand, has been recently choked with mud from nearby developments, resulting in sediment and contaminants entering this significant ecological area.

Following this recent sediment discharge into Okura Estuary, there has been a renewed call from environmental groups (including Friends of Okura Bush and Long Bay Okura Great Park Society), for the Council to take corrective action. This action needs to address the consent process for land developments, noncompliance measures and monitoring consent processes.

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Okura Estuary filled with mud taken in January 2023. Photo: Geoff Reid

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# Gardening with Veronika

By Veronika McPherson

Too hot, too wet, too windy. Gardening in this changeable climate challenges us all. Planting your seedlings under existing plants provides them with

shelter from the hot summer sun, strong winds and scratching birds. As your new seedlings grow, remove older plants by cutting them at root level. If you have no plants to use as shelter, try bird netting or cut of a few small leafy branches from a tree and position them next to your seedlings as a way to protect them.

**BOKASHI**— *Bokashi* is, for many, a new concept. *Bokashi* originated in Japan. The word *Bokashi* can be translated as 'fermented organic matter'. *Bokashi* 'pickles' your food waste, unlike traditional composting where waste is allowed to decay. It can be a great compliment to your compost heap as it turns your food waste into nutrient-rich organic matter in only six weeks. Use it to revive tired soil in pots, mix it into your compost as an extra boost or dig it into your garden to prep the soil for what you're growing next. It works great for keeping food waste out of landfills as it will take care of all your food scraps - fruit, vegetables, cooked food, meat, fish, dairy, grains and pasta. As a rule of thumb if you eat it, it can go into the *bokashi* bucket!

**How it works:** *Bokashi* is an anaerobic fermentation process. As you fill up your bin you also add a sprinkle of *bokashi* bran. Squash down the food to get rid of the air and repeat this process until your *bokashi* bin is full. Seal the lid and leave for two weeks to complete the fermentation process.

Your food scraps can now be dug into your garden. Dig a trench for the *bokashi* and mix with your soil then cover with an additional layer of soil. After 3-4 weeks your homemade compost will be ready, and you can plant directly in to it.

A bonus is that the *bokashi* juice, the liquid at the bottom of the *bokashi* bucket, is liquid gold for the garden. It is full of goodness and alive with micro-organisms. You can use this fertiliser all over your garden once a week and it also gives all your pot plants and indoor plants a welcome boost.



## Footpaths are for Feet

Remember the days when footpaths were for feet, that is pedestrians? Now they seem to be a place for vehicles to park. This particularly seems the case where there is a building site. The problem with this is that these vehicles are usually heavy, obstruct the whole path and break it up.

The Road Code states quite clearly you must not park on any footpath. Auckland Transport is also clear on this. Footpaths are for pedestrians, and it is a violation to block them. The fine for blocking a footpath is currently \$40.00. Please consider those getting around on foot when you choose a parking spot. Having to walk on the road or down a bank because the path is blocked is dangerous.



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Be careful though, it is really potent! It's so potent that you must dilute it 100:1 with water before giving it to your plants. Bokashi liquid does not have a long shelf life and it is best used straight away, any excess can be poured down the drain.

**MALABAR SPINACH**— If you like to grow spinach but don't have much success with traditional varieties, try Malabar Spinach. It is not a true spinach but a rapid growing vining plant that produces large glossy succulent leaves with a delicate flavour similar to spinach. Originating from India and South Asia it likes the warm weather over the summer months and happily grows up trellises and fences. With its pretty purple stems and dark seed heads it can also be grown in a pot as an ornamental. If planted in the ground, leave it there after its gone to seed or pick off the seed heads and dry them to plant next summer. The plant is easy to grow from seed and you can also get more plants by cutting off the top shoots which will grow new roots in a glass of water or in moist soil.

The plant can be grown in part shade, which increases the leaf size, but it prefers full sun and enjoys moist fertile soil with plenty of organic matter. Constant moisture is important to prevent blossoming, which will turn the leaves bitter. The plant will do well in a warm sheltered place in your garden or in a pot, just make sure it has something to climb onto.

Use Malabar spinach just like regular spinach greens. Delicious cooked, it can be used in soups, stir-fries, quiche, and curries. It's also delicious chopped up and mixed with other greens in a salad.

Happy Gardening!



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# ‘Holi’—the Festival of Colours



By Keerti Siag

Like *Diwali*, the festival of *Holi*, also called the Festival of Colours, signifies ‘victory of righteousness over evil’. Various mythological legends from the Hindu scriptures celebrate the restoration of ‘chaos’ at this time, as well as the change of season from winter to spring.

In spring (at a time in February or March) on the full moon (*Purnima*) night, a symbolic bonfire is ignited, signifying purification from evil after the story of ‘*Holika*’ (evil personified) who was burned at the pyre while attempting to burn ‘*Prahalada*’ (good personified).

Lord Krishna and his beloved Radha are believed to be the ones who started this tradition of playing with colours. It’s a festival celebrating the differences and coming together of different cultures and religions in India; however, different states in India have their own rituals to follow on this occasion. These festivals have a huge cultural significance within the Indian diaspora and gives them a reason to celebrate with the wider community as well.

In India, families celebrate by organising big feasts and throwing water balloons at each other out on the street. Market places become extra vibrant with the displays of

stacked fresh powdered colours, including ‘*Gulaal*’, a very special one made of dried rose petals.

The Hare Krishna Temple in Kumeu, put on a special event to celebrate *Holi* on 26 February.

You can celebrate at home with this quick recipe for one of the traditional Indian sweets that is prepared on such occasions.

**PHIRNI RECIPE** by Pooja Aggarwal

## Ingredients:

1L milk  
3T rice powder  
2T milk powder  
4 cardamom pods  
6 saffron strands  
6 each of almonds and pistachios  
1C sugar

## Method:

Put milk in a heavy base saucepan or a pot. While heating the milk add the ground cardamom, saffron strands, milk powder and rice powder. Let it cook on low for 20 minutes, stirring every 5 minutes. Add sugar and cook for another 5 minutes. Let it rest until it reaches room temperature, then transfer to fridge to chill. Serve chilled, garnished with chopped almonds and pistachios.



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# Community Spirit Clears Away the Flooding



Wardy Construction team who worked like 'Trojans'



Harcourt Hot Shots

To say that the flooding of the Browns Bay Town Centre was a shock is an understatement. There are many stories of neighbours helping neighbours, people opening their homes to others who had to evacuate, businesspeople voluntarily clearing debris and fixing damage. The Browns Bowling Club story is just one of many, but it's an exemplar of the spirit, widely expressed throughout our communities in response to the February flood.

The Friday of the flood, the bowling green was completely submerged, but also the dirty waste-filled water made it into the clubhouse – not through the doors though, it rose up through the floor! Peter Angell (Board member) and Sean Mulholland (of Spray & Wash Solutions), stuck there at the time, quickly moved tables and chairs to safety.

Early next morning and throughout the weekend many members, both full and social (including people taking part in the Business House Bowls tournament), bowled in to Squeegee, clean, vacuum and iron (the greens). Everywhere

needed attention - the greens, clubhouse, carpark, and surrounds. Despite the use of an industrial wet vac and dehumidifiers, by Monday, it was obvious the carpet had to be lifted. Tony Ward and his Wardy Construction team, Willie of United Glass & Glazing and others, did this only to find areas of crumbling particle board flooring. Quickly, given the circumstances, Tony's team replaced the ruined particle board with treated plywood flooring - a temporary fix. Permanent repairs await the insurance assessor.

To the credit of all involved, bowlers were back on the green, at least the carpet green, by 1pm the day after the flood. The Business House Bowls (sponsored by Harcourt's Wendy Treadwell), with a full compliment of 32 teams, paused for just that week and by the following Wednesday was as jovial as before. It's a great event we can highly recommend, especially since we (Tumeke Torbay) won a prize on our second week despite having little idea of what we were doing.



The flooded bowling club

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# How to Get Rid of Wild Ginger

By Shane Thompson, Premium Garden Solutions

Native to the Himalayas in India, Nepal and Bhutan, Wild Ginger (*Hedychium gardnerianum*) is a nonedible species of ginger.



It is an erect herbaceous perennial that grows up to 8 feet tall, with long bright green leaves clasping the stem. The flower is very distinct. Below ground it has a rhizome clumping root system which we know on other species as ginger. It may be amazing in the Himalayas, but in Auckland it is a pest. It spreads easily by continuously forming new clumps and by seed dispersal helped by birds.

Wild ginger is classified as a National Pest Plant Accord species that must not be bred, distributed, or sold. If it is growing like a weed on your property, that is you're not deliberately enjoying it as an ornamental plant, I would advise you remove it.

**HOW TO REMOVE WILD GINGER:** Small seedlings with no rhizomes can be pulled out by hand or sprayed with a good strong weed killer.

Large clumps need to be removed the old-fashioned way with a spade. Make sure you dig the whole area looking for the rhizomes. They are usually shallow rooted.

**HOW TO DISPOSE OF THE RHIZOMES AND FLOWERS:** The rhizomes and flowers need to be destroyed. They are not compostable.

You can put the plants you've removed into your council household rubbish bin if you don't have a lot. If you do have a lot, stack some to put into the next collection.

Where and when it's allowed, you could dry the plant waste and burn it. Always check the wind direction and fire season restrictions before burning rubbish.

Take them to your local transfer station for disposal with other general rubbish, not "green waste". This is important because Wild Ginger rhizomes or flowers put into green waste will end up in someone's garden mix, compost, or even potting mix.



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# Torbay Theatre Club Nights

A radio comedy brought to the stage, an excerpt from our next big show, teens re-enacting a Finneganshew skit, then an aria from a professional bass or soprano, followed by a Joyce Grenfell narration, a BBC panel game show, and a tap dance. That's just a taste of Club Night at Torbay Theatre - a big part of what keeps our group together.

Roughly four times a year we gather and entertain each other with short pieces. The rules are simple. Rule No.1: Pieces are to be kept to an absolute 10 minute maximum. Rule No.2: **Some** rehearsal is required, but perfection is not expected.

Favourite items have included Graham and Jacqué Mandeno's excerpt from *Dinner for One* - a skilful comedy as Butler serves Lady at table - with a

surprise ending. The teen drama class's rendition of Monty Python's "How to defend yourself against someone coming at you with a piece of fruit" - including a real 16-ton weight and a live tiger (well, as real and as live as the original Pythons had) - was also outstanding. Recently we have been treated to professional opera from several of our members, including Becroft Aria winner Christina Ellison, Opera Chorus bass Dragan Atanasov, and first-prize-winning trio *Con Amore*. Another favourite serial performer is Tony Nettleton, with a comic monologue or a song.

**All are welcome to come along to Club Night to watch or perform, all for a princely \$2. Our next Club Night is on 18th March at 7.30pm.**



Award-winning trio, *Con Amore*.



Skye and Amberly on the psychiatrist's couch.



**Torbay's Gate Theatre | 27 April to 7 May 2023**

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*Did you know*

## EXPLORE LOCAL PLACES IN LONG BAY

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After 18 years working as a kindergarten teacher, Tania is loving her **change of direction**, helping locals to shop for anything from a cool hoodie or stylish sunnies to a new skateboard or pair of togs.

LongDayz are proud to include **eco-friendly labels** such as Cinnamon Swan, who recycle from the ocean and beach to create amazing fabrics for their amazing designs. Come on in and try them.

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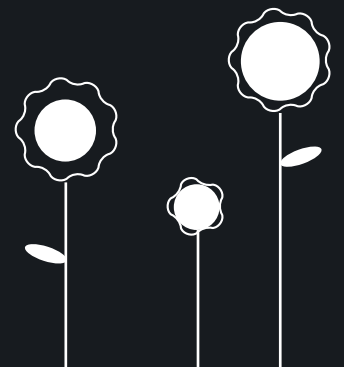
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# Fishing with Pont



**By Nathan Pont**

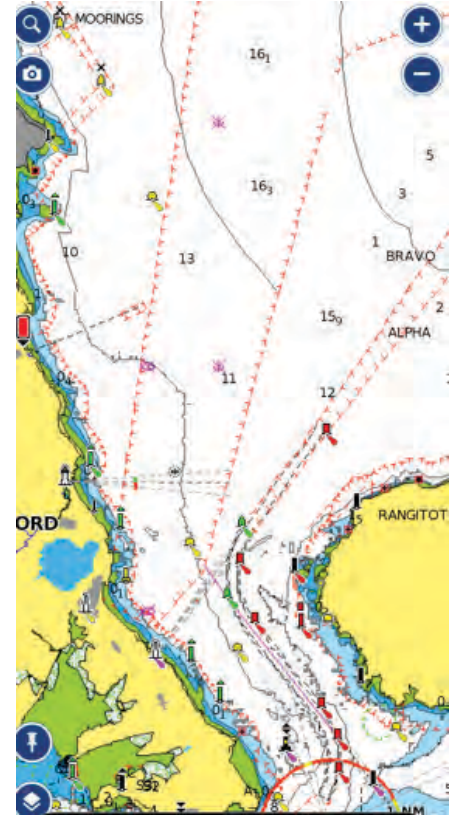
Last month, I introduced you to ledger rigs. This month I'll be covering where and how the ledger rig can be used.

**FISH SPECIES:** Snapper

**FORM OF FISHING:** Ledger Rig (*Part 2 of 3*)

**HOW TO USE:** Once the hooks have been baited up, the line then can be dropped to the bottom. Once the sinker hits the bottom (often noticed by loose or slack line) then just do one wind up to ensure that the hooks are off the bottom but the sinker is close to, or touching the bottom. Depending on the type of hooks used, some require striking (a swift firm tug to set hook in mouth of the fish) whereas circular hooks don't. If using circular, keep tension on the line. Snapper will bite the hook and then get hooked up. If the hooks do require striking, then timing while bites are occurring is important. The critical part is not striking too early.

**WHERE TO FISH:** The East Coast Bays has many fishing spots suitable for using ledger rigs, especially during summer. Perfect spots for snapper include: the edge of the Rangitoto Channel and Tiri Channel, or the change in depths between the Inner Gulf Islands. The Navionics app shows the contours (change of depths). When I am out on the boat I slowly go along these contours and look for signs on the sounder. When the wind and tide is running in the same direction, you can fish on the current side of the reef, so the bait faces back into the reefs. Using burley helps to attract snapper off the reef.



Charts from Navionics showing the contours which are running along the East Coast Bays and Rangitoto.

*Tight lines until next time.*

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## Tides MAR 2023 (Murrays Bay)

	HIGH		LOW		HIGH		LOW		HIGH	
Wed 01	03:08	2.6m	09:29	1.0m	15:31	2.6m	21:47	0.9m	-	-
Thur 02	04:08	2.5m	10:29	1.0m	16:28	2.5m	22:47	0.9m	-	-
Fri 03	05:09	2.5m	11:27	1.0m	17:27	2.5m	23:46	0.9m	-	-
Sat 04	06:04	2.6m	12:20	1.0m	18:24	2.5m	-	-	-	-
Sun 05	-	-	00:39	0.9m	06:53	2.6m	13:08	0.9m	19:16	2.6m
Mon 06	-	-	01:25	0.8m	07:37	2.7m	13:51	0.9m	20:01	2.6m
Tue 07	-	-	02:06	0.7m	08:18	2.8m	14:31	0.8m	20:42	2.7m
Wed 08	-	-	02:44	0.6m	08:56	2.9m	15:09	0.7m	21:21	2.8m
Thur 09	-	-	03:21	0.6m	09:33	2.9m	15:47	0.6m	21:57	2.9m
Fri 10	-	-	03:58	0.6m	10:10	2.9m	16:24	0.6m	22:34	2.9m
Sat 11	-	-	04:36	0.6m	10:48	2.9m	17:02	0.5m	23:12	2.9m
Sun 12	-	-	05:15	0.6m	11:27	2.9m	17:41	0.5m	23:52	2.9m
Mon 13	-	-	05:58	0.6m	12:09	2.9m	18:23	0.6m	-	-
Tue 14	00:36	2.8m	06:45	0.7m	12:54	2.8m	19:08	0.6m	-	-
Wed 15	01:26	2.8m	07:38	0.8m	13:44	2.8m	20:00	0.7m	-	-
Thur 16	02:24	2.7m	08:39	0.8m	14:41	2.7m	21:02	0.7m	-	-
Fri 17	03:29	2.7m	09:44	0.8m	15:45	2.7m	22:11	0.7m	-	-
Sat 18	04:37	2.8m	10:51	0.8m	16:55	2.7m	23:20	0.7m	-	-
Sun 19	05:42	2.9m	11:54	0.7m	18:04	2.8m	-	-	-	-
Mon 20	-	-	00:24	0.5m	06:41	3.0m	12:54	0.5m	19:07	2.9m
Tue 21	-	-	01:22	0.4m	07:36	3.2m	13:50	0.4m	20:03	3.1m
Wed 22	-	-	02:15	0.3m	08:29	3.3m	14:42	0.3m	20:56	3.2m
Thur 23	-	-	03:05	0.3m	09:19	3.3m	15:32	0.2m	21:45	3.2m
Fri 24	-	-	03:53	0.3m	10:07	3.3m	16:20	0.2m	22:31	3.2m
Sat 25	-	-	04:39	0.4m	10:55	3.2m	17:05	0.3m	23:17	3.1m
Sun 26	-	-	05:26	0.5m	11:41	3.1m	17:50	0.4m	-	-
Mon 27	00:02	3.0m	06:13	0.6m	12:27	2.9m	18:34	0.5m	-	-
Tue 28	00:48	2.9m	07:03	0.8m	13:14	2.8m	19:20	0.7m	-	-
Wed 29	01:37	2.7m	07:56	0.9m	14:02	2.6m	20:10	0.8m	-	-
Thu 30	02:31	2.6m	08:53	1.0m	14:55	2.5m	21:07	0.9m	-	-
Fri 31	03:29	2.5m	09:52	1.1m	15:52	2.5m	22:08	1.0m	-	-

Source: Metservice [www.hightide.co.nz](http://www.hightide.co.nz)



# EAST COAST BAYS BARRACUDAS 2023 RUGBY LEAGUE

The Grades we are hoping to field this year are:

Grade	Coach/Manager
Under 6s	Adam Davis/ Moyra Mackintosh
Under 7s	POSITION VACANT
Under 8s	Michelle Preston
Under 9s	POSITION VACANT
Under 10s	POSITION VACANT
Under 11s	POSITION VACANT
Under 13s	Ioane Faee/ Nicole Marsh

We will also need some new committee members to keep the club running. The more people we have on our committee the more we can offer our community.

For more information feel free to message us on Facebook [www.facebook.com/ecbri](http://www.facebook.com/ecbri) or email [michellepreston@hotmail.com](mailto:michellepreston@hotmail.com)



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### March Saturday Workshops

This term Raft will offer Saturday workshops especially for teens and for older people which will explore creativity and ways for people to respond to life transitions. Overall wellbeing is the focus. Getting creative can facilitate self-awareness, self-knowledge, and personal development – a cornerstone of wellbeing.

**THE TEEN WELLBEING WORKSHOP** will facilitate strengths-based creative activities, fostering a sense of play and fun. Creativity is a natural medium for teenagers as they navigate their transition (with a sense of self-awareness, healthy self-esteem, and self-worth) towards future independence. There is no expectation that you must be 'good at art' as the workshop will use fun themes to explore ideas using the medium of journals, collage, and various art materials.

**THE RECENTLY RETIRED WORKSHOP** provides an opportunity to connect with others going through the same life

milestone. Again there is no expectation that you need to be good at art. Activities will be theme based using collage, journal keeping and art materials. This workshop will honour people's past achievements and careers, explore what's next and facilitate celebrating the sense of freedom that can come with retirement.

**THE REMINISCENCE/LIFE REVIEW WORKSHOP** will creatively promote the positive aspects of aging. Recalling life stories and historical recall can impact favourably on positive wellbeing. Some doctors have stated that the special characteristics of artmaking make them 'a potent contender in terms of peoples' wellbeing'.

So, whether you are young or not-so-young these workshops offer a fun way to meet new people, explore new ideas and leave you with a stronger sense of feeling good about yourself. For details see *What's On Where* pg 28-29.

### Make a Triangle Gift Box

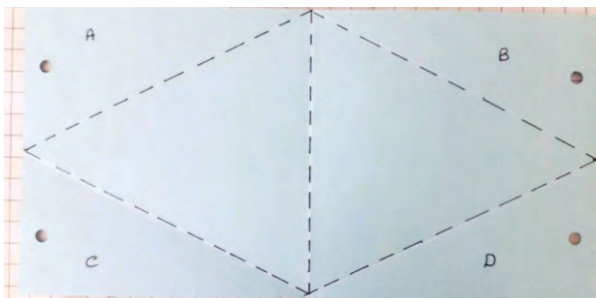
A special box to fill with mini Easter eggs, chocolates or a small gift. Any size can be made as long as the length is twice the width.

**You will need:**

- Patterned or plain paper or thin card, ribbon or string, pencil, ruler, scissors, a hole punch or tooth pick to make holes.

Cut card or paper to 13cm x 26cm

Fold in half lengthwise and crease well. Mark the centre of each short end.



Draw diagonal lines from the centre point of the short ends to the outside of the fold. Use a ruler to help fold along these diagonal lines (see diagram).

Fold triangle A across triangle B and triangle C across triangle D. Punch a hole in the top centre of each folded pair. Thread ribbon or string through to meet in the middle and tie a bow to close.

Decorate the box with drawings, stickers or cut-outs.

# Pohutukawa Singers

*Pohutukawa Singers* are an Albany based choir who have been singing together for more than 12 years. They're a small mixed voice choir who sing for their own enjoyment, but they do put on a mid-year and an end-of-year concert. They have also performed as part of MOTAT's Christmas Lights. The choir likes to sing arrangements spanning a range of music genres. Pieces are usually written for at least four voice parts

– Soprano, Alto, Tenor and Bass. They're open to new members, particularly tenors, but new members are encouraged to join at the beginning of the year to enable the choir to practice their repertoire for the June concert. Whilst the group is social, it is helpful if singers can read music. But if you have choral singing or other relevant singing ability, do ring for more information (*see What's On Where pg28*).



21



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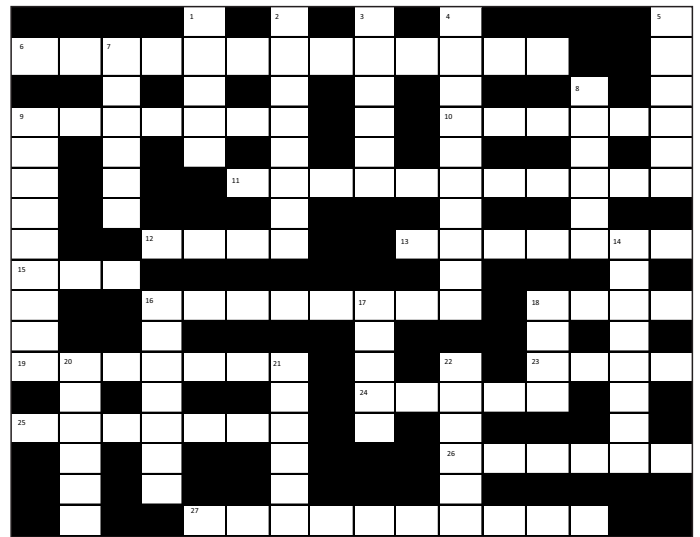
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	9	2		7	8	5		
5		1	4			2		8
				2		9	3	
4		6	1	8		7		9
9			2		7		6	3
				6		1		
8	2			9		3	1	
	4	9					5	
1		7		4		6		2

Answers Page 29

## ACROSS

- 6 \* Holi celebrates the victory of \_ over evil  
 9 To not look after is to \_  
 10 To have faith is to have a \_  
 11 \* Home owners are responsible for any \_ that runs through their property  
 12 \* Nathan helps you catch \_  
 13 \* Veronica talks about an anaerobic fermentation process called \_  
 15 A \_ and a wink  
 16 Often found on a couch  
 18 Shakespeare is often referred to as a \_  
 19 To persevere is to \_ on  
 23 Fishermens tales are often quite \_  
 24 Rolls of film or fishing line  
 25 After a good performance it is polite to \_  
 26 Adversity often \_ a community  
 27 \* Singers based in Albany



## DOWN

- 1 Something or \_  
 2 \* Designed for feet, you're not allowed to block or park on them  
 3 To be on land  
 4 \* Wild ginger is an erect \_ perennial.  
 5 \* Beaufort & Co are offering a free \_  
 7 To look at with wide open eyes  
 8 Oranges and lemons are part of the \_ family  
 9 \* App Nathan uses to show contours when fishing  
 14 \* Katy analysed \_ from The Winters Tale  
 16 Someone who pampers or spoils by excessive indulgence  
 17 \* This estuary is the largest estuarine marine reserve in New Zealand  
 18 Birds and the \_  
 20 To take a contrary position is to \_  
 21 Raphanus sativus  
 22 To disprove

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

# Life on the Edge

## March 2023

### Ngā Kōrero

Our thoughts go out to those who have been impacted by recent weather events, as well as those managing the rescue and clean-up efforts around the region.

Walking along the beach after Cyclone Gabrielle, we were taken aback by the dunes that seemed to disappear into the ocean overnight. Yet, it was exciting to see the impact the plantings on our Long Bay dunes had in resisting both the floods and the waves crashing on the foreshore.

This was evident at the pathways cut through the planting to access the beach. It appeared as though surface water from the land had run through these pathways and cut away the sand, making it wider and deeper. However, in the areas where there were plants, there were less severe impacts.

Where these dunes were cut back (pictured), you can see how these established root systems - which were deep, complex and irregular - make them effective at holding onto the sand, minimising how much of the dunes were washed away by the ocean.



Plants are essential to our ecosystem. They ensure stability and resilience in our coastal environment – ever more important as we expect more severe weather systems resulting from climate change.

Article and photos by [Yuin Khai Foong](#) for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. [merc.org.nz](http://merc.org.nz)

# Support Available from Plunket as Flood Clean-Up Continues

If your *whānau* is in need of children's items after the recent flooding, please don't hesitate to contact Torbay Plunket via our email address – [torbayplunket@gmail.com](mailto:torbayplunket@gmail.com). We have children's toys, clothing, and books available for those who need them.



**FLOOD CLEAN-UP TIPS:** All floodwater and flood waste should be assumed to contain sewage. Sewage contains harmful bacteria and viruses and needs to be cleaned up as soon as possible. Keep children and pets away from the area and don't forget protective clothing.

**CLEANING ADVICE:**

- Remove and discard contaminated household materials that cannot be cleaned or disinfected, such as mattresses, carpet, and children's soft toys.
- Take out everything that is wet and that can be moved – floor coverings, furniture, bedding, clothing, etc. Thoroughly wash and disinfect all items and dry in the sunshine.
- Clean and disinfect all contaminated areas with hot water and detergent, then disinfect with a solution of 1.5 cups of household chlorine bleach in 10 litres of cold water (a household bucket).



- Dry the property out as quickly as possible to avoid mould growth.
- Clean children's toys that have come into contact with floodwater in a solution of 1.5 cups of household bleach in 10 litres of cold water (a household bucket) for 2 minutes. Rinse in clean water. Let toys air-dry after cleaning.
- Pay special attention to cooking utensils, work surfaces and other surfaces in kitchens such as floors and walls. For utensils, dip them in a solution of 1.5 cups of household chlorine bleach in 10 litres of cold water (a household bucket) for 2 minutes. Rinse in clean water. Or, put them through a hot wash in a dishwasher.
- Disinfect cleaning mops, brooms, and brushes with the bleach solution.
- After a clean-up, wash and dry dirty footwear, and wash your clothes separately.
- Wash your hands and any affected parts of your body with soap and water after you have finished.

*Thank you to Auckland Regional Public Health for the clean-up tips.*



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# Helping Children Back to School — the Backpack4Education Campaign

## THREE WAYS TO HELP FAMILIES AFFECTED BY THE RECENT FLOODS

1. Donate good quality resources for families in need;
2. Volunteer to help local charities supporting families in need;
3. Provide backpacks and educational supplies for children to be able to return to school.

“In terms of practical support, De Paul House has a need for pillows and bed linen, and towels are always in short supply. Our food bank is running low. We need: Protein sources – tinned tuna, salmon, sardines, long-life milk, cereal, crackers, shampoo, toothpaste, deodorant, body wash, dish washing liquid, laundry liquid/powder, spray cleaners, toilet paper. The other need is access to refurbished or new tablets and laptops to support children in their education”.  
*De Paul House – Housing homeless families in Northcote.*

By Theresa Moore, Catalytic Foundation

A recent survey conducted by the Catalytic Foundation found that many families were already struggling, and the recent floods in the Auckland-region have applied further pressure. Children are turning up to school hungry, and others are missing out because their parents aren't able to provide the basics their children need to start the school year.



The Backpack4Education Campaign has been set up to provide education resources to help children return to school. Families needing urgent support to equip their



children for learning have been identified by accredited frontline community charities and schools. They need our support due to a variety of reasons: they have been affected by the January floods, are in financial hardship, are survivors of domestic violence, or they are living in transitional homes after being homeless.

### The resources we want to provide to children include:

- a backpack containing a lunchbox, drink bottle, school resources (writing books/pens/pencils/pencil case/sharpener/glue), and educational book(s).

### We are also looking for donations to fill requests for:

- towels, clothing, shoes, Chromebooks or digital learning devices.

*“Back to school in general is always an expensive time of year for our clients and many struggle with the cost”.*  
*Love Soup – Hibiscus Coast*

For further information please go to:  
[www.catalytic.org.nz](http://www.catalytic.org.nz)







# Torbay School Welcomes their Students to a New School Year

By Susan Ye

After a long summer holiday, we welcomed back our students, old and new, on Tuesday 7 February. It was an exciting day for many and a nervous one for some.

On day one we started the day off with a 'Whakatau' to welcome new students and their whānau. The kapa haka group performed with pride and passion. This was a great opportunity for our whānau to meet other new families and to connect with each other.

Within a day or two, our students have settled wonderfully into class and school routines, and they have taken every opportunity to make new friends and build relationships with both teachers and peers. The playground was buzzing with students having fun playing with a range of sports equipment and activities. Inside the learning spaces it was great to see students were engaged and exploring their learning.



We also had a 'Meet the teachers' evening where students and their whānau came to meet their new teacher, find out about the classroom programmes and mix and mingle with other whānau while enjoying a picnic. A fantastic event to get to know each other, exchange contact details and make playdates. We wish our students and whānau a terrific year ahead!

**Here's what some of the students said about coming back to school.**

*I want to come to school all the time because it is fun. I love painting, playing with water toys, and sticking boxes with hot glue guns. I want to do lots of art. – Isaiah Funnell-Davis (Year 1)*



*I felt good coming back to school because I missed everyone! I love playing with the cars and building with the blocks. I want to learn about crocodiles. – Edward (Year 1)*

*I was so happy to come back to school because we do heaps of fun things! – Ella (Year 1)*

*I was very excited to come back to school so I can play with my friends and see my new teacher. – Onyoo (Year 4)*

*On the first day of school I felt nervous because I am new to New Zealand. I am looking forward to meeting RIC\*. – Evelyn (Year 3)*

*I feel good about coming back to school because I have kind teachers. I'm looking forward to swimming in the school pool. – Dylan (Year 2)*



*I'm happy to be back at school and I'm looking forward to putting my feather on our class korowai. I'm looking forward to playing basketball in a team with my friends. – Charlie (Year 2)*

*I feel excited about seeing my friends again, and I have nice new stationary! I like using my brain to be creative during Wā Kitea. – Amanda (Year 2)*

*Coming back to school is always exciting but also nerve-racking. It feels good to be in year 6. The first day was exciting because we got to see our friends and there are lots of new things to learn. We are looking forward to going to waterwise and camping. We are most looking forward to new opportunities. – Eddie, Oliver, and Luca (Year 6)*

\*RIC is our mascot, a seagull, who represents our school's learner powers.

# Welcome back Students for 2023!



As we open our gates to our students of 2023 we are quickly reminded of the excitement and spirit that comes with the first day of school. The Year 9 intake of over 370 students this year brings the school a healthy and exciting cohort of students starting their high school journey.

Our Year 9 Deputy Principal Mr James Heneghan comments on his excitement on getting to know his Year 9s, he is excited to educate and work together to create a successful, happy cohort and to help achieve their future goals. Our Year 9 Deans Mr O'leary and Mrs Motion are also looking forward to a year of connection as they get to know their new students. Bringing their own passions of Sport and the Performing Arts to their roles as Deans they are already building great relationships and supporting the Year 9s.

However, our year 9 students aren't the only students looking forward to what Long Bay College has install for 2023. Many of our students are looking forward to their school year. Walking around the school, our students are happy to share their own 2023 ambitions.

**Mya - Y10** has joined both the Rugby and Basketball teams 'I'm looking forward to a great year of Sport'.

**Sophie - Y10** is getting geared up for Tournament week and all the activities and healthy competition it brings.

**Peter - Y10** is looking forward to making new friends, new sporting opportunities and new subjects as his high school journey progresses.

**Noah - Y11** is looking forward to the Football season as well as trying a new subject, Painting and Art.

*"One of our greatest privileges is partnering with whānau to guide our students sensitively through their college years, to not only help them reach their own levels of personal excellence but to also support them to become confident, respectful, responsible global citizens."*

- Mr CJ Healey, Principal.



**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.

**Licensed Builder** – www.jhconstruction.co.nz. Is your bathroom in need of a make-over? Bathroom and house renovations. Ph Jamie 021606413 or jamie@jhconstruction.co.nz.

**Painter - 30+ years experience.** Interior and exterior painting, also staining and specialty finishes. Ph Keith 0274 599 909

**Painter** - No job too big or small. 30 yrs experience. Heaps local references. Ph Clive 0274 812 231.

**Painter and decorator** - After 36 years in the trade and 25 of those spent in Torbay I am scaling down my work load and able to do smaller jobs at a very fair rate. Free quotes. Ph Darren 0272706728.

**Painter and decorator** - Experienced in all aspects. For a free quote ph: Nick 0211444101 or Shaun 021 154 8886. shaunshgm@gmail.com

**Plasterer** - interior / exterior, local, 25+yrs experience. Ph Richard 022 199 8673.

**Plastering/Painting** - Male and female team 20 years experience, no job too small immediate start. Ph Brad 0272 5111 65 or 443 5064.

**Plumber** – All work. Coastal Plumbing and Drainage. Ph 473 7787 or 027 263 3217.

**Property Maintenance** - Interior & Exterior repairs, painting, plastering etc, just ask Ian on 021 184 2426

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

## SERVICES

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

安全 - 锁、保险箱、警报器、照相机、烟雾探测器和灭火器。司法部执照#22-095290。新西兰安全协会会员。致电华威 0800 875 247

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

**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. jdpropertyservices.co.nz.

**Handyman** – Born and bred in Torbay, Martin is a qualified cabinetmaker and experienced professional. Allsorts Property Services is available for property maintenance, odd jobs, decks, fences and garden services. Ph Martin Bassett 027 452 6515.

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

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

**Landscaping** – From concept to completion. For practical and creative solutions. Small areas and makeovers a 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

**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 Where

**AL-ANON FAMILY GROUPS**—Support group for family and friends of alcoholics. See: [www.al.anon.org.nz](http://www.al.anon.org.nz) or ph: 0508 425 266

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

**AGE CONCERN NORTH SHORE**—489 4975

**AGE PLUS CHARITABLE TRUST**—09 550 3387

**ASSOCIATION OF BOOK CRAFTS**—027 440 4458

**BACKGAMMON CLUB**—Backgammon is a very old popular game. Easy to learn, harder to win. Depends on roll of the dice and your strategy. Join our friendly club on **Wednesday** afternoons 12.30-3pm for some fun at Browns Bay Community Centre, Room 3. 2 Glen Road, Browns Bay. Ph: Linda 021 216 3050 or 476 8311 or just come along.

**BAYS CITY JUDO**—473 7855

**BRAEMAR SCOTTISH COUNTRY DANCE CLUB**—Relaxed, friendly group who dance **Tuesday** 7.30pm at St Anne's Hall cnr Glencoe and Beach Rd, Browns Bay. Ph: Yvonne 410 9126

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

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

**CITIZENS ADVICE BUREAU**—479 2222

**THE CREATIVE KEYBOARD CLUB**—Who have Members in Torbay. We meet at The Community Hall, (behind St Cuthberts Church) 45 Anzac Road, Browns Bay 2.00pm every 2nd **Sunday** of the month and enjoy music from members and guest artists. Includes afternoon tea. Small admission fee. Ph: Marlene 478 3166.

**DEEP CREEK RESTORATION SOCIETY**—021 366 236

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

**EAST COAST BAYS BRIDGE CLUB**—Learn to play bridge. All ages welcome. Contact: [lessons@ecbbridgeclub.co.nz](mailto:lessons@ecbbridgeclub.co.nz) or Helene 027 296 3365

**EAST COAST BAYS LIONS**—022 047 3266

**EAST COAST BAYS RSA**—478 8033

**EAST COAST FOLK CLUB**—09 426 3588

**EAST COAST BAYS TOASTMASTERS**—027 422 3685

**ECB WIDOW & WIDOWERS ASSOCIATION**—479 6042

**FRIENDS OF OKURA BUSH**—021 177 5755

**FRIENDS OF SHERWOOD**—476 7279

**HAURAKI FLORAL ART CLUB**—Join a fun and friendly group creating artistic designs with flowers and foliage. Free lessons. We meet the second **Wednesday** of every month from 9am. Ph: Jennifer 09 479 5691 or Jo 027 673 8836

**LONG BAY OKURA GREAT PARKS SOCIETY**—021 424 617

**LONG BAY RESIDENT'S ASSOCIATION**—021 253 0571

**LONG BAY TOASTMASTERS**—022 048 5034

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

**NEIGHBOURHOOD SUPPORT**—09 353 0427

**NORTH SHORE BRASS ACADEMY**—021 281 0405

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

**NORTH SHORE HISTORICAL SOCIETY**—489 3760

**NORTH SHORE KICKBOXING**—021 228 2808

**NORTHSHORE WRITERS GROUP**—Invitation to all adults who have written, are writing or want to write! Contact Tim 021 224 4533 [timowen1968@gmail.com](mailto:timowen1968@gmail.com)

**PLUNKET**—838 0981

**POHUTUKAWA SINGERS**—We're an adult mixed voice choir based in Albany. Rehearsals are **Tuesdays** 7-9pm. New members welcome now. For more info contact Colin 021 0249 9925 or [candcnewel@gmail.com](mailto:candcnewel@gmail.com)

**RAFT STUDIO—Classes and Workshops:**

- **Mondays:** 9.15am-12pm *Short and Sweet Open Studio for One Hour Projects*; 12pm-3pm *Sewing*; 7pm-9pm *Have a Yarn* (alternate **Mondays** next on 13th March)
- **Tuesdays:** 9.30am-12.30pm *Papercraft*; 1-4pm *Mixed Media for Beginners*; 7th March 7pm-9pm *Frame It - Herb Planter Workshop*.
- **Wednesdays:** 9.30am-12.30pm *Short and Sweet Open Studio for One Hour Projects*; 1.30pm-4.30pm *Abstract Acrylics*.
- **Thursdays:** 9.30am-12.30pm *Mixed Media Advanced*; 1.30pm-4.30pm *Casual Painting Group*.
- **Fridays:** 9.30am-12.30pm *Art for Wellbeing*; 3.30-5.30pm *Youth@Raft*.
- **Saturday Workshops:** 11th March 10am-1pm *Powertex Sculpture*; 11th March 2pm-5pm *Recently Retired*; 18th March 10am-1pm *Macrame*; 18th and Sat 25th March 2pm-5pm *Teen Wellbeing*; 29th April *Reminiscence*. Ph 021 145 2865. For more details see RAFT pg 20.

**RESTORE HIBISCUS AND BAYS**—Monthly planting days at local reserves. For info ph: 027 290 4826

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

**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

## Competition

Where is Nicki?

*Do you recognise this location?*

**Win a \$50 voucher**  
for LONG BAY SURF CLUB in Long Bay.

To enter the draw send an email to [n.osullivan@barfoot.co.nz](mailto:n.osullivan@barfoot.co.nz) with your answer to **Where Am I?** Include your phone number.

Entries close 24th March 2023. **T&CS APPLY**



**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 60S UP**—09 421 1011

**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 Noreen 027 271 3524. Visit [fnzi.nz](http://fnzi.nz) for info on Friendship Clubs in general.

**TORBAY GARDEN CLUB**—478 1601

**TORBAY HISTORICAL SOCIETY**—473 6482

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

**TORBAY INTERNATIONAL COFFEE GROUP**—473 3259

**TORBAY SAILING CLUB**—021 1844 580

**TORBAY SENIOR CITIZENS**—473 7593

**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](http://www.torbaytennis.org.nz)

**TORBAY THEATRE**—

- **Backstage Club:** To volunteer for anything backstage or lighting, Wednesdays 10.15am-12, pop in, contact Daphne 473 7494 or see our website (page 15).
- **Club Night:** 18th March 7:30pm

**TORBAY WALKERS**—A group of friendly women meet every **Wednesday** afternoon at 4pm and walk for 1 hour. Please come along and join us at the bus stop in Torbay Village. Ph: Irene 473 1159 or Diane 473 1761.

**U3A BROWNS BAY**—A group of likeminded people in their 3rd age (retired or semi-retired) who wish to keep their mind active through learning and gaining new skill, meet the first **Tuesday** of the month at Presbyterian Hall, 45 Anzac Rd, Browns Bay. We have amazing speakers and over 30 special interest groups. Annual fee \$30. Ph: Myfanwy van Hoffen 4755741, email: [myfanwy@xtra.co.nz](mailto:myfanwy@xtra.co.nz) or see [www.U3ABB.nz](http://www.U3ABB.nz)

**UCAN2 DANCE STUDIO**—Free intro to Ballroom and Latin dancing and Street Latin. No partner required. 1 hr class on **Wednesday** 29th March. One person wins an 8 week course. 23 Tarnedale Grove, Albany. For more information see our website [www.ucan2dance.co.nz](http://www.ucan2dance.co.nz) or phone Marie on 415 5997

## SCHOOLS

City Impact School.....	477 0302
City Impact Arts Academy.....	477 0300
Glamorgan Free Kindy.....	473 5099
Glamorgan Primary School.....	473 6453
Long Bay College.....	477 9009
Long Bay Primary School.....	473 6077
Northcross Intermediate School.....	477 0167
Titoki Montessori School.....	473 0362
Torbay Kindergarten.....	473 9340
Torbay Play Centre.....	473 8077
Torbay School.....	473 8603

## CHURCHES

Browns Bay Presbyterian Church.....	479 2441
City Impact Church.....	477 0300
East Coast Bays Catholic Parish.....	478 4565
Graceway Baptist Church.....	473 8562
Long Bay Baptist Church.....	473 2498
Long Bay Baptist Mainly Music.....	947 3378
Shore Presbyterian Church.....	021 036 7957
St. Mary's By The Sea Anglican Church	473 8180
Trinity Methodist Church.....	478 5107



BROUGHT TO YOU BY:

*Nicki  
O'Sullivan*

**021 1198 153**

[n.osullivan@barfoot.co.nz](mailto:n.osullivan@barfoot.co.nz)

PROUDLY SUPPORTING  
THE BAYS



# Torbay Business Association Members

## BREAKFAST, LUNCH & DINNER

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
Troy Restaurant, Torbay.....	473 1002

## 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

## HAIR & BEAUTY

Bloom Beauty and Wellness..	021 217 4047
Foxy & Co., Torbay .....	473 2277
Hairazors/Niaa The Hub, Torbay..	473 9468
La Bella Vita Beauty, Torbay .....	473 0856
Nom Thai Massage, Torbay .....	473 5080
Simply Colours & Cuts, Torbay ...	473 8111
The Cutting Room, Torbay .....	473 5241

## 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

## 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

Acquire Financial.....	022 107 0106
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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## Torbay Business Association Projects Update

The Torbay Business Association serves Waiake, Torbay, Northcross, Long Bay & Okura. Businesspeople and businesses living and working in these areas are welcome to join as Associate Members. To be listed here and on our website, join now. Low fee – great benefits. For more information email [theteam@torbay.co.nz](mailto:theteam@torbay.co.nz)

**Security**—New security patrol company appointed to contain costs. Survey of some Torbay businesses who have experienced attempted break-ins completed (funded by HBLB). Beefing up CCTV surveillance in village being explored.

**Supporting businesses**—on top of usual care and production of Torbay Magazine, a business networking / skill

development event was organised for February. (Funded by HBLB).

**Promotion of our East Coast Bays town centres and businesses**—Collaborative project with Browns Bay and Mairangi Bay Business Associations meetings have advanced an exciting campaign to run mid-year. (Funded by HBLB).

**Building a shared identity**—Plans underway for series of events to explore Waiake, Torbay, Long Bag and Okura businesspeople and community visions for the future of our area. (Funded by HBLB).



## Puzzle Answers

### Sudoku

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

### Crossword

1	Q	2	F	3	A	4	H	5	C							
6	R	I	G	H	T	E	O	U	S	N	E	S	S	O		
7	O	G	H	O	H	O	H	C	C	O	F	F	F	F		
8	N	E	G	L	E	C	T	O	10	B	E	L	I	E	F	
9	A	G	R	P	R	A	T	E	E	E	E	E	E	E	E	
10	V	L	11	W	A	T	E	R	C	O	U	R	S	E	E	
11	I	E	T	E	E	I	E	E	E	E	E	E	E	E	E	
12	O	F	I	S	H	13	B	O	K	A	S	H	I	E	E	
14	N	O	D	U	E	E	E	E	E	E	E	E	E	E	E	
15	I	16	C	U	S	H	I	17	O	N	S	18	B	A	R	D
19	C	O	K	E	M	E	E	E	E	E	E	E	E	E	E	E
20	S	O	I	D	I	E	R	21	U	D	E	P	I	C	E	E
22	P	D	A	D	23	R	E	E	L	S	O	E	E	E	E	E
24	A	P	P	L	A	U	D	A	25	B	E	N	E	E	E	E
26	O	E	I	27	U	N	I	T	E	S	E	E	E	E	E	E
28	S	R	S	N	E	E	E	E	E	E	E	E	E	E	E	E
29	E	29	P	O	H	U	T	U	K	A	W	A	E	E	E	E

# PROPERTY of the MONTH

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## Top Small Property Management Office

North Shore Region 2022\*

When it comes to property investment, it always pays to do your homework. To ensure success, it's crucial to avoid the following commonly made mistakes when renting out your home.

1. Give 24hrs notice to the tenant before entry permitting.
2. Maintenance has to be an approved contractor.
3. Fixed term/periodic and open term knowing the difference no right to terminate the fixed term.

Stop managing midnight repairs and unreliable tenants on your own. Whether you have a single rental property or a full investment portfolio, Barfoot & Thompson Torbay has a service to suit your needs.

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