

JULY 2024

EST 1992

# TORBAY

Long Bay Okura Torbay Waiake Lifestyle Magazine

*Dr Louise Rummel*  
awarded  
NZ Order of Merit

Zino Preserve's "Flavour Goddess" – Nancy  
Competition successes for young locals musicians  
How to save the Kauri tree



# TAKEAWAY

# Menu

### ENTREE

- Garlic Spring Rolls  
蒜香虾仁春卷 (3) \$12.5
- Vegetable Spring Rolls  
素春卷 (3) \$12.5 **V**
- Pan Fried Prawn & Chive Dumplings  
韭菜煎饺 (4) \$14
- Pan Fried Vegetarian Dumplings  
素煎饺 (4) \$14 **V**
- Steamed Shrimp Dumplings  
虾饺 (4) \$14
- Deep Fried Wontons  
炸云吞 (6) \$14
- Barbecue Pork Buns  
叉烧包 (3) \$10.5
- Crispy Fried Calamari  
炸鱿鱼须 \$16

### RICE & NOODLES

- Steamed Rice  
米饭 \$3
- Yangzhou Fried Rice  
扬州炒饭 \$28
- Stir Fried Rice Noodle with Beef  
干炒牛河 \$26
- Singaporean Fried Vermicelli  
星洲炒米 \$26
- Soy Sauce Fried Noodles  
豉油皇炒面 \$24 **V**
- Stir Fried Mixed Vegetables with  
Noodles or Rice 斋炒饭/斋炒面 \$24

### MAINS

- Stir Fried Chicken with Cashews  
& Seasonal Vegetables 腰果时菜鸡球 \$28
- Sweet & Sour Chicken  
咕嚕鸡 \$28
- BBQ Pork with Brandy Honey Sauce  
白兰地蜜汁叉烧 \$38
- Crispy Sweet and Sour Pork Slices  
锅包肉 \$28
- Beef with Ginger & Spring Onions  
姜葱牛肉 \$28
- Sichuan Boiled Beef or Fish Fillets  
水煮牛肉 \$42 **🔥**
- BBQ Duck (half / whole)  
烧鸭半只 一只 \$38 / \$76
- Stir Fried Shrimp with Cashews  
& Seasonal Vegetables 腰果虾仁 \$32
- Bao Buns with Mongolian Lamb  
蒙古羊腿肉配荷叶饼 (8) \$36
- Ma Pao Tofu  
麻婆豆腐 \$28 **🔥**
- Special Combination Vegetables  
荷塘月色 \$28 **V**
- Stir Fried Green Beans in XO Sauce  
干烧/XO酱四季豆 \$32

### SOUP

- Chicken & Sweetcorn Soup  
鸡粟汤 \$12
- Hot & Sour Soup  
酸辣汤 \$12 **🔥**



# Congratulations!

## Local Dr Louise Rummel Awarded NZOM

Congratulations to Dr Louise Rummel who received a *New Zealand Order of Merit* for services to nursing on *King's Birthday*.

Louise has lived in Waiake for the last forty years. She was born in Wellington and resided in Lower Hutt before moving to Auckland with her late husband Stuart. Stuart worked in advertising, and they decided to make the move for his job – he worked for the *New Zealand Woman's Weekly* for many years.

They had three children while Louise worked as a Registered Nurse. In 1984, Louise went into nursing education where she has stayed till this day as part of the teaching staff at the *Manukau Institute of Technology*.

Nursing students study for three years and Louise currently oversees 152 of them! When they graduate she says, "It's a wonderful confirmation of the quality of teaching at MIT when they proudly walk across the stage to collect their Diplomas."

About a month ago Louise received an email to tell her she had been nominated for an *Order of Merit*. She

thought it was spam and promptly deleted it. Of course, they attempted to contact her again and after some discussion Louise decided to accept the award as she understands a lot of effort went into the nomination process.

Then the Governor General phoned and requested that Louise keep the award a secret until it was published on June 3rd, as per official protocol, and in the meantime, she received a letter of congratulations from Prime Minister Christopher Luxon.

When asked how she felt about receiving a *New Zealand Order of Merit*, she replied "very humbled and grateful. Nursing has changed in such a phenomenal way over the course of my career. It's very technology driven these days and something that is compromised because of this is the human-to-human contact – it's a very important part of a patients therapeutic journey and therefore very important to maintain."

We're sure you'll all agree, Louise is a very deserving NZOM recipient.



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### 22 LOCAL HOME SALES MAY 2024\*

ADDRESS	PRICE	D.O.M
338B Glenvar Rd	\$750,000	37
2/15 Dunraven Pl	\$776,000	81
1/239 Glamorgan Dr	\$875,000	78
2/33 Glenvar Rd	\$878,500	20
338D Glenvar Rd	\$950,000	87
6 Intrepid Pl	\$1,021,000	52
27 Fitzwilliam Dr	\$1,040,000	29
11 Babington Pl	\$1,090,000	90
1 Alnack Pl	\$1,152,500	38
48 Deep Creek Rd	\$1,240,000	3
30 County Rd	\$1,350,000	16
39C Watea Rd	\$1,500,000	261
25 Caversham Dr	\$1,545,000	17
8 Makura Rd	\$1,660,000	66
27 Westerley Pl	\$1,670,000	52
25 County Rd	\$1,675,000	14
8 Salem Pl	\$1,720,000	30
87 Deep Creek Rd	\$2,060,000	27
107 Deep Creek Rd	\$2,200,000	93
15 Kumukumu Rd	\$2,266,000	59
890 Beach Rd	\$2,380,000	67
9 Gilbert Pl	\$3,600,000	48

\*source REINZ

**Median for May = \$1,425,000**

Local Median for D.O.M = 50 Days

(D.O.M = Days on the market) **Shane: 0274 827 440**

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**Jen: 0211 77 5530**

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**BAYLEYS**

# The Fine Print

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# Guest Letter

By Candice Bradshaw

#### Torbay Business Association

Winter is well and truly upon us, as is the tedious amounts of rain!

I’ve stepped in this month to edit this month’s Magazine while Steve and Marewa are away enjoying some beautiful weather overseas (pg.11). It’s been a pleasure. I especially enjoyed sitting down and chatting with local champion Louise Rummel who has received a very special award (see our cover story). It was fascinating hearing how nursing practice has changed over the years.

Others being recognised include some amazing young people in our community (pg.12 and 15). Congratulations to them all! And, thanks Jen for your story about Nancy Zino, a past award finalist (pg.6).

There’s been a lot of planting going on (pg.16 and 19) and there’s more chances for you to muck in and help with restoring our special environment (see pg.20). Another group cleaning up are *Muddy Kids* who provided our *Love Food Hate Waste* story this month (pg.23).

We have some very reputable companies supporting our community by advertising this month. Many of them can assist with your never ending to-do-list. *Torbay Magazine* provides community groups and schools with free space to share their news and notices. We wouldn’t be able to do this without the support of these community-minded businesspeople. We hope you’ll join us in thanking them by engaging their services. In thanks we’re providing a networking event (pg.30) that all businesspeople in our wider area are welcome to attend. It’s especially important in tight economic times to support each other. RSVP to me at [theteam@torbay.co.nz](mailto:theteam@torbay.co.nz).

Take care out there, especially on our roads, look after each other, #ShopLocal and enjoy this month’s issue of the *Torbay Magazine*.

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# Matariki–Māori New Year

Friday 28th June marks a special occasion in New Zealand, the start of the *Māori New Year*. This public holiday is very significant for many and provides the opportunity to remember those who have passed, to plant seedlings and crops and plan for the year ahead.

There are over five hundred stars in the *Matariki* star cluster but only six are visible to the naked eye. If the cluster of stars and the *Matariki* star is bright and high in the sky, it is a signal

of wellbeing, peace and good luck.

Local newspapers, information centres and libraries are good places to find information on what Auckland has to offer regarding this special celebration.

Auckland council have a structured line up of events on their website at:

<https://ourauckland.aucklandcouncil.govt.nz/tags/matariki/>



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# Zino's Preserves "Flavour Goddess"



## Interview with Nancy Zino by Jen Anderson

*"Eating, food and experimental cooking is my life! I have always loved entertaining with food. It is, after all, a major part of my family heritage through my Italian Dad and all his ancestors." - Nancy Zino (The Flavour Goddess)*

**Nancy's background:** In my teen years, from 16 plus, I worked part-time in hospitality until I moved to Auckland in my 30s. I then worked in catering doing private functions, weddings, birthdays etc. I always loved cooking (and eating) food. When my preschool children didn't like jam with seeds in it, I started making plum or apricot jam. I also started making pickled onions.

I did a few teaching classes in the not-for-profit sector about preserves in the early 2000s to about 2009 when I worked in the community. From 2010, I started selling in the markets, starting with Browns Bay flea market, then progressed to others. Date and Orange Chutney and Beetroot and Horseradish were some of my first products as I didn't want to make the same as everyone else. I wanted to be unique.

**Her inspiration to start making preserves:** With a father of European descent and a grandmother who loved food, cooking and making preserves, I grew up with them. My dad also started making preserves after his retirement, so we shared ideas together. The taste of store-bought was no comparison, so I started making savoury products with ingredients I knew I liked whose taste wouldn't be altered by preserving processes.

**What makes Nancy's products different:** I have mastered a product consistency that achieves a fantastic end-product, plus I like to experiment with unique flavour combinations. I have created some unique combinations that my customers tell me they are absolutely loving. For example, savoury preserves, such as, Spiced Banana Chutney, Chilli Capsicum Tequila Jelly, and Kaffir Lime Leaf Chutney; and sweet preserves, such as, Rose Petal Jam, Lemon Verbena Jelly, Chocolate Mintleaf Plant-based Sauce or the Nasturtium Jelly.

**How she decides which flavours or combinations to introduce:** By what I think and imagine is a good combination of flavours.

**The source of her ingredients:** I am very particular about my produce quality so source many of the items from growers around the North Island, such as damsons from Cambridge, guava currently from Okura, plums and quinces from Kumeu and tamarillos from the Kaipara – to name a few. I definitely manufacture using what I can procure at various times of the year. Some products cannot be frozen successfully so manufacturing from fresh is often best.

**Challenges:** The challenges are not with the cooking, but with the operation, legislation and logistics of manufacturing food. It's certainly not for the faint-hearted!

**A memorable achievement:** I was delighted to become a semi-finalist in the 2019 NZ Food Awards and to feature in an article in one of the *Air New Zealand Inflight* magazines in 2018.

**Advice for others interested in making preserves:** Start with something easy, for example jam, which normally has only two ingredients. Be prepared to learn by trial and error to achieve setting consistency. Many times, when introducing a new product, and sampling at the end – if it's revolting, I know I guessed that one wrong!! I hand it out to family or friends if they want it or throw it out and start again.

**What role does preserving traditions play in today's fast-paced culinary landscape?** Preserving plays a successful part in today's food chain, when food is grown by one's self. The difficult part is making it cost-effective. Purchased ingredients such as sugar, spices, vinegars and shipping costs have become prohibitive since COVID.

**Where you can find Nancy:** You will always find me at markets encouraging customers to try preserving. They ask me or tell me any problems that I might be able to help with regarding their past failures. I explain that I still get it wrong sometimes.

I have also done a couple of preserving classes in the not-for-profit sector a few years ago. I would do so again as I really enjoy hearing and seeing the pleasure when one has accomplished a successful outcome.

Last year I volunteered at *"Perfectly Imperfect"* in Silverdale. Imperfect produce, rejected as "not fit for supermarket standards", is often donated to such charity organisations and sold on to families in need for a minimal cost.

**Nancy's hopes for people she teaches:** I hope they would enjoy taking a bit of an adventurous path via some of my favourite flavour journeys that they may not have tried before and love them so much that they would want others to try them as well.



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# The Single-use Bag Issue

By Michelle Beard, Pumpkins in Trees

Hello Pumpkins!

3rd of July is

International Plastic Bag Free Day.

Currently, in *Aotearoa*, we have a plastic bag ban. However, many shops still offer a bag, which is often a thicker plastic bag intended to be reused or a paper bag which often comes with a cost. However, these bags seldom get reused, they seldom get recycled and many end up in our landfills.

The thicker bags need to be used six times to become more environmentally sustainable than the thin plastic bags. The problem is not enough people are reusing these thick bags and they become an even worse alternative when only used once. A thicker bag just isn't a realistic solution to the plastic problem.

When it comes to the supermarket produce department, small paper produce bags are being offered at

many stores. Although these are a "Non-Plastic" solution, single-use paper bags still require trees to be cut down, be processed into paper and this uses power, water and resources.

So, what's a better solution?

Pack your vegetables loose and when home store them in stackable containers.

Invest in some reusable produce bags for use when out shopping. Keep some in your car, or near your door so you remember to take them when you go out.

Reuse the thicker plastic bags. It can help you save money on paper bags and save time and effort on recycling that extra waste.



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# DIY Splash Back Tiling

By Steve Piner

I like glass splashbacks but if you don't have weeks to wait for a bespoke measurement to be made and installed, and you want to save some money, tiling can be a do-it-yourself task.

1. If the surface is going to be in contact with a lot of water, leave it to the professionals. Some tiling needs Council consent. Kitchen splashbacks are something you can tackle with a reasonable chance of success.
2. Make sure your walls are clean, dry and in good condition. Let's assume your walls are reasonably flat.
3. Pick your tile. Smaller tiles will help hide mishaps.
4. Work out what you're going to need. Measure up the area you want to tile, draw it out and visit your preferred tile supplier. They can calculate everything you're going to need.
5. Setting out. The bigger the tile the more important it is to get your joints level. Using a laser level is best, but an

ordinary level will do. Try to start and finish with a full height tile. If you have to cut height, try to keep it to under over-cupboards or other existing fixtures.

6. Mark your walls clearly. Don't worry, you'll be tiling over these marks.
7. Take your time. Watch a few *You Tube* videos showing how to use tiles like the ones you've chosen. Watch how they apply the adhesive and how they cut the tiles. Practice doing both. You might screw up the first few, but it's easy enough to redo a few tiles.
8. Look to *You Tube* for how to do the grout. By then you'll be feeling more confident, and grouting is the easy part.



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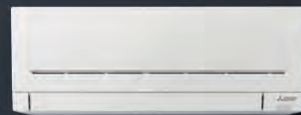
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# It's Winter Now So Plan for Spring!

By Nanette Randell  
St Mary by the Sea Community Garden

## TRY A 'NO DIG' GARDEN

Rather than relying on manual labour to manage weeds, 'No Dig' Gardening uses nature and a bit of time which is easier on you and your back!

- Mow the area of the garden plot.
- Layer cardboard covering existing weeds.
- Water it down.
- Add a layer of wood chips to anchor it down.
- Put on a layer of green. It needs to be about 8 cm deep – Long grass, lawn clippings, garden waste, vegetable scraps, plant prunings.
- Wet it down.
- Pile on the browns – pine needles, coffee grounds, leaf litter, straw, newspaper, sawdust.
- Water it down.
- Add another layer of green and brown.
- Water it down.

Everything will shrink down as the organic materials break down.

In spring plant seedlings in compost within the layers.

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# Travel: Vancouver

By Dr Marewa Glover

Whether on your way to Europe or looking for somewhere different to visit, Vancouver has some advantages for Kiwis. *Air New Zealand's* direct flight takes 12–13 hours. Leaving in the evening means you can sleep through the night arriving early afternoon ready to explore. The airport arrival experience is far superior to that in San Francisco or Los Angeles (one of the worst). We were through luggage collection, immigration and customs quickly.

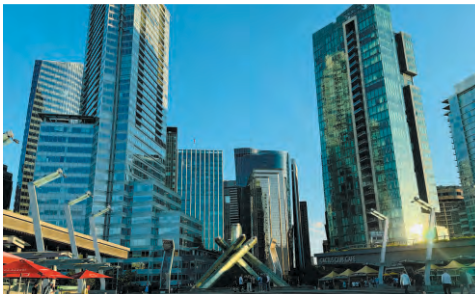
Early June, the weather was warm and sunny – a welcome change from our winter. Stopping over for just one night, we chose a hotel in Richmond, close to the airport but not close enough to hear planes landing and taking off.

The *Sky Train* runs frequent trips and was an easy way to get into downtown Vancouver with the added bonus of a view over the suburbs and a log-lined river on the way. A day pass was about NZ\$13. If we'd had more time, we could have used this to visit recommended spots such as *Gastown*, the

original settlement site of Vancouver.

With a large, ethnically diverse population, there's a wide choice of places to eat and the food was good. We had dinner at the waterfront overlooking *Burrard Inlet* with a view of the snow-capped mountains towering up behind North Vancouver on the other side. Eating North American food was one of our target experiences; I had the salmon, but I think NZ salmon is superior. We laughed to find a wooden Canadian Mounted Policeman in the ceiling looking down on our judgements. Just below the restaurant, seaplanes were taking off and landing; a must do for our next visit.

The next day we visited the *McArthur Glen Designer Outlet* shopping centre. It was large, clean and pleasant to walk around and there were many bargains. Plus, with an exchange rate of .84c for NZ\$1 you won't be second guessing the cost of everything, unlike shopping in the US or Europe. It's probably good that we didn't allow enough time to see all the shops, or we'd have needed another suitcase.



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# Young Enterprise Scheme (YES) Competition

Mariko and Amelie, *Kristin School* Year 12 students have launched a Japanese kimono-inspired business to be considered in this year's Young Enterprise Scheme (YES) competition. Their business, *Mirai*, aims to upcycle authentic pre-loved kimonos and reintroduce traditional Japanese fabrics to younger generations.

As consumer tastes have shifted in Japan, used kimonos are often abandoned, creating lots of textile waste and a discard of culture. Like their brand name *Mirai*, which means 'future' in Japanese, Mariko and Amelie are committed to sustainable fashion, creating modern pieces at an accessible price.

To find out more, follow Mirai on Instagram @its.my.mirai

*The Lion Foundation Young Enterprise Scheme (YES) is an opportunity for secondary school students to unleash their inner entrepreneur and experience the start-up world first-hand. It is an experiential programme where students set up and run a real business, and each YES company creates their own product or service and brings this to market. The competition runs over the course of the academic year, split into four challenges: Validation, The Pitch, Marketing and Sales and the Annual Review.*



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12

## Congratulations Young Musicians

Congratulations to some of our fine young local musicians winning in the *Smokefree Rockquest 2024 North Shore Regional Finals*:

**1st PLACE BAND** – *Rumpus Machine*, Long Bay College

**MUSICIANSHIP AWARD** – Cameron Beattie from *Alacrity*, Long Bay College. Cameron is also through to the National Finals in the Solo Duo category.

**ELECTRONIC ASSIST AWARD** – *Shallow Dive*, Long Bay College/Whangaparāoa College



Rumpus Machine. | Photo: Colin Lunt



Cameron Beattie



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# Friendship to Warm Your Inner Soul

**By Delphine Pearson, Torbay Friendship Club**

It's the middle of the year with cold, wet, miserable days for the next few months. Those days when you wake in the morning and it's still dark and all you want to do is snuggle down and wait for summer.

*Torbay Friendship Club* offers a little respite every 2nd Thursday of the month when you can sit in a warm room in the Torbay Community Hall, listen to an interesting talk by a guest speaker and heat the cockles of your inner soul with a hot cup of tea and a biscuit. I'm sure you won't be disappointed that you made the effort to join us.

The *Friendship Club Incorporated* is 100% locally run – no affiliation fees are sent across the water. There are over 150 *Friendship Clubs* throughout New Zealand. The *Takapuna Friendship Club* hosted the regional meeting this year, where numerous clubs gathered to share ideas and discuss the future of *Friendship Clubs*.

In June we held our midyear three course meal lunch. All members had the opportunity to attend at a very reasonable cost and have the chance win a hamper – more on this in the next issue.

A break in the week always goes down well and the various groups are becoming more popular each month. The groups are overseen by competent members who take the time to

arrange the weekly activities and ensure that everyone is welcome. The company is great. Men and women alike share in the laughter and the games. We welcome all members to join in whether they are an old-hand at Rummikub or a novice at Mah-Jong. To date, we have not had a gentleman join the Craft group, but you'd be very welcome. After all we are all about friendship.

Our excursions are always a hit. For our most recent trip we were bussed to Ryders in Avondale where we watched the film *Dirty Rotten Scoundrels* and had a good giggle. We then enjoyed a delicious roast meal together. I cannot stress enough, how important it is to get out once in a while and meet new people. Remember, strangers are friends you don't know yet. So come along and try something different.

**To find out more, please contact: Noreen McArthur 0272713524 or Delphine Pearson 0220729813. We look forward to hearing from you.**



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# Musical Theatre on the Shore

We are delighted to have such a strong core of musical excellence at *Torbay Theatre*. Along with straight plays, we are pleased to be one of the few groups bringing musical theatre to the Shore.

Since 2013 our membership has been enriched with a group of professional and semi-professional singers and musicians, returning year after year to take a principal role in a musical, swell the numbers of our chorus, advise, teach, and direct. Our members include music teachers of all flavours, award-winning singers, and members of the *NZ Opera Chorus*, who join in *Torbay Theatre's* shows year after year – a bit of a *Busman's Holiday* for them, but they seem to like it! And we appreciate them so much.

One of our most loyal such musical talents, Dragan Atanasov, of the *NZ Opera Chorus*, is Musical Director for the hit musical *The Last Five Years*, by Jason Robert Brown, currently under rehearsal and directed by Emily Clarkson (*Grease*).

**On Stage 21–24 and 28–31 August, Gate Theatre.**

For more information, contact [last5years@torbaytheatre.com](mailto:last5years@torbaytheatre.com).

We regret to announce that our annual JULY SCHOOL HOLIDAYS PLAY for the very young will NOT take place this year. We realise that our young performers and our very young audiences will be disappointed, and all we can do is to look forward to next year, when we expect to be back with a vengeance!

**Backstage Club:** Wednesday mornings, 10:15–12 noon, or text Daphne on 027-673-7494.

**Love Drama speech & drama classes:** Phone Jacqué on 027-522-7836.



(Left) Joseph He, aged 7, astounded our recent Club Night with a splendid rendition of Heinrich Hofmann's *Minnelied*. (Right) Iona, Dylan, Anne-Marie and Wilbur (not pictured) treated us to a couple of Irish jigs (with a bit of audience sing-along). Dylan's instrument is an Irish Bouzouki.

For more information, to join, and to book for shows, see our website: [www.torbaytheatre.com](http://www.torbaytheatre.com). See also: Facebook page, or ph 0210-294-0630.  
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# How to Plant 4000 Trees

By Elaine Pollock, Long Bay Okura Great Park Society

Take a beautiful Long Bay Sunday morning in May, 150+ willing volunteers and that's it. Not quite.

Dune planting is ongoing at *Long Bay Park*, particularly since the weather events of 2023. The plants are grown from seeds collected in *Long Bay Park*. Some of the seeds are collected by a commercial company who then propagate the seed and return them as plants ready to go into the ground. Park volunteers also collect seeds and take cuttings from trees growing in the Park and the Park nursery nurture these seeds and cuttings until they are ready for planting. The annual *Planting Day* is the main planting event of the year, but other smaller groups from schools, corporates and social organisations, and the regular Tuesday Park volunteers plant almost as many trees again before the planting season finishes.

*Planting Day* volunteers this year were from the local community, plus the wonderful Shah Satnam Ji Green S *Welfare Force Wing* who come every year. From babies in their first year of life to the active elderly in their 8th decade, we all gathered to make sure those babies can enjoy our Park well into the future.

The day was organised by the Park Rangers assisted by regular Park volunteers and *Long Bay Okura Great Park Society* volunteers. They arranged the tools for the job, safety

information, planting instructions and supervision. Snacks, water, and a BBQ lunch were provided, and given the beautiful weather, we had a wonderful morning. Bonus—the sea was still warm enough for swimming! A perfect *Planting Day*.



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# Finding and Catching Squid



By Nathan Pont

The life cycle of a squid is one year long. After they lay their eggs, they die. During their lifetime they feed intensely which makes them aggressive when targeting their prey. Squid season starts in April and tends to finish around January. As the season goes on you'll find larger squid as they eat more and more.

Squid like rocky reef areas covered in weed and some current. This is because they can use the weed to hide from their predators, but they can also use the weed to hide from their prey.

You'll find these areas around rock ledges, wharfs, and break walls. If fishing from a boat you'll need to get close to reefs along the coast or deeper reefs around the *Hauraki Gulf*. There are several rock ledges, wharfs, and break walls along *East Coast Bays* and *Whangaparāoa Peninsular*.

*Google Maps* and *Navionics* can be used to work out where the reef structure is. Then during the day at low tide, look at the reef structures to see what they're like and at high tide have a look for fishing platforms to fish from. From a safety aspect you'll need to work out how to access the spot as it can be difficult to do this at night time.

## THREE COMMON TECHNIQUES FOR SQUID FISHING

**EGGING.** This is the most common and arguably the most

successful technique. It involves tying a squid jig onto the end of light fluorocarbon leader. Cast out the lure and let it sink to the depth where the squid are. Whip/strike the rod aggressively a few times to make the lure move through the water column then let it fall. Follow with a slow retrieve of the lure giving it a few twitches along the way.

**FLOAT:** This technique uses a float to ensure that the lure goes to the correct depth. This is a great tool when starting out as it ensures that the lure doesn't get snagged on the bottom and it works well when fishing from wharfs as the lure can be cast and then left. Often the float will have a hole for a glow stick to be added so it can be seen at night.

**LEDGER RIG:** Set up a ledger rig with a small sinker at the bottom. Tie the lures where a hook would be with a ledger rig. This is another inactive way of fishing where you can leave it in a rod holder or against a wharf and fish another rod with a more active technique like egging. This technique also works if fishing off deeper ledges or reefs to get the lure down to the desired depth.

I hope this guide helps you if you haven't tried targeting squid before.



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## Tides—July 2024 (Murrays Bay)

	HIGH		LOW		HIGH		LOW		HIGH	
Mon 01	02:26	2.9m	08:44	0.5m	14:57	2.8m	21:15	0.7m	-	-
Tue 02	03:23	2.9m	09:42	0.5m	16:00	2.8m	22:15	0.7m	-	-
Wed 03	04:20	2.9m	10:40	0.5m	17:00	2.9m	23:13	0.7m	-	-
Thu 04	05:18	2.8m	11:36	0.5m	17:57	2.9m	-	-	-	-
Fri 05	-	-	00:07	0.7m	06:15	2.8m	12:30	0.4m	18:49	3.0m
Sat 06	-	-	00:59	0.6m	07:09	2.8m	13:20	0.4m	19:38	3.0m
Sun 07	-	-	01:49	0.6m	08:00	2.8m	14:07	0.4m	20:24	3.0m
Mon 08	-	-	02:37	0.6m	08:48	2.8m	14:51	0.5m	21:08	3.0m
Tue 09	-	-	03:23	0.6m	09:32	2.8m	15:33	0.5m	21:51	2.9m
Wed 10	-	-	04:07	0.7m	10:15	2.8m	16:14	0.6m	22:32	2.9m
Thu 11	-	-	04:50	0.7m	10:56	2.7m	16:55	0.7m	23:13	2.8m
Fri 12	-	-	05:31	0.7m	11:37	2.6m	17:38	0.7m	23:55	2.7m
Sat 13	-	-	06:14	0.8m	12:19	2.6m	18:23	0.8m	-	-
Sun 14	00:37	2.7m	06:57	0.8m	13:04	2.5m	19:13	0.9m	-	-
Mon 15	01:21	2.6m	07:43	0.8m	13:54	2.5m	20:06	1.0m	-	-
Tue 16	02:08	2.6m	08:33	0.9m	14:50	2.5m	21:02	1.0m	-	-
Wed 17	02:57	2.5m	09:26	0.8m	15:48	2.5m	21:57	1.0m	-	-
Thu 18	03:50	2.5m	10:21	0.8m	16:44	2.6m	22:50	0.9m	-	-
Fri 19	04:46	2.6m	11:15	0.7m	17:37	2.7m	23:42	0.8m	-	-
Sat 20	05:42	2.6m	12:07	0.6m	18:27	2.8m	-	-	-	-
Sun 21	-	-	00:33	0.7m	06:38	2.7m	12:57	0.5m	19:16	3.0m
Mon 22	-	-	01:23	0.6m	07:31	2.8m	13:45	0.4m	20:03	3.1m
Tues 23	-	-	02:13	0.5m	08:22	3.0m	14:33	0.3m	20:52	3.2m
Wed 24	-	-	03:04	0.4m	09:13	3.0m	15:21	0.2m	21:41	3.2m
Thu 25	-	-	03:54	0.3m	10:02	3.1m	16:10	0.3m	22:30	3.2m
Fri 26	-	-	04:45	0.3m	10:52	3.1m	17:00	0.3m	23:21	3.2m
Sat 27	-	-	05:36	0.3m	11:43	3.0m	17:54	0.4m	-	-
Sun 28	00:13	3.1m	06:28	0.4m	12:37	2.9m	18:51	0.6m	-	-
Mon 29	01:07	3.0m	07:23	0.4m	13:35	2.8m	19:52	0.7m	-	-
Tue 30	02:03	2.9m	08:20	0.5m	14:37	2.8m	20:56	0.7m	-	-
Wed 31	03:01	2.8m	09:21	0.6m	15:41	2.7m	21:58	0.8m	-	-

Source: MetOcean Solutions

# North Harbour Blue Light

North Harbour Blue Light is an amazing charity organisation that helps our vulnerable young people with positive lifestyle alternatives and strategies to avoid becoming an offender or victims of crime. As well as working on the front line, our local police officers also volunteer to run some life-changing programmes for Blue Light.

Our rangatahi from Long Bay College have been fortunate enough to have the BLAST (Blue Light Alternative Strategies for Teenagers) programme start at their school at the beginning of term 2. The programme focuses on structure, routine,

empowerment, resilience building, peer motivation, self-growth, and wellbeing as well as student truancy and the issues surrounding it. So far, the students have participated in DRILL, First Aid and CPR sessions. They have also been planting at Long Bay Regional Park. The absolute highlight of this programme that students look forward to is the snow boarding lessons at Snow Planet!

It is incredibly heartwarming to see the hard work these students put into themselves. We wish them all the best while they continue this journey.



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**Retirement.** A stage of our lives that we all strive for, yet our personal experience may be completely different from someone else's.

According to Dr Riley Moynes, a best-selling Canadian author and retired educator (who has a popular TEDx Talk on the topic), there are four phases of retirement:

**Vacation:** feelings of freedom and excitement; you'll want to tick things off your bucket list and try out new activities. The phase of **Loss** follows, where you might miss the structure and purpose provided by work. Then, in **Trial and Error**, you might try out new activities and lifestyles to find what works best for you. Finally, **Reinvent and Rewire**, where you successfully adjust and have found new ways to be fulfilled and satisfied.

As a financial adviser who specialises in retirement planning, I help my clients to be confident that they can live comfortably through all these stages of retirement.

**Rachelle Bland**

Financial Adviser – Investments

“All stages of retirement”



# Okura Bush Walkway Community Planting Day

How long is it since you have walked one of the gems of the area's walkways – the *Okura Bush Walkway*? While we are unable to walk into the *Okura Bush* itself as it is under a *rāhui* while action is being taken to address kauri dieback issues, the rest of the coastal track is open – a wilderland so close to our community.

*Friends of Okura Bush* with *Auckland Council's* help has organised a community planting day on the walkway on Sunday 7 July, starting at 10 am. So, bring the family and friends, gumboots, suitable clothes, a spade if you have one (some

spades provided), and drinking water. We'll meet at the Walkway entrance, end of Duck Creek Road, Stillwater. It is a 15-minute walk through some muddy patches to the planting site. Refreshments will be provided.

This is a fun opportunity to participate and learn more about the value of environmental restoration. All are welcome – many hands make light work! For further information, contact Chris Bettany, Ph 021 020 40 435.



## Please Help Save the *Kauri*

By **Marewa Glover**

Several years ago, being a behavioural scientist, I was invited to a workshop looking for new ideas to save the *Kauri* (*Agathis australis*) – one of our most treasured and largest native forest trees. The spread of *Phytophthora agathidicida*, (a disease-causing 'water mould') is a serious threat to the survival of the *Kauri* and the spread is largely a problem of human behaviour. Just how people spread cold and flu viruses to other people, people walking in the bush, going too close to *Kauri* trees and letting their dogs run free, has been the main way the virus has spread.

A number of simple prevention methods have been implemented to prevent the culprit *oospores* (resting spores) from being picked up on people's shoes and spread. However, if you've walked in the *Regional Park*, you may have seen that many people ignore the signs urging people to use the provided liquid and brushes to wash the soles of their shoes.

More drastic measures, such as closing walkways, placing a *rāhui* (ban) on, or fencing off the bush, are now being used. But still, even when entry to walkways have volunteers in place to encourage compliance with the guidelines, some people become abusive towards them or divert and enter the bush another way.

It's very hard to change human behaviour, but if we don't help people understand about *Kauri* dieback, and care enough to implement the prevention measures, the *Kauri* may not be around to inspire awe in future generations. Please help save the *Kauri*.

- Avoid *Kauri* trees altogether if you can.
- Scrub the soles of your shoes and squirt the detergent on when entering AND when leaving the bush.
- Stick to the path.
- If dogs are even allowed, keep them on a lead on the path with you.





### Winter Warmers

It's hard to get motivated to go outside when the weather is cold or it's raining but there's always a warm welcome at *Raft*.

Not all *Winter Warmers* are found in a mug of hot chocolate or a nip of Whisky! The *Raft* team have been warmed by the number of compliments we've received from our lovely members. Here are just a few of the comments from this term;

"Raft is my happy place".

"I came to Raft to learn how to sew and can't believe what I have been able to make".

"I had never picked up paint brush before, but I am amazed at what I created"

"It's not just what you learn, it's the friendship and fun too".

Our two major events in Term 2 were both a great success. We had many compliments about our *Art at Raft Exhibition* at *Browns Bay Library*. Thank you to everyone who supported our *De-stash* market. We have already seen the beautiful results of the *Slow Stitch Kit* purchased at the market and

made by one of our regular *Raft* members and we will not mention the lady who was only going to buy one piece of material and went away with a loaded bag! There were so many bargains, and all the proceeds went to purchasing new materials and tools for *Raft*.

The Tuesday afternoon mini courses have proven to be very successful. Helen's new '*Mixed Media for Beginners*' class is going from strength to strength. Fabric painting to create beautiful 'designer' tote bags is just one of the skills on offer.

Ruth, our fantastic Textile Artist, will be repeating her two-week course on how to make amazing artwork with machine and slow stitching techniques in Term 3. Jan will be running a second two-week session on *Watercolour for Beginners*, and *Monday's Sewing Class* and the *Tuesday Evening Sew Cool* group are heading towards having their own fashion show with the fantastic garments produced. Check out the gallery below of examples of our talented members' work.

Term 3 at *Raft* begins on Monday 29th July so why not shake off those winter blues and join one or two of our fun classes or workshops. We know you'll enjoy it.

22



Painted bags



Water colour painting group



Water colour painting



Slow stitch pencil case

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## Low-Waste Living with Muddy Kids

*Muddy Kids* outdoor free-play programme connects children with nature. *Long Bay Regional Park*, our main site, is a rubbish bin free park, so we encourage our kids to be *kaitiaki* (guardian/protector) of the beach. Our ethos is to have a minimal impact on the environment and to leave our play spaces better than we find. At the end of our play days or *Muddy* camps, we pick up our rubbish and plastic others have left behind. Respecting the park, and the plants and animals that live there is key to our play.

During *Muddy Camps* we prepare meals and eat together. Each meal generates waste, whether it is a hearty campfire 'beans and bacon' breakfast or a yummy picnic lunch. This gives us an opportunity to teach how to manage our waste, as the rubbish does not just disappear on a truck. The learnings include:

- Pack up what you bring in and take it with you when you leave.
- Sort food scraps as if they are recyclable. Put food scraps into a container or bin to provide a feast for chickens or for composting.

Our *Muddy* chickens play a crucial role in our waste reduction strategy. After meals, any food waste suitable for the birds is sent to the chicken coop.

The scraps become nutritious feed for them, turning potential waste into food and the compost is used in the garden to grow more food.

By integrating these practices into our programmes, *Muddy Kids* aim to instil low-waste habits in our *tamariki* (children). When children can see the impact of reducing waste, recycling, and composting, we are equipping them with the knowledge and skills they need to build a more sustainable future.

Tamariki at *Muddy Kids* are given space to just be kids and to direct their own play in the park and green spaces. Playing outside in all conditions, they witness extreme weather, storms, droughts, warm oceans and higher tides. They see the impact of the weather and visitors on the park and beach, and they proudly strive to keep their play areas tidy. We aspire for them to leave our play spaces with a deeper understanding of their own impact on the environment and the power they have to make a positive change. We hope this inspires them to live sustainably and to help protect the planet we all share.

To learn more, email [muddykidsnz@gmail.com](mailto:muddykidsnz@gmail.com) or visit their website: [www.muddykidsnz.co.nz](http://www.muddykidsnz.co.nz)



# Nearly New Sale



The 2024 annual *Torbay Plunket and Auckland Mama Market Nearly New Sale* is not that far away now!

Are you looking to sell your preloved baby and toddler gear? Bookings are now open for our sellers. Email Suzanne to book your table: [sales@aucklandmamamarket.co.nz](mailto:sales@aucklandmamamarket.co.nz)

The date for this year is **Saturday 14 September 10am - 12 noon** in the East Coast Bays Leisure Centre, Browns Bay.

This is a fantastic and busy annual fundraiser for *Torbay Plunket* supported by *Auckland Mama Market*.

**SAVE THE DATE. You don't want to miss this opportunity to SHOP PRELOVED for your babies and young children.**



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# Torbay School–NZ Music Month

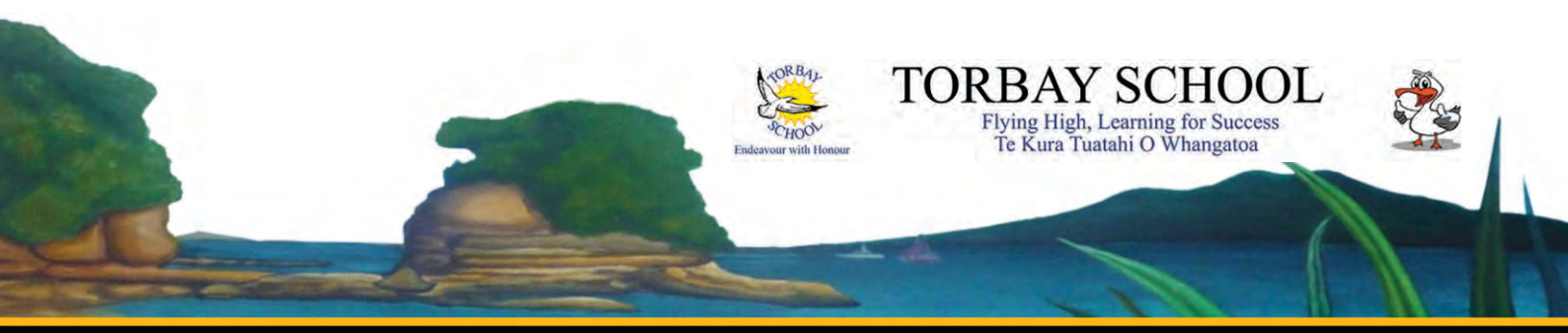
Over the month of May, *Torbay School* once again celebrated *NZ Music Month* with a range of different events and activities happening around the school. Twelve students performed during school assemblies and over forty students took part in lunchtime busking sessions either singing or playing drums, piano and guitar.

To link in with *NZ Sign Language Week* classes were set the challenge of learning the sign language actions to the *Waiata He Hōnore* – Rooms 7 and 8 were the winners of the coveted pizza lunch prize!

The culmination of our *Music Month* celebrations was our *Musical Talent Competition* held on the afternoon of the 29th May in front of the whole school. There were nine amazing performances with Amy Kang (piano) the Junior runner up and Sophie Kong (accordion) crowned the Junior winner. For the Seniors George Kong (guitar) was runner up and Da-Ho Kim (piano) was the Senior champion.

The Performing Arts plays a big part at Torbay School with the whole school being involved on Tuesday afternoons attending activities including choir, Kapa Haka, Fan Dance, and the Rock Band among others. We are looking forward to being able to utilise more of our musicians talents as part of our school production next term and also finding more talent during next year's *NZ Music Month* celebrations.

We would like to thank Claire Kelly who has put a lot of work in to organising this event during the whole month of May. We would also like to thank other staff members for their work around this. It has been an amazing month full of fun and live music! We hope our *tamariki* will continue to flourish with their musical talents.



# THE ASPIRING SCHOLARS ENRICHMENT PROGRAMME



Our Aspiring Scholars programme supports extension and enrichment in our Junior College. In addition to our rigorous coverage of the New Zealand Curriculum in specialist classes, our scholars are engaged in a range of extension activities, including topics such as 'Ethical Perspectives', 'Learning from Memory', 'The Development of AI' and 'Conspiracy Theories'.

The Aspiring Scholars Enrichment Programme is designed to give students a head start in developing critical thinking skills which are needed for success in NCEA and NZ Scholarship Exams in future years. Enrichment sessions challenge students' thinking and encourage them to consider a wider world view.

Sessions are led by teachers who have expertise in developing high-order thinking skills in students. This programme is in addition to the extension activities that students receive in their Aspiring Scholars core classes.

Placement testing for our 2025 Year 9 Aspiring Scholars class will take place on Saturday, 3<sup>rd</sup> of August 2024 (Week 2, Term 3). For more information on the Aspiring Scholars programme or to register your interest, please feel free to contact [office@lbc.school.nz](mailto:office@lbc.school.nz)



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**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

**Roofing**—Local experts for installation, repairs and maintenance. Ph Apex Roofing Services 021 615 798

**Tiler**—25 years experience. Certified waterproofing. Free quote. Ph Brent 021949462

**Upholstery**—All aspects – spring repairs, new cushions etc. 30+ years experience. Phone David 021 201 4081

**Welding Repairs**—General Engineering Services, Handrails, Gates, Trailers. Ph: Rex 021 980 596 Email: anvil.eng@gmail.com

**Window Cleaning**—Inside and out. "I have known and worked with Leiofi for many years and he has my unequivocal recommendation." Ross. Call Leiofi on 027 293 5059

## SERVICES

**Butterfly Personalised Transport**—www.butterflytransport.co.nz. Ph Lisa 021 118 2715.

**Tax Returns and Advice**—Ph Marc 473 8860.

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

## HOME & GARDEN

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

**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.

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

**Landscaping**—From concept to completion. For practical and creative solutions. Small areas and makeovers a speciality. Ph Peter 0274 394 574.

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

**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.

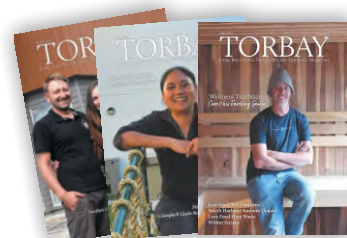
The Classifieds is the **Bible for Trades** in our area.

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)*

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[www.torbay.co.nz](http://www.torbay.co.nz) | To book your advert, email: [magazine@torbay.co.nz](mailto: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](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 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, Rothesay 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](mailto: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**—We are in the process of moving to a new location (20 Corinthian Drive) so we are temporarily closed until October. Ph Don 473 0703 or 027 497 6242

**EAST COAST BAYS BRIDGE CLUB**—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**—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](mailto: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](mailto: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](mailto: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](http://www.northshorewriters.co.nz)

**PLUNKET**—838 0981

**RAFT STUDIO**—Term 3 Commences Monday 29th July

## **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-4.30pm *Mixed Media for Beginners* and 2/3 *Mini Workshops*

7pm-9pm *Sew Cool* (second & 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*

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

**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.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:** 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

Sponsored by




**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



Friends of Okura Bush  
okurabush.org.nz


## COMMUNITY PLANTING DAY

### Okura Bush Walkway, Stillwater

Join the Friends of Okura Bush and your local community at our annual planting day at the beautiful Stillwater Recreation Reserve. This is a fantastic opportunity to participate and learn more about the value of environmental restoration.


- **WHEN:** Sunday 7 July 2024, 10am start until about mid-day.
- **WHERE:** Entrance to Okura Bush Walkway. Meet at 1A Duck Creek Rd.
- **WHO:** All who enjoy looking after our special environment. Family groups welcome.
- **WHAT TO BRING:** Gumboots and lots of enthusiasm. Some spades and gloves will be provided but bring your own if you can.
- Refreshments will be provided.

Toitū te marae o Tane Mahuta; Toitū te marae o Tangaroa, Toitū te tangata.  
If the land is well, if the sea is well, the people will thrive.




TO FIND OUT MORE: PLEASE CONTACT CHRIS BETTANY ON 021 020 40 435


With thanks to:




Forest & Bird  
Te Kaitiaki Take Kōwhiri  
Te Mahi a Te Wānanga - Te Kaitiaki Take Kōwhiri




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Te Kaunihera o Tamaki Makaurau  
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Auckland Council

# Torbay Business Association Members

## BREAKFAST, LUNCH & DINNER

Birds of a Feather 鸚羽, 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

Anderson: Jen & Shane—Bayleys Real Estate ... 0211 7755 30 and 0274 8274 40  
 Barfoot & Thompson Torbay ..... 473 9190  
 Matt & Maggie - Harcourts .... 027 777 0737  
 Wendy Treadwell - Harcourts ...021 042 7370

## OTHER SERVICES

Dogs Body Grooming Parlour ..... 473 1500  
 Mr Gov Laundromat ..... 021 258 8490  
 RAFT Studio ..... 021 145 2865  
 COREISS Research Centre, Torbay.. 972 2757

# Torbay Business Networking Event



What: **Business Networking Event**

When: **Tuesday July 16<sup>th</sup> @ 7pm**

Where: **Parallel 23 Restaurant**

**Book your place at: [theteam@torbay.co.nz](mailto:theteam@torbay.co.nz)**

## Puzzle Answers

### Sudoku

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

### Crossword

1	D	I	E	B	A	C	K	W	E	T		
			P				I	C	E			
6	R		I		7	J	A	M		8	P	
9	O	I	L	S			O		10	A	R	M
	C		O				N				E	
	K		11	G	12	U	M	B	O	O	T	S
	Q					E					E	
	U		13	M	A	R	K	14	E	T		R
15	E	P	A		I		V				V	
	S		R		T		E				E	
16	T	H	E	N			17	N	U	R	S	E

# FEATURE PROPERTY



SPACIOUS OUTDOOR ENTERTAINING AREA WITH SWIMMING POOL



LOUNGE WITH WOOD BURNING STOVE AND OUTDOOR FLOW



1Ha PRIVATE ESTATE SET IN PEACEFUL SURROUNDINGS AND WILDLIFE

## 85 HAIGH ACCESS ROAD

### REDDALE

Cherish Moments in Rural Charm



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“

**This is the second time** using Matt's skill and expertise and first time with Maggie. Their backroom team are also to be thanked.

Every component you would expect from top class agents was applied with great skill and finesse. The market is tough at the moment, and to achieve this result showed the focus, determination and diligence they applied.

UNRESERVEDLY RECOMMEND. Go for the Matt & Maggie magic and be assured you are in some of the best hands in the business.

Me and my family thank you for helping us move forward to our next chapter of life.

**Scott & Andrea Robertson**  
Vendors of 74 Ashley Avenue,  
Long Bay

”