



East Coast Bays

# ShoreLines®

M A G A Z I N E

December/January 2019



In this issue...

**The stylish business of men's grooming**

Zara's Spanish soccer adventure

**Champion of our community: Sally Cargill**

Taking care of the bees

**Fun Christmas facts from around the world**

*...and much more*

Cover Photo:  
Stephanie Danielli

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• Torbay • Waiake • Mairangi Bay • Murrays Bay • Long Bay & Okura •

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# From the Editor....



'Tis the season (almost!)  
The lighting of Browns Bay's Christmas tree and our marvellous Christmas Parade on December 1st I think mean that we're officially allowed to start feeling festive. I hope you were able to enjoy the parade, which always brings together so many wonderful groups and

individuals. To find out about one of the champions of our community who puts her heart and soul into organising this annual event – and so much more – please turn to page 18.

There's loads of Christmas content in this issue: gifts, groceries and dining ideas, and some fun facts and unusual traditions from other parts of the world (page 26).

We're focusing on our gentlemen readers too, looking at the booming business of men's grooming. After all, if a lady can enjoy the benefits of nourishing and relaxing face and body treatments, why shouldn't a chap do likewise? We've gone head to toe, and chatted to a barber, a skin technician and a podiatrist. There are some present ideas too, since blokes are so notoriously difficult to buy for! The full story starts on page 6.

And, because we should all be doing what we can to protect our precious honey bees, there's some good advice from Auckland's largest collective of bee keepers on page 36.

How ever and where ever you're spending the holiday season, all of us at **ShoreLines** – Kim, Bruce, David, Kelly, Charmaine, Kate and I – wish you health, happiness and some well-deserved relaxation.



PS. **ShoreLines** has ventured into the world of social media, and is now on Facebook. Please head over and like the page (@ShoreLinesNZ) to enjoy extra news and updates.

*Lizzie*



**Cover Photo:** Paradise by the Sea - Browns Bay  
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## Itchy, sneezy, scratchy **PLANTS**

New Zealand may be a beautiful country of green and rolling countryside, but it seems we have more than our fair share of pollen. Allergy NZ have an annual pollen calendar – a sort of "know your enemy" for hay fever and allergy sufferers.

According to the society, grass pollen is a major trigger for allergies. These are some of their other top pollen producers:

**Gorse** – with a pollen season that spans nine months of the year. Don't hate gorse too much though; it's an important food source for bees and other pollinators.

**Pine trees** – active between July and December. You can see the pollen-laden catkins hanging at the ends of branches.

**Plantain** – nothing to do with bananas, this is a weed that's sometimes grown as a pasture mix for dairy herds, and produces pollen from September to March.

**Privet** – widely regarded as one of the most common triggers of hay fever despite only producing pollen between November and March.

**Macrocarpa** – also called Monterey cypress, this tree is quite common in rural areas, where it busily produces pollen for eight months of the year, between July and February.

Visit [allergy.org.nz](http://allergy.org.nz) to download a free copy of their pollen calendar, and for practical advice about managing pollen allergies.

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# From **Top** to **Toe**

## – the stylish business of men's grooming

**Once upon a time, a bloke could waggle an old bar of soap at their face and consider that a skincare routine. Indeed, a chap who did any more than this, might even have been thought of as weird. But (thankfully) times have changed.**

Globally, according to researchandmarkets.com, the men's grooming products industry was worth an estimated US\$57.7 billion in 2017 and is expected to increase to \$78.6 billion by 2023. Products have diversified from generic hair & body wash, deodorant, shaving cream and hair gel to include moisturisers, serums and face masks designed to tackle specific male skincare issues.

**ShoreLines** spoke to three Bays professionals who're helping gentlemen look good and feel great. With Christmas just around the corner, we've assembled a few gift ideas too. But we do need to start with a serious word...

### The health message

As well as wanting to look good, there are valid reasons for blokes to get into the habit of a daily skincare routine which includes an element of sun protection.

Skin cancer is the most common cancer in New Zealand, with more than 80,000 Kiwis getting non-melanoma skin cancer every year.

### Ministry of Health latest figures (2013)

#### Melanoma reported

2366 people	489 deaths from skin cancer
1226 men	320 men
1140 women	169 women

Of these, 356 deaths were from melanoma and 133 deaths from non-melanoma skin cancer.

If you're working long hours, out of doors (or even if you're just spending more time on the golf course) it might seem like a lot of fuss to apply sunscreen every couple of hours. But, gents, you are precious, and you need to take care of yourselves!

Look out for each other; remind your team and your mates to protect their skin – and to Be SunSmart. For more information about the Slip, Slop, Slap and Wrap message, please visit [sunsmart.org.nz](http://sunsmart.org.nz)

### The barber's view

The rise in popularity of men's grooming is reflected by Browns Bay now having at least three specialist barber shops, with styling and shaving products and services to cater for many different looks.

José Ramos has been barbering for more than 30 years, and opened the Browns Bay Traditional Barber Shop in 2000. He's seen styles come and go – and come back again, and says that this is often driven by sports personalities. "Defined shaved side partings are popular because of league players and Ronaldo, but we're also seeing a return to the classic cuts of the 1940s and 1950s. The 'Peaky Blinders' style of 'high and tight' is definitely trending now." José is also a fan of the mullet. "It's business at the front, party at the back!" he laughs.



## BROWNS BAY BARBER SHOP

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Having been in business for three decades, José has generations of clients. Lads who first came aged five or six with their dads are now bringing their own sons to the barber shop. José regards this as a genuine privilege, and has noticed a change of attitude in his younger customers. "It used to be that a kiddy would just sit down in the chair, not move and not say a word. But now, a lot of boys know exactly what they want, and they'll voice their opinion." He acknowledges that social media and "the selfie generation" could be at least partly responsible for this.

Beards have surged in popularity over recent years as hipster culture has gained momentum, and screen icons like Captain America and Thor have been rocking the facial hair. José encourages his clients to wash and condition their beards as they would the hair on their head. "I'd recommend using a quality beard oil too. It maintains your beard in tip-top condition and can also protect the skin underneath from getting dry or itchy."

How often should you wash your hair? José reckons three times a week, but remarks that this might not be enough for someone who works in hot or grimy conditions. He also observes that as hair matures it may need extra care. "Grey hair is finer but it has a rougher texture, so a hair tonic can be useful to smooth and soften it, and help with styling."

José offers this final word of reassurance. "Whatever your age – 20 or 80 – there's no shame if your hair is thinning, and a combover is absolutely not your only option! Talk

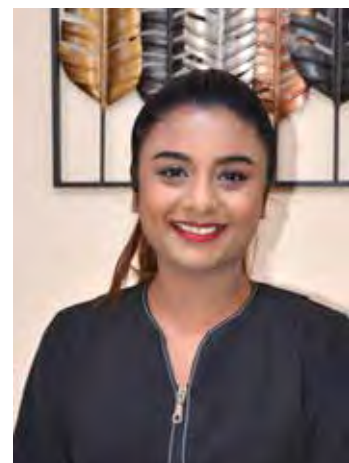
to your barber, and don't be afraid to say what you like and what you don't. They might not be miracle workers, but they'll understand what's possible and do their best to create a style to suit you."

#### The skin technician's view

Men can have just as many skin issues as women. In fact, they could even have a few more, because higher levels of testosterone can result in oilier skin and clogged pores, and regular shaving can cause uneven skin tones.

Rutu Paladia says that about one third of her clients at Kyra (see advert on pg. 4), in Clyde Road are men, and feels this might be above the norm. She agrees that there's still a stigma around men visiting spas and salons, and a perception of "I don't need that; beauty treatments are just for women."

While her male clientele might not know the technical terminology, they certainly know what they don't like! "Gentlemen are not happy when they notice their neck sagging slightly or fine lines around their eyes. They want time-efficient, cost-effective options to deal with these issues – and that's great because that's why skin technicians exist: we're here to fix problems, without judgment."



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Rutu often helps clients whose skin has suffered damage from shaving. "I regularly see razor burn, ingrown hairs, bumps or scarring," she comments. "The skin may be duller for various reasons like dehydration or pigmentation, and this is when you need (and deserve) a personalised skincare routine that's focused on real results. For example, vitamin C can help brighten your skin's appearance."

As part of a sensible skincare routine, Rutu recommends a weekly exfoliation. "This will help to regulate oil and keep pores clear," she explains. "Choose an exfoliator to suit your skin type; you don't want one that's too harsh." Exfoliation doesn't need to be limited to the face. An all-over body scrub will clean away those dead skin cells and leave you feeling reinvigorated. "If you have dry or sensitive skin, perhaps go for a sugar-based scrub as these tend to be gentler – and always follow with an appropriate moisturiser."

The benefits of facial and body treatments may go beyond the obvious. Rutu says that 80% of her male clients come to Kyra for the relaxation factor. "It's their time to destress and enjoy the pampering," she confirms. "We all live at a frantic pace, and it's important to take time just for ourselves. A soothing massage can work wonders for your physical and mental well-being."

### The podiatrist's view

Trish Morpeth was inspired to become a podiatrist by her grandfather's experiences. His diabetes was so fierce at the outset that he lost his sight, had heart problems and even went into kidney failure, but his podiatrist was able to save his feet from amputation.



Trish (aka Miss Clip-It) now has her own practice in Torbay, and reckons that only about 10% of her clients are men. She believes this is largely down to embarrassment. "Every one of my male clients says, quite sincerely, 'These are going to be the worst feet you've ever seen' – but they never are!"

It's possible that they've already tried to deal with the problem themselves. "I've known men to take a pocket knife to their ingrown toe nail, or soak their feet and then use a craft knife to try and cut off hard skin," she comments. Not only could this cause more damage, but the area could become infected due to the knife not being sterile and inadequate after-care.

Every day, Trish scrupulously treats corns, ingrown toe nails and hard skin, sometimes helping clients whose heels are so cracked and dry that they're actually bleeding.

She stresses that people should recognise the difference between a pedicurist and a podiatrist. A pedicurist is primarily focused on making feet look presentable, and won't necessarily be trained to deal with foot health issues. "Podiatrists answer to the Podiatrists Board of New Zealand. Our skills and standards of hygiene have to be exemplary, or we'll lose our licence to practice."

### Trish's Top 4 Tips for healthy, happy feet

1. Act quickly. If you have any concerns about your feet, don't wait for the problem to go away on its own or until you're in agony. A podiatrist will be non-judgmental and only wants to help you.
2. Try and get a bit of moisture into your routine. It doesn't need to cost a fortune or smell like perfume, so get into the habit of moisturising your heels. Something like Vaseline Intensive Care would be a good start.
3. Keep your toe nails under control. When trimming, follow the shape of the nail and don't cut too short. Leave a little bit of white showing. Neatly clipped toenails are less likely to get stubbed or become ingrown.
4. If you need to wear socks and shoes, opt for cotton or bamboo socks. These are soft fabrics which allow your feet to breath. (Perhaps this is the year that socks might actually be a great Christmas present idea!)

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Trish Morpeth - BHSc Podiatry (Hons)

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Dianne's been a client for just over two years. Her mum, Alison, is 91 now, with only very limited mobility.

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If they're going on a trip together, there's a seat by the wheelchair space in the van, so that Dianne can sit next to her mum, chat and enjoy the views. "The van has low, deep windows so we don't miss a thing!" Alison's drivers have created a special route for her too, taking into consideration the places where she used to live, and then parking up by Browns Bay beach. "Mum always says, 'It's so lovely to be out. It's so lovely to have a different view.'"

Dianne stresses how important it is for Alison to have this opportunity to reconnect with the outside world, in safe and comfortable transport. "Corlize is my go-to girl," she says. "Her heart's absolutely in her job. Mum looks forward to her regular outings and says she feels like the Queen being driven around by Corlize and her lovely team."

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## Summer Reading



*by Kim Taylor*

I went for a stroll to our local bookstore to see what I could find for the avid readers out there who must be looking forward to some long lazy afternoons lost in the pages of a good book. Or it may be that you are wanting to snap up a great Christmas present. Whatever the reason, I am happy to say we are spoilt for choice with something special for everyone!



Lots of new releases are out there just in time for Christmas. Here are a few that caught my eye:

Graham Norton - A Keeper  
Jan Harper - The Lost Man  
Michael Caine - Blowing the Bloody Doors Off  
Billy Connolly - Made in Scotland  
Juliet Nicholas & Barb Rogers - Flourish - New Zealand Women and their Extraordinary Gardens  
Andy Ellis - Kiwi Back Yard  
David Walliams - The Ice Monster  
And for the young adults there's Philip Reeve's Mortal Engines - an opportunity to read before the new Peter Jackson movie is released in January.

We have a lot to be proud of in the Bays as there are many local authors and authors with local connections. Here are few you may know of:

Richard Fairgray - That's Not the Monster We Ordered  
Peter Millett - Boy Zero  
Bryce Langston - Living Big in a Little House  
James Russell - The Dragon Tamers  
Emma Warren - The Catalan Kitchen

What's more some of these lovely locals have been popping into Whitcoulls store and signing their books for you.

And finally something truly heart warming. If you are getting into the Christmas spirit and wanting to bring a little joy into the lives of those less fortunate at Whitcoulls in Browns Bay simply spend over \$30 and you can purchase your very own Theodore Bear for \$9.99 all money collected goes to [www.fosterHope.org](http://www.fosterHope.org)



Or, if you are feeling especially kind, you can donate Theodore too. There is a box in store full of bears going to their new homes. We do live in a generous community - and that's what Christmas is all about!





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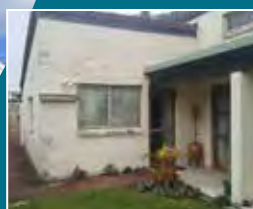


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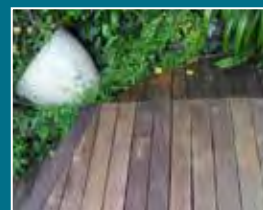
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(above Huckleberry, entrance at back) [f /urbanashramnz](https://www.facebook.com/urbanashramnz) [urbanashramnz](https://www.instagram.com/urbanashramnz)

Visit [urbanashram.co.nz](http://urbanashram.co.nz) for timetable & more info

## La Bella Vita BEAUTY THERAPY

Who says men don't need grooming? Mens grooming is important. To look good, feel confident and stay clean. Be the smartest looking man in the room with proper grooming.

### We have many services available for men

Skin care - services such as lpl, permanent hair reduction and waxing - we even have a male waxing specialist that comes in twice a month. Massage: both deep tissue and sports massage. Eyebrow/nose/ear grooming and skin treatments available.

### IPL Hair Removal

#### Intense Pulsed Light permanent hair reduction

Lips/sides of face	\$35	Neck	\$45	Chest	\$99
Chin	\$30	Ext Bikini	\$55	Stomach	\$99
Tummy line	\$39	Full braz. incl. back	\$89	Full top front	\$150
Bikini	\$49	Brazilian	\$65	Full back	\$150
Underarm	\$49	Half leg	\$145	Upper or lower back	\$95
Full Face	\$80	Full leg	\$199	Shoulders	\$79

### Packages - 3 sessions

Bikini/under arm	\$123
Face	\$199
Brazilian	\$183
Half leg	\$349
Full leg	\$359

*La Bella Vita  
Gift Vouchers  
are available*



**La Bella Vita**

4/1024 Beach Rd, Torbay

**473 0856 • [info@labellavita.co.nz](mailto:info@labellavita.co.nz)**



# Unique **Family** Adventures



Have you dreamed of taking the family on holiday to somewhere a bit different? Would you like your next holiday to include adventures overseas? If you would like your next family travels to be further afield than the traditional Australia or Pacific Island experience, then here are a few ideas for you.

## NCL Hawaii Cruise

Whether you have been to Waikiki before, or never visited Hawaii, then board the NCL Pride of America to Island Hop Hawaii in style visiting 4 islands in 7 days. This magnificent ship offers more than 15 restaurants, 12 bars and lounges amongst family friendly accommodation and entertainment with overnight stays in Maui and Kaua'i.



## Trafalgar Family Experience

Trafalgar has created a series of tours dedicated to families. Explore destinations with additional special family highlights. Connect your family to the people and cultures of the places you visit. Itineraries include: England, Ireland, Italy, Greek Islands, America and Costa Rica.

## Total Holiday Options

These exclusive Family adventure tours to India and Sri Lanka are designed so you have a fun filled holiday but also have time to bond as a family and create great memories.

The India tour includes activities for the kids and parents. This journey introduces you to some of the most impressive UNESCO World Heritage Sites including Taj Mahal, search for the elusive tiger in the Ranthambore National Park and your holiday concludes with a beautiful beach stay in Kerala. The Sri Lanka tour includes a selection of beautiful ancient cities with fun adventure activities, enhanced with incredible wildlife and stunning golden beaches.

## Intrepid Holidays

Your sense of adventure does not have to disappear because you have children. Intrepid offers real life experiences to destinations such as Vietnam, India, Peru, Thailand, Borneo, Costa Rica, China, Morocco, South Africa, Japan, Egypt and even the Galapagos. Start with kid-friendly hotels (swimming pool included), and then sprinkle in a tuk-tuk ride through the streets of Bangkok, a football match with Maasai tribesmen or sailing down the Nile in an Egyptian felucca.



*The team at helloworld Browns Bay would like to wish you and your family a very Merry Christmas and thank you for your support this year. We have enjoyed helping you plan and fulfil your travel adventures this year and look forward to assisting with your 2019 Travel arrangements.*



**Merry Christmas and Happy Holidays**  
from your Award Winning Local Travel and Cruise Experts

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WITH US



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helloworld.co.nz/brownsbay

**BEST**  
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and Milford



helloworld Browns Bay 26 Clyde Road Rd

brownsbay@helloworld.co.nz 09 478 4416







# Getting the most from your Christmas turkey... safely



One of the joys of a traditional Christmas feast is all the leftovers. Used safely and wisely these delicious treats can keep you going for several meals – and give the in-house cook some precious time off.

## Using turkey leftovers safely:

- Let your cooked turkey cool completely, and pop it into the fridge as quickly as possible – within 90 minutes is recommended.



- Turkey leftovers should be eaten within two days. Be realistic. How much are you going to eat in that time? Put the remainder into the freezer.
- If you are freezing some turkey (or ham, for that matter) make sure it's properly wrapped or stored in a sealed container. It might be an idea to label each pack with a description and date too.
- Turkey in the fridge should be stored on the middle shelf with other ready-to-eat food. Raw meat and fish should be on the bottom shelf.
- If you reheat your turkey (and your stuffing) make sure it's really hot all the way through – and don't reheat the same leftovers more than once.

Reference source: [bbcgoodfood.com](http://bbcgoodfood.com)

More detailed information is available at [consumer.org.nz/articles/christmas-food-safety](http://consumer.org.nz/articles/christmas-food-safety)

If you're tired of turkey curry and would like some inspiration, the following sites have some great ideas. Simply type *Christmas leftovers* into the recipe search.

[taste.com.au](http://taste.com.au)

[bbcgoodfood.com](http://bbcgoodfood.com)

[jamieoliver.com](http://jamieoliver.com)

[bite.co.nz/collections/1892/Christmas-leftovers](http://bite.co.nz/collections/1892/Christmas-leftovers)



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**SBA Browns Bay** | 105 Clyde Road  
brownsbay@sba.co.nz | Open Mon-Fri 10am - 6pm  
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## GREVILLE DENTAL



AFFORDABLE FAMILY DENTISTS  
IN THE EAST COAST BAYS

18 HAURAKI CRESCENT, PINEHILL  
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- Orthodontics/Invisalign
- Periodontal (Gum) Treatments
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- Hygienist
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FOR EXAM,  
CLEAN AND 2  
DIGITAL X-RAYS



**Colin Angelo & Riaan van der Linde**  
**09 478 7830**  
[www.grevilledental.co.nz](http://www.grevilledental.co.nz)





My Remedy is an integrated natural health practice here in Browns Bay, positioned just opposite the entrance to New World, and making significant changes to the way many people view their health.

As practitioners of natural medicine, they believe in the philosophy 'let food be thy medicine' drawing on the power of plant and all that our environment has to offer when it comes to wellness.



*Lynette and the team at My Remedy are amazing.*

*I first visited them a year ago after finding their details online, and was at a point where I felt like I had tried everything to solve my health issues. I was extremely unwell with digestive problems, and had been searching for answers for years. After my experiences with My Remedy, I am a completely different person now – and if it wasn't for them - I may not even be here today. They are knowledgeable, empathetic, and always willing to help, and I can never thank them enough. I would, without a doubt, recommend their services to anyone!!*

*- Emma*

On the other side of the equation, science is a huge part of what they do, incorporating FocuSpect (formerly known as Hemaview) - a form of live blood screening - into their Naturopathy sessions, to really get an insight into what may be happening within the body. Working with common conditions such as Adrenal fatigue and chronic fatigue, allergies, gut and digestion issues, hormonal

*Have you struggled with those niggling health complaints or are you tired of never quite 'feeling well?' Then perhaps natural medicine is your next step. My Remedy is a relatively new resident in the community offering naturopathy, homeopathy, medical herbs, Hemaview, hypnotherapy and also has an onsite nutritionist ready to help you with your health.*

problems, skin conditions and even weight management is just the tip of the iceberg for their practitioners who have many years of professional experience between them. They also deal with both acute and chronic conditions from birth through to the elderly because they believe that 'everyone should feel mostly well, most of the time.'

*From working with what's going on inside your body, to the power of your mind, your emotions and the food you eat, the My Remedy team literally have the perfect remedy for you.*



Often it's not until we're sick that we realise that our health truly is our wealth, so invest in your wellness NOW. Book an appointment with the My Remedy team TODAY so you can have a happier and healthier tomorrow.

*Find them at*

7/8 Inverness Road, Browns Bay  
P: 09 479 1171  
health@myremedy.co.nz  
www.myremedy.co.nz





**Rangitoto Swim School**  
THE FRIENDLIEST SWIMSCHOOL ON THE SHORE  
est. 2001

## Learn to Swim

- Birthday Parties
- Private Tuition
- Indoor Pool Temp 33°
- Family Owned Business
- 4 Children Per Group
- Babies / Preschool / School Age / Adults
- Learn to Swim Through Fun Tuition

**Bookings Being Taken Now!**  
Ph: 476 2223 | 44c Anzac Road, Browns Bay

# Swimming

How important is water safety?

**In 2001, Rangitoto Swim School opened its doors at 44 Anzac Road, Browns Bay. For the past 17 years, RSS has been the home of swim teaching in the Bays.**

The school's roll usually sits at around 300, made up of school-age children, who come in for lessons after 3.00pm. Pre-schoolers coming in for morning lessons and baby/toddler groups also in the morning.

The swim school's belief is that all Kiwi kids need to learn to swim. No other country has the amount of coastline, lakes and rivers that New Zealand has for its land mass. Since 2010, NZ has had almost 1000 drownings (well over 100 per year).

Peter and Jane, the owners of the purpose-built teaching pool, believe learning to swim has to be the number one priority when deciding what activities to enrol your children in. The ability to swim may one day save their life – or someone else's.

RSS also give one-on-one adult lessons during the morning and provides a birthday party option on weekends. Bookings can be made anytime during the year and lessons can begin within a day or two.

# ShoreLines

How far can it go?

**This is ShoreLines' 4th issue... and it's growing! As a fun initiative, we've decided to take ShoreLines further afield. Just send us a photograph of your copy of the ShoreLines magazine with an iconic recognisable landmark in the background, and stand a chance to win a \$50 gift voucher.**

This issue's winner is Danielle Phillips who is seen here with her issue of ShoreLines 2 at Trafalgar Square in London.



## Budding Artist gets rewarded!


**In every issue of ShoreLines we include a page for colouring in. The picture features one of New Zealand's unique wildlife. We invite our young, budding artists to give it a go and fill in the gaps in one of our images.**

A winner is drawn from each issue, and Countdown Browns Bay has kindly sponsored this issue with a \$50 voucher to be spent in their store. This month's winner is Dylan Brunton (6 yrs).

*Dylan Brunton receives his voucher from Countdown manager, Ian Samy and Kim Taylor, ShoreLines Publisher*







**"Your mind is like a parachute ... it works best when it's open!"**

Full of enthusiasm and positive energy, Adrienne is tireless in the pursuit of doing her best for her clients and customers.

With a natural ability to make you feel comfortable, and a local of Browns Bay for over 40 years, Adrienne doesn't put on airs and graces... she tells it like it is.

This sort of openness and honesty in a real estate agent is refreshing, and invaluable to get the best results for you.

**Adrienne Lawrence**  
...keeping it "real" in real estate.

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Browns Bay P 09 478 5119  
E a.lawrence2@barfoot.co.nz

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**Paradise**  
NAILS & SPA

*We wish all our clients a very Happy Christmas*

36 Clyde Rd, (Entrance from Inverness Road side), Browns Bay  
**09-475 9794**  
[www.nailsbrownsbay.co.nz](http://www.nailsbrownsbay.co.nz)

# Rotary working with Kiwi Harvest

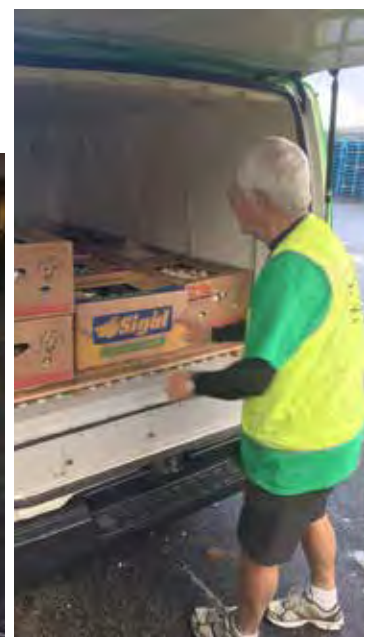
**Rotary Browns Bay is one of several clubs in the area who are helping Kiwi Harvest on their Food Rescue mission.**

Six clubs purchased the van pictured here and, every Monday, Wednesday and Friday throughout the year, they use it to redistribute food from supermarkets and smaller producers to local charities. First call of the day is Pak'nSave Albany, and all kinds of fruit, veges and breads are on the menu. New World and Countdown stores are also major providers.

Rotary Browns Bay's Murray Allison comments, "There's so much more we can do, and waste is appalling, so this community service is extremely well-received."

Remember to watch out for the distinctive Rotary Kiwi Harvest van!

 Find us on Facebook  
Rotary Browns Bay





# Champion of our Community: Sally Cargill

Have you ever enjoyed a great day out at one of Browns Bay's many community events? Perhaps you've attended Music in the Bays, Carols on the Green, a Sunday morning Shake Your Booty fitness session, the International Friendship Group or a Teddy Bears' Picnic?

Did you know that all these activities have one person in common? She's Sally Cargill, the East Coast Bays community co-ordinator, and manager of the East Coast Bays Community Project. Oh, and she's also co-ordinating the Hibiscus and Bays Restoration Group and the Pest-Free Network.

Originally from Whangarei, Sally moved to Browns Bay in 1983, and almost immediately started doing volunteer community work. When she successfully applied for the part-time position of community co-ordinator in the early 90s, she seized the opportunity to "... set up a community house in Browns Bay, ascertain the needs of people of the East Coast Bays, and provide services to meet those needs, and ... work with youth."

When people are looking out for each other and feel like they belong to a community – that's all you need.



Community development happens when people meet and interact with each other [which] builds fantastic community cohesion, making people feel good about where they live, ... and ... able to say, "I live in East Coast Bays – and it's a fabulous place to live."

I love my work! I hope to continue for as long as the funds keep coming and as long as my legs keep walking.

We're all around the village green and it's just the most amazing setting for community development to happen. When we're having our Teddy Bears' Picnic, the librarian comes over and reads stories to the kids.

The annual Cairo to Cape Town festival began in 2003. In recent years, about 20,000 visitors have enjoyed being immersed in African culture – food, music, dancing and crafts. And all that happened because people from South Africa wanted to show their culture in a positive light. It's just been fantastic, so when people come to me with these ideas, generally we'll give it a go.

*Sally has been working tirelessly in the East Coast Bays community for nearly 30 years, and her events cater for all sectors of the community. She can often be seen at the noticeboard in the Phoenix Plaza (opposite Penguino's) with her pink basket full of new posters for upcoming events and promotional materials from community groups.*

*Sally is always available to help community groups with funding and networking opportunities. She has sound knowledge, gives excellent advice and has the relevant contacts at her fingertips.*

*Sally's cheerful disposition and positive attitude are reflected in her work.*

Debbie Russell, manager, Bays Community Centre

*Sally is the driving force behind most of the community events and projects in the Bays that make it such a nice place to live. From the citizens' Anzac Day service at the memorial to the Christmas Parade, she brings people together and instils a sense of belonging. All of these events don't just happen; they have to be organised down to the last detail. We are grateful that we have someone with such dedication, working to provide us with events that give such fun and enjoyment.*

Geoff Ockleston, East Coast Bays RSA





# Bays Community Centre Newsletter



**Happy Christmas, East Coast Bays!**



**Christmas  
2018**



## SUMMER FUN STARTS AGAIN IN JANUARY



Sun 13 Jan Waiake  
Fri 18 Jan  
Browns Bay beachfront  
Sun 20 Jan  
Mairangi Bay beachfront  
Fri 25 Jan



**Bring the  
family  
down for  
some fun,  
free times  
with all of  
our play  
equipment**

## SHAKE YOUR BOOTY

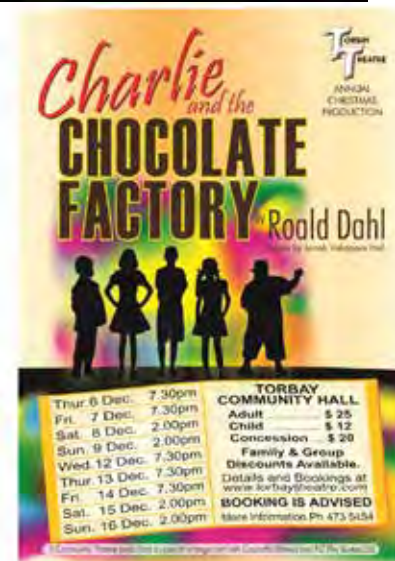
Takes a break for Christmas too. Last day for 2018 is 16 Dec; We'll be shakin' again on 13 Jan. 9-10am on the Browns Bay beachfront every Sunday

**Our events are cancelled if it's raining or very windy. Ph 478 4301 if in doubt**



## BROWNS BAY COMMUNITY GARDEN

Anyone interested in  
\* Organic gardening  
\* Ecological restoration  
\* Good company  
\* Learning about sustainable living  
\* Sharing produce & ideas  
Do come & join us.  
Ph 021 144 9204  
BBCommunityGarden@gmail.com  
712 Beach Rd



**Check out our new website [www.ECBCP.co.nz](http://www.ECBCP.co.nz)**

**You can follow our events, the Community Centre programme & make inquiries about booking rooms**



## East Coast Bays Community Project

**... providing support, connections & resources  
to enhance the wellbeing of our community**

Whakarato tautoko, nga rauemi me te waiora i roto i to tatou hapori





# Classes & Groups at Our Venues

**Most of our regular classes & groups take a break over Christmas. To find out when they start up again, check out our Term 1 newsletter (out end of January) or contact:**

Amicale Francaise	Gill	afnorthshore@gmail.com
Art Academy	Elena	021 023 60215
Bays Patchwork	Sue	413 8239
Bays Dance Studio	Anna	021 123 1557
Board Games	Alistair	022 653 3134
Born Again Bodies	Gary	479 2212
Braemar Scottish Dance	Carol	027 485 1967
Browns Bay 60s Up	Joy	444 0236
Browns Bay Spinners	Nicole	021 149 7788
Ceroc	Nikita	027 295 7007
Crazy Quilters	Marilyn	476 9585
Dance Expressions	Rebecca	021 029 09303
Divine Intervention	Judy	478 6065
English School	Linda	478 3107
French	Corinne	021 880 649
Get Messy Playgroup	Lisa	027 586 4499
Laughter Yoga	Louise	027 475 3734
Lupus Support Group	Diane	479 1269
Mahjong	Jane	478 5392
Make Give Live	Becky	022 317 5838
Mary's Kitchen	Mary	021 081 89780
Newcomers' Network	Eugene	022 276 0082
NZ Sign Language	Deaf Society	630 6980
Older Women's Network		

Patricia 479 7519  
On the Hook Crochet Olga 021 023 84495  
Reiki

Martin martinturback@iclod.com

Rumikub Annette 441 3019  
Sahaja Yoga Meditation Maria 479 9511  
Scrabble Malcolm 022 080 3399  
Senior Movement Dance Fitness

Bev 027 483 2900  
Sunday Quilters Melva 479 7572

Table Tennis  
Peter downshifters@xtra.co.nz

Tai Chi Thu a.m. Wai Ling 021 764 980

Tai Chi Mon evg; Wed p.m. Bruno 021 155 4606

Tai Chi Fri a.m. Sherie 021 536 411

Torbay Friendship Club Don 021 066 0442

U3A Browns Bay Glen 478 7115

Women's Institute Brenda 021 031 7221

## BROWNS BAY PRESBYTERIAN CHURCH

Hall and rooms to rent. Reasonable rates.  
Family Centre, Browns Bay Presbyterian Church,  
45 Anzac Rd. Contact accounts@bbp.org.nz



## BROWNS BAY CITIZENS' ADVICE BUREAU

Closes for Christmas 21 Dec  
Re-opens 7 Jan.

If you need the services of a Justice of the Peace over the holiday period, go to 'Find a JP' & you will find someone close to you

## NORTH SHORE WIDOWS & WIDOWERS

**Do not take a break over the holiday period.**

**Don't be lonely. If you need some company or support, ph Judith 479 6042**

## EAT.PLAY.LAUGH

Cooking demos, lunch, fun activities.

**1st Mon of the month at the Bays Community Centre.**

**Make friends, have fun, eat yummy food.**

**No charge but bookings essential.**

**Ph Wendy 476 9180**

## BROWNS BAY PLAYGROUP

Continues through the holiday period.

Mon, Wed, Fri mornings.

Ph Dalene

027 519 8468



**Good Men Keep Secrets... through no fault of their own!**

Better Blokes has been supporting men for ten years. It builds upon the work of twenty years of male support services in New Zealand and the work of specialist professionals internationally. It has MSD Level 3 approval. Better Blokes is now operational on the North Shore and other areas of greater Auckland and Northland.

Better Blokes service is confidential, independent and is free of charge offering individual support, peer support groups and weekend workshops.

### North Shore Contact Details:

Web: [www.betterblokes.org.nz](http://www.betterblokes.org.nz)

Email: [northshore@betterblokes.org.nz](mailto:northshore@betterblokes.org.nz)

Tel: 09-889-2174

## Better Blokes Inc.

**Men Supporting Men!**

## TOGETHER - BEREAVED PARENTS SUPPORT GROUP



We are a peer support group designed to bring together grieving parents for help, support & understanding.

The group meets 2nd Tue of the month at the Bays Community Centre, 7-9pm & is open to bereaved parents who have lost a child of any age.

Contact Gary & Jenny, ph Jenny 021 0228 0488

Email TogetherBPSG@Hotmail.com

Facebook: Together - Bereaved Parents Support Group

First meeting 12 February

## ALCOHOLICS ANONYMOUS & OVEREATERS ANONYMOUS

Both of these support groups continue their regular meetings at the Bays Community Centre throughout the holiday period.

For AA, contact Pete 021 105 4971

For OA, contact Preet 021 024 82111

**The Bays Community Centre office will be closed from Fri 7 Dec & re-open on Monday 14 Jan.**

**All of us at the ECBCP would like to take this opportunity to wish you a safe, relaxing holiday with loved ones**

## LOOKING FOR A VENUE TO RUN A COURSE, CLASS OR MEETING FOR 2019?

Check out our rooms on [www.ECBCP.co.nz](http://www.ECBCP.co.nz).

You can make an online inquiry & we will get back to you, or phone Debbie 478 4091.

We have 9 spaces available; seating 2 - 100 people.

All of the rooms at the Community Centre have TV & DVD facilities & we supply tea & coffee.

# Christmas in the Bays



Sunday 23 Dec  
Morning worship at 10:00 am  
"There IS Light!"  
Christmas morning worship at 9 am  
"The Gift that keeps on Giving"  
Long Bay Primary School Hall  
Ralph Eagles Place, Long Bay

## ECB CATHOLIC PARISH CHRISTMAS MASS TIMES

### Christmas Eve Vigils -

#### Mon 24 Dec

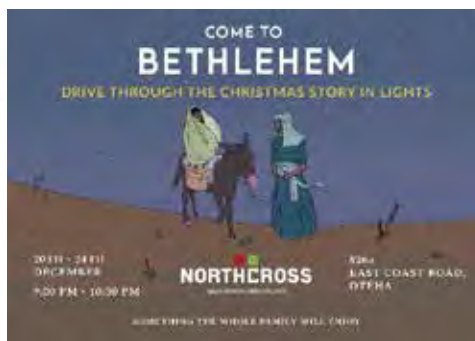
5:30pm Children's Mass @ St Francis  
8:15pm Carols; 8:30pm Mass @ St John's  
11:30pm Carols Midnight Mass @ St Francis

### Christmas Day -

#### Tue 25 Dec

7:30am @ St Francis  
9:00am @ St John's

**ECB Catholic Parish**  
395 East Coast Rd  
478 4564 ext 2



## NORTHCROSS CHURCH CHRISTMAS DRIVE THROUGH

Runs for 5 nights from 20 Dec, with live characters & 1000s of lights.

Experience a taste of Bethlehem over 2000 years ago, as you drive through the church property.

Stop off at the Café for a FREE hot drink & live musical entertainment, as well as activities for the kids.

The Drive Through culminates in an uplifting Christmas Eve Service from 11 pm until midnight. All are invited to herald in Christmas Day, together with joyful singing.

There will also be a Christmas themed service on Dec 23, but NO Christmas Day Service.

The churches of the Northern Bays invite you to join them this Christmas as they celebrate the birth of Jesus



## AFRIKAANS CHRISTIAN CHURCH NORTH SHORE

The Afrikaans Christian Church would like to extend a warm welcome to you to join in our annual Christmas Celebration.

We will be celebrating this event, marking the birth of Jesus Christ, with an interesting exhibition of the work done by our various ministries. This will be followed by singing traditional Christmas Carols.

Our theme focus this year is on 'The year of the Jubilee' Sunday 2 Dec at the Leisure Centre.

Exhibition open 6-7pm.  
(Have a bite and something to drink while chatting & exploring).  
Christmas Carols will commence at 7pm in the Studio, inside the Leisure Centre. We are excited about this event and we look forward to seeing you there.

**A special Christmas service will be held on Tue 25 Dec at 9am in the Leisure Centre, 12 Bute Road, Browns Bay.**

**Visitors welcome! /  
Besoekeers welkom!**



## CHRISTMAS TREES

Lucy will be back at St Anne's Hall on Dec 2, 8, 9, 15, 18 with her beautiful bushy trees



### CHRISTMAS SERVICES

**Sun 23rd Dec - 9.30am**

**Mon 24th Dec - 11.30pm**  
Carols by Candlelight

**Tues 25th Dec - 9.30am**  
Christmas celebration family service

282 Glenvar Rd, Torbay  
[www.longbaybaptist.co.nz](http://www.longbaybaptist.co.nz)

LONG BAY BAPTIST CHURCH  
*of family celebration services*

### Anglican Church Torbay

*St. Mary by the Sea*

*Come and celebrate Christmas with us.*

9<sup>th</sup> Dec. 7pm. Blue Christmas Service

16<sup>th</sup> Dec. 7pm Carols & Readings with mince pie supper.

24<sup>th</sup> Dec. 5.30pm Family Christmas Eve for Fish & Chip supper 6pm. for Service. R.S.V.P 021 137 8624 or [office@stmary.co.nz](mailto:office@stmary.co.nz)

24<sup>th</sup> Dec. 10pm Carols.  
10.30pm Communion Service.

25<sup>th</sup> Dec. 9am Christmas Communion.

Crn Deep Creek Rd and Beach Rd, Torbay. 473 8180 [www.stmary.co.nz](http://www.stmary.co.nz)

### Give Yourself the Gift of Peace this Christmas

**at St Mary by the Sea Anglican Church .**

Christmas can be a challenging.

This Church is open to everyone and anyone who would like some quiet time this Christmas.

Sometimes we all need a quiet place to go and take some time out, either to pray, reflect or just to catch our breath.

Call into the church, have a seat, take a mince pie and enjoy some time out for yourself and rediscover the Gift of Peace this Christmas.

Church open Monday 17th—Friday 21st December 9:30am until 5pm  
168 Deep Creek Rd, Torbay. (corner of Beach Rd and Deep Creek Rd)

[www.stmary.co.nz](http://www.stmary.co.nz)  
Email: [office@stmary.co.nz](mailto:office@stmary.co.nz)  
Telephone: 09 473 8180  
Find us on

Anglican Church Torbay  
*St. Mary by the Sea*



# Community Events

## WHAT'S ON AT THE ECB LIBRARY



Tea & Topics: Free events; all welcome

Wed 19 Dec Composting. 10.30am -12pm

Tori from the Compost Collective will be presenting a basic composting workshop.

Learn how to compost your Christmas scraps & live more sustainably in the New Year.

People who attend can register for a \$40 discount voucher (1 per household) which can be put towards the cost of either a worm farm, a compost bin or bokashi.

Wed 16 Jan Nutrition 10.30am -12pm

After all those festive goodies it's time to start thinking about our health & diet. Key2 Wellness speakers will be making sense of all the mixed messages we are bombarded with when it comes to what we should be eating.

Wed 20 Feb How to protect & maintain our hearing. 10.30am -12pm.

A qualified audiologist will be talking to us about everything to do with our ears.



Are you a freelancer based in the Bays that needs somewhere to work, share ideas or collaborate?

If you are part of an environmental or social enterprise, a service provider to this sector, or a business on a pathway to sustainability, then look no further. 'Work In Progress' is a new prototype offering monthly networking events & weekly co-working opportunities in Browns Bay.

We are partnering with "A-Block" Cafe to offer an informal co-working space. No need to book, just come along & enjoy working in a stylishly furnished space where coffee is only a short step away. WIFI included.

Every Thursday 9am - 12pm

A-Block Café, 76 Clyde Road, Browns Bay  
Contact: baysworkinprogress@gmail.com

## EAST COAST BAYS BRIDGE CLUB

Welcomes your interest in our next set of beginner's bridge lessons 2019.  
Please contact our website [www.ecbbridgeclub.co.nz](http://www.ecbbridgeclub.co.nz)  
or ph Helene 027 296 3365

## KIA MAIA TE WHAI

Looking for fun, free ways to keep your children/ tamariki learning & building their reading skills over summer?

Sign up for Kia Māia te Whai- Dare to Explore, Auckland Libraries' summer reading programme for children 5-12 years. 10 Dec- 21 Jan.

This is a great activity to do with friends, so encourage your child's buddies to come along & join the adventure in English & Te Reo Māori.

Get on board! Take a voyage with Pukunui and his friends, fill the summer with fun challenges & free activities & get rewarded. Children can join the programme from home, at the library, online, or away on holiday.

You can register online at [www.daretoexplore.nz](http://www.daretoexplore.nz) or visit one of our 54 participating libraries.

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The Bays Community Centre Newsletter is part of Shorelines Magazine & published bi-monthly.

We welcome your community news; there is no charge for community organisations.

Deadlines for publication are 12 January, 12 March, 12 May; at noon.

Inquiries to the East Coast Bays Community Project, [ECBCP@xtra.co.nz](mailto:ECBCP@xtra.co.nz);

2 Glen Rd Browns Bay; ph 478 4301

Before the trip, Zara had known who Lionel Messi was, although she hadn't watched him play. Now, he is definitely her favourite player.

## Heart, humility and good sportsmanship – Zara's inspiring Spanish soccer adventure

It all happened rather quickly. One day, Zara Harris was celebrating her success as Forrester Hill Milford Utd's Committed Player of the Month – and less than a fortnight later, she and her mum, Jane, were on a plane, heading to FCBEscola Camp.

Zara attends Sherwood Primary and is one of an estimated 50,000 Kiwi youngsters who play football every Saturday morning in winter. She'd only started playing the previous season but had already shown flair – especially, she says, after she stopped toe-hacking, and her power and accuracy improved!

The opportunity to attend FC Barcelona's world-famous soccer school was promoted on Zara's Player of the Month winner's certificate, and Jane raced to complete her nomination form. They had just three days before the closing date. "I talked about Zara's commitment, kindness, passion and grit!" says Jane. "After we got the call to say she'd been chosen, we woke up every morning thinking, 'Is this really happening?'"

Zara was one of only two young players to be chosen from NZ, and admits she was nervous. "I didn't know what to expect. I felt sure everyone would be better than me. But mum helped. She told me: you don't have to be perfect, you just have to be brave."

There were 41 children (35 boys and 6 girls) at the camp from across the world, including Trinidad & Tobago, Barbados, Thailand, Sri Lanka and Malaysia. "Even though we didn't all speak the same language, it was easy to make friends," says Zara, "because we were happy to be playing football."

Before their training started, the coach explained the camp's values: heart, teamwork, effort, humility and ambition. Zara



FC Barcelona's stadium is the largest in the world, holding more than 99,500 people.

loves these principles, and feels they reflected the type of people attending. "Everyone was really humble, even the very talented players," she recalls fondly. "I expected to be the worst, but everyone was so encouraging, and the drills have definitely helped my ball skills and passing."

### What else did Zara learn on this trip?

"Pass when you're defended, dribble when you're free," she says. "Celebrate your successes all together, as a team. And being a good player also means having a good heart."



Barcelona was amazing. The people were kind, the architecture was stunning, and the food was delicious. The chocolate churros were my favourite!



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**electrify.nz North Shore is open on the corner of Bute and Beach Roads in Browns Bay and caters to customers across the Shore, from Devonport to Orewa. They have a full range of electric bikes to cater to a wide range of riders, from city and commuter electric bikes through to electric mountain bikes.**

#### What is an electric bike?

An electric bike is a power-assisted bicycle with an electric motor and battery built into the bike. You still pedal, steer, brake and change gears like you would on a regular bike but the extra power will let you go further and faster. They "flatten" every hill and turn every headwind into a tailwind, in other words taking the bits that aren't fun out of cycling, leaving you with the enjoyable bits.

#### Is it cheating?

In the Tour de France, yes, but otherwise only to the extent that any form of mechanical assistance (including cycling) is "cheating" compared to walking. Humans have cleverly invented machines enabling them to get from A to B in a more timely, practical and convenient way. Unfortunately, some of these (fossil fuels driven vehicles, we're looking at you) have contributed to other problems including air pollution, obesity, congestion and climate change. The electric bike may be the best form of transportation yet invented. Super energy efficient, pollution-free and usually faster at peak hour than a car or bus. You'll still get exercise, but unlike a regular bike you won't arrive hot and sweaty to work, requiring a shower (or being ostracised by your workmates).

#### Do you need a license?

No, in fact you can go anywhere that a regular bike is allowed to go – cycle paths, cycle lanes, rail trails and other shared paths

– as long as your electric bike is rated not more than 300 watts of power. Under current law, more powerful e-bikes can't be ridden on public roads (unless they are registered as "mopeds").

#### How fast do they go?

Most electric bikes will have a motor that tops out at around 35km/h. The real speed advantage will come going up hills, where you will need to get used to passing those on non-electric bikes. E-bikes will also take off quicker from standing starts, allowing you to get away safely in front of traffic at the lights. They're also great for merging with general traffic, allowing you to maintain a more consistent and safer speed when doing so.

#### Does it cost anything to test ride a bike?

No, our demo rides are completely free. If, after trying the bike, you decide it's not for you there is no obligation to pay anything.

#### Will you give me instructions on how to use it?

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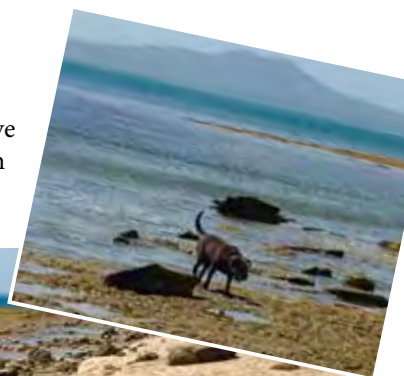
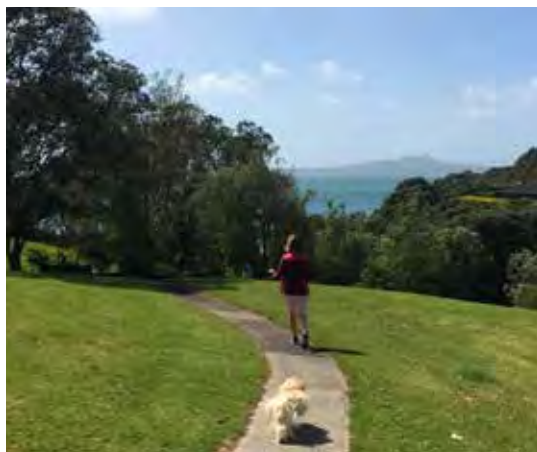
**During the summer months — when the sun is shining and the water is glistening, and the beaches are full of families building sandcastles and playing cricket — there is a curfew for our favourite canines between 10am and 6pm.**

For those of you who were thinking that man's best friend had no option for walkies during the warm days, think again. If you miss the early morning stroll on the main beaches of ECB, there is always Churchill Reserve - a hidden gem that lies between Rothesay Bay and Murray's Bay, and a popular spot for the doggie brigade.

Churchill Reserve is one of Auckland's dog-friendly parks all

year round. There are two entrances: one at the northern end of Churchill Rd and the other mid-way down towards Murrays Bay. Dogs are allowed under control off-leash at any time. The walkways do have steps so a level of fitness is needed. The best time to go for a walk would be low tide (see tidal chart pg 38), and get access to the waterfront for a doggy dip.

At low tide you can walk in either direction to Rothesay Bay and Murrays Bay. Look out for *Milly*, a frequent visitor to Churchill Reserve for 13 years. She loves a quick swim off the rocks and a leisurely stroll every day!





# Fun Facts for Christmas

How many do you know?

**The internet is an amazing treasure trove of interesting trivia. Digging through the annals of historical tales and folklore, we came across these tidbits of information. Did you know...**

1. The Christmas tree in Trafalgar Square is donated to the people of London every year by the people of Oslo, Norway in thanks for their assistance during World War II.
2. Tinsel was invented in 1610 in Germany and was once made of real silver.
3. Paul McCartney's "Wonderful Christmas time" is widely regarded as the worst of all his songs — yet he earns US\$400,000 a year off it.
4. If you gave all the gifts listed in the Twelve Days of Christmas, it would equal 364 gifts.
5. You would have to use your artificial tree for more than 20 years for it to be "greener" than buying a fresh-cut tree annually.
6. The first Christmas was celebrated on 25 December AD 336 in Rome?
7. The Statue of Liberty was gifted to the US by the French on Christmas day in 1886. It weighs 225 tons and thus you could consider it as the biggest Christmas gift in the world.
8. A law in Britain to this day forbids you from not visiting church on Christmas Day. And you cannot visit the church in a vehicle. However, this law is not actively enforced!
9. The X in Xmas comes from the Greek meaning of X i.e. Christ.
10. Germany is credited with starting the Christmas tree tradition.
11. In the world, there are two islands that are named Christmas: one is in the Pacific Ocean and the other in the Indian Ocean.
12. Early illustrations of St. Nicholas make him out to be a stern symbol of discipline rather than the jolly, overweight elf that children know today
13. Japanese people traditionally eat at KFC for Christmas dinner. Although the percentage of christian people in Japan is close to zero, every Christmas, kids and grown-ups head to the closest KFC to enjoy some fried chicken – the closest food to turkey that you can get in Japan. It's all thanks to a successful "Kentucky for



Christmas!" marketing campaign in 1947. First aimed at foreigners, KFC offered a "Christmas dinner" that contained chicken and wine – a meal that remotely resembled the food expats and tourists had at home. After a huge success, Kentucky Fried Chicken started promoting this offer every year, until the fast food chain became strongly associated with the holiday season.

14. Iceland has 13 Santas and an old lady who kidnaps children. Christmas in Iceland is a colourful fusion of religion, fairy tales and folklore. Instead of one Santa, the kids are visited by 13 Yule Lads that either reward children for good behaviour or punish them if they were naughty. The holiday period begins 13 days before Christmas and each day one of the 13



Yule Lads comes to houses and fills the shoes that kids leave under the Christmas tree either with sweets and small gifts or rotting potatoes, depending on how that particular child has behaved on the preceding day. The mother of Yule Lads, half-troll, half-beast, horrifying old woman Grýla, kidnaps naughty kids and boils them in her cauldron.

15. Obviously we all know that Santa has magical powers, but researchers have calculated just how magical Father Christmas really is. The researchers found that, in order to deliver all of his presents on Christmas Eve, Santa would need to travel at 650 miles per second and visit 822 homes a second. No wonder he needs to eat so many mince pies!

Taken variously from: [www.Inc.com/Geoffrey-james](http://www.Inc.com/Geoffrey-james) • [www.Thefactfile.org](http://www.Thefactfile.org) • [www.Pastbook.com](http://www.Pastbook.com) • [www.Realbuzz.com](http://www.Realbuzz.com)

**Save the date and come along to support local art on sale in Phoenix Plaza, Browns Bay.**

**Date: Sunday, 16 December 2018**  
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Please contact **Kim Taylor**: [publisher@shorelines.co.nz](mailto:publisher@shorelines.co.nz) for more information.



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# Erica Stanford

## ECB National Party MP

**December is upon us and it seemed to roll around more quickly than ever this year. With all the decorations going up I have taken some time to reflect on my first year as MP for the East Coast Bays.**

The part of my job that I enjoy the most is getting out and about and connecting with communities to hear about the things that matter to you. This year we held seven public meetings on crime, climate change, end of life choice, employment relations, Glenvar Road upgrades, introducing Simon Bridges and a seniors' morning tea. We also started our monthly SuperBlues morning teas – a social gathering for those 60+ (or close to it) who want to meet and listen to different politicians speak on a variety of topics over tea and sausage rolls.

And we've been busy with a number of different projects. We collected over 2,000 signatures and successfully lobbied Auckland Transport to upgrade Glenvar Road. They have now committed to a \$45M upgrade of the road and a signalised intersection with East Coast Road. We have spent many months working with residents over the safety of Oteha Valley Road for pedestrians, cyclists and motorists and in the last couple of weeks, Auckland Transport has undertaken public consultation with a view to making major safety upgrades.

I advocated for Vanguard Military School, a charter school in Albany under threat of being closed down. Earlier this year, after sustained pressure from myself and my colleagues, Vanguard was the very first school to transition to a special character school. While this is far from ideal, I am pleased that Vanguard will be able to keep their doors open.

But there is so much more to do – and I need your help. National are currently undertaking a number of surveys that will help us to formulate our policies for 2020.

At this stage, we are looking for views from small businesses, families and seniors. Over the Christmas break if you have 10 minutes and would like to have your say, please head to [www.national.org.nz/haveyoursay](http://www.national.org.nz/haveyoursay).

Our policy needs to reflect the issues and priorities you care about and I want to have as many voices from the East Coast Bays represented as possible. I hope you all have a wonderful holiday season with loved ones.

Merry Christmas



I trust you have a  
*wonderful*  
Christmas  
& a safe New Year

*Erica*  
**STANFORD**  
MP East Coast Bays

**PH:** 09 478 0207  
**AD:** 85 Beachfront Lane, Browns Bay, Auckland  
**EM:** [office@ecbelectorate.co.nz](mailto:office@ecbelectorate.co.nz) **WB:** [www.EricaStanfordMP.co.nz](http://www.EricaStanfordMP.co.nz)

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## Childhood Memories



In our Feb/March 2019 issue, we'll take a trip down memory lane, and share some photos and thoughts about growing up around Torbay.

Who remembers messing about in boats in Deep Creek?

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## Browns Bay Business Association

AGM - 13th November

A successful AGM was held on Tuesday 13th November at the Browns Bay Racquets Club. Murray Hill stepped down as town manager. His work was acknowledged by the committee. A new board of 10 committee members was elected, along with a new chairman (Malcolm McDonald), treasurer (Robinson & Running Ltd - Chartered Accountants) and an interim town manager, Joanne Martin.

This committee are your go-to people. If you have any questions or concerns about living and working in Browns Bay, please don't hesitate to get in touch, either in person or by e-mailing: [manager@brownsbay.org.nz](mailto:manager@brownsbay.org.nz)



Left to right: Bruce Taylor - Pages Print; Sharron Johnson - Commodore Pharmacy; Brendan Robinson - Robinson & Running; Gerhard Augenstein - Augenstein's Jewellers; Mike Jansen - ELTEC; Wendy Auger - Kiwibank; Kim Murdoch - SBA (Small Business Accounting); Malcolm McDonald - Penguin's Ice Cream; Lynette Hill - My Remedy; Joe McCambridge - MC2 Architects  
(absent: Lara Kamionka - The Meat Room)



Above: Joanne Martin  
Interim Town Manager

A warm welcome to Joanne Martin, who has been appointed as interim town manager to oversee the smooth transition of the association until March 2019. Joanne is involved with both Torbay and Mairangi Bay and is a familiar face in Browns Bay.

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Chicken liver paté with onion jam & crackers.

### *Mains*

200g Angus Scotch fillet steak with sautéed asparagus, chestnut & bacon butter, garlic & thyme baby potatoes.

Pan-fried fish of the day with a prawn beurre blanc, baby potatoes and asparagus.

Pancetta wrapped chicken breast, white wine & mushroom cream sauce, sautéed asparagus, baby potatoes.

Roasted field mushroom, sundried tomato & baby spinach risotto finished with parmesan and crispy shallots.

### *Desserts*

Strawberry cheesecake served with crushed meringue, berries and whipped cream.

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Step into Cherry'n'top for a delicious dollop of summer happiness! Our shop is an easy stroll down Clyde Road in the centre of Browns Bay. Whether it's your first visit – or your 101st – you can be assured of a warm welcome from our friendly team, who will help you bring your dessert



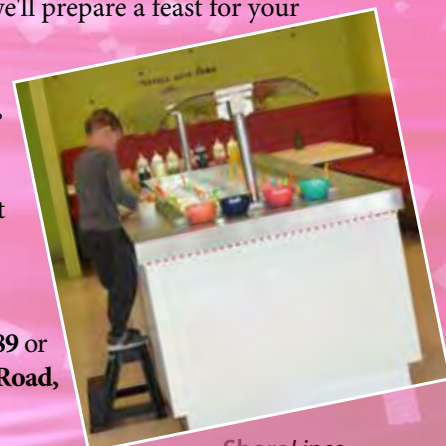
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And, due to popular demand, we now do birthday cakes too. We'd love to help you celebrate, so do enquire about our children's birthday party packages.

Phone: Cherry on 021 292 1289 or pop in and see us at 74 Clyde Road, Browns Bay.



ShoreLines



# Twilight Friday

## Relaxing summer evenings at Pupuke Golf Club

*(Enjoy the Pupuke Golf Club facilities)*

**The weather's warmer and the evenings are lighter, so what better way to start the weekend than a round of twilight golf at Pupuke?**

Twilight golf is a fun, social game for all levels of players. The events are run as individual Stableford competitions, with one division for ladies and two for gentleman. There are loads of great prizes up for grabs, including "nearest the pin", "best gross" and "best Stableford".

### **What is Stableford scoring?**

Dr Frank Stableford invented this scoring system in Wales in the late 19th century. Rather than counting the total number of strokes for the round, Stableford scores points for the number of strokes taken on each hole.

So, even if you start out with a couple of dodgy holes, you could still make up for this later in the round. In fact, this was one of Dr Stableford's motivations for creating the system – to encourage players to keep going!

Stableford can also speed up the pace of play since, once it's no longer possible to score a point, a player can pick up their ball... and move on.

To complete a perfect summer's evening, why not treat yourself to a tasty dinner at Pupuke's on site kitchen and bar? There are two or three blackboard specials (main courses and snacks) every week, and the kitchen's open for orders until 8.00 pm. "We want our twilight golfers to really enjoy their Fridays with us, so we also hold meat pack raffles and a random card draw to win swish golfing umbrellas," smiles Pupuke Golf Club's GM, Lesley MacDonald. "It's not just the best golfers who're the winners!"

**When:** Every Friday from 3.00 pm  
(Christmas break from 14 December until 11 January)

**Who's it for?** Everyone's welcome!

**Cost:** \$20 for non-affiliate players, \$17 for affiliate players



**Pupuke Golf Club's twilight golf can get busy, so you're advised to book yourself in either by e-mailing [starter@pupukegolf.co.nz](mailto:starter@pupukegolf.co.nz) or phoning 410 7906 ext.2**



# Welcome to Mairangi Arts Centre

Mairangi Arts Centre is a vibrant community arts hub just a five-minute walk from the Mairangi Bay shopping village. Its two beautiful galleries are free to visit (although a gold coin donation is always appreciated) and four purpose-built art studios are the venue for an exciting art programme catering for all ages and all levels of experience.

The exhibition programme reflects Auckland's cultural diversity with art displays by a wide range of ethnic groups. December offers a wonderful opportunity to see what the students and tutors at the Centre have been working on during the year. The Mairangi Arts Centre Showcase, which runs until Sunday 16 December, features a selection of artworks ranging from paintings, pottery and printmaking to beautiful cast glass with many of the works for sale.

The centre is open weekdays 9.30 am until 4.00 pm and weekends 10.00 am until 2.00 pm. The friendly team look forward to seeing you soon.



## Bee Swarm

### Taking care of the bees

**Bee Swarm is a collective of experienced bee keepers, mostly based in Auckland. The organisation was set up in early 2017 by Dave Grant to offer an efficient way for reporting and collecting swarms.**



Since then Bee Swarm has grown to become Auckland's largest collective of bee keepers, with the fastest regional response time. If you find a bee swarm in your garden or surrounding area, they will come and remove it – quickly, safely and for free.

"Bees swarm as a natural form of reproduction – essentially making two hives from one," explains Dave. "Swarms usually start in October and go through until late December. It's unlikely that the bees would survive in the wild, due to varroa mites and pesticides, so we rehome them to a hive, treat them for parasites, and feed them too if necessary."

Dave continues, "This year has seen a marked increase in the number of swarms being reported. This is likely due to the better weather giving the bees the opportunity to swarm and also providing ideal conditions for nectar and pollen production. We collected more than 230 swarms in October, and expect at least this many again in November and December."

### How to report your bee swarm

Although bees are generally fairly placid when they're in a swarm, best advice is not to get too close.

Phone **027 547 9276** (0275 4swarm)

Fill in the contact form at [beeswarm.co.nz](http://beeswarm.co.nz)

Send a message them via Facebook @BeeSwarmNZ



### Bumble bees

Bumble bees are an introduced species that live in small colonies of up to 500. They're quite docile and some of the best pollinators in our natural ecosystem. Bee Swarm do not remove their nests, but if

you'd like to find out more about how you can support and protect bumble bees, contact the NZ Bumblebee Conservation Trust: [www.nzbst.org.nz](http://www.nzbst.org.nz)

### The differences between bees and wasps

Wasps do have their role within our ecosystem, but they're the enemy of bees, killing them and robbing hives. They're aggressive, can sting multiple times – and they don't make honey...



Paper Wasp



Honey Bee

Wasps are usually a very bright yellow, and they don't swarm in large clusters like bees. Quite often, they form underground colonies. If you spot a wasps' nest, do not go near it. You may choose to contact a local pest control company.



ABC \$2 Mart (09) 478 2178  
Aces Sports Bar (09) 478 8512  
ADS Architectural Design (09) 479 4123  
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Andrew Baker Electrical Ltd (09) 476 7461  
Anytime Fitness Anytime Fitness (09) 478 3741  
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ASB Browns Bay (09) 448 4160  
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Augensteins Jewellers (09) 479 4391  
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Cabinet Crafts 021 514 323  
Cafe Anatolia 029 720 602  
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This page is proudly sponsored by the Browns Bay Business Association in support of  
**Business Enterprise on the Shore.**

Should you have a business in Browns Bay that is not listed above, or the information is incorrect, or has been recently updated, please don't hesitate to email  
Joanne Martin, the town manager at: [manager@brownsbay.org.nz](mailto:manager@brownsbay.org.nz) to notify us of the update.



## Kea

The kea is a large parrot about 48 cm (19 in) long and weighs between 800 grams and 1 kilogram. It has mostly olive-green plumage with a grey beak having a long, narrow, curved upper beak. The adult has dark-brown irises, and the cere, eyerings, and legs are grey. It has orange feathers on the undersides of its wings.

The feathers on the sides of its face are dark olive-brown, feathers on its back and rump are orange-red, and some of the outer wing are dull-blue. It has a short, broad, bluish-green tail with a black tip. Feather shafts project at the tip of the tail and the undersides of the inner tail feathers have yellow-orange transverse stripes. The male is about 5% longer than the female, and the male's upper beak is 12-14% longer than the female's. Juveniles generally resemble adults, but have yellow eyerings and beak, an orange-yellow lower beak, and grey-yellow legs.

The kea is one of ten endemic parrot species in New Zealand. Current population estimates suggest that between 3000 and 7000 individuals are left.



countdown 

**PRIZE: \$50 COUNTDOWN VOUCHER**

**AGE:**

**NAME:**

**KIDS**

**PHONE:**

**COLOUR ME IN COMPETITION**

The chosen picture will be published in our February Issue of **ShoreLines**. Drop off your submission at Pages Print in Browns Bay before 16 January to be eligible.

## HIGH & LOW TIDES (AUCKLAND) FOR DECEMBER AND JANUARY

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS								
	Time	m		Time	m		Time	m
<b>1</b>	0232	3.0	<b>9</b>	0317	0.5	<b>17</b>	0301	2.7
	0531	0.7		0945	3.2		0907	1.1
Sa	1502	3.2	Su	1538	0.7	Mo	1534	2.8
	2112	0.7		2250	3.0		2141	0.9
<b>2</b>	0334	3.0	<b>10</b>	0357	0.8	<b>18</b>	0357	2.7
	0936	0.7		1026	3.2		1005	1.1
Su	1602	3.1	Mo	1620	0.7	Tu	1625	2.8
	2213	0.7		2241	3.0		2235	0.9
<b>3</b>	0437	3.0	<b>11</b>	0436	0.6	<b>19</b>	0456	2.7
	1036	0.7		1107	3.2		1102	1.0
Mo	1700	3.1	Tu	1702	0.6	We	1719	2.9
	2312	0.6		2322	3.0		2326	0.8
<b>4</b>	0539	3.0	<b>12</b>	0515	0.7	<b>20</b>	0554	2.9
	1139	0.7		1147	3.1		1156	0.9
Tu	1757	3.1	We	1745	0.8	Th	1812	3.0
<b>5</b>	0608	0.6	<b>13</b>	0601	2.9	<b>21</b>	0621	0.7
	0636	3.1		0654	0.8		0648	3.0
We	1233	0.7	Th	1228	3.0	Fr	1248	0.8
	1851	3.1		1828	0.9		1906	3.1
<b>6</b>	0100	0.6	<b>14</b>	0642	2.8	<b>22</b>	0113	0.5
	0729	3.2		0636	0.9		0741	3.2
Th	1323	0.7	Fr	1311	2.9	Sa	1339	0.7
	1942	3.1		1913	0.9		2000	3.2
<b>7</b>	0149	0.5	<b>15</b>	0124	2.8	<b>23</b>	0204	0.4
	0817	3.2		0721	0.9		0931	3.3
Fr	1410	0.6	Sa	1356	2.9	Su	1430	0.5
	2030	3.1		2000	0.8		2053	3.3
<b>8</b>	0234	0.5	<b>16</b>	0210	2.7	<b>24</b>	0254	0.3
	0902	3.2		0812	1.0		0922	3.5
Sa	1455	0.6	Su	1444	2.8	Mo	1521	0.5
	2116	3.1		2050	1.0		2146	3.3

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS								
	Time	m		Time	m		Time	m
<b>1</b>	0414	3.0	<b>9</b>	0412	0.7	<b>17</b>	0412	2.8
Tu	1015	0.8		1042	3.2		1019	1.0
	1634	3.1	We	1636	0.6	Th	1636	2.9
	2247	0.7		2256	3.0		2249	0.6
<b>2</b>	0515	3.0	<b>10</b>	0449	0.7	<b>18</b>	0515	2.9
We	1115	0.9		1120	3.1		1119	1.0
	1731	3.0	Th	1718	0.8	Fr	1736	3.0
	2343	0.7		2334	3.0		2348	0.7
<b>3</b>	0612	3.0	<b>11</b>	0526	0.8	<b>19</b>	0616	3.0
Th	1210	0.9		1158	3.1		1218	0.8
	1826	3.0	Fr	1758	0.8	Sa	1837	3.1
<b>4</b>	0637	0.7	<b>12</b>	0612	2.9	<b>20</b>	0646	0.6
Fr	0708	3.1		0605	0.8		0714	3.2
	1301	0.8	Sa	1238	3.0	Su	1314	0.7
	1918	3.0		1839	0.9		1936	3.2
<b>5</b>	0127	0.7	<b>13</b>	0651	2.9	<b>21</b>	0141	0.4
Sa	0755	3.1		0646	0.9		0809	3.4
	1233	0.7	Su	1209	3.0	Mo	1409	0.6
	1851	3.1		1921	0.9		2033	3.3
<b>6</b>	0212	0.7	<b>14</b>	0133	2.8	<b>22</b>	0234	0.3
Su	0840	3.1		0732	1.0		0602	3.5
	1434	0.8	Mo	1402	2.9	Tu	1504	0.4
	2054	3.0		2007	0.9		2128	3.4
<b>7</b>	0254	0.7	<b>15</b>	0220	2.8	<b>23</b>	0326	0.2
Mo	0823	3.2		0822	1.0		0654	3.6
	1516	0.8	Tu	1449	2.9	We	1557	0.4
	2137	3.0		2056	0.9		2222	3.5
<b>8</b>	0334	0.7	<b>16</b>	0313	2.8	<b>24</b>	0417	0.2
Tu	1003	3.2		0919	1.1		1046	3.7
	1558	0.8	We	1541	2.9	Th	1651	0.3
	2218	3.0		2151	0.9		2314	3.5

**Bits 'n Bobs Page**  
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Cnr Anzac & Clyde Streets, Browns Bay,  
Auckland 0630  
Hours: Open 7am Closes 10pm  
Phone: **09-476 5974**

ShoreLines



# BODRUM KITCHEN

## TURKISH & GREEK CUISINE

Bodrum Kitchen Browns Bay features an outstanding menu inspired by our love of Mediterranean food, with a distinct Greek and Turkish influence.

Mediterranean flavours tantalise the taste buds. It's all about sharing fresh, healthy food in a relaxed environment with friends. Our flavours are a true celebration of life in the Mediterranean.

Bodrum Kitchen Browns Bay is owned by three hospitality professionals Apeksha, Sagar and Pratik. "It has always been our dream to open a restaurant. Our love of all things gastronomic as well as our combined

experience from working in a Mediterranean restaurant made opening Bodrum Kitchen a natural choice".

Bodrum Kitchen Browns Bay is a perfect venue with its unique indoor / outdoor flow that promotes al fresco dining and offers an outlook to one of the most beautiful waterfront spots in the Bays. The doors were opened on the 8th October and already Apeksha and her team feel part of the community thanks to a warm welcome from the locals.

So, come in and experience some Mediterranean hospitality for yourselves.



Some of our specialities:

**Breakfast in Turkey:** (V) (GF): Olive, feta, tomatoes, meatballs, sujuk, cucumber greens, fig, mascarpone, berry compote, scrambled eggs, Turkish Pide



**Sizzler Steak:** Marinated beef slices, homemade tomato sauce, green pepper, thick garlic yoghurt and julienne fries



**Menemen:** Turkish baked eggs with tomato capsicum and onion, olives feta and Turkish Pide.



**Feast:** Grilled skewers cooked in charcoal served with fries, ezme, greek salad, hummus, tzatziki and flat bread. Option of Adana (lamb mince), chicken, beef or vegetarian.



Sagar, Apeksha and Pratik

## BODRUM KITCHEN

TURKISH & GREEK CUISINE

**09 600 2171 • 022 077 3691**

[brownsbay@bodrum.co.nz](mailto:brownsbay@bodrum.co.nz)

Monday - Friday 9am - 11pm • Saturday/Sunday 8am - 11pm

111 Clyde Rd Browns Bay, Auckland 0630



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