

East Coast Bays **ShoreLines**

M A G A Z I N E

February/March 2019

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thing!**

In this issue...

Valentine's Day reality check

Dating in the 21st century

Dining review: a romantic *ristorante* in Waiake

How you can help Pest Free Hibiscus and Bays

Better Blokes - men supporting men

...and much more

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From the Editor....



And, just like that, Christmas was done and it was back to work in 2019. Did you make any new year's resolutions? Maybe you embarked on Dry January or even Vegan-uary? Whatever your goals for this year, I hope they bring you an abundance of positive rewards.

In this issue, we're taking a realistic look at Valentine's Day, and sharing some commonsense advice about 21st century dating. If you're looking for somewhere to take your partner out for dinner, and you enjoy unpretentious, homecooked food, turn to page 30 and read our dining review.

Aside from matters of the heart, we also bring you news of a brilliant new initiative: Pest Free Hibiscus and Bays - and tell you how you can get involved (page 12).

There's information too about Better Blokes, a charitable organisation that helps male victims of abuse. You can read about their valuable work on page 18.

A special word of thanks to Christine Johnson, whose photos of yesteryear Torbay and Waiake are reproduced on page 15. It's wonderful when our readers get in touch with gems like this. If you have photos or treasured

memories of growing up in the Bays, we would love to hear from you.

Wishing you a safe and happy summer,

Lizzie

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Cover Photo: Paddling out in Long Bay
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What's your secret love?

For Hallowe'en we learnt about some of the more unusual phobias. In honour of Valentine's Day, therefore, here are a few quirky loves and obsessions:

Catapadomania

Obsession with jumping from high places

Ceraunophilia

Love of thunder and lightning

Gynotikolobomassaophilia

Love of nibbling on women's earlobes

Logophilia

Love of words

Lygophilia

Love of darkness

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Valentine's Day

Reality Check

Almost as soon as life returns to normal after the Christmas and New Year break, stores are bedecked with hearts, and their shelves fill with romantic gift ideas and cards. Valentine's Day is upon us and love is in the air – which unfortunately isn't great for everyone.

Chrissie Nixon is a counsellor at Abelard House, Windsor Park who often helps clients experiencing periods of change. She recognises that it can be hard to be single on Valentine's Day, especially if this happens suddenly after a long-term relationship. "The first important thing to remember is that this is not an indicator for the rest of your life!" reassures Chrissie. "It's just another day in the calendar and it doesn't make you a failure."

She says that it's entirely normal to come out of a relationship feeling sad and emotionally bruised. "Even if it was you who ended the relationship, it's natural to experience grief and loss."

Regardless of the circumstances, Chrissie advises making a plan – even if that plan is to do nothing except spend a quiet day at home. "There's no right or wrong. You have to do what feels best for you – and not feel awkward or embarrassed about your choices. The only person you owe an explanation to is yourself," she stresses.

Chrissie's tips for surviving Valentine's Day when you're single

If you've recently lost a partner, you might like to look through old photos, light a candle and perhaps watch a movie that you both enjoyed. You might like to take flowers to their graveside. However, there's obviously a risk of descending into sadness, so try to end the day on a positive. (One word of caution: remember that alcohol is a depressant, so please don't be tempted to drink too much.)

Don't be afraid to reach out to your friends for support. They'll almost certainly be pleased that you asked, and you could even get together for a kind of "anti-Valentine's!" If you want to go out for dinner, remember that you'll need to book, and if you decide to go to the cinema, it's probably best to avoid the rom-coms!

How about organising a Secret Santa-style Valentine's card exchange with your friends? This is fun and should brighten up your mailbox.

More broadly, use this alone time to be selfish and think, "What do I need to do for me?" Try to realise the positive aspects of being single; enjoy the flexibility and freedom. Perhaps you've always wanted to take pottery classes or learn a new language? This is your chance – because you don't have

to ask permission from anyone else. Take pleasure in the little things, like being in sole charge of the TV remote!

Have a flick through the Bays Community Centre Newsletter and see what social clubs or community groups you could join. It's always easier getting to know people when you've mutual interests.

Consider booking a singles-only holiday. There are several companies who specialise in these and, again, although you won't know each other, you'll have a love of travel in common. (*Editor's note: HelloWorld and House of Travel will have info about this.*)

In other words, even if you'd ultimately prefer to be in a relationship, make Plan B feel good while you're waiting for Plan A to eventuate.

Valentine's Day can be challenging for some people in relationships too, especially if they're on a budget and their partner wants to be lavished with gifts. In these cases, Chrissie says that it's important to manage expectations. "Be realistic. Acknowledge in advance that it's nearly February the 14th, and gently begin sharing the message with your partner that you can't afford expensive presents," she advises.

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How to celebrate Valentine's Day on a budget

Pop down to your local stationers and buy a pack of sticky notes. Write a short message on each and post them around the house so that your partner sees your expressions of love throughout the day.

Surprise your partner. It could be as simple as bringing them a cup of tea in bed. Or how about taking them for a picnic during their lunch hour.

Dine by candlelight. It doesn't have to be a posh dinner. Candles can make fish and chips (with an "on special offer" bottle of bubbles) feel romantic and special.

Make up love coupons featuring inexpensive things that you could do for your partner, such as giving them a massage,

mowing their lawn, letting them choose the next movie you see, doing the dishes for a week. Make sure you include at least a few of the jobs they find really annoying! They can redeem one coupon at a time whenever they wish.

Create a "Valen-timeline" with photos, ticket stubs and other mementos of your relationship. Write down as much as you can remember about each occasion, so that you can recall special moments together. You could either put these together as a collage or attach them to a length of ribbon.

If you're struggling emotionally this Valentine's Day, remember there are people you can talk to. Chatting to friends is a good start, but you may wish to go further and seek professional support. If so, look for a counsellor who is registered with New Zealand Assoc of Counsellors (nzac.org.nz) or NZ Assoc of Psychotherapists (nzap.org.nz) or NZ Assoc of Christian Counsellors (nzacc.org.nz). You may be able to get help with funding through WINZ if you have a GP referral.



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Dating in the 21st Century

Part 1: Finding your feet again

When a relationship ends, a social circle can be fractured. A person may not only lose their partner, but some of their shared friends too. Suddenly the diary looks rather sad and sparse...

Let's be honest, the thought of getting back "out there" and meeting new people is pretty daunting. Fortunately, there are dozens of community groups and social clubs in the East Coast Bays where like-minded souls can get together.

One of these is the Braemar Scottish Country Dance Club, who meet on Tuesday evenings at St Anne's Hall (on the corner of Glencoe Rd and Beach Rd in Browns Bay). "We have great fun and I've made so many good friends here," smiles Sue Bradley, a long time member of the group. "Some of us come on our own, some of us bring friends – but we swap around anyway, so everyone gets to chat and have a giggle together."

Sue stresses that age is irrelevant; the group's thirty or so members range from 40s up into their 80s. "You don't have to be Scottish, and you certainly don't need to be an experienced dancer!" she says. "We all make mistakes, and that doesn't matter. The aim is to enjoy the wonderful social aspect and exercise."

Braemar Scottish Country Dance Club is holding two free open nights on Tuesday 19 and Tuesday 26 February at 7.30 pm at St Anne's Hall. New members are MOST welcome! Just turn up on the night – please wear comfy, soft-soled shoes – or, for a friendly chat beforehand, phone Yvonne on (09) 410 9126.

Scottish country dancing not quite your thing? Turn to page 19 of this magazine and have a flick through the Bays Community Centre newsletter to find a club that suits you and your interests.



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Advertorial

Lyn Clayton is one of the newest additions to Driving Miss Daisy North Bays and Albany. She joined us in July last year, and quickly realised the genuine team spirit we have. "Everyone really cares about their colleagues and clients; we're all here to support each other and ensure as smooth a service as possible."

Lyn loves the variety of her job: "No two days are the same! I have clients of all ages and for all sorts of reasons. Some have had surgery and aren't allowed to drive, so I drop them off and pick them up from work. I also do school runs, and of course I take older people to their medical appointments or the hairdresser."

She recognises how important it is to have empathy with her clients, to understand what it feels like to be in pain or unable to move easily and fast – and to appreciate that sometimes people need a gentle reminder about bringing their prescription or using their Total Mobility card.

"It's lovely to be out in the community, and knowing that, with every single booking, I'm helping to make a real difference for our clients – young and old," she says.

Grant Evitt also joined the team in 2018, opting out of more than 20 years

in the corporate world. "I like driving and I enjoy chatting and getting to know people, and sometimes I even get to sing along with my client's favourite Spotify playlist!" he laughs.

Grant drives a wheelchair-friendly Caddy, and he echoes Lyn's comments about kindness and consideration. "In some ways, a client in a wheelchair is more vulnerable than someone in the passenger seat. Obviously, I make sure they're safe and secure, but I'm conscious that they feel everything on the road, like speed bumps." He also recognises the emotional impact that the loss of independence can have. "The person themselves might feel sad or frustrated, and not want to be 'a burden' on their family. But then their family can feel guilty because they're not available or equipped to help them – and that's why I think our service is so important: to relieve that stress and give peace of mind to everyone involved."

As a further part of this, all of Driving Miss Daisy's drivers undergo Police Vetting, First Aid Training, Advanced Driver Training and are Dementia Friendly trained, of which both Lyn and Grant regard as critical. "Our clients and their families should have the utmost confidence in our trustworthiness, safety and dependability," says Grant.



Front left to right: Sue Bowden, Lyn Clayton, Jacqui Penny
Back: Grant Evitt, Jennine Vandermeij, Ursula Grube, Helena Benade and Corlize Britz



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Dating in the 21st Century

Part 3: A guide to dating slang

Have you ever been ghosted? Caught out by a catfish? Is your relationship FBO?

Dating terminology has come a long way since a simple snog on the back row of the cinema! To stand a chance in 2019's dating game, you need to have at least a vague idea of what's going on – so here are some of today's buzzwords.

Breadcrumbing. Sending flirtatious but non-committal messages to keep a potential partner just interested enough.

Catfishing. Creating false identities online in order to deceive, defraud or seek revenge.

Cuffing. People who generally prefer to be single pair up for the winter. Uncuffing usually occurs when the weather starts to warm up again.

Deepliking. Showing your affection for someone by scrolling back through their social media feeds and liking or commenting on posts from months or even years ago.

FBO. An abbreviation for when your relationship goes Facebook Official.

Ghosting. When all communication from someone suddenly stops, without explanation. You've been brutally dumped.

Haunting. When the ghoster starts following and liking your social media posts again, or even tries to re-open lines

of communication. Also known as zombieing – because it's as though they're back from the dead.

IRL. When you go on a date in real life with someone that you've been flirting with online.

Layby. When you're not quite ready to end an average relationship, and start flirting with potentially "better" options.

Monkeying. Serial monogamy, moving from one relationship straight into the next with no breaks in between. Just like a monkey swinging from branch to branch.

On a thing. You don't say "casual dating" any more, you're on a thing.

Peacocking. Just like the bird attracting attention with its magnificent tail feathers, you're preening yourself and posturing on social media (or IRL).

R-bombed. When your love interest has read your message but doesn't reply.

Slow-fading. Described as a kinder (really?) version of ghosting, when communication doesn't stop instantly but there are longer and longer delays between messages.

Werk. When you've had to put in a lot of effort to get that girl or guy to agree to a date.



Dating in the 21st Century

Part 2: Practical advice about meeting people online

If you're looking for love via a dating website it's important to remember that someone's online persona may be quite different to the reality. NZ Police have put together some down-to-earth tips to help keep you safe. Here are just a few of their suggestions:

- Sometimes a date might go further that you expected. Don't do anything you don't want to. You can stop what's happening at any time, and you do not need to apologise. Be clear and insistent.

And always remember to trust your instincts!

To read NZ Police's advice in full – and for tips about staying safe when socialising, and walking or running at night – visit [police.govt.nz/advice/sexual-assault/safety-advice](https://www.police.govt.nz/advice/sexual-assault/safety-advice)

- Don't reveal your surname, home address, e-mail address, workplace details, phone numbers or any other contact information until you completely trust the person you're communicating with. Don't let them pressure you into sharing details before you're ready.
- If someone ever makes you feel uncomfortable, stop replying to their messages.
- Never disclose your bank account or credit card information, and don't send money to someone on a dating website. Alert the website moderators immediately if anyone asks you for money.
- Ask to see at least one photo. If you've been chatting with someone and they refuse to send a photo (or if it looks as though it's been "borrowed" from elsewhere) be suspicious.
- If you decide to meet face-to-face, choose a public place that you know well, and tell a friend where you're going and when you expect to be home.



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Protecting our beautiful corner of the world

Pest Free Hibiscus and Bays is a new initiative, supported by the Local Board and part of a broader project across Auckland. The goal is to bring together and assist individuals and groups who are working to reduce pest animals and plants.

Richard Chambers is the local co-ordinator, and he says that his main job is to raise awareness of the good work which is being carried out – for example, by Kathy McCormack and her team at the Bush Glen Reserve restoration project – and how residents and businesses can get involved.

"Out of tens of thousands of introduced plants, there are only a very few that cause major problems," he explains. "This year we're particularly targeting the 'Dirty Trio': woolly nightshade, moth plant and wild ginger." In the first instance, he encourages residents to control their gardens. "Plants like jasmine look pretty, but they're invasive. Please don't let them run amok."



Furthermore, Kathy McCormack advises people to be on the look out for a potential new threat: myrtle rust. This disease affects plants in the myrtle family, including mānuka and pōhutukawa. "If you think you've seen it, don't touch it; the

spores are powdery on the leaves and will be spread in the breeze," she warns. "Take a photo and immediately contact Auckland Council or MPI."

For more information about how to identify and control pest plants visit forestandbird.org.nz and search for Weed Control Guide.

Kathy is also a driving force behind the rat and possum traps which have been offered to homes and businesses throughout Browns Bay. So far, she has distributed 3,500 chewcards and flyers, and more than 100 traps. Pupils at Northcross Intermediate have been actively involved, putting the traps together.



Richard explains that it's possible to get rid of rats from where we live and not just the bush reserves. If enough of the community sign up, then pulsing will be possible. "This is when you only need to set and monitor the traps for one month in every three instead of all year round. With this concentrated effort, the rat population is cleared out from an area and takes time to recover. In order for this to happen, we need as many people as possible participating."

"The trapping project will be rolled out to the wider Bays over the next few years but, for now, the focus remains on Browns Bay," says Kathy. "So, if you're in the area – especially the commercial district – please contact me if you'd like a trap for your garden or business premises. With the funding received, we're able to sell the traps at a greatly reduced rate of just \$10 each, and it's such a simple way of helping to preserve our environment."

To enquire about a trap on your property, contact Kathy McCormack on 021 612 105 or e-mail p.k.mccormack@outlook.com

A map of the North-West Wildlink: creating safe, connected and healthy habitats for native wildlife across Auckland. Photo credit: Forest and Bird



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Shifting a tank

For the Browns Bay Christmas Parade, ShoreLines was lucky to secure the services of Crown Xu, a member of the Special Operations Forces Club - and the owner of the only road-licensed tank in New Zealand. The appearance of a tank certainly piqued everyone's curiosity!

Transporting the tank - all 16 tons of it - was no easy task. We're very grateful to East Coast Bays Towing Services for driving to Kumeu, loading up the tank and then returning it - but not before the crowds had some time to look inside and take photos after the event.

The tank is available for hire for special events. Contact Crown on 021 668 228. East Coast Bays Towing is located at 1126 East Coast Road, Okura. Phone them on 0800 204 743 or e-mail ecbtowing@gmail.com.

Huge tanks to everyone who helped make this such an enjoyable event - in spite of the weather!



Sunrise Homebased Childcare

is seeking and recruiting Educators, families and children to join our Home-based service on the North Shore/North Auckland.

Call or email to enquire!
027 466 6513
coordinatorsunrise3@discoverieseducare.co.nz

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Ph 415 7000
www.ecbdental.co.nz

*Conditions Apply online/Reception for details

Yesteryear **Deep Creek** and **Waiake**

Christine Johnson saw the article last year about the Deep Creek Restoration Society, and was reminded of her happy childhood in and around the area. We are delighted to share some of her family photos here.

Photo 1 and photo 5: Christine and two family friends, Rosemary and Hugh Calder, paddling up Deep Creek. "We could do that in those days, as it ran quite free and had plenty of water."
Photo 2: A summer's day in Torbay. Photo 3: Ye 'old Pirate Ship at Milford. Photo 4: Deep Creek bridge
Photo 6: The Speed family's car, possibly a Ford. Photo 7: The old Deep Creek boat ramp. Photo 8: Waiake
Photo 9: Torbay. Photo 10: View of Waiake Bay, looking north towards The Tor. Photo 11: Winstones Cove, looking south towards The Tor. "We used to walk the cliff tracks from Winstones Cove to Ladder Cove, and then across to Long Bay."



Do you have any photos of the Bays from the last century? ShoreLines would love to see them and, with your permission, share them. Please contact the editor.

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

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LIFESTYLE VILLAGE

Budding Artist gets rewarded!

In every issue of *ShoreLines* we will include a page for colouring in. The picture will feature 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 will be drawn from each issue, and Countdown Browns Bay have kindly sponsored us with a \$50 Voucher to be spent in their store. This month it was a really tough call to choose a winner. All entries were great, but brother and sister, Si-En and I-En were chosen as joint winners.

Congratulations to both of you!



I-En and Si-En Lin receive their vouchers from Kim Taylor - *ShoreLines* Publisher

ShoreLines How far can it go?



This is *ShoreLines*' 5th 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 chosen photo is from Sebastian Walls, who is seen here with his mates' issue of *ShoreLines* 4 up north at the Giant Te Pahi Sand Dunes.

On this **Valentine's Day** in history



February 14th isn't all about hearts and chocolates; other stuff happens too. Here's a quick rundown of some notable Valentine's Day happenings:

1876: Alexander Graham Bell and Elisa Gray individually apply for patents for the telephone. The Supreme Court eventually decided to award this to Bell (on 7th March 1876).

1929: Seven gangsters, rivals of Al Capone's, were gunned down in Chicago.

1931: The original *Dracula* movie was released by Universal Pictures, starring Bela Lugosi in the title role.

1948: Raymond Joseph Teller was born. Teller is best-known as "the silent partner" in the Penn & Teller comedy magic duo.

1975: PG Wodehouse, the English author who created Jeeves & Wooster, died in New York, aged 93.

1998: The Museum of New Zealand Te Papa Tongarewa officially opened to the public on Wellington's waterfront.

2005: YouTube went live online.

"Styling hair, shaping confidence
Because when you feel good...
so do we!"

Visit
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Better Blokes

Men supporting men



open groups; admission follows an assessment by a trained facilitator and usually a minimum of four individual face-to-face sessions. The group meetings are based on a "self-disclosure" model, and help participants work through 24 key elements, including:

- Telling your story
- Relationships and trust
- Hopes and goals
- Coping mechanisms
- Forgiving and moving on

The organisation's work complements the work of other agencies and individuals, such as health practitioners and community support networks.

If you've been affected by any of the issues raised in this article, please contact Better Blokes on 0274 434 617 or e-mail northshore@betterblokes.org.nz. The organisation's service is independent, confidential and free of charge. "We're here to help. We promise to listen with compassion and without judgment," reassures Philippe.

Sadly, many intimate relationships aren't happy and healthy. Worse still, many aren't even consensual. Better Blokes is a registered charity offering peer to peer support for men recovering from emotional, verbal, physical or sexual harm. The society's overall goal is to free present and future generations from the effects of childhood emotional, mental, verbal, physical and/or sexual trauma, and to break the cycle of childhood abuse.

Philippe oversees the North Shore branch and, like all of the organisation's trained facilitators, was himself abused. "My father was a very violent man. I honestly lived in fear until the day he died," admits Philippe, who regards his work with Better Blokes as part of his own healing journey. "I've come from nowhere to now here," he says.

Victims of abuse can carry the physical and emotional scars for many years. They often experience shame and guilt, suffer from low self-esteem and may unconsciously self-sabotage at work or in their personal lives, further reaffirming to themselves that they aren't worthy of success or love. Addiction and self-harm are quite common, as is moving overseas – literally running away from the pain. "Some studies suggest that as many as one in four women and one in six men have experienced sexual harm," explains Philippe. "We have to talk more openly about this. It's vital that we break down barriers and remove any perceived stigmas."

Better Blokes North Shore meets at the ECB Community Centre on Thursday evenings at 7:30pm. These are not

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Bays Community Centre Newsletter

Feb/March 2019

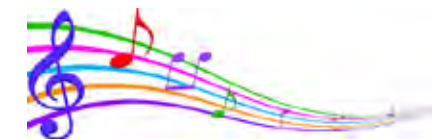


2 Glen Rd Browns Bay; ph 478 4091; bayscommunitycentre@gmail.com



Our annual celebration of all things African: food, music, dance, art, craft, home wares.

Saturday 9 March 10am to 4pm



MUSIC IN THE BAYS

Sun 3 Feb 4-6 Waiake **North of Bombay**
Sun 10 Feb 4-6 Rothesay Bay **Capriche**
Sun 17 Feb 4-6 Murrays Bay **Retrogrand**
Sun 24 Feb 4-6 Waiake **North Shore Concert Band**
Sun 3 Mar 2-4 Rothesay Bay **Retrogrand**
Sun 10 Mar 2-4 Mairangi Bay beachfront **Greater Auckland Chorus**
Sun 17 Mar 2-4 Browns Bay **North Shore Concert Band**
Sun 24 Mar 2-4 Waiake **Retrogrand**
Sun 31 Mar 2-4 Browns Bay

Browns Bay Teddy Bears' Picnic

Wed 20 Feb; 10am-12pm
Browns Bay Village Green

- * Old McDonald's Farm
- * Pony rides
- * Stories
- * Face painting
- * Games & toys

Bring:

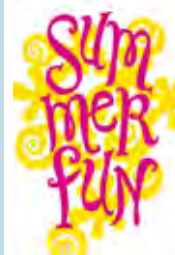
- * Mums & dads, nanas & granddads, aunties & uncles
- * Teddies
- * Morning tea
- * A rug to sit on
- * All your friends

No charge: all activities are free



Just in time for Valentine's Day 2019...

The Browns Bay Record Fair!!
19 SELLERS 18 TABLES THOUSANDS OF VINYL RECORDS
St Anne's Hall
Cnr Beach & Glencoe Rd
Please pay each individual seller separately
Sat 9 Febr. 2019
9am - 3pm
Free Parking!! Good Coffee!!
Entry Fee: 9-10am: \$5 *** 10am-2pm: \$2
Retro Records: 021-0225-2396
We pay cash for Pop and Rock records! Ask at the door!!



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

Check our Facebook page for cancellation info if the weather's looking dodgy:
[ECBCP.co.nz/Facebook](https://www.facebook.com/ECBCP.co.nz)



BOOTY SHAKE

Continues every Sunday 9-10am on the Browns Bay beachfront. Free fun exercise for all ages, shapes & sizes; guys & gals welcome. Weather permitting of course. Susanne will be leaving us, but we welcome Claudette to the team.

Our Summer Fun programme continues:

Fri 8 Feb 4-6pm Browns Bay beachfront
Sun 10 Feb 4-6pm Rothesay Bay beachfront
Fri 15 Feb 4-6pm Browns Bay beachfront
Sun 17 Feb 4-6pm Murrays Bay beachfront
Fri 22 Feb 4-6pm Browns Bay beachfront
Sun 24 Feb 4-6pm Waiake
Sun 3 Mar 2-4pm Rothesay Bay beachfront
Sun 10 Mar 2-4pm Mairangi Bay beachfront
Sun 17 Mar 2-4pm Browns Bay beachfront
Sun 24 Mar 2-4pm Waiake
Sun 31 Mar 2-4pm Browns Bay beachfront

Summer Garden Party

Saturday 2 March
1.30-3.30
Browns Bay Village Green
Music from the Roselles
Afternoon tea provided
Ph Debbie, 478 4091 to book

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



What's On at the Bays Community Centre & St Anne's Hall

CLASSES & GROUPS @ BAYS COMMUNITY CENTRE ART & CRAFT

Bays Patchwork Fortnightly Thurs, 7-9.30pm. All levels of ability, beginners to experienced. Demos & classes also held. Ph Sue 413 8239.

Crazy Quilters This fun, relaxed group meets 4th Saturday of each month, sharing ideas & techniques of an old patchwork style. Ph Marilyn 476 9585

Browns Bay Evening Spinners

2nd & 4th Tuesdays; Ph Helga 479 1668

MakeGiveLive Thursday evenings. Knitting for charities.

Becky Smith 022 317 5838; becky@makegivelive.com

North Shore Sunday Quilters Bring along your knitting, sewing or embroidery project for fun & friendship. Open group, non-teaching. Ph Melva 479 7572.

On the Hook Crochet Club Saturdays 3.30-5pm.

Ph Olga 021 023 84495.

SPECIAL INTEREST ACTIVITIES & GROUPS

AA meets weekly on Thursdays. Ph Sunil 486 0101

Better Blokes Men Supporting Men. Support, groups, workshops. northshore@betterblokes.org.nz; ph 021 174 9252

Browns Bay 60s Up Movement Ph Joy 444 0236.

Mahjong Thu 10am-2pm. Ph Jane 478 5392 or Patsy 475 5763

Newcomers' Network Tuesdays 6pm. For more info contact Eugene@networkfs.co.nz; ph 022 276 0085

North Shore Board Games Wed evenings.

Ph Alistair 022 653 3134.

Overeaters Anonymous Meets Tue & Sat evenings.

Ph Neish 022 644 7175

Rummikub Wed mornings. Ph Annette 441 3019.

Social Scrabble Group Tuesdays 10am; \$1 per session.

Ph Malcolm 445 8034

U3A Browns Bay Are you retired? U3A Browns Bay offers you top-line speakers & the opportunity to explore new interests in study groups at convenient times. Ph Monette 478 1928. www.u3abb.net.nz

Widows & Widowers Ph Judith 479 6042

Women's Institute Thurs, monthly, 10am.

Ph Carol 473 3616

Writing Family Memories for Future Generations

CLASSES & GROUPS @ ST ANNE'S HALL

DANCE

Bays Dance Studio Mon & Thu. Ph Anna 021 123 1557

Braemar Scottish Country Dancing Tuesday evenings.

Ph Yvonne 410 9216 or Sue 473 3633

Ceroc Dance Wed. Beginners from 7.30pm, Intermediate 8.30pm.

First class free for all new beginners, no partner required.

For more info

ph 0272 957 007 or visit www.modernjivedance.co.nz

Dance Expression Ballet technique with hints of other styles.

5.30-6.15. Fridays. \$10 casual; \$90 for 10 classes. First class free.

www.danceexpressionnz@gmail.com. Ph Rebecca 021 029 09303

Senior Movement Mondays. Contact Bev eastonb57@gmail.com

HEALTH, FITNESS & WELLBEING

Born Again Bodies Wed afternoons. Strength, balance & flexibility at any age. aandsyme@gmail.com

Table Tennis Mon, Tue & Fri 11.30am-1.30pm.

For all ages & levels of ability. Ph Debbie 478 4091

Get Messy Playgroup Thursdays 9-12.

nzgetmessy@gmail.com

HEALTH, FITNESS & WELLBEING

Divine Intervention Introduction to Self Healing

3-hour morning session, limited numbers. \$30.

Ph Judy 478 6065.

Laughter Yoga Seriously good for you. Join in the fun for an internal jog every Sat 9-9.45 am. Ph Louise 027 475 3734 or email laughterbrownsbay@gmail.com

Reiki 4th Wed of the month. martinturback@icloud.com

Sahaja Yoga Meditation Find peace and balance within yourself. Wed 7.30pm. Free of charge. Ph Maria 479 9511.

Tai Chi Thursday 8.15-9.15am. Individual tuition is also available. 021 764 980; wailingwan@gmail.com.

Tai Chi Monday evenings & Wednesday afternoons.

Ph Bruno 021 155 4606

Tai Chi Fridays 9.30-10.30; Sherie 021 536 411

LANGUAGES

Amicale Francaise First Sunday of the month for petit dejeuner & conversation. afnorthshore@gmail.com

English Browns Bay Community English School. Mon-Fri daytime. Several levels. Ph Linda 478 3107.

www.brownsbayenglish.co.nz.

French Ph Corinne 09 426 1104 or 021 880 649.

corinne.monecole@gmail.com

NZ Sign Language Thu evenings.

nzsl@auckland-deaf.org.nz. Ph 630 6980.

NZ Sign Language Merge; Thursday 7-9pm 021 077 1584

FOR KIDS

Realistic Drawing Classes Ages 5-12. Mon, Tue, Thu, 3.30 & 4.30. Ph 021 023 60215

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 7-9pm & is open to bereaved parents who have lost a child of any age. Contact Gary & Jenny 021 022 80488; Email TogetherBPSG@hotmail.com Facebook: Together—Bereaved Parents Support Group. First meeting 12 Feb



BROWNS BAY PLAYGROUP

Mon, Wed, Fri mornings
@ St Anne's Hall.
Ph Dalene
027 519 8468



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2019 ENROLMENT

KOTIRITIRI kids music festival

for more info and enrolment form go to:
www.facebook.com/kotiritiri

Kids are gonna learn:

- dancing
- singing
- modeling
- ban ton

But also:

- social and group identity
- confidence
- need to belong
- achieving their goals

only \$14 weekly

St. Anne's Hall Browns Bay Term 1 starts 29 January 2019

*conditions apply

Community News

SENIOR TENNIS PLAYERS PLAY TENNIS THIS SUMMER

We are about 20 veteran tennis players; ages 50-70+.

We meet Friday mornings from 9am at the Browns Bay Racquets Club, 4 Woodlands Cres.

We enjoy very friendly, not too competitive, doubles (men's, ladies', mixed) on all-weather, synthetic courts...it's nothing like Wimbledon! & we sure do have a lot of fun.

Tea & bikkies/no charge first time.

Spare racquet available.

So come & give it a try.

Ph Sue 475 9587 or Roy 021 256 2192 or better still, just show up Fridays from 9am



BROWNS BAY PETANQUE CLUB

Plays Wed & Sun afternoons on the petanque terrain on the Browns Bay beachfront.

Just turn up!

You can have a go with their boules if you don't have your own.

Neighbourhood Support North Shore is a community-based organisation.

Our common purpose is to create safe & caring neighbourhoods & communities, reducing the incidences and effects of criminal offending, building community resilience & strengthening community networks to improve the quality of life & enhance wellbeing.

We do this by encouraging neighbours to set up a group in their street, which enables all neighbours to be connected, caring & vigilant in reporting any incidents of crime.

The New Year is a great time to start a group or just get to know your neighbour.

You can join as an individual household and/or choose to start a group; either way you will receive a householder information pack with stickers, a monthly email advising of where crime has been occurring & community updates.

You can join via our website <https://neighbourhood.org.nz/join/> Once received we will send out a householder pack.



VOICEWORKS

Every term our students perform at Torbay Theatre with full technical support.

Classes for 5 years to adult are offered at Torbay Theatre in drama, speech, communication, effective presenting.

Highly qualified teacher with over 25 years' experience.

Individual tuition or groups - ask about a time to suit you.

Trinity College London & Speech NZ exams offered.

Watch your child grow in confidence & poise through the magic of theatre!

For more information, contact

Jacqué Mandeno: ph 473 5454 or 027 522 7836

Email: jacque@mandeno.com



Rotarians come together from all walks of life to make a difference in the world. New members are always welcomed.

Rotary Browns Bay meets Tuesday at 7am at the Bays Club; East Coast Bays Rotary meets Mondays at 6pm at the Pupuke Golf Course.

For more info, go to www.rotarydistrict9910.org

Pilates

Tuesdays 9:30am - 10:30am
St Anne's Hall

Suitable for ALL LEVELS

Focus on core strength, spinal mobility, stretching and posture

For more information and to register contact Eva on 022-0766112 or email huebner.eva17@gmail.com



BROWNS BAY COMMUNITY ENGLISH SCHOOL

Upper Intermediate 9-11am

Intermediate 9-11am

Pre-Intermediate 11am-1pm

Elementary 11am-1pm

Conversation (weekly) 1.15-2.45

8-week courses

Daily lessons

Free trial lesson.

Ph Di Evans 021 667 855

Linda Rein 021 023 95103

Email LindaAndDi@hotmail.com

www.BrownsBayEnglish.co.nz

All classes held at Bays Community Centre.

Term 1 Mon 11 Feb to Fri 5 April.

Register at Bays Community Centre Fri 8 Feb



Linda with her 2018 students at the Christmas party in December

LINE DANCING CLASS

For beginners.

Held at the Browns bay Bowling Club.

Ph Margaret 021 029 0702 or 473 9322

Call for Entries PORTRAITURE



Submission Deadline: Friday 15 February, 4pm

Exhibition Dates: 2 - 25 March

Exhibition Opening: Saturday 2 March, 12pm

Mairangi Arts Centre and The Artists Village, Singapore, are pleased to present Portraiture, an exhibition that brings together 32 artists from Singapore and New Zealand and their individual interpretation of portraiture, and the broader themes of identity.

We are taking submissions from Auckland-based artists working in any medium on the occasion of 54 years of diplomatic relations between our two countries in this collaborative exhibition.

*Selected artists will receive \$100 in artist fees, and will have the opportunity to exhibit alongside fellow artists from Singapore.

Community News

ECB LIBRARY TEA & TOPICS

Wed 20 Feb 10:30am-12:00pm
Audiologist Teresa Burns will be talking about our hearing and how to maintain it.
Wed 20 Mar 10:30am-12:00pm Tai Chi.
Free introductory session with Allen.



Sat 16 Feb; 11am to 11pm.
Live music all day; food, environmental displays & activities.
Okura Community Hall, Okura River Road

LEARN FRENCH

Bring your French ALIVE through theatre.
By acting out real French situations, skits & both modern & classic plays, your spoken French AND your grammar & exam results, (not to mention your memory) will all improve through use, while having such fun.
Good for High-School, University, or reviving past knowledge.
Also Groups & individual lessons, French Singing, Ages 8-98+.
Classes held in Browns Bay/Torbay
Contact Dr Lynette Wrigley-Brown (PhD French)
tél: 021 029 40630 or 478.7911
lynettewrigleybrown@gmail.com

REPAIR CAFÉ

Sun 17 Feb; 1-4pm 712 Beach Rd, Browns Bay...
anyone interested in volunteering their fixing, mending skills please email bbcommunitygarden@gmail.com or ph Judith 021 022 83363

EAT PLAY LAUGH

Join our new monthly friendship group for a cooking demo, lunch & fun activities. First Monday of the month.
No charge, but bookings essential. Ph Wendy 476 9180

INTERNATIONAL FRIENDSHIP GROUP

Meets every Wednesday in school terms, 10am-12pm.
Join us for a cuppa & interesting conversation.
Practise your English, give new migrants a hand with their 'kiwi', make friends with people from other cultures & enjoy morning tea on us.
Just turn up!

PROGRESS HALL

Situated right by the beach in Anzac Rd (under the Bays Club), has vacancies for regular or one-off bookings.
If you are looking for a venue for a class or a group contact Richard 473 9527

SCOTTISH COUNTRY DANCING

Have you ever wondered what Scottish country dancing involves? Then look out for dancers from Braemar Scottish Country Dance Club at Browns Bay beachfront on Tue 5 Feb (rain date 12 Feb). You can even join in and have a go!
Following this event, the club has 2 free open nights on Tue 19 & 26 Feb at St Anne's Hall, starting at 7.30pm. Why not think about trying Scottish Country Dancing?
This is the time to join us, because our qualified teachers provide particular support for beginners in the first weeks of our year of club nights. Age is irrelevant & you do not need to bring a partner. The dancing is fun & the group very friendly. Do come & join us. For more info contact Yvonne; ph 410 9126



PLAY BRIDGE

East Coast Bays Bridge Club welcomes your interest in our next set of beginners bridge lessons
Please contact our website
www.ecbbridgeclub.co.nz
or call Helene 027 296 3365

BROWNS BAY BAHAI CENTRE

Monthly luncheon and discussion for people with curious minds.
Every fourth Sunday of the month at 12.30pm, discussion over dessert, please bring some food.
February's topic: Equality of the status of Women and Men
Browns Bay Baha'i Centre, 712 Beach Road, Browns Bay.

SITUATIONS VACANT

We are looking for a co-ordinator for our Summer Fun programme... hours are Fridays & Sundays in February 4-6pm & Sundays in March 2-4pm.
This is a paid position.
We are also in need of a couple of new committee members to oversee the East Coast Bays Community Project.
This is a voluntary governance role; time commitment about 4 hours a month.
Please contact Sally on 478 4301 for more information, or email ECBCP@xtra.co.nz

TORBAY THEATRE

A vibrant, fun club, for ages 8 to 88 (with a bit of leeway at both ends for the very keen!) with 3-4 major productions a year.
If you loved Charlie and the Chocolate Factory, why not get involved?
Watch out for auditions soon: a double bill of *Roses are Red* (Paul Topliss) & *Costa del Packet* (Anthony Booth) on stage in June.
Our first informal Club Night of the year will be in March: see website for youth opportunities, and later in the year, look out for the annual July holidays play for the very young, then the big end-of-year musical is to be *Snow Queen*.
For more info, see our website, ph 473-5454, or see our Facebook page: www.torbaytheatre.com

Browns Bay Christmas Parade

Despite the weather not playing ball, Browns Bay's Christmas Parade went ahead on Saturday, December 1st at 5.00pm. And thanks to a large crowd who braved the elements, the whole event was a colourful affair. Here are a selection of photo's taken by Stephanie Danieli.



Photos courtesy,
Danieli
PHOTOGRAPHY
& design
+64 27 346 5429
www.danieliphotography.com

The Bays Community Centre newsletter is published bi-monthly. We welcome your community news; there is no charge for community organisations.

Copies can be collected from the Library, the Community Centre and various businesses throughout Browns Bay.
Deadline for the next newsletter is 14 March at noon; this will be distributed from the beginning of April.

EAST COAST BAYS COMMUNITY PROJECT
ECBCP@xtra.co.nz; 2 Glen Rd Browns Bay; ph 478 4301; www.ECBCP.co.nz

You are invited

SEE THE
WORLD
IN 2019

SPECIAL
OFFERS
AVAILABLE UNTIL
29 MARCH 2019,
Unless Sold Out

BOOK YOUR EXCLUSIVE APPOINTMENT

Tracey from Scenic is coming to Browns Bay. We invite you to book an appointment and find out first-hand what amazing holidays Scenic can offer you, from River Cruising to Canada.

Date: Wednesday 27 Feb or Tuesday 5 Mar 2019.
Time: 10h00 - 16h00
Where: 17A Clyde Road, Browns Bay

The best holidays are created together.

09 479 1003 | 17A CLYDE RD | BROWSBAY@HOT.CO.NZ

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www.settlersalbany.co.nz

By Premier Lifestyle Villages

Take a tour

10am - 4pm, 7 days a week
550 Albany Highway

Browns Bay's gentlemen's walking group

If you're a retired chap who'd like to stretch your legs and enjoy good conversation, why not meet up with the village's walking group.

The group's been going for about 20 years, and in fact it started because the gents' wives already had their own walking club. The men gather every Friday at 8.30 am outside Speakers' Corner, and walk the area until 10.00 am, winding up at White Flower Café for a coffee and a chinwag. They have about 20 members, a few of whom come along purely for the social time at the café.

To find out more, contact Brian Magill (seen here wearing his captain's hat!) via brianandglenys@windowslive.com, or just turn up on the day.



Serving up a smashing time at

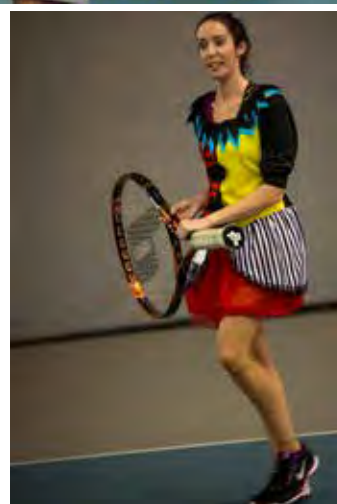
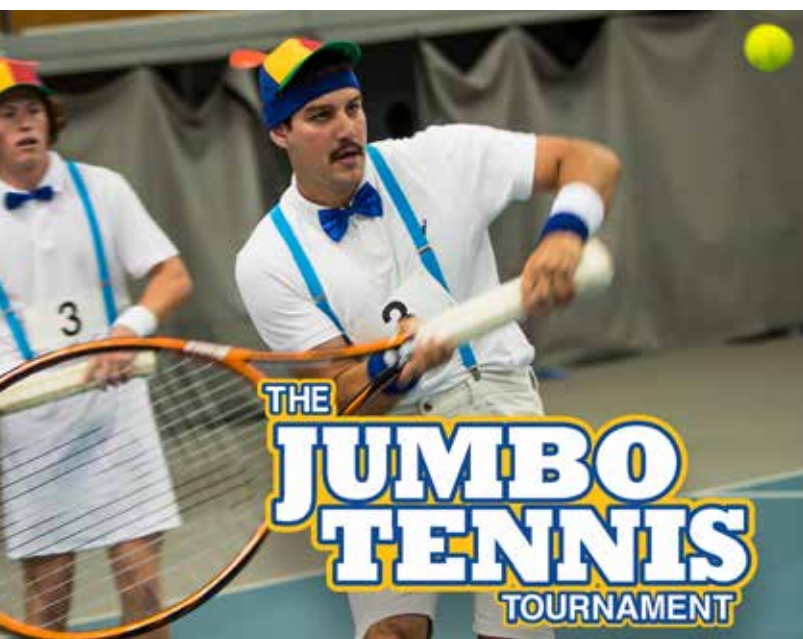
The Jumbo Tennis Tournament!

Jumbo tennis is a quick fire, team event, where the short games are played with oversized racquets.

Rotary Browns Bay's fourth annual fundraising jumbo tennis tournament is on Friday 15 March at the Albany Tennis Centre. Play commences at 4.30 pm, and entry is open to individuals, organisations and schools – basically anyone who'd like to have a laugh in aid of charity!

"The focus is on fun!" says Rotary Browns Bay's Paul Mees. "Fancy dress is actively encouraged, and those racquets mean that 'the best' players won't necessarily win. In fact, it'd be a great employee day out, because there's complimentary food and entertainment, and a cash bar too."

For more information and to register your team, contact Colin Pawson on 021 029 3933 or visit rotarybrownsbay.co.nz/fundraising-activity





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Romantic Reads by Kim Taylor

In the spirit of this issue's Valentine's Day themes, I thought it would be most opportune to write about some romantic reads for your consideration.

Not that an excuse is needed for reading romance at any time of the year – it just seemed apt!

Yes, as all you Jane Austen fans will know, "Pride and Prejudice", written in 1813, is still as relevant today and for tomorrow's generation of young women. And that's not just my opinion, as it sits firmly at 9th place on Whitcoulls top 100, both in its timeless message as well as it's familiar opening lines:

"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife."

Other enduring love stories include: Jojo Moyes: "Me before You"; Nicholas Sparks: "The Notebook"; Paulina Simons: "The Bronze Horseman".

But then I start to over-think things, and really there are lots of different types of love and love stories: Jodi Piccolt's latest novel, "A Spark of Light" – contemplates the love that two different fathers have for their daughters, and how it defines each of them. And really, when you think about it, you realise that love is all around. Love motivates some iconic murder stories such as "Murder on the Orient Express".

Crime and history are peppered with lots of passion and scandalous love stories that offer a never-ending source of entertainment. Both fiction and non-fiction – there is truly nothing like a good book!

So, enjoy the great weather, and get comfy on the beach this summer with a captivating tale that you just can't put down!



ShoreLines

What Do You Want for 2019?

Imagine the end of 2019 reflections... What do you want to celebrate achieving this year, 2019?

Take a moment and reflect on the different aspects of your life: Family and Friends / Career / Health and Wellness/ Finances/ Intimate Relationship/ Purpose and Spiritual Growth/ Leisure and Recreation/ Home and Environment? Which areas would you like to boost this year? Which areas are you happy to just maintain the status quo?

When considering each aspect, imagine your IDEAL situation i.e. what would the 10 out of 10 look, feel and even sound like? What sort of job would excite you? What about your ideal life partner? What kind of home do you want to live in? Family, holiday, car, your health... (You get the idea). Visioning is NOT ABOUT HOW you will get it; it's purely about what you want. The planning and action is a separate thing completely.

A brilliant way to become clear on what you want for your future is to create a Vision Board. Cut out pictures that represent your absolute ideal and paste them onto a large piece of card. (Or create a digital version if that's more your style.) Be specific. Find pictures that show what you want, how you want to feel, what you want to do. Include pictures that pull at your soul, inspire and excite you. Sift through magazines, albums and websites focusing on your ideal, becoming clearer of what you want.

Unless you have a clear vision, it can be easy for life to tick along in a fog. It's like driving a car with no clear destination...you waste time and fuel drifting around aimlessly.

I invite you to give this project a try, either with a few friends or quietly reflecting by yourself. I love looking back over previous the previous years and get blown away by how much actually comes to fruition. It doesn't matter how it works... it just does.



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Future of Education

Erica Stanford - ECB National Party MP

Happy New Year and welcome to 2019. I hope you all managed to have some time off to enjoy the beautiful weather over the Christmas and New Year period.

We are right back in to the swing of things with our first public meeting on the future of education. I have invited our education spokesperson, Nikki Kaye, to present on general education issues but with a particular focus on the Tomorrow's Schools Review.

Just before Christmas, the Government's taskforce on Tomorrow's Schools delivered their review report which suggests a number of changes to our education system. Some of the changes are highly controversial and some make good sense.

Although the Tomorrow's Schools Review Taskforce has undertaken significant consultation, it is clear from discussions with a number of parents, Boards of Trustees and some educators that they are not aware of all of the recommendations.

I believe it is very important to give parents, students, teachers, principals and those trustees who currently sit on boards the opportunity to have their voice heard.

National is holding public meetings throughout New Zealand and once these are complete, we will provide a summary of the feedback from the public meetings to the taskforce.

The report covers eight key issues:

- Governance
- Schooling Provision
- Competition and Choice
- Disability and Learning Support
- Teaching
- Leadership
- Resourcing
- Central Government agencies

Amongst other things, we have raised some serious concerns about the creation of around 20 new Crown entities called Education Hubs, which would transfer more responsibilities from parents to bureaucrats. We are concerned that parents will be disempowered as a result of this proposed model.

However, there are some positive aspects of the report in areas such as learning support, and we believe there is a need to improve governance and collaboration in our education system. The proposed changes are far reaching and must be carefully considered.

This is a once in a generation chance to make some significant changes to our education system. It is important that parents and educators understand the changes and have input into the final decisions that will be made.

The meeting is free to attend but it would be helpful for us to have an idea of numbers. Please head to my website to register your interest in attending and put down any ideas or questions you may have in advance of the meeting: www.EricaStanfordMP.co.nz/events

I look forward to seeing you there.




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7 Ngataranga Road, Devonport
445 0909

Future of Education Public meeting

Monday 1 April, 7pm

Murrays Bay Intermediate School Hall
37 Sunrise Ave, Murrays Bay

with Hon Nikki Kaye
MP for Auckland Central
Spokesperson for Education



REGISTER: www.EricaStanfordMP.co.nz/events

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EricaStanfordECB



A *delizioso* date night in Waiake

When it comes to love and food (and a love of food), Italians excel. Which is why we chose a local ristorante for a romantic mid-week dinner. Piatti Itailani (literally: Italian dishes) is a delightful, family-run establishment on the corner of Hebron Road and Beach Road. Dad, Alfio, runs the kitchen, while his son, Giancarlo, takes care of the front of house.

The restaurant is friendly and welcoming, with a cosy, rustic atmosphere. There's Italian music gently playing (listen out for versions of Don't Dream It's Over and Wicked Game!) and it's easy to tuck yourself into a quiet corner. You could even choose al fresco dining, out front. We made ourselves comfy inside with two of their Italian wines by the glass: Cavallina Grillo pinot grigio (\$10) and Farnese Fantini Cerasuolo D'Abruzzo rosé (\$11). A nice touch – there are cards on the tables comparing Italian grapes and wines with their NZ equivalents. Of course, there's a good selection of domestic wines available too.

The menu features traditional Italian favourites. To start, we chose the gamberetti con aglio e peperoncino (prawns sautéed in butter, garlic and chilli) (\$19) and bruschetta ai funghi (ciabatta topped with mushrooms and a trio of cheeses) (\$12). Both were quite delicious. Unlike some other bruschetta which snap and fall messily apart, the ciabatta was soft and easy to eat with our hands.

For main course, Mr B opted for the bistecca (190gm eye fillet) with a green peppercorn



sauce (\$36). We were told that this is one of the house favourites; it's been on the menu since day one, along with the pollo alpino (chicken with bacon and mushrooms, and a parmesan cream sauce). Apparently, Alfio's had some grief from his regulars when he's suggested altering or resting these dishes! To accompany the steak, Giancarlo helped him choose a glass of

Antica Osteria Rosso sangiovese (\$10) which is the same grape as used for chianti.

I love pasta and risotto, and the pappardelle funghi and risotto con zucco e pizelle (pumpkin and peas) both sounded

tempting. However, it was the hottest day of the year, so I went for a few less carbs: pesce Siciliane (fish of the day – gurnard, in this case – with a Sicilian sauce of tomatoes, capers and olives) (\$32). The steak was perfectly medium-rare, as requested, and my fish was delish. The sauce was so fresh and a true taste of the Med.



Portion sizes are generous, but we couldn't not order dessert – especially when we saw that the tiramisu (\$12.50) and limoncello cheesecake (\$13.50) were homemade. Oh my goodness, these were heavenly! In fact, I reckon it's the best tiramisu I've had in NZ.

Piatti Italiani serves scrumptious, homecooked food. We found the service to be relaxed and unrushed, but also attentive and professional. It's a great place for couples; family groups and friends should enjoy its hospitality too. To round off a romantic evening, you could take a stroll and watch the sun set over Waiake Beach. *Perfetto!*



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Wagyu rib eye steak with Chimichurri

by The Meat Room

The ribeye is the King of Steaks – mainly due to its wonderful rich fat content which gives it that superb beefy rich flavour. Everyone has their own name for it, so look out for cuberoll, scotch fillet or entrecote. Ribeye 'doneness' is personal but we recommend serving Grass-fed wagyu ribeye medium rare. Chimichurri is an uncooked green piquant herb sauce, often referred to as Argentinian barbeque sauce. It is the perfect accompaniment to pan seared or chargrilled rib eye steaks.

Cooking method Season steaks on both sides with salt. Heat a large fry pan until hot, cook two steaks at a time, cook on one side only until caramelised and brown. Turn steaks over and caramelize, turn heat down, add garlic, rosemary and butter. Baste the steaks by spooning the melted butter over each steak. Remove from pan before desired cooking degree is reached. Allow meat to rest in a warm place for 4-5 minutes before serving with Chimichurri.

Chimichurri Mix all ingredients together then season to taste with salt and freshly ground white pepper. This will keep for 5 days in the fridge in an airtight container. Serve at room temperature.

INGREDIENTS

4x 200g First Light grass-fed Wagyu rib eye steaks
Flaky sea salt
2 Tbsp rice bran oil
2 cloves garlic
2 small branches fresh rosemary
4 cloves garlic, unpeeled
2 Tbsp butter

CHIMICHURRI

¼ cup finely chopped fresh flat-leaf parsley
¼ cup finely chopped fresh coriander
¼ cup finely chopped fresh oregano
1 finely grated clove garlic
⅓ cup olive oil
½ tsp sweet paprika
½ tsp each ground cumin and coriander
1 Tbsp lemon juice
1 tsp finely chopped dried chilli flakes
Salt
Freshly ground white pepper



Art in the Plaza

What a glorious day for the Art in the Plaza event held on December 16th. Several East Coast Bays artists joined together to showcase some amazing local talent. From watercolours to acrylics, landscapes to caricatures, there was truly something for everyone to enjoy.

Artists arrived early in the morning to set up display tables and easels ready for the 9am start. Phoenix Plaza offers a great setting with a steady flow of families and tourists soaking up the sunshine on the beautiful beach and esplanade of Browns Bay. This event will be on the Browns Bay Business Association's calendar and will be held again on March 23rd. If you are interested in participating, or finding out more about this event, email Joanne Martin at Manager@brownsbay.org.nz.

Please mark off the date in your calendar – and look forward to seeing you there!



Lone Star has just celebrated 30 years since the opening of its first restaurant in Manchester St, Christchurch in 1988. Impressively the original owners are still involved as directors of the franchise.

Lone Star is synonymous with great service and a fun, informal atmosphere where friends and families enjoy quality cuts of meats and generous portions at competitive prices.

Lone Star Albany opened its doors in 2004, attracting both locals and visitors with its covered deck, spacious dining room, cosy booths, roaring fires, and big screen TVs. The promise of succulent steaks, juicy ribs, gigantic burgers, seafood and homemade desserts entices customers through those big red doors, and keeps them coming back, time and again.

Plus, there's the welcoming bar where friends can meet up for a relaxed drink.

In September 2017, Andy and Jenni Fincham purchased Lone Star Albany. Andy and Jenni met in 1998 working at a local eatery. Their dream was to own a restaurant, working in and around the Bays and travelling for a short time. They jumped into Sp'getti and after 10 years there they sold and soon after bought Pickles Café and Catering. Five years later their dream for a large family restaurant became a reality. With three kids and a busy family life They consider themselves fortunate to have a great team of staff behind them, including manager Danica Lomas and head chef Steve Scragg. Between the four of them, they have 95 years' experience in the hospitality industry - which means that customers can trust that they're in great hands.

Lone Star Albany is ideal for large groups, birthdays, romantic dinners on the deck, cocktails or a craft beer at the bar. The food menu selection is huge and caters for a wide range of tastes and dietary requirements.

Download the Lone Star Loyal app and you'll receive a free dessert, and many other rewards as your points increase.



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Conditions: One voucher per table, must be followed with a main meal, free starter is to the value of \$17 only, not valid with any other promotion, takeaway and only valid at Albany Lone Star. No exceptions on any voucher conditions.

Andy, Jenni and the team at Lone Star welcome you to their restaurant, any listings and enquiries give them a call on (09) 414 4569

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The Grove Mitre 10 Pupuke Pro Am Tournament is being held on Tuesday 12 and Wednesday 13 March, and the club's general manager, Lesley MacDonald, feels excited!

"This event offers some wonderful opportunities to individuals and businesses alike," she explains. "Not only do social golfers have the chance to tee off with some of NZ's top PGA professionals, but they've got the feelgood factor of knowing they're supporting not one but two worthy causes."

Sponsorship funds will be helping in the fight against prostate cancer and also supporting Pupuke Golf Club's junior development programme, which aims to assist young people develop their life and game skills through golf. "We're proud of this programme, and we want to be able to attract and nurture as many young New Zealanders as possible," affirms Lesley.

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- ... and much more!

Individual entry for the Pro Am costs just \$200 for both days.

To have a chat about which option would best suit you (and your company) please phone Lesley MacDonald on (09) 410 7906 or e-mail gm@pupukegolf.co.nz

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e-bike competition winner



electrifyNZ's director, Alex Munro, draws the winner.



Town manager, Joanne Martin, presents Mavis with her e-bike.

Mavis Simpson was the lucky winner of an e-bike, donated by electrifyNZ and valued at \$3,000. Mavis was presented with her brilliant prize on 15th December in Phoenix Plaza. For more information about e-bikes, pop into electrifyNZ on the corner of Bute Rd and Beach Rd.



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SBA Small Business Accounting (09) 478 0202
Secret Auto Nails (09) 479 9177
SGA Insurance Consultants 0800 747 336
SGA Insurance Ltd. 027 290 9965
Sherwood Primary School (09) 4783024
Shoe Talk Ltd (09) 479 7807
Shore Therapy 021 038 9223
Shore Woools (09) 478 1975
Siam Thai (09) 479 4011
Skin Boutique (09) 478 0041
Skindeep (09) 478 9900
Smith & Sons 075 478 4014
Snap Fitness Browns Bay (09) 973 4597
Soulshine Café (09) 479 7070
SPCA Opshop (09) 479 9611
Speakers Corner Ale House (09) 478 4560
Splashdive (09) 475 0071
St Mark Law (09) 974 4209
St Pierre St Pierre's Sushi of Japan (09) 213 1623
Starbucks (09) 478 5155
Steve Roos Motor Services (09) 479 2690
Stevens (09) 478 5197
Stevenson Campbell Lawyers (09) 477 0388
Stitch 'n Time (09) 479 2203
Sugar 'n Cup (09) 479 9366
Sunset Hair and Spa (09) 479 7868
Super Liquor Browns Bay (09) 478 9446
Sushi Day (09) 476 6000
Taiaotea Kindergarten (09) 478 7795
Tank Juice Bar (09) 972 3364
Taylor'd Solutions Ltd 0274 667 252
Technical Compliance Cons. Ltd 021 113 4326
Thai Heng Garden & Orchard (09) 479 6043
Thai Lemon Takeaway (09) 478 9844
The 123 Mart (09) 479 1230
The Attic Shop 021 800 290
The Bed Store 027 907 0427
The Brownzy Sports Bar (09) 476 1593
The Chippy (09) 478 6766
The Coffee Club (09) 476 8547
The Creche (09) 479 1214
The Dental Centre (09) 479 7710
The Denture Centre (09) 479 2220
The Jungle Gym 021 2465569
The Laundry Spot (09) 476 2938
The Meat Room (09) 973 1989
The Original SA Shop (09) 476 3414
The Planning Room 021 911 957
The Salvation Army (09) 479 8703
The Upholstery Company 021 150 6617
The Velvet Gypsy (09) 479 6931
Torbay Primary School (09) 473 8603
Trade Mark Design Ltd 021 139 9008
Triton Hearing Ltd (09) 478 5050
UK Grocer 021 856 820
Unique New Zealand (09) 478 0620
United Services Limited (09) 571 0778
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VTNZ (09) 479 4286
Warawara (09) 476 6878
Westpac Bank NZ Ltd. (09) 478 1121
Whitcoulls (09) 984 5438
Whiteflower Café (09) 478 6457
Wood Cellar (09) 478 8577
Yaruki Japanese Restaurant (09) 478 0410
Yoga Within 021 884 518
Young and Caulfield (09) 479 5757
Z-tech Phone Repairs (09) 280 4852

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 the
Town Manager at: manager@brownsbay.org.nz to notify us of the update.

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Sunday: Closed

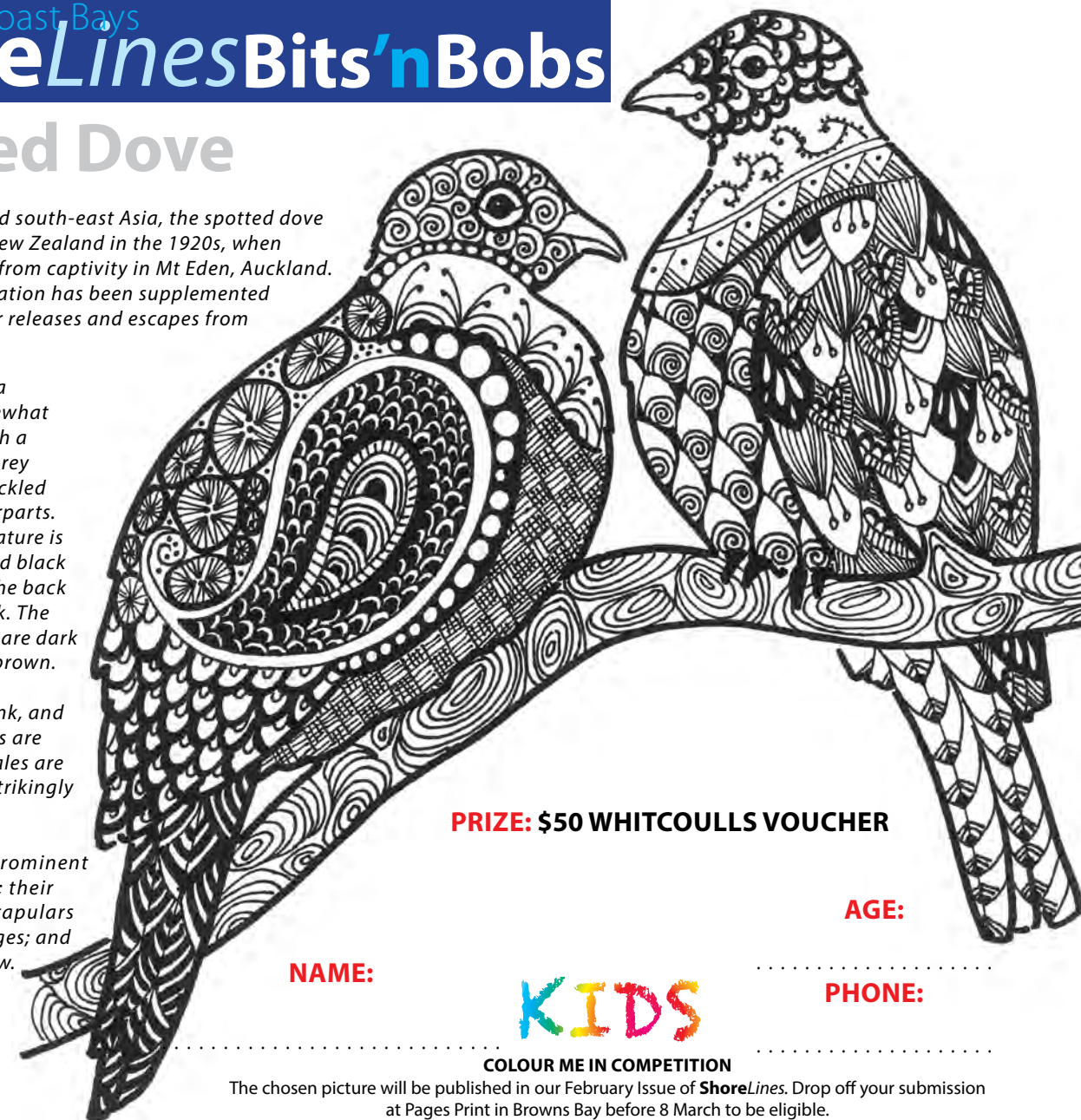
Spotted Dove

A native of south and south-east Asia, the spotted dove was introduced to New Zealand in the 1920s, when some were released from captivity in Mt Eden, Auckland. No doubt this population has been supplemented periodically by other releases and escapes from captivity.

The spotted dove is a medium-sized, somewhat long-tailed dove with a greyish head, pink-grey underparts, and speckled greyish brown upperparts. Its distinguishing feature is a large white-spotted black half-collar around the back and sides of the neck. The main flight feathers are dark grey, faintly tinged brown.

The legs are deep pink, and the iris red. The sexes are alike, although females are smaller with a less strikingly marked neck patch.

Juveniles lack the prominent domino neck patch; their wing coverts and scapulars have pale brown edges; and the iris is brown-yellow.



PRIZE: \$50 WHITCOULLS VOUCHER

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KIDS

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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 8 March to be eligible.

HIGH & LOW TIDES (AUCKLAND) FOR FEBRUARY AND MARCH

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS				N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS			
Time	m	Time	m	Time	m	Time	m
1	0545 2.9	9	0459 0.8	17	0549 3.1	25	0534 3.4
Fr	1144 1.0	Sa	1129 3.1	Su	1152 0.8	Mo	0930 0.5
	1758 2.9		1728 0.8		1813 3.1		1257 3.4
			2343 3.0				1901 0.5
2	0012 0.9	10	0537 0.8	18	0022 0.6	26	0125 3.3
Sa	0640 3.0	Su	1207 3.1	Mo	0650 3.2	Tu	0723 0.7
	1237 1.0		1807 0.8		1253 0.7		1347 3.2
	1853 2.9				1916 3.2		1952 0.7
3	0103 0.9	11	0021 3.0	19	0120 0.5	27	0219 3.1
Su	0730 3.0	Mo	0616 0.9	Tu	0747 3.4	We	0819 0.9
	1325 1.0		1246 3.1		1350 0.6		1439 3.1
	1944 2.9		1847 0.8		2015 3.4		2046 0.8
4	0149 0.8	12	0101 2.9	20	0215 0.3	28	0315 3.0
Mo	0816 3.1	Tu	0659 0.9	We	0842 3.6	Th	0918 1.0
	1411 0.9		1328 3.0		1445 0.4		1533 2.9
	2031 2.9		1930 0.8		2111 3.5		2143 0.9
5	0231 0.8	13	0146 2.9	21	0308 0.2		
Tu	0858 3.1	We	0748 1.0	Th	0934 3.7		
	1453 0.9		1414 3.0		1539 0.3		
	2114 3.0		2019 0.9		2203 3.6		
6	0310 0.7	14	0238 2.9	22	0359 0.2		
We	0938 3.1	Th	0843 1.0	Fr	1026 3.7		
	1533 0.8		1505 2.9		1831 0.3		
	2153 3.0		2114 0.9		2254 3.6		
7	0347 0.7	15	0338 2.9	23	0449 0.3		
Th	1016 3.2	Fr	0946 1.0	Sa	1116 3.6		
	1612 0.8		1603 2.9		1721 0.3		
	2231 3.0		2215 0.8		2344 3.5		
8	0423 0.7	16	0444 3.0	24	0539 0.4		
Fr	1053 3.1	Sa	1050 1.0	Su	1207 3.5		
	1650 0.8		1707 3.0		1811 0.4		
	2307 3.0		2319 0.7				

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