

# East Coast Bays **ShoreLines**

M A G A Z I N E

• April/May 2019

*It's  
a Shore  
thing!*

In this issue...

**Loving food and reducing waste**

**Nearly 50 years of chiropractic in Mairangi Bay**

**Dining review: a Turkish delight for Mother's Day**

**Unusual Easter traditions**

**Caring Crew NZ - helping families in need**

*...and much more*

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

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# From the Editor....



Dear neighbour

As I write this, we're all in a state of heartbroken disbelief. March 15th's terrorist attack in Christchurch is dominating the news cycles and weighing heavily on our minds. We're hearing stories of extraordinary bravery in the face of evil, and, at this moment, more than \$6 million has been pledged to the official Victim Support Givealittle page for the victims of the Canterbury

shootings. This is a staggering amount by any standard but, for a country of fewer than five million people, it is exceptional. I guess it just goes to show that, in the midst of grief and outrage, Kiwis truly come together in the spirit of community.

Sometimes the universe provides what we need, even when we don't realise we need it. For Sean and I, this took the form of Ricky Gervais' new Netflix show, "After Life". It's about love and loss, and, without wishing to give away the plot, reminded us so clearly of how the little things can make a huge difference. Simple, everyday stuff is too easily overlooked, and just taking a moment to think, "What can I do?" might genuinely transform someone's day (or life). If you're anything like me, this programme will reduce you to ugly crying - but I hope it will also warm your soul.

Of course, we have some wonderful people doing amazing things every day here in the Bays, just a few of whom - Community Fruit Harvesting, Torbay's Community Fruit and Veg Stand, Caring Crew NZ, and Rotary Browns Bay - are in this issue. And, we've a new feature to celebrate the

extra special members of our family who improve our lives beyond measure - even when they're pretending to ignore us, being sick on a new rug, or shredding our favourite furniture. **PawLines** is on page 36.

The team and I wish you & yours some relaxing, quality time over the Easter holidays. Enjoy those last rays of sunshine; the time for heavier duvets and woolly socks is just around the corner...

Until next time,

*Lizzie*

**16 000**  
Printed  
bi-monthly



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Cover photo: Fallen autumn leaves at Okura Scenic Bush Reserve

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East Coast Bays

ShoreLines

April/May 2019

**Published six times yearly**  
**Next issue:** June/July 2019  
**Advertising booking deadline:** 10th May 2019  
**Delivered from:** 1st June 2019  
**Designed & printed through:** Pages Design & Print Services Browns Bay, [www.pagesprint.co.nz](http://www.pagesprint.co.nz)

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**Circulation: 16 000 copies**

Delivered free to homes and businesses in the East Coast Bays area. Available in selected libraries, cafés, street boxes and visitor accommodation.

**Disclaimer:** The East Coast Bays **ShoreLines** is a magazine for the East Coast Bays community. The editorial staff and publishers have taken all reasonable care to ensure that the information contained in this magazine is accurate at the time of going to press. It is possible that information may subsequently be, or become, obsolete, incomplete or no longer the opinion of the author. You agree to verify any information contained herein before relying upon it and to use any information contained within at your own risk. The editorial staff and publishers accept no liability or responsibility for the consequence of error or for any loss or damage suffered by readers of any of the information and material contained herein. All content is subject to copyright and other proprietary rights, and reproduction without written permission is strictly prohibited.

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# BROWNS BAY

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## MOTHER'S DAY PROMO



### PRIZES

- 1) Hygiene and take home whitening package from Browns Bay Dental Centre (valued at \$425.00)
- 2) Amanda Baker Hair and Makeup – A mini makeover including a treatment cut, blow-dry, brow shape and a facial (valued at over \$200.00)
- 3) "Mother's Retreat" voucher which includes a relaxing foot soak & scrub, back scrub and lomi lomi massage and a heavenly scalp ritual from the Skin Boutique (value \$120.00)
- 4) Laurent Perrier Champagne – (value \$120) thanks to Browns Bay Liquor Centre
- 5) Bouquet of Flowers & a Himalayan Salt Lamp – thanks to New World and Mono E-Thing
- 6) Bouquet of Flowers & a Himalayan Salt Lamp – thanks to New World and Mono E-Thing
- 7) \$50 Voucher from Deep Creek Brewery
- 8) \$50 The Meat Room Voucher – thanks to The Meat Room

## Browns Bay Market Day

Saturday 11th May 2019

On Saturday of the Mothers Day Weekend Browns Bay participating Businesses will be hosting market day - come along, grab a bargain and spoil mum!

Spend \$25 or more at any participating Browns Bay business, fill in an entry form and stand a chance to win one of these wonderful prizes above. Competition will run from April 16th 2019 until May 8th 2019. Prizes will be drawn on Thursday 9th May 2019 and the winners will be notified. Prizes awarded in Phoenix Plaza on 11th May 2019 at 3.00pm. The Browns Bay Business Association would like to thank Browns Bay Dental Centre, Amanda Baker Hair & Makeup, New World, Browns Bay Liquor Centre, Skin Boutique, Deep Creek Brewery, The Meat Room and Mono E-Thing for their generous contributions.



Citizens Advice Bureau

## Recycling for good

Maurice Hanvey from Citizen's Advice Bureau (CAB) Browns Bay, says they frequently receive questions from people wanting to know how to recycle or repurpose items. He advises that there is loads of information on [cab.org.nz](http://cab.org.nz) – just type *recycle* into the search box. He also has a couple of specific recommendations:

- The Salvation Army family store at 4/215 Rosedale Road is one of very few opshops that will accept electrical appliances for potential re-sale.
- NZ Red Cross is always grateful for blankets, as are local animal charities – so pick your favourite and give them a call.

You may also wish to consider The Freecycle Network™, a non-profit whose members give (and get) stuff for free. It's a global organisation, with several groups around Auckland, including the North Shore. Visit [freecycle.org](http://freecycle.org) to find out more.



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# Loving Food, Reducing waste

## How much food do you throw away? Really?

It's reckoned that the average New Zealand household bins \$644 of food every year. Put it another way: a total of almost 158,000 tonnes of food are sent to rot – including 6,000 tonnes of oranges, 4,000 tonnes of poultry and a whopping 29 million loaves of bread.

Wasting food is costing us money and hurting the environment. There's also the ethical concern – food's being thrown away while families are going hungry.

Love Food Hate Waste is based in Rosedale, and dedicated to offering practical advice about how to shop more efficiently, make the most of the food we do buy, and, therefore, throw less away.

"One problem is that many people simply don't recognise how much food they're wasting," says project manager, Jenny Marshall. "I recommend taking the quiz on our website, so that you've a genuine idea of the amount of food – and your money – that's going in the bin."

**How much money are you wasting when you throw away food?**

**Take the quiz at [lovefoodhatewaste.co.nz/quiz-much-money-wasting-throw-away-food](https://lovefoodhatewaste.co.nz/quiz-much-money-wasting-throw-away-food)**

Planning meals and storing food appropriately are important, and Love Food Hate Waste's approach is sensible. "We don't advocate stocking up on two weeks' worth of groceries at a time; that's just not realistic unless you have a large freezer. Instead, try to buy little and often so that you can see exactly what you need for which meals," Jenny advises. "This should save you money and help to make sure that your food is super fresh."

There are plenty of other tips, such as:

- **Cook once, eat twice.** Think about foods that you can use in several meals over a few days. For example, a big bag of mince can be spaghetti bolognese one night and Mexican burritos the next.
- **Involve the kids** – they may like to help you cook the meal they've helped to choose.
- **Stay seasonal.** Using seasonal ingredients helps to keep the cost down. You might like to make four seasonal lists of family favourites.
- **Be flexible, and freeze.** Life doesn't always run smoothly, and plans can go out the window. If you can't eat the intended meal one night, freeze what you can for a later date. If you're freezing vegetables, it's a good idea to blanch them first so they retain their texture.
- **Make a weekly meal plan** – based on what you have in your fridge which needs eating up first. Then don't forget to make a shopping list and take it with you. If you're short on time, take a photo of the inside of your fridge with a phone. That way you can check in-store whether you already have something or not.





Knowing the difference between "best before" and "use by" can help too. This is discussed in detail on Love Food Hate Waste's website, but broadly:

**USE BY** is about food safety. You shouldn't eat it after this date.

**BEST BEFORE** is about food quality. You can eat the food after this date, but it may not be at its best. "Use your senses and some common sense," says Jenny. "If it looks ok, smells ok and a tiny bit tastes ok, then you can probably eat it."

## I need some inspiration! Is there anything I can do with broccoli stalks?

Sometimes food is thrown away because we don't know what to do with it, which is why Love Food Hate Waste devised its **8 ways with...** recipe series, including courgettes, cooked chicken, bread and bread crusts, potatoes, and – yes – broccoli stalks.



Broccoli balls are a tasty and nutritious way of using up broccoli stalks. (See the recipe on page 12)





Looking for a nifty way to use up bread crusts? How about "a sweet meal in a cup".

For recipes and lots more information, news and advice, visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

## THINGS YOU **DON'T** SAY, WHEN YOU'RE WITH **SBA**



Nah I'm doing my tax  

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## I've a massive crop of tomatoes. What can I do with the surplus?

What do you do if you've had an absolute glut of fruit or veges? There's only so much you can eat, preserve, or freeze! In these instances, why not take your extra produce to Torbay's Community Fruit and Veg Stand? It's one of nearly 200 stands around NZ that offer free produce to those who need it. Fruits, vegetables, pantry items and non-perishable canned goods are all gratefully received.



Louise Allnutt is one of Torbay's co-ordinators. "For me it's about keeping edible food out of the landfill. We have a local supermarket which donates boxes of fruit and veg that are fine to eat but not good enough to sell, and a bakery that give us whatever they haven't sold after their Sunday markets around the city. Before we came along, this food was being dumped in the rubbish bins.

We also have a black plastic bin near the stand for any food that's no good for human consumption, and this is collected by a local pig farmer once a week."

Furthermore, Louise confirms that people are coming from a wider area than originally expected. "I've spoken to solo parents, pensioners and low-income families who have said that the stand is a game-changer, and has often made the difference between whether the family had food on the table or not," she says.

"I've seen school children stop by on the way to school and pick up a roll or an apple, and then there are those who are grateful to be able to pick up a single lemon for a dish that can cost a small fortune at the shops but are growing abundantly in neighbourhood back gardens for a good chunk of the year."



Community Fruit and Veg Stands

## How can I buy only what I need and reduce the amount of packaging too?

With its Refill Hub, Huckleberry Browns Bay has taken the concept of bin fills an extra step. Not only can customers buy just the right amount of organic and natural wholefoods, but they can use their own containers too. Staff weigh the jar or pot before it's filled, and then ensure that customers are only charged for the products within.



So that customers can see exactly how the process works, Huckleberry has produced a 40" explainer video. You can watch it at [mailchi.mp/huckleberry/refillhub](https://mailchi.mp/huckleberry/refillhub)

Huckleberry's marketing manager, Ally Hetherington, comments, "Buying only what you need means that nothing goes to waste. You'll have what we like to call a 'gram worthy pantry' that's better for the planet and kinder on your wallet. What's not to love!"

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## Combat **loneliness** in 2019

Advertorial

There's far more to Driving Miss Daisy North Bays and Albany than just getting safely from A to B. Corlize and her team are focused on companionship and inclusion, and as part of this, they run regular trips to the Seniors Morning Tea Screenings at Event Cinemas Albany. Over the past few months, their clients have enjoyed such movies as *Green Book*, *Colette* and *Stan and Ollie*.



Clients who prefer music to movies, may like Morning Melodies at Bruce Mason Centre. These live performances happen monthly on a Monday, and show tickets are just \$5. Corlize buys the tickets to make sure all Driving Miss Daisy's clients sit together. If you'd like to find out about upcoming performances, just give her a call.

Or, for those who would simply like a good chat over a cuppa (and maybe a slice of cake) there's the Daisy Coffee Club. Upcoming dates in April: 3rd at Westfield Mall Albany, 13th at Columbus Coffee at Mitre 10 Mega



Albany, 15th at Westfield Mall Albany, and 29th at Palmers on Greville Road.

No-one needs to feel nervous or embarrassed about going on their own to any of these trips because they can either meet up with other Driving Miss Daisy clients, or their Daisy driver can be their companion for the morning. "We all need regular interaction with people," Corlize comments, "and you can't really put a price on the value of enjoying a giggle with pals."

It's such a pleasure to help our clients get together with old friends, and maybe make some new ones too."

It's important to book these trips in advance, so please call Corlize Britz on (09) 473 8186 or (09) 476 0011 for more information.

Top: From left is Mary King, Sue Bowden (Daisy driver) and Lilian Gnotta.

Left: Loris Finn and Jacqui Penny (Daisy driver) on the movie trip on 11th Feb watching *Green Book*



## I've so many apples on my trees, but I'm not able to pick them. Is there anyone who can help?

"Nobody should go hungry while fruit falls to the ground and rots," says Di Celliers of Community Fruit Harvesting. The charity encourages people to share and use their own fruit. When people can't do this themselves, teams of volunteers pick the unwanted fruit from gardens and orchards. In 2016, the organisation won *Mitre10 New Zealand Community of the Year* in the Kiwibank New Zealander of the Year awards.



Di, who lives in Browns Bay, started the charity in 2011 having noticed that many people had fruit trees on their property that they couldn't or didn't want to pick. The fruit was falling to the ground and rotting. "I couldn't bear to see good, fresh food go to waste, especially when food prices are so high and many families are struggling to make ends meet," she explains. The concept spread around the country and there are now nine Community Fruit Harvesting groups, from Kaiwaka in the north to Blenheim in the south.



When someone contacts their local group, volunteer pickers visit that property and harvest anything from one tree to a whole orchard, according to the invitation. "People who contact us are welcome to keep some of the fruit,"

Di says. "They just need to tell our team how much." Di encourages potential donors to get in touch, even if their trees aren't currently fruiting. "We'd still love to hear from you, so we can put you on our database and contact you in season to find out whether the crop is ready."

Community Fruit Harvesting shares produce through charitable organisations and food banks. Since 2011, more than 50,000 jars of preserves and 226 tonnes of fruit have been donated.



After many years at the helm, Di says she needs a break. She will therefore be spending more time encouraging others to share via the Community Fruit and Veg stands, and to preserve their own fruit as jams, chutneys and sauces, with the help of videos on the website.

**Are you a charity that could make use of fresh fruit or jam and preserves from time to time? Maybe you – and a few friends – would like to pick fruit or make preserves? Please visit [pickfruit.co.nz](http://pickfruit.co.nz) to register your interest.**

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## Recipe - Broccoli Balls with Parmesan Cheese

### Ingredients

2 cups grated broccoli stalk and/or cooked florets, finely chopped  
1 small onion grated or finely chopped  
1 egg  
1/3 cup plain flour  
1/2 cup parmesan cheese, grated  
1/4 teaspoon salt  
Pepper, to taste  
1 tablespoon fresh herbs, finely chopped (optional)

### Method

Preheat oven to 180°C.  
Mix all of the ingredients together.  
Roll the mixture into teaspoon sized balls then place on a baking tray lined with baking paper.  
  
Bake for 12-15 minutes, turning the broccoli balls about 8 minutes into cooking time.

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Jason Buckley, Owner of helloworld Travel Browns Bay & Milford visited India in March, so can provide first-hand recent experience to any potential traveller. Come in and visit our stores to learn more. His travels led him to the cultural triangle of Delhi, Jaipur and Agra in Northern India. Visiting the Gandhi Memorial and India Gate in Delhi, Amber Fort in Jaipur and the iconic Taj Mahal in Agra.

Sri Lanka is a top travel destination for 2019. This country is easy to travel to via Singapore and is an all year round destination. Visit the spectacular UNESCO sights of Dambulla Cave monastery, Minneriya National Park, Sigiriya Rock Fortress, and the Temple of the Tooth Relic. There is a wide variety of experiences available in Sri Lanka, from wildlife adventures, Family friendly itineraries, Golfing, surfing and wellness retreats. There is also the bonus of spectacular white sand beaches scattered with beautiful resorts.



*Sri Lanka Weligama Stilt fishing*

Being a short one hour flight from Sri Lanka to the Maldives, it's possible to add a few nights stay at this bucket-list destination. The Maldives are made up of 26 coral atolls with roughly 1,200 islands, of which approximately 200 are inhabited and 100 feature a range of 3 to 5 star resorts.

## Welcome Barbara

helloworld Browns Bay is growing thanks to your support. We are pleased to announce the

arrival of our new experienced Travel Consultant, Barbara Schultz. Barbara has been selling International Travel at a nearby North Shore location for the past two years and we welcome her to our team. Barbara has a broad depth of Travel experience. Originally from Brazil, she has travelled around South America, Southeast Asia, USA and lived in Australia, before settling in New Zealand 10 years ago. Barbara can speak Portuguese, English and Spanish and absolutely loves to talk about destinations and to share travel experiences.



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# Six **unusual** Easter traditions around the world

**It's not all fluffy bunnies with baskets of Cadbury Creme Eggs!**

## **Finland: watching grass grow**

To celebrate the arrival of a northern hemisphere spring, Finnish children plant Easter grass (*rairuoho*) in small, portable indoor containers, and watch it grow day by day. A delightfully quaint activity, if not the most exciting.



## **Sweden: witches aren't just for Hallowe'en**

Children dress up in rags and old clothes, and go door-knocking for treats. This tradition – which is common in parts of Finland

too – also sees bonfires being lit to scare away any witches who are flying about, looking for mischief.



## **Bermuda: let's go fly a kite**

Legend says that a teacher used a kite to illustrate the story of Christ's ascension. This has grown into the island's Good Friday Kite Festival, with many of the multi-coloured kites being based on a crucifix-structure made of bamboo or wood.

## **Czech Republic: willow branch whipping**

Definitely not the way to treat a lady, the old and bizarre practice of whipping women with willow sticks was a gesture of fertility. Apparently, it's more of a "light brushing" these days, but still...

## **Hungary: putting a dampener on "Ducking Monday"**

Another custom linked to fertility rites, *locosolkodás* is when men "sprinkle" women with perfume – but it sometimes involves throwing a bucket of cold water over them. At best, the poor women smell like a cheap fragrance shop, at worst, they're soaking wet and freezing.

## **Germany: there'll be no getting on down**

Dating back to the rather austere 16th century, *Tanzerbot* means that all dancing is banned on Good Friday in 13 out of 16 German states.

**At ShoreLines, we stand united with the victims of the Christchurch terrorist attack**

If you would like to support bereaved families and traumatised survivors, please donate via:

**<https://givealittle.co.nz/cause/christchurch-shooting-victims-fund/donations>**

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**Contact**  
**Gerry Beckingsale M.Sc. Dip. Teach.**  
 **027 296 8100**  
 **[gerry@gb-consult.co.nz](mailto:gerry@gb-consult.co.nz)**



# Torbay's **Caring Crew NZ** is supporting families in need

**Your child has a health emergency. You're stressed, scared and don't have time to prepare. You're rushed to hospital and stay by your child's bedside. But you're without any of life's essentials, like toiletries and sanitary protection; you can't even brush your teeth, freshen up and make yourself feel "a bit more human".**

As a paediatric nurse, Nathalie Billett felt she had witnessed this scenario too many times. She knew she wanted to help these families – so she founded Caring Crew NZ, and started putting together packs of everyday necessities and a few tiny luxuries. "Especially when I

became a mum myself, I realised that having those basic items can make a huge difference on how you face the day, and make the admission to hospital a little more bearable," she explains.

She recalls one lady whose child was admitted late on a Sunday night and whose period began then. "She couldn't leave the hospital, and the pharmacy was closed until Monday, so she just had to manage. I felt awful for her; as if she didn't have enough to cope with."

Currently, the registered charity provides carer packs only to Starship Hospital, where the health care team (consultant, social worker, charge nurse) distribute them to families they've identified to be most in need.

"We're really keen to expand our service," enthuses Nathalie. "How fast and how far will be determined by the rate at which we can get more donations of items, grants, sponsors and companies on board."

**Want to get involved? How about sponsoring a carer pack for a mum in need on Mother's Day? To make a big difference at a hugely stressful time, contact [info@caringcrewnz.co.nz](mailto:info@caringcrewnz.co.nz)**



Carrying on her family's tradition of charitable volunteering, Nathalie's children happily help her assemble the carer packs.

## THANK YOU!

*I'm in Starship with my son, suddenly and unexpectedly. It genuinely brought tears to my eyes as I was given one of your boxes of goodies by the charge nurse.*

*The box was totally amazing and dissolved stress in an instant... and encouraged me with the care and love that went into creating it.*



"Little can be huge," says Nathalie, "so people can help by just adding a deodorant, lip balm or sanitary item to their regular shopping trip."



## WHITE FLOWER Café

### Eggs Benedict (v)

2 poached eggs, 2 hash browns, Spinach, hollandaise sauce on Italian white loaf... **\$12.90**

Please present this advert to redeem your **SPECIAL** deal and we look forward to seeing you enjoying a meal at White Flower Café

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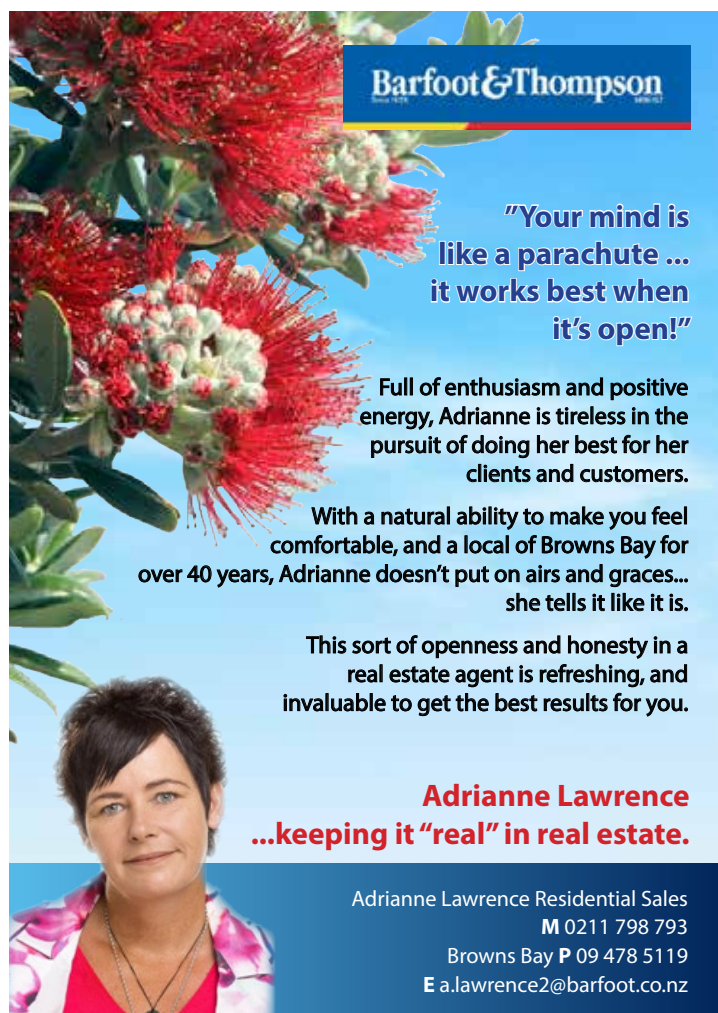


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## Budding Artist gets rewarded!

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 Whitcoulls Browns Bay kindly sponsored the most recent issue with a \$50 voucher to be spent in store. This month it was a really tough call to choose a winner because all the entries were great. However, we finally chose Katie Tang's. Congratulations Katie!



Katie receives her voucher from Michelle from Whitcoulls and Kim Taylor - *ShoreLines* Publisher

## ShoreLines

### How far can it go?

This is *ShoreLines*' sixth issue - and just look how far we're travelling!

Here are Colleen and Eddy Masters off piste at the Bolacco Caff  at Sun Peaks, British Columbia, Canada.

When you head off on holiday, don't forget to pack *ShoreLines*! Then (safely) snap yourself reading the mag in an exotic or well-known location. E-mail your photo to editor@shorelines.co.nz and, if yours is chosen, you'll win a \$50 prezzy card.





# FREE Guard Callouts

## VANGUARD SECURITY



### NEVER AGAIN PAY FOR GUARD CALL-OUTS!

NO fixed term contracts!

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📘 Vanguard Security Services

## What it's not **flash** to **flush**

Watercare has partnered with Plunket to encourage parents not to flush so-called "flushable" wet wipes down the pan. It seems these products are anything but flushable, and can actually contribute to serious sewage blockages and merge with fatbergs to form hideous, slimy lumps that clog wastewater pipes.

Some wet wipes may be marked as "flushable", and they may even disappear quite easily down the loo, but they don't break down in water. In fact, some of them even contain non-biodegradable plastics, which can take decades to disintegrate. Recently, an Australian court fined a wet wipes manufacturer \$700,000 for false-labelling, saying that their products would disintegrate in wastewater when they didn't.

70% of pipe blockages are caused by things going down the drain that shouldn't. Every year, it costs Watercare nearly \$1 million to unblock the systems, and, of course, there can be some fairly nasty repercussions. For example, in June of last year, a house in Red Beach was flooded with wastewater when their gully trap didn't work properly. The cause of the blockage? Wet wipes and other non-flushable debris (such as sanitary items, dental floss, rags and nappies) flushed by local residents.

**The message from Watercare is loud and clear: please only flush The Three Ps – pee, poo and paper!**



*How revolting! This is what a fatberg looks like. Watercare offers advice about how to safely dispose of cooking fats, oil and grease. Visit [www.watercare.co.nz/Faults-outages/Plumbing-and-wastewater/How-to-prevent-overflows](http://www.watercare.co.nz/Faults-outages/Plumbing-and-wastewater/How-to-prevent-overflows)*



*Wet wipes blocking a drain*





# BROWNS BAY Cairo to Cape Town African Street Festival 2019



After about three weeks of uninterrupted sunshine, the rain really picked its moment to arrive in Browns Bay. Not only was there an absolute downpour, but the flooding caused a power outage too! Nevertheless, a great time was enjoyed by everyone who showed up for the food, culture and wonderful music.

Once again, Sally Cargill should be warmly acknowledged for her hard work and dedication in co-ordinating this event – under very trying circumstances.

More photos on page 23.





# Bays Community Centre Newsletter

April/June  
2019



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

## EASTER FUN

Sat April 6 10am-12pm  
Browns Bay Village Green  
Easter craft & Easter Egg hunt



## ANZAC TRIBUTE

Join us & the Library Writers' group for a public open mic event to share poetry, stories, thoughts & recollections of ANZAC Day, & what it means to be Kiwis; in honour of those who served.

### EAST COAST BAYS LIBRARY

Wed 24 April 10.30am-12pm.

Free. All welcome to take their turn at the mic or just listen.



ENTRY BY GOLD COIN DONATION

sales@aucklandmamamarket.co.nz

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## DAWN SERVICE

Fall in outside Bays Health (formerly the RSA) in Bute Rd at 5.45; service starts at 6am at the Cenotaph

## CITIZEN'S SERVICE

Fall in at 8.30; service starts 9am at the Cenotaph  
*The RSA is now based at the Bowling Club in Woodlands Cres; you are all welcome to join us after the commemorations*

## ANZAC DAY

LEST WE FORGET-25th APRIL



## BOOTY SHAKE

continues every Sunday morning  
9-10am on the Browns Bay beachfront till Easter.



## REPAIR CAFÉ

Throw it away? No way! .  
If it's broken, bring it to the Baha'i Community Hall,  
712 Beach Rd on Sat 18 May, 2-4pm  
& we may be able to help you.  
Ph 021 144 9204 for more info

## MID WINTER SWIM



The annual Mid Winter Swim & Beach Dig is on Sun 16 June at Mairangi Bay.

Thanks to the Surf Club for their support - please bring your loose change & make a donation.



...is over for the summer. We'll be back in November. As usual, Bill Ellis has been coming along with his camera to record our events.



## 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

Hibiscus and Bays  
Local Board  
Auckland Council





## What's On at Our Venues

### 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

**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 Glen 027 541 2241 . www.u3abb.net.nz

**Widows & Widowers** Ph Judith 479 6042

**Writing Family Memories for Future Generations** Older Women's Network . Ph Patricia 479 7519



#### 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.

#### FOR KIDS

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

#### DEFENSIVE DRIVING

For 18 year olds who have a restricted licence.

April school holidays.

Ph Stu at the Auckland Defensive Driving Academy

To book your teen in. 486 1909



### 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

**Pilates** Tuesdays 9.30-10.30, school terms only. Ph Eva 022 076 6112

**Powerhoop** Thu 7pm. Ph Jacquie 0274 447 064

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



#### KIDS' ACTIVITIES

**Get Messy Playgroup** Thursdays 9-12. nzgetmessy@gmail.com

**Browns Bay Playgroup** Mon, Wed, Fri 9am-11am. Ph Dalene 027 519 8468

#### POWERHOOPING

Powerhooping is the most fun way to get in shape ... Powerhooping is based on the principles of hula-hoop, but is much easier to use due to the additional weights & thicker diameter of the hoop ... you are using a world-class hoop to slim your waist, trim your hips, flatten your tummy, improve your posture & strengthen your back. Powerhooping makes you feel good & it's fun. Anyone can do it. Jackie is your Instructor; she has been Powerhooping & instructing for over 5 years. Come & join us, Thu 7pm at St Annes Hall. Ph Jackie to book your place; 0274 447 064 Hire hoops are available.



## Easter in the Bays

### ECB CATHOLIC PARISH

St Francis, 8 Finchley Rd Torbay

St Johns 87 Hastings Rd Mairangi Bay

**Holy Thursday** 18 Apr 7pm Mass of the Lord's Supper—St Francis

**Good Friday** 19 Apr 3pm Good Friday Service St Francis

**Holy Saturday** 20 Apr 7pm Easter Vigil Mass St Johns

**Note no 5.30 Mass**

**Easter Sunday** 21 Apr 7.30am Easter Celebration Mass St Francis

**Easter Sunday** 21 Apr Easter Celebration Mass St Johns

**Easter Sunday** 21 Apr 10.30am Easter Celebration Mass St Francis

Stations of the Cross at St Francis de Sales, 8 Finchley Rd Torbay;

Fridays at 7.30pm. Ph 478 4565 for more info.

Lenten Reconciliation Wed 10 Apr 7pm

at St John the Baptist Church, 87 Hastings Rd



### GOOD FRIDAY COMBINED SERVICE

Join the Bays churches on Good Friday  
for the combined service at the

ECB Leisure Centre; 10am.

All welcome!



**Trinity at Waiake  
Methodist Church**

864 Beach Road

**Invite you to our Easter services**

**April 14 10am Palm Sunday Service**

**April 19 8am Good Friday Breakfast**

**April 21 10am Easter Sunday Service**

## What's Up at the Library

### WELLNESS TALK

Wed 3 April 11:00am – 12:00pm

Dr Gian Mansell will be talking about Exercise.

### ANZAC TRIBUTE

Throughout 24 April you will be able to make Anzac poppies out of paper to decorate an ECB community wreath we will take to the Community Service at the Browns Bay Cenotaph on Anzac Day.

### COMPOST COLLECTIVE

Wed 8 May 10:30am – 12pm. The Compost Collective will be taking a Composting Workshop. This Composting course offers an introduction to 3 basic composting systems that can be used in the home & garden: traditional composting bins, worm farms & bokashi buckets. Come & discover what suits you best. Confirmed participants will receive a \$40.00 discount toward the purchase of a composting system that can be redeemed online.

### TEA & TOPICS

Wed 17 April 10:30am – 12pm

Local authors Maureen, Barbara and Vicky will be talking about their experiences writing books for children.

### SCHOOL HOLIDAY PROGRAMME

13-28 April has a Weird, Wild and Wonderful theme with lots of free, fun activities for children. Check the Auckland Libraries website for details. [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)

### TEA & TOPICS

Wed 15 May 10:30am – 12pm

'Art in the Digital Age' presented by Dennis Lyons.



## Community News



### TOGETHER-

### BEREAVED PARENTS' SUPPORT GROUP

**TOGETHER** is a peer support group designed by bereaved parents for bereaved parents. It brings together grieving parents for help, support & understanding. This free group

meets on the 2nd Tuesday of the month 7-9pm at the Bays Community Centre, & is open to bereaved parents, who have lost a child of any age, in any circumstances, & at any time.

For more info ph Jenny 0210 2280 488;

[TogetherBPSG@hotmail.com](mailto:TogetherBPSG@hotmail.com)

### PEST-FREE HIBISCUS & BAYS 2045

This group is meeting regularly to work together on achieving a Pest-Free community. If you live near a reserve or a stream & would like assistance in removing pests (animals or plants) from your property, email our Co-ordinator Richard [hapestfree@gmail.com](mailto:hapestfree@gmail.com)

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.

Browns Bay Baha'i Centre,  
712 Beach Road, Browns Bay;  
ph 021 144 9204



## Community News



Torbay & Browns Bay.  
Learn Spanish from a native Spanish speaker.  
Individual or small group lessons.  
Dynamic and fun too!  
Contact Ara on: 021 0812 4141  
<http://northshorespanish.nz/>



### CRYSTAL CAST GLASS BOWLS

Saturdays 6 & 13 April.

Learn wax making techniques in making bowls. Carve a pattern on the inside or outside to add relief to the surface and make your own beautiful piece. Some previous cast glass experience required. Book online.  
[www.mairangiarts.co.nz](http://www.mairangiarts.co.nz)  
20 Hastings Road, Mairangi Bay  
478 2237

### TORBAY THEATRE

A vibrant, fun club, for ages 8-88 with 3-4 major productions a year.

Auditions 7 April 2pm for *Costa del Packet*, by Anthony Booth, to be performed in June as a double bill with *Roses are Red*, by Paul Topliss.  
Regular Club Nights, Children's play in July, & our big December musical: *The Snow Queen*.  
For more info, see our website, phone 473-5454, or see our Facebook page.  
[www.torbaytheatre.com](http://www.torbaytheatre.com)

### COMMUNITY LEADERSHIP TRAINING

This 9-week course will cover Community Development, Connecting with the community, Community Engagement, Volunteering, Activity Planning, Setting Up a street group & more. At the end of the course you will have a deeper understanding of how your community works, a great set of skills and a sound basis for furthering your voluntary or paid work.

A fun, interesting time is guaranteed.

There is no charge for the course, as it is funded by the Hibiscus & Bays Local Board in response to the Needs Assessment Survey completed in 2017.

For more info, contact Sally on 478 4301 or [ECBCP@xtra.co.nz](mailto:ECBCP@xtra.co.nz).

Days, dates & times will be confirmed once we have sufficient numbers to start.

**FOOD SAFETY CERTIFICATE TRAINING**

Ideal for cafes, new business start ups, childcare or if you are looking for a job in the food sector.

Classes run on Sat, 8.30am - 3pm at Browns Bay Community Centre \$139.13+gst

**BOOK at [foodsafety.net.nz](http://foodsafety.net.nz)**  
Council Approved + NZQA-Registered PTE

### BROWNS BAY WOMEN'S INSTITUTE

Meets at Browns Bay Presbyterian Church Hall on the 1st Thursday of the month, 10am-12pm.  
Ph Carol 473 3613.  
Friendly discussion & coffee, knit & sew for charity: Don't let your lack of skills put you off! They will help you.

### SENIORS EXERCISE TO MUSIC

Come & join a friendly active group of young-at-heart seniors. The class includes aerobics, light weights, balance work & stretching. Great for mind, heart & bone health. Mon & Wed 11am-12pm  
\$7 per class  
36A Anzac Road  
(Bays School of Dance Studio)



### HATHA YOGA CLASSES

Mondays  
at  
BROWNS BAY COMMUNITY CENTRE  
2 Glen Road

Timings: 6-7 PM  
(\$10 per class, first class FREE)

Contact No: 0223299443  
Email id: [anuyoga37@gmail.com](mailto:anuyoga37@gmail.com)



Stretch, breathe & relax to invigorate your body, soothe your mind & reset your system. Gain a healthy lifestyle regardless of your age or fitness level & get rid of your extra pounds in a relaxed way. Join Yoga with Anu for specialised Hatha Yoga sessions with specific breathing practices & meditation to keep up your vital energy flow (Praana Sanchaalana) & to maintain the body-mind balance.

To register, contact us on

FB messenger or text 022 329 9443 or 027 587 5757.

**The AGM of the Torbay Community Assn will be held on Mon 29 April at 7pm the Torbay Community Hall.**

### LEARN FRENCH!

Bring your French ALIVE through theatre!  
Acting out real French situations, skits & both modern & classic plays, your spoken French & your grammar & exam results will all improve through use, while having such fun.  
Good for high school, university, or reviving past knowledge.  
Classes held in Browns Bay/Torbay  
Contact Dr Lynette Wrigley-Brown (PhD French)  
tél: 0210 294 0630; 478 7911  
[lynettewrigleybrown@gmail.com](mailto:lynettewrigleybrown@gmail.com)

### ART IN THE HOLIDAYS

Drawing & Painting one-day workshop for ages 7 - 12 yrs. With step-by-step instruction from artist Eion Bryant children will draw then create a vibrant acrylic painting learning tips & techniques along the way.  
St Anne's Hall, Tue Apr 16, 10am - 3pm. Cost \$55 (includes all materials)  
BOOKINGS: [eion@eionbryant.com](mailto:eion@eionbryant.com), ph. 483 6703

### ECB BRIDGE CLUB

For details of the next set of beginners' lessons, contact Helen  
027 296 3365



The Bays Community Centre Newsletter is published bi-monthly.

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

Deadlines for publication in 2019 are 12 May, 12 July, 12 September, 12 November, at noon.

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

ph 478 4301; 2 Glen Rd Browns Bay





BROWNS BAY  
**Cairo to Cape Town**  
African Street Festival 2019

Special thanks to Lee McDonald from JD Rigging, who with the power outage, climbed the whole way up The Victor crane, in the rain, to take this aerial photo for ShoreLines. Thank you!



# Nearly 50 years of adjustment – a chiropractor's tale

Did you know that, when chiropractic was first "discovered" in the USA, in 1895, it was hailed as a cure for deafness? A gentleman called Daniel Palmer helped one of his workers when a barrel of molasses clunked him on the head. The poor chap's neck was out of alignment and he lost his hearing. Mr Palmer had a prod around, found something that felt out of place, pushed on it and – hey presto – the neck straightened up and hearing was restored!

Chiropractic has come a long way since then, from anecdotal and clinical evidence through to extensive research and scientific studies. Even so, when Alan Wade's dad took him to see a chiropractor for a school rugby injury in the 1960s, it was far from the norm. Moreover, when Alan finished school and decided to become a chiropractor himself, so unusual was his decision that the family GP summoned him

and his parents to a meeting. "He sat us down and urged me not to ruin my life!" recalls Alan.

Qualifying in those days was no mean feat. Although the NZ Chiropractors Association had been around since the early

1920s, and chiropractors had been registered since 1961, there were no colleges in this country. Alan therefore studied at Palmer College (yes, named for the gentleman from 1895) in Davenport, Iowa, and graduated in 1971.

"I actually worked for about six months with the chiropractor who treated me for that school rugby injury, but it wasn't a perfect partnership," says Alan. There were only two chiropractors in Takapuna, and none in the Bays. With his parents' help, Alan decided to take the plunge and buy a



small property on the main road alongside Mairangi Bay – and this is still the site for Bays Chiropractic today. "That house cost \$15,000, but appointments were only \$2 so it was quite a risk, particularly because complementary treatments like osteopathy, physiotherapy, acupuncture and chiropractic were still not mainstream." Furthermore, there were strict limits on the amount of advertising that Alan was permitted to run in the local press.

From humble beginnings of perhaps only two patients a day ("I read every book in the Mairangi Bay library!") Bays Chiropractic has flourished over the past five decades, with personal referrals accounting for the vast majority of business. The clinic expanded into new premises in 2008 and, to offer a more complete service, now has an acupuncturist, physio and massage therapist, alongside its four chiropractors.

Most clients come in for the usual headache, neck or back problems, but Alan has treated clients with other health issues too. He fondly remembers a boy called Harry\* who suffered from chronic asthma and was on three types of daily

medication. Over the course of several months, Harry's condition improved, and he was able to gradually reduce his meds and completely come off the steroids. "Helping people like that is what makes this profession so worthwhile," smiles

Alan. "I suppose I should think about retiring 'soon' but I'd miss the interaction and that amazing feeling when a patient can walk away healthier and free of pain."

*\* Not the patient's real name, for confidentiality*

*Photos: The original property. Left: Alan and three of the Bays Chiropractic team today. Top: One of Alan's editorial columns for the North Shore Times Advertiser, March 1975*





# What a racquet!

On 15th March, Rotary Browns Bay held the fourth charity Jumbo Tennis tournament. The aim of the event was for everyone to have fun and raise money for local good causes – and all agreed that it was a great success and the best yet.

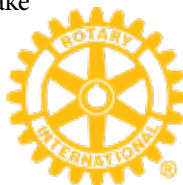
It was held at Albany Tennis Park, and 25 teams had entered. This year it was decided that the event would be a round robin style so all competitors got to play all their matches and no-one was eliminated. During the interval, food was provided by Rotarians, and Patricia at the Brazilian Café. There was also entertainment by Rotarian Jonathon Usher, who travelled up from Dunedin to show his fantastic magic show.

Having amassed the most points overall, the eventual winners were Ray White Albany. They were awarded the Jumbo Tennis 2019 trophy by Paul Mees, President of Rotary Browns Bay.

There were also prizes for the runners up from Sir Peter Blake MERC, and for the best dressed teams.



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## Mother's Day or Mothering Sunday?

**Especially if you're an expat, did you ever wonder why Mothering Sunday (in the UK) and Mother's Day (in the rest of the world) are celebrated on different dates? It has to do with their origins – one of which is faith-based and the other which was more about social awareness.**

### Mothering Sunday

Centuries ago, on one occasion during Lent, Christians in Britain would worship at their "mother" church. This was generally the city cathedral or a town's largest church. Children in service or apprenticeships (who might be as young as 10) were given a day off to attend church with their families.

Sometimes they hadn't seen their mothers for a long time, so, when possible, they'd take gifts and flowers with them. Over time, this evolved into Mothering Sunday, which is now celebrated on the fourth Sunday in Lent.

### Mother's Day

This is a modern tradition, started in the USA by a Virginian woman called Anna Jarvis. Her mother, Ann, founded Mothers' Day Work Clubs and was committed to the role of motherhood receiving the recognition it deserved. She said,

"I hope and pray that someone, sometime will found a memorial mothers day commemorating her for the matchless service she renders to humanity in every field of life." When Ann died, Anna organised a memorial service for her, and all mothers, on 10th May 1908.

This is widely regarded as the first ever Mother's Day. As popularity of this concept grew, President Woodrow Wilson declared, in 1914, that the second Sunday in May would formally be known as Mother's Day.





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To help you and your mates have fun and stay safe, download the new app today for just \$3.49.



# Aroha in the face of tragedy

Erica Stanford - ECB National Party MP

**After the events of March 15, it's hard to know quite what to say; hard to summon the right words to deal with the injustice, senselessness and tragedy.**

Our country will be forever scarred by the violence committed against Muslim New Zealanders as they went about their prayer.

But the days following the event showed New Zealand at its very best.

We saw tens of thousands of Kiwis gather at vigils across the country (including a beautiful gathering of our local community at Takapuna Beach); millions of dollars pour in for victims' families; and offers of support to Muslims all over the country, to make sure they know they are welcome, they are loved, and they should and can feel safe here in their home.

That outrage, outcry and outpouring of support is the real New Zealand; the real us.

People of all religions should feel safe; immigrants should feel safe; our elderly and our kids should all feel safe.

My 6-year-old son, who was quite affected by what happened, really needed assurance that it wasn't going to happen again – which is obviously hard to give. So we focused on what we can do.

My husband summed it up beautifully when he told him, "All we can do buddy is embrace diversity." These words are a bit much for a 6-year-old to comprehend, so he continued, "Embrace means love, hug or fully accept. Diversity means difference, variety or a mix. So, you need to love difference. You have lots of different kids in your

*Holly & Alex  
placing flowers  
at North Shore  
Ahlulbayt Centre*



*Takapuna beach vigil candles*

school, some from China, Korea, India, South Africa, England, Saudi Arabia, NZ. They're all just kids, doing the same things at school, getting on with life, having lunch together. And they are different. And that's awesome."

The vigil at Takapuna Beach was a chance for my kids and hundreds of other children to see our community come together in defiance of hate and division, and in support of love, peace and unity.

A large condolence card was placed in the sand for people of all ages to sign their messages. My son wrote:

You should have been safe xox love Alex.  
RIL (Rest In Love)

As we stood listening to the waves pounding in and watching the candles flicker, the crowd started to softly sing the national anthem. In the face of such an atrocious and despicable tragedy, this was a moment of love that I will never forget.

Locals have been taking flowers to the Ahlulbayt Centre in Mairangi Bay to pay their respects and to connect with East Coast Bays Muslims who, like all other New Zealanders, are reeling from the attack.

At times like this, the simplest gestures show our humanity and strength. Reach out to the neighbours you may not have connected with and let them know they are welcome here. From tragedy and devastation we can build a country that is stronger, more embracing of diversity and more unified than ever before.



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# Where community shapes the heart of your retirement

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A caring community is there for us in our times of need. That's the community Bill and Leone found at Jane Mander Retirement Village in Whangarei.

Soon after moving into the village the couple experienced a deep loss. The support they received was one of genuine caring. "Well it was just the way we were taken in by the village," Bill explains. "Yes, feeling our grief with us, but not intruding on that," Leone adds.

*"There are no strangers here, just friends we haven't met."*

Since that time, they have given back to the community in abundance. Leone has brought her passion for singing to the village Glee Club, and Bill has discovered a new-found enjoyment of bowls whilst also becoming a regular at Glee Club, "I make more noise than



anybody," he laughs. Leone explains, "there are no strangers here, just friends we haven't met. That's exactly how it goes here."

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# Bodrum Kitchen serves up a **Turkish delight** for a **Mother's Day** brunch

by Kim Taylor

With its stunning outlook towards Rangitoto Island, and the warm waters of the Hauraki gulf winking lazily back at you, Bodrum Kitchen is really a rather special place – and seemed an ideal choice for a meal with mum.

Bodrum Kitchen opened its doors in October 2018, offering an authentic selection of Turkish and Greek cuisine, and is increasingly popular with locals and visitors alike for all day dining.

There's a lovely Mediterranean feel as you walk in from either entrance on Clyde Road or Beachfront Lane. Take a moment to enjoy the décor and attention to detail, from the colourful Turkish chandeliers to the unique glassware with the “Turkish blue eye”. Legend has it that the Evil Eye is a curse cast with a malevolent glare when you are not watching, and so, least expecting it. The blue eye symbol is therefore used as a talisman to protect you from people who wish you harm.

Rest assured, there are enough talismans around the restaurant so that you can relax and let your guard down in an environment free from malevolent glares!

We were greeted by the charming Apeksha, one of the three co-owners, and shown to our table. We chose to sit inside in a quiet corner with a nice view of the restaurant and patrons, so that we could have a good mum and daughter chat. We took in the drinks menu, and although briefly captivated by the cocktail choices, we skipped onto the wine list and selected a Squealing Pig, Central Otago rosé (\$10.50) and a genuine Italian Mionetto Prosecco (\$11) both by the glass.

There are plenty of non-alcoholic options and mocktails, as well as traditional Turkish Efes beer by the bottle and Estralla on tap, along with a variety of local and imported beer and wines to please the palate.

The lunch and brunch menu features all day breakfast, and the Mediterranean selection didn't disappoint with plenty of traditional Turkish and Greek dishes to choose from.

The creamy mushroom with blue cheese on ciabatta had my mouth watering on the breakfast menu; I will definitely



have to try that one Sunday morning! Instead I chose the fattoush salad (\$25) with pomegranate vinaigrette and candied walnuts – delicious! I chose the pulled lamb with this, although I was tempted to go vegetarian and have the grilled halloumi. The lamb was full of flavour, tender and a very generous helping.

For mum, Apeksha recommended the "Breakfast in Turkey" (\$26) which was attractively displayed on a wooden platter and offered a colourful selection of lightly baked eggs, meatballs, feta, olives, cucumber and tomatoes, served with Turkish pide bread. Mum quickly declared it to be "scrumptious" and very authentic, and she particularly enjoyed the fig mascarpone with berry compote.

Mum finished off with a Turkish coffee, both strong and sweet, and I enjoyed a pot of Moroccan mint tea and divinely syrupy side of baklava – because life is too short not to enjoy a little treat.

Yummy for Mother's Day – and for any other occasion too!





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# Mother's Day facts...

## Did you know?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with mum often cause phone traffic to spike by as much as 37 percent.

Mother's Day isn't always on the same date each year. The holiday is celebrated every year on the second Sunday of May. This year it will be on 12th May.

Mother's Day is the third highest-selling holiday for flowers and plants.

Mother's Day is the busiest day of the year for restaurants.

Carnations quickly became the symbol of Mother's Day (supposedly representing the tears of Mary when Jesus was crucified) when it began in 1914, and soon the floral industry promoted the idea of wearing a red carnation to honour a person's living mum or a white carnation to honour a mother who had passed. Although this tradition has faded, it's estimated that 76 percent of mums are currently hoping to get flowers from their kids or loved ones on this special day.

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**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**





## Growing Great Citizens

**Who am I? What do I stand for? How do I find my place in the world? These are some of the questions students at Long Bay College are focusing on during Term One as part of the College's new Atawhai initiative.**

Long Bay College's Pastoral Curriculum Lead, Mrs Liese Strong explains, "Weekly Atawhai sessions have been established to offer students greater support and to connect students with a key teacher, their Atawhai Leader, beyond their curriculum studies. Students develop skills and personal attributes that will ultimately help them thrive in life." Underpinning the College's Strategic Plan and Atawhai programme, is the school's core values of Respect, Care, Community and Creativity. The College consulted the school community last year to identify the key values that are now in place. Teaching and learning of the values has begun, starting with respect. "Students are learning to embody what it means to be respectful to oneself, others and



the environment. It's so important to understand this core value to live successfully", says College Deputy Principal and Pastoral Lead, Mr Mike Lewis. The feedback the College has received about Atawhai from parents, students and teachers has been overwhelmingly positive. College Principal, Mr CJ Healey says, "Everyone is very enthusiastic and enjoying the greater sense of belonging Atawhai is engendering in our school culture. Our parents, caregivers and students are very supportive."



## Athletics Day Fosters School Spirit

**Last month, Long Bay College held its annual Athletics Day. In a show of school spirit, the entire school gathered together to take part in an extraordinary day of energy and colour.**

Students could compete in track and field events as well as participate in social activities such as gumboot throwing and a tug-of-war. All activities helped students to gain points for their 'house'. "There was such an amazing atmosphere. We were impressed by our students' enthusiasm, participation and by the support they gave to one another," says Long Bay College's Head of Health and Physical Education, Mrs Mo Gleeson.

A number of school records were broken. Year 10 student and athlete Nadia Evans, won the 100 metre and 200 metre intermediate girls sprint, breaking two school records. Nadia was timed the College's fastest female sprinter.

## Shooting to the Top



**Long Bay College Year 10 student Sophia Redgrove has broken multiple Archery records and has been invited to compete on the world stage.**

Her skills caught the eye of New Zealand Archery selectors and she has qualified to attend the Indoor World Archery Championships in Wellington this month. It's an exciting time for Sophia who trains five plus hours a day, pulling a 45-pound bow. With a practice target in her backyard, specialist coaching from Linda Lainchbury (a former world archery champion) and the support of a corporate

sponsor, Sophia is putting in a lot of preparation. "You have to work for it. If I have any spare time, I'm usually training," says the dedicated 14 year old, who is also studying NCEA Maths, taking extension classes in English and Science and representing Long Bay College in a number of sports teams.

Becoming a national champion comes with its own challenges. To deal with the demands, Sophia turns to her coach, family, friends and YouTube. "I watch a lot of videos by New Zealand's world champion shot putter, Dame Valerie Adams. Her advice about how to focus and deal with pressure has been really useful." Does Sophia often find herself compared to the big-screen sharp shooter Katniss Everdeen of the Hunger Games trilogy? "Yes!" As it turns out, the association is not particularly complimentary. "Katniss' technique is poor and she doesn't have good form," says the real-life Archery expert. Sophia is aiming to compete in the Commonwealth Games and says she can't imagine a time when Archery won't be a part of her life.





# For the love of golf

Hosting our Pro Am has taught me a lot over the last year. Most of all, I think it's reinforced Pupuke's commitment to instilling a love of golf for everyone.

**Pupuke is a great course on an amazing piece of land on Auckland's North Shore. For over 104 years, people have played, laughed, cried, competed, but, most of all, made friends for life on our course. As a club, we've recently lost two very dear members who passed away suddenly. Both were long term members of the club, and their loss is felt hugely by us all.**

Golf is a game that brings people together. You're out on the course for up to four or five hours, so you get to know people really well. The clubhouse is like a second home, where people relax and talk about their game. Younger players grow up together there.

You won't find discounts or cheap incentives to join Pupuke. We're proud of our course and the value that membership brings to your life is not some cheap offering. Rather, it's a chance to learn a wonderful game you can play for years and years! We like to add value to your membership when we can, to show our ongoing commitment. Our patron, Owen Woolley, has been a member at Pupuke for 70 years, and we also have nine members who have been at Pupuke for 50 years or more.

Pupuke is dedicated to encouraging and nurturing junior players too. After our recent Pro Am tournament, professional golfer Mike Hendry said, "For me, being a former junior member of the club this was a very special

*event, and I can honestly say without the incredible experience I had as a junior member of the club I would not have gone down the path of becoming a professional golfer. Members like Owen Woolley, Arthur Irvin and Len Bilton had a huge impact on all of the junior members of my era and it is not at all hard to understand how so many of us have gone on to careers in the golfing industry. Pupuke always had an amazing way of instilling fun and sense of belonging for its junior members while I was part of the club, and it amazed me still while playing the Pro Am how that sense of fun still remains."*

Pupuke is not all about golf though; we actively encourage social members to the club. Many who stop playing stay on as members in a social capacity. The friendships that they have made will be with them forever. Tuesday mornings see a fantastic group of ladies come to the club for Mahjong and lunch. Friday evenings see people stop in for a drink and a meal to catch up with friends.

At Pupuke, we are about so much more than "just a round of golf". I look forward to welcoming you here soon.

Lesley MacDonald  
General Manager

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# PawLines



Tabitha keeping cool in the laundry sink on a hot day



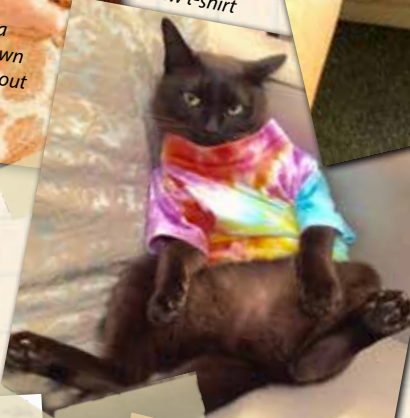
Lola gets a towelling down after a run about in the rain



Mika not looking too happy in her new t-shirt



Splinter getting prepared for Halloween



Tiger Lily the Maine Coon takes comfort to a new level... really?!



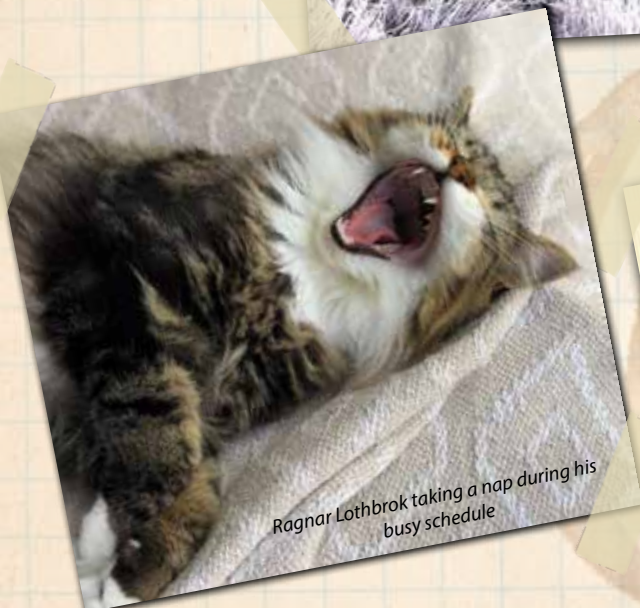
Sal checking out what's worth a nibble on the coffee table



Rafael takes a stroll across the carpet. Watch your toes, he's a snapper!



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Ragnar Lothbrok taking a nap during his busy schedule



Wilson Snowflake Bentley hitches a ride in the hand bag



Father Dougal Maguire licking his chops thinking of dinner

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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](mailto:manager@brownsbay.org.nz) to notify us of the update.



## Fantail - Piwakawaka

This fantail is mid to dark grey or grey-brown above, yellowish/orange below, with a dark band across the chest below a white throat, white markings over the eye, and (depending on the race) either white-edged or entirely white outer tail feathers. It grows to 16 cm in length, of which half is the tail, which, as the name implies, is often displayed fanned out. This reveals that the outer tail feathers that are light and the centre ones are dark. Some subspecies are found in a darker plumage, notably the "black fantail" morph seen in 4% of South Island birds and less than 1% of North Island birds (it is completely absent from the Chatham Islands). The black morph lacks the white areas and so is dark all over apart from a white spot behind the eye. Juveniles are similar to the adults but have a browner body and indistinct body markings.

During waking hours the bird is almost never still. It flits from perch to perch, sometimes on the ground but mostly on the twigs of a tree or any other convenient object, looking out for flying insects. The birds are not shy, and will often flit within a few metres of people, especially in forested areas and suburban gardens. In doing so, it is able to catch any small flying insects that may have been disturbed by human activities such as walking or digging.

The bird's call is an almost metallic cheek, either as a single sound or (more often) repeated as a chattering.

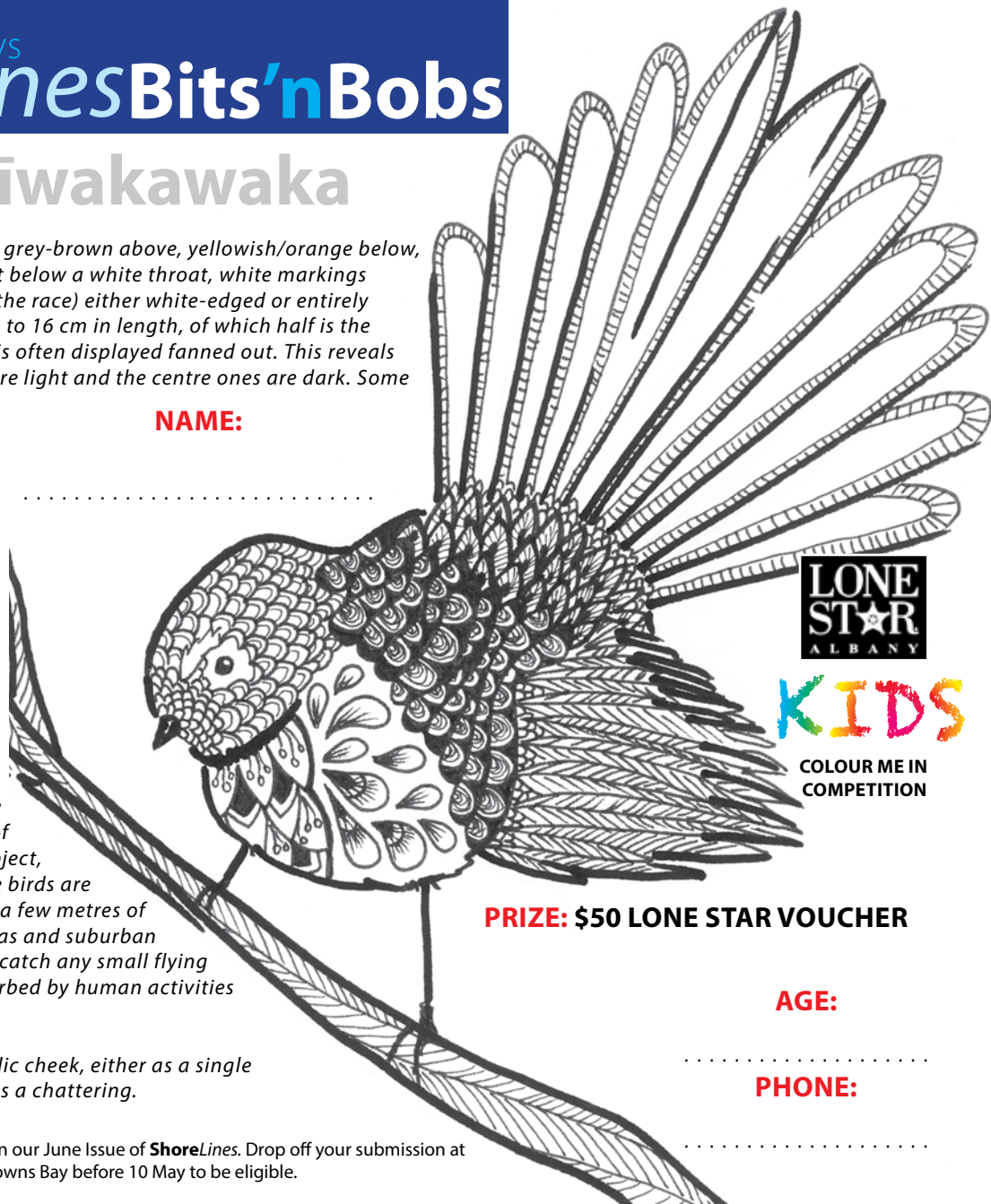
The chosen picture will be published in our June Issue of **ShoreLines**. Drop off your submission at Pages Print in Browns Bay before 10 May to be eligible.

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## HIGH & LOW TIDES (AUCKLAND) FOR APRIL AND MAY

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS											
	Time	m		Time	m		Time	m		Time	m
1 Mo	0534	2.9	9 Tu	0345	0.8	17 We	0507	3.3	25 Th	0528	0.8
	1135	1.1		1012	3.2		1114	0.7		1149	3.1
	1752	2.8		1610	0.6		1741	3.2		1746	0.6
				2231	3.2		2341	0.6			
2 Tu	0003	1.1	10 We	0428	0.8	18 Th	0604	3.4	26 Fr	0018	3.1
	0625	2.9		1055	3.2		1211	0.5		0619	1.0
	1225	1.1		1852	0.7		1838	3.4		1235	2.9
	1846	2.8		2315	3.2				1834	1.0	
3 We	0051	1.0	11 Th	0515	0.8	19 Fr	0035	0.5	27 Sa	0109	3.0
	0712	3.0		1141	3.1		0658	3.5		0713	1.0
	1311	1.0		1738	0.7		1304	0.4		1326	2.8
	1933	2.9					1932	3.5		1927	1.1
4 Th	0133	0.9	12 Fr	0003	3.1	20 Sa	0127	0.4	28 Su	0203	2.9
	0754	3.0		0607	0.9		0749	3.5		0808	1.1
	1353	0.9		1231	3.1		1355	0.4		1419	2.8
	2016	3.0		1829	0.8		2022	3.6		2026	1.1
5 Fr	0212	0.9	13 Sa	0058	3.1	21 Su	0216	0.4	29 Mo	0259	2.9
	0834	3.1		0705	0.9		0840	3.5		0903	1.1
	1433	0.8		1326	3.0		1443	0.4		1516	2.7
	2056	3.1		1927	0.8		2110	3.6		2127	1.2
6 Sa	0250	0.8	14 Su	0158	3.1	22 Mo	0304	0.5	30 Tu	0353	2.9
	0913	3.1		0807	0.9		0928	3.4		0956	1.1
	1511	0.8		1427	3.0		1530	0.4		1613	2.7
	2134	3.1		2032	0.8		2157	3.5		2222	1.1
7 Su	0227	0.8	15 Mo	0303	3.1	23 Tu	0352	0.6			
	0852	3.2		0911	0.9		1016	3.3			
	1450	0.7		1533	3.0		1615	0.5			
	2111	3.2		2139	0.8		2243	3.4			
8 Mo	0305	0.8	16 Tu	0405	3.2	24 We	0439	0.7			
	0931	3.2		1014	0.8		1103	3.2			
	1529	0.7		1639	3.1		1700	0.7			
	2150	3.2		2242	0.7		2330	3.3			

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS												
	Time	m		Time	m		Time	m		Time	m	
<b>1</b> We	0443	2.9	<b>9</b> Th	0411	0.8	<b>17</b> Fr	0541	3.3	<b>25</b> Sa	0548	1.0	
	1046	1.0		1036	3.2		1150	0.6		1204	2.9	
	1707	2.8		1632	0.6		1819	3.3		1759	1.0	
	2312	1.1		2259	3.3							
<b>2</b> Th	0530	2.9	<b>10</b> Fr	0501	0.8	<b>18</b> Sa	0015	0.6	<b>26</b> Su	0035	3.0	
	1132	1.0		1125	3.2		0635	3.4		0637	1.0	
	1756	2.9		1721	0.8		1242	0.5		1250	2.8	
	2356	1.0		2350	3.3		1911	3.4		1848	1.1	
<b>3</b> Fr	0614	3.0	<b>11</b> Sa	0555	0.8	<b>19</b> Su	0105	0.6	<b>27</b> Mo	0124	2.9	
	1216	0.9		1218	3.1		0726	3.4		0728	1.1	
	1840	3.0		1814	0.7		1332	0.5		1339	2.8	
							2000	3.5		1942	1.1	
<b>4</b> Sa	0037	0.9	<b>12</b> Su	0045	3.2	<b>20</b> Mo	0154	0.6	<b>28</b> Tu	0215	2.9	
	0657	3.1		0653	0.8		0815	3.3		0820	1.1	
	1258	0.8		1314	3.1		1419	0.5		1432	2.7	
	1922	3.1		1913	0.8		2047	3.5		2040	1.2	
<b>5</b> Su	0117	0.9	<b>13</b> Mo	0145	3.2	<b>21</b> Tu	0241	0.6	<b>29</b> We	0306	2.9	
	0738	3.1		0754	0.8		0904	3.3		0911	1.1	
	1339	0.7		1415	3.1		1504	0.5		1527	2.7	
	2003	3.2		2016	0.8		2133	3.4		2136	1.2	
<b>6</b> Mo	0158	0.8	<b>14</b> Tu	0246	3.2	<b>22</b> We	0327	0.7	<b>30</b> Th	0356	2.9	
	0821	3.2		0856	0.8		0950	3.2		1001	1.0	
	1421	0.6		1519	3.1		1547	0.6		1622	2.8	
	2044	3.3		2122	0.8		2217	3.3		2228	1.1	
<b>7</b> Tu	0240	0.8	<b>15</b> We	0347	3.2	<b>23</b> Th	0414	0.8	<b>31</b> Fr	0444	2.9	
	0904	3.2		0957	0.7		1035	3.1		1050	1.0	
	1503	0.6		1622	3.1		1630	0.7		1714	2.9	
	2127	3.3		2224	0.7		2302	3.2		2315	1.0	
<b>8</b> We	0324	0.7	<b>16</b> Th	0445	3.3	<b>24</b> Fr	0500	0.9				
	0949	3.2		1055	0.6		1119	3.0				
	1547	0.6		1723	3.2		1713	0.8				
	2211	3.3		2321	0.7		2347	3.1				

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