

TORBAY NEWSLETTER

more than a place - a lifestyle



Next
market
6th April

See Page 17

**NEXT
Art & Craft
Market**
FIRST SATURDAY OF
EVERY MONTH
9.00am to 12.30pm

Editor's Letter

This month we celebrate Anzac Day.

I always find any of these remembrance days extremely sad. The loss of life on such a large scale and so many of them young.

Last year I visited the Domain and saw all the crosses. It was sobering to know each small white cross represented a life given in the defense of their Country. There was one section where the crosses were in groups of four- representing four men from one single family. Such loss, such pain.

This hymn sums it all up for me:-

*O valiant hearts who to your glory came,
Through dust of conflict and through battle flame.
Tranquil your lie, your knightly virtue proved
Your memory hallowed in the land you loved.*

*Proudly you gathered rank on rank to war
As who had heard God's message from afar.
All you had hoped for all you had- you gave
To save mankind yourself you scorned to save.*

While we may not now know anyone who died in battle we owe a great deal to all these fallen heroes. Each one died to ensure we would be free. So on Anzac Day- remember.



Carole McMinn



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Children's Ark



Lara and Adina in their rocket ship.



ENCOURAGING AGENCY IN YOUNG CHILDREN

A sense of agency refers to how we are in control of our behaviour and thoughts. At Children's Ark we have been looking at ways we encourage the children in our kindy to foster a greater sense of agency. One way is to allow children to make their own choices in play during their day.

We work with the New Zealand curriculum for early childhood, Te Whariki. This has a firm foundation in free play where children make their own choices about their play. We like to take this a stage further and encourage children to set their own challenges. One of the ways we have facilitated this to happen is to give children lots of loose parts to interact with. There is no set way that these are used, and therefore children can make their own choices and use their imagination about how to create their own play scenarios.

In our garden we have an area with larger loose parts including pieces of wood, cable reels, tyres etc, and recently the children have been stretching their imaginations, making vehicles including a bat mobile, rocket ships, trains etc. They have also used the equipment as jumping platforms. Setting themselves challenges, moving the blocks further apart once they have succeeded in jumping from one to another. In a similar way children will be seen trying out different tricks on the monkey bars, showing great determination in their practicing.



Through all of this, children begin to see themselves as capable learners and beings, this in turn means they have they confidence to try new things and set themselves new challenges. That of course is what we want for all our children as they start

their journey in education.

For more information please visit:
www.childrensark.co.nz

We are always looking for news about what's happening in Torbay

To submit a news item or advertise, please contact:

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*Torbay Physiotherapy
& Hand Therapy*

WELCOMES NEW PHYSIO

A warm welcome to Holly Warner who started working with us in February 2019!

Holly graduated from Auckland University of Technology with a Bachelor of Health Science in Physiotherapy at the end of 2018 after receiving the AUT Vice Chancellor's Scholarship in 2014.

During her studies at AUT, Holly was one of three students selected to take part in a trans-Tasman exchange program, gaining 5 weeks clinical experience at James Cook University in Townsville, Australia. During this time she worked with people with a large variety of injuries and from a range of age groups.

A keen dancer, Holly studied dance through her school years. She recently competed in the Ceroc NZ National Championships for the first time, winning the title of first in newcomers freestyle. Helping dancers prevent or recover from injuries is a special area of interest for her.

In her free time Holly enjoys paddle boarding, sailing and being outdoors, and when she can she likes nothing better than sliding down North Head in Devonport on pieces of cardboard.

The 2nd Torbay Community Association Film Evening

Following our highly successful Inaugural Torbay Community Association Film Evening held in September 2018, we are proud to announce the follow-up to that very special event. The 2nd TCA film evening will be held on Friday 3rd May at the Torbay Community Centre, where we will be screening the 1952 Technicolor musical comedy Road to Bali, starring the legendary musical comedy team of Bing Crosby and Bob Hope.

The film charts the hopes and frustrations of a couple of American would-be entertainers trying to find true love and treasure in the south seas. In particular the woman-chasing duo compete for the affections of the exotic Balinese princess played by Dorothy Lamour, a regular fixture as the love interest in many of the 'Road' films for which the Crosby/Hope team were famed (Road to Singapore, Road to Zanzibar, Road to Morocco, Road to Utopia, Road to Rio). In this offering, Lamour attempts to save the boys from the scheming machinations of her cousin Prince Arok, played by Murvyn Vye. As a result, a number of hair-raising situations ensue for the hapless duo, not to mention a whole load of corny gags delivered ten to the dozen. There are also a number of comic cameo appearances from some of the stars of the era and seeing how many you can name is just another part of the



considerable fun to be had with this film.

With this event, the TCA aims to provide an alternative cinematic experience to mainstream cinema, readily accessible to Torbay locals and at an affordable price. We hope you enjoy it.

TCA 2nd Community Film Evening: Road to Bali (Cert. G - 1952) Torbay Community Hall, Friday 3rd May. Doors open 7:00pm, film starts at 7:20pm, finishing by 9:15pm with a 5 minute mid-film intermission. Tickets \$5 each, available from the Torbay Pharmacy or at the door, subject to availability. Refreshments will be sold before the start of the film.

For more information email Kevin on torbaycommunityassociation@gmail.com

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WENDY'S UPDATE

SLOW START FOR THE YEAR

Sales activity has been limited over the last two months across Auckland. The market is hardening into a buyer's market, however, we are still experiencing good activity in Torbay.

Selling and buying in the same market is always advisable. Sale by auction remained the most common sales method, and across January and February two thirds of all auctions resulted in sales - either under the hammer or by direct negotiation to or post auction.

If you would like a chat regarding the sale of your home or purchasing just give me a call.

Kind Regards,

Wendy

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Thursday 25th April 2019

ANZAC DAY

LEST WE FORGET

Services will be held as follows

North Shore RSA Dawn Parade

Fall in 05:30 at Corner of Bute and Glen Road

Service at Cenotaph 06:00

East Coast Bays Citizens Parade

Fall in 08:30 at Corner of Bute and Glen Road

Service at Cenotaph 08:45

Breakfast following Dawn Parade

784 Beach Road Browns Bay, Browns Bay Bowling Club

Lunch (Gold Coin Donation) and entertainment from late morning

For more information please call 09 478 8033

Stone Face Manor

My name is Mandy L. Kavanagh and I am a young, local author. My hobbies include playing video games and baking. I have always enjoyed doing the more creative things in life and I believe I have a great imagination.

As a child I loved reading the works of Roald Dahl. My favourite books, however, were the Goosebumps series by R. L. Stine of which I have quite the collection. I believe from those books came my love of children's thrillers. Since I was very young I have written and illustrated tiny books and short stories. In July 2014 I directed and acted in a children's play that I wrote myself called "Journey into space". Which I'm pleased to say was a success. Having succeeded in writing a play I turned my attention to writing a full-length story.

I had written many starts to stories throughout the years, but this story, seemed to stick, and what started out as a short story soon became a full-length children's novel. The book I refer to is called "Stone Face Manor". This is my first published work. It has been a long time coming to find a genre in which I feel my writing style fits, and a genre I love to write. When I read myself, or watch television, or



film, I like things that are out of the ordinary. I also love a good plot twist. So, writing a children's thriller just seemed to flow.

"Stone Face Manor" is a children's thriller set in an old-fashioned English manor house where all is not as it seems. With plenty of plot twists and some light-hearted humour along the way, it is much like the books I read as a child. Through writing I am able to share the pleasure of reading and the joy of a good story with others.

My book will be for sale at a price of \$12.99, and is available on Trade Me or by emailing me at mandy@ydnam.co.nz.

A Settled Market - the Perfect Time to Buy and Sell Your Home

The biggest difference between January and February this year is that there is little difference.

Where the market traditionally takes a huge annual leap in sales each February & March, this year there has been no significant rise in sales temperature - rather a continuing slow simmer.

The upside of this is that the market is not moving far, or fast, making it a perfect time to sell and buy with your dollar maintaining its value.

So how are homes selling?

"Across January and February, two thirds of all auctions resulted in sales - either under the hammer, or by direct negotiation prior to or post auction." - (Peter Thompson's Housing Market Update Feb 2019.)

This is great news! If auction scares you a little, find an agent who is familiar and successful with the auction process.

Call Shane or Jen to ask if this could be the best way to sell or buy in your situation.

FEBRUARY 2019 SALES: Torbay to Waiake*

Holt Avenue	\$671,000	Deep Creek Road	\$926,000
Gerontius Glade	\$700,000	Danbury Drive	\$960,650
Cranston Street	\$730,000	Stredwick Drive	\$1,027,000
Long Bay Drive	\$840,000	Manuwai Road	\$1,135,000
Dunraven Place	\$868,000	Law Street	\$1,146,800
Tempo Place	\$910,000	Law Street	\$1,155,000
Glenvar Road	\$926,000		

Median House Price in Torbay = \$926,000

Shane & Jen Anderson

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*source REINZ

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Life on the Edge

APRIL 2019

Since boats started travelling far and wide, marine organisms have been hitching rides. Ships arriving in New Zealand shorelines transport organisms growing on their hulls and in ballasts. Many encrusting organisms are associated with biofouling, covering boats, aquaculture machinery and marine structures.

One organism we've been seeing more of is Mediterranean Fanworm (*Sabella spallanzanii*). Often described by MERC participants as the 'brown straw thingy', it pulls its spiral fan of yellow-orange filaments into its long leathery, flexible brown tube when disturbed. As a filter feeder, its filaments collect plankton from the water. Warmer days cause plankton blooms, providing plenty of food resulting in rapid fanworm growth. They reproduce by expelling larvae which survives in the water column for up to 20 days before attaching on the seafloor or marine infrastructure where they can live for 2-5 years!

Considered a marine pest, they can form dense colonies of up to 1000 individuals per square metre which compete with filter feeding organisms such as mussels, oysters or our own native fanworms. MPI reduces the risk of spread by providing incentives for vessel hulls to be as clean as possible before they arrive in New Zealand ports and disincentives for those who don't.

Photo & Article by Sarah Kulins for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz

Easter Service Times

St Mary by the Sea

Holy – A journey with Jesus – **Mon 15th to Thr 18th Apr**, 12 – 7pm
The Last Supper – **Thursday 18th April**, 5:15pm with roast meal
Good Friday Combined Churches – Browns Bay Rec Centre, 10am
Good Friday – **Reflections on the Cross**, 19th April, 3pm

Easter – **Sunrise Communion @ Waiake Beach, 6:30am**
Easter – **Traditional Communion, 8:00am**
Easter – **Intergenerational Communion, 10:00am**



Holy Week and Easter

168 Deep Creek Road, Torbay - www.stmary.co.nz - 09 473 8180

Easter Service Times

Thur 18th April
8pm Maundy Thursday Service

Fri 19th April
10am Good Friday Combined Churches
Service at ECB Leisure Centre

Sun 21st April
9.30am Easter Sunday Family
Service

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East Coast Bays Catholic Parish EASTER CEREMONIES 2019

St Francis, 8 Finchley Rd Torbay
St Johns, 87 Hastings Rd Mairangi Bay

Holy Thursday 18 7.00pm
Mass of the Lord's Supper – St Francis

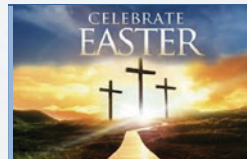
Good Friday 19 3.00pm
Good Friday Service – St Francis

Holy Saturday 20 7.00pm
Easter Vigil Mass – St Johns *Note: No 5.30 Mass*

Easter Sunday 21 7.30am
Easter Celebration Mass – St Francis

Easter Sunday 21 9.00am
Easter Celebration Mass – St Johns

Easter Sunday 21 10.30am
Easter Celebration Mass – St Francis



**Trinity at Waiake
Methodist Church**
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April 14	10am	Palm Sunday Service
April 19	8am	Good Friday
Breakfast Service	April 21	10am Easter Sunday

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WELCOME TO CHINESE PAGE WE ARE PART OF LOCAL COMMUNITY



雨後的奧克蘭空氣格外清新，白雲漂浮在湛藍的天空中。

3月9日的下午六點，我們Longbay小區的餐會暨中文表演“東方之夜 Oriental Festival”在小區的舊廣場準時開始。約有三十多戶家庭共一百多人，帶着自己精心準備的各種食物，前來參加了這次由Long Bay 居民協會特別策劃的聚會。

Long Bay是新開發的居住區域，環境優美，設施完善，其中有很多華人居民。在這次主要由華人參與的聚會中，表演者充分展示了中華特色的文化和藝術，給Long Bay 小區帶來了文化的多元性，同時也增進了不同文化背景居民們的了解和融合。

此次聚會得到了居民們很好的反饋，期待通過大家的共同努力奉獻，讓各種文化能夠在這片神奇包容的土地上更好的相互交融，共同創建美好的家園。

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www.longbay.org.nz

WHAT'S ON IN APRIL AT BROWNS BAY LIBRARY

Health Talk on Exercise

Wednesday 3 April 11:00am – 12:00pm.

Dr Gian Mansell from Key2Wellness will be talking about Exercise and Keeping Fit.

Free talk. Everyone welcome.

Tea & Topics

Wednesday 17 April 10:30am – 12:00pm

Local Authors Maureen, Barbara and Vicky will be talking about their experiences writing children's books.

Free event. Everyone welcome.



The school holiday programme in April is themed **Weird, Wild and Wonderful**. We will have the fantastic "Yipadee" performing a free storytelling and live music show on Wednesday 17th April from 4:00 – 5:00pm Yipadee (Dean O'Brien) is Author of "Stink-o-saurus" and "Nee Naw the little fire engine".. Author Maria Gill will also be visiting with her new book "On the Brink" about endangered New Zealand creatures.

Other activities include: Easter crafts, fun split-page books and poppy making and some family Easter movies.

Anzac Tribute

Wednesday 24 April 10:30am – 12:00pm

A Public Open Mic Tribute. Take your turn with the mic to share poems, stories, reminiscences and memories of Anzac Day and what it means to Kiwis, or listen to others.

Everyone welcome. Throughout 24 April we will be inviting people of all

ages to make paper poppies which we will assemble into a wreath to be laid as an East Coast Bays Community Wreath at the Cenotaph Service in Browns Bay on Anzac Day.

Composting Workshop for National Composting Week

Join Pip from The Compost Collective for a Composting course, learning about compost bins, worm farms and bokashi buckets. Confirmed attendees can claim a \$40 discount voucher when purchasing compost bins, farms or bokashi from The Compost Collective (one per household).



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FISHING DIRECT NZ - FISHING REPORT



As we close in on the change of seasons, it's only right to reflect on the sun-drenched summer we've all enjoyed. Plenty of calm seas, clear skies and really hard fishing days!

Those ones of us enjoying the best success over the last few months are the dawn raiders and night owls, especially when bait fishing. Deeper water around 35m north of Tiri and out from Motorora has been



producing best when anchoring and berleying on the low foul that runs through there. Alternatively, drifting with brightly coloured soft-bait has been very productive too.

Tides for Auckland

APRIL 2019



	Time	m		Time	m		Time	m		Time	m
1	0534	2.9	9	0345	0.8	17	0507	3.3	25	0528	0.8
Mo	1135	1.1	Tu	1012	3.2	We	1114	0.7	Th	1149	3.1
	1752	2.8		1610	0.6		1741	3.2		1746	0.8
				2231	3.2		2341	0.6			
2	0003	1.1	10	0428	0.8	18	0604	3.4	26	0018	3.1
Tu	0625	2.9	We	1055	3.2	Th	1211	0.5	Fr	0619	1.0
	1225	1.1		1652	0.7		1838	3.4		1236	2.9
	1846	2.8		2315	3.2					1834	1.0
3	0051	1.0	11	0515	0.8	19	0035	0.5	27	0109	3.0
We	0712	3.0	Th	1141	3.1	Fr	0658	3.5	Sa	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	0133	0.9	12	0003	3.1	20	0127	0.4	28	0203	2.9
Th	0754	3.0	Fr	0607	0.9	Sa	0749	3.5	Su	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	0212	0.9	13	0058	3.1	21	0216	0.4	29	0259	2.9
Fr	0834	3.1	Sa	0705	0.9	Su	0840	3.5	Mo	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	0250	0.8	14	0158	3.1	22	0304	0.5	30	0353	2.9
Sa	0913	3.1	Su	0807	0.9	Mo	0928	3.4	Tu	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	0227	0.8	15	0303	3.1	23	0352	0.6			
Su	0852	3.2	Mo	0911	0.9	Tu	1016	3.3			
	1450	0.7		1533	3.0		1615	0.5			
	2111	3.2		2139	0.8		2243	3.4			
8	0305	0.8	16	0406	3.2	24	0439	0.7			
Mo	0931	3.2	Tu	1014	0.8	We	1103	3.2			
	1529	0.7		1639	3.1		1700	0.7			
	2150	3.2		2242	0.7		2330	3.3			

TIMES LISTED HAVE BEEN ADJUSTED FOR NZ DAYLIGHT TIME AS REQUIRED

Sporadic schools of skipjack tuna are also present behind Tiri at the moment - you'll see them just breaking the water, their backs sparkling in the sun. Small feather lures are the best, especially in pink and white. These are great fun on your soft-bait gear and can be caught and stored for your winter strayingline bait sessions in the upcoming months.

Dave and Eric have both been having successful summers as the pictures show. Really worth finding out from them where, why and how they catch such beauties!

Kingfish are still prevalent in the usual hotspots and in a lot closer than you think, just got to make a day to target only them and I'm sure you'll be rewarded - we can head you in the right direction with the right gear. Once you've experienced the power of these amazing battlers, you'll be addicted!

Hope everyone has had a great Summer. Till next time - tight lines!

Andy, Dave & Eric

Fishing Direct, Silverdale
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Open 7 days

5 principles

- 1 Understand your numbers
- 2 Build financial freedom
- 3 Protect your assets
- 4 Manage your financials without stress
- 5 Make informed decisions when you need to



09 473 0507

BROWNS BAY FAMILY FUN

Helloworld Browns Bay held a Free Family Day event in March. There was a raffle draw, lucky dips for the children and many enjoyed climbing the Rockclimbing wall in the plaza, that was sponsored by Royal Caribbean Cruises. It was a fun way to experience one of the many free activities available on board a Royal Caribbean Cruise.



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Torbay Historical Society

As indicated in our article last month, names in this area have changed over the years. Rock Isle Road was Wharf Road. The Eastern part of Deep Creek Rd was Bridge Street. The name Torbay was chosen from the town Torbay in England. The older part of Stredwick Drive was Hunters Rd, Manuwai was Manuka. At that time the only roads that went through to East Coast Road were Glenvar and Carlisle. The upper reaches of Deep Creek provided fertile grounds for local Maori, where the fish came up the stream to spawn, the word Waiake meaning 'upper water' seemed a logical choice. Another version is that it was named 'Ake by the water' because of the abundance of Akeake trees in Waiake. The wood is very hard and strong and was used by Maori for making clubs and weapons.

To see more of the roads in early Torbay come to the Vaughan Homestead to look at our aerial photos of East Coast Bays. We don't have to go very far back to find many differences in the landscape - as seen from these photos. The one of Deep Creek (the shed no longer there) and the one from Stredwick Drive looking towards Long Bay College, both taken in 1980 by Bill Ellis.

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Torbay Historical Society AGM will be on Sunday 5th. May at 2pm at the Vaughan Homestead.

R.S.V.P. (Phone 473 9371) for numbers for catering.

We are always looking for new members. Have you any expertise in cataloguing or would like to help in the garden etc.? We are planning to apply for funding for someone to help us set up with the internet - website, etc. We need someone who has the appropriate skills and is interested in recording history. If you think you could help us with this please phone us.

For Vaughan Homestead opening hours phone 473 6482. Society e-mail for booking torbayhistoricsociety@gmail.com - or Phone 473 9371.

Phone: President: Cathy Currey - 473 9371

Secretary: Barbara Ellis - 473 6482

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Photos by Bill Ellis



Class 2 from the Titirangi Rudolph Steiner School selling 'Zero Waste' products.



'Living Tree Poetry' stand



Torbay Arts and Crafts Market

FOR SOMETHING A LITTLE BIT DIFFERENT

Torbay Arts and Crafts Market -On the first Saturday of each month Torbay's lovely Plaza area runs its' Arts and Crafts market.

Many of the stalls are people who are turning a hobby into a small business, and most of what is sold has been made by the stallholder.

Market manager Louisa also runs her own stall, with her lovely daughter. If you are looking for greetings cards for any occasion that is a bit different from the mass produced ones you find in the stationers then this stall will interest you.

The lovely, hand made cards start at a very low \$2 (when did you last pay \$2 for a card and envelope?!). Louisa will also make special cards to order.



Have you ever thought about taking your hobby to the next level?

If you love making craft items but have no outlet for them, other than the back of a cupboard, then think about having a market stall?

The market is the first Saturday of the month during Spring, Summer and Autumn (too windy in Winter). The cost is only \$10 for a space so you can bring a table or erect a gazebo for that cost.

Interested? Why not try it once? Email Louisa Chong louisatc@gmail.com.

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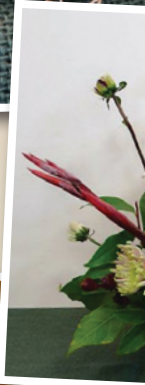
Torbay Garden

NEWSLETTER APRIL 2019

The hot dry weather over January and February had certainly taken its toll on members' gardens if the number of exhibits at our March meeting were anything to go by. With only 27 in total, it was one of the lowest on record! Jan Reid won the Decorative trophy, Jan Barwell the 'most points' prize, while Lloyd Barwell scooped the pool in the vegetable section with a 1st, 2nd, and 3rd. Barbara Dines won 'Best in Show' with a lovely apricot dahlia. Our trading table had an abundant supply of beautiful bargain plants which sold well.



Ann Rose from Hauraki Floral Art Club returned to give us another interesting demonstration. She had asked for flowers from two members' gardens so that she could show us what can be done with what you have on hand. In less than 30 minutes, she produced two lovely arrangements and a bouquet which were then auctioned. Ann uses flowers in 3's or 5's which avoids



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Club

a 'square' look, and she places her foliage first so as not to damage the flowers.

Our next trip is to the Sculptureum in Matakana. It is on Friday 12th April, leaving Torbay shops at 9.30 with a stop at Warkworth. The cost is \$45 and must be paid at the April meeting.

Our chosen charity this past year has been Surf Life Saving, Northern Region and we have a representative coming to the April meeting to accept our donations and tell us about their organisation.

The end of daylight saving signals a busy time in the garden. With some planning and a little effort, you will have a lovely spring garden to look forward to.

Photos by Bill Ellis



In the Garden in April

If you have not yet planted spring bulbs you need to get busy. Dig in organic matter like sheep pellets and compost and add some bulb food. Try some in hanging baskets or pots with the taller varieties in the centre. Plant pansies, violas, poppies and calla lilies.

It's a good time to plant trees, shrubs and perennials.

Sow broad beans, beetroot, brassicas, carrots, onions, peas, silverbeet and spinach.

President: Hilary Collins Phone: 478 1601

Secretary: Georgie Maurice Phone: 473 0404

Still time to be sold before winter sets in.

Call me if you are contemplating selling your home or would just like to know what it is worth in today's market.



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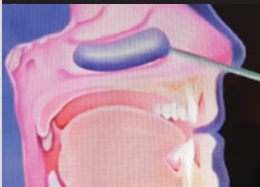
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Step Beyond

Grace Coffman as the Ringmaster - lead role in last years show



Grace Coffman aged 5 years.

Hi. My name is Grace Coffman and I live here in Torbay. For nearly all of my life I have been dancing with Step Beyond Studios, with Marian McDermott as my teacher. In fact, for nearly 13 years of my life, I have had the privilege of being part of the school's family, a place where I have been able to grow and mature into someone strong and independent.

I've been taught by tutors who clearly have an immense passion for their art, and who bring the best out in every single student.

My first ballet role was when I was 5, and I was a village child that dropped a coin in a wishing well. From that point on I have become

more confident on the stage, and growing up doing shows with Step Beyond Studios has inspired my love for performance. In 2016 I was invited to become a part of One Step Beyond, the school's contemporary dance Youth Dance Company. For me, this was incredible. As a child, you see all of the dancers that make up One Step Beyond and you dream to be like them, and now I am one of them.

Last year I had the privilege of performing one of the lead ballet roles in the school's annual show. This was an amazing opportunity, not just to showcase dance, but to work with children of all ages and help them perform on stage.

Learning to dance at Step Beyond Studios has taught me that it isn't just about technique and being the best, but it has been about learning who I am through dance, making life-long friendships, and being part of a big, supportive family.

For information about ballet and contemporary dance classes contact Marian on 021 0270 1303. marian@stepbeyond.co.nz. www.stepbeyond.co.nz

Photos of Grace are by Little Doves Photography and Robert Onnes.



Grace Coffman as a Goblin - 2017 Show.



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Torbay Friendship Club

At the Annual General Meeting on 14 March Liz Yeats was elected President. In handing over the responsibility, Linda Harry invited life Member and sole surviving founder member, Bob Jackson to do the honours and give Liz the Chain of Office. The role of Vice-President was assumed by Barry Lumsden with Kenwyn Soares and Don Ferrari continuing as Secretary & Treasurer respectively. The Club is on a roll, Linda having introduced worthwhile innovations in the past year ensuring Friendship, Fellowship and Fun endures.

During commentary of the Super Rugby game in Hamilton, on 2nd March, the death earlier that day of All Black number 546 Keith Davis was announced. Keith was a quiet, modest and friendly member of TFC. He enjoyed his annual trips to Scotland to see one of his daughters and family and on to America where he had another daughter. In the 1950s he made 25 appearances for the NZ team, including 10 Tests as ABs half-back and played many games for the Maori All Blacks. A tangi for lovely man Keith was held at Ruapeka Marae on 6 March.

Trips out and about are well organised and carefully chosen (photo taken at Totara Waters). Variety is key - members went to Leigh Marine Laboratory in March and head for Chelsea Sugar Refinery on 18 April. Also lined up for April is a stroll on Orewa beach on the 2nd, coffee morning at Beach Bistro on the 3rd, speaker Charis Boos re National Museum of Royal NZ Navy at General Meeting



on the 11th. The other choices available each month are rummikub, scrabble, mah-jong, craft group, casual brunch/lunch.

TFC is a vibrant Club which will welcome anyone wishing to know more about it, if he/she comes along on 11 April at 10am to Torbay Community Hall.

Contact details:

President:	Liz Yeats	tel 027 475 4423
Secretary:	Kenwyn Soares	tel 473 3253
Membership Secretary:	John Harry	tel 473 7908

Torbay Pharmacy: Want More Pleasure and Fun in Your Life?

How About More Restful Sleep?

If you answered yes to the above questions, then you may want to think about how much dopamine your body is making. Low dopamine levels have been shown to cause anhedonia. Anhedonia means you do not feel any pleasure from normal activities, such as food, exercise and relationships.

Dopamine also provides "get up and go" for the day. People with narcolepsy (severe daytime sleepiness) usually improve with dopamine-based stimulants. Strangely, dopamine is also important for restful sleep. Dopamine is supposed to paralyse your voluntary muscles to keep your body still during the dreaming phase of sleep. People who thrash around at night or sleep walk may need to boost their dopamine levels.

Recently I had a patient mention that he moves a lot when asleep. He said he has injured his wife and has even cut himself badly while asleep. His sleep studies show that he is spending most of his night in a state of REM (active dreaming) sleep. It is common for these people to have very unpleasant dreams (when they remember them), because low dopamine is associated with activation of the amygdala signalling fear and danger.

You may not have anhedonia, narcolepsy or injure yourself at sleep. But maybe you'd like to experience a bit more fun in your life, have more energy and vitality, and enjoy restful rejuvenating sleep. A boost of dopamine might just achieve this.

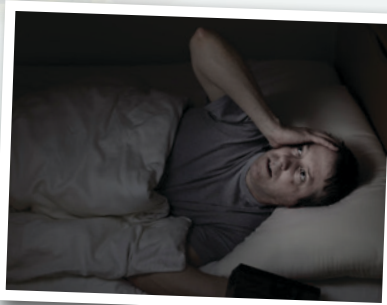
How Do You Boost Dopamine?

No medicines for depression target dopamine directly. I am sure this will change as the pharmaceutical companies catch up with the research on dopamine.

In the meantime, you can boost dopamine by giving your body all the raw materials required to make it. Your body makes dopamine from tyrosine and requires vitamin B6, zinc and magnesium as essential cofactors. Tyrosine has been shown to be very effective in one small study in patients with documented depression caused by dopamine deficiency.

Tyrosine can not be taken with all medicines. Best to chat to the team at Torbay Unichem Pharmacy to discuss your health and whether tyrosine might be safe and effective for you.

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Torbay Theatre

Auditions! 7 April, 2pm

Costa Del Package (director Lynne Davis) - a hilarious disastrous-holiday play, the funny half of a Comedy-Tragedy double bill in June (with Paul Topliss's *Roses are Red*). Phone Helen for more information: 414-4551

After our first rollicking **Club Night** of the year, our AGM was held in March, and the reinvigorated committee is busy getting the year's theatre underway.

Backstage Heroes:

Once a production finishes, those behind-the-scenes people, whom the audience never see, swing into action. With no rehearsals or lessons going on, backstage workers have spent summer sorting and mending costumes, cleaning and reorganising make-up, and putting props in order. The technical crew have re-hung lights, and minor repairs have been made to the clubrooms. The set has been dismantled and stored, and the Gate Theatre made ready for another audience.



And now the cycle begins again. Two one-act plays in June, VoiceWorks lessons, French-Theatre lessons, July children's show, Club Nights, Snow Queen ...

Directors will be asking for a new set to be built and painted, props to be found or made, costumes, special lighting effects, sound system upgrades.

If you would like to help with any of these, ring Daphne on 473-7494, and maybe join in our regular fun social back-stage group at the theatre: **Wednesdays 10:15am-12:00pm**: sew, build, paint, create!

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Monthly Quiz

Answers on Page 35

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1. What is the maximum score possible in a game of snooker?
2. Which US inventor described genius as "one per cent inspiration, ninety-nine per cent perspiration"?
3. What type of food is Bombay Duck?
4. What is the highest temperature recorded in Auckland?
5. Where in the human body is the Eustachian tube?
6. Where do I find the "Dance of the Sugar Plum Fairy"?
7. What industry is found at Lake Grassmere in the South Island?
8. In which city would we find the opera house La Scala?
9. Which native bird has the Maori name Kotare?
10. In 1959 which New Zealander became the youngest driver to win a Grand Prix when he won his first F1 event in the USA?

Torbay Medical



MEASLES

Before a measles vaccine was developed, most people had caught measles in childhood. Universal vaccination was introduced in 1969 into New Zealand, although uptake of the vaccine had been low until recent years. The last two major measles epidemics in New Zealand occurred in the 1990s with thousands of cases, hundreds of hospitalisations and seven deaths.

Smaller outbreaks continue to occur, started when someone brings the disease back from an overseas trip. As measles is extremely contagious it spreads very quickly, usually between unimmunised or under-immunised people. Immunisation rates in New Zealand in children by the age of two years are high and therefore outbreaks typically affect unvaccinated older children, teenagers and adults.

The measles virus is highly contagious. It is spread through the air by infected droplets or by direct contact with secretions from the nose or throat of infected persons, for example by touching contaminated items or surfaces. It can survive for up to 2 hours in the air. A person with measles is



most contagious from when symptoms start until three to four days after the rash appears.

Anyone who has not received at least one dose of a measles-containing vaccine or who

has not already had the disease is at risk of catching measles.

With the recent confirmed measles case in Auckland, it's a timely reminder to those aged between 13 and 29, that you may be one of the estimated 100,000 Aucklanders (or 400,000 people nationally) who isn't fully protected against measles. In the 1990s and the early 2000s, immunisation rates in New Zealand were lower and not everyone received the two vaccines needed for best protection. If you don't know whether you're fully immunised, please see your doctor. The vaccine is FREE and 97% effective if you have both doses.

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LONG BAY KITE DAY

On Sunday March 3rd at the park at Long Bay Auckland Council organized a Kite Day. Because the land is exposed and quite high there was a really good breeze to fly the kites and fun was had by all.

Photos by Bill Ellis



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Teamwork Helps MegaCrew Get to National Competition

Dance students at Long Bay College staged their own showcase recently to help their fellow MegaCrew Hip Hop performers raise funds to enter the Hip Hop International New Zealand (HHINZ) Mega Schools Championships this month. Contemporary, Ballet, Lyrical and Hip Hop dancers collaborated to produce an impressive public event, held over two nights at the College. Proceeds from the shows' ticket sales raised funds for the school's MegaCrew. "It really was something special to see our students pulling together, drawing on their skills, talents and creativity to develop a show to enable and benefit others," says Miss Elena Williams, Long Bay College teacher and MegaCrew Coordinator.

The school will be represented at the HHINZ Championships by a crew of 26 students, in what will be their second time at the event. "Our hope is that every MegaCrew member feels like they've learned something or grown as a dancer," says Year 11 student, Lucy Tee.

The championship is highly competitive with schools entering from around New Zealand. The group have learned that planning is key. "Teaching the sets to our



dancers early on is important so the group can spend a lot of time really perfecting their routine," says Miss Williams. Zahra Kirk, Arts Prefect and MegaCrew leader explains, "Teamwork is crucial, and the support and motivation we give each other is what helps us strive to achieve our personal best."

The creative vision for the Crew was developed by passionate and committed senior students who have choreographed the entire routine. Girls and boys from a variety of year levels were selected to join the group. Zahra says, "The students' participation and joy from being a part of MegaCrew is definitely a highlight."

Miss Williams says the Crew are grateful to the wider Dance community at the College for helping the group attend the HHINZ Mega Schools Championships. The event takes place at the Vodafone Events Centre in Manukau on 17 April.



Students Take up Sports Academy Challenge

A new, premier Rugby Sevens Sports Academy at Long Bay College is providing high intensity training and support to the school's premier Rugby teams. The sessions have proved so popular, the premier Football and Basketball teams have also got involved ahead of the winter sports season. Student athletes are working on strength and conditioning programmes, led by Geoff Alley, a former NZ Rugby Sevens Representative who has coached Rugby Sevens extensively around the world and is the course facilitator of International Rugby Sevens Academy New Zealand.

Close to 70 students attend training twice a week. Mr Paul Field, Director of Sport at Long Bay College, has been impressed by the commitment and passion the students have shown at the early-morning sessions.

"It's exciting to see students from a variety of codes supporting and challenging each other to be the best they can be."

The teams are also utilising the fully refurbished fitness centre that has recently re-opened at the College. "We have created a modern functional space known as Latitude 36. Students work-out together in small groups, encouraging each other to push themselves," explains Health and Physical Education teacher and Girls Rugby Coach, Mr Kevin Parslow. Long Bay College Sports Prefect and Girl's Rugby Sevens Captain Dannidee Dreyer is thrilled by the support the school are offering its athletes. "It's really strengthening our game and helping us towards our goal of winning the Condor Sevens."



Stuffy Performance

The Northcross Intermediate performing arts extension group "Stuffy" are well into their rehearsals for their 2019 show. This year's show has a range of themes, including President Trump's wall and his meeting with the North Korean leader Kim.

Northcross drama teacher, Mr Jensen explains; "I like to challenge the students to think and to make connections with ideas, as well as entertain. Trump is an interesting character to explore and his presence certainly livens up our interpretation of Shakespeare's play Cymbeline."

This year's cast will perform shows for the rest of their school, before embarking on a road trip to the Waikato region and performing four shows in May.



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Colours:



Absorbency:



* High absorbency available in grey only. Available with or without fly.



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To work effectively, it's important that your Confitex underwear fits well!



WOMENS SIZE GUIDE

Measure your hip, then consult the size chart.



MENS SIZE GUIDE

Measure your waist, then consult the size chart.

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MUSIC IN THE PARK

On Sunday 24th February North Shore Concert Band delighted beach goers with their rousing music.

Such scenery, weather and the addition of music, must have felt like heaven.

Photos by Bill Ellis



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The Body Tonic Group

Movement Specialist & Repts Registered Fitness Trainer Lynne Scott, who is also Sports & Advanced Sports Remedial Massage Therapy Certified, is an extremely inspiring individual. Her focus is working on the three planes of the body - mental, physical, emotional; supporting mind to body connection.

Delivering education to people from all walks of life through either 90 Minute Interactive Workshops, fitness training for large and smaller groups or one-on-one sessions, everyone whom Lynne trains is cared for and shown support towards good health for better daily living.

Lynne understands the many aspects involved in exercise, especially around moving safely and with the correct technique, giving one of the best wellness experiences. Thirty years of extensive history and experience means she can successfully train, heal & strengthen those who participate in her exercises.

Lynne trains people how to be conscious and consistent to achieve better results with their health, whilst also incorporating rehabilitation where applicable.

Whether you are a regular fitness enthusiast, athletic,

young or more mature, including those who have suffered from injuries or undergone operations, an exercise can be 'tweaked' to suit everyone. Valuable information is always forthcoming, helping one to attain better everyday living that we all seek. Lynne is also certified Pelvic Floor & Core health concerns.



Classes for women only are run at the Long Bay Baptist Hall, in Glenvar Rd. Other options are available for men and women of all ages and levels. Join us, we bring 'FUN' into exercise!

Lynne Scott - 021 204 3280

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What's On

Al-Anon / Al-Ateen – Support group for family and friends of alcoholics. Visit www.al.anon.org.nz or phone 379-4871

Alcoholics Anonymous – 0800229 6757 www.aa.org.nz. Join our friendly Tuesday night meeting at 7.30pm St Marys by the Sea Anglican Church if you wish to stop drinking

Browns Bay Ladies Club - Retired and still young at heart? Why not join The Browns Bay ladies club. We meet once a month on a Friday morning for trips, speakers and mini groups. Phone Margaret 478 2073 or Pat 479 1696

Browns Bay Racquets Club – would love to have more players 55 yrs plus... we play mixed doubles. Friday 9am .. we have lots of fun and fees are low, infact nil at first. Ph: Roy 021 256 2192

Dementia Social Group - Runs Monday 10.30am - 2.30pm & Thursday 10am-2pm for people with early to moderate dementia for further information please call Margaret 09 4893176 or 0272258893.

East Coast Albany Bays Inner Wheel - normally meet at the Senior Citizens' Hall, Inverness Road, Browns Bay, on the second Wednesday of each month at 7.30pm New Members welcome. Email ecabmembership@gmail.com or phone Gayle Pratt 473 0149

East Coast Badminton – Active Badminton Centre, 44/46 Apollo Drive. Tuesday 5.30pm to 10pm. Don 478 3830

East Coast Bays Bridge Club - Welcomes all interested in the upcoming March lessons. Please contact lessons@ecbbridgeclub.co.nz or phone Helene 0272963365

Exercise Group for senior women – Thursdays at Long Bay Baptist Church, 282 Glenvar Road, Torbay from 10-11.30am. Free & friendly. Phone Jill 473 1932

Get up & Active - Women's exercise classes. All ages & levels. No high impact. Personal training also offered for men & women. Lynne Scott - www.thebodytonicgroup.com - 021 204 3280 lscott@thebodytonicgroup.com

North Shore Activity Group – Welcomes singles/couples 40+. Phone Christina 021 887 696 or www.meetup.com/north-shore-activity-group

Play Group – Drop In - For Parents & Preschoolers. Tues & Thurs 9.30am-11.30am. \$3 per family. St Mary's Church Hall. Deep Creek Road.

Rotary Browns Bay - Torbay meets every 1st and 3rd Tuesday of the month at 7am breakfast at the Bays Club in Browns Bay. If you are interested in doing different things in your community ring Murray on 021 631662 or email m.allison23@xtra.co.nz Come for a visit.

Sewing Connect Group – Tuesday mornings from 10:30-12:30 at 2/91 Glamorgan Dr, Torbay. No cost. Contact lyngarrardnz@gmail.com & 021689011

Torbay Tennis Club - Torbay Tennis Club, situated behind the Community Hall, offers tennis for all ages. All inclusive membership fees. Junior fee includes coaching. Club coach Jason Hart offers exciting programmes. Please visit our website for more information & registration/Open day dates www.torbaytennis.org.nz

Torbay Indoor Bowling Club – Are you looking for a New Activity or New to Torbay then come and join this friendly club on Monday 7:00 pm at Torbay Community Hall beginning the First Monday in February. You will be very welcome. Phone Kevin 473-3253 or Janet 473-1621.

Torbay Walkers – a group of friendly women meet every Wednesday afternoon at 4pm and walk for one hour. Please come along and join us, at the bus stop in Torbay Centre. For further information phone Irene 473 1159 & Diane 473 1761.

QUIZ ANSWERS

- 1 - 147 is the maximum snooker score with 15 reds and 15 blacks then the colours in sequence to finish.
- 2 - Thomas Edison was the inventor.
- 3 - Bombay Duck is fish.
- 4 - 34.4° on 12th February 2009.
- 5 - The Eustachian tube is in the ear.
- 6 - The Dance of the Sugar Plum Fairy is found in Tchaikovsky's ballet, Nutcracker.
- 7 - The industry at Lake Grassmere is the production of salt.
- 8 - The opera house, La Scala is found in the Italian city of Milan.
- 9 - The native Maori bird name for Kotare is the Kingfisher.
- 10 - The first Kiwi to win a Formula 1 Grand Prix and the youngest was Bruce McLaren who won the US GP in 1959.

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Short term rental available - One bedroomed apartment in Mairangi Bay. Short stroll to beach and village. Phone Murray 021476445

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Andyman Maintenance - All timber repairs or replacement to decks, fences, doors, windows. UK City and Guilds Qualified 30+ Years Experience. Phone 021 030 1055, harding@slingshot.co.nz

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Builder – Decks, Fences, Alterations. Free quotes. Phone Barry. 413 7133 or 027 280 1038

Builder – Renovations to bathrooms, buildings, new decks, fences, paths and driveways. Also gutter cleaning and roof repairs. Phone Cliff 473 6317 or 027 618 5917

Builder- Local tradesman, LBP. Specialising in small jobs, decks and renovations. Phone Murray 476 4458 or 021 476 445

Coast Roofing Ltd - Long run roofing, new roofing, re roofing and repairs. Local Torbay resident 35 years experience. FREE QUOTES. Contact Matt 027 274 6159

Electrician – Regd, Licensed, 34 yrs experience. 28 years owner and resident at Torbay. Available for installations/ additions/ alterations, faults, repairs, power, hot water, lights and cookers etc. Ph George 473 6632 or Mob 027 492 0878

Electrician – 24hr service, All work considered, no job too small. All work guaranteed with Electrical Certification, phone Graham anytime 473 0233 or 021 067 6294.

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NZ REGISTERED local electrician - no job too small, senior discounts. Call Mat for a free quote today 021437508.

Painter and decorator - After 36 years in the trade and 25 of those spent in Torbay I am scaling down my work load and able to do smaller jobs at a very fair rate. If interested call Darren for a free estimate 0272706728.

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SERVICES

Beauty Consultant - Margaret Rocard, independent Mary Kay beauty consultant Ph 09 473 9816 or 021 681 010

Immigration – Work visas, residency and student visas. Contact Peter at jepwood@xtra.co.nz or 0274 520 794

Passport Photos – Torbay Pharmacy. Phone 473 9629

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Professional housesitting - with references. Contact Daniel 02102524849.

Tax Returns & Advice - Phone Jon 473 8860

Vision Accounting Solutions Ltd – Vision Accounting is a Chartered Accountancy firm which prides itself on making the time to offer our clients a friendly listening ear, whilst providing best practice, professional accounting and taxation results. Phone Virginia 09 473 0507.

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Lawn mowing & Garden Maintenance – Contact Ian at Grassroots Mowing 021 764 426 or 473 2004 Affordable, Dependable Service ian@grassrootsmowing.co.nz

Lawnmowing and Hedges – Call Jim's Mowing 09 4438189 for large or small lawns, trimming, rubbish, spray, clean-ups. Guaranteed!

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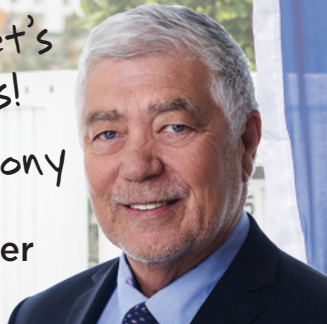
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