

NEWSLETTER

TORBAY

more than a place - a lifestyle

AUGUST 2020

www.torbay.co.nz

Model A's gather at the Vaughan Homestead

see page 23 for
more pictures.



photo by Bill Ellis



Torbay Pharmacy: Boost Your Energy: Healthy and Natural Options

Don't you just love it when you have lots of energy. You achieve heaps, and you feel good about your life. Having lots of energy is not just about feeling good. You need energy to make every part of your body work. Your brain needs energy to think and act, your pancreas needs energy to help you digest your food, your lungs need energy to breathe, your immune system needs energy to protect you, and your liver needs energy to remove toxins from your body. Heck even sleep requires energy!



How Can You Get Enough?

ATP is the energy molecule of the body and it is made in your mitochondria which are organelles inside your cells.

For the mitochondria to make ATP (energy) you need heaps of nutrients including good fats, amino acids from protein, oxygen, iron, magnesium, B vitamins, CoQ10, and vitamin K2.

Regular exercise is also helpful to generate more mitochondria. But do not overdo it, because intense exercise can put the body under stress. Stress (physical or emotional) can damage mitochondria meaning you feel tired and your body does not work properly.

The recipe for boosting your energy is simple in theory even if it is a little hard to implement at times: eat well, exercise moderately, and engage in practices that help you cope with modern day stress such as yoga or meditation.

If you are doing all these things and you are still tired, then we might need to assess your nutrient status. You might have low iron, B12, or magnesium levels for example. There is one patient in my clinic currently that I suspect has liver damage related to previous poor lifestyle choices, and we are investigating if liver damage is the cause of her fatigue.

I have recently started trialling Myomax for some of my clinic patients who need an energy boost. Myomax contains pyruvate and vitamin K2, and has been shown to:

- increase energy production in mitochondria by 40 to 50% (wow!);
- increase cardiac output by 12%; and

- increase endurance capacity by 30%.

Having energy to burn is such a joy. Come in to Torbay Unichem Pharmacy if you feel you need a bit of an energy boost. We love to help.

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Phone: 473 9629

Fax: 473 0730

Email: info@torbaypharmacy.co.nz

Restore Hibiscus & Bays

Restore Hibiscus & Bays is an umbrella community-led conservation initiative that aims to bring together, support and grow the network of bush groups, neighbourhoods, individuals, schools, businesses and other organisations working to eradicate pests, restore native habitats and improve water quality across the Hibiscus & Bays Local Board area. They aim to foster guardianship, care and respect for our local environment in order to restore it back to health.

Manager and Torbay resident Rachael Randal says, "We are so fortunate to have such a special natural environment here in the East Coast Bays and surrounding area. As well as our beautiful beaches, a marine reserve and two regional parks at Long Bay and Shakespear, we have some precious ancient bush remnants, including at Torbay Heights Reserve and Awaruku Reserve. These areas are host to a diversity of native wildlife, including birds, reptiles, bats and some beautiful mature trees."

Unfortunately, much of the native bush in our local area is separated into isolated pockets, making it harder for our wildlife to flourish. In addition, our bush and its wildlife are threatened by

introduced pest plants and predators. The Restore Hibiscus & Bays network is working to eliminate these threats and connect our ancient forest remnants with new native planting so that our natural environment can thrive again. The network is also committed to advocating for, protecting and enhancing water quality and biodiversity in our streams, preventing pollution and sediment flowing into the ocean and contaminating our beaches.

"Our network includes some amazing local groups, such as Friends of Long Bay and Friends of Gerontius Reserve, who have been restoring native habitats for years through removing weeds, suppressing predators and planting native species. We hope that as many of our local communities as possible will join us in giving back to the parks and beaches that give us so much," explains Rachael.

"During the lockdown period, many

of us found solace in listening to the beautiful tūi song in our backyards, exploring the rock pools at our beaches, or basking under the awe-inspiring kahikatea and kauri giants in our ancient bush reserves. We gained a greater appreciation of the importance for our wellbeing of connecting with nature in our local area. Now, we need to make sure that our nature is able to continue to thrive for future generations to enjoy."

Restore Hibiscus & Bays Restoration Advisor, Kane Kvasnicka is able to provide hands-on advice and equipment for anyone keen to get started in their backyard or in their local reserve.

To get involved, visit the Restore Hibiscus & Bays website at www.restorehb.org.nz for more information about and subscribe to their newsletter for updates on news, events and upcoming projects. Email info@restorehb.org.nz with any questions.



Callum and Joe filling a composting weed bag at Awaruku wetland.



Isla, Monty and Kane setting traps at Torbay Heights Reserve.



Bree helping to GPS our rat stations at Awaruku wetland.

Solutions and Results

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- 3 Protect your assets
- 4 Manage your financials without stress
- 5 Make informed decisions when you need to

5 principles

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BARFOOT THOMPSON &

Editor's Letter

Lockdown is starting to feel a long while ago now.

Many of us have lives that have returned pretty much back to normal, and not even a "new" normal.

But hopefully we won't forget the kindnesses shown during this time.

On page 12 we have details of how you can say thank you to anyone who really went out of their way to make sure you were okay. Coco fashions from Long Bay are kindly donating some gift from the Cochine range.

Lovely Margaret Bonner nominated her caring daughter Mrs Sue Reed. Mrs Bonner is 92 years old and every day her daughter visited her.

If you would like to nominate someone then contact me on editor@torbay.co.nz.

We would also love to hear from you if you have something special to celebrate. 60th or 70th wedding anniversaries. 100th birthdays, sports achievements or something of interest that has happened near to you.

It is great to share good news. We all love living in Torbay, Long Bay and Okura and we have some great things happening here. Again use editor@torbay.co.nz.

In October we will start our Art and Crafts markets again. These are held the first Saturday of each month.

Do you have a hobby- or even a new hobby you developed during lockdown- and would like to "give it a go" to see if it could become a business venture? The cost of the space is only \$10 and we hire gazebos for \$10 so all you need to bring along is your table and stock. If you are interested please let me know editor@torbay.co.nz

Keep warm!



Carole McMinn

WE ARE ALWAYS LOOKING FOR NEWS ABOUT WHAT'S HAPPENING IN TORBAY

To submit a news item or advertise, please contact:

Torbay Newsletter Editor

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Joanne Martin

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This newsletter is designed & sustainably printed by Silverdale Print & Design.

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ERICA STANFORD

Your MP for East Coast Bays

I was born and bred in the East Coast Bays and it's been an honour to represent you as your MP for the past three years.

I'm incredibly proud of all I've achieved for our community:

- ✓ Lobbied AT to get the Glenvar Rd upgrade fast-tracked
- ✓ Saved the Browns Bay Police Station from closure
- ✓ Currently fighting to save sciences at Massey Albany
- ✓ Protected Okura from development
- ✓ Kept Vanguard Military School open
- ✓ Opened an inquiry into Auckland beach water at select committee
- ✓ Raised funds for a new vehicle for North Harbour Community Patrol
- ✓ Engaged with Council & AT to solve numerous issues from broken pipes & potholes to parking issues & public transport
- ✓ Phoned 5,400 households during COVID lockdown with the help of 100's of volunteers & assisted people with groceries & prescription collections

I am asking for your support on election day to continue serving this very special community.



021 361 235



office@ecbnational.org.nz



[EricaStanfordECB](https://www.facebook.com/EricaStanfordECB)



www.EricaStanfordMP.co.nz

A splash of sunshine

The days are a bit dull and dark at the moment.

Why not think of bringing some sunshine cheer into your home?

If you are not brave enough to splash the sunshine on your walls try by introducing new bedding, a cushion, a vase of daffodils or an artwork featuring yellow.



Use the colour in a bathroom by adding yellow towels, in their lounge by yellow curtains and cushion covers, in the kitchen by canisters or tea towels or artworks.

Whichever room you use it in it is sure to become a mood enhancing room for you.

It is a promise that Spring is just around the corner and the sunshine will soon be back.



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WENDY RADCLIFFE

Local Monthly Snapshot

June 2020



PROPERTIES SOLD

22



PROPERTIES FOR SALE

70



LOWEST PRICE

\$689,000



HIGHEST PRICE

\$2,300,000



SOLD YEAR TO DATE

114

WENDY'S UPDATE

In June sales numbers in the Auckland property market returned to normal trading levels, prices remaining stable – solid new listings and catch up business from the slow sales in May has also contributed to business as usual.

Open homes are busy, buyers are looking - property is in demand in our area.

The average Auckland rental property is now delivering a gross yield above most mortgage interest rates, presenting an appealing opportunity for those considering investing in a rental property or expanding their portfolio.

Living local, with over 25 years experience in real estate and selling successfully in all markets I offer you knowledge and experience to maximise your sale – I welcome your call for the next important step in your life,

Kind regards,

Wendy



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Torbay Friendship Club



The government has been encouraging New Zealand residents to help recover the economy and see more of their country by spending holidays in "Godzone". How apt, therefore, that Ian Balme of "Forgotten World Adventures" was the speaker at the General Meeting in July. He promoted the business based in Taumarunui which offers travel by rail cart along an abandoned railway line: choose from 5 different journeys, the longest 142 kilometres between Taumarunui and Stratford. Added more recently to the concern was a jet boat on the Whanganui River and a helicopter flight over the Whanganui National Park.

TFC's programme for August includes all 7 activities up & running with the lifting of lockdown - coffee morning, rummikub, scrabble, mah-jong, craft group, an excursion and casual lunch. The speaker at the General Meeting on Thursday 13th, Dave Taylor will take members on "Passage to India". The excursion on 20th will be to Highwic House followed by lunch and a spending spree (boost the economy!) in the new mall in Newmarket.

To make up for the cancelled mid-winter lunch in June a return visit has been arranged for Sept to Ryders in Avondale to see a film and enjoy a roast meal. North Harbour Golf Club will be the venue for the Christmas lunch in late November.

Anyone interested in joining this vibrant club contact details are as follows:-

President:	Barry Lumsden	tel 027 488 1161
Secretary:	Noreen MacArthur	tel 473 1183
Membership Secretary:	John Harry	tel 021 541 233

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Easy sultana cake

Just takes a few moments to make and gives you a delicious moist cake.

Method

Put sultanas, butter and boiling water into a bowl and mix until butter melts.

Add all other ingredients and mix together.

Scrape into a lined loaf tin.

Bake at 180° for about 45 minutes.

Couldn't be easier!

Ingredients

1 cup sultanas

3/4 cup brown sugar

Tablespoon butter

1 cup boiling water

1 teaspoon mixed spice.

1 egg

2 cups self raising flour

1 tablespoon black molasses or golden syrup.



Life on the Edge

August 2020

Nature: the best teacher

Our personal favourite teacher is the ocean. She teaches us a particularly important lesson which stands out above all recently – we are all connected.

For a moment, think about the species that live 'life on the edge', existing between the tides. These organisms are adapted to dealing with constant change as the tide goes in and out, incessantly. Intertidal creatures must do whatever necessary to avoid drying out, being



eaten, or getting washed off the rocks by waves, constantly fighting to survive. While it may seem unrealistic to compare a sea creature's struggle to survive, to some of the dynamic challenges facing society today, the ocean organisms are not separate from our world and we share many of these challenges.

The cry for harmony between man and nature echoes around the world as we wake up to new challenges and existing ones get pushed aside.

You might wish you could hide away in your shell rather than face a pandemic, plastic pollution, the climate crisis, melting ice, rising sea level, etc. but instead find comfort in the ocean, look to nature to reconnect and find inspiration to protect her. It's time to face these challenges with positive, meaningful action.



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

HOUSES ARE FLYING OUT THE DOOR!

BARFOOT & THOMPSON
LICENCED REAA 2008

What a whirlwind! Kiwis during lockdown seem to have been busy researching their favourite obsession – Real Estate. With kiwis from across the globe arriving home daily, to NZ, the result is that we have seen many sales since lockdown, with too few properties on the market.

Competition between buyers is hot! Many buyers have missed out and are still hunting

for their new home. After such a huge month, we have a long list of competitive buyers (50 to one property over a weekend) who may be interested in your home. Our price median is back up above \$1 million and the market is hot. Get in before the Spring competition. Now is the best time to list your property for sale. Take advantage of the supply shortage for the demand.

Go for the BOLD, GOLD, SOLD sticker!!

CALL SHANE or JEN ANDERSON to find out how to position your home for a BETTER SALE PRICE!

Jen & Shane

House Sales for Torbay, Long Bay & Okura in June 2020*

68 B Glamorgan Dr	\$688,500	30 Manuwai Rd	\$1,137,000	45 Bounty Rd	\$1,620,000
1/8 Killarney Ave	\$775,000	21 Summit Dr	\$1,149,500	47 Te Oneroa Way	\$1,680,000
2/36 Killarney Ave	\$855,000	2/26 County Rd	\$1,150,000	25 Longshore Dr	\$1,700,000
15 Jayne Pl	\$890,000	41 Killarney Ave	\$1,150,000	Beach And Cavalli Apt	\$1,750,000
13 Coventry Way	\$915,000	Lot 4/2 Moki Pl	\$1,175,000	15 Keel St	\$1,910,000
61 A Cliff Rd	\$925,000	9 Timu Rd	\$1,180,000	21 A Sharon Rd	\$2,000,000
10 Cranston St	\$932,500	Lot 5/2 Moki Pl	\$1,205,000	2 Cliff Rd	\$2,300,000
2/29 Carlisle Rd	\$940,000	76 Te Oneroa Way	\$1,240,000	64 Okura River Rd	\$4,500,000
3 Alnack Pl	\$970,000	133 Glenvar Ridge Rd	\$1,280,000		
14 Rewi St	\$1,000,000	1/23 Ridge Rd	\$1,300,000		
36 Awaruku Rd	\$1,001,000	39 Cliff Rd	\$1,320,800		
1/52 Stredwick Dr	\$1,055,000	Lot 8/2 Moki Pl	\$1,330,000		
35 Caversham Dr	\$1,097,000	Beach And Cavalli Apt	\$1,416,000		
11 Emlyn Pl	\$1,100,000	2/17 Ridge Rd	\$1,505,000		
1 A Gray Cres	\$1,100,000	22 Longshore Dr	\$1,515,000		
161 A Deep Creek Rd	\$1,110,000	1 Tuangi St	\$1,546,000		
42 Kate Sheppard Ave	\$1,130,000	5 Ruku St	\$1,555,000		

Median Price for June **\$1,162,500**

Shane & Jen Anderson

Shane: 0274 827 440 or Jen: 0211 77 55 30

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Torbay Garden

Torbay Garden Club celebrated its 67th birthday in July with a special meeting, the first since Lockdown. It was a time to meet again and a time to share.

The hall was decorated with flowers at the festive afternoon tea. It was also a special occasion for long-time members, Isabel Chambers who celebrated 102 years in April, and Pam

Cackett, who recently turned 90. They shared the cutting of the cake, baked and decorated by life member Mary Brownhill.

Our guests were Tanya and Carol Herbert, representing the charity Shine, for which the Club has been fundraising. Tanya explained how Shine had coped during Lockdown, how the homeless had been



President: Hilary Collins Phone: 478 1601 Secretary: Ange Taft Phone: 021 631 103

TUITION

Mathematics
Chemistry & Physics

Contact

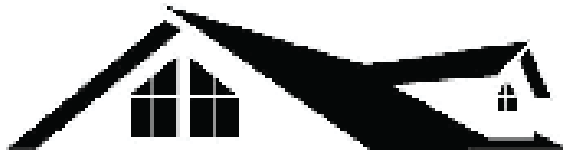
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Club



accommodated and where support had come from. They were delighted to receive a further donation – a generous bounty of garden plants and produce donated by club members from their gardens. The gardens at Shine provide both food and enjoyment for the residents who find solace in garden activities.

Torbay Garden Club Spring Show will feature on 2 September in the Community Hall 12.30 – 2.15pm Wednesday 2 September 2020. Members of the public are invited to enter exhibits: please contact Cherie Buckingham 473 5877 for a schedule. There is plenty to do in the garden this month, to prepare for spring planting and warmer weather.



In the garden in August

- Replant, tidy and feed indoor plants, hanging baskets and patio pots.
- Apply lawn fertilizer to stimulate new growth.
- Plant new Roses in rich, well-drained soil with plenty of compost. Complete rose pruning and spray for pest and disease protection.
- Trim and shape Camellias that have finished flowering.
- Plant Gladioli and Dahlia tubers and sow seedling trays of other summer favourites such as Zinnia, Phlox, Marigold, Sunflower and Alyssum.
- Feed trees and shrubs with controlled release fertilizer.
- Prepare your vegetable garden for planting by digging in compost and adding lime to improve soil structure.
- Plant new Rhubarbs and lift and divide existing clumps. Plant Strawberries.
- Spray winter crops of Cauliflower, Broccoli and Cabbage with Copper Oxychloride to protect from fungus and blight.
- Sow seeds of Tomatoes, Celery, Spring Onions, Silverbeet, Spinach, Melons, Cucumbers, Capsicums and Lettuce in trays of seed raising mix.

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avocado + cherry tomato + olive oil + lemon	12.0
pastrami + swiss cheese + mustard + pickle	14.0
bagel + peanut butter + jam	8.0
bagel + berry jam + cream cheese	8.0

warm you up

	regular	large
short black	4	
long black	4	
americano	4	
macchiato	4	
flat white	4.5	5
cappuccino	4.5	5
latte	4.5	5
mocha	4.5	5
chai latte		5
turmeric latte		5

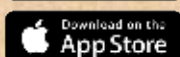
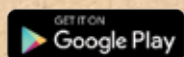


Congratulations

to Jillian and Graeme – winners of the \$100 gift coupon for the second time!

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Use the App in August and go in the draw for **\$100 Gift Coupon** loaded directly onto your App.

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Do you have a medical condition preventing you from driving or taking public transport? Have you considered applying for the Total Mobility card to get 50% discount on taxi fares - up to a maximum of \$40 per trip? This is not the parking permit - it is a credit card size card with your photo on it. You can apply for the TM card through various organisations for example: Age Concern, Stroke Foundation, Blind Foundation, Parkinson's Foundation, etc. They come to your house to do the assessment. It is not means tested—purely based on medical condition. If you have a walker or struggle to walk far, and don't have a bus stop close to home, you are most likely eligible.

Contact **Age Concern** in Milford on **09 489 4975** - they will ask you a few questions over the phone and then send someone to your home for the assessment.

Please ask to speak to someone about an assessment for a Total Mobility Card.

There is no longer a two-year renewal process for the Total Mobility Scheme in the Auckland region.

Once you have been assessed you are eligible to use the Total Mobility Scheme for as long as you need to.

If your Total Mobility card has an expiry date of 30/6/2019, it does not need replacing and you can still use it.

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Torbay Theatre

AUDITIONS for OKLAHOMA!

Sunday 9th August at 1pm at Torbay Hall
(on-stage December this year)

This amazing musical is taking the world by storm again! It is full of vim and vigour, with hits that the whole world knows - "Oh, what a beautiful morning!" amongst them.

We need: principals and chorus, singers, dancers and actors, aged 14+.

See our website for details, or phone 473-5454 with any questions.

ON NOW!!!! A few tickets remaining!! QUARTET directed by Steve Wright

30 July - 8 August!! 8pm & 2pm

See website for details. Booking is advised.

A sharply witty comedy by Ronald Harwood (also a film starring Maggie Smith and Billy Connolly). Come and see the eccentric approach taken by four retired opera singers



to old age, attempting to re-ignite their once-glorious talents. Humour and pathos abound. Can the regal Jean be persuaded to take part in the gala concert, and indeed in life, or will she prefer to revere the memory of her past triumphs?

Backstage Club Wednesday Mornings

Keen on backstage creativity? Pop in (10:15-12), or phone Daphne on (09) 473-7494.

ON SOON!!!

Broadway Lights, 1st - 10th October, an effervescent, highly-polished night out with song and dance hits from all the shows. Book Now!!

Club Night 22nd of August.

Develop your theatre skills with Jacqué Mandeno's VoiceWorks speech & drama classes, with a show each term, ph 027-522-7836, or Lynette's French Theatre classes for teens & adults, ph 0210-294-0630.

For more information, and to book:

www.torbaytheatre.com or our Facebook page, or ph 473 5454.

www.torbaytheatre.com Facebook @TorbayTheatre
ph 473-5454 35 Watea Rd, Behind the Torbay Shops

Kay Boyes, Lynette Wrigley-Brown, Bob Stevens and Peter Segrove as four former stars of the operatic stage.



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W: www.ExperienceDoesCount.co.nz





Gift a Smile on us!



Thank you!

92 year old Margaret Bonner saw the article last month about nominating someone who had been really good to you during lockdown. (see to the right as we are still looking for nominations.) She decided it would be a really good way to say "Thank you" to her daughter Sue Reed for all her support- and not only just during the lockdown.

Sue was in contact with Mum every day, checking she was okay , and making sure she had everything she needed.

If you would like someone to receive one of these lovely gifts from CoCo Sands at Long Bay please email me with the details.

Carole at editor@torbay.co.nz

We all know someone who could do with a smile especially during these hard times so Coco Sand (the secret boutique), is gifting one person a week through the month of July an item from their Cochine range on your behalf.

Email the editor@torbay.co.nz your nominated person's name, address and the reason you're thinking of them to be selected to receive one of these lovely gifts.

Torbay Newsletter thanks Jo and Fen at Coco Sand for giving these lovely gifts to the local community.



KEEP CALM AND TREAT YOURSELF...

to our Keep Calm cushions. Made in the Netherlands and flown in to glam up any room.



103/57 Glenvar Ridge Road, Long Bay Tel: 021880720

Torbay Historical Society

The original part of the Vaughan Homestead consisted of 2 rooms with a passage was between them. In 1977 when George married Margaret Ann Wilson the bach was enlarged to welcome his bride. Two rooms were added at the front with a verandah. Cooking facilities remained much the same, with Margaret still cooking over an open fire with the aid of a camp oven. A huge black iron kettle suspended by a hook provided constant hot water.

At one time there were about forty gum-diggers were working in the hills behind Long Bay. Mr. Vaughan built a small shed to store the gum awaiting shipment. In the store were kept basic supplies for sale or trade. The women of the camp would buy a yard or two of material, sit on the bank, sew up each side, cut a neck hole, and go off happily in their new finery.

Bert and Frank (2 of the sons) took on the job of ferrying the gum to the waiting boats. They charged one pound a

ton. After the gum digging tailed off, the gum shed became Margaret's 'washhouse.' That is what it was called, but washing was still carried out in a copper at the back door of the homestead.

Come to the Homestead and learn more about the early days. Over the years we have had many events there. (See the photo – 'Country comes to the city' event – 2006) The Homestead is available for hire for small functions, and group meetings. We also can provide Devonshire Teas for groups off at least 10 - \$10 each.

Our AGM is to be held at the Homestead Sunday 27th. September. This is the beginning of the 'Auckland Heritage Festival' so we will incorporate that with the program for the day. More details next month.

Acting President: Bill Ellis, Secretary: Barbara Ellis - 473 6482 email wjb2ellis@gmail.com

Hello Torbay Neighbours,

We are delighted to announce that we have joined forces to bring you even better results. We look forward to helping you achieve your property goals.



Ann
&
Susan



Ann Emerson

Sales & Marketing Consultant
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Ph: 0274 347 221



TEAM
ANNEMERSON

Susan Kinghorn

Sales & Marketing Consultant
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26 Clyde Rd, Browns Bay 09 478 4416

Monthly Quiz



COURTESY OF
ROTARY BROWNS BAY

brownsbayrotary.co.nz

Answers on Page 25

- In the song 'I'm Henery the Eighth I am' how many times had the widow next door been married?
- A group of what pests is called an intrusion?
- Where is the Pineal Gland?
- Jack Charlton has just passed away a few weeks ago in England. For which club team did he play?
- Which bird features on a NZ \$5 note?
- The term 'clear round' is used in the context of which sport?
- What term describes an angle of 120 degrees?
- What number is pure water on the pH scale?
- What term describes the muscular tissue around the heart?
- In the 1960's TV series Daktari's Clarence the lion suffered from what?

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Tides Aug 2020 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sat 01			04:42	3.2m	11:06	0.9m	17:26	3.3m	23:34	1.0m
Sun 02			05:41	3.2m	12:02	0.8m	18:20	3.3m		
Mon 03	00:28	1.0m	06:37	3.3m	12:53	0.8m	19:10	3.4m		
Tue 04	01:18	0.9m	07:29	3.3m	13:41	0.8m	19:57	3.4m		
Wed 05	02:06	0.9m	08:17	3.3m	14:24	0.8m	20:41	3.4m		
Thu 06	02:51	0.9m	09:01	3.3m	15:06	0.8m	21:24	3.3m		
Fri 07	03:34	0.9m	09:42	3.3m	15:46	0.9m	22:05	3.3m		
Sat 08	04:15	0.9m	10:22	3.2m	16:25	1.0m	22:45	3.3m		
Sun 09	04:55	1.0m	11:00	3.2m	17:05	1.0m	23:26	3.2m		
Mon 10	05:36	1.0m	11:40	3.1m	17:47	1.1m				
Tue 11			00:06	3.1m	06:18	1.1m	12:22	3.0m	18:33	1.2m
Wed 12			00:49	3.1m	07:02	1.1m	13:08	2.9m	19:25	1.3m
Thu 13			01:35	3.0m	07:51	1.2m	14:01	2.9m	20:20	1.4m
Fri 14			02:25	2.9m	08:45	1.2m	15:00	2.9m	21:18	1.4m
Sat 15			03:19	2.9m	09:42	1.2m	16:00	3.0m	22:14	1.3m
Sun 16			04:16	3.0m	10:39	1.1m	16:56	3.1m	23:08	1.2m
Mon 17			05:14	3.1m	11:33	1.0m	17:48	3.2m		
Tue 18	00:00	1.1m	06:09	3.2m	12:24	0.8m	18:38	3.3m		
Wed 19	00:50	0.9m	07:02	3.3m	13:13	0.7m	19:27	3.4m		
Thu 20	01:40	0.8m	07:53	3.4m	14:01	0.5m	20:15	3.6m		
Fri 21	02:30	0.6m	08:43	3.5m	14:49	0.5m	21:04	3.6m		
Sat 22	03:19	0.6m	09:32	3.5m	15:37	0.5m	21:53	3.6m		
Sun 23	04:09	0.5m	10:21	3.5m	16:27	0.5m	22:43	3.6m		
Mon 24	04:59	0.6m	11:11	3.5m	17:18	0.6m	23:34	3.5m		
Tue 25	05:50	0.6m	12:04	3.4m	18:14	0.8m				
Wed 26			00:28	3.4m	06:44	0.7m	13:01	3.3m	19:13	0.9m
Thu 27			01:24	3.3m	07:42	0.9m	14:02	3.3m	20:16	1.0m
Fri 28			02:22	3.2m	08:44	0.9m	15:06	3.2m	21:20	1.1m
Sat 29			03:24	3.1m	09:48	1.0m	16:09	3.2m	22:22	1.1m
Sun 30			04:26	3.1m	10:50	1.0m	17:08	3.2m	23:19	1.0m
Mon 31			05:26	3.1m	11:47	0.9m	18:01	3.3m		

Times adjusted for Daylight Saving.

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Property and Marketing Consultant

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Torbay Medical

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INFLUENZA (FLU)

Influenza is a common viral illness. Most cases occur during the winter months: May to October in New Zealand

Most people who develop influenza will recover, but some cases can lead to serious complications or even death. People who are highest risk of influenza complications including the very young, those aged over 65 years, those with weakened immune systems and women who are pregnant, however serious complications can occur at any age.

How you catch flu

People catch influenza by breathing in virus-containing droplets that have been talked, laughed, sneezed or coughed into the air by a person with the disease or, by touching their mouth, nose or eyes after touching something that the infected droplets have recently landed on. The virus survives outside the body for a short while.

Symptoms

- Influenza illness can include any or all of the following symptoms:
- Fever
- Muscle or body aches
- Headache
- Lack of energy, - may be severe and last for two or more weeks
- Dry cough



- Sore throat
- Runny nose
- Vomiting and diarrhoea - more common in children than in adults.

Influenza is not just a 'bad cold'. Although some of the symptoms are the same, influenza is usually much more severe, often has a sudden onset and can have much more serious consequences.

Prevention

Annual immunisation prior to or during the influenza season is recommended for everyone who can be vaccinated. The vaccine is funded for all pregnant women, people from 65 years and certain at-risk groups from 6 months to 65 years.

Following basic hygiene practices can reduce spread of the virus - wash and dry hands thoroughly or use hand sanitiser before touching your mouth, nose or eyes.

Protecting our community

IMPORTANT: If you have any cold or flu-like symptoms and are needing to see the doctor, please advise us when you book your appointment so that you can be seen in our respiratory tunnel.

Check
us out on
Facebook

Appointments:
Mon – Fri : 9am – 5pm
Closed on Public Holidays

Torbay Medical Centre
1042 Beach Rd, Torbay 477 9000

Enquire
at Torbay
Medical Centre
about enrolling
on "Manage my
HealthPortal"



6 SIGNS OF MELANOMA

If you see one or more, you need to take action!

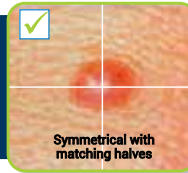
What do you see?

✓ BENIGN

✗ SUSPICIOUS

A ASYMMETRY

Do the two halves of the lesion match if you draw a line through the middle?



B BORDER

Are the borders smooth and even or do they have notched and uneven edges?



C COLOUR

Does the lesion have one colour or a variety of colours, including shades of black, brown, tan, blue, red or white?



D DIAMETER

Is the lesion smaller or larger than a pencil eraser which is approximately 6mm?



E EVOLVING

Are there any changes in size, shape, colour, elevation or any other new trait or symptom such as bleeding, itching or crusting?



F 'FUNNY' LOOKING

Does the lesion look new, strange, unusual, or different from the others?



Source: www.skincancer.org

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477 1111 1050 Beach Road, Torbay
admin@torbayskin.co.nz www.torbayskin.co.nz



JULIA PARFITT & ALEXIS POPPELBAUM

Huge numbers give feedback on Emergency Budget

35,000 people provided feedback to Auckland Council on its Emergency Budget consultation. In the consultation, Council proposed deferring the Glenvar Road realignment project that our community fought so hard for. 970 submissions called for the project not to be deferred – it was one of the most notable submission areas. Thank you to all who took the time to do this. We're hopeful that this essential safety project will get back on Auckland Transport's books.

Help shape the future of our community

The Hibiscus and Bays Local Board is asking for your feedback on our Local Board Plan. The Plan outlines the key initiatives we want to focus on to help our communities thrive and support the recovery from the impacts of COVID-19. The key initiatives help us to allocate and prioritise funding. We must focus on what will get us the best results as we grapple with limited



funds and resources to deliver projects. We now need your help to check if we've got it right. Please give feedback by 13 August at www.akhaveyoursay.nz (follow prompts for 'Local Board Plans' and 'Hibiscus and Bays Local Board').

Bays Conservation Expo

Learn about how you can get involved in conservation in the Bays at this family-friendly event hosted by Restore Hibiscus & Bays.

Saturday 22 August, 10 am - 12 pm, East Coast Bays Library.

Vaughan Homestead

The Local Board works closely with both our historical Vaughan Homestead and the Regional Parks staff. To promote this community asset as a venue we organised for the Long Bay Residents Association to view the homestead. It's a superb venue for daytime community events that can cater for up to 40 people at a reasonable price. If you or your group is interested phone Barbara Ellis (Torbay Historical Society) on 4736482.

The Perfect Gift

Everyone likes a bit of fun.

Aotearoa Memories (a local Torbay Company) has brought out a range of wine themed tea towels and coasters.

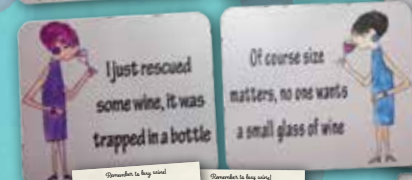
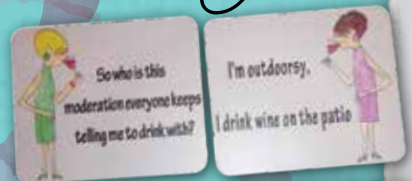
Tea towels \$15

Coaster pack of 4 \$20

Fridge Magnet pad \$5 (all 4 designs in each pad)

If local - delivery is free.

Contact 473 3259 or sales@aotearoamemories.co.nz



Ph: 09 473 3829
Email: sales@aotearoamemories.co.nz
www.aotearoamemories.co.nz

Market Pulse on the Shore -by Geraldine Zareian

In-bound Competition = Change in Balance

The past few months have proven that economists don't possess a crystal ball. In fact, the opposite has happened to predictions!

“ The Proof is in the Pudding. The Property Market has Been Shocked into Recovery ”

With historically low home loan interest rates and lack of LVR restrictions, first time buyers and investors are seriously buying.

Supply and demand are in balance for a short period of time in the run up to the general election on the 19th September.

As the North Shore was not reliant on tourism the slow-down in trade and leisure was short-lived with financial support.

The effects of ending mortgage holidays and wage subsidies are unlikely to be as significant locally, compared with other parts of the country, particularly more rural.

Those who have held-off from selling or buying will add to the spring frenzy. Prepare Now!

Need Ideas and a Timeline?
Call Me for a Coffee and Chat



Countdown To Spring - What Do You Need To Do?

Week 10	Contact Me for Advice	
Week 9	Market Appraisal and Timeline	
Week 8	Preparation Checklist	
Week 7	Quotes from Service Providers	
Week 6	Decluttering	
Week 5	Internal and External Maintenance	
Week 4	Interior and Exterior Styling	
Week 3	Photography, 2D/3D Floorplans, Video, Virtual Reality Tour, Dusk Shot & Drone	
Week 2	Comprehensive Marketing with Digital, Social and Print	
Week 1	Promote to Database & Team	
Spring	Open Homes with Regular Feedback Until SOLD	
SOLD	Celebrate the Journey!	

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VR BRINGS LONG BAY COLLEGE CAMPUS TO LIFE ONLINE

Experiencing a taste of what secondary school is like at Long Bay College just got easier. Students and their family members, who are researching their high school options for 2021, can access a virtual tour of the school via the college's website.

Long Bay College Principal, Mr CJ Healey says, "Two of our school values are 'Care' and 'Creativity'. The VR has evolved from these important values by offering an accessible, flexible and innovative way for our community to get to know us in a way that is convenient to them. We're holding a number of on-site school tours this month but we know people are time poor so the VR opens up our school to everyone, 24/7."

Mr Healey is delighted with authenticity of the VR experience and believes it gives participants a great taste of what they can expect from school life at Long Bay, as well as the opportunity to meet members of the school community.



"By knowing more about us and exploring our school, ahead of 2021, new students will feel more confident about starting with us. They will definitely see some familiar, friendly faces from the VR on their first day which really helps with their transition," Mr Healey says.



Northcross Intermediate students enjoy a virtual tour

The comprehensive, high quality VR production includes drone footage and video of the school along with interviews with a range of students and staff.

"Our people are what really make our school unique. The virtual tour enables many people, locally and internationally, to get to know the passionate and skilled members of our school community who underpin the enormous range of quality opportunities our school provides through academia, sport, the arts, culture, service and leadership."

The full 360 degrees tour is accessed by downloading an app to a mobile phone and by wearing a VR headset. Alternatively, the tour is available to simply view online.

The virtual tour has already been embraced by intermediate age students while VR industry experts say it is one of the best experiences they've seen.

To take a virtual tour and learn more about Long Bay College, visit: www.longbaycollege.com/our-school/welcome/

2021 Enrolment Information

We foster our students' success through an extraordinary culture of care.

For information about enrolling, school tours, uniform and school expectations, please visit www.longbaycollege.com/enrolment

GUIDED SCHOOL TOURS

Prospective students, along with their caregivers, are invited to attend a school tour. Make a booking through www.longbaycollege.com/enrolment (see school tour information).

Tour dates are 9am: Monday, 3 August, Friday 7 August, Wednesday 12 August, Friday 14 August.

ENROLMENT INTERVIEWS

All new 2021 enrolling students are requested to attend an enrolment interview. To make a booking, please visit www.longbaycollege.com/enrolment. Interview dates are held from 4pm-7pm on Wednesday 5 August, Monday 10 August and Tuesday 18 August.



A Trip to Long Bay

Photos taken of the Auckland Model A Ford Club visit to Long Bay and the Vaughan Homestead.

Photos by Bill Ellis



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Torbay Community Association

The AGM for the Torbay Community Assoc. is to be held Monday 7th. September 2020 at 7pm. upstairs in the Torbay Community Hall, Watea Road. Come along and support this local group. All residents of Torbay are entitled to attend. The hall is owned by the Community.



Massage with a friend

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Hearbeats is a community-based, peer to peer, support group for heart event survivors, their families and broader whanau.

Heartbeats members include men and women with high blood pressure, coronary artery disease, heart failure or abnormal heart function and have had heart surgery, stents or pacemaker implants.

We welcome diverse cultures and ethnicity and believe that everyone can learn and benefit from sharing individual experiences and knowledge with others who have had similar life-changing events – it is all about sharing the journey.

Our vision is to help heart event survivors lead long and fulfilled lives and better educate the community on heart disease: prevention and rehabilitation.

Heartbeats is NOT a psychological counselling service, an exercise-based rehabilitation group or a social club.

Guest speakers include cardiologists, local doctors, dietitians, pharmacists, physiotherapists and other healthcare professionals that work with heart health.

Every 90 minutes someone dies of heart disease in New Zealand and many of these are preventable and avoidable – we aim to SAVE LIVES.

Heartbeats is supported by the Heart Foundation, Waitemata DHB Cardiac Rehabilitation Nurses Unit, local doctors and community healthcare professionals.

Meetings are monthly and held at local Community Centres.

Heartbeats Hibiscus Coast:

First Tuesday of every month at 10:00am – 11:00am

Hibiscus Coast Community House, 214 Hibiscus Coast Hwy, Orewa

Heartbeats Takapuna:

First Thursday of every month at 10:00am – 11:00am

Mary Thomas Centre, 3 Gibbons Rd, Takapuna (behind the Library)

Contact:

Trent Lash (Convenor):

Mobile: 0220 606 199

Email: trentlash@yahoo.com

<https://www.facebook.com/groups/476099493155288/>

“A truly shared journey is one taken with those who are on the same path”.

PopUp CAFE

Aria Bay's Pop Up Café is close to beautiful Browns Bay Beach and is open now. Why not pop in for a coffee!

Buy one, get one free!
Bring this advert in with you.
Valid until the end of July 2020.

Aria Bay Café open
Tuesday - Saturday, 8.30am-2.30pm.



Creativity with Native Flora

The July meeting of the Hauraki Floral Art Club was a celebration of the diversity of the flora of Aotearoa / New Zealand. This coincided with the season of Matariki. Members were challenged to create designs that reflected some aspect of our rich heritage of native plant material. Our native flowers tend to be small, blooming mainly in spring and summer which required members to be creative in using the diverse foliage range of natural greens and browns with touches of yellow and red.



The results were unique and imaginative. Leaves such as Pukapuka, Puriri, Titoki, Kowhai, Harekeke plaited, twisted and curled and a range of pittosporums proved their versatility. One design featured a miniature korowai (ceremonial cloak) crafted from flax and astelia. Another outlined the shape of Aotearoa in small flax rounds on a flax stalk palisade in a bush clearing – the winner of the Mary Howard Trophy awarded annually for the title “Zealandia”.

The Club was pleased to host previous members, now retired, Pat Howard (Life Member), Lesley Knight and Evelyn Budden, all distinguished designers, on the occasion of a celebration lunch for the special birthday of long term member and judge, Laurel Frogley.

We welcome visitors who are interested in floral design as a creative art form. Our President, Pauleen also an accredited national judge, tutors beginners in the basics of design for their first five meetings. For more information contact Pauleen on 4739916.



QUIZ ANSWERS

1. The widow had been married 7 times before.
2. A group of cockroaches is called an intrusion.
3. The Pineal Gland is in the brain.
4. Jack Charlton played 773 games over 23 years for Leeds United.
5. The hoiho (yellow-eyed penguin) features on the \$5 note.
6. The term 'Clear round' is used in equestrian, showjumping.
7. An angle of 120 degrees is termed obtuse.
8. The number 7 represents pure water on the pH scale.
9. The muscular tissue around the heart is myocardium.
10. Clarence the lion in Daktari was cross eyed.



WANT TO BOOST IMMUNITY? WINTER WELLNESS? GRAPPLING WITH CHRONIC HEALTH ISSUES? COMPLEMENTARY CANCER SUPPORT?



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- Options of daily Yoga & Meditation classes, Anti-Ageing, Immune Boosting Wellness & Beauty lectures
- Optional inhouse spa, massage & beauty treatments
- Optional seaside activities including snorkelling, swimming, lounging, sunning, water skiing, Jetskiing, fishing, cruising, diving, paragliding
- Packages with flights & transport or you pick & pay for flights by carrier of your choice

For more info and to book, please contact David Holden: 0274 837 188 / david@hhc.nz

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Pain – The Role of the Mind

Short-Term Pain:

Most people agree that short-term pain is designed to be a warning sign to prevent harm to your body. For example, if you are walking down the black sands of a west coast beach in bare feet, the pain of your burning feet warns you to put your jandals on or get to the water quick to prevent serious burns.

Long-Term Pain:

But what about chronic pain which continues without any obvious threat to the body? Like pain in the knees from osteoarthritis. Professor Lorimer Moseley is investigating the role the brain plays in chronic pain. He believes that like short-term pain, chronic long-term pain is a warning signal from the brain that your body is in danger. It is not a signal from your knees to the brain that there is damage, but in fact the opposite. It is a signal starting in the brain that is felt in the knees.

If you have had painful knees for many years, you may think this is stupid. The pain is clearly felt in the knees. Professor Moseley points out that people who have had a limb amputated often have pain in the limb that is no longer there. In this case the pain must be coming from the brain. These warning signals become amplified if there is additional body threats. For



example, if you have a virus (a threat to the body) then knee pain could flare up. This may be why I notice that when I help someone to get healthier by improving their nutrition, many areas of their health improve including a reduction in general aches and pains.

So What?

If you have pain in your knees you probably don't care if it comes from the brain or the knee. You just want it to go away. But this is where the research gets interesting. Techniques are being developed to retrain the brain. The theory is that if you distract the brain, it forgets about warning you about your knees. Its like the brain can't do two things at once. Techniques like Cognitive Behavioural Therapy, and Graded Motor Imagery have been shown to have very positive effects on reducing pain.

When I got food poisoning 3 years ago, it caused a significant flare of my arthritis to the point that I was bed-ridden and still in severe pain. It was not until I started to do some mind work with my yoga teacher that my arthritis pain got up and left.

The concept of pain from the brain is a challenge to conventional wisdom. If you are in chronic pain, I'd suggest looking into brain balancing techniques to support your journey to wellness. Perhaps read Professor Moseley's book "Explain Pain" or learn meditation and breathing techniques that calm inflammation and nourish the brain.

From a nutrition perspective, nutrients that support the brain and calm inflammation might be helpful. These include turmeric, MSM, theanine, PEA, and SPMs.



What are these?



In my Long Bay volunteer role with weed control in the 100 acre bush last week, I saw this unusual sight in a remote part of the forest. These were on flax leaves.

These are wintering over ladybirds.

I Googled it. Ladybirds live for 3 years, and have four stages in their life cycle. Though these are all the same size, some will be a year old, and some will be 3 years old. They huddle together like this, sometimes on logs or cracks. They eat aphids.

Isn't this beautiful?

Neil Hutchison



What's on at East Coast Bays Library

8 Bute Road, Browns Bay Ph 09 486 8579

Our Annual Open Mic Poetry Event

Wednesday 19 August 10am–11:30am

Join us to share your love of poetry in our annual Open Mic Poetry Event.

Take your turn on the microphone to share your original or all-time favourite poems in a friendly, supportive setting. Meet like-minded people who enjoy the spoken word. Or simply sit back with a cuppa and listen. This is one of our most popular and entertaining mornings each year. Free event. Everybody welcome.

Bays Conservation Expo

Saturday 22 August, 10am–12pm

Contact: info@restorehb.org.nz

For this year's Conservation Week (15-23 August 2020), join Restore Hibiscus & Bays to learn about how you can get involved with environmental conservation in the bays:

Find out how to identify and report

different pest plants you may have in your backyard or local park.

Have a go at germinating kōwhai seedlings to take and care for at home.

See our range of traps and bait stations for controlling introduced predators and protecting our native wildlife.

Get to know what groups and projects are happening near you and how to get in touch.

For more information:
www.restorehb.org.nz
and www.facebook.com/events/715061789272749





SHORECARE URGENT CARE **NORTHCROSS IS REOPENING 3RD AUGUST!**

We are beyond thrilled that we are back in action for all urgent care matters, along with our friends at TRG Imaging and Foot Mechanics, from the **3rd of August**.

When we had word that we had been chosen to transform into a community based assessment centre (CBAC) it was all go to get Northcross ready within 48 hours to start the testing process.

After a few teething problems and being overrun with calls at times, our appointment based system really proved to be a winner allowing us to test over 16,000 North Shore and Rodney locals.

A big thank you to our community for your continued support throughout our time as a CBAC.

Our extremely hard working team have appreciated every kind word over the last four months and are looking forward to getting back to our normal.

Need a reminder of what we're all about?

We are urgent care specialists providing excellent care for acute illness, minor injuries and fracture management.

No appointment needed, just walk in. Open daily 8am-8pm.

We offer FREE ACC and after hours visits for children under 14, plus subsidised consults for community services card holders.

As an extra thank you, present this advert at your next visit to Shorecare Urgent Care Northcross in the month of August 2020 for \$10 off your consultation.

For services outside of Northcross hours, visit our Smales Farm clinic (74 Taharoto Road, Takapuna) which is open 24/7.



 footmechanicspodiatry.co.nz

 trgimaging.co.nz

 shorecare.co.nz

 09 478 5029

 09 487 2555

 0800 SHORECARE

CLASSIFIEDS



ACCOMMODATION

Accommodation – fully furnished, short- long term stays, North Shore, houses- apartments 021935854-094735904 info@holidaysnz.co.nz

Becmar Cottage – Self contained, short term or holiday accommodation. Sunny, private, close to beach, shops, bus stop. Suit couple becmar9@gmail.com, 09473 9383 or 0274 901 900

Carparks for rent – Browns Bay. Short or long term. Call Alex Rodgers 021-881-777



BUILDING TRADE

As Handy As - For all your general household repairs and renovations, painting and decorating. Including kitchen and bathroom makeovers, tiling and laminate floors. Deck repairs and building. You name it - I'll fix it or build you a new one. Many satisfied clients. Phone Paul 021 253 9905 or 479 1748

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

Building & Landscape Maintenance - Including general building maintenance, small renovations, handyman work, landscaping, fences, pergolas & more. References available. Call Dale on 0274397519

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.

Fence Brothers - For all your fencing needs. Fences, decks, gates, automation, steel or timber. FREE QUOTES. Phone Greg 0800 336 232 or 021 605 552

Gera Glass - Certified tradesman glazier. showers, mirrors, splashbacks, balustrades, pool fences, broken windows, safety glass, pet doors and more... No job too big or small! FREE quote phone Dylan 022 656 9417 or email geraglass@xtra.co.nz

Interior exterior repairs & maintenance eg painting, decks, paving to welding plus...Ph Ian: 021 1842426

Kitchens - new or facelifts, laundries and other cabinets... Listed on nocowboys under Groove Kitchens. Phone Garth 021397863.

Painter - No job too big or small. 30 yrs experience Heaps local references ph Clive 0274 812 231

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.

Plasterers / Wallboard Stoppers - Friendly local tradesman, trustworthy and experienced. Specialist renovations or small repairs. All work guaranteed. Ph Kaleb 021 0233 5032.

Plastering/Painting - Male and Female team 20 years experience, no job too small immediate start. Brad Ph 0272 5111 65 or 443 5064

Plumber – All work. Ph 473 7787 or 027 263 3217 Coastal Plumbing & Drainage

TIPS Painters – Interior/Exterior and Roof Painting John Trotter 021 0238 7190 jjtrotter1@hotmail.com Rob Jenkins 027 209 7204 alstype@xtra.co.nz



SERVICES

Butterflyer Personalised Transport - Lisa's Mobile: 021-118-2715. www.butterflyer.co.nz

Passport Photos – Torbay Pharmacy. Phone 473 9629

Summit Accounting and Business Solutions - Your neighborhood accountant, for bookkeeping, tax returns, Xero/MYOB training and Company office maintenance call Sophie at 021 261 7060

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.



HOME AND GARDEN

21st Century Cleaning - Carpets and general cleaning, phone Mike 021 656 885

Active Tree Care Ltd – All tree work undertaken qualified arborists & free quotes given. Phone 473 6723 or 027 555 6403

Carpet & Upholstery Cleaning – stain removal, free deodorising. Fly & Insect control. Phone Michael 473 1422 or 0275 739 112

Floor Cleaning & Polishing – Phone Michael 4731422 or 0275739112

Garden Bags And Bins – Prompt and professional service & competitively priced. Call John, 0508 262 626 or 021745992. jdpropertyservices.co.nz

Garden Maintenance & Makeovers – Qualified horticulturist available for plans, planting, bark & rock gardens, irrigation, lawn laying, tree pruning, hedge trimming, etc. Free consultation. Ph Roger N.C.H. 021 298 9368 or 473 8340. www.allgood.net.nz

Handyman – General property repairs and maintenance, inside and out. Tool and knife sharpening. Automated gaet installation. Ian 021 184 2426

Handyman – Born and bred in Torbay Martin is a qualified cabinetmaker and experienced professional. Allsorts property services is available for Property maintenance, odd jobs, decks, fences and garden services. Call Martin Bassett 027 452 6515

Handyman – small jobs inside and out. Free quotes Ph Phil Mob 02102066456.

Landscaping – From concept to completion. For practical and creative solutions. Small areas and makeovers a specialty. Phone Peter on 09 473 5156. www.peterfrylandscapes.co.nz

Landscaping – Format Landscapes, Local, over 20 years experience, Diploma in landscape design. We undertake all aspects of hard and soft landscaping including decks, paving, fences, retaining walls, planting etc. Small to large projects. Free quote www.formatlandscapes.co.nz call Matt 021599 107

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!

Lawnmowing by Ladybirds Lawn Care - Call Phillippa for your lawnmowing needs. 0276438888

Locks + Safes + Alarms + Cameras + Fire Protection – Complete Family Protection. East Coast Bays Company no site call out fee. Ph 0800 875 247 or helpdesk@uslgroup.co.nz

Premium Garden Solutions - Phone Shane 021723751 or Email shane@premiumgardensolutions.co.nz Planting and Design, Paving, Hedges and Trees, Garden Maintenance Regulars and One offs, Formative Pruning, Irrigation Installs 25+ Years Experience

Rubbish Removal and Skip Filling – Ring Cliff 473 6317 or 027 618 5917 for all your garden and general rubbish removal needs.

Squeaky Clean-ers – Eco friendly products, Insured, References, Non Franchised, Reasonable Rates. Specializing in Residential / Office cleaning to show-home standard. Call or text Joy now to discuss your options. Ph 021 487 463. squeakycleaner.co.nz

Waterblasting / House Chemical Washing – all roofs, decks, paths, gutters and large concrete areas. No job too difficult. Both hard and soft pressures. Small jobs also welcome. Satisfaction guaranteed. Free quotes. Phone Graham 473 0059

Window Cleaning – All clear windows, great service, competitive prices. Call Scott for a free quote 473 8475 or 021 241 2121



SIGNS

SignAddiction - Shops - Vehicles - Boats - Site Signs & more. Ph 0274 991 744 or 473 6364, sign.addiction@xtra.co.nz



TRANSPORT

A+ Furniture Removals Ltd - removal specialists. Ph 0274801404. www.aplusfurnitureremovals.co.nz

Move with Murphy Ltd - Ron Murphy Carriers, PO Box 35473, Browns Bay. Phone 444 6825



FOR HIRE

Awatuna Scout Hall – at Waiake Beach available for hire for birthday parties, exercise classes. Kitchen facility included. Contact Sharon 021 025 73489

CLASSIFIEDS

TUITION

Ballet - Pre-school, grades, advanced and adult classes. Royal Academy of Dance syllabus. www.dianne Wallaceballet.co.nz Dianne Wallace RAD Dip Tchg Phone 027 603 0481 or 473 6992

Ballet & Contemporary Dance – Step Beyond Studios. Classes in Torbay. Beginners to advanced. Positive, inspiring & progressive school. Principal Marian McDermott. No exams. Home of acclaimed youth company One Step Beyond. Ph 475 9317, 021 027 01303 Wstepbeyond.co.nz

Drama, Speech & Communication – Jacque Mandeno VoiceWorks offers private and group tuition at the Gate Theatre, Torbay Community Hall, 5 years to adult. Everyone deserves a voice Phone 473 5454

French rusty? Bring it alive! – French Theatre classes (Adults/Teens), Torbay Community Hall. Also individual / conversation. Phone Lynette (PhD French), 0210-294-0630

Spanish Lessons - In Torbay and Browns Bay. Learn Spanish from a native Spanish speaker. Individual or small group lessons. Dynamic and fun too! Contact Ara on 021 0812 4141. www.northshorespanish.nz

FOR SALE / WANTED TO BUY

Pre-Loved Goods For Sale – now in new premises at 12 Inverness Rd Browns Bay. Open Monday to Saturday 10am to 4pm.



ENTRY BY GOLD COIN DONATION

sales@aucklandmamamarket.co.nz

[torbayplunketnearlynewsale](https://www.facebook.com/torbayplunketnearlynewsale)



What's On

Al-Anon Family Groups – Support group for family and friends of alcoholics. Visit www.al.anon.org.nz or phone 0508 425 266

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 & still young at heart ? Why not join the Browns Bay Ladies Club. We meet on the 4th Friday of every month. We have a guest speaker & also offer many interesting groups & bus trips. For further information phone Margaret 478 2073 or Jan 478 9231.

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, in fact nil at first. Ph: Roy 021 256 2192

The Creative Keyboard Club – who have Members in Torbay. We meet at The Community Hall, (behind St Cuthberts Church) 45 Anzac Road, Browns Bay, at 2.00pm every 2nd Sunday of the month and enjoy Music, from Members, and Guest Artists. Includes afternoon tea. Small Admission Fee. Please Phone Marlene 4783166, for further details.

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

East Coast Bays Bridge Club - Exercise your mind, meet new friends, learn bridge: sign up for lessons in 2020. Contact Helene: 027 296 3365 lessons@ecbbridgeclub.co.nz

Exercise Group for senior women – Monday, 9.45 – 11.15am, St Mary's By The Sea, 168 Deep Creek Road, Torbay. 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

Inner Wheel Club of East Coast Albany Bays - We are a group of women who enjoy being involved in the community. Come and enjoy some fellowship, interesting speakers and morning tea. We meet at the Presbyterian Church Hall, Mairangi Bay, Hastings Road entrance at 10am on the second Thursday of the month. Contact Carol on 479 7137

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.

TORBAY Village

DIRECTORY

www.torbay.co.nz



DINING

RESTAURANT

- Chand Indian473 6259
- Piatti Waiake.....478 6936
- Scout Cafe.....887 9269
- Thai Torbay473 1674
- Torbay Bar473 1002

TAKEAWAYS

- Sushi Torbay473 6361
- Hot Roast Shop.....473 2134
- Torbay Takeaways.....473 9229



HAIR & BEAUTY

BEAUTY THERAPY

- La Bella Vita Beauty.....473 0856

HAIR SALON

- Hairazors/Niaa The Hub ...473 9468
- Simply Colours & Cuts473 8111
- The Cutting Room.....473 5241
- Foxy & Co.....473 2277

MASSAGE

- Jasmine's Thai Massage - ladies only 022 247 4753
- Nom Thai Massage473 5080

COMMUNITY GROUPS

- Adult Community Education 477 0075
- Age Concern North Shore 489 4975
- Age Plus Charitable Trust 09 550 3387
- Association of Book Crafts 473 6865
- Awatuna Sea Scouts 478 2254
- Bays City Judo 473 7855
- Browns Bay Presbyterian Church 478 2441
- Citizens Advice Bureau 479 2222
- City Impact Church 477 0300
- Dances of Universal Peace 473 7344
- Deep Creek Restoration Society 0211586681
- Dementia Social Group 09 4893176 or 0272258893
- East Coast Folk Club 09 426 3588
- ECB Bible Baptist Church 473 8562
- ECB Catholic Parish 478 4565
- ECB Lions Club 476 5627
- ECB MP 478 5107
- ECB Toastmasters 0221632673
- ECB Widow & Widowers Association 479 6042
- Friends of Sherwood 476 7279
- Friendship Club of ECB 09 424 0246
- Girl's Brigade 09 473 8626
- Long Bay Baptist Church 473 2498

TORBAY BUSINESS ASSOCIATION



GROCERIES

BAKERY

- Euro Patisserie - Great range of fresh breads, eats, pies & coffee.....473 7535
- Torbay Bakery and Café - Fresh each day.....473 6467
- Bakers Gallery - Great coffee shop, ample parking473 2998

BUTCHER

- Butcher - Free range meats473 2014

DAIRY

- Torbay Dairy - For your convenience.....473 9721

GREENGROCER

- Torbay Fruit Shop - Fresh produce daily473 9429

GROCERIES

- BK's Four Square - Service with a big smile473 6197

LIQUOR

- Torbay Cellars - Local wine, beer & spirits supplier473 9619



OP SHOP

- Salvation Army Shop -473 2150 preloved goods and clothes

- Long Bay Baptist Mainly Music 09 947 3378
- Long Bay Okura Great Park Society 473 9642
- Long Bay Toastmasters 027 458 5688
- Long Bay Residents Association 027 272 3960
- Neighbourhood Support 09 353 0427
- North Harbour Tripe and Onion Club 410 5298
- North Shore CMA 489 8954
- North Shore Historical Society 09 489 5489
- North Shore East Parkinson's Group 444 9379
- North Shore Kick boxing 021 228 2808
- NS Brass Academy 021 084 15370
- Plunket 473 9611
- Rotary Browns Bay - Torbay 473 6418
- Salvation Army Op Shop 473 2150
- SANZ Coffee Group 478 5933
- Step Beyond Studios 021 0270 1303
- Shore Presbyterian Church 021 036 7957
- St Mary by the Sea Anglican Church 473 8180
- Torbay Community Playgroup 473 4473
- Torbay 60s Up 09 421 1011
- Torbay Friendship Club 473 7908
- Torbay Community Hall 478 4091
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482



HEALTH

ACUPUNCTURIST

- Torbay Chinese Acupuncture Centre - Leigh Zhang473 2278

DENTIST

- Lumino - Impeccable service473 1400

DOCTOR

- Dr Paul Hunter - 'The Cottage'. 987 Beach Rd.....473 9594
- Torbay Skin Clinic.....477 1111
- Torbay Medical Centre477 9000
- Waiake Medical Centre478 7660

MEDICAL TESTING

- Community Laboratory - appts needed473 1908

PHARMACY

- Torbay Pharmacy473 9629 or 473 0730

PHYSIOTHERAPY

- Torbay Physiotherapy & Hand Clinic473 0333

PODIATRIST

- North Shore Foot Clinic021 0322 856



SERVICES

DOG GROOMING

- Dogs Body Grooming Parlour473 1500

GARAGE

- Torbay Service Station Workshop 473 6408
- Forecourt 473 5281

REAL ESTATE

- Barfoot & Thompson.....473 9190
- Bayleys.....487 0630

- Torbay Indoor Bowls Club Inc. 473 3253
- Torbay International Coffee Group 473 3259
- Torbay Kindergarten 473 9340
- Torbay Play Centre 473 8077
- Torbay Running Group 475 5501
- Torbay Sailing Club 473 9955
- Torbay Sailing Club - Hall Hire 473 9519
- Torbay Senior Citizens 473 5593
- Torbay Transition Towns 473 9642
- Torbay Walkers 473 8731
- Trinity Methodist Church 478 5107
- Zumba Group 021 752007

SCHOOLS

- City Impact School 477 0302
- City Impact Arts Academy 477 0300
- Corelli School 476 5043
- Glamorgan Free Kindy 473 5099
- Glamorgan Primary School 473 6453
- Long Bay College 477 9009
- Long Bay Primary School 473 6077
- Northcross Intermediate School 477 0167
- Titoki Montessori School 473 0362
- Torbay Primary School 473 8603



Lily Zhang

021 103 5310



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Browns Bay Branch 2020
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Testimonial

"Well done Lily. We have achieved a sale with a remarkable result that we couldn't be happier with. You far and away exceeded our expectations. We were so impressed with your professionalism, sense of the market, diligent and efficiency. We would highly recommend Lily Zhang to anyone considering marketing their properties and suggest them to "trust Lily, get a marvellous result".

Grace and Sunny

* Year ending 31 March 2020

SOLD
by Lily Zhang



19 Tawatawa St, Long Bay

SOLD
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2 Luff Pl, Long Bay

SOLD
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21 Summit Dr, Torbay Bay

SOLD
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45 Caversham Dr, Torbay



2A Uruhau Close, Torbay

Ref. 793281

4 beds 2 baths 2 cars



9 Sandiacre Way, Torbay

Ref. 793680

4 beds 2 baths 2 cars



40 Caldera Drive, Long Bay

Ref. 789994

6 beds 4 baths 2 cars



2/5 Clematis Avenue, Murrays Bay

Ref. 793033

5 beds 3 baths 2 cars



DDI 09 215 4206

barfoot.co.nz/L.zhang2

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021 180 4158



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021 023 67788



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Torbay

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Long Bay

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