

TORBAY

NEWSLETTER

more than a place - a lifestyle

AUGUST 2021

www.torbay.co.nz

Torbay School opens new classroom block

see page 3 for details



Torbay Pharmacy:

What Are THE Most Helpful Nutrients for Longevity and Health

I am often asked for advice on what are the latest and greatest nutrients to assist with living a long and healthy life. There are two hero nutrients that I think are a great addition to a good diet for most people. These nutrients work at a cellular level to improve the health of your cells. This leaves you more resilient to any illness or disease that life might throw at you.

My recommendations assume you have achieved the basics of good diet, good exercise, and have great stress-coping strategies. What are the main supplements that will help to maintain your wellness long into old age?

Modified Citrus Pectin

Modified citrus pectin works at a cellular level to reduce the most common causes of illness and early death. These causes include inflammation, and the hardening of organs and tissues. Modified citrus pectin impairs an enzyme called Galectin-3 which fuels these processes. There are over 70 clinical trials assessing the effectiveness of Pectasol (modified citrus pectin). This super nutrient has been proven to get into your cells to assist you to achieve total body health, wellness, and ageing. Pectasol has shown benefits for the immune system, maintaining a healthy inflammation response, supporting heart health and optimal blood pressure, assisting the body to detoxify, and for improving cognitive functions such as keeping a clear, sharp, and focussed brain.

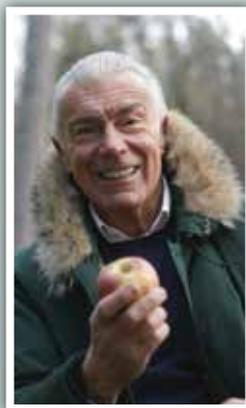
Sulforaphane

Sulforaphane is a signalling molecule inside cells. It activates a switch within the body (called Nrf2) which releases a small fragment that can then enter the nucleus of the cell where genes are housed. Once inside the nucleus of the cell, thousands of genes can be reactivated. In effect, taking sulforaphane can reactivate all your body's own defence mechanisms, which can potentially reverse the effects of a life-time of damage from oxidative stress and toxin accumulation.

Sulforaphane is produced from mixing together a couple of nutrients that live within broccoli sprouts.

Blue Zones

There are many things that we need to do to ensure great health and a long life. Studies of the blue zones where lots of people live to be over 100 years old have suggested the secrets to healthy aging include being physically active, having life-long friendships, and good nutrition. If you also want to add two superstar supplements into your mix, then I would consider Pectasol and Sulforaphane as good candidates.



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Torbay School gets new classroom block

After a long wait, and much anticipation, Torbay School's new two-storey, twelve classroom block was officially opened on Wednesday 23rd June. Students, staff and the community celebrated this momentous occasion with a special opening assembly which included performances by students and a surprise video message from our Prime Minister, Rt Hon Jacinda Ardern. This was followed by a ribbon cutting ceremony where two students (one of the eldest and one of the youngest) officially opened the building. The doors were then opened for the community to view, while the students all enjoyed a sausage sizzle.



With its many windows and wooden exterior, the modern design is a sight to behold. The views from the top storey are equally impressive. Inside the space is light, open and inviting, with fewer walls and more glass breakout spaces. The wooden theme from the exterior continues inside with modern furniture which lends itself to learning in the 21st Century. Students and staff can utilise the varied and flexible learning spaces for different purposes. Papatūānuku (Earth Mother) is represented throughout the lower level of the building in the green tones that can be seen on the walls and furniture, while the blue shades of Ranginui (Sky Father) reside upstairs.

The building is now home to the senior students of the school. The year 4, 5 & 6 students began their new learning journey on Monday 28th June. Classes are all working collaboratively in twos and threes, which is underpinned by Torbay School's future focused approach to learning and teaching. By the end of the term learning was well underway. Children and teachers had settled in, artwork was on the walls and whānau were invited to join them in celebrating Matariki.

The new building replaces nine relocatable classrooms, some of which have been onsite for more than 30 years. These temporary spaces will be removed over the coming weeks in phase 2 of the building project. This includes the development of gardens on the bank area near the new building, the resurfacing of the top field where the relocatable buildings have been and a new staff car park in the Alexander Avenue entrance. So watch this space as you are sure to see more changes to the Torbay School environment in the coming months.



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BARFOOT & THOMPSON

Editor's Letter

One thing I have noticed this year is that Spotlight has had an almost continuous sale.

Unlike Briscoes, where it is rare not to be in sale, Spotlight sales only came around a few times a year and I would spend up big in those times.

This continuous sale is a reflection of the state retail is in at the moment. Spotlight keep having sales to keep cash flow going and it is no different for small retailers.

Life since COVID has been tough in the retail world. The lockdowns were a start but even after lockdowns the trends continued. People thought twice before spending and, with an uncertain future, keeping debt levels manageable became many people's goal. There was uncertainty over jobs and this made many people watching their cash flow keenly.

COVID has brought many a great business to bankruptcy, through no fault of the owners, the product or the way things were run. People are just not spending as much so there isn't as much to go around.

Last year the mantra was "Shop Local" Supporting your local businesses was something we all did with enthusiasm but, as COVID became only something that was behind managed isolation, we ventured further and spent our money elsewhere.

For businesses in the Bays life is not easy and we have seen how quickly businesses can come and go in a short space of time, in some areas of the Bays.

We would hate to see this the fate happen to any of our businesses in Torbay. They are part of our community, indeed they are the heart of our community.

They offer service, quality and convenience. Who wants to have all the hassle of travelling to Albany Mall? We are able to park and access the businesses easily.

All the businesses offer an amazing personal service and I know for some older folk, shopping at Torbay is the highlight of their day.

So the rally cry again is to "shop local" because we often do not appreciate what we have until it is no longer there.



Carole McMinn

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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Introducing Serena & Justin

Scout would like to introduce our new owners Serena and Justin to the community.

Serena and Justin arrived in New Zealand in 2013 where they both studied to become qualified chefs.

Serena and Justin bought the Scout business after spending time here and fell in love with the community.

They love how friendly and supportive the Torbay community is and enjoy meeting new people their focus is to be part of this amazing village and support our locals.

Their dream is for Scout to become a family friendly, dog friendly café where people enjoy great food and beverages at a decent price in a relaxed atmosphere.

they have already changed the menu and lowered prices. They have extended their range of food to cater for allergies and appreciate feedback.

They have opened the café 7 days a week from Monday to Friday 7am to 4pm and weekends 7.30am to 4pm.

Their kitchen is open all day everyday.

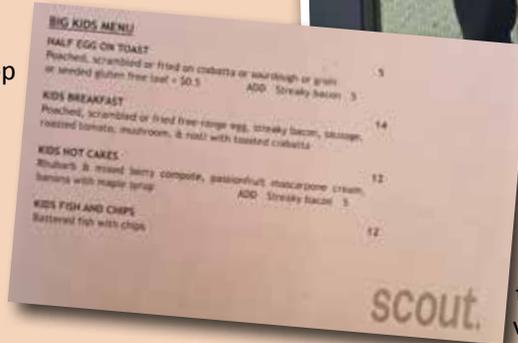
Serena and Justin have spent time studying to become qualified chefs here in Auckland City 6 years ago, and their passion for food thrives here at Scout.

Their dream is to be the best they can and become a part of an amazing community.

they offer a children's menu items and have a picture on the back of the menu where children can colour it in and they will pop on the wall if they would like us too.

They want to be known as the best hang out spot for people to meet up at. They have wifi available for our customers. They put heating inside so you feel nice and comfortable all year round.

Serena and Justin look forward to meeting everyone and becoming a friendly happy face to all that come



through our doors. They offer a decent variety of gluten free treats. And they are very careful to make sure there is very little

to no risk of cross contamination.

The menu has the famous big brekkie and a lot of delicious food available.

They offer coffees, teas, iced drinks, smoothies and more.

Scout 473 9070

Results | Experience | Service

WENDY RADCLIFFE

Torbay / Waiake

June 2021



PROPERTIES SOLD

29



PROPERTIES FOR SALE

35



LOWEST PRICE

\$673,000



HIGHEST PRICE

\$3,200,000

WENDY'S UPDATE

The onset of winter and the new regulations aimed at making home buying less attractive to investors has not slowed market prices – prices are increasing at a high rate. The Real Estate Institute's Price Index for May-to-May for Auckland was an increase of 26.3 percent.

Demand and competition for homes in our area, Torbay and Waiake is high - in the past years the trend has always been to wait until Spring to sell - with the shortage of homes on the market NOW would be a great time to be coming to the market to maximise the return on your home.

Are you thinking of "moving on"? With over 25 years of specialising in our area I offer you experience, service and results – I welcome your call,

Kind regards,

Wendy



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Torbay Friendship Club

Club members have enjoyed two "repeats" this year: inwards visit by mountaineer Jim Morrow in June and the other one out to Ryders, Avondale in July to a movie followed by roast lunch and a wander round the outside site full of items of yesteryear (see photo).



At the General meeting on 8 July the 10-minute speaker was club member David Taylor who brought along books he had written, reading from one and signing the copies bought by members. After morning tea Jenna & Mike from Harbour Hospice detailed the service providing palliative care for families living in Hibiscus, North Shore & Wellsford communities. Mike explained the service is free and compassionate involving medical care, spiritual support, physiotherapy and social activities i.e. "Living Every Moment". Jenna covered the area of essential fund raising to add to the majority funding from the Government - money donations received, bequests, the shop manned by volunteers selling quality items donated, sponsored marathon runs etc.

Franco Sessa of Whitestone Cheese Co will speak at the club meeting on 12 Aug. On the following Thurs the excursion is to Auckland Museum for a tour round. Throughout the month there are other activities in which to join : stroll, coffee morning, rummikub, scrabble, mah-jong and craft group.

Residents of New Zealand wishing to meet new friends are welcome to make up to 2 visits to a meeting on the second Thurs of a month to learn more about the club and decide whether or not to join.

To learn more about the club contact one of following :-

President:	Delphine Pearson	tel 022 072-9813
Secretary:	Ann Jepson	tel 021 167 8610
Membership Secretary:	John Harry	tel 021 370 544

Hauraki Floral Art Club

The winter meeting of Hauraki Floral Art Club was a celebration of creativity and talent. Members were challenged to present a design using the principles of "counterbalance".

This is a modern style that balances elements of plant material around a central focal point. Although there are not many flowers available at this time of the year the designs experimented with fruit, vegetables and flowers to interpret the style with flair and originality.

A special presentation was also made to one of our veteran members, designer and accredited judge, Laurel Frogley, who celebrated her 90th birthday last year. Laurel was given her portrait.



Cont. Page 20

Life on the Edge

August 2021

Always Better Together

On their own, some tiny marine organisms aren't exactly noticeable enough to make a statement, but when they join together a group of small animals can transform a solid substrate into a kaleidoscope of colour! There's many interesting colonial organisms that you can find in your own blue backyard!

Some of the colonial animals we see on the rocky shore in Long Bay are ascidians and bryozoans which there are a mix of in these photos. Colonial organisms are groups of individuals with a close, dependent



Colonial ascidian, *Botryllus sp.*, found under intertidal rocks in Long Bay.

relationship with others in the colony, often with each member having a very specific specialization that makes them incapable of surviving alone.

Ascidians, which are sometime referred to as sea squirts, are aptly named for their habit of contracting their bodies and squirting out a jet of water when disturbed. Colonial ascidians disguised as carpet of colourful jelly, (like *Botryllus sp.*) are made up of many individual zooids and can be found covering the underside of rocks in the intertidal and surface of many hard substrates.

The marine environment is an intricately connected network and we can't forget that each organism (no matter how small) plays a unique role in balancing the ecosystem.

Marine life of all kinds cover the rock walls of the Poor Knights Islands Marine Reserve



Encrusting animals on the underside of a rock at Long Bay

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

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The moment the bidding hit the \$1 million mark, it was hard to hold back the tears - for all of us. After a couple of weeks scurrying to clear, clean & touch up the home, we had hit the market running. Only 10 days later, the Long Bay Office was hosting an exciting pre-auction for this out of area property. When the hammer fell, the property had sold for a whopping \$1,040,000. If that sounds normal to you, think what that might mean if the property CV was only \$630,000. Even in this market, **TO ACHIEVE OVER 65% ABOVE CV IS EXCEPTIONAL!!** What a result!!

One of the vendor's family members looked across at me and noticed my face.

"You think this is your property, don't you?" he observed.

And he was right. I was feeling it. We were all feeling it. Unspeakable Joy.

We love helping our neighbours sell & buy their homes. It can be emotional, so we're right there beside you, all the way. Our winning strategy follows a proven process, to exceed expectations, time & time again.

And this out of area vendor? ...is now one of your newest neighbours.

CALL US NOW TO SEE HOW WE CAN HELP YOU.

Jen & Shane
Neighbours helping neighbours.

House Sales* for Waiake, Torbay, Long Bay & Okura in June 2021

7A Manuwai Road	\$673,000	4 Ellangowan Road	\$1,250,000	17 Bounty Road	\$1,941,000
2A Orewa Street	\$785,000	70 Alexander Avenue	\$1,255,000	9 Karehu Place	\$1,960,000
Lot 2 8 Corrie Hill	\$838,000	Lot 11 10 Windlass St	\$1,259,000	8 Luff Place	\$2,160,000
2/7 Foley Place	\$935,000	24A Watea Road	\$1,300,000	10 Hanikura Street	\$2,180,000
Lot 3 8 Corric Hill	\$956,000	5 Shannon Place	\$1,310,000	82 Vaughans Road	\$2,275,000
1/32 Rewi St	\$960,000	7B Tainui Street	\$1,325,000	4 Cliff Road	\$3,200,000
2B Ceramco Place	\$980,000	232 Glenvar Road	\$1,338,000		
2/21 Alexander Ave	\$990,000	58 Fitzwilliam Drive	\$1,340,000		
2/43 Watea Road	\$1,020,000	10 Helen Ryburn Place	\$1,350,000		
1/16 Marina Road	\$1,030,000	Apartment 411 Beach/Cavalli	\$1,425,000		
B201 Long Bay Apartments	\$1,055,000	Apartment 410 Beach/Cavalli	\$1,435,000		
252A Glenvar Road	\$1,086,000	36 Emlyn Place	\$1,440,000		
1/27 Manuwai Road	\$1,100,000	98 Stredwick Drive	\$1,440,000		
39A Glamorgan Drive	\$1,104,000	23 County Road	\$1,472,000		
33 Bight Road	\$1,165,000	6 Deborah Place, Rd2	\$1,600,000		
18 Killarney Avenue	\$1,200,000	50 Remuremu Street	\$1,615,000		
Lot 15 10 Windlass St	\$1,206,000	8 Carex Way	\$1,630,000		
11 Ceramco Place	\$1,220,000	892 Beach Road	\$1,825,000		
Apartment 405 Beach/Cavalli	\$1,225,000	Apartment 501 Beach/Cavalli	\$1,850,000		
Lot 17 10 Windlass St	\$1,230,000	23 Bounty Road	\$1,895,000		
Lot 12 Windlass/Pennant St	\$1,235,000	13 Rock Isle Road	\$1,900,000		

Median Selling Price for June **\$1,279,500**

Shane & Jen Anderson

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*Source REINZ
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Torbay Garden Club

Torbay Garden Club celebrated its 68th birthday in July. Members gathered on an overcast mid-winter day at McHugh's restaurant at Cheltenham Beach. Although the day was cloudy, everyone enjoyed the good company and excellent food. Those who went by coach passed through historic Devonport, with its many lovely old villas and the return journey



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



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den Club *In the garden in August*



Prepare the garden for spring planting by digging in compost and lime to improve soil structure. Vegetable seeds to sow in trays include tomatoes, cabbage, celery, melons, capsicum, spinach, onions, cucumbers and lettuce. Others can be sown directly into the soil, such as carrots, parsnips, beetroot, peas and radish. Prepare beds and plant asparagus crowns where they can grow on for two years. Lift and divide rhubarb clumps and plant strawberries for an early crop. Spray winter crops of cauliflower and cabbage with Copper Oxychloride, to protect from fungus and blight. Any fruit trees showing bud burst can also be sprayed against summer fungus. Plant new citrus and blueberries. In the flower garden now plant your favourite seedlings, such as cornflower, hollyhock, poppy, carnation and gypsophila. Establish others such as zinnia, chrysanthemum, marigold, phlox and sunflower in seed mix. Trim and shape camellias that have finished blooming. Re-pot, tidy, and feed indoor and patio plants.

was a reminder of how beautiful the North Shore is. Throughout

winter there is always a lovely variety of gardens and trees to be seen in every street. It was a very enjoyable trip and a big "thank you" to the Club organisers.

This month we are back in exhibition mode, with special emphasis on the Camellia. Club afternoons are always the first Wednesday of the month at 1pm in the Torbay Community Hall. We have already welcomed several new members this year and local interest in the art of gardening is "growing". Visitors are always made welcome.

Despite being a mid-winter month, the flowers pictured were from a member's garden - in early July!



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Romance Scams

Online scammers pretend to be in a relationship with someone to con money from them. Keep your guard up! Look out for possible scammers who will try to gain your trust by appealing to your romantic or compassionate side. They find their victims through email, social media, dating websites and more.

Fictitious Scenario:

Seventy-three-year-old Harold had been so lonely since his wife of fifty years passed away seven months previously. One of his friends had suggested he try looking for a new companion online. Harold signed up to Tinder and was very quickly matched up with who he thought was the perfect lady to keep him company for the rest of his days. Sheryl soon moved into Harold's caravan, taking great care of him, cooking tasty meals and keeping 'their home' neat and tidy. Life was blissful.

When Sheryl mentioned that her poor brother was having a hard time after losing his job during the Covid19 lockdowns, Harold was more than happy to help the new love of his life and her family out. Without question, Harold gave Sheryl money to help her brother get back on his feet. It started gradually. \$1000 here for medical costs, \$4000 there for a deposit for a car and before he knew it, Harold had helped Sheryl and her brother out to the tune of about \$30,000. One day, Sheryl was just gone, as were all her things. Neither she nor her brother answered Harold's calls or texts. They'd disappeared - and with his money! Harold was devastated. He'd been duped. He felt such a fool and was too embarrassed to tell his family.

Understanding how this happens can be difficult but

remember that scammers invest a lot of time in establishing online friendships, gaining the trust of their unsuspecting victims, making them believe that what they have is a real and lasting relationship.

What can you do if you've been scammed? Not a lot unfortunately. Many of the scams are professional outfits, run by pros in their field. Do ask for help and advice as you're not alone in having fallen prey to frauds. The CAB or NetSafe are a good place to start. You could report incidents to the police but in the case of online scammers, it is quite likely that they are operating from overseas. If money has been sent offshore, recovery is unlikely as cyber criminals are experts at hiding their identity and often operate from countries that don't have reliable law enforcement agencies for the NZ Police to network with.

How to avoid romance scams:

- Be cautious about who you communicate with online
- Don't respond to requests or hints for money
- Never send money to anyone you don't know or haven't met in person
- Avoid giving out personal details that could be used to impersonate you
- If you think you're being scammed, stop all contact and avoid sending further payments
- Contact the CAB or Netsafe for free and confidential advice if you feel something isn't quite right

Sources of info: www.netsafe.org.nz, www.cffc.org.nz

Contact the Citizens Advice Bureau for more info. The CAB provides free, confidential, independent information and advice to anyone. Not sure? Ask us. www.cab.org.nz

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\$300 per child.

Dates: October 4th-7th and October 11th-14th.

Ideal for sailors 8-13 years old. 30-55kg. Who are comfortable around water as kids can capsize often while building their confidence!

9:00am to 3:00pm each day.

We do a destination sail on one of the days!



What you need:

- Togs/towel/wetsuit
- Lunch
- Hat
- Sunscreen

What we provide:

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- Life Jacket
- Booklets

Sign Up at Torbay Sailing Club Website or email interest to lts@torbaysailingclub.org.nz

At Torbay Sailing Club, we are a family orientated club. LTS is a great way to get involved and parent help with set-up and pack down of boats is always appreciated at each end of the day. Parents can always enjoy a free tea/coffee while watching their kids on the water.


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Sleep: Not Worth Stressing About!

Sleep is not just a state of rest, but includes several states which help us to restore physiological function, store memories, clear metabolites, and even tweak our model of the world and increase our understanding of the world. Sleep also helps us keep our circadian rhythm which influences our metabolism. Despite the obvious importance of sleep, I never tell people that sleep is critical to health.

My reason for being relaxed about sleep is that if you get stressed about the amount or the quality of your sleep, then it actually makes sleep harder. This is not unlike a lot of things in life according to my yoga learnings: the more you cling to an outcome, the harder that outcome is to achieve (the teaching of Aparigraha).

Stress, anxiety or worrying about sleep increases the levels of your stress hormones cortisol and adrenaline. Cortisol has the job of getting you up and going in the mornings. Adrenaline has the job of giving you a jolt of energy to get you away from that tiger in the wild. Its not rocket science



that stress-induced increases in cortisol and adrenaline are no good for sleep.

Don't Watch The Clock!

If you check the time when you wake up, then this can raise your stress levels. Depending on your clock, you may also get a dose of blue light which reduces sleep too. The retinal ganglion cells in the eye are not involved in vision, but detect the levels of ambient light, especially blue light, to influence the sleep – wake cycle.

A Helping Hand

If your sleep gets out of balance for too long, you may need something to help you get back into your rhythm. Sometimes a relaxing Epsom salts bath with a hint of lavender oil will be enough. A cup of chamomile tea can also be helpful.

Setting up good practices from early evening until bedtime is essential. This is often termed “sleep hygiene”. We have a sleep hygiene information sheet to assist you (free of charge).

If you are over 55 years of age, we can prescribe you melatonin (your natural sleep hormone). There are also lots of great nutrients that can help calm your mind or even induce a feeling of sleepiness. Please ask the Torbay Pharmacy Health Coaches for the best sleep support options for you. And pick up a free Sleep Hygiene information sheet too.



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What's on at *East Coast Bays Library*

8 Bute Road, Browns Bay Ph 09 377 0209

Temporary Pop Up Library location at 2 Glen Road, Browns Bay.

Kiwi Saver: Planning for the future.

Tea & Topics Talk for August.

Join experts from the BNZ for the latest in our series of Financial Literacy seminars. Learn about Kiwi Saver benefits & withdrawal options, fund types, default funds & providers, using your Kiwi Saver for your first house purchase or a second chancers option. Free talk. Everyone welcome.

Wednesday 18 August, 10:00am – 11:00am



(QSM) about the history and significant meaning of Maori tattoos.

Friday 20 August, 1:00pm – 3:00pm



Phantom National Poetry Day 2021 Open Mic Event

Join us to share your love of poetry on National Poetry Day 2021 in a friendly, supportive setting. Meet like-minded people who share your love of the spoken word. You are welcome to simply sit back and listen or take your turn on our microphone to share your original or all-time favourite

poems. Free event. Everyone welcome.

Friday 27 August, 10:00am – 11:30am



Ta Moko Talk in English & Chinese

A free talk in both English & Mandarin by Maori culture researcher and Queen's Service Medal recipient – Ms Song Lam

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LICENSED REAA 2008

Local volunteer recognised for outstanding community spirit

Torbay local Carlette McLean has been recognised for her years of dedication as a volunteer for Torbay Plunket.

During National Volunteer Awareness Week, the mum-of-three was awarded an Outstanding Contribution award at Whanau Awhina Plunket's Northern Region awards ceremony. She was also a finalist for Volunteer of the Year.

Plunket Community Support Co-ordinator Katrina Fisher said McLean's role in leading the Torbay Plunket committee over the past five years had been nothing short of amazing.

"Carlette has poured a lot of time, energy and passion into volunteering for Plunket. The work that she took on single-handedly has now been split between four committee members to share."



"Carlette did all of this on top of looking after her young family, and always with a smile and caring manner."

Torbay Plunket organises and fundraises for a Meals for Families programme for all local families with a newborn baby.

McLean has recently stepped down from the committee, to focus on volunteering for her children's kindergarten and school.

She said the most rewarding part of her time with Plunket had been meeting other like-minded volunteers who also enjoy giving back to the community.

"My Mum was a Plunket volunteer for many years when I was young, so I guess I always had an appreciation for what Plunket does for new families throughout New Zealand."

"One special achievement during my time on the committee was being able to assist with the upgrade of the Torbay Plunket clinic rooms and gardens."

McLean said she was really touched to be thanked and acknowledged for being part of the Torbay Plunket Committee.

"Although it's sad to be leaving, it's nice to know Torbay Plunket is being supported by a committee made up of an amazing team of local parents."

Anyone interested in volunteering for Torbay Plunket can email torbayplunket@gmail.com for details.



plunket
whānau āwhina



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Call Sharon on 0800 202 220 or 021 618 913
or visit ariabay.co.nz



An Arvida Living Well Community

Torbay Theatre

Now that *The Mystery of the Invisible Thief* has been solved, with the help of our (sold-out!!) youngest audiences, it is time for

Life and Beth - BOOK NOW!!

A comedy by Alan Ayckbourn: 12 - 21 August.

At Christmas, recently-widowed Beth endures the help and care of her nearest and dearest: alcoholic, bombastic, and neurotically silent.



Christmas Cheer?



How will she cope without Gordon?
Booking is advised (see below); door sales usually available, but some shows do sell out.

Auditions: Sunday 8th August at 2pm (N.B. New Date!)

For this year's December show:

The Music Man (76 Trombones, anyone?)

There's trouble in River City when a fast-talking conman plans to skip town with the band's money, but gets his heart stolen by the town librarian.

Please check audition details, venue, and registration on website below.

We will need actors, singers, dancers and musicians for this big musical, directed by Karl Buckley.

Rehearsals will be Tuesday and Thursday evenings, and Sunday afternoons.



Next Club Night: Saturday 11th September 7:30pm

Directors please! We would love to hear from prospective directors keen to put on a play or musical with Torbay Theatre over the next year or two. Contact through website or by phone below.

Backstage Club - Wednesday Mornings, 10:15-12: Enjoy set-building? Looking after costumes and props? Pop in, or phone Daphne: (09) 473-7494.

LoveDrama speech & drama classes: For children, teens and adults, with a show each term. "Everyone deserves a voice." Phone Jacqué Mandeno, 027-522-7836.

Bookings & Information: www.torbaytheatre.com Facebook / ph 473 5454. 35 Watea Road, Torbay

www.torbaytheatre.com Facebook @TorbayTheatre ph 473-5454
Gate Theatre & Main Hall 35 Watea Rd, Behind the Torbay Shops

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Learning and Friendship for English Language and IELTS Adult Students

While Auckland temperatures are near freezing, students at Torbay-based Learn English North Shore are learning and laughing with friends over a cup of tea, next to a toasty heater in a cosy lounge.

As one student celebrates his second job interview, another breathes a sigh of relief that her IELTS test score allows her to apply for permanent residency. Others recount the fun and games they had at a recent potluck dinner, set up so they could mingle with each other and members of the local community.

Meanwhile, our youngest class member (who first joined class in her mum's



tummy) is delighting students with her smiles. Offers of free babysitting are flying around the room, while two students exchange numbers to meet up for lunch and English speaking practice. They are each other's first friend in New Zealand outside their own culture.

Socialising aside, students at Learn English North Shore work hard to improve all aspects of their English (speaking confidence and fluency, pronunciation, listening, reading, and writing).

The diversity in cultures has grown in our classes – this term we welcomed

new and returning students from Brazil, Bosnia and Herzegovina, China, Colombia, Iran, Japan, Korea, Vietnam, and Russia.

If you would like to join our class(es), contact experienced, CELTA qualified teacher Leontine on mobile 0224 101 100 or email leontinebryce@gmail.com for more information. Term 3 classes start on Tuesday the 27th of July. Limited spaces are available on Tuesday, Wednesday, and Thursday mornings.



Learn English North Shore

Torbay Historical Society

The following extract from 'a short history of the Torbay Garden Club' was written by Joyce Young 1970 and quoted in 'and then came the bridge'

The Torbay Garden Club was founded in 1974 and was known as the Torbay Garden Circle under the auspices of the local branch of the National Party. It was not until 1966 that the circle seceded from the National Party and was renamed as a Club as it had outgrown the title of Circle.

The Presbyterian Church and Hall stood where the Torbay Pharmacy is now. The meetings were held in the Hall, until the late 1960s, when they moved to Millers Hall (later called the Torbay Central Social Hall) which is now the Medical centre.

Newspaper cutting – April 1958.

Mr. and Mrs. Muldoon were introduced by Mrs. McCardle (Chairman) and were greeted warmly by all the members. Mr. Muldoon was a specialist in the growing of the liliium and was the speaker for the day.....He had taken pains to provide specimens of liliium to illustrate his talk. These seeds and plants he generously gave to the garden circle.

For bookings and enquiries phone 473 6482. A reminder of the possibility of more regular interest groups that would like to hire the Homestead.



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

KUA HINGA TE TOTARA I TE WAO NUI A TANE

A great Totora has fallen in the forest of Tane

Local kaumatua Rawiri Wharemate left our world, but not our hearts nor minds, late in the evening of June 25th to embark on his next great journey to join his ancestors of Te Kawarau ā Maki (the tribe of this area), Ngātiwai, Ngāti Moerewa and Ngāpuhi.

He knew his mission here with and he served with unwavering faith, strength, humility, conviction kindness, love and joy, all of which he shared freely and abundantly. He supported all the schools in the area and many organisations and business people.

We whose lives he touched thank his whānau for their patience and grace in sharing their husband, father and koro with us. His faith and wairua will continue to serve as an example for us all.

Moe mai, moe mai, moe mai i roto te aroha o to tātou Ariki





JULIA PARFITT & ALEXIS POPPELBAUM

Personal viewpoints of two of your Hibiscus & Bays Local Board Members



Celebrating some of the incredible volunteers in our community

Some dedicated volunteers in our community were recently celebrated with awards from the Hibiscus and Bays Local Board. The Volunteer Awards celebrate the achievements of locals who devote their time and deliver exceptional things for our

community. Local Bays winners included:

- Brian Mooney (Deep Creek Restoration Society)
- Lynn Dewar (North Shore Riding for the Disabled)
- Elizabeth Wall (Browns Bay Citizens Advice Bureau)
- Lezette Reid (Friends of Okura Bush)
- Liz Goodwin (Centennial Park Bush Society)

It's been said that the East Coast Bays harbours the most volunteers - especially in the environmental space. We're incredibly proud of our community and the award winners this year who continue to make the Bays the best place in Auckland to live.

Water and environmental projects in our area

The Water Quality Targeted Rate and the Natural Environment Targeted Rate is delivering some larger regional projects but is also being invested locally in many great projects. A few examples include:

Investigating water network issues and finding solutions to make Long Bay and Rothesay Bay safer beaches to swim at. Further investigations have also been conducted for Waiake, Browns Bay and Mairangi Bay.

Stream restoration projects and funds provided for Awaruku Stream and Taiatotea Stream.

Increase in pest plant and pest animal control in and around public parks with priority given to Awaruku Reserve and Dacre Historic and Esplanade Reserve.

Kauri dieback management work was completed at Awaruku Reserve and works are also taking place at Emlyn Place.

East Coast Bays Library reopening

This exciting and long-overdue upgrade project is nearly complete, and the library should be reopening in mid-August. For details, follow 'East Coast Bays Library' on Facebook or check in with them at their temporary location at the Community Centre on 2 Glen Road.

Hauraki Floral Art Club

Cont. from Page 6

This tribute to a valued long-standing member was painted by Vivien Jin, one of our talented younger designers.

Hauraki Floral Art Club meets on the second Wednesday of each month at the Outram Hall, Murray's Bay and



Visitors are always welcome. Beginners are offered 6 free lessons in basic design principles by Pauleen – another of our accredited judges.

President Jennifer Hartley 4795691

Tides Aug 2021 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Sun 01		01:01 2.7m	07:13 0.7m	13:22 2.6m	19:38 0.9m
Mon 02		01:48 2.6m	08:03 0.8m	14:15 2.5m	20:34 1.0m
Tue 03		02:38 2.5m	08:55 0.8m	15:12 2.5m	21:30 1.0m
Wed 04		03:30 2.5m	09:50 0.8m	16:10 2.5m	22:24 1.0m
Thu 05		04:23 2.5m	10:44 0.8m	17:03 2.5m	23:14 0.9m
Fri 06		05:16 2.5m	11:34 0.7m	17:51 2.6m	
Sat 07	00:01 0.9m	06:07 2.6m	12:21 0.6m	18:36 2.7m	
Sun 08	00:45 0.8m	06:55 2.7m	13:05 0.5m	19:18 2.8m	
Mon 09	01:29 0.7m	07:40 2.7m	13:47 0.4m	20:00 2.9m	
Tue 10	02:12 0.6m	08:24 2.8m	14:28 0.4m	20:42 3.0m	
Wed 11	02:56 0.5m	09:07 2.9m	15:11 0.3m	21:25 3.1m	
Thu 12	03:40 0.4m	09:51 3.0m	15:54 0.3m	22:10 3.1m	
Fri 13	04:25 0.4m	10:36 3.0m	16:40 0.4m	22:56 3.1m	
Sat 14	05:12 0.4m	11:23 2.9m	17:29 0.4m	23:44 3.0m	
Sun 15	06:01 0.4m	12:13 2.9m	18:22 0.5m		
Mon 16		00:36 2.9m	06:53 0.4m	13:09 2.8m	19:21 0.6m
Tue 17		01:31 2.9m	07:50 0.5m	14:11 2.8m	20:25 0.7m
Wed 18		02:30 2.8m	08:53 0.5m	15:17 2.8m	21:29 0.7m
Thu 19		03:33 2.8m	09:58 0.5m	16:21 2.8m	22:32 0.6m
Fri 20		04:38 2.8m	11:01 0.5m	17:22 2.9m	23:31 0.6m
Sat 21		05:40 2.8m	12:00 0.4m	18:17 3.0m	
Sun 22	00:27 0.5m	06:39 2.9m	12:54 0.3m	19:09 3.1m	
Mon 23	01:20 0.4m	07:32 2.9m	13:43 0.3m	19:58 3.1m	
Tue 24	02:09 0.4m	08:21 3.0m	14:29 0.3m	20:44 3.1m	
Wed 25	02:56 0.4m	09:06 3.0m	15:12 0.3m	21:29 3.1m	
Thu 26	03:40 0.4m	09:49 2.9m	15:54 0.4m	22:12 3.0m	
Fri 27	04:22 0.4m	10:30 2.9m	16:35 0.5m	22:54 2.9m	
Sat 28	05:03 0.5m	11:10 2.8m	17:18 0.7m	23:36 2.8m	
Sun 29	05:44 0.6m	11:52 2.7m	18:03 0.8m		
Mon 30		00:18 2.7m	06:27 0.7m	12:37 2.6m	18:52 0.9m
Tue 31		01:03 2.6m	07:15 0.8m	13:27 2.5m	19:47 1.0m

Times adjusted for Daylight Saving.

Long Bay College producing the Rotary Mural

Long Bay students have been hard at work preparing the Rotary Browns Bay/Torbay mural for the central business area in Browns Bay.

The mural is designed by senior student Imogen Lambert and is being projected, in the College art rooms, on to quality marine ply boards already undercoated. The placement will be on the north facing wall in the Phoenix Plaza and is 9.6 metres wide by 2.4 metres high and the paint is supplied by RESENE and the finished project will be lit by the Browns Bay Business Association. It's a big project for Rotary and the College art department but will really enhance the central Browns Bay business are, says Rotarian project manager Murray Allison.



Lime meringue pie

At this time of the year there are lots of limes just ready to make this pie. It is sure to please.

Ingredients

2 ½ cups of plain flour.
Pinch salt
170 gms of butter
6 tablespoons iced water.

Method

In a large bowl, combine the flour and salt. Cut the butter into the flour using a pastry blender or two knives to get a grainy texture and the butter is the size of peas. Gradually add the water, lifting and turning the flour mixture using a spatula to prevent a portion from becoming wetter than another. Add water if needed, a spoonful at a time, just until the mixture holds when pressed between your fingers. Form into two discs.

Cover in plastic wrap and refrigerate the dough for 30 minutes.

On a floured work surface or between two sheets of parchment paper, roll out the dough to about 1/8 inch (3 to 4-mm) thick. Line a 9 to 10-inch (23 to 25 cm) flan tin.

Place a sheet of baking paper inside the pastry and fill with blind baking beans. (If you don't have these you can use rice.)

Place in a 175C oven bake for 10 minutes. Take the blind baking out and prick the base with a fork and bake until cooked about 15 minutes.

Allow to go cold.

Zest and juice 5 limes and place in a small saucepan. Add 1 cup sugar, 2 1/2 cups of water, yolk of 3 eggs and 1 tablespoon cornflour. Heat and stir until it thickens. Pour into the flan case.

Whisk 3 egg whites until in stiff peaks, add 2 tablespoons sugar and whisk until glossy.

Heap onto flan and place under a grill to brown the top off.



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Torbay Medical

SLEEP

Sleep is such an important part of our lives, yet it is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. The exact role and function of sleep is debated by researchers, but most agree that sleep serves a restorative purpose, both psychologically and physiologically

Research tells us that there are two types of sleep:

REM (rapid-eye-movement) sleep: this type of sleep occurs for about 25% of the night, and is characterised by electrical activation of the brain, very relaxed muscles and body becoming immobile, and rapid eye movements as the eyes dart back and forth under closed eyelids. REM sleep provides energy to the brain and body and supports daytime performance. Dreams often occur during REM sleep, although they can occur at any stage.

NREM (non-rapid-eye-movement) sleep: this type of sleep occurs during the other 75% of the time, and can be further broken down into 4 stages:

Stage 1: this is light sleep, between being awake and falling asleep

Stage 2: this is the onset of sleep, when the person begins to become disengaged from their surroundings. Body temperature drops and breathing and heart rate become regular.

Stages 3 & 4: These stages are the deepest and most restorative sleep, known as 'delta sleep' - Stage 3 is a transition into Stage 4, or 'true delta.' During these stages, blood pressure drops, breathing becomes slower, muscles are relaxed and receiving more blood supply, tissue growth and repair occurs, and hormones are released (including growth hormone, which is why growing teenagers need to sleep more).

It is thought that delta sleep (stages 3 & 4) is most involved with restoring the body and physical energy, while REM sleep is most important for restoring mental function such as memory and concentration.

Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

People vary in terms of how much sleep they need - while the average sleep duration for adults is 6-8 hours per night, some people function well with a little less sleep and others with a little more.

Good sleepers usually take less than 30 minutes to fall asleep at the beginning of the night and will wake up once or twice during the night. In other words, it is unrealistic to expect to fall asleep immediately on getting into bed or to never wake up at all during the night. Even the best sleepers in the world don't achieve this! Also, everybody, even the best sleepers, will have a night now and then when it takes them a long time to get to sleep. This is often triggered by a stressful event and will usually pass after a night or two. Similarly, everybody will have a night now and then when they find it difficult to get back to sleep after waking in the middle of the night.

Whatever your individual needs, lack of sleep or poor sleep quality can have effects including:

- Poor attention, concentration and memory
- Irritability and other mood disturbances
- Impaired judgement and reaction time
- Poor physical coordination (dangerous for driving)

The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night's poor sleep vs. chronic problems) and the tasks and responsibilities of the day. If you have ongoing problems with sleep, it is important to seek help.

Check
us out on
Facebook

Torbay & Long Bay open hours:

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Home tips for winter



With the weather cooling, before you know it, winter will be upon us. Is your rental ready for a chill in the air? A few small steps can prevent your property from becoming a damp, mouldy disaster:

1. Outdoor assessment

Take a good walk around your property to see what needs to be dealt with as autumn arrives. These are a few things you will want to check and report on, should you spot any problems:

- Blocked gutters
- Dead branches and trees, especially around driveways
- Dead leaves, plants or flowers that are an eyesore and need to be removed

2. Check your heat pump

Plants can get wild over the summer and cover vents critical to the optimal operation of your heat pump. Not only could overgrown plants and debris prevent proper air flow, but they could also be a

fire hazard. Check your unit to make sure that there is nothing blocking it.

3. Make mildew the enemy

Be on high alert for signs of mildew in any closet, cupboard or room where you potentially have a problem with moisture. Mildew, caused by mould, looks like a thin black or sometimes white growth. It can occur on, but is not limited to, drywall, carpets, fabric, leather, wool or paper. Make every effort to stamp out the growth of mildew and mould as soon as possible. It not only damages belongings but it can be a hazard to your family's health. A mix of 70% white vinegar and 30% water can be sprayed directly to the affected areas. Leave for 30 minutes then wipe or scrub. White vinegar also helps to prevent regrowth if caught early enough.

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Mon Tu
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Monthly Quiz

Answers on Page 33



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1. Papaphobia is the fear of what?
2. What is the name of the loud cry of an elephant?
3. Who is the only non American to win all 4 golfing majors?
4. What spirit is the base for the liquer Grand Marnier?
5. In horse racing the highly coloured 'silks' worn by a jockey in a race represent what group of people?
6. What hat does John Cleese wear in Monty Python's Ministry of Silly Walks sketch?
7. What was the United Kingdom's first win in the Eurovision Song contest?
8. 525600 minutes is equal to what length of time?
9. Maori is a native language in New Zealand and what other island group?
10. Cats on average sleep how many hours in a day?



Community Planting Day

Stillwater Recreation Reserve

Join the Friends of Okura Bush and your local community at our annual planting day at the beautiful Stillwater Recreation Reserve. This a fantastic opportunity to participate and learn more about the value of environmental restoration.

When: Sunday 8 August 10 am start until about mid-day

Where: Stillwater Recreation Reserve. Meet at 1A Duck Creek Road, Stillwater

Who: All who enjoy looking after our special environment. Family groups welcome.

What to bring: Gumboots (it can be muddy), suitable gear including for wet weather, lots of enthusiasm. Some spades and gloves will be provided but bring your own if you can. Light refreshments will be provided.

Find out more: please contact Chris Bettany on 021 020 40 435

Friends
of
Okura
Bush

okurabush.org.nz



Toitū te marae o Tane Mahuta; Toitū te marae o Tangaroa; Toitū te tangata.

If the land is well, if the sea is well, the people will thrive.

Hibiscus and Bays Local Board
Auckland Council



Long Bay Barfoot & Thompson presents:

Browns Bays most prestigious apartment complex

- Freehold apartments priced from \$689,000
- Completed, ready for you to move in and enjoy
- 20 apartments SOLD. Act quickly to secure yours
- Layout options include studio, 1, 2 and 3 bedroom (which include carpark)



Ray Qu
Residential/Rural Sales
021 190 0881
r.qu@barfoot.co.nz

**BARFOOT
& THOMPSON**

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Quality & Convenience



When the garage shop closed the Dairy took over selling fish bait so that you fishermen and women could still get your bait locally.



They also sell a good range of specialist gluten free foods. All for your convenience.

As well as all the convenience goods that the Dairy stocks they have Lotto! Lotto is a part of kiwi life with the draws twice a week and the dairy is confident that one day they will sell the "big one". You could be that lucky person if you bought your ticket there.

There is also parking right outside the door. How convenient is that!

Phone 473 9721



Torbay Fruit Shop offers really good prices and best quality too. Set in the heart of the Village this store offers so much more than fruit and vegies. If you haven't been in for a while drop in and see. You will not be disappointed.

torbayfruitshop.co.nz
0275028724



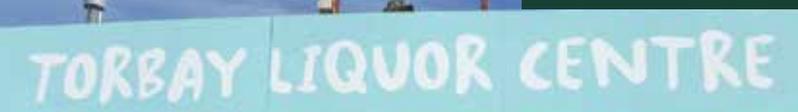
TORBAY VILLAGE BUTCHERY

Like many other Torbay Stores this is a very friendly shop.

The beautiful free range meats and poultry are made available by Dave who does his best to keep you all supplied with your favourite top quality meats. The homemade sausages are succulent and different and need to be tried if you never have tried them.

With parking right outside the door! How convenient is that?

1028 BEACH ROAD, TORBAY
09-473 2014



Owner John's friendly, smiley face says "welcome". Torbay Liquor has a huge variety of wines, spirits and beers. They have something to suit everyone's budget and are happy to help with any information.'

1032 Beach Rd Torbay 473 9619



We're proud to be part of the long-standing iconic Kiwi brand that has been the local for New Zealand communities since 1924. So if you're keeping it local we're here to make it easy for you. Become a local, and shop where all Kiwis love to shop. Always welcome. Always local. Always Four Square.

1058 Beach Road, Torbay Ph 09 473 6197
Mon-Sun 7:00am-8:00pm





LONG BAY COLLEGE

Care, create, excel

MEGA CREW TAKES HOME THE BIG WIN

Long Bay Colleges dance group Mega Crew has had a successful 2021. Placing first in the hip hop division and received team of the year award at the National Dance Competition. Hundreds of dance students competed across 3 days with approximately 400 dancers in the school's division. Mega Crew consists of 32 amazing dancers and leaders from Long Bay College.

Mega Crews Co-leader Ashley Binns has explained the culture of Mega Crew and what it means to her to be part of something so close to her heart. "I personally always dreamed of making it into the schools Mega Crew team, long bay college holds auditions to be a part of the team early in the year encouraging all to try out. I always watched the older girls dance in the crew when I was younger aspiring to be just like them and a part of such an amazing crew which is why I tried out. I was lucky enough to get in later progressing to co-leading the crew with 5 others."



"What many don't realise, is that Mega Crew isn't just a dance team, to us, it's a family. It's a place where you can not only do what you love but a place you can call home. The people, leaders, the teachers, and the environment is what makes Mega Crew what it is. A happy place. Although the Mega Crew has been competing for the last three years, 2021 has been my first year competing with this crew." Ashley explained.



LONG BAY COLLEGE

Care, create, excel

ENROLMENTS ARE NOW OPEN

Get in touch today:

LONGBAYCOLLEGE.COM.NZ

09 477 9009



CLASSIFIEDS



ACCOMMODATION

Accommodation – North Shore - Short to long term stays, fully equipped. Apartments, Studios, Houses. 021 935854



BUILDING TRADE

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 0800 336 232

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

Licensed Builder – www.jhconstruction.co.nz Is your bathroom in need of a makeover? Bathroom and house renovations. Call or email Jamie 021606413 jamie@jhconstruction.co.nz

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



SERVICES

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

Local experienced caregiver – (Level3 Rest Home, Dementia), available for casual respite care or one-off days. Excellent references. Call me for a chat. Anne 0210396950

Passport Photos – Torbay Pharmacy. Phone 473 9629

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

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 speciality. 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!

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



SIGNS

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



TRANSPORT

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 Amanda 021 076 7422 awatuna@gmail.com



TUITION

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

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 W stepbeyond.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 – 021 210 4345 or neupert@live.com \$70ph.

Mastering Math – Qualified registered and experienced mathematics teacher. All primary and secondary school year levels. Contact Joseph on 0212104345 or neupert@live.com

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

Taichi/qigong for SENIORS – Torbay Senior Citizen hall, Wednesday 10 a.m. \$10 per class (first class free). Call Eileen 486 1051



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.

Do you want to
ADVERTISE?

Classifieds
\$5^{+GST} per 7 words
**SMALL
ADVERTS**
starting from just
\$60^{+GST}

Contact Carole McMinn
09 473 3259
editor@torbay.co.nz

Quiz Answers

1. Papaphobia is the fear of the Pope.
2. The loud cry of the elephant is a trumpet.
3. The only golf not from the USA to win all 4 golf majors was 85 year old Gary Player from South Africa.
4. The spirit base for Grand Marnier is cognac.
5. The 'silks' worn by a jockey in a horse race are the colours of the owner.
6. John Cleese wears a bowler hat in the Silly Walks sketch.
7. The first UK winner in the Eurovision song contest was Puppet on a String sung by Sandie Shaw in 1967.
8. The length of time 525600 minutes equals 8,760 hours or 1 year.
9. Maori is a native language in NZ and also in the Cook Islands.
10. Cats sleep on average 15 hours a day.

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

Backgammon club – Backgammon is a very old popular game. Easy to learn. Harder to win. Depends on roll of the dice and your strategy. Our friendly club would like to you to join us on Wednesday afternoons 12.30pm to 3pm for some fun at Browns Bay Community Centre. Room 3. 2 Glen Road Browns Bay. Contact Linda 021 216 3050 or 479 5678 or just come along.

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 Christine 475 5426 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 - Play Bridge. Join Lessons in July at East Coast Bays Bridge Club. Contact: Helene 027 296 3365

Exercise Group for senior women – Mondays 10-11 am . Long Bay Baptist Church, 282 Glenvar Rd, Torbay. Free and 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.

Rummikub group – Join our friendly group on Wednesday mornings 10-12 noon in the Sherwood Room in the Council Building in Glen Road, Browns Bay. Ring 473 -0006 or just come along.

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
- Guilianna's Trattoria09 218 9397
- Piatti Waiake.....478 6936
- Scout Cafe.....473 9070
- 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

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 parking*473 2998

BUTCHER

- Butcher - *Free range meats*....473 2014

DAIRY

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

GREENGROCER

- Torbay Fruit Shop
- *Fresh produce daily*473 9429

GROCERIES

- BK's Four Square
- *Service with a big smile*473 6197

LIQUOR

- Torbay Cellars - *Local wine, beer & spirits supplier*473 9619



OP SHOP

- Salvation Army Shop -473 2150
preloved goods and clothes



HEALTH

ACUPUNCTURIST

- Torbay Chinese Acupuncture Centre
- *Leigh Zhang*473 2278

DENTIST

- Lumino - *Impeccable service*473 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 needed*473 1908

PHARMACY

- Torbay Pharmacy473 9629 or 473 0730

PHYSIOTHERAPY

- Torbay Physiotherapy & Hand Clinic
.....473 0333



SERVICES

DOG GROOMING

- Dogs Body Grooming Parlour473 1500

GARAGE

- Torbay Service Station *Workshop* 473 6408
..... *Forecourt* 473 5281

REAL ESTATE

- Barfoot & Thompson Long Bay.....473 0712
- Barfoot & Thompson Torbay473 9190
- Bayleys.....487 0630

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
- Graceway 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

- Long Bay Baptist Mainly Music 09 947 3378
- Long Bay Okura Great Park Society 473 9642
- Long Bay Toastmasters 022 048 5034
- 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 021 281 0405
- 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 021 370 544
- Torbay Community Hall 473 5454
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482

- 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



Barfoot & Thompson
Sales Team
Browns Bay Branch 2021
Northshore Region 2021

Lily Zhang

021 103 5310



11 Henry Blythe Lane, Greenhithe

Ref. 810689

6 4 5



4 Fender Place, Long Bay

Ref. 814089

5 3 2



7 Ruku Street, Long Bay



11 Philadelphia Ave, Albany

SOLD DATA

Torbay

Address	Sale price	CV (2017)
14 Awaruku Rd	\$1,080,000	\$940,000
76 Awaruku Rd	\$1,650,000	\$900,000
90 Awaruku Rd	\$1,500,000	\$840,000
2/1072 Beach Rd	\$1,578,000	\$1,125,000
1/29 Cranston St	\$957,200	\$730,000
124A Deep Creek Rd	\$947,000	\$760,000
2/148 Glamorgan Dr	\$792,000	\$795,000
107 Glenvar Ridge Rd	\$950,000	\$1,050,000
2/226 Glenvar Rd	\$1,000,000	\$815,000
22 Holt Ave	\$930,000	\$880,000

Long Bay

Address	Sale price	CV (2017)
29 Bounty Rd	\$1,885,000	\$1,650,000
12 Caldera Dr	\$1,945,000	\$1,625,000
2 Caldera Dr	\$1,625,000	\$1,500,000
25 Caldera Dr	\$1,500,000	\$1,500,000
3 Fender Pl	\$782,609	\$860,000
15 Moki Pl	\$1,361,000	\$1,150,000
20 Tawatawa St	\$1,958,000	\$860,000
305/88 Te Oneroa Wy	\$697,000	\$750,000
12 Karengo St	\$1,100,000	\$1,125,000
3 Hanikura St	\$782,609	\$860,000



DDI 09 215 4206

[barfoot.co.nz/L.zhang2](https://www.barfoot.co.nz/L.zhang2)

E.L.zhang2@barfoot.co.nz

www.Lilyzhang.co.nz

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RESIDENTIAL SALES TORBAY



Wendy Radcliffe
021 772 070



Alina Yang
021 608 219



Kim Jin*
021 395 888



Leo Perwick
027 224 9527



Kyra Perwick*
027 311 7953



Andrea Tavae
022 476 7273



Yanbing Wang
021 896 566



Sue Yi
027 528 9143



Paul Adams*
021 966 266



Emily Kai Fong
021 031 0707



Oliver Liu
021 820 999



Richard You
021 0278 0356

RESIDENTIAL SALES LONG BAY



Karin de Leeuw
027 270 2700



Gina Gao
021 0236 7788



Ronald Venturina
021 073 1617



Jun Ollis
021 066 9149



Alex Mathew
027 358 8165



David Dai
021 916 006



Tiki Jiang*
021 775 217



We have
space here
for you!

Your Name
Your Number

RESIDENTIAL/RURAL SALES



Rene Vos
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Eveline Vos*
021 353 009



Jennifer Anderson*
021 177 5530



Reuben Payn
022 086 5744



Ray Gu
021 190 0881



Raewyn Jonkers
027 449 7391



Karlene Jonkers*
027 677 6166



Shane Anderson
027 482 7440



Peter Page
027 241 5378

PROPERTY MANAGEMENT



Corrin Hand
Property Manager
027 431 9696



Mon Tu
Property Management
New Business Manager
027 809 6687

*Associate Salesperson. All others are Salespeople unless otherwise stated.

Your local property experts

How's the market?

With the first quarter done for the year, our neighbourhood has proven yet again that it is a desirable place to live.

190

Torbay sales

YEAR TO DATE



52% increase

SAME TIME 2020

27

Torbay sales

JUNE 2021

VALUED BETWEEN

\$673,000 - \$3,200,000

189

Long Bay sales

YEAR TO DATE



89% increase

SAME TIME 2020

40

Long Bay sales

JUNE 2021

VALUED BETWEEN

\$651,304 - \$2,275,000

If you're considering your next move, call us, your local property experts. We can provide you with a free assessment of the value of your home. **We are here to help.**



Sharee Adams

Branch Manager

021 416 220

Torbay 09 473 9190

Long Bay 09 473 0712



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BARFOOT & THOMPSON

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