

TORBAY

NEWSLETTER

more than a place - a lifestyle

DECEMBER 2020

www.torbay.co.nz

Santa

comes to
Torbay

Saturday
5th December
10-12.00

Enjoy our
Christmas
market at the
same time.

✳️ Lovely
Christmas
gifts -
all made
locally.

Torbay
ART
AND
CRAFT
Market

Next market
in new year

Saturday
February 6th 2021
9am-12.30pm
Plaza outside Unichem

Torbay Pharmacy: Irritable Bowel Syndrome: Healing the Four Layers of Dysfunction

Irritable bowel syndrome (IBS) can be painful and embarrassing and is difficult to control. People with IBS have diarrhoea, constipation (sometimes alternating between the two) and bloating. Sometimes it is severe enough to stop people from going out for fear of an "accident".

Conventional medicine can help to relieve the symptoms, for example some loperamide or codeine might stop the diarrhoea temporarily. But the goal of treatment should be to restore full function so that you don't need to rely on medicines to save accidents or to relieve pain.



Low FODMAPs diets have been shown to be helpful for many patients. This is because reducing FODMAPs from the diet takes some pressure off the bowel. However, FODMAPs are essential nutrients and excluding them from your diet long term will be unhealthy.

There are four body systems that need to be addressed to truly heal IBS. These include the diet, the balance of bacteria in the bowel, the mucus barrier lining the gut, and the enteric nervous system. Without addressing all four systems, the chances of long-term success are low.

In terms of diet, the initial focus should be on taking some pressure off the gut. This can be done by eating well cooked foods rather than raw foods. Soups and stews tend to be better tolerated than salads. The possibility of food allergies and sensitivities should also be investigated, because sometimes a healthy food can cause you problems. These food restrictions should only be temporary and once the other 3 body systems are healthy, you should be able to reintroduce all healthy foods.

The balance of bacteria in the gut is important but not easy to fix. Probiotics are useful here, especially the Sporebiotics which are shown to increase the diversity of the microbiome. The sporebiotics have also been shown to assist with increasing the integrity of the mucus layer protecting the gut cells from the gut contents. Vitamin A, immunoglobulins and polyphenols may also be beneficial here. To calm the hyper-reactive nervous system there are some great nutrients like magnesium, theanine and taurine that can be helpful.



For a simple tummy upset a bit of stewed apple can fix the problem. For a more serious case of IBS, then a multi-faceted approach is warranted. You can chat to the health coaches at Torbay Unichem Pharmacy to find out more.

Torbay Pharmacy
Ph 473 9629

Unichem⁺

NEW Opening Hours @ Torbay Pharmacy

Monday to Friday
8:30am to 6:00pm

Saturday
9:00am to 1:00pm



Delivery Service now available from Torbay Pharmacy

Need your medicine but can't get to the pharmacy? For only \$5, we now offer same day home delivery service if your request is received before 2pm. We deliver to Torbay, Browns Bay, Rothesay Bay, Northcross, Albany and more.
**Call us on (09) 473 9629
if you need help.**

Unichem Torbay Pharmacy

1040 Beach Road, Torbay

Phone: 473 9629 Fax: 473 0730

Email: info@torbaypharmacy.co.nz

SIR PETER BLAKE TORBAY REGATTA 2020 Sailors for the Sea

On the weekend of the 5th and 6th December 2020 Torbay Sailing Club is honoured to host the 19th Sir Peter Blake Torbay Regatta at Waiake beach. This 2 day regatta is the highlight of the sailing calendar for youth sailors around New Zealand and aims to embrace values such as a love of sailing and the water, fair play, and of particular importance this year, the environment.



'Clean Regattas' is a Sailors for the Sea program which commenced in 2006 and is now the world's leading sustainability certification for all on-the-water, near-the-water, and water-loving events. In 2019 Torbay Sailing Club achieved a 'Silver' award for their sustainability efforts and this year the club is working hard to achieve a Gold. The five main themes required to achieve gold focus on the elimination of single-use items, involving and educating our local community, hosting a paper-less event and being responsible for correct waste management.



The Sir Peter Blake Torbay Regatta will feature a large central marquee with great viewing spots of the sailing. There will be a small café serving local food, including vegetarian options, as well as water refill stations provided. Beach Road will be closed near Waiake beach so why not walk if

you can, or take advantage of the courtesy shuttle provided by Volvo from Torbay School to Waiake beach on both Saturday and Sunday.

Environmental efforts during the regatta will include a 'Green Team' from the Torbay Sailing Club. The rubbish and recycling signage will be clearly marked and the 'Green Team' will be available during the regatta to ensure the principles of a 'Clean Regatta' are followed. Responsible, educational and reusable signage will be used this year as well as requiring all sailors to do at-home water wash-downs of boats.

For more information on the Sir Peter Blake Torbay Regatta please visit the Torbay Sailing Club at www.torbaysailing.club or for information on Sailors for the Sea, www.sailorsforthesea.org

Please do visit the Sir Peter Blake Torbay Regatta website at blakeregatta.org.nz. It is a fun, family atmosphere and remember, bring your own water bottle!



Solutions and Results

Are you starting a business?
Exciting-YES!
Scary-MAYBE!



Talk to our friendly accounting team about starting well in these difficult times

P 09 415 0319 visionaccounting.co.nz

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



Step Beyond Studios

Offering excellent classes in ballet and contemporary dance

Progressive and highly regarded – come dance with us

Beginners to Advanced

Principal:
Marian McDermott

Studio in
Torbay

www.stepbeyond.co.nz

Ph 475 9317



Your local agents

LEO & KYRA

Call us now for all your property requirements.

Leo Perwick Residential Sales

M 027 224 9527
E l.perwick@barfoot.co.nz
W barfoot.co.nz/l.perwick

Kyra Perwick Associate Salesperson

M 027 311 7953
E k.perwick@barfoot.co.nz
W barfoot.co.nz/k.perwick

BARFOOT & THOMPSON

Editor's Letter

All the elections are passed and we have what we have for the next few years both here and in USA. Corona Virus is (at time of writing!!) under control and life is starting to feel good again.

We have holidays to look forward to and time to spend with family. Instead of looking back we begin to look forward.

That is very important.

For much of this year we have felt stuck in a rut. Unable to do so many things but now, looking forward, we can begin to make our plans again.

Christmas is a very special time of the year. It is a time when we make contact with those that we only contact once a year. We receive Christmas cards and get up to date with news from those we are only in occasional contact with. We discover who has been born and who, sadly, are no longer with us.

In the time of rest we are able to evaluate our lives and begin to make decisions about where we want to see our next year go.

It is also a time to be grateful.

To be grateful that as a nation we are a safe place to live.

To be grateful for our families and what they mean to us.

To be grateful to live in such a beautiful place.

To be grateful that we are alive and well.

For me, as a Christian, it is a time to be grateful that Jesus left His home in heaven and came to earth to live among us. And what a legacy He left us.

Jacinda's "Be kind to each other" was what He taught us.

So let us, at this Christmas time, be grateful and remember to be kind to one another.

I wish you a blessed and peaceful Christmas.

All the best for 2021



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

Carole McMinn

editor@torbay.co.nz / 473 3259

Torbay Business Association Coordinator

Joanne Martin

coordinator@torbay.co.nz / 021 614 655

Torbay Website **Joanne Martin**

Email: coordinator@torbay.co.nz

Torbay Business Association Chairman:

Sean Liew Torbay Pharmacy

Phone: 09 473 9629

Torbay Newsletter photographer:

Bill Ellis Phone: 473 6482

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

09 426 5845

info@silprint.co.nz

www.silprint.co.nz



Season's Greetings EAST COAST BAYS

Wishing you and yours a safe, joyful and relaxing summer.

I look forward to continuing to work for you in 2021.



P 09 478 0207

E office@ecbelectorate.co.nz

W www.EricaStanfordMP.co.nz

FB & IN EricaStanfordECB

Erica
STANFORD
MP East Coast Bays



Locally, I am working hard to get the Glenvar Road project back in the Regional Land Transport Plan (RLTP). We successfully managed to get the upgrade funded and listed as a priority in the RLTP two years ago. This year Auckland Transport deferred this critically important project indefinitely. While it is frustrating to have to go through the entire process again, we will fight hard to ensure that the upgrade is not overlooked.

Around 18 months ago, Education Minister Chris Hipkins announced that the Government would build a number of new schools in Auckland. A desperately-needed new primary school in Albany was on that list. Since the announcement, very little progress appears to have been made. With Albany Primary bursting at the seams and surrounding schools experiencing similar issues, I will continue to put pressure on the Minister to ensure that this promise is kept. I will also be strongly advocating for the upgrades to leaky buildings at our local high schools that were also promised and now deferred.

What a year we have had. As 2020 draws to a close, I wanted to take this opportunity to thank the East Coast Bays community for placing your trust and confidence in me for another three years. While the election result was not as I had hoped, I am honoured to have been elected once again as the Member of Parliament for this wonderful community. I will continue to work hard to assist constituents, to represent your views and to progress local issues.

I was recently appointed Opposition spokesperson for immigration and early childhood education. I'm delighted to be taking on both of these portfolios at such a pivotal time – our immigration settings will be critical to our COVID-19 recovery, and I'm excited to start meeting and supporting our ECE centres around the country.

deferred.

I will continue to be a committed advocate for our community. My office is here to assist you in any way that we can, including with any problems you may be having with government departments like ACC, IRD or Immigration NZ. We also deal with local issues regarding Auckland Council, Auckland Transport and Watercare. You can contact my team on 478 0207 during office hours.

Finally, have a wonderful Christmas and holiday period with family and friends. Bring on 2021!

ERICA STANFORD
MP for East Coast Bays

Results | Experience | Service
WENDY RADCLIFFE
Local Monthly Snapshot

October 2020



CHRISTMAS WISHES



What a year! I think all of us will sit back with a sigh of relief that this year is nearly over, I suppose we all wonder what the New Year will bring but one thing for certain is the real estate activity has not slowed down and owning your home is “real” and it is an “estate”! It is great for us to see many first home buyers entering into home ownership as they capitalise and take advantage of the low interest rates.

Defying all odds from the beginning of Covid 19 the real estate market forged ahead seeing awesome results for many owners enabling them to move forward onto their next step – I am sure you would agree that New Zealand offers us all a sense of security at this time.

Please – stay safe – have an awesome Christmas with family and friends and may the New Year bring everyone much happiness and prosperity,

I am available during the festive season for all of your real estate requirements,

Wendy

5 Star Plumbing Ltd



0800 11 11 81

your loyal local plumber

mains • hot water cylinders • leaky roofs
general maintenance • new • drain laying
concrete work

Michael Mullany mob: 022 630 2460
fivestarpumbing@xtra.co.nz
www.5starplumbing.co.nz

Torbay Friendship Club

Northcross Community Church was packed to capacity on Sat 31 Oct for the funeral service of Bob Jackson, a founder member of the club 34 years ago.

Bob had insisted his funeral not be a "solemn or ponderous" occasion. The many spoken tributes during the two hour service depicted the life of a Christian gentleman well-lived to 94 years of age.

The Board of TFC discussed the success of the outing to Hobbiton on 15 Oct and was keen that all who went recommend to relatives, friends, neighbours etc "it is well worth a visit". If stumped for ideas for birthday, anniversary or Christmas present a gift voucher for Hobbiton could be obtained - office@hobbitontours.com

The attraction, as with all tourist attractions in this country, has suffered in 2020. Having employed 300 staff



prior to lockdown in March it currently operates with 30.

The speaker at the Club meeting on 12 November was Pastor Grant Harris about his experiences in India: attempts to get girls out of the 'oldest profession in the world' & into worthwhile jobs. Many members who had a birthday during the month brought a plate for morning tea. A happy group of diners enjoyed Christmas lunch at North Harbour Golf Club on 26 November. At the last meeting of the year President Barry will pose a "Christmas Quiz", one of his grand-daughters with presentational skills will catch the attention of members and all will partake of a special morning tea of festive treats.

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

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

Traditional English Trifle

This can be such a simple dessert to make if you cheat a bit and buy the sponge and the custard- and no one will know the difference!



Ingredients

- Cooked plain sponge (for speed this can be bought from your supermarket)
- 400 grams frozen raspberries.
- 2 raspberry jellies.
- 500 grams custard (ready made can be used)
- 1 cup sherry.
- 250 grams cream whipped.
- Almond flakes for decoration.

Melt the jellies in water and dissolve all the granules. Add the sherry to the mixture.

Chop the sponge in rough 4 cm cubes. Place 1/3 in bottom of bowl and put 1/3 of the jelly mixture over it.

Put a layer of the custard and a third of

the raspberries.

Repeat twice more.

Whip the cream and fluff over the top. Decorate with raspberries and chopped almonds.

Can be made the day before and the cream popped on just before serving.

WishyWashy Ltd
Exterior Cleaning, Waterblasting & Roof

Housewashing
Waterblasting
Roof - moss & lichen
Graham Banks
Ph: (09) 4730059

**psychotherapy, counselling
family therapy**

- registered
- qualified
- experienced

Margie Bowman 021 222 9539

acc approved • affordable rates

**Merry Christmas
to Our Customers!**

Your Boutique
North Shore Clinic for
Dentures
Designed by Esther Watai

BONUS
Receive an Oral B
electric tooth brush
with your new partial
denture*

*For a limited time,
while stocks last.

1 hour detailed initial examination /consultation

Competitive price on superior quality dentures

Suction effective dentures using a revolutionary impression technique

Natural looking partials/full dentures

Onsite laboratory

Exceptional after care

Same day relines and repair service

Call 09 476 4564 for your no obligation, free consultation

www.venusdentureclinic.co.nz
Unit N 6 Rosedale Rd, Albany

Venus
DENTURE CLINIC

Life on the Edge December 2020

Tune in to Nature



It's clearer than ever, during this global pandemic; the health of the environment is critical to supporting our lives and the living organisms around us. Biodiversity loss is providing an opportunity for more pathogens to pass between animals and people – causing havoc for society.

Our relationship with nature reflects the relationships we have with other human beings. By increasing our awareness of this connection with the natural world, we strengthen our



connections with others! Youth need to grow up recognizing the importance of healthy ecosystems; for this, forming a relationship with nature is essential and the best way to build that is simply by spending time outdoors and practicing being present when in nature. We know many do not always have time to be outside as much as they'd like but there is no substitute for this. Scientific research supports it: spending at least 20 to 30 minutes immersed in any natural setting is associated a drop in levels of cortisol, the "fight-or-flight" hormone, inferring that time in nature reduces stress.

This reinforces that as we move forward we need to see ourselves as a part of nature, not apart from it. Make sure you take a moment to tune in to nature today.



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

AWARDED #1: TOP OF OFFICE & #7: FOR NORTH SHORE!!

THANK YOU AND WISHING YOU A FUN FILLED FAMILY CHRISTMAS!!!

Against all predictions, it is no secret that the housing market has experienced record sales since we came out of the first lockdown early in 2020.

We have been working long hours, 7 days a week to help you with your property needs and were very excited for Jen to be awarded not only

#1 (TOP OF OFFICE) for Long Bay but also **#7 for Individual Sales right across the North Shore.**

We would love to take this opportunity to thank all of you who have trusted us with the sale of your home,

and for making our 2020 so memorable, for all the right reasons.

We wish all of you, from Waiake right through Torbay & Long Bay to Okura, a fantastic, fun-filled Christmas together with your friends & family.

Together, in our favourite corner of the world, we have so much to be grateful for.

Jen & Shane

**BARFOOT
THOMPSON &**

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

123 A Glamorgan Drive	\$792,000	10 Devana Court	\$1,106,000	1/4 Tipau Street	\$1,450,000
1/24 Geoffrey Road	\$811,500	22 Awaruku Road	\$1,114,000	34 Cavalli Road	\$1,452,000
202/57 Glenvar Ridge Road	\$840,000	26 Cranston Street	\$1,115,000	48 A Deep Creek Road	\$1,500,000
2/100 Stredwick Drive	\$856,000	179 Glamorgan Drive	\$1,117,000	26 Killamey Avenue	\$1,550,000
51 Noreast Drive	\$881,000	7 Timu Road	\$1,120,000	29 Ramuremu Street	\$1,590,000
49 A County Road	\$905,000	1/964 Beach Road	\$1,130,000	31 Seely Road	\$1,611,000
300 C Glenvar Road	\$920,000	76 B Glenvar Drive	\$1,155,000	28 Westerley Place	\$1,620,000
2/46 Toroa Street	\$940,000	874 Beach Road	\$1,165,000	36 Heedland Drive	\$1,639,800
66 Carlisle Road	\$950,000	19 Tiri View Place	\$1,182,000	6 A Rewi Street	\$1,665,000
872 Beach Road	\$977,000	Beach & Cavalli Apartment	\$1,225,000	40 Bounty Road	\$1,700,000
36 Fitzwilliam Drive	\$995,000	230 Glenvar Road	\$1,230,000	8 Ramuremu Street	\$1,856,000
53 Stredwick Drive	\$1,040,000	9 Karengo Street	\$1,250,800	30 Bearing Parade	\$1,880,000
2/52 Killamey Avenue	\$1,042,000	11 Timu Road	\$1,259,000	32 Orchard Road	\$2,005,000
2 Tiri View Place	\$1,058,000	143 Glamorgan Drive	\$1,290,500	39 Watea Road	\$2,020,000
137 Stredwick Drive	\$1,068,000	135 Glenvar Ridge Rd.	\$1,299,000		
87 Stredwick Drive	\$1,100,000	10 Ashley Avenue	\$1,330,000		
1 Tallington Crescent	\$1,105,000	4 Weatherly Road	\$1,410,000		

*Source REINZ

Median Selling Price for October **\$1,160,000**

Shane & Jen Anderson

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

s.anderson3@barfoot.co.nz j.anderson@barfoot.co.nz



Piattiitaliani
TRADITIONAL ITALIAN CUISINE

\$10 Voucher

**Purchase any 2 meals
and get \$10 off***

Wednesday Nights 5-8pm

*Dine in only, please book and this voucher must be presented. One \$10 discount total per coupon per 2 meals and cannot be used in conjunction with any other deals or specials. Promo ends 23 Dec 2020. Piatti reserves all rights.

Open hours
Tue to Sat - 5pm to close

5 Hebron Road, Waiake
phone: 09 478 6936
email: info@piatti.co.nz
web: www.piatti.co.nz



Formerly Torbay Trees

KEY'S TREES & HEDGES

Your Local Contact Kevan Torrance



Tree Work & Hedges

Ring for a free quote on
473 7330 or 021 126 0779
EM: kevstrees.hedges@gmail.com

Torbay Gard

After Covid and a period of drought, Spring finally arrived, and Torbay Garden Club was able to host its annual November Rose Show. A colourful variety of roses, foliage, flowers and vegetables greeted visitors and heralded what we hope will be lovely garden displays throughout the coming summer. Our Judges, Jannene Alexander and Di Duncan from the Auckland Rose Society, as well as stewarding and judging, gave useful

information on how to nurture and display roses for competition.

The winner of the Hart Rose Bowl for 2020 was Ange Taft, with Hilary Collins second and Jo Price third. Jo also won 'Best in Show'. The vegetable and fruit awards went to Cherie Buckingham,



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



e. Paultroake@gmail.com

p. 021 24 888 44

w. paultroakeconstruction.co.nz

PAUL TROAKE CONSTRUCTION LTD

New Homes | Renovations | Recladding | Decks

Here at Paul Troake Construction Ltd, we understand that building or renovating your home is one of the biggest investments you can make. So we make it our job to make the process as stress free as possible. With 20+ years in the industry we take pride in being one of the names you can trust to deliver honest, reliable top quality workmanship with service. Based in Torbay Paul lives with his wife and children right in the heart of Torbay Village. He loves being part of the Torbay Community and being able to offer good quality building with service you can rely on.

We can be proud of our 100% customer rating, 88% out of 50 testimonials.



Wine Club



who also scored most points for the monthly exhibits. A lovely rose arrangement by Elspeth Tarling won the Decorative Design.

This month we hope to resume our Club garden trips with an outing to the Honey Centre and 'The Paddocks' near Warkworth. What has been a challenging year will end with our Christmas lunch, complete with table-top Christmas arrangement and posy competition.



In the garden in December & January

December –

Prepare your pots for summer outdoors. Team up Geraniums and Impatiens with Basil or Thyme for a bright and aromatic container display. If you are going away, mulch pots thickly and move them into shade. Mow lawn by only one third of its length to prevent drying out. Cover your strawberries, blueberries and raspberries with netting to

outwit the birds. Plant Cosmos, Chrysanthemums, Daisies, Marigolds, Delphiniums, Dianthus and Gerbera. In the vegetable patch plant leeks now, as well as Asparagus, Capsicum, Broccoli, Bok Choi, Aubergine, Lettuce, Tomatoes, Sweet Corn and Peas. Continue planting Herbs and Parsely.

January –

While planting can continue as with December, water shortages may still

occur so plant wisely and conserve water where possible for use on the garden. Different varieties of Lettuce, along with Raddish, Rocket and Spring Onion will continue to supply salads and Silver Beet is a standby with many uses. Tomatoes and Sweetcorn should be ready now. Plant Petunias for lasting colour In the flower garden as well as Lavender and other perennials - and mulch, mulch, mulch.

The Perfect Gift for Christmas!



Tea towels \$15

Coaster pack of 4 \$20

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

Aprons \$20

Free local delivery
Secure online purchasing
Contact free delivery



available in all four designs

Aotearoa Memories
new zealand made

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

See our pop up shop at Long Bay - opposite New World.
Open November 23rd to Sunday 6th December.
Buy all your Christmas gifts!

One Man's Trash is Another Man's Treasure



In these days of recycling we should not discard everything as seemingly just rubbish. East Coast Bays Lions collect such things as wine bottle tops and can ring pulls, old mobile phones, foreign and old currencies and spectacles. The bottle and ring pulls (not the cans) contain aluminium and these can be exchanged for money. Old coins are melted down and the proceeds for coins, bottle tops and ring pulls go to Heads up for kids (HU4K). Heads Up for Kids project, run by Lions, provides a helping hand for young people to engage in an experience or activity that will enable them to live their dream, establish life goals and reach their full potential within their chosen field. Old spectacles are also processed by the Lions group who clean and calibrate them. They are then sent to opticians in the Pacific Islands. We are open to collecting more rubbish please contact chris.naylor886@hotmail.com the East Coast Bays Lions president. Speaking of rubbish ECB Lions have a beach clean-up in December. More details to follow later. We are also doing a sponsored walk to help those with Diabetes. As a registered charity all our money goes to help others. Pictured is Lion Daniel Gourlay displaying our wealth? If you would like to help or indeed become a lion or lioness please contact me using the email given in this article.

Euro Patisserie

Every year we report on all the awards that Euro Patisserie has won in the current annual Pie Awards.

Things were a little different this year, due to Covid, but they were still able to have the award but it was managed differently.

Last year they won two golds for their Truckie and tradie pie and their potato top pie.

This year they won highly commended for their sausage roll.

There was a new category this year for vegan selections and they came 2nd with their apple and mixed berry pie and 3rd for their vegetable pie.

Bunna and Sopheap work long hard hours, along with the rest of their staff, to produce the foods we love to eat.

Alongside their delicious pies are filled rolls and sandwiches, cakes and slices and bread.

They also serve wonderful coffee and a vast array of cold drinks.

If you haven't tried one of their pies you are really missing out and spread the word to any vegans you know please.

Open 7 days. Phone 473 7535



Safe and reliable transport for all ages in Albany and North Bays.



Restricted movement and mobility, whether from advancing age, accident or other, can make day to day activities frustrating.

- Our wheelchair accessible vehicles will help you get out and about and be independent.
- We can assist families to have loved ones together to celebrate special family moments at a restaurant or other locations.
- We are available 7 days a week, all hours. Pre-bookings essential for weekend bookings.
- We accept eftpos / Visa payments in each car.
- We can be family when family can't be there.

Total Mobility Scheme cards accepted and an ACC approved provider.



To make a booking or to discuss your requirements, call Corlize Britz today:

Ph: (09) 473 8186 Mob: 021 473 818

Email: northbays@drivingmissdaisy.co.nz

www.drivingmissdaisy.co.nz



Driving Miss Daisy®



What's on at *East Coast Bays Library*

8 Bute Road, Browns Bay Ph 09 486 8579

The Drawing Room

Have a go at adult drawing or colouring to enhance your wellbeing and mindfulness. Lisa Milich Allport BFA will be on hand to assist your creativity. No artistic experience or ability necessary. All materials provided. Free event made possible by Creative Communities NZ. Everyone welcome.

Wednesday 9 December 10:00am – 11:30am

Special Santa Storytime

Get the festive spirit with a family friendly Santa Storytime at the library. Join Santa and his helpers for fun stories, songs and music, then stay for a Christmassy craft. Everyone is welcome.

Decorate the Library Christmas Tree

Everyone welcome. If you don't have a Christmas Tree at home, come and join us in decorating ours! Christmas music and a welcoming community feel. Christmas crafts for children.

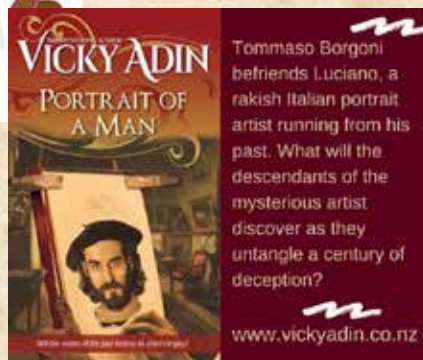
Sunday 13 December 10:00am – 11:30am

My Nutrition Mentor – Liv Kennedy Author Talk



Hear Liv Kennedy the author of "My Nutrition Mentor". Liv is a Registered Naturopath, Holistic Nutritionist & Medical Herbalist. Ask all your dietary questions! Free event. Copies of the book will be available to purchase and have signed on the day.

Tuesday 15 December 10:00am – 11:00am



Vicky Adin Book Launch

Vicky Adin will be launching her new novel "Portrait of a Man". Will the secrets of the past destroy an artist's legacy? This is the conclusion to the saga of The Cornish Knot. Hear Vicky talk about her writing and the research she does to ensure the accuracy of her historical fiction. Copies of the book will be available to purchase and have signed on the day. Free event. Everyone welcome.

Wednesday 16 December 10:00am – 11:30am



ALBANY HEAT PUMPS



AP25
\$2250
INSTALLED

BUILT-IN Wi-Fi CONTROL

NZ's quietest heat pump for the perfect night's sleep

CALL US FOR A FREE QUOTE
0800 927 628
www.albanyheatpumps.co.nz

VUE
Concepts

- INTERIOR DESIGN
- KITCHENS
- BATHROOMS
- CAD DRAWINGS

www.vueconcepts.nz | hello@vueconcepts.nz | @vue.concepts, +64 27 432 1044



IAN & DIANE DODDS

WISHING YOU A
Happy Holiday Season!

Call us on 021 909 067 if you'd like to be sold in 2021

Harcourts Cooper & Co
Cooper & Co Real Estate Licensed Agent REAA 2008



The Body Tonic Group has the solution to help you achieve better daily living!
We increase & help improve good health!



Mixed & all women classes.

Lynne Scott - 021 204 3280

Movement Specialist & Fitness Trainer
(Reps Registered)

Sports Advanced & Remedial Massage Therapist
Pelvic Floor & Core Certified

✉ lscott@thebodytonicgroup.com

📱 [thebodytonicgroup](https://www.thebodytonicgroup.com) 🌐 [thebodytonicgroup.com](https://www.thebodytonicgroup.com)

LBRA chairman Bruce Taylor reporting on the Long Bay Resident's AGM.

The sixth Annual General meeting of the Long Bay Residents' Association (LBRA) was held on Thursday 29th October at the Templeton Display Suite in the Courtyard Village Centre. The venue was packed as residents heard updates from MP Erica Stanford on the Glenvar Road re-development and Julia Parfitt on Local Board initiatives. Nigel McKenna from the Templeton Group shared the vision, values and goals as the new developer/owner of the Long Bay subdivision. Discussions were also held about local community issues. The LBRA Board is a group of elected volunteers who serve as advocates and facilitators on behalf of the residents. A number of excellent and well-supported events are organised during the year, including Halloween, Christmas and Chinese New Year. Long Bay is a great place to live - some say it is the best kept secret in Auckland!



Christmas AT COCO SAND

Your little poppet will glam up the holiday pics in our gorgeous Poupette range. On the beach or around the Christmas table - she'll be turning heads in these beauties!



COCO SAND



Tel: 09 473 0448
 103/57 Glenvar Ridge Road, Long Bay

Torbay Historical Society



Many people come to Long Bay and Torbay by car or bus, via the Harbour Bridge over the Christmas Period now – for the day. Before the Bridge the usual way to come here was by sea. Before the wharf, passengers were landed by dinghy, onto the beach. Renowned Torbay pioneer Captain Charles Cholmondeley-Smith (1834-1935) who owned a sawmill at the bay, erected a flagpole to signal the steamer, in case it had no cargo or passengers to land.

Waiake and Long Bay were popular places to come to. The stay could have been for several days or weeks. From 1895 the Northern Steamship Company ran small steamers from King's Wharf, Auckland to Silverdale at the head of the Weiti River where it would stay over night. It called in at Murrays Bay, Browns Bay, Waiake and Arkles Bay on route. The Voyage from Auckland to Waiake took some two hours. The larger 'Omana' and 'Hotiti' were used during the holiday season.

The black and white photo is the wharf at Waiake.

The coloured photo shows where the Wharf was attached to the bank at the end of Rock Isle Road (originally called the Wharf Road). The bolt is on the left hand side of the steps and is still there.

We hope to have the Vaughan homestead opened to the public over the holiday period. Please phone us if you wish to visit us.



OWEN MELHUISH

P: 021 281 0405 E: owen@mortgagesupply.co.nz

Your local finance specialist

You relax, I take care of everything

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

WISHING YOU ALL A VERY MERRY XMAS
AND A HAPPY SAFE NEW YEAR!

 ANNEMERSON

I would like to thank you for your business and referrals over the past years.



027 434 7221



www.annemerson.co.nz



DDI: 09 477 4272

E: ann.emerson@harcourts.co.nz

Harcourts Cooper & Co

Cooper & Co Real Estate Ltd Licensed REAA 2008

TORBAY PLUNKET NEARLY NEW SALE

After two postponements due to COVID-19 lockdowns, the Torbay Plunket Nearly New Sale finally happened in October and it was a great success!

A big THANK YOU to everyone who attended, the fantastic sellers, those that volunteered on the day, those who kindly donated items to Torbay Plunket to sell on our table and for all the hard work that went into making this event possible.

A special mention and thanks to Suzanne Butler from Mama Markets for all her hard work in coordinating the sellers and tables – we couldn't have done it without you!

All funds raised from this year's Nearly New Sale will be going towards the Meals For Families initiative we run in the Torbay community, that sees a few frozen meals given to every family with a new baby.

We are now starting to organise next year's Nearly New Sale...

Do you have a mountain of toys or clothes that your kids no longer use? These holidays, why not have a clear out and consider selling some of these items and making some easy cash at the Torbay Plunket Nearly New Sale.

Saturday 27th March 2021, 10am-midday - East Coast Bays



Leisure Centre, 12 Bute Road, Browns Bay.

The best place to sell/get all your new and secondhand baby/kids clothes (newborn to 10 years), maternity gear, nursery equipment, prams, toys and books etc.

Register your interest in booking a table to sell your items by emailing torbayplunket@gmail.com.

Torbay Plunket will also have a table selling donated items (all proceeds go towards Torbay Plunket and our community initiatives) and we will be collecting good quality donations at the clinic's garage (just behind the Torbay clinic - 1026 Beach Rd, Torbay) on the below mornings:

Saturday 23rd January 2021, 9am-10am

Saturday 20th February 2021, 9am-10am

Or feel free to make use of the blue clothing bin that we have in front of the clinic, as this supports Plunket too.

MERRY CHRISTMAS FROM TORBAY PLUNKET

We just wanted to say a big thank you to everyone who has supported us by volunteering, participating or attending any of our 2020 fundraising events - best wishes for a safe holiday season and a prosperous new year.

Merry Christmas -

The Torbay Plunket Team



Christmas AT Holy Trinity



Featuring Westlake Girls High, Cantare Choir and Auckland's champion band, North Shore Brass under the direction of international cornet virtuoso Harmen Vanhoorne.

Enjoy hearing your favourite carols as well as a little sing a long in the enchanting Holy Trinity Cathedral Parnell.

Door sales or book your tickets from Eventfinda.

Enjoy some well-deserved Christmas joy with North Shore Brass Band, bringing Christmas to Auckland.

Doors open 6.00pm, Academy band performs from 6.30 pm. Christmas at Holy Trinity - book at Eventfinda.



Monthly Quiz



COURTESY OF
ROTARY BROWNS BAY

brownsbayrotary.co.nz

Answers on Page 33

1. What would you not find in a casino?
2. Who opened the Summer Olympic Games of 1936?
3. What was Air New Zealand's name before April 1965?
4. Who was the Kiwi who sang 'She's a Mod'?
5. What is the handle of a whip called?
6. What number cannot be represented in Roman numerals?
7. In the nursery rhyme who lost her sheep?
8. What is the name of the Japanese art of folding paper?
9. What song is sung before an international rugby match at the Millenium Stadium and considered the unofficial anthem of the Welsh Rugby Union?
10. As cats are feline, what are bees?

Torbay Theatre

Oklahoma! 10-19 December - Book Now!!

It's nearly showtime, and the final touches are being made to costumes, sets, and props, as well as dances and voices!

In Rodgers & Hammerstein's Oklahoma! (directed by Graham and Jacqué Mandeno), confident Curly and headstrong Laurey are too stubborn to admit their love for each other. Laurey accepts an invitation from intimidating farmhand Jud, to spite Curly, and tensions build, while another love triangle involving boy-crazy, gullible Ado Annie provides comic relief.

Cowboys and farmers are getting on splendidly off-stage, if not on (... Should be Friends!) and all those well-loved songs - Oh What a Beautiful Mornin', Surrey with the Fringe on Top, People Will Say We're in Love, I Cain't Say No - are ringing out from the rehearsal room three times a week. It is no surprise that this show has made a come-back recently in London's West End. We can't get to the West End at the moment but Torbay Theatre boasts its share of international-level voices, and strong locals too. With fine acting, splendidly choreographed dance numbers, wonderful costumes, set and musicians, this popular musical blends good humour with tense drama. Our diverse cast (aged 11-84!) reveal the layers, both the light-hearted jollity and the serious content, creating a fantastic show, both moving and entertaining.

Backstage Club Wednesday Mornings
Keen on backstage creativity? New helpers always welcome. Pop in (10:15-12), or phone Daphne: (09) 473-7494.

Jacqué Mandeno's Love Drama speech & drama classes Everyone deserves a voice. Classes and individual lessons, all ages, a show every term. ph 027-522-7836.

Bookings & Information:
www.torbaytheatre.com
Facebook page / ph 473 5454.

Back from leading roles in our Gilbert & Sullivan, we have Campbell Ellison as Curly, Christina Ellison (née McDonald) as Laurey, Michelle Pollard as Aunt Eller, and Dragan Atanasov as Ali Hakim. Completing the cast of principals, we have Samuel Gibson and Rebecca Diaz as Will Parker and Ado Annie, and Gavin Wells as Jud Fry.



yc
Young and Caulfield
LAWYERS

Can we help you get your ducks in a row?



Young & Caulfield
24 Clyde Road, Browns Bay
☎ 09 479 5757
✉ karen@yc.net.nz

LAWN MOWING: Commercial, Domestic and Ride On • STUMP GRINDING

JD GARDEN BAGS & BINS

Looking after North Shore residents for over 10 years

Bins - 240 litres
Bags - 600 litres

FREEPHONE: **0508 262626**
JDPROPERTYSERVICES.CO.NZ

...learning life with Jesus

shorepresbyterian CHURCH

Meeting for friendship, worship and Bible teaching
Sundays at 10.00am
Long Bay Primary School, Ralph Eagles Pl.
Contact Pastor Peter Boyd
P 473 9390 M 021 0367 957
www.shorepres.org.nz

Peony BEAUTY ROOM

Annette Gibson - Beauty Therapist
☎ **021 624500**
annette@peonybeauty.co.nz
23 Turutu Place, Long Bay
www.peonybeauty.co.nz

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



Manager and owner's son, Duna is passionate about their store, along with his team.

The well laid out and attractive store opened 14 months ago and has gone from strength to strength.

Previously Duna worked in logistics, in the supply train, so it is a different challenge for him.

A family business and they care about their local community. Duna and the staff, really enjoy the interaction with customers and the products on sale.

The vision is to make the store a destination, where people come deliberately to the store to choose all their alcoholic needs, knowing they will receive good service and keen prices.



One challenge they enjoy is locating hard-to-find products.

Recently a customer wanted a 1977 Thotamon Whiskey. Only 390 bottles were produced and they managed to get one for this customer- how is that for service!

The whole team are friendly and knowledgeable, with the motto "if you cannot find it- we will!"

Currently the Store has been redesigned with Christmas in mind. On display is all the special that make every party successful at this time of the year.

Open 7 days 9.30 am to 8pm Sunday, Monday, Tuesday 9.30am to 9pm Wednesday, Thursday, Friday and Saturday.

Phone 09 473 0065. Long Bay Shopping Centre - next to New World.

"If you cannot find it- we will!"

LiquorLand
Long Bay

Get Christmas sorted early!

Whatever you're planning this holiday season, we've got the goods to make it a good one. Pop in store to meet the team, check out our great specials, and find out how we can help you get this Christmas sorted!

 100% LOCALLY OWNED	 EARN FLYBUYS	 EARN AIRPOINTS DOLLARS™
 CLICK & COLLECT	 SALE OR RETURN*	 GLASS HIRE
 FRIENDLY, EXPERT STAFF	 GIFT SETS & GIFTING INSPIRATION	 CHILLER TRAILERS

What's left to do but pour yourself a drink?

Liquorland Long Bay
5 & 7 Long Bay Village, 88 Te Oneroa Way, Torbay (next to New World)
ph. 09 473 0065 | longbay@liquorland.co.nz

  **airpoints™**  **ID** REQUIRED IF UNDER **25**

Terms and conditions apply. We reserve the right to limit trade sales. You can choose to earn Flybuys or Airpoints Dollars on your purchases. For full terms and conditions please visit our website.

Food Matters in Inflammatory Bowel Disease

Many medical textbooks state that inflammatory bowel diseases (IBD) like ulcerative colitis or Crohn's disease are not influenced by diet. However, the incidence of IBD is higher in populations that eat a western diet. In fact, IBD is almost non-existent in populations that eat a primitive diet. Given these facts, I would go out on a limb and say that diet has everything to do with IBD.

As the name suggests, IBD involves inflammation in the bowel. This can lead to symptoms like anorexia, weight loss, diarrhoea, blood in the stools, fever, pain, nutrient deficiencies, haemorrhoids and fissures. Not fun!

While I have suggested that diet has everything to do with IBD, I am not suggesting that people with IBD sit around eating jelly donuts and drinking soft drinks all day. However, a typical NZ diet is very inflammatory in nature. For example, the kiwi diet is skewed towards omega-6 fatty acids which are generally inflammatory rather than omega-3 fatty acids which are anti-inflammatory. Our diet also has a high level of refined grains and sugars which are inflammatory. We tend to eat less fresh vegetables than our predecessors so we have less protection against environmental toxins.

The good news is that it is often possible to put IBD into remission using nutritional strategies. This includes setting up a good anti-inflammatory diet. If you want an example of what an anti-inflammatory diet looks like, then ask at Torbay



Unichem Pharmacy. Or if you prefer to see our Clinical Nutritionist for a one-on-one consultation then the team at the Torbay Pharmacy can also set that up for you.

Nutrient supplementation can also help reduce the severity of IBD and the frequency of exacerbations. Anti-inflammatory nutrients like fish oils, Boswellia, zinc, and sulforaphane can be helpful.

The severity of IBD has been shown to be related to the thickness of the protective mucin layer in the gut. This layer can be enhanced using vitamin A or beta carotene. Some strains of good bacteria that are supposed to live in the gut have been shown to increase mucin production. In particular, the Sporebiotics have been shown to be helpful here.

Anyone that has uncontrolled IBD will likely be deficient in many nutrients because they can't absorb them very well. These people will benefit from some supplementation, especially with protein, zinc, magnesium, vitamins A, D, E and K, and possibly iron, calcium and potassium.

If you or someone you love has IBD, then pop into Torbay Unichem Pharmacy and have a chat to our health coaches.



**NUTRITION
MEDICINE™**

little local

a little something for our locals ☺

Located in the Long Bay Village Dining Precinct

cool off this summer

Real Fruit Slush/Smoothies

Mango
Summer Berry
Apple & Feijoa
Tropical

Chocolate Frappe

Original Iced Chocolate
Coconut Paradise
Berry and Cream
Crushed Tim Tam
Pinacolada

Poured Over Ice

Iced Latte
Iced Coffee
Iced Mocha
Iced Americano
Iced Matcha Green Tea

Espresso Frappe

Mocha
Cookies and Cream
Creme Brulee
Double Vanilla
Mint Chocolate



Trusted Friend and Absolute Suntrap

NEW LISTING



288 Glenvar Road, Torbay

bayleys.co.nz/1331110



WILLI BARDOHL

Property and Marketing Consultant

M 0211 922 925

E willi.bardohl@bayleys.co.nz

Bayleys Real Estate Ltd,

Licensed under the REAA 2008

*Merry Christmas
& Happy
New Year*

A selection of our sales this year



Helping make dreams happen in this area in 2020.

Wishing all our clients a very happy Christmas and health and happiness for 2021.



Thérèse Leslie

021 022 66192 | therese.leslie@bayleys.co.nz
Licensed under the REA Act 2008

Jiang Kou 寇江

021 0879 3257 | jiang.kou@bayleys.co.nz
Licensed under the REA Act 2008



local wine, beer and spirit supplier



Christmas is coming!

Great deals to make your festive occasions special.

LIQUOR CENTRE

Mon - Thu 11:00 AM - 08:00 PM
Fri - Sat 11:00 AM - 09:00 PM
Sunday 11:00 AM - 07:00 PM

1032 Beach Road, Torbay
473-9619

Giving Back

My name is Jan Dixon and my family and I have lived in Torbay for 37 years.

It is wonderful being a Torbay local as there are so many friendly faces.

Over the years I have been collecting broken



glass from Waiake and Long Bay beach.

As an artist I enjoy turning nothing into something.

I created the mermaid collection and the Lady of the Lake. Both pieces now reside in Wilson Home for Crippled Children.



welcomes

Pure Fiji

Give great gifts this Christmas

Pure Fiji gift packs
Pout treatment vouchers



09 214 8923
www.pout.co.nz

G02/57 Glenvar Ridge Rd, Long bay village



FLOSS

— dental boutique —



Feel Fresh for the Festive Season

Clean \$99

Professional scale and polish

Clean & Whitening \$299

Clean & 3x tube home whitening kit



09 218 6001

www.flossdental.co.nz

G02/57 Glenvar Ridge Road, Long bay Village



At the November market Bill Ellis was presented with an award for all his hard work in taking photographs. Thank you Bill.



Do you love our local streams, beaches and the Hauraki Gulf?

Our local streams, beaches and the Long Bay-Okura Marine Reserve are unique and precious, but they are under threat.

Despite all the pressures from environmental weeds, sedimentation, contaminated storm water drains, toxic heavy metals and other pollutants, our streams and their tributaries retain incredible natural value. They are host to an abundance of native wildlife, including at-risk native species like banded kōkopu, giant kōkopu, redfin bully, long-fin and short-fin eels, kōura and several inanga-spawning sites. There are many people in our community preserving the health of these incredible natural assets, including Friends of Long Bay.

The Hauraki Gulf – Tikapa Moana/Te Moana-nui-ā-Toi, into which our streams flow, is a taonga with local, national and global significance. It is also important to the people of Torbay and Long Bay, supporting our recreation, work and wellbeing. Its kai moana has fed generations of families throughout Māori and European history. It is under significant pressure and the most recent State of the Gulf report indicates a marked decline in water quality and the health of the marine life it supports. One of the problems is sediment and contaminants that are washed from the land and accumulate on the seabed. After rainfall, our local beaches are often unsafe for swimming. The problem is huge, but there are some things we as a community can do to help. Tree planting initiatives along open waterways can prevent pollution and sediment flowing into the ocean.

Please get in touch with the team at Restore Hibiscus & Bays to learn about a community driven project to protect and restore Awaruku and Vaughan's streams and to meet with local residents who are already taking action.

If you are connected to a business or are a philanthropist interested in supporting a local project, we'd love to talk with you!

Restore Hibiscus & Bays is a not-for-profit organisation working with many others. For more information visit restorehb.org.nz and email info@restorehb.org.nz.



Harcourts
Cooper & Co

"Susan is very friendly, helpful, easy to deal with and makes the process as easy as possible"

The Peagram Family.



Susan Kinghorn
Sales Consultant
M: 021 797 994

Harcourts Cooper & Co Ltd
Licensed Agent REAA 2008

Torbay Medical

IMPACT OF 2020 AND COVID-19 ON OUR MENTAL HEALTH

Our mental wellbeing helps us do the things we need to get through our lives, allows us to face challenges and to form relationships. These things help us feel good about ourselves. Our wellbeing is made up of three core things:

- How we feel
- How we function in our lives
- Our relationships with other people and places

To protect mental health, we need to do two main things:

- Reduce RISK factors
- Increase PROTECTIVE factors

We need to do both because simply reducing risks sometimes is not possible. We also need things that build us up. It's really important to ensure we feel safe, have support and do things to strengthen our mental wellbeing.

SAFE Safety comes first – if we are not feeling safe, are in high distress or fatigued, our brains will not be able to function at their best. This state of mind limits our decision-making ability, future planning, creativity, affective risk assessment, and our ability to think of others' needs.

SUPPORTIVE To feel safe we need to have supportive environments to help get us through the tough times. Often these are practical solutions or answers to the questions or worries we have. Sometimes support might just mean being listened to or having someone to share our concerns with.

STRONG Support can enable us to learn new

skills, feel a sense of achievement, and help with relationship-building. Ultimately, it is the combination of having a safe and supportive environment which leads to boosted mental wellbeing and resilience.

This year the COVID-19 pandemic has been overwhelming, disruptive and unsettling, triggering many problems of varying degrees for families and individuals.

As the Christmas season approaches, the team at Torbay and Long Bay Medical Centres would like to encourage you to take some time to look after your mental wellbeing, whatever your situation. Be honest and authentic about how you are doing and what is going on in your household. Remember it is always okay to ask for help! Give us a call if we can support you 09 4779000

FOR FURTHER SUPPORT Helpline services are available 24 hours a day, seven days a week unless otherwise specified.

National helplines

Need to talk? Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Samaritans – 0800 726 666

Check us out on Facebook

Torbay & Long Bay open hours:

Mon – Fri : 8.30am – 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"

Protect each other this summer and book your skin check today

Skin cancer is the most common cancer in New Zealand with seven Kiwis diagnosed with Melanoma every day. A full body skin check is the only way to check you are safe.



BOOK NOW
Call 09 477 1111

We still have limited
availability so call now to
avoid the summer rush

FREE SUNSCREEN WITH EVERY BOOKING

Enjoy a complimentary 50 ml of My Sensitive Natural Sunscreen with every booking this December, just mention this ad to claim your free gift.

My Sensitive lines are made with olive oil and with up to two hours of water resistance. It's the healthy natural way to protect yourself before and after skin cancer.

My Sensitive is part of Cancer NZ's initiative for 100 million skin cancer checks.

forboyskin



1010 Buxton Road, Teitupoia
www.forboyskin.co.nz





JULIA PARFITT & ALEXIS POPPELBAUM

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

Long Bay happenings

It was great to see such a huge turnout to the Long Bay Residents' Association AGM recently. Julia gave an update on a range of local matters. We were pleased to be able to help connect and support locals on a few matters as well introducing them to Parkrun who have locals interested in setting up an event there (Parkrun is a volunteer organisation who organise free weekly community running events all over the world).

Glenvar Rd realignment update

This project was deferred as part of Auckland Council's Emergency Budget despite strong opposition from the Local Board and nearly 1,000 locals.

Auckland Transport (AT) are taking the business case for this project to the AT Board for approval. Once approved, some money will be allocated for the initial design work. This project will need to again be included in the upcoming Regional Land Transport Plan. The 2,000+ signatures



Julia addressing the Long Bay Residents' Association AGM

of support from last time will be reused as support as we go in to fight again. In November our Local Board advocated to the Mayor and Councillors that AT needed to be adequately funded so that safety upgrades like Glenvar Rd can be completed with the urgency it deserves.

Okura bush walkway – opening again soon

The section starting at the Haigh Access Road has been closed since 2018 to prevent the spread of Kauri dieback. Department of

Conservation has advised us that they aim to open the track shortly (date TBC). For updates until our next column, search 'Okura walkway' at www.doc.govt.nz

Events coming up supported by the Hibiscus and Bays Local Board

Sat 5 Dec 9am-12pm: Torbay Santa day and art and craft market

Sat 20 Feb 12-11pm: Okura Forest Festival music and environment event. Details TBC.

Sat 27 Feb: Family music event, Aicken Reserve, Waiake. Details TBC.

GET TAX FIT NO SURPRISES AT TAX TIME



ANNUAL FINANCIALS • GST RETURNS
RENTAL PROPERTIES • COMPANY FORMATIONS

Call Craig Bright **09 478 0202**

Open Mon - Fri | 9am - 5pm

Open Mon - Fri | 9am - 5pm



SBA BROWNS BAY
105 Clyde Road, Browns Bay
brownsbay@sba.co.nz
www.sba.co.nz/browns-bay
f @sba.brownsbay



BLUE CHRISTMAS - Tue 15 Dec, 7pm

for those for whom Christmas is difficult

CHRISTMAS EVE - 5:30pm

5:30pm Pizza, 6pm **Christingle family service**

CHRISTMAS EVE - 9:00pm

9pm for Carols, 9:30pm **Candle lit Communion**

CHRISTMAS DAY - 9am

Intergenerational Communion



168 Deep Creek Road | 09 473 8180 | contact@stmary.co.nz



CHRISTMAS SERVICES

Sun 6 Dec – 9.30am

Children's Ministry Presentation

Thur 24 Dec – 11.30pm

Christmas by Candlelight

Fri 25 Dec – 9.30am

Christmas celebration family service



**LONG BAY
BAPTIST CHURCH**

A family with open arms

282 Glenvar Rd, Torbay, Auckland 0630
09 473 2498 | www.longbaybaptist.co.nz

Geraldine Zareian & Team

From Our Family to Yours



Geraldine



Andre



Harry

WAYS THAT WE CAN
HELP YOU PREPARE
FOR THE MARKET IN
THE NEW YEAR



GARDEN TIDY



HANDYMAN



HOUSE WASH



CLEANER



PARTIAL
STAGING



PHOTOGRAPHY

Geraldine Zareian

g.zareian@barfoot.co.nz

021 184 0312

www.tosell.nz

BARFOOT & THOMPSON

CARING FOR THE COMMUNITY 24/7



Open Christmas

Our *Family,* caring for yours

Make health your priority with our minor injury and urgent care specialists.

Open daily. No appointment needed

- **\$39** after hours medical visits for **over 65's and CSC holders**
- KidsQ with a dedicated Doctor for children, daily 6-10pm at Smales Farm
- **FREE** ACC and after hours medical visits for **under 14's**
- 2 convenient locations, Smales Farm (24 hours) and Northcross (8am-8pm)

Shore⁺care
Urgent Care Clinic



shorecare.co.nz



0800 SHORECARE

Tides Dec 2020 (Murrays Bay)

		LOW		HIGH		LOW		HIGH		LOW	
Tue 01	02:36	0.7m	09:02	3.0m	14:56	0.8m	21:17	3.0m			
Wed 02	03:15	0.6m	09:39	3.1m	15:35	0.8m	21:57	3.0m			
Thu 03	03:53	0.6m	10:17	3.1m	16:15	0.8m	22:37	3.0m			
Fri 04	04:32	0.6m	10:57	3.1m	16:57	0.8m	23:19	3.0m			
Sat 05	05:13	0.6m	11:39	3.1m	17:42	0.8m					
Sun 06	00:03	2.9m	05:56	0.7m	12:24	3.1m	18:30	0.8m			
Mon 07			00:49	2.9m	06:43	0.7m	13:13	3.1m	19:21	0.8m	
Tue 08			01:39	2.9m	07:35	0.8m	14:06	3.1m	20:15	0.8m	
Wed 09			02:34	2.9m	08:34	0.8m	15:02	3.1m	21:13	0.8m	
Thu 10			03:35	2.9m	09:38	0.8m	16:01	3.1m	22:13	0.7m	
Fri 11			04:39	3.0m	10:42	0.8m	17:00	3.1m	23:13	0.6m	
Sat 12			05:43	3.1m	11:43	0.7m	17:59	3.2m			
Sun 13	00:12	0.5m	06:43	3.2m	12:40	0.6m	18:58	3.3m			
Mon 14	01:08	0.4m	07:40	3.4m	13:35	0.5m	19:55	3.3m			
Tue 15	02:03	0.3m	08:33	3.5m	14:29	0.5m	20:50	3.3m			
Wed 16	02:55	0.3m	09:24	3.5m	15:21	0.5m	21:43	3.3m			
Thu 17	03:44	0.3m	10:14	3.5m	16:13	0.5m	22:35	3.3m			
Fri 18	04:33	0.4m	11:03	3.4m	17:04	0.5m	23:24	3.2m			
Sat 19	05:20	0.5m	11:52	3.3m	17:55	0.6m					
Sun 20			00:13	3.1m	06:08	0.6m	12:42	3.2m	18:45	0.7m	
Mon 21			01:01	3.0m	06:57	0.8m	13:31	3.1m	19:36	0.8m	
Tue 22			01:50	2.9m	07:49	0.9m	14:21	3.0m	20:26	0.9m	
Wed 23			02:41	2.8m	08:44	1.0m	15:12	2.9m	21:18	0.9m	
Thu 24			03:35	2.7m	09:42	1.1m	16:03	2.8m	22:10	1.0m	
Fri 25			04:32	2.7m	10:39	1.1m	16:54	2.8m	23:02	1.0m	
Sat 26			05:28	2.7m	11:32	1.1m	17:44	2.8m	23:52	0.9m	
Sun 27			06:21	2.8m	12:20	1.1m	18:33	2.8m			
Mon 28	00:40	0.9m	07:09	2.8m	13:05	1.0m	19:20	2.8m			
Tue 29	01:25	0.8m	07:52	2.9m	13:48	1.0m	20:06	2.9m			
Wed 30	02:07	0.7m	08:34	3.0m	14:29	0.9m	20:50	2.9m			
Thu 31	02:49	0.7m	09:14	3.1m	15:12	0.9m	21:33	3.0m			

Times adjusted for Daylight Saving.

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



Two of New Zealand's leading Natural HealthCare Professionals* are Torbay Locals. David Holden & Marion Stobie bring together over 50 years of combined experience in complementary medicine.

- Specialised technology to support health assessments including: Detailed BioChemical & Lifestyle Questionnaires, Fitgenes DNA testing; Hemaview Dark-field Microscopy; Specialist Biofeedback testing; VLA & Antioxidant Scans
- All clients receive a comprehensive health report, action plan and follow-up.
- Practitioner strength supplements, herbal medicines may be dispensed alongside detailed Dietary & Lifestyle advice.
- Conveniently located in Olde Torbay. **Visit our websites for more info.**

HOLDEN HEALTHCARE, 11 Gray Crescent, Torbay. Phone (09) 282-3588
Email david@hhc.nz or marion@hhc.nz



EXPERTISE • TECHNOLOGY • EXPERIENCE

Visit www.holdenhealthcare.com and www.marionstobie.co.nz
*Not medical doctors, qualified & registered Complementary Health Professionals



Spacious apartment, small community. Tick! Tick!

Tick off your wish list for a generously-sized apartment in a boutique beachside community. Aria Bay's new two-bedroom apartments have up to 84m² floorspace, excluding balcony, and our Browns Bay community is compact with only 34 apartments in total.

**Call Sharon 0800 20 22 20
or visit ariabay.co.nz**



An Arvida Living Well Community



Christmas In Lights

Drive through a dazzling display with thousands of lights and live characters

FREE ENTRY

20th-24th December
9.00pm- 10.30 pm


NORTHCROSS
your community church

826a East Coast Rd,
Browns Bay.

Surviving and Thriving after Covid

Foxy & Co Torbay village salon has undergone some changes over the last few months.

Deborah is still the owner but now no longer in a partnership. Covid brought about a lot of changes and re evaluating to peoples lives and circumstances, so her partner decided to leave to work less hours and change her lifestyle.

Deborah on the other hand wanted to take Foxy to new and greater levels and has succeeded.

The salon is now a collective or Co-op, with five independent sole trader business owners all working from the one space under the Foxy umbrella. We now have four stylists one salon assistant and a nail technician all self employed but working together as the FOXXY TEAM.

The business has gone from strength to strength and is flourishing after Covid, and with a choice of four stylists, and a nail tech to do your nails while



Deborah, Jess, Alex, Jacqui, Tessa and Sam.

processing is fabulous.

The big renovations have started and will be finished by the end of November, no disruptions as the work is being done in stages over weekends.

We were hoping not to just survive Covid lockdowns but thrive and we have done just that.

FOXXY is a competitively priced salon offering all aspects of hairdressing with top quality products. Our attention to detail is an overwhelming factor in our clients rebooking on departure and the great reputation we have developed and even clients who have visited other salons and are now returning. The welcome is always the same as is the high standard so we welcome new and returning clients and friends.

The FOXXY TEAM are looking forward to a fabulous Christmas and summer season and an amazing 2021.

If this year is anything to go by it will be a creative, fun filled and fully booked year.

Thanks, The FOXXY TEAM, and merry Christmas and a happy New Year x



FULL PROPERTY MANAGEMENT SERVICES

-  Casual Letting
-  Home Inspection
-  Healthy Homes Assmt.
-  Meth Testing

GRALIN
PROPERTY MANAGEMENT

SINCE 2008

- 5000+ landlords being served
- 95% avg. win rate in tenancy tribunal
- OUR LEADERSHIP TEAMS 100% holding Residential Property Mgmt Qualifications



Lawson Sun
021 390 387



Amanda Wang
021 988 596



Kelly Ke
021 0200 5959



Grace Hu
021 988 634

GRALIN
PROPERTY MANAGEMENT

Serving With A 



RESPECT, FOCUS AND EMPOWER.

(09) 825 0588
hello@gralin.co.nz
www.gralin.co.nz

13/270 Oteha Valley
Road, Albany



Piri Piri Point Reserve - The Orca Trail



If we add the Piri Piri point reserve to the Long Bay Park, it gives us a park of 150ha. As a community we need to be actively involved in planning for its future.

Over one million people use the Long Bay Regional park yearly, many go on to use the Long Bay – Okura Coastal Walk. The grass and bush area to the left of the walkway represents 100ha of reserve.

I personally started using the park during lockdown with the acquisition of a shiny new bike. I am local and do not have the courage to cycle on Auckland roads. I have managed to cycle in excess of 3000km using the park.

As there was a gate missing I started to cycle through the reserve on a daily basis, the space and the views are amazing. Several months ago I found locked gates installed, and that the fence had been electrified.

Auckland Council is the biggest farmer in the Auckland region. The farming unit plans to urgently farm approximately 50ha of the reserve due to the lack



of grazing in Auckland, due to the dry weather.

In 1999 the council paid \$32.5m for 35ha of this reserve (\$51m today, allowing for inflation alone). 35ha of grazing land in the Rodney district today, would cost \$0.6m.

I was advised that I was more than welcome to climb over the gates to use the reserve.

I was given a copy of the 2010 Long Bay Regional Park Plan. This plan allowed for walking and cycle tracks to be made through the park, none have been made. Budgets have now been trimmed further, due to Covid.

I was told to submit a proposal to the 2020 review. The Regional Parks

Management Plan Review is currently happening. Submissions have closed and there will be consultation while a plan is formulated over the next year.

Apparently unfulfilled portions of the 2010 plan have now been deleted. It seems a bit absurd to submit the 2010 plan to the 2020 review.

Going forward I would propose we form a group to advocate

- Stock / People / Bike suitable gates be installed at three or four access points for the Piri Piri Point reserve
- A simple 380m track Piri Piri Point Rd – Okura estuary be prioritised
- Implementation of the walking / cycle paths in the 2010 management plan for the Piri Piri Point reserve
- Find funds to implement walking/ cycle tracks
- Council / Corporate / Government
- The fire risk areas be addressed (13ha waist high grass, not suitable for stock)

trevorlogancbs@hotmail.com

A Mothers Love

The story of how two young mother cats became lovers. Minnie was brought to us after crawling into an Jeep during a heavy rainstorm and giving birth to two kittens, a boy, Archie, and a girl, Matilda. Unfortunately Archie was born internally deformed and only lived to be two weeks. His one-eyed sister, Matilda is currently thriving despite having CatFlu at only one week old, hence the one eye. Lily, the grey tabby, is a part of a mostly-feral cat colony in Otago. Lily, who is a kitten herself, also gave birth to two kittens, one also being deformed and passed almost immediately. Minnie and Lily were placed in the same nursery to continue raising their kittens and instantly became like lovers. Cuddling, licking each other and even nursing each other's babies. Often I could catch them with their paws touching, and them holding each other while the other nurses or sleeps. Despite them both being so young, their motherly skills are incredible, and they are so soft with their ability to take on any kitten given to them. The volunteers at the Rescue were in awe of how the two could share such a love. Minnie and Lily were



given another newborn kitten after 'Baby Ginger' had been abandoned by her feral mamma minutes after birth. She was instantly a part of the family, and is growing well. The family of 5 is currently in a foster home. The mothers will stay together while the kittens will soon be looking for their furrever homes. Though this is a sweet story of two mother cats who found love in each other after the mutual feeling of losing a kitten, please spay and neuter your cats to stop unwanted litters. It's more pressure on rescues, and most importantly the cats.

Cora Summerfield



LONG BAY COLLEGE CELEBRATES SUCCESSES IN THE ARTS AND SPORTS

Despite the challenges of 2020, our students have achieved the highest levels of excellence within the arts and sports. The College held award evenings in November to recognise our students' achievements.

At the Arts Awards, a new trophy was presented, 'The Stallard Award for Talent across Multiple Arts'. It was kindly donated to the College by the Stallard family in loving memory of their daughter, Chantal, who graduated in 2018 from Long Bay College but sadly passed away in 2019 after losing her second battle with Leukaemia.

The trophy was presented to Avalon Martin in Year 12 in recognition of her exceptional skills as a singer, visual artist, musician and Shakespearian and drama performer.

In Sport, the title of Senior Sportswoman Of The Year was awarded to Kayla Allison-Carnie for the second year running, while George de Felice earned the title of Senior Sportsman Of The Year. Both students represent the college across multiple sports and are strong in Indoor and Beach Volleyball. Kayla was selected to the New Zealand women's under 19 Beach Volleyball team.



Kayla Allison-Carnie and George de Felice



The Stallards with Avalon Martin

Scholarship win gives Year 12 students a head start on University

While many Year 12 students will head to the beach in January, three Year 12 of our Science students will be heading to university. Ella Bowerman, Issy Lawrence and Mikayla Robson have been selected by Rotary, from amongst top academic students from the upper North Island, to attend the prestigious Rotary Science Forum at Auckland University.

The scholarship entitles the girls to spend two weeks studying at Auckland University where they will connect with over 160 others from around New Zealand. The girls will attend lectures, go on field trips to science and technology-related organisations and learn from industry experts.

"We are so proud that three of our students have been selected for this opportunity," says Long Bay College Head of Science, Mrs Samantha Lewis. "It is an amazing start for a career in the science field."

After completing Year 13, Ella is planning to study Psychology and Chemistry, Issy is interested in Forensic Science and Mikayla hopes to complete a double degree in Biology and Communications.



Ella Bowerman, Issy Lawrence and Mikayla Robson

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



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.

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

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 – 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 Phillipa for your lawnmowing needs. 0276438888

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



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 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 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

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.

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



*Season's
Greetings*

from the
Torbay
Business
Association

Quiz Answers

1. You would not find clocks in a casino.
2. The Olympics of 1936 were opened by Adolf Hitler.
3. Air NZ was known as TEAL (Tasman Empire Airways Ltd) before April 1965.
4. She's a Mod was sung by Ray Columbus.
5. The handle of a whip is called a stock.
6. The number not represented by Roman numerals is zero.
7. Little Bo Peep lost her sheep.
- 8 The Japanese art of folding paper is Origami.
9. The prematch song at a Welsh international rugby match at the Millenium Stadium is 'Delilah'.
10. Cats are feline & bees are Apian.

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



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

DIRECTORY

www.torbay.co.nz

TORBAY BUSINESS ASSOCIATION



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



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 meats....473 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

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

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 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



Lily Zhang

021 103 5310



Barfoot & Thompson
Sales Team

Browns Bay Branch 2020
Northshore Region 2020



2/85 Awaruku Rd, Torbay



35 Bayview Rd, Browns Bay



2/34 Topliss Dr, Torbay



1/16 Cairnbrae Ct, Torbay



2/89 Nigel Rd, Browns Bay



143 Glamorgan Dr, Torbay



1 Uruhau Close Torbay
Ref. 800057

5 3 2



8 Uruhau Close Torbay
Ref. 800216

4 3 2



20 Holt Avenue Torbay
Ref. 800318

5 2 2



6 Firth Road Torbay
Ref. 800277

3 1 1



640 Beach Road Browns Bay
Ref. 801447

5 3 2



14 Eastwood Rise Browns Bay
Ref. 801144

5 3 2

Sold Data Torbay

	Sale Price	CV (2017)
1/162 Deep Creek Road	\$915,000	\$735,000
14 Firth Road	\$1,477,000	\$1,175,000
65 Fitzwilliam Drive	\$870,000	\$1,350,000
11 Flavia Close	\$840,000	\$870,000
14 Flavia Close	\$1,200,000	\$1,025,000
5 Freya Place	\$1,137,000	\$1,025,000
137 Glenvar Ridge Road	\$1,300,000	\$1,225,000
248 Glenvar Road	\$915,000	\$920,000
306B Glenvar Road	\$665,000	\$800,000
108 Weatherly Road	\$980,000	\$910,000
14 Dee Place	\$1,400,000	\$1,200,000
2/4 Danbury Drive	\$990,000	\$1,250,000
14 Emlyn Place	\$850,000	\$1,075,000
20 Salem Place	\$1,620,000	\$1,375,000
14B Thelma Crescent	\$1,160,000	\$980,000
11B Toroa Street	\$1,285,000	\$1,210,000

Sold Data Browns Bay

	Sale Price	CV (2017)
27 Helvetia Drive	\$1,880,000	\$1,890,000
66A Arran Road	\$1,390,000	\$1,340,000
80 Arran Road	\$1,103,000	\$1,010,000
84 Arran Road	\$1,090,000	\$1,080,000
2/774 Beach Road	\$720,000	\$670,000
143 Browns Bay Road	\$1,372,000	\$1,110,000
147 Browns Bay Road	\$818,000	\$860,000
195B Browns Bay Road	\$1,263,000	\$1,040,000
16B Capricorn Place	\$673,000	\$680,000
2A Carlisle Road	\$908,000	\$880,000
72A Carlisle Road	\$950,000	\$1,040,000
589D East Coast Road	\$1,240,000	\$1,250,000
49 Glencoe Road	\$1,135,000	\$910,000
2/11 Limmer Place	\$837,000	\$850,000
146 Oaktree Avenue	\$1,370,000	\$1,180,000
22 Oaktree Avenue	\$1,175,000	\$1,180,000
16 Woodlands Crescent	\$1,050,000	\$1,190,000



DDI 09 215 4206

barfoot.co.nz/L.zhang2

E.L.zhang2@barfoot.co.nz

www.Lilyzhang.co.nz

BARFOOT & THOMPSON
LICENSED REAA 2018



Barfoot & Thompson Long Bay and Torbay

Your local sales and property management specialists



Sharee Adams
Branch Manager
021 416 220



Corrin Hand
Property Manager
0274 319 696



Kelvin Zuo
Property Portfolio
Manager
027 809 6687



Kylie McKenzie
Property Management
Assistant
09 473 0372



Wendy Radcliffe
Residential Sales
021 772 070



Karin de Leeuw
AREINZ
Residential Sales
027 270 2700



Nicki O'Sullivan
Residential Sales
021 119 8153



Zheng Li
Residential Sales
021 920 608



Kim Jin
Residential Sales
021 395 888



Alina Yang
Residential Sales
021 608 219



Covian Wang
Associate
Salesperson
021 896 566



Susan Fan
Residential Sales
021 138 1648



James Peng
Associate
Salesperson
021 180 4158



Jin Cai
Associate
Salesperson
021 262 5288



Leo Perwick
Residential Sales
027 224 9527



Kyra Perwick
Associate
Salesperson
027 311 7953



David Dai
Residential Sales
021 916 006



Jun Olis
Residential Sales
021 066 9149



Ronald Venturina
Residential Sales
021 073 1617



Alex Mathew
Residential Sales
027358 8165



Sue Yi
Residential Sales
027 528 9143



Winnie Han
Residential Sales
021 918 337



Gina Gao
Residential Sales
021 023 67788



Andrea Tavae
Residential Sales
022 476 7273



Ruby Duan
Associate
Salesperson
021 024 68787



Scott Larcombe
Residential Sales
021 082 23559



Tina Hao
Residential/
Rural Sales
027 688 5886



Eve Huang
Associate
Salesperson
021 918 577

Jen Anderson
Residential/
Rural Sales
021 177 5530

Torbay

09 473 9190 | torbay@barfoot.co.nz
1054B Beach Road

Long Bay

09 473 0712 | longbay@barfoot.co.nz
Unit 57, 101 Glenvar Ridge Road

BARFOOT & THOMPSON

ESTABLISHED 1944