

# TORBAY

NEWSLETTER

*more than a place - a lifestyle*

MARCH 2021

[www.torbay.co.nz](http://www.torbay.co.nz)

## Community garden at St Marys By the Sea starts to take shape

see page 10 for details



Torbay  
ART  
AND  
CRAFT  
Market

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





# Torbay Pharmacy: Eczema and Asthma: Different But Same

Eczema and asthma might seem like very different conditions, but they share many underlying metabolic abnormalities. Many people have both eczema and asthma at the same time. If you have atopic eczema, your chance of having asthma and hayfever go up by 400%.

### Underlying Causes:

So, what are these underlying metabolic defects? Most commonly, there are changes in the immune system that give rise to inflammation (in the lungs or on the skin). The initial inflammation then becomes self-sustaining and sets in for the long term.

### Solutions:

There are effective new inhalers and tablets aimed at reducing inflammation in asthma. Unfortunately, the conventional treatments for eczema are not so flash. So what if we could intervene and stop the inflammation from happening in the first place? This would reduce the need for medicines, and allow people to live normal lives again.

For both asthma and eczema, increasing good fats in your diet and reducing bad fats improves the condition. Taking fish oils has even been shown to reduce the risk of getting asthma by about a third.

Food allergies and sensitivities may play a big role in triggering asthma or eczema. One small study showed that removing dairy products and/or eggs from the diet of children with eczema resulted in improvement or total clearance of the skin lesions in 85% of the children. Diet changes are hard but are worthwhile.

Probiotics given to mums during the last trimester of pregnancy has been shown to reduce the risk of the baby getting an atopic condition (like asthma or eczema) by 30%. That's a huge benefit!

Tyrosine has recently hit the TV news for its ability to produce "profound and striking" improvements in asthma. Tyrosine is an amino acid that we get from our diet. Giving extra tyrosine significantly reduced inflammation in lungs. Tyrosine can't be taken with some medicines and with some conditions so it would be best to talk to your pharmacist before trying this.

### Hero Nutrients:

There are a few "hero" nutrients that I recommend to patients with asthma or eczema, in conjunction with an anti-inflammatory diet. I have even made my very own herbal cream for eczema that targets the immune system as well as relieving symptoms. These nutrients all work at the causes of asthma and eczema, so with a better functioning immune system, you just feel better all over. Pop in to Torbay Unichem Pharmacy and talk to our Health Coaches.



**Torbay Pharmacy**  
Ph 473 9629

# Unichem<sup>+</sup>

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# Margaret Cowdery – 100 Years Old

## East Coast Bays RSA

**M**argaret Cowdery nee Pearson was born in Timaru on 9th February 1921.

Her growing up years were in Mt Albert and her schooling was at Auckland Girls Grammar.

Margaret's working life started with newspaper, The Auckland Star, pictorial department. A busy time but with its rewards – within her duties she met Jean Batten and Jack Lovelock, an experience that was “a real thrill”. She continued in her role until she joined the Army in 1942.

Margaret signed up with the Women's Auxiliary Army Corps (WAAC). Limited uniform size options meant Margaret's had to be tailored to fit her small stature. Her role included driving heavy vehicles and clerical/record keeping.

She was posted to the 9th Heavy Regiment Headquarters, North Head, living on site in the barracks.

In 1944, Margaret volunteered for overseas duty and in April 1945 she left New Zealand, arriving in Maadi, Cairo, Egypt. Margaret was responsible for all records for 21st Battalion and was paid 7 shillings per day. The conditions were less than desirable and latrines were of the long drop design.

In December 1945 Margaret was posted a NZ Base between Taranto and Bari in Italy as a Clerk/Typist. This time recording movement of personnel as the NZ Army was sending servicemen to Japan to wind things down there. During her time in Egypt and Italy, Margaret visited Israel, Florence and Rome allowing for some sightseeing.

On her birthday in 1946, she left on the Tamaroa for her return to home, arriving in Wellington in March 1946. Once settled, she joined the RSA.

In January 1947, Margaret married her childhood sweetheart Jack Cowdery, building their first home in Glen Eden and over the years their family grew with 3 daughters and now Margaret is Grandmother to 5 and Great-Grandmother to 9. Margaret and Jack celebrated 54 years of marriage. Family grown, they settled back in Mt Albert and she joined the Auckland RSA, Returned Servicewomen's Branch and later joined the committee.

In 1989, Margaret and Jack moved to Turangi to retire and fish for trout. She joined the Turangi RSA and soon became President of the Women's Section together with Jack on the RSA Committee.



In 2005, Margaret moved to Fairview Retirement Village in Albany after Jack passed away. Being back in Auckland, she joined East Coast Bays RSA.

Margaret talked with a team from ECB RSA and describes herself as an ordinary NZ girl. We found her to be a bright, vibrant and interesting lady, still very active at Fairview and loves to entertain other residents with her antics and dressing up in costumes at events. She has travelled the world extensively, played many sports, extremely competent at needlework and knitting and has served on many committees and volunteered for Red Cross etc. She has experienced a lot in the 20th century, WW11 and many changes in lifestyles and technology.

Margaret's secret to longevity, she says, is having the good luck of strong Scottish genes.



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# Editor's Letter

This month we celebrate with another centegenarian. Last year we heard of another great lady who had made the 100 milestone.

It really is something to reach the 100 mark.

The thing that fascinates me most is the many changes they have seen in their lives and had to adapt and adjust to.

Today our young people are driven to places or ride their cycles. In Margaret's they walked.

Today's young person has phones and devices to keep in touch with others and to do all manner of stuff on the screens. In Margaret's day they heard their Mum calling them to come in from playing outside- yes that was what they did then.

Margaret has lived through a world war. Seen family and friends give their lives for their Country.

So congratulations Margaret! And thank you to the RSA in Browns Bay for telling me about her.

I love the way we use our coast. Every time I drive through Waiake there are people swimming in the sea and people and dogs walking the beach. I know Long Bay beach is just the same. There is something really cool about living next to a body of water. When I was growing up I lived in the Midlands of the UK in a central spot that was just about as far away from the sea as any place in the UK. I remember when I was about 9 or 10 my parents taking me to the seaside on a coach trip for a day. 4 hours each way on the coach and 2 hours on the beach. I remember feeling overwhelmed at the size of the sea and, when paddling, fascinated by the pull of the retreating tide against my legs and feeling the power of it all.

When I got married I was fortunate to live on the South Coast in Poole in Dorset for 40 years and have always loved the glimpses of the sea as you drive and go about your every day life. When we emigrated here 16 years ago my one specification was to have a sea view- which we have. I never get tired of it or the view as you come into Glenvar Road at the top.

For me when I have been away as soon as I see Rangitoto I know I am home.

So in this lovely weather make the most of what is right on our doorstep-the sea.



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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# COMMUNITY MEETINGS

Throughout this year I will be hosting Community Meetings all over the electorate. You are welcome to come & discuss what's happening in your area, projects I'm working on & how I can help.

**Tuesday 30 March @ 7.00pm**

Outram Hall, 478 Beach Rd, Murrays Bay

**Thursday 27 May @ 7.00pm**

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*Erica*  
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MP East Coast Bays



# East Coast Bays Lions are looking for New Members

One summer's day during the holidays two lions were walking down Browns Bay esplanade, "Funny", one lion says to the other, "not many people about". I hope I don't have to explain the joke (?) but suffice to say that in addition to the feline species there are many different types of lions. Most lions in the wild live in Africa but there are nearly 10,000 lions (human variety) living in New Zealand and 1.4 million members worldwide (48,000 clubs serving in over 200 countries). So we are big, we even have a presence in the United Nations and as such we have provided millions in relief and aid to many people.

Our local club is not as big and we are looking for new members to serve the community. Currently we are looking to provide aid to Fijian school children, new uniforms and stuff not provided for by existing aid agencies after the devastation of the cyclone Yasa. In February we hope to support the Heart foundation and in March the Red Cross and everybody else, even you. We serve essentially the local community; our motto is "we serve". If you would like to be a lion (humans only I am afraid, but it's the only qualification) please contact Chris Naylor (President, East Coast Bays Lions) on 0220473266 or better still send me an email [chris.naylor886@hotmail.com](mailto:chris.naylor886@hotmail.com)

Lion Daniel Gourlay presenting the Murrays Bay Award for Student Leadership in the community to Molly Gladding



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## WENDY'S UPDATE

The market is H.O.T. right now; we all know it, we all read about it - BUT - have you stopped to think about how this affects you and your family with your next step?

Living locally and specialising in our fabulous Torbay/Waiake area for the past 25 years I can assure you we continue to maximise your return, smashing street records. For example 25 years ago I was selling your standard 3 bedroom home for \$125,000 (I should have purchased two!) – last week one of these homes sold for \$1,244,000.

More than ever before good SOLID advice on the area and the potential of your home maximises your return. Experience and knowledge matters when it comes to your next important step, I am your local expert and I welcome your call, I'm here to help,

Kind regards,

*Wendy*



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Next month (if covid does not interfere) Tuesday 2nd March, our guest speaker is Peter Kammlers, an engineer who has worked in the development division of Mercedes-Benz and is founder member of Sustainable Energy forum. The title of his talk is on "Environmentally friendly Cars" - with a history of the automobile propulsion systems that has dominated our road transport for one hundred years and how the development of battery-electric and hybrid cars is changing the transport scene.... But are they as environmentally harmless as one might assume??? Come along and join us to hear this thought provoking talk and to learn more about U3A Browns Bay.



# Torbay Friendship Club

Torbay Friendship Club rolled into 2021/22 season on 11 February with its first general meeting. Barring any restrictions such as imposed & experienced in 2020, club meetings will be held on second Thursday of each month from 10am to 12 noon in Torbay Community Hall. Any reader new to the locality may make up to 2 visits to decide whether or not to join. The first hour is given over to business, a 10 minute talk by a club member followed by morning tea - a chance to mingle & importantly greeting new members.

The speaker on 11/2 was Robyn Moore from "Dress for Success" an international not-for-profit organisation which empowers women to achieve economic independence. It provides women with attire & development tools to help them thrive in work & life. Members were advised donations of work-appropriate clothing, handbags, shoes & jewellery can be handed into a Maxwell's Dry-cleaning outlet.

For the benefit of newer members and to boost numbers, the organiser of each of the numerous activities run during a month, took to the floor to identify herself & promote respective interest. On offer - rummikub, stroll, mahjong, craft group, coffee morning, scrabble, excursion and lunch/brunch.

Lined up for March are stroll on 2/3, coffee morning at Java Jungle 3/3 and outing to Highwic House and "spending" at Newmarket Mall on 15/3 to name but a few. The AGM takes place on Thurs 11 March.

**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

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# Life on the Edge

## March 2021

**M**arine Reserves are places where the community can explore what a marine environment could be in natural state. As a by-product, some amazing species are seen within Marine Reserves, Okura-Long Bay Marine Reserve is no exception. While visibility at a site like ours makes it hard to see large aggregations of enigmatic fish life, slowing right down we can see some pretty awesome things. Nudibranchs are one of these things and a favourite.

Nudibranch is derived from the latin nudus bránkhia Nudibranch meaning "naked gill". With approximately 3,000 different recognised species, they can be super colourful with massive variation.

*Dendrodoris krusensternii*  
(Gem nudibranch)



*Dendrodoris nigra* (Black nudibranch)



*Dendrodoris citrina*  
(Lemon nudibranch)



With a few exceptions, most are benthic so live on substrate. Aeolid are known to feed on toxic animals, transferring the toxins up which they fire out in tiny harpoon structures to hunt prey or defend themselves.

Here at Okura-Long Bay Marine Reserve we usually see at least 3 species in the rock pools, *Dendrodoris citrina* (Lemon), *Dendrodoris krusensternii* (Gem) and *Dendrodoris nigra* (Black). For scuba divers, the opportunities to explore do open up further and when we go scuba diving in our spare time, we see more. Check out these photos taken in the Marine Reserve out diving one morning!

Article & Photos by Sara Kulins for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. [merc.org.nz](http://merc.org.nz)

## SIZZLING HOT!! MAKING DREAMS COME TRUE? - NEVER SAY "CAN'T"

**BARFOOT THOMPSON &**  
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Our vendors, a delightful family of five, had put an offer in on a lifestyle property. Great News! Their offer, subject to sale of their home, was then accepted, so we started to prepare the listing while they hired a container to clear their gear. Within a day or two, however, came the crushing blow.

They had been cashed out. They had only 5 working days to go unconditional, or they would lose their new home. Could we do it? The answer, of course, was YES! Anything can be sold for a price, but had they lost their chance to get their premium? Only one way to find out.

**We planned a 6 day auction campaign.** Had this been done before? We didn't know, but this would take some all-nighters!! Our fabulous five cleared the house and we dressed it together. The container was collected, and we had awesome photos done and edited the same day (Wednesday), marketing packages designed, and went live to market after midnight. Our 6 open homes, over the next 5 days (long weekend), brought in a huge number of keen & qualified buyers, plus other agents with more. By Tuesday we had an auction room buzzing with buyers, plus 3 telephone bidders and one online.

Our auctioneer dubbed it, "The shortest campaign in history!!" and our fab five, waited nervously to see if their lifestyle dream was going to come true. After an incredible battle, 69 bids and a final price more than 30% above CV, their home was sold under the hammer, far exceeding their expectations.

We have worked tirelessly to develop an awesome process that works. We didn't need to promise a price. As always, we promised our full heart and soul, diligent 24/7 work ethic, positive attitude and our awesome process.

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*Jen & Shane*

### House Sales\* for Waiake, Torbay, Long Bay & Okura in January 2021

1/64 Carlisle Road	\$800,000	311/64 Te Oneroa Way	\$1,252,500
1/146 Glamorgan Drive	\$825,000	3 Intrepid Place	\$1,255,000
2/8 Ridge Road	\$900,000	50 B Caversham Drive	\$1,325,000
58 Awaruku Road	\$957,000	1/31 Cliff Road,	\$1,350,000
2/181 Glamorgan Drive	\$980,000	1 Stredwick Drive	\$1,400,000
B101 Long Bay Apartments	\$985,000	43 Holt Avenue	\$1,400,000
37 ACACIA Road	\$990,000	2/12 Firth Road	\$1,401,000
859 Beach Road	\$1,000,000	2/7 Salem Place	\$1,410,000
21 Moorgreen Heights	\$1,057,000	3 Copper Lane	\$1,740,000
32 Weatherly Road	\$1,142,000	48 Caldera Drive	\$1,780,000
296 Glenvar Road	\$1,150,000	9 Pennant Street	\$1,836,000
104 Glenvar Road	\$1,195,000		
79 Glamorgan Drive	\$1,240,000		

\*source REINZ

**Median Selling Price for January \$1,217,500**

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# Torbay Gard

In these Covid times our gardens have been an ongoing source of pleasure and recreation. We have also developed creative ways of using and conserving water to cope with the challenges of drought and water shortages. This is the mark of a gardener – resourceful and nurturing!

The Torbay Garden Club has now been a feature of the community since 1979. For some time, the Torbay News has also been reporting our activities and passing on tips for growing great gardens. The Club meets in the Torbay Community Hall on the first Wednesday of the month at 1 p.m. They have an exhibit competition, a speaker, and a trading table offering a good variety of plants at bargain prices. New members are always made welcome.



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



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# len Club



Through participation, Club members have learned a great deal about plants, displayed a fantastic range of flowers, foliage, fruit and vegetables, Over the years members have made many trips to interesting and educational places - from commercial growers to lavender distillery and wonderful heritage gardens. This month we celebrate the beauty of the dahlia which is now at its best in many home gardens.



## *In the garden in March*

Although the ground is still dry it's time to look forward to autumn. Prepare the ground for both flower and vegetable beds with compost, lime and fertilizer. Feed citrus well to support fruiting. In the flower garden dead-head, cut back perennials and plant new ones. Plant veg seedlings of cabbage, cauliflower, Brussels sprouts, broccoli, spinach and silver beet. Give them some slug pellets. Harvest late pumpkins and leave in a sunny spot to dry before storing. As autumn approaches, chill daffodils, anemones and ranunculus before planting in moist prepared soil. Sit back and enjoy late summer in your ever-changing garden.



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## Torbay Community Garden is Thriving!

In November St Marys By The Sea at 158 Deep Creek Rd said they had land available on their site for a garden to benefit the whole community.

They envisioned a space for individuals and families to grow nutritious vegetables, flowers and fruit. This could be for themselves or to share with others.

So they offered their quiet restful garden setting and many of you decided to be part of this venture.

As you see much progress has been made in this venture, which offers such a unique opportunity.

Anyone wanting to know more please contact Clayton 0224772193



# Rotary Summer Science Forum

The Rotary Summer Science Forum has been going for over 30 years at 3 tertiary institutions and is designed for year 12 students who are going back to Secondary School for their last year.

This year Rotary Browns Bay, after 36 years in existence, has never had 3 very talented young girls participate in the 2 weeks in January.

Altogether 174 students from throughout NZ participated in some 14 modules of science and also had a chance to visit one of a number of businesses around this Auckland area. Mikayla Robson visited the Watercare Laboratory Services, Issy Lawrence visited Design for Additive Manufacturing Facility in the University and Ella Bowerman visited TVNZ.

All will be attending University somewhere in New Zealand next year. All 3 talked of their experiences at the Rotary Browns Bay meeting a week ago. The future of our country is in good hands with talent such as these.



From Left: Mikayla Robson, Issy Lawrence, Ella Bowerman.

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# Torbay Aesthetics

**W**e are Torbay Aesthetics, the new Medical Aesthetic Clinic at Torbay skin offering Appearance medicine and medical skin treatments.

Meet doctor Jenni Irvine our cosmetic physician. Dr Jenni is a GP with a special interest in Dermatology, which led to her involvement in Appearance medicine.

"I have always loved being a GP, feeling that I am making a difference in people's lives and was initially reticent to get involved in Appearance medicine.

My first Botox treatment completely changed my attitude to Appearance medicine. My friends noticed an immediate difference in me. It was not the Botox, as we know that takes 2 weeks to work, but it was my change in confidence. This confidence was perceived by those around me as being more attractive, happier and less tired. I felt empowered that I could manage my ageing process. I am not afraid of ageing and embrace the sense of self-acceptance and confidence I feel as I get older BUT it was so empowering to be in control of this journey on my face. We are judged by the way others see us. How they see us is a reflection of how we see ourselves and our confidence. If I can contribute



to someone's confidence by making them feel the best possible version of themselves then I have been successful. My work doesn't only apply to the ageing process but also to the treatment of scars, burns, facial muscle spasms and other medical conditions.

Having had this personal experience, I was motivated to be the best, to deliver this same sense of confidence to my patients. The science and art behind Appearance medicine has evolved as the specialty has grown. We better understand the ageing process of the face, body, and our tissues. These constant scientific developments are making Appearance medicine an exciting and evolving field of medicine to be involved in. I am constantly studying and updating my knowledge in this rapidly changing field. I have been trained by many of the world's best injectors and continue to strive to improve my ability. In South Africa, I spent the last 10 years teaching, training and mentoring my

colleagues in Appearance medicine. I am now in my 15th year of injecting and am still passionate about what I do.

I believe in maintaining a natural look. If I have treated you, and your friends comment on how great you are looking and ask if you have been on holiday, lost weight or changed your make-up or hair and can't see you have had Botox or Filler then I have done a good job.



A medical aesthetic clinic offering appearance medicine and skin health.

- Anti-wrinkle treatments
- Dermal filler
- Chemical Peels
- Dermal needling
- Skin health



The Aesthetics Centre – Torbay

1050 Beach Road, Torbay 0630

Contact us: 021 082 51652 or  
info@torbayaesthetics.co.nz

# Torbay Historical Society

Building in the 1960's – Deep Creek Road

**B**efore moving into the new house we had a rain-water tank installed. This was a below ground level concrete tank that also served as a house frontage verandah. The water capacity was about 2000 gallon.

'Next immediate purchase was the 'out-door' sentry box lavatory. Then we got busy with other priorities preparing a kitchen/dining area. We bought a cooker and a fridge- both on 'lay-by': then we employed a plumber to install a kitchen sink – plus bench area.

'I bought a cylinder for holding and heating water. We put this on the kitchen bench where it would be in constant use repeatedly filling it with water from the tank at the verandah.

'We bought a second – hand bath, placing this on the –'verandah! The bath was a requisite carried in for ablutions and while in place on the verandah it was where I did the family wash –kneeling at my work. For this chore I carried out buckets of hot water from the kitchen water-heater, mixing it

Further along Deep Creek Road – 1970's

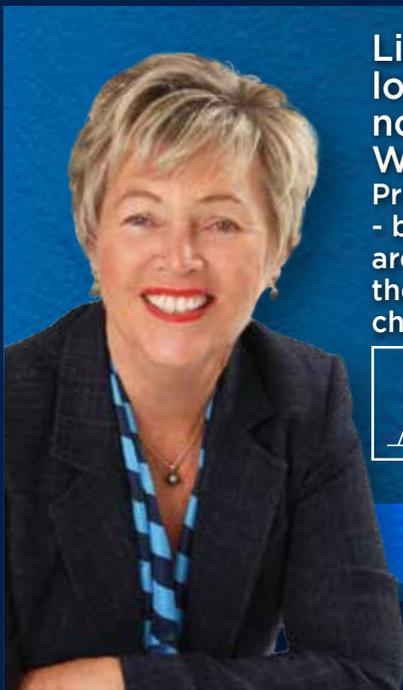


with cold water which I lifted from the tank. I did the washing all by hand and when I was finished a sideways tilt to the bath washed the water away down one of our home made drains. Everybody those days saw to their own storm water drainage – the practice at the time was to dig narrow ditches all round the borders of ones

section which channelled the water away to the roadside.'

This was written by Peggy Hyslop, a resident of Torbay in 1950- 60's. She wrote her story and gave it to us in 2009. Her son rang to tell us that she had just passed away at the age of 96. There is a lot more to her story. Stories such as these will be most interesting for the younger children as they study the local history with the new curriculum. Our society is able to help with this.

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



**Living and Working locally for over 25 years nobody knows Torbay/Waiake better than me!** Properties are in strong demand - buyer volume on a high! If you are thinking of selling, now is the perfect time... call me for a chat!



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# WELCOME TO 2021!!

Our beautiful customer, Elaine Stevens modelling our Cayman shirt dresses and Bolgheri pants and linen top from the sunny shores of Bermuda.



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## Berberine: A Multi-Talented Herb

### Gut Health:

Don't you just love it when an old friend turns out to have 101 extra talents that you didn't know about? That's how I feel about berberine. I have always known about the benefits of berberine in improving bowel function, especially in treating stomach bugs. Just recently, a customer called out to me in my pharmacy and said that she had tried many things for many years, but it wasn't until she tried berberine that her diarrhoea improved. No surprises there for me because berberine is perhaps best known for its ability to kill weird bugs in the gut.

### Heart Health:

The interesting part of the case of improved diarrhoea is that I recommended berberine to her to improve her cholesterol. I didn't even know she had irritable bowel syndrome. But it seems I managed to kill two birds with one stone. Berberine is very powerful in improving cholesterol levels. I have had patients who have had their bad cholesterol levels drop by 50%. It has also shown promise in improving high blood pressure, and may have benefits in preventing heart attacks and abnormal heart rhythms.

### Cancer:

I was listening to a podcast by Jane McLelland recently about new ways to treat cancer. Her view is that we need to hit cancer hard with many drugs (both cancer drugs and others)



as well as supplements, diet, and exercise. She mentioned that berberine was in her favourite supplements list. This really peaked my interest, so now my ears are tuned in to any mention of berberine in the health world.

### Diabetes:

Berberine may also have benefits in helping to manage blood sugar and reducing insulin resistance (pre-diabetes).

### The List Goes On:

Other potential uses for berberine include anxiety, depression, alcohol withdrawal, gingivitis, and psoriasis. If by now you are thinking "this is too good to be true" then I don't blame you. I can't tell you exactly why berberine has so many benefits on so many body systems. But it does. It seems to act at a base level of metabolism which underlies so many diseases.

### No Magic Pill:

I personally don't believe in magic pills. Instead, I believe that radiant wellness is achieved with a good diet, exercise, and mind-balancing practices such as meditation. However, sometimes we need a little friend to give us a helping hand. Maybe berberine is the little friend you need. Feel free to pop into Torbay Unichem Pharmacy to chat to our health coaches about whether berberine might be helpful for you.



**NUTRITION  
MEDICINE™**

# Torbay Theatre

## THIS MONTH:

In the *Belly of the Dragon*, an original play largely produced by Torbay Theatre youth (teens & 20s), is a fun show that tells the story of five people - a princess who gets swallowed by a dragon, and three knights and a squire who try to rescue her, but only succeed in getting swallowed themselves. What happens when an arrogant knight and a strong-willed princess go head-to-head? Or when four people are trapped with an aspiring bard whose talents don't live up to his ambition? Will they escape the dragon? Or will their bickering keep them trapped forever?

## BOOK NOW!!

25th, 26th, & 27th of March at 7:30pm

28th of March at 2pm

(Suitable for teens and adults).

**Notice is hereby given that the TORBAY THEATRE AGM will be held on Tuesday 30th March at 7:30pm, in the Gate Theatre (see below for address).**

**CLUB NIGHT:** Saturday 13th March, 7:30pm

Club members entertain with a variety of short acts, from Puccini to Python. All welcome.

## ACTT Theatre Awards

Torbay Theatre has once again been honoured richly: *Oklahoma* received 12 nominations!

## LATER THIS YEAR:

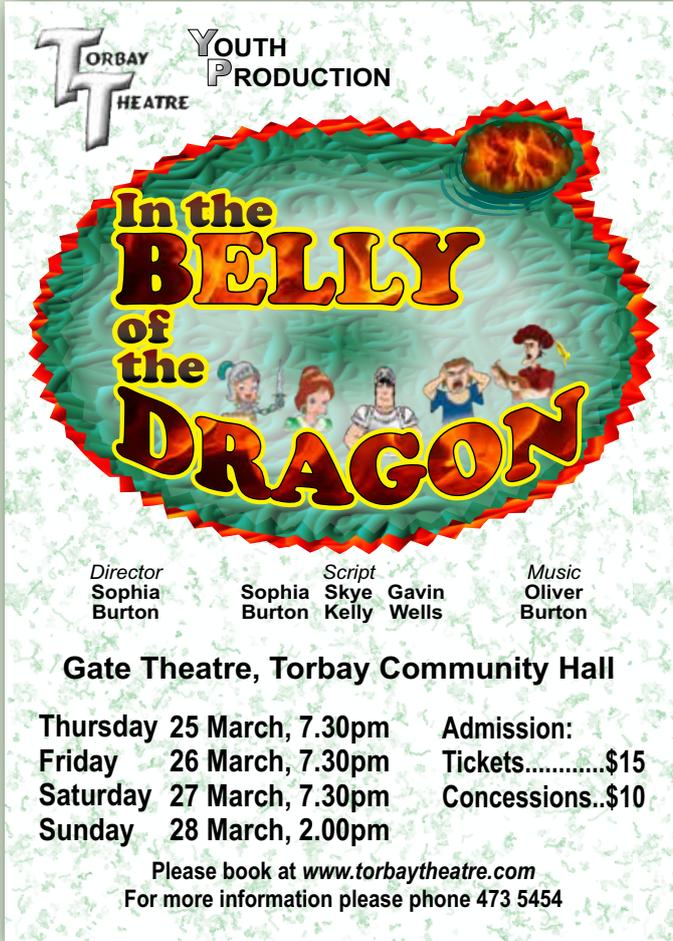
July-school-holiday play for the very young, and, for the grown-ups, Alan Ayckbourn's comedy, *Life and Beth*, a modern take on Noël Coward's *Blithe Spirit*.

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: "Everyone deserves a voice." phone Jacqué Mandeno, 027-522-7836.

Want to perform in French at our next Club Night? Contact Lynette, 0210-294-0630.

**Bookings & Information:** [www.torbaytheatre.com](http://www.torbaytheatre.com) Facebook / ph 473 5454.



**Director**  
Sophia Burton

**Script**  
Sophia Skye Gavin  
Burton Kelly Wells

**Music**  
Oliver Burton

**Gate Theatre, Torbay Community Hall**

<b>Thursday</b>	<b>25 March, 7.30pm</b>	<b>Admission:</b>
<b>Friday</b>	<b>26 March, 7.30pm</b>	<b>Tickets.....\$15</b>
<b>Saturday</b>	<b>27 March, 7.30pm</b>	<b>Concessions..\$10</b>
<b>Sunday</b>	<b>28 March, 2.00pm</b>	

Please book at [www.torbaytheatre.com](http://www.torbaytheatre.com)  
For more information please phone 473 5454

  
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[www.torbaytheatre.com](http://www.torbaytheatre.com) Facebook @TorbayTheatre  
ph 473-5454 35 Watea Rd, Behind the Torbay Shops

# Torbay Dance Studio

Is Not Afraid To Shake Up Tradition.



Since Step Beyond Studios opened its doors in 1995, Step Beyond has worked within a philosophy that pushes against mainstream ideals and chooses collaboration over competition. By shifting away from stressful exams, tense competitions and a grade based structure Step Beyond feels it is more important to focus on fostering a nurturing, supportive environment for each and every student, no matter their goals.

Whether a child has dreams of dancing in Swan Lake or is more interested in seeing how fast they can spin, dance has a range of benefits and purposes for children and their families. Dance provides an incredible opportunity to increase self-confidence, coordination, spatial awareness and fitness. Dance is a great way to create social bonds, increase body awareness, memory recall, and creates dynamic interactions between the brain hemispheres, aiding those tricky maths equations at school.

But why move away from the traditional competition based format? Step Beyond founder, Marian McDermott experienced, witnessed and researched the negative effects of intensive competition within dance environments. Through careful planning, Marian developed a program which replaces the unnecessary stress of exams and competitions with healthy alternatives designed to strengthen the self-belief and passion of the dancer.

Students perform on stage in the huge annual show, present class work for their fellow dancers, friends and family throughout the year, along with other community performance opportunities. Step Beyond offers opportunities to extend the most dedicated students by inviting them to be a member of the youth dance company, One Step Beyond.

This approach promotes positive mental health in young people, high self-esteem and self-confidence and



also develops a sense of community within the studio. The buzz during the performance season is incredible.

This philosophy works. Step Beyond Studios has had many students move on to tertiary training and professional careers in dance in NZ and internationally.

Enrolments for 2021 are now open. For more information visit us at: <http://www.stepbeyond.co.nz/>

Instagram: @stepbeyondstudios  
Facebook: @StepBeyondStudios



## Torbay Business Association



We are introducing a reward scheme for all the supporters of our local businesses.

Every time you spend \$15 collect your sticker (one per transaction) and stick on your loyalty card.

When you have 5 collect your cup from Toroa Street Institute (opposite Scout Café)



Collect 5 stickers at participating Torbay shops and bring to The Centre of Research Excellence, 8 Toroa St, Torbay to collect your free Torbay Reusable Coffee Cup (Whilst stocks last).

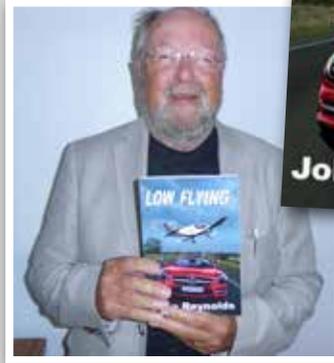
TORBAY  
TORBAY BUSINESS ASSOCIATION

# New Kiwi Crime Novel

Torbay author John Reynolds has just published *Low Flying*, his new crime novel

Set primarily in Auckland, but also in Russia and Afghanistan, it's a story of action, adventure, crime, romance and betrayal

Several years ago, Reynolds had a number of flying lessons at the North Shore Aero Club. He realised that flying a light aircraft was a challenging and not without its dangers. Although he didn't continue the lessons the experience motivated him to write a novel, centred around light aircraft flying. This developed into a story involving a flying instructor who is using light aircraft to smuggle medical drugs into New Zealand, a Russian crime boss who tries to muscle in on the operation, a young pilot who is determined to stop him, a beautiful young woman who becomes



the focus of jealous rivalry, and a final pursuit of a fast Mercedes Benz by a light aircraft along

State Highway 16 from which there can only be one survivor.

*Low Flying* is an entrant in the 2021 Ngaio Marsh Awards for crime, mystery and thriller writing.

*Low Flying* is Reynolds' fourth novel. If you'd like a signed copy, visit his stall at the monthly Torbay Market or email him at [jbess@xtra.co.nz](mailto:jbess@xtra.co.nz). It can be viewed and downloaded from Amazon as a print book or eBook on <https://tinyurl.com/y3azfvkn>

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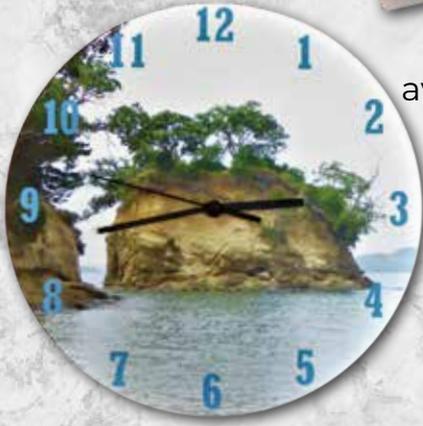
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[editor@torbay.co.nz](mailto:editor@torbay.co.nz)

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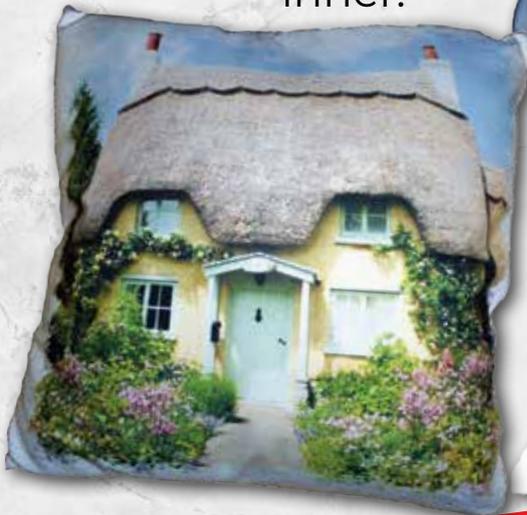
## Some of our range of cushions



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Property and Marketing Consultant

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# Meet your lovely local Dentists at Floss Dental Boutique

**Dr Daniel Hauptfleisch**



Hi I'm Dan.  
I was born in South Africa and moved to NZ when I was 10.

I graduated from Otago in 2007 and started working in Palmerston North hospital, in their Oral Maxillofacial Surgery department, where I learnt a lot of my advanced surgical knowledge.

After that I moved to Auckland to pursue a career in the private sector. I love talking to people and helping people get over their fear of the dentist.

I'm always pursuing extra training and have completed training in Australia for placing implants and orthodontic treatment.

In my spare time, I spend time with my family and I love anything with a motor in it. You're welcome to start any conversation that involves motorised vehicles with me at any time.

If you need your wisdom teeth removed, dental braces or dental implants, then look no further.

**Dr Kellie Houlahan**



Ever since I was eleven I wanted to be the dentist that everybody loved. That determined me never changed her mind and thankfully I still love it after 14 years. I graduated from Otago University in 2007, was an Oral and Maxillofacial house surgeon at Waikato hospital and worked at North Shore dental for 8 years before opening 3 dental clinics on the North Shore in the last 3 years.

I'm a perfectionist that loves design and am extremely proud of how homely and relaxing both Floss clinics are. I'm known for my gentle hands, happy humming and describing everything I'm doing while working.

Dan is my husband. We have two young adventurous boys, a mini schnauzer, bearded dragon and tropical fish. When we need to slow life down you'd find us at home in Coatesville or off boating with the boys.

**Dr Richard Choi**



I grew up on the North Shore and attended Westlake Boys high school before moving to Australia and graduating from James Cook

University with a BDS in 2014. I gained valuable experience working in remote parts of Australia, with a focus on rural and indigenous health, followed by a period working in a private practice in metro Brisbane. After those years in Australia, I am glad to be working in the area I'm familiar with. It is great to see the new developments in Long bay and to be part of the growing local community and provide quality care.

I have a holistic approach to dentistry and am also passionate about fitness and nutrition, as well as helping patients understand the many links between oral health and systemic health. Outside of dentistry, I enjoy going to the gym, discovering new cafes and restaurants and going on long road trips.



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Gum disease increases a persons risk of Heart Disease by about 20%



Lemon juice (pH2) is almost as acidic as Battery acid (pH1)  
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If your toothbrush bristles flare out then your brushing too hard!



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G02/57 Glenvar Ridge Road, Long bay Village

# Torbay ART AND CRAFT Market

If you have never been along to the monthly Art and Craft market then you are missing a treat. The first Saturday of each month.

In February we were fortunate to have local well known artist Lance O’Gorman come along and paint. To watch the view of the tor at Waiake come to life as his brushed moved was poetry in motion.



There are many other stalls too. Everyone designs and makes their own things so it is truly local made.



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# Torbay Medical



## DR MICHAEL LEONG

It is with great pleasure that we would like to introduce Dr Michael Leong who has joined the team at Torbay Medical Centre

Originally from Malaysia, Dr Leong has been living in NZ for the past 15 years.

Since Dr Leong graduated from Medical School at Auckland University in 2007, he has had the experience of working at various general hospitals in the Auckland region until 2017.

Dr Leong mostly worked as a Medical Registrar across various medical specialties of cardiology, respiratory, renal, gastroenterology, geriatrics, and internal medicine.

Dr Leong then joined the Royal College of New Zealand General Practitioners in 2019 and is currently working towards his Fellowship.

Dr Leong thoroughly enjoys working as GP in the community, especially being able to provide the continuity of chronic care to our expanding elderly population.

Dr Leong can communicate with patients in Mandarin, Cantonese, English, and Malay.

Dr Leong lives locally with his wife and 2 young children. Outside of work Dr Leong loves to travel and explore new varieties and types of foods around Auckland.

If you would like to book an appointment to see him, please do not hesitate to call the medical centre and book a convenient time.



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"

TorbaySkin

A photograph of a wooden workbench with a hammer and several nails scattered on it. The hammer is the central focus, lying diagonally across the frame. The text is overlaid on this image.

**Men, do we need to hammer it home?!**

**In New Zealand, you have a higher chance of getting skin cancer than prostate cancer.**

**Call 09 477 1111 to book your full skin cancer check**

---

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



# JULIA PARFITT & ALEXIS POPPELBAUM

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

## Where should we plant trees?

We want your suggestions on some good locations for planting trees in public spaces. The Hibiscus and Bays Local Board will be planting at least 120 trees each year to improve the overall tree canopy cover we have and to combat the loss from private properties and developments.

The emphasis will be to plant appropriate species of specimen trees in parks with playgrounds and local streets that could provide green corridor connections between parks.

If you have location suggestions:

Use this easy to use form to pinpoint the exact area (it refers to reporting a problem, but this is how the team want to receive the information): [www.aucklandcouncil.govt.nz/report-problem/](http://www.aucklandcouncil.govt.nz/report-problem/)

In the comments section please type: *'this is a suggested location for tree planting under the Urban Ngahere Action Plan'*.



Presenting to Auckland Council's Environment and Climate Change Committee

## Advocating for a recycling centre on the North Shore

We've been working with neighbouring Local Boards like Upper Harbour and advocating for a central North Shore community recycling centre (CRC). There are 9, soon to be 12, CRCs across Auckland. For us, the closest is a half-hour drive away, in difficult locations like Devonport.

Auckland Council has updated their strategy for the Resource Recovery Network which we gave extensive feedback on. The plan is to expand to 23 facilities by 2031.

Recently, we presented to the Mayor and Councillors at the Environment and Climate Change Committee. We advocated that a large facility on the North Shore can achieve a significant reduction of waste to landfill and would recover high-value materials too. We also have established community organisations willing to run it, location options, and eager residents who would make the most of a facility like this.

We'll continue to keep the pressure on so that our community has good access to facilities that will contribute to less waste entering landfills.



# Sticky Toffee Pudding

*Everyone loves a stick to your ribs pudding.*

## Ingredients

- 1 cup plus 1 tablespoon all-purpose flour
- 1 teaspoon baking powder
- 3/4 cup pitted dates
- 1 1/4 cups boiling water
- 1 teaspoon baking soda
- 1/4 cup unsalted butter, softened

- 3/4 cup granulated sugar
- 1 large egg, lightly beaten
- 1 teaspoon vanilla

## Toffee Sauce

- 1/2 cup unsalted butter
- 1/2 cup heavy cream
- 1 cup packed light brown sugar
- 1 cup heavy cream, whipped

## Directions

Preheat oven to 350 degrees. Butter a 10-inch round or square baking dish. Sift the flour and baking powder onto a sheet of waxed paper. Chop the dates fine. Place in a small bowl and add the boiling water and baking soda; set aside. In a bowl of electric mixer beat the butter and sugar until light and fluffy. Add the egg and vanilla; beat until blended. Gradually beat in the flour mixture. Add the date mixture to the batter and fold until blended with a rubber spatula. Pour into the prepared baking dish. Bake until pudding is set and firm on top, about 35 minutes. Remove from oven to a wire rack.

## Toffee Sauce

Combine the butter, heavy cream and brown sugar in a small heavy saucepan; heat to boiling, stirring constantly. Boil gently over medium low heat until mixture is thickened, about 8 minutes. Preheat broiler. Spoon about 1/3 cup of the sauce over the pudding. Spread evenly on top. Place pudding under the broiler until the topping is bubbly, about 1 minute. Serve immediately spooned into dessert bowls. Drizzle with toffee sauce and top with a spoonful of whipped cream.



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**Geraldine Zareian**

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10 Ilam Lane, Albany Sold December 2020	32 Weatherly Road, Torbay Sold December 2020	127e Browns Bay Road Sold December 2020	524 Glenfeld Road, Glenfeld Sold September 2020	147 Lyons Avenue, Murrays Bay Sold September 2020	230 Glenvar Road, Torbay Sold September 2020
<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>
218 Strabo Place, Mairangi Bay Sold December 2020	218 Knights Road, Rothesay Bay Sold December 2020	10 Wylie Avenue, Sunnynook Sold December 2020	76b Glamorgan Drive, Torbay Sold September 2020	19 Odlin Lane, Red Beach Sold September 2020	72a Carlisle Road, Browns Bay Sold September 2020
<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>
78 Woodlands Cr, Browns Bay Sold November 2020	14b Keldale Place, Forrest Hill Sold November 2020	1176 Hebron Road, Waikae Sold November 2020	14 Lomas Way, Albany Sold September 2020	21774 Beach Road, Browns Bay Sold October 2020	64b Seaview Road, Glenfeld Sold August 2020
<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>
111 Glenvar Road, Torbay Sold October 2020	25A Marina Road, Torbay Sold October 2020	210 Mawson Avenue, Torbay Sold October 2020	653 East Coast Rd, Browns Bay Sold August 2020	5169a Woodlands Cr, Browns Bay Sold July 2020	2116 Orchard Rd, Browns Bay Sold July 2020
<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>	<p><b>SOLD</b></p>
29 Fordham St, Beach Haven Sold October 2020	127b Browns Bay Road Sold October 2020	19a Linwood Ave, Forrest Hill Sold October 2020	4161 The Avenue, Albany Sold June 2020	113 Pannill Place, Oteha Sold June 2020	76 Te Oneroa Way, Long Bay Sold June 2020

# What **landlords** need to know! New rules for renters

Protect your investment, maximise your returns. As your local property management experts we would love to help you reap the rewards of your hard work and make looking after your property our **number 1 priority**.

Here is a brief overview of what you need to know under the Residential Tenancies Amendment Act 2020 which took effect this month!

- **Heating to 18°C**  
Must have fixed heating devices in all living rooms
- **Insulation - 120mm thick**  
Must have ceiling and underfloor insulation (where possible)
- **Ventilation**  
Kitchen - extractor fan  
Bathroom - extractor fan  
Opening windows in the lounge, dining room, kitchen, bathroom and bedroom
- **Moisture and drainage**  
Guttering, downpipes and drains must be sufficient  
All enclosed sub-floors must have a moisture barrier (if possible to install)
- **Draft stopping**  
No unnecessary gaps or holes in walls, ceilings, windows, floors and doors that cause noticeable drafts  
Unused chimney and fireplaces must be blocked

**Too hard, too complicated?** Give us a call we are here to help  
- Sharee, Corrin, Kelvin and Casey

**Average rent**

Torbay \$529-\$710

Longbay \$770-\$900



**Sharee Adams**  
Branch Manager  
021 146 220



**Corrin Hand**  
Property Manager  
027 431 9696



**Kelvin Zuo**  
Property Portfolio Manager  
027 809 6687



**Casey Morris**  
Property Management  
Assistant  
027 258 6096

Torbay 09 473 9190  
[barfoot.co.nz/torbay](http://barfoot.co.nz/torbay)

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**BARFOOT  
THOMPSON &**  
PROPERTY MANAGEMENT

## Monthly Quiz

Answers on Page 33



COURTESY OF  
ROTARY BROWNS BAY  
[brownsbayrotary.co.nz](http://brownsbayrotary.co.nz)

1. What is the world's northern most capital city?
2. What is the hard tag at the end of a shoelace called?
3. What substance is fermented to make alcohol?
4. Which South African cricketer was banned for life in 2000 for match fixing?
5. How many 'pips' are there on the Greenwich Time Signal (National RNZ on the hour)?
6. What is the largest island in the Mediterranean Sea?
7. What is the French word for duck?
8. Who did pop singer Debbie Rowe marry?
9. Sand consists of silicon and what other element?
10. What is the name given to a cow that has not had a calf?

# Tides Mar 2021 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW				
Mon 01	03:27	0.6m	09:40	3.6m	15:56	0.7m	22:08	3.5m	
Tue 02	04:13	0.6m	10:28	3.6m	16:43	0.6m	22:55	3.6m	
Wed 03	05:00	0.6m	11:16	3.6m	17:31	0.6m	23:43	3.5m	
Thu 04	05:50	0.7m	12:05	3.6m	18:20	0.7m			
Fri 05			00:33	3.5m	06:42	0.8m	12:56	3.5m	19:11
Sat 06			01:27	3.4m	07:38	0.9m	13:49	3.3m	20:05
Sun 07			02:25	3.3m	08:39	1.1m	14:46	3.3m	21:05
Mon 08			03:29	3.3m	09:43	1.1m	15:48	3.2m	22:10
Tue 09			04:34	3.3m	10:48	1.2m	16:52	3.1m	23:16
Wed 10			05:37	3.3m	11:49	1.1m	17:57	3.1m	
Thu 11			00:18	1.1m	06:34	3.3m	12:46	1.1m	18:56
Fri 12	01:13	1.0m	07:27	3.3m	13:38	1.0m	19:50	3.3m	
Sat 13	02:02	1.0m	08:15	3.3m	14:26	1.0m	20:38	3.3m	
Sun 14	02:46	0.9m	08:59	3.4m	15:10	0.9m	21:22	3.3m	
Mon 15	03:27	0.9m	09:41	3.4m	15:51	0.9m	22:02	3.3m	
Tue 16	04:06	0.9m	10:21	3.3m	16:30	0.9m	22:39	3.3m	
Wed 17	04:43	1.0m	11:00	3.3m	17:07	0.9m	23:16	3.3m	
Thu 18	05:21	1.1m	11:37	3.3m	17:44	1.0m	23:52	3.3m	
Fri 19	05:59	1.2m	12:15	3.2m	18:22	1.1m			
Sat 20			00:30	3.2m	06:41	1.3m	12:54	3.1m	19:03
Sun 21			01:11	3.1m	07:26	1.3m	13:36	3.0m	19:47
Mon 22			01:59	3.0m	08:18	1.4m	14:23	3.0m	20:38
Tue 23			02:54	3.0m	09:15	1.4m	15:16	2.9m	21:36
Wed 24			03:54	3.0m	10:14	1.4m	16:16	2.9m	22:39
Thu 25			04:55	3.1m	11:13	1.3m	17:19	3.0m	23:39
Fri 26			05:52	3.2m	12:08	1.2m	18:19	3.1m	
Sat 27	00:34	1.0m	06:45	3.3m	13:01	1.0m	19:15	3.3m	
Sun 28	01:26	0.9m	07:36	3.4m	13:52	0.9m	20:07	3.4m	
Mon 29	02:15	0.7m	08:25	3.5m	14:42	0.7m	20:57	3.6m	
Tue 30	03:03	0.6m	09:15	3.6m	15:31	0.6m	21:46	3.7m	
Wed 31	03:51	0.6m	10:04	3.7m	16:20	0.5m	22:35	3.7m	

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](http://www.holdenhealthcare.com) and [www.marionstobie.co.nz](http://www.marionstobie.co.nz)  
\*Not medical doctors, qualified & registered Complementary Health Professionals



## Brand new suites designed for dementia care

Aria Bay's new care centre has a limited number of elegant care suites exclusively for residents with dementia. These fully-furnished suites are designed to make living with memory loss easier and safer, while shared areas encourage interaction and enjoyment. A highlight is how the dining/lounge area flows out into a beautiful garden with a choice of sunny and shady spots for sitting.

Call Sharon on 0800 20 22 20  
or visit [ariabay.co.nz](http://ariabay.co.nz)



ARVIDA  
**Aria Bay**

An Arvida Living Well Community

Beautiful shared spaces

# Blast from the Past

What are these?  
Answers Page 33



A



B



C



D



E



F



G



H



**O**n 3rd December 2020 Heather celebrated 50 years of hairdressing from the same store in Hebron Rd!  
To celebrate they had a big party and a client wrote a poem to mark the occasion.

You can come for a haircut or straighten your hair,  
Try a bright colour if only you dare.  
A three-monthly perm? Maybe shampoo and set?  
Or delightfully styling your hair when it's wet?

What a wonderful team has worked through the years.  
They've heard all the gossip, the secrets, the fears.  
Perhaps it's the shampoos and lotions they try,  
But the customers leave with their heads held up high.

Do you think Covid can ruin this scene  
With lockdowns and face masks and things in between?  
Mopping and washing and spraying each day  
Proved they could keep every virus away.



Still going strong after so many years,  
Remember the laughter, the friendships, the tears.  
We're bringing good wishes from each boy and girl.  
Happy 50<sup>th</sup> Birthday to you, Comb and Curl.

HELEN REID



## What's on at East Coast Bays Library

8 Bute Road, Browns Bay Ph 09 486 8579

### Tea & Topics Talk

Wednesday 17 March  
2021 10:00am – 11:30am

#### *The Legend of Eileen Chang: her life, literary career & influence.*

Eileen Chang (1920-95) gained literary fame in Japanese-occupied Shanghai between 1943 and 1945. In 2006 the New York Review of Books published *Love in a Fallen City*, a collection of her short stories. In 2007, *Lust, Caution*, a film adaptation of Chang's 1977 short story directed by Ang Lee was released, bringing the author to a global audience.

Our speaker will be Dr Yu-Wen Chih (Asian Studies, University of Auckland), an independent researcher & the Chairperson of the Chinese Pen Club in Auckland. This free talk will be delivered in English. Everybody welcome.



# Through Our Eyes

## PHOTO COMPETITION 2021

### PRIZES

#### OPEN

**1st - \$100 Cash** Supplied by Torbay Unichem Pharmacy

**2nd - \$50 Cash** Supplied by Torbay Medical Centre

**3rd - \$25 Cash** Supplied by Torbay Medical Centre

#### YOUTH

**1st - \$100 Cash** Supplied by Torbay Unichem Pharmacy

**2nd - \$50 Cash** Supplied by Torbay Medical Centre

**3rd - \$25 Cash** Supplied by Torbay Medical Centre

#### PEOPLES CHOICE VOTE

**Winner receives \$50 Cash** from Torbay Unichem Pharmacy

#### VOTERS PRIZE

**Winner receives \$50 Cash** from Torbay Medical Centre

## TO ENTER

Photos can be taken any time prior or during the entry window, by anyone, but must be taken in or around Torbay - this includes the area of Long Bay and Waiake. Private properties, businesses within the village, the Village, beach or park). Events within Torbay – ie: Santa Day.

“Through our Eyes” community photography competition is an initiative of The Torbay Business Association. Entries will be displayed in Torbay in April 2021 (MAC) for people to go and vote for their favourite Photo. This Gallery is then an opportunity for locals to vote, by way of email or a voting box for the “Peoples Choice award” for the Through our Eyes competition.

**All Entries can be emailed to  
coordinator@torbay.co.nz  
and must be received by 1 April 2021.**

*no more than 5 entries per person will be accepted.*

*Note: The photo does not have to be taken within the dates above, just submitted by the 1st of April 2021.*

All photographs submitted remain the property of Torbay Business Association, and may be used to promote local events and Torbay Village.

Winners – will be notified via phone, and prizes awarded. Prize winners may be photographed, and promoted within the Torbay Village Magazine, The Torbay Village Website, and Facebook page.

A photo entry must include the following information:

- Photographers Name
- Age (If in Youth or Child Category)
- Category entered
- Location photo was taken
- Description

**Unichem**  
Your local health professional

**TorbayMedical**

**Hibiscus and Bays  
Local Board**  
Auckland Council

**TORBAY**  
more than a place - a lifestyle

Get involved and capture Torbay through your eyes!



# Funding available for your conservation project

## Restore Hibiscus & Bays

The Restore Hibiscus & Bays Volunteer Initiatives Programme (VIP) provides funding to individuals, groups, neighbourhoods and schools wanting to carry out short-term projects to eradicate pests, restore native habitats and improve water quality across public and private land in the Hibiscus & Bays Local Board area. This is specifically for projects that would be difficult to find funding for elsewhere, for example because they are on school land or private land along streams.



Local cubs tackling ivy strangling a native tree

Communities can apply for funding up to around \$3,000 for a project that they have identified as important to the conservation and restoration of native biodiversity in their area. In 2021, there is a total of \$40,000 available in for pest plant control that is too difficult for volunteers to tackle on their own and that will require professional eco-contractors to undertake the initial control. We also have \$10,000 that can be allocated to other kinds of restoration projects, such as native planting.

We are particularly encouraging schools within the East Coast Bays and Hibiscus Coast to apply for VIP funding to help them to become pest-free schools. If you are connected to a local school in some way, please think about how you might be able to use this funding.

If required, the Restore Hibiscus & Bays staff team can support all VIP-funded projects with technical advice, pest control plans and coordination of eco-contractors.

The deadline for applications is Monday 19 April. Download the overview brochure and application form from [restorehb.org.nz/resources-funding](http://restorehb.org.nz/resources-funding).

[restorehb.org.nz](http://restorehb.org.nz)  
[info@restorehb.org.nz](mailto:info@restorehb.org.nz)



Student controlling pest plants in school bush

# PIG OUT ON PRINT WITH US

We're local and will beat your print quote by

\*conditions apply

# 15%\*



CALL US TODAY 021 760 498



[nicky@enlo.co.nz](mailto:nicky@enlo.co.nz)  
[www.enlo.nz](http://www.enlo.nz)  
Torbay



ENTRY BY GOLD COIN DONATION

[sales@aucklandmamamarket.co.nz](mailto:sales@aucklandmamamarket.co.nz)

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





## TOP MARKS FOR LONG BAY COLLEGE'S 2020 ACADEMIC RESULTS

Senior students at Long Bay College who completed NZQA Scholarship and NCEA exams in 2020 have achieved some of the school's best academic results to date.

"We are absolutely delighted with the outcomes," says Long Bay College Principal, Mr CJ Healey. "In the face of lockdown, we were very proactive with our processes and procedures to ensure students remained supported at every level. Our staff worked hard to offer our students every opportunity to succeed, and they absolutely have in what was a very tough year."

Three NZQA Outstanding Scholarships were awarded to students, along with numerous Scholarships earned across 17 different curriculum areas of the school.

"Witnessing year on year growth of our students academic success within the top 3% of the nation's best scholars is such an achievement," says Long Bay College



Principal, Mr CJ Healey. "We're thrilled to see so many Year 13 students earn Scholarships and we also supported students in Years 11 and 12 to succeed at Scholarship levels as well, which is really impressive."

At NCEA Levels 1 to 3, Long Bay's student success rates ranged between 94 to 96 percent, which was a significant increase on previous years.

## A new space fit for budding builders

The redevelopment of Long Bay College's Wood Technology building, which was gutted by a devastating fire in 2017, has been completed in time for the start of the 2021 academic year. Students and staff couldn't be happier with the modern, bright and airy classroom.

"I'm really proud of the state-of-the-art building we've created. It was worth the wait. There was a silver lining [to the fire]," says Mr Jeff Evans, Long Bay College's Wood Technology teacher.

Teaching staff had a lot of input into the building's design which includes a high efficiency ventilation system, light and heat sensors and a large balcony area which extends the learning space.

"We've created a healthy workspace for our students which they are so inspired to learn in. The room is bigger, which enables our students

to create larger, more complex and collaborative projects and we've been able to incorporate more equipment so students can have more time on the machines," said Mr Evans.

The school's Head of Technology, Mr Steven Dymock, says, "Studying Wood Technology is such a great platform for students to begin their vocational pathway. Students' can express their creativity, learn problem solving techniques and practical life skills." He adds, "I meet many former students who attribute their career success in the trades

to their time studying Wood Tech at Long Bay. Now, with an exciting, new learning space, we're able to accomplish even more with our students."

The Wood Technology building has been named the 'Bourdöt Building' as a tribute to the College's former Head of Technology, Mr Paul Bourdöt who taught at the school for 35 years.

The building was blessed by Matua Hama McNeill at the start of Term One and an official opening will be scheduled in the coming months.



Mr Jeff Evans and Mr Steve Dymock with their senior class

# 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

**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. jdpropertieservices.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!

**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<sup>+GST</sup> per 7 words**  
**SMALL  
ADVERTS**  
starting from just  
**\$60<sup>+GST</sup>**

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

## Blast from the Past- what are these?

- A Outside privy (toilet)
- B Wireless
- C Skiffle board used to wash clothes
- D Birthing stool.
- E Cassette tape to play recordings on a tape recorder
- F Game of hopscotch.
- G Hand powered saw
- H Mangle to wring clothes on wash day.

## Quiz Answers

1. Reykjavik is the capital of Iceland
2. The hard tag on a shoelace is an aglet.
3. The substance fermented to make alcohol is sugar.
4. The South African banned for life for match fixing was Hansie Cronje. He died in an aviation accident 2 years later.
5. There are 6 pips for the Greenwich Time signal (5 short and 1 long).
6. Sicily is the largest island in the Mediterranean Sea.
7. A duck in French is canard.
8. Debbie Rowe married Michael Jackson.
9. Sand consists of silicon and oxygen.
10. A cow that hasn't had a calf is a heifer.

# What's On

**Al-Anon Family Groups** – Support group for family and friends of alcoholics. Visit [www.al.anon.org.nz](http://www.al.anon.org.nz) or phone 0508 425 266

**Alcoholics Anonymous** – 0800229 6757 [www.aa.org.nz](http://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** - Welcome all interested interested in the upcoming March 2021 lessons Please contact "lessons@ecbbridgeclub.co.nz" or phone Helene 027 296 3365

**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](http://www.thebodytonicgroup.com) - 021 204 3280 [lscott@thebodytonicgroup.com](mailto: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

**Ladies Exercise Group** – 10-11 Mondays at Long Bay Baptist Church Glenvar Rd

**North Shore Activity Group** – Welcomes singles/couples 40+. Phone Christina 021 887 696 or [www.meetup.com/north-shore-activity-group](http://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](mailto: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](mailto: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](http://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

## TORBAY BUSINESS ASSOCIATION



## 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 Centre .....477 9000  
Waiake Medical Centre .....478 7660

### MEDICAL TESTING

Community Laboratory  
- appts needed .....473 1908

### PHARMACY

Torbay Pharmacy .....473 9629 or 473 0730

### PHYSIOTHERAPY

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

### PODIATRIST

North Shore Foot Clinic .....021 0322 856



## SERVICES

### DOG GROOMING

Dogs Body Grooming Parlour .....473 1500

### GARAGE

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

### REAL ESTATE

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



## DINING

### RESTAURANT

Chand Indian .....473 6259  
Piatti Waiake.....478 6936  
Scout Cafe.....887 9269  
Thai Torbay .....473 1674  
Torbay Bar .....473 1002

### TAKEAWAYS

Sushi Torbay .....473 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 & Cuts .....473 8111  
The Cutting Room.....473 5241  
Foxy & Co.....473 2277

### MASSAGE

Jasmine's Thai Massage - ladies only  
..... 022 247 4753  
Nom Thai Massage .....473 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 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

## 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 021 084 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



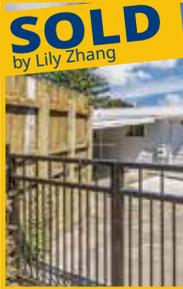
Barfoot & Thompson  
**Sales Team**  
 Browns Bay Branch 2020  
 Northshore Region 2020



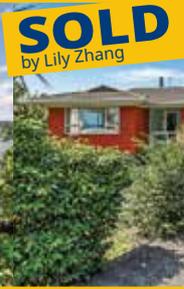
## Testimonial

Thank you Lily for selling our home. Your calm nature and professionalism made a potentially stressful process run smoothly. You were always available to answer our queries, to give feedback and explain the sales and auction process. We are very pleased with the result of our sale and we highly recommended Lily as a real estate agent to anyone looking to sell.

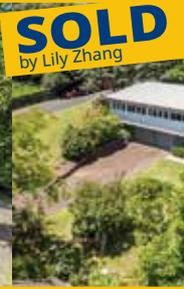
**Gabrielle and Nick**  
 2 Pinehill Crescent, Browns Bay



89A Arran Rd, Browns Bay



11 Oban Rd, Browns Bay



2 Pinehill Cres, Browns Bay



14 Eastwood Rs, Browns Bay



12 Remuremu Street, Long Bay

Ref. 804964

🚗 4 🏠 4 🚗 2



53 Oak Manor Drive, Albany

Ref. 805967

🚗 5 🏠 2 🚗 2



22 Para Close, Albany

Ref. 804927

🚗 6 🏠 5 🚗 2



2/732 Beach Road, Browns Bay

Ref. 797350

🚗 1 🏠 1



DDI 09 215 4206

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

E L.zhang2@barfoot.co.nz

[www.Lilyzhang.co.nz](http://www.Lilyzhang.co.nz)

**BARFOOT & THOMPSON**  
LICENSED REAA 2008

## TORBAY RESIDENTIAL SALES



**Wendy Radcliffe**  
Residential Sales  
021 772 070



**Nicki O'Sullivan**  
Residential Sales  
021 119 8153



**Alina Yang**  
Residential Sales  
021 608 219



**Kim Jin**  
Associate Salesperson  
021 395 888



**Leo Perwick**  
Residential Sales  
027 224 9527



**Kyra Perwick**  
Associate Salesperson  
027 311 7953



**Andrea Tavae**  
Residential Sales  
022 476 7273



**Ruby Duan**  
Associate Salesperson  
021 0246 8787



**Winnie Han**  
Residential Sales  
021 918 337



**Eve Huang**  
Associate Salesperson  
021 918 577



**Covian Wang**  
Residential Sales  
021 896 566



**Sue Yi**  
Residential Sales  
027 528 9143

## LONG BAY RESIDENTIAL SALES



**Dom Allan-Rae**  
Residential Sales  
021 873 678



**Susan Fan**  
Residential Sales  
021 138 1648



**Jin Cai**  
Associate Salesperson  
021 262 5288



**James Peng**  
Associate Salesperson  
021 180 4158



**David Dai**  
Residential Sales  
021 916 006



**Karin de Leeuw**  
Residential Sales  
027 270 2700



**Gina Gao**  
Residential Sales  
021 0236 7788



**Scott Larcombe**  
Residential Sales  
021 0822 3559



**Zheng Li**  
Residential Sales  
021 920 608



**Alex Mathew**  
Residential Sales  
027 358 8165



**Ronald Venturina**  
Residential Sales  
021 073 1617



**Jun Olis**  
Residential Sales  
021 066 9149



**Mon Tu**  
Residential Sales  
021 709 300

## RESIDENTIAL/RURAL SALES



**Tina Hao**  
Residential/Rural Sales  
027 688 5886



**Rene Vos**  
Residential/Rural Sales  
027 275 4321



**Eveline Vos**  
Associate Salesperson  
021 353 009



**Jennifer Anderson**  
Residential/Rural Sales  
021 177 5530



**Reuben Payn**  
Residential/Rural Sales  
022 086 5744

## PROPERTY MANAGEMENT



**Corrin Hand**  
Property Manager  
027 431 9696



**Kelvin Zuo**  
Property Portfolio  
Manager  
027 809 6687



**Casey Morris**  
Property Management  
Assistant  
027 258 6096

# Your local property experts

## New street record!

I have always loved this saying 'its not timing the market, but time in the market that counts'. This is so true!

Let's take a look at Cottam Grove Torbay and see what 'time' has done for this street.

In 1981, you could have purchased a three bedroom home for \$50,000 (barely a deposit these days!) Fast forward to today and Cottam Grove smashed out a **new** street record after five short days on the market!

27% higher than the last property to sell in this street, and the first time this street has cracked the **million dollar mark**. Would you like to guess what this new record is? (Take a sneak peak below).

I am so proud of my award winning team who are continually raising the bar and delivering outstanding results for our neighbourhood.

If you're considering your next move, call your local property experts, we are here to help.

New street record - Cottam Grove  
\$1,244,000



## Sharee Adams

Branch Manager  
021 146 220

Torbay 09 473 9190  
Long Bay 09 473 0712

**BARFOOT & THOMPSON**

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