

# TORBAY

NEWSLETTER

more than a place - a lifestyle

MARCH 2022

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## Love Long Bay?

campaign launched



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# Love Long Bay? Take your trash away



Kaua e paru  
Don't litter

Sponsored  
by

Geraldine Zareian  
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## Love Long Bay? Take Your Trash Away

Gary Coughlan has been walking the length of Long Bay beach and Okura reserve since 1979. His dog Jack loves their hour-long evening walks. But over the years, Gary saw more and more rubbish being left behind by visitors. It spurred him to act.



He began collecting trash five months ago. The amount of rubbish collected in just one hour was staggering. In just eight weeks he picked up 100 empty vodka cans. He also found a syringe with a needle in it!

He's found dirty toddler nappies tucked into tussocks of sedge grass. Knotted plastic bags of dog poo left on top of posts or tied to the fence, as if the dog owner was going to pick it up after their walk. One piece of rubbish was named. Thanks, Lisa for supporting Little Local in Long Bay but, next time, can you crush your coffee cup and take it with you when you leave?

About one million people a year visit Long Bay beach and the Reserve, and the number is only going to rise. Yet, Gary reports, though there are several signs about dogs, there are none saying, 'don't litter'.

When people trash our parks and beaches, it poses a risk to children and dogs – and also threatens native birdlife, the health of the parkland and coastline. And, if the rubbish is tossed into streams or picked up by the tide, sea life also suffers.



Gary is not the only one to have seen an increase in rubbish left behind by users of the area. Tūturiwhatu, the native dotterel, lives in our protected Long Bay-Okura Marine Reserve and nests on the sandspits. They've been living here much longer than any of us. But now they are endangered. Only about 2500 remain throughout New Zealand, making them more at risk of extinction than some species of kiwi.

The extinction of unique birds is one of our country's greatest biological losses. Fifty-seven New Zealand native birds are now extinct. Let's not lose anymore.

Gary's story inspired us to create the 'Love Long Bay? Take Your Trash Away' poster. It features Tu, an endangered Tūturiwhatu. Tu's plea is, "Kaua e paru". Don't litter.

Geraldine Zareian of Barfoot & Thompson, has kindly provided sponsorship so we can distribute the posters in the community. "We are so lucky to live in this beautiful community. It is a joy to sponsor this initiative," she said.

We'd love to hear your ideas of what else we could do to get Tu's message out, especially to visitors to the area. Offers of help or ideas can be emailed to us at: newsletter@torbay.co.nz

Shane  
& Jen  
Anderson



Shane  
0274 827 440  
s.anderson3@barfoot.co.nz



Jen  
0211 77 55 30  
j.anderson@barfoot.co.nz

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## Hello from the Editorial Team

At a recent dinner party, (BBQ, outdoors and appropriately distanced), the topic of 'lockdown lard' crept into the conversation. Somebody said they'd put on 2 kg. Another said they'd put on 5, then another said 7. This was topped by the final person saying their weight had increased by 10kg.

Whilst we were all encouraged to get out for a daily walk during lockdown the reasons for weight gain differed per person. Some blamed less exercise, some said it was comfort eating and drinking, or to deal with the stress of not knowing how bad things would get or how long the pandemic would last.

When 69 boxes containing the February issue of this newsletter arrived, we were all happy to hit the streets and deliver. To rebuild lost fitness and hopefully lop off some 'lockdown lard'.

While delivering, we enjoyed meeting people and finding out more about the communities we serve. There are so many giving people in the community. We are especially grateful for all the volunteers. Thank you to everybody who helped deliver the newsletter, those who suggested story ideas, contributed content and, of course, our advertisers without whom this newsletter would not be possible.

We were so inspired by Gary's collection of trash and his request for help, that we created the 'Love Long Bay? Take your trash away' poster. Thank you Geraldine Zareian, of Barfoot & Thompson, for sponsoring this campaign.

It's been great to have some of our smaller family-run businesses getting involved. They've had such a hard two years. We look forward to helping them and other local business people who need help to recover.

Towards this goal, we'll be helping launch a series of Torbay Business Association Business Skills Development Workshops. The first workshop will give you tips on marketing; how to make advertising work harder for you, and the perennial question – how to use Facebook, Pinterest and Instagram to promote your service or products.

The new Torbay Business Association committee and the Newsletter team are excited about more people becoming involved. Whether you can help with admin, deliveries, share business skills, suggest story ideas or write – it takes a community for a community organisation to succeed. We'd love to do more, but like many small not-for-profit organisations, the funding only goes so far, and 'the more' is dependent upon the generosity of volunteers.

A Māori whakataukī (proverb) perfectly describes the effort of all involved in putting together this March edition, and what the Newsletter and the Association mean to us all:

*He waka eke noa.*

It is a canoe that belongs to no one person.  
It is a canoe upon which everyone can embark.

**Marewa, Keerti, Lisa & Aimee**

### WE ARE ALWAYS LOOKING FOR NEWS ABOUT WHAT'S HAPPENING IN TORBAY, WAIAKE, LONG BAY & OKURA

To submit a story, news, poem or to advertise, please contact us at: [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz)

**Publisher:**  
Torbay Business Association Inc.  
PO Box 89186, Torbay 0742.  
Website - [www.torbay.co.nz](http://www.torbay.co.nz)  
Facebook – Torbay Village, New Zealand  
Instagram - Torbay Village NZ

**Editorial Team**  
Keerti, Lisa, Marewa & Aimee  
027 502 8724

**Proofreading**  
Helen O'Neill, [www.correctly.co.nz](http://www.correctly.co.nz)

**Cover image:** Keerti Siag Photography

**Circulation per issue:** 6900 across Torbay, Long Bay and Okura.

**Acknowledgements**  
Thank you to our advertisers who enable the Torbay Business Association to run the Torbay Arts & Craft Market, competitions and other events. Thanks also to everyone who contributed story content and photos.

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ISSN 2815-7222

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

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[info@silprint.co.nz](mailto:info@silprint.co.nz)  
[www.silprint.co.nz](http://www.silprint.co.nz)



# Meet the Founder of Talk Peach, a Kiwi Charity Changing the Health Conversation

Following a diagnosis with ovarian cancer in 2017, Tash Crosby set out on a mission to educate the public on the 5 gynaecological cancers, to empower people to advocate for their health, and support others diagnosed.

Breaking down the stigmas around



gynaecological cancers? In New Zealand approximately 1000 Kiwi women are diagnosed with one of these five gynaecological cancers every year, with 1 woman dying every 24 hours from one.

I would like to thank Dr. Paul Hunter at Torbay Community doctors for picking up that something wasn't right early on, for listening to me when I felt things weren't my normal, and for giving me the confidence to demand further testing and answers. That empowerment ultimately saved my life. Also to my family, my parents, and long term Torbay locals who looked after me in our Toroa Street family home throughout my year of treatment. I couldn't have made it through without these people, and for that I will be forever grateful.

As a registered charitable entity, Talk Peach doesn't receive government funding, so relies on donations from the community. Fundraising kits are available on the Talk Peach website, and the team is open to hosting educational workshops in schools, clubs, and businesses.

For further information on the 5 gynaecological cancers please check out the website at [www.talkpeach.org.nz](http://www.talkpeach.org.nz)



## WHAT ARE THE 5 GYNAECOLOGICAL CANCERS TO BE AWARE OF? Ovarian Vulval Vaginal Cervical Uterine

Each of the five gynaecological cancers have their own signs and symptoms, but the main things to note include:

- Persistent bloating
- Fatigue
- Abnormal bleeding – bleeding between periods, after sex, and post menopause
- Changes in bowel habits – diarrhea or constipation
- Indigestion
- Back pain
- Changes to the skin
- Pain during sex
- Pelvic or abdominal pain
- Changes to eating habits – feeling full quickly, loss of appetite
- A recurring or persistent itch on the vulva
- A growth or lump on the vulva
- Swelling, pain or tenderness in the vagina or on vulva
- Needing to urinate more frequently or urgently
- Burning pain when urinating

gynaecological health isn't a one-woman operation, Tash explains. "We must all work together to break down the mentality that gynaecological health is a taboo subject. The most important

reason we are talking is that early diagnosis is imperative to survival." Did you know having a smear test will only detect cervical cancer when in fact there are four other types of

# Torbay Newsletter Trivia Quiz

This month's Love Long Bay campaign is 'fronted' by Tu a Tūturiwhatu. What is Tu's plea?

What is the new email for the Torbay Newsletter?

What's new in Plunket's front yard?

Slip, Slop, Slap and Wrap refers to protection from what?

Okura is the only location that provides access to the Okura River for what?

What is the name of the Local Board responsible for the Torbay/Long Bay and Okura areas?

Which businesses are open 24 hours a day in Torbay?

What is the common term for people intolerant or allergic to wheat or rye?

What does your letterbox have to say if you do not want any free media, local community, or charitable material or advertising material?

Answers Page 29

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## Is your letterbox stuffed?

Last month, the Torbay Newsletter editorial team personally delivered nearly 6900 copies to every street and shop in Waiake, Torbay, Long Bay and Okura. Whilst it was a shock for our feet, we did learn a lot about the areas we serve. We also now know a lot about letterboxes.

We particularly liked some of your creative and funny letterboxes – but, practically speaking, our favourite letterbox is waterproof, and deep enough to take the A4 sized Torbay Newsletter without us having to fold it or roll it up. If it can completely fit inside a letterbox, then we know it won't become junk blowing around the streets or messing up your berm.

It's actually against Council rules (the Auckland Council Waste Management and Minimisation Bylaw of 2019) for a publisher of unaddressed material to deliver it in such a way that it falls out or blows away. We also can't deliver if your mailbox is falling over or broken and material is going to fall out. Delivery people are not allowed to try and shove any more paper into a full or overflowing box. They're also not supposed to push other material out when they shove theirs in.



But if you prefer not to receive any free newsletters, then attach a sign to your letterbox that states 'No Newspapers' or 'Addressed Mail Only'. You could even just write these words in permanent marker on your letterbox, as some people have done.

If you let us know, we can arrange a paperless delivery of the Torbay Newsletter straight into your inbox, instead of your letterbox. Subscribe FREE to receive it by email, or you can find it on our website at [torbay.co.nz](http://torbay.co.nz)

### Are you a paper-free household?

To receive a PDF copy of the Torbay Newsletter by email instead of having a paper copy delivered to your house, subscribe (at no cost) by emailing us at [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz).

We will need to know the email address to send to, and the physical address that we should no longer deliver to.

Current and past copies are available on our Torbay Business Association website.

## Mystery Letterbox Winner



If this is your letterbox, you have WON a \$50 voucher towards a meal at Guilianna's Trattoria Italian restaurant in Torbay. The voucher must be claimed by the end of March. It cannot be exchanged for cash. Contact [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz) or phone Keerti 027 502 8724.



### How to stop junk mail and newspapers

The following Auckland Council table explains who can deliver what, depending on what sign you have on your letterbox.

Type of unaddressed mail	Letterbox sign stating words to similar effect as –			
	'addressed mail only', 'no newspapers or circulars'	'addressed mail and newspapers only'	'no circulars', 'no junk mail', 'no advertising material'	no non-delivery sign displayed
• public notices <sup>1</sup>	✓	✓	✓	✓
• election material	✓	✓	✓	✓
• free print media <sup>2</sup>	✗	✓	✓	✓
• local community or charitable material <sup>3</sup>	✗	✗	✓	✓
• advertising material <sup>4</sup>	✗	✗	✗	✓

<sup>1</sup> for example public notices from government bodies, local authorities or New Zealand Post.

<sup>2</sup> for example a free community newspaper, newsletter or magazine.

<sup>3</sup> for example fund raising letters.

<sup>4</sup> for example circulars, business cards, samples or clothing donations bags.

There are many tiny letterboxes smaller than a child's shoe box. They seem to be made for bills or Christmas cards. Some houses don't have a letterbox at all, and there are quite a few which are broken. If any creative folk or woodworkers want to make or donate a letterbox, we're sure we can find a home that would be happy to have it.

Letterboxes seem to be one of those domestic things which we all mean to get around to 'one day'.

The Torbay Newsletter is a free community newsletter. It is a great way to stay updated with what's happening in your community – as well as keeping you informed of local businesses which you can support in order to 'Support Local'.

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# Travel: Italy

Italy and New Zealand are similarly sized in area – both are long countries. Italy is about 11% larger in area than NZ, but the Land of the Long White Cloud is just over 20% longer. Still, it would take you about 13 hours if you drove the length of either country non-stop.

Mountain ranges throughout Italy formed natural borders, helping to create the diversity of foods cooked in the different regions. The cuisine varies from the alps in the north where one's heart is warmed by venison stews, all the way through to mouth-watering Mediterranean seafood dishes in the south. In between, there is risotto, lasagne, pizza, tagliatelle...



Italian food is one of the most imitated cuisines in the world. and Torbay is well served with several authentic Italian restaurants.

Piatti Italiani, in Waiake, was opened by Alfio and son Giancarlo about six years ago. The décor, Italian music, and welcoming Italian family-like atmosphere help to transport you to Italy. They serve a range of traditional Italian dishes so there's something to suit everybody, including people who are gluten-free. Like a good wine, Piatti Italiani is improving with age, so if you haven't been for a while, we recommend a return trip.

Guilianna's Trattoria in Torbay Village is relatively new but word is getting out, so it pays to book if you're thinking of Tuscany. They specialise in making their own pasta. The Secondi, (other main dishes), are usually gluten-free. If you like fish then the Tonno e Caponata – grilled bigeye tuna loin dish – is reminiscent of dining in one of Salo's excellent restaurants on the waterfront of Lake Garda. But don't rely on the dish still being on the menu – Guilianna's change their offerings regularly to make the most of seasonally available delicacies. This means you can make more frequent return trips, than you would be able to if they were actually in Italy.

The latest authentic Italian treat in Torbay is Neapolitan pizza made by Naples born and raised Luca. Napoli Central has been primarily mobile, taking their wood-fired pizza oven to markets and events for several years. Now every Friday and Saturday from 4.30pm, (unless they are catering for a private party), you'll find Luca and his team set up between Euro Patisserie and the Torbay Dairy. You get much more than just a pizza – watching Luca and his team cook provides you an Italian experience right here in NZ.

If you miss travelling overseas, or have not yet realised a dream to visit Italy, take a short trip locally to any of these restaurants and you could almost imagine you are there.



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# Is a Solar System with Batteries Even Worth it?

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Can't wait? Call or TXT 027 649 0914 for a free consultation.



## Lessons from a dead hedge

People who can remember the botanical names of plants and trees are a special kind of person. Invite them into your garden and they can talk for hours about your plants, but it's like they're speaking an alien language. Psy-gin-ium this, and fi-toff-er-ra that. One minute they're talking about a spore in the soil, next minute they're pointing out pests or their trailings.



We've lived in a number of properties with hedges. The driveway of one house had a high, dense monkey apple hedge alongside. It was as high as the roof of our house. Monkey apple is the name we 'normal' people learn. It's a fun and wondrous name which kids are fond of. Are they monkey apples because they're so small, just right for a monkey? Do they taste like an apple? I remember my mother telling me they were poisonous for humans. But that was probably just a safe adage – if she told us that everything growing in the bush was poisonous, then hopefully we wouldn't eat something that was!

The other common name for this family of trees is Lilly Pilly. Its botanical name was formerly *Acmena smithii* – now it's known as *Zysygium Smithii*.

So our place in Carlisle Road had hedges – we presumed of one of these species. We got gardeners in and they said it was full of ivy (a 'bad' spreading weed). They ripped all the ivy out and the hedges looked skinny and naked. Large, gaping holes opened us up to road noise and less privacy.

At our next house, there was a giant hedge blocking the

sight of the motorway and some of the noise. But then it began to die. Some disease seemed to spread from one tree to the next. Knowing nothing about bugs or rust or spores, we called in help.

Shane from Premium Garden Solutions is

one of those guys that speaks English half of the time, and botanic-alien the other. By the time we called him in, eight of the many 15-metre tall *Acmena Smithii*'s, if I have that correct, had died. I still don't know what killed them. Was it the exceptionally wet winter we had in 2021? They apparently don't like to have wet feet. Was it the Fi-tof-er-ra (real spelling is *phytophthora*) spore in the soil? Was it sap-sucking psyllids?

Having lived with a lot of monkey apple hedges, we were surprised to learn that *Acmena smithii*'s were banned for propagation and sale under the national pest



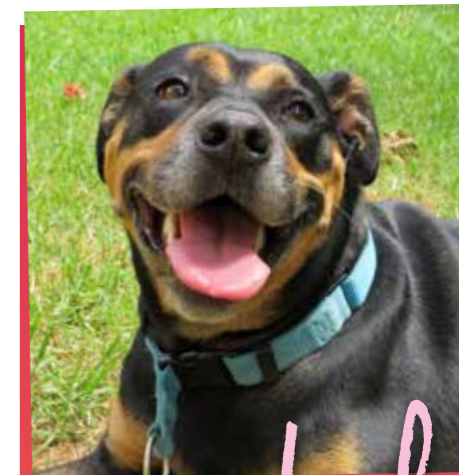
plant accord developed by MAF in conjunction with regional councils and the nursery and garden industry almost 20 years ago. We were harbouring a pest! Birds and wind could spread the seed and the acmenas, (well they are Australian, like the pukeko), could push out natives! Okay, that's not good, but really – we just wanted to get some rest from the motorway noise.

Shane recommended cutting down the infected or poisoned (we don't know what actually happened) acmenas and he bought "a true Lilly Pilly" – *Zysygium Smithii Australe* 'Resilience' – which is resistant to psyllids and grows fast.

He also found that our old friend Ivy, had wound herself around the target trees. Ivy is another environmental pest that spreads easily, especially if she's left to reach the heights of acmena branches where she can flower and have her seed carried by the wind like a super-spreader virus.

Oh great! So now we have an ivy problem. Perhaps we should have studied Latin or botany when we were younger instead of wondering if monkey apples were specifically non-poisonous only for monkeys.

by Marewa Glover



## Pet of the Month Lola

Lola, our rescue Hunterway, has made our life complete. She has come such a long way and we couldn't imagine our life without her now. Best move ever; adopting a rescue dog.

Shane, Tracey, Renee and Ryan

Share the love for your pet with us.



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Restore Hibiscus & Bays

## MYRTLE RUST Have you seen this biosecurity threat?

Myrtle rust is a plant disease that is having a devastating effect across the North Shore. It is caused by the fungus *Austropuccinia psidii* and affects hundreds of species in the plant family Myrtaceae (myrtle) including natives such as mānuka, pōhutukawa, rātā, swamp maire, ramarama, kānuka, exotics such as lilly pilly, bottlebrush and some fruit trees.

What can you do?

- Check the plants in your backyard for this disease.
- Remove the affected plants – extra care is needed not to spread the disease more widely during the removal process. Please contact Restore Hibiscus and Bays.
- Fungicide sprays do not cure the disease.

The popular hedging plant lilly pilly is possibly the most common reservoir for the disease. There are many alternative hedging plants available including beautiful natives.



Restore Hibiscus & Bays (RHB) is encouraging everyone to keep an eye out. They also have a flyer that you can drop to neighbours if you spot myrtle rust on another property.

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





## Love letter to Torbay

Dearest Torbay

In 1976 our parents bought a three-quarter acre plot of land in Torbay. True to the era, they built a pole house with exposed beams and high-pitched rooves. Through the lens of childhood, we grew up in a neighbourhood that was pretty close to perfect. There were Halloween street parties and front lawn sleep-outs in tents. We played cricket on the cul-de-sac with the neighbourhood kids. The road was so safe that our cat took to sleeping in the middle of it – incredibly, cars would politely stop and wait for her to open her eyes and stroll to the footpath. The kind neighbours bought our terrible homemade lemonade from the side of the road, and we invested our revenue in lollies from the dairy down the hill.

The decades flew by, the trees grew, more houses were built and more people moved into Torbay. We grew up and left home, but my Dad stayed in the same house right through to retirement. He spent his days taking long walks at Long Bay, cycling out to Coatesville and popping into the friendly faces at Torbay shops for a latte and carrot cake. He is an artist and was an art teacher by trade. His paintings included local landscapes, with an iconic piece called 'Farewell Green Hills' painted in 2009 before construction on Long Bay hills began.

Sadly, a few years ago, Dad was diagnosed with Dementia. His memory started to fade and confusion began to increase. He fiercely loved his home and life in Torbay. We tried to wrap as much support around him as we could, so he could stay at home as long as possible. It was during these years that we saw how close to perfect Torbay really is, because of you, its



people.

Torbay, we want you to know how much of a difference you made to one family during a very difficult time. And so we thank you...

- For the countless times you helped Dad find where he had parked his car.
- For the kindness you showed him when he was at Torbay shops picking out bananas, or buying a newspaper.
- For the times he was confused at Long Bay beach, looking for grandchildren that weren't there.
- For the patience you showed him at the Pharmacy, when he was buying plasters for the fourth time that week.
- For the time he knocked on your door in the middle of the night in his pajamas.
- For the many times he came to your house asking the same questions about how the new Council rubbish system worked.
- For the time you took out of your day to chat with him on the street.
- For the times that you helped him find his way home.

Thank you Torbay, you are what it means to be a community.

Your humanity, compassion, care and empathy have touched us deeply as a family and will be remembered forever. Every one simple act of kindness, together, combined makes a huge difference to the lives of people in your community. Don't ever change Torbay, you are pretty close to perfect just the way you are.

Anonymous.



Artist, Doug White



# RAFT

## STUDIO

# 'Connecting our community through creativity'

Located under the hall next to St. Mary's By The Sea church, 168 Deep Creek Rd, Torbay  
Phone: 02102241456 Email: info@raftstudios.co.nz www.raftstudios.co.nz

By the time you are reading this issue of the Torbay Newsletter, RAFT Studio will have been open for a whole month. Our Demonstration Weekend on Friday 18 and Saturday 19 February saw a steady flow of folks from our local community coming through the hall and down the stairs at St Mary By the Sea to see what RAFT Studio has to offer.

On display were examples of a range of arts and crafts RAFT will be teaching. Though visitors were unable to try their hand at 'make and take' tables, they did go home with great ideas for handmade greetings cards and other artists skills.



Jan, Lorraine and Lance O'Gorman



The purpose of the Demonstration Weekend was to show our community that everyone can participate in arts and crafts. You do not have to be an expert to come and join us. We will be running open studio sessions where you can come and try different crafts and there is now a list of classes and workshops on our website (& see What's On pg 29) for those who prefer something more structured.

All about sewing - Create with Paper Craft - Abstract Art - Mixed Media - Art Therapy

RAFT Studio is a community resource. Whether you are an individual looking for something new to try in a friendly, relaxed environment or you are part of an art or craft group who need a venue to get together, please contact us.

## Upcycle an old frame

Remove the back of an old picture frame.

Cover it with some patterned fabric or paper and glue it on or leave it folded over.

Place some elastic or string across the front one third of the way down from the top. Staple that to the back.

Make a pocket out of fabric or paper. Place this across the bottom and turn the sides under.

Then staple or glue to hold it in place. Attach your decorated backing to the back side of the frame. Voila!

Now decorate, for example, with pens, note books, photos, or pegs.







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An Arvida Living Well Community

# Torbay Theatre

## MUSIC MAN POSTPONED AGAIN

We are very sad to announce that, despite a keen director, cast and crew, and a huge effort from Production Manager Daphne, we have had to pack away the 76 Trombones for now, since our rehearsal period was to coincide almost perfectly with the omicron wave. Rehearsing a large-cast show, with singing, dancing and regular close contact, was not going to survive requirements for self-isolation, or the possibility of illness in the cast during the performance period.

We hope it will be possible to perform this amazing show "when covid allows"!



Cinderella, Aladdin, now and then (90s) - all these actors from the past are still involved with Torbay Theatre.

## 70th JUBILEE YEAR

No, not the Queen's – ours!

It is 70 years since Torbay Theatre first performed, and this was to have been a year of celebration. Many of our members remember the formal ball held to celebrate 40 years – all we can say is that there will be celebration, when it becomes possible!

**Backstage Club:** If your theatrical flair turns more towards creating and caring for amazing costumes, props and sets, phone Daphne: (09) 473-7494.

**Love Drama, speech & drama classes:** Keen children, teens and adults - develop your theatre skills! Jacqué went on-line for the worst of Delta, and has been delighted to start this year in person again. Many of Jacqué's students have gone on to participate in Torbay Theatre musicals and plays, or made theatre their career; on stage and behind the scenes. Phone Jacqué Mandeno: 027-522-7836.

We are a vibrant, fun club known for the friendly atmosphere backstage and the high standard of our shows. New members welcome from age 8 to 88 and beyond.

**AGM 2022: Wednesday 30 March, 7:30pm.**

**VENUE to be advised on our website - Clubrooms or Zoom.**



Bookings and Information:

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



# From raw to smoked – you can't get bored with fish

When the fish are plentiful, finding different ways to prepare them can help prevent dietary boredom. Sashimi is easy. Fillet and slice your fish, thick or thin, and dip in soy sauce or a lemon-and-soy mix. One of my favourites is Ceres Organic's Coconut Aminos Seasoning.

Another option is smoked fish. Kahawai is common for smoking, but you can pretty much smoke any fish, including barracuda. Smoking the heads and frames is a great way to make the most of large fish.

Preparing a whole fish for smoking: Gut, remove the head, then cut the fish down the centre without cutting into 2 pieces (butterfly). There's no need to descale. Prepare a mix of brown sugar and salt. A ratio of 1:1 gives a saltier flavour. I use a ratio of 4:1 brown sugar to salt.

Rub the mixture onto the inside flesh of the fish, cover and marinate in the fridge for 12-16 hours. The mix will liquify as it draws moisture out of the fish. Once cured, wipe off the excess liquid. If desired, you can rinse the fish



and pat it dry.

Hot smokers are readily available, small, and portable. Fill the fuel dish with methylated spirits. Put woodchips, of your choice, inside the smoker. Place your fish on the rack skin-side down and close the lid. Ensure the smoker is centred over the dish and light. Leave until it burns itself out.

Go easy on the wood chips or your fish will taste metallic. If it's a big fish and a

little underdone, wrap in tinfoil and pop it in the oven on medium to finish it off. That's it! Your fish is ready to enjoy.

For people who can't get out fishing, you can buy whole fish at Pak 'n Save in Albany. They'll even gut and cut it, ready for the smoker.

**Yolande Jeffares, Researcher at the Centre of Research Excellence: Indigenous Sovereignty & Smoking, Torbay**

# Low Budget Cooking

Vegetables that are in season are often on special or at their lowest price. We asked Deep, from the Torbay Fruit Shop, what vegetables will be plentiful in March. Then we asked Serena, from Scout Café, to come up with a recipe that could feed a family but not cost the earth. Her Bok Choy and Rice Noodle Soup with Meatballs uses mince, which is usually a lower cost meat. Bok Choy is not expensive, or you could use Chinese cabbage in this dish. A pack of tofu adds protein and the Vermicelli rice noodles are cheap and add bulk. Stir and enjoy!

## Bok Choy and Rice Noodle Soup with Meatballs

400g beef mince  
100g pork mince  
1 egg  
1 spring onion, finely chopped  
1 tablespoon ground ginger  
1 pinch table salt  
2 tablespoons low-sodium soy sauce

1 tablespoon ground white pepper  
2 tablespoons sesame oil  
1 pack of tofu (300g)  
Cut tofu into small cubes roughly 2 x 2cm  
100g rice noodles (Vermicelli)  
Bok choy

Using a spatula, mix the meatball ingredients in a big bowl. Stir in one direction (e.g. clockwise), until well combined. Roll meatballs using about 30 gram of the mix per meatball. Set on the chopping board ready to use.

In a large bowl, soak the rice noodles in hot water for 10 minutes, then drain. Cut the noodles into 10cm lengths.

Cut off the bottom part of bok choy, wash and clean. Cut into 5cm length pieces.

### To make the soup

1L chicken stock

Put chicken stock into big pot, bring to the boil. Drop meatballs into stock one by one. The boiling stock will ensure meatballs are separated from each other. Do not stir until the meatball shape sets.



Boil for 10 mins till cooked. Add the tofu and bok choy and boil for another minute. Add the soaked vermicelli. Give the soup a good stir and enjoy your authentic Asian noodle soup and meatballs.

**Serena, Chef, Scout Cafe**



### COOKING TIP

#### Get steaming to save time & dollars

Steaming food saves your power (it's cheaper than using your oven) and it can save you time because you can cook a lot of food at once. Cutting veges smaller saves even more time.



Our Pop-Up Pizza Container is located between the Torbay Dairy and the Euro Patisserie.  
Every Friday and Saturday from 4:30pm

Follow us on Facebook for updates on weekly specials.  
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## Tides Mar 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Tue 01	00:29	0.5m	06:48	3.0m	12:59
Wed 02	01:27	0.4m	07:43	3.1m	13:55
Thu 03	02:20	0.4m	08:35	3.2m	14:47
Fri 04	03:08	0.3m	09:23	3.2m	15:36
Sat 05	03:54	0.4m	10:10	3.2m	16:22
Sun 06	04:38	0.4m	10:54	3.1m	17:05
Mon 07	05:21	0.5m	11:38	3.0m	17:47
Tue 08	06:03	0.6m	12:20	2.9m	18:28
Wed 09			00:37	2.8m	06:48
Thu 10			01:21	2.7m	07:35
Fri 11			02:09	2.6m	08:27
Sat 12			03:04	2.5m	09:25
Sun 13			04:04	2.5m	10:24
Mon 14			05:04	2.5m	11:20
Tue 15			05:58	2.6m	12:12
Wed 16	00:34	0.8m	06:46	2.7m	13:00
Thu 17	01:20	0.7m	07:31	2.8m	13:45
Fri 18	02:03	0.6m	08:13	2.9m	14:28
Sat 19	02:45	0.5m	08:56	3.0m	15:11
Sun 20	03:27	0.4m	09:39	3.1m	15:54
Mon 21	04:10	0.4m	10:23	3.1m	16:38
Tue 22	04:55	0.4m	11:08	3.1m	17:23
Wed 23	05:43	0.5m	11:55	3.1m	18:09
Thu 24			00:25	3.0m	06:34
Fri 25			01:18	3.0m	07:30
Sat 26			02:17	2.9m	08:32
Sun 27			03:22	2.8m	09:37
Mon 28			04:29	2.8m	10:43
Tue 29			05:31	2.9m	11:45
Wed 30	00:15	0.6m	06:29	3.0m	12:42
Thu 31	01:10	0.6m	07:22	3.0m	13:35

Times adjusted for Daylight Saving.

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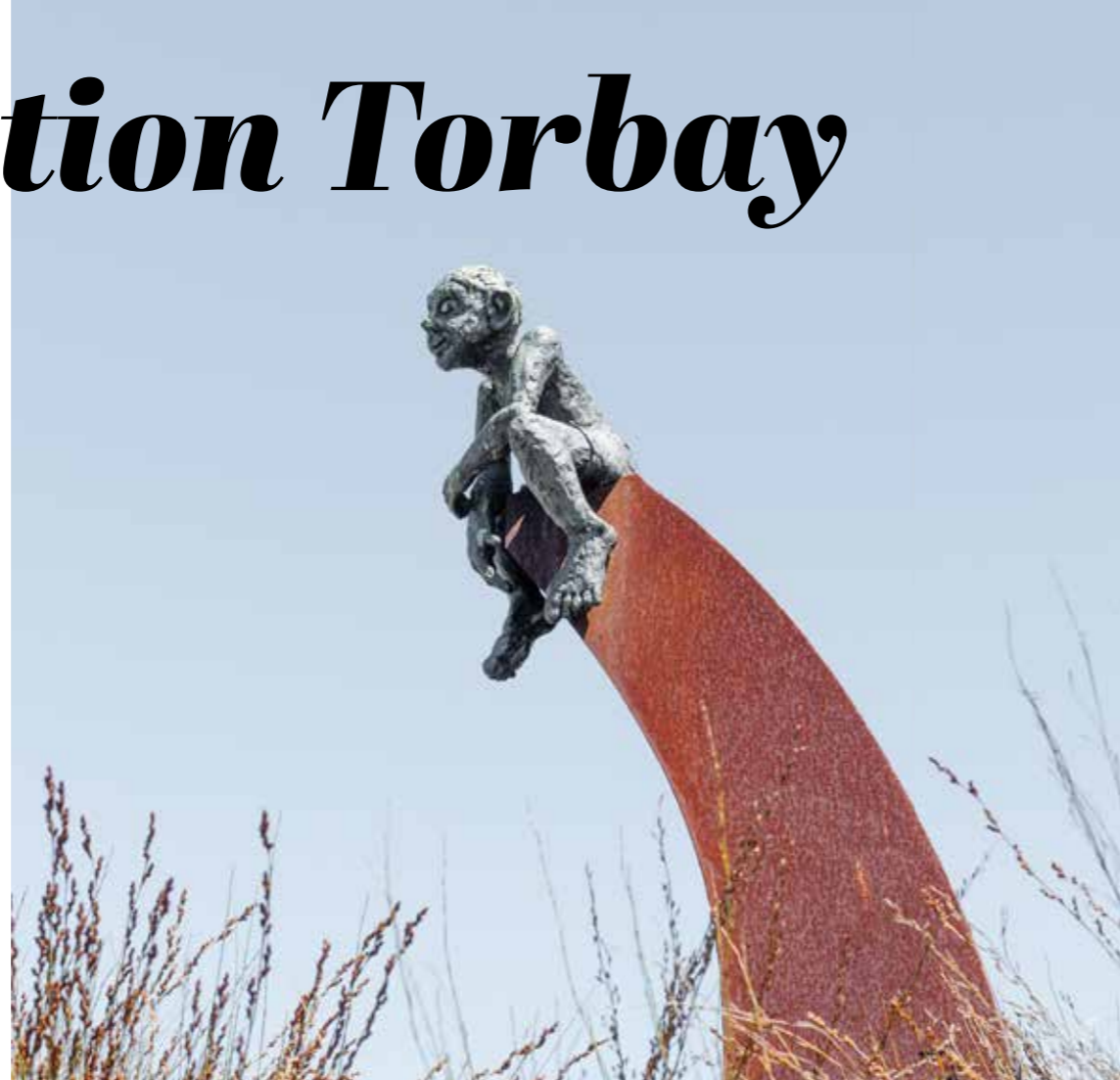
# Destination Torbay

If you're not a Torbay local, you could be forgiven for thinking there's nothing extraordinary about our the Torbay Village shopping centre. But, you'd be wrong. Torbay now has a number of destination businesses.

A destination business is one that attracts people from out of the area. Visitors travel across Auckland to enjoy Long Bay beach. They come from across the country to retreats at Vaughan Park and, when it is on, the Okura Forest Festival. As Auckland's largest environmental awareness festival, it attracts more than 1500 people. We're all looking forward to a post-pandemic time when that festival can restart.

In July, last year, Sopheap Long of Euro Patisserie in Torbay won the 24th Bakels NZ Supreme Pie Award with her "seriously good steak and cheese pie". For weeks afterwards, people from afar joined locals in lining up to eat not just any pie – but the best pie in New Zealand. As if that didn't make us proud enough, Sopheap was the first female to ever win that top Bakels award.

A few shops along from the patisserie is the Torbay Village Butchery. Children's colouring-in pictures adorn the cheerful front doors – and



inside are some seriously good sausages, including many that are gluten-free. The most popular is beef but our favorite is the bacon and maple. Dave, Jimmy and the whole team also stock organic meats, South African Boerewors and biltong, not to mention a mean-as bacon. If you're putting down a hangi or umu, or need a special cut for your dinner party, Dave will source, bone, cut, tie, just what you need and have it aged or hung to perfection. Customers come from across the Northern Bays once they've tasted the difference a butchery like Dave's can make.

Guilianna's Trattoria Italian restaurant, which opened in May last year, is truly worth the trip from across the Shore (or across the bridge if you've got a sober driver). They make their own pasta and regularly offer new and unique menu items – like deep-fried zucchini flowers stuffed with citrus flecked ricotta! Guilianna's Italian music, good service and blossoming cocktail skills make it more than a destination for the local community.

Offering great food, from breakfast to late lunches, former Metro Award winning café Scout is now owned by qualified chefs Serena and Justin. They're making ever-better cakes as well as grab-and-go upmarket lunch food and meals. With sunny outside seating facing north, it's a popular hub for local clubs, business meetings and walking groups all year long. Their coffee is worth the trip alone.

You wouldn't think of a petrol station as a destination business but late last year our small-village station became a 24/7 self-serve Gull. Torbay's not so sleepy at night, especially on discount day. Also open 24/7, is the relatively new self-service laundromat. It's not

only handy for many locals, but is a water-saving treasure for people on East Coast Road and Okura River Road who rely on tank water. It's been a dry summer this year.

And we must mention a destination business that always brings people into Torbay Village – Dog's Body. As a canine grooming company, it was one of the only hair cutting services that didn't suffer so badly in recent lockdowns.

All of these Destination Services help to ensure Torbay's evolution as a Destination Village.

## BUSINESS MARKETING SKILLS WORKSHOP

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GOOD ADVERTISER

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6.15-7.30pm

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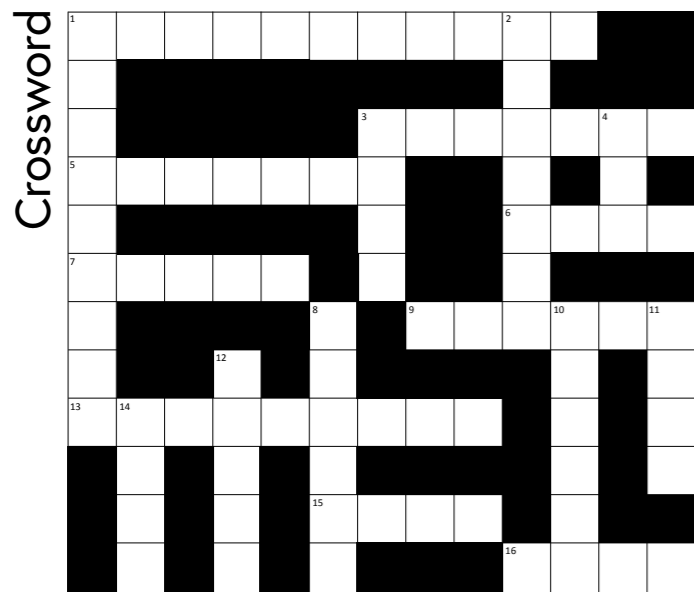
Free Range Specials

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1036 BEACH ROAD TORBAY





- Across**
- 1 What sort of bird is Tu?
  - 3 Brand of gluten-free products available from Torbay Dairy
  - 5 Common fish for smoking
  - 6 A whales \_\_\_ is on display at East Coast Library this month
  - 7 How else can you get the Torbay Newsletter?
  - 9 A new stand on Toroa St
  - 13 What breed is Lola?
  - 15 Abbreviation for low carb healthy fat diet
  - 16 Something musical you can carry

## Puzzles Answers Page 29

**Sudoku**

	2	7	8		5		6	
		1		9			5	
3	5		7		6		1	
	9			7		1		5
	1		2		9	6		4
4		5		3			9	
			9				2	1
1			5		7		4	
5	9		8		3		6	

- Down**
- 1 A kiwi charity changing the health conversation (2 words)
  - 2 What Torbay group has its 70th anniversary this year?
  - 3 Euro Patisserie have many awards for their \_\_\_
  - 4 Small in te reo Maori
  - 8 A type of rust on plants
  - 10 Maori word (in Wordfind) for NZ Blueberry
  - 11 There are 11 issues of the Torbay Newsletter per \_\_\_
  - 12 Boot shaped country
  - 14 Small home type (one of a number of)



# East Coast Bays Library

### Beanstack app a hit with followers

Over 100 children signed up online for the East Coast Bays Library holiday reading programme. Across all Auckland Libraries, 3919 children registered. Offered via the library's Facebook page, the Beanstack app catered for both vaccinated and unvaccinated families.

### March Whale of a Time

In March, you'll be able to catch a WWF (World Wildlife Fund) Whale Tale at the library when they'll be exhibiting one of the Pēpi Pod mini whale tail sculptures. To celebrate this wonderful environmental initiative, there'll be whale activities, a special whale storytime and colouring-in sheets.

You've also still got time to pop in and snap your selfie in the Pride-themed photo frame, but note the new opening hours.

At short notice, changes in Omicron restrictions can affect how the library can operate. So, "Like" the East Coast Bays Library Facebook page for up-to-date information, or contact Te Māpuna on 09 377 0209.

## New hours from Tuesday 8 February

East Coast Bays Library will open:

Mon – Wed	9am – 5pm
Thursday	9am – 7pm (6 month trial)
Friday	9am – 5pm
Sat – Sun	9.30am – 4.30pm

[aucklandlibraries.govt.nz](http://aucklandlibraries.govt.nz)



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## Ever thought about advertising your business or service? Now's your chance.

Our new Editorial Team are here to help. Together, we have decades of experience in marketing, writing, graphic design and photography – design and advice comes with every ad. The Torbay Newsletter is a dearly-loved, long-standing community publication. Published by the Torbay Business Association, a not-for-profit community organisation, and delivered free to almost 7000 homes and businesses in Waiake, Torbay, Long Bay and Okura. When you advertise in the Torbay Newsletter, you help the



Torbay Business Association do more in the community. Classifieds start from as low as \$5. Adverts start at \$60 – you can even pack a punch with a whole page at \$475. Contact Keerti for a quote on 027 502 8724. We have some great packages available. Email: [newsletter@torbay.co.nz](mailto:newsletter@torbay.co.nz) Community – it's all about Inclusion, a Fair Go, Support Local, Sustainability



### Call for nominations

Do you know someone you consider a titan of industry and business in the North Shore and North Harbour areas? Do they combine their business success with philanthropy and giving back to their communities?

Email nominations:

[manager@northharbourclub.co.nz](mailto:manager@northharbourclub.co.nz)  
[www.northharbourclub.co.nz](http://www.northharbourclub.co.nz)

## A Fable

Last month we wrote about preventing bullying. If you missed the article, you can see it on our website ([www.torbay.co.nz/newsletters](http://www.torbay.co.nz/newsletters)). In response to the article, a reader shared this story from a history book on Jewish ethics.

The fable is highly relevant to the current era of fake news and the spread of misinformation. Today we have Facebook, Twitter, Snapchat. One thousand years ago, the fastest way to get a message around was to give it to the village gossip. But not only could gossips be used to spread real and useful news – they also were fed malicious and false information.

*A villager asked his Rabbi how to atone for the sin he had committed of spreading falsehoods in the village. The Rabbi suggested he take a feather pillow, cut it open and let the feathers spread with the wind. The villager did so, then went back and asked if he was atoned. The Rabbi answered, "No. Now you need to find a way to pick them all up!"*

# TORBAY BAKERY & CAFÉ

PHONE: 473 6467

## From Breakfast on the Go – to Lunch on the Run

Delicious, nutritious ... or both.





# Poetry Stand

If you've been for a walk around the neighbourhood lately, you may have noticed a new addition on Toroa Street: a poetry stand! Not so long ago, a wooden post popped up beside the footpath, where the owners, Jean and Roy, display poetry for the enjoyment of passers-by. And what a hit it has been!

Jean was inspired to install the post when she saw her friends' one many years ago, all the way over in Wisconsin. Having long desired a poetry stand of her own, Jean's was a surprise Christmas gift from her husband, lovingly handmade! Jean claims that Roy 'can make just about anything,' and it certainly seems so: the post is well crafted. It sits solidly on the ground, and a clear casing offers protection from the elements for the poems.

Roy started the poetry stand with "Wild Geese" by Mary Oliver, and Jean intends to display a new poem each week. So if you're off for a walk around the neighbourhood, or have popped into the Torbay Village, have a wander down Toroa Street and take a look at this week's poem. Perhaps it will inspire you to create a poetry stand of your own!

Have you noticed something interesting in your neighbourhood? Is there something you would like to share with the Torbay community? If so, contact us. We would love to hear about it.



# Poetry Corner

Two poems by Robin McConnell who spends a lot of time in Torbay.

## Kua Hoha Atu Te Waka Ki Te Tai

The canoe has been rowed out to sea.

My grandfather's brother  
Sailed on the marie celeste

My cousin sails his waka  
In the faeces off Takapuna

Now tell me which vessel is lost.

© Robin McConnell

We'd like to publish more poems about our local area, our Urban Oasis, our village-lifestyle, our beaches and bush. Poems are welcome from locals, or poets who have a poem they wrote when they were visiting our area. Send poems for consideration to: editor@torbay.co.nz.



## Child in a Torbay Street

Lit by lambent light  
On the old Torbay side street

A lone child plays, his  
Brown body bouncing in a  
Tentative wind that shudders  
In ceding control

To this grave faced lad  
With a birthday sphere

That he flies on fingertips  
In steve adams emulation.

# Why gluten-free?

Gluten is a protein in wheat and rye, and is related to similar proteins in oats and barley. Gluten gives flour its strength and elasticity.

There are a few reasons why people might not want to eat foods containing gluten.

### Coeliac Disease

People with coeliac disease have a genetic sensitivity to gluten that causes their intestine to react as if fighting a foreign body. The lining of the intestines becomes inflamed, and this undermines their ability to absorb nutrients efficiently, which can cause malnutrition. Generally, people with coeliac disease are advised by their health professionals to avoid eating gluten.

### Wheat Allergy or Intolerance to Wheat

Some people avoid gluten because they are allergic to wheat or have an intolerance to wheat which can cause tummy problems. A small percentage of people who are sensitive to wheat can develop a rare itchy, skin rash.

### Diets for improved health, and or, weight-loss

There are many medical conditions that require people to watch what they eat and drink, including diabetes mellitus type 1 or type 2, high adiposity (fat) diagnosed as a risk to a person's health, cardiovascular disease and many more.

Several diets recommend avoidance of wheat or gluten. Some examples are The Plant Paradox Diet which advises reducing or removing lectins from the diet. Gluten is a lectin, but it is not the only one. The Low Carb Healthy Fat (LCHF) diet advises low consumption of highly processed and refined carbohydrates which the body can break down quickly, in favour of complex carbohydrates which take longer to break down. Carbohydrates are an important source of fuel for the body, but the quality of carbohydrates varies across different foods.

Whether a person follows a gluten-free or wheat-free diet due to a medical condition or for weight-loss, their reasons



should be respected.

Thirty years ago, it was hard to find good gluten-free and wheat-free products. Fortunately, this is no longer the case. Many restaurants, cafes, and fast-food providers offer gluten-free options. In Torbay Village, the Torbay Butchery, Torbay Fruit Shop, and BK's Four Square all stock gluten-free products. New World in Long Bay does also.

The Torbay Dairy is the only local supplier of Phoenix gluten-free products because Phoenix are a speciality producer, selling only through selected outlets throughout the country. Thank you Joga, for being one of them. The Phoenix range has been around for a long time – (the recipes were developed by a previous owner). Highly recommended are the frozen pies, frozen pastry, frozen olive and rosemary bread, the crostini, or the coconut bread for a sweet change.

Before starting any diet that suggests that you completely eliminate a nutrient, please consult your doctor, a dietitian or nutritionist.



## More than just convenience

### Torbay Dairy brings you:

- ▶ A friendly smile
- ▶ Local chit-chat
- ▶ Ice-cream in a cone
- ▶ Easy-peasy paywave
- ▶ Community support



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# "Little Dipper" Installed at Torbay Plunket

Torbay Plunket's front entrance has a new centrepiece for all children to enjoy. We're extremely proud to unveil "Little Dipper", a beautifully restored sailing boat for children to play on while visiting Plunket. The idea came from Torbay Plunket committee member Amanda Chambers. Enlisting her good



friend Murray Thoms who donated the boat, and her husband Chris Chambers to lead the restoration, the project was born. Months of work in Chris' home garage have transformed Little Dipper. Each step an "education", with Chris explaining he's not a boat builder, painter nor artist.

"My expectations of the time involved skyrocketed when we picked up the boat. Murray had started to restore it but other projects meant it had been parked part way through."

Little Dipper was installed in February, and Chris hopes it will mean lots of fun for local children, as well as help to foster an interest in sailing.

"I love it, it reminds me of the boat my father had in our family garden to play on."

We look forward to seeing little ones in Torbay enjoying Plunket's Little Dipper. Do drop in for a sail!



**plunket**  
whānau āwhina



# Good turnout for day 1 back at Torbay School

Ninety-six percent of enrolled students were on site for the first day back at Torbay School on Tuesday 8th February. It was wonderful to have so many in attendance and we thank all the parents for preparing their children for school.

It was great to see our children happy, feeling refreshed and recharged after the holidays, and ready for an exciting year of learning and fun! The teachers enjoyed meeting their new tamariki (children) and they are looking forward to getting to know them and their whānau (families).



Some of the things the tamariki looked forward to were: playing with their friends, making new friends, meeting their new teacher and learning spaces, trying new things, joining a sports team or cultural group, and doing lots of learning.

At Torbay School, we encourage tamariki to develop and apply our CARE values (Commitment, Aroha, Respect/Responsibility and Excellence) and Learner Powers (Resilient, Reflective, Innovative, Collaborative and Curious) to support learning and lifelong skills.

If your child is turning 5 this year or in 2023 and you are in zone for Torbay School, please visit our website [www.torbay.school.nz](http://www.torbay.school.nz) and fill in an enrolment form (look under "Enrolments").

Susan Ye, Vice-Principal



Mum & Baby Placements

## Immerse Become Foster Parents

Caring for babies at risk while repairing, restoring & rebuilding Mum

This is a live-in role Perfect for a caring couple You will be supported by the Immerse therapeutic team

This includes comprehensive training, social work & psychologist support

A ground-breaking initiative of Immerse is expanding.

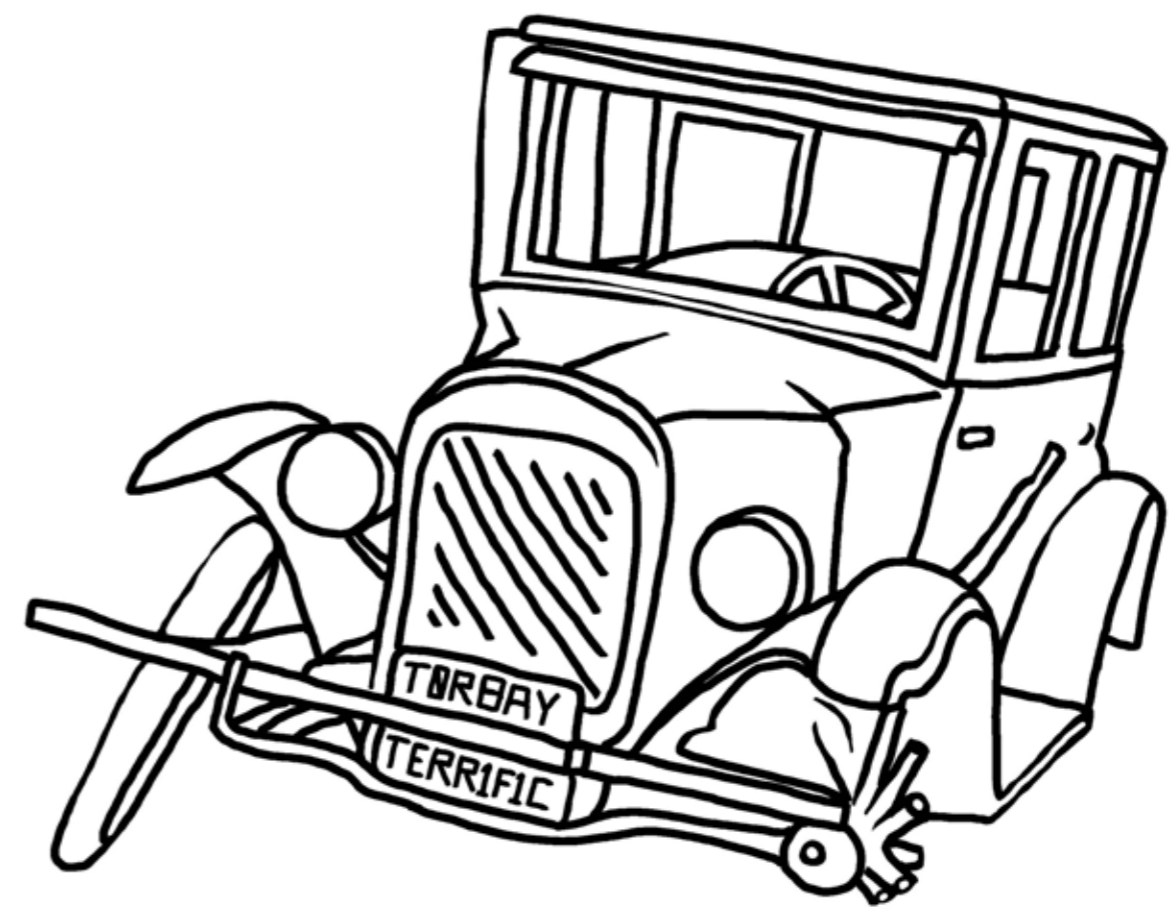
INCOURAGE

[immerse.org.nz](http://immerse.org.nz)  
0508 FOSTER



Find out more

Can You Nurture Her So She Can Nurture Her Own?



COLOUR ME IN





LONG BAY COLLEGE

Care, create, excel

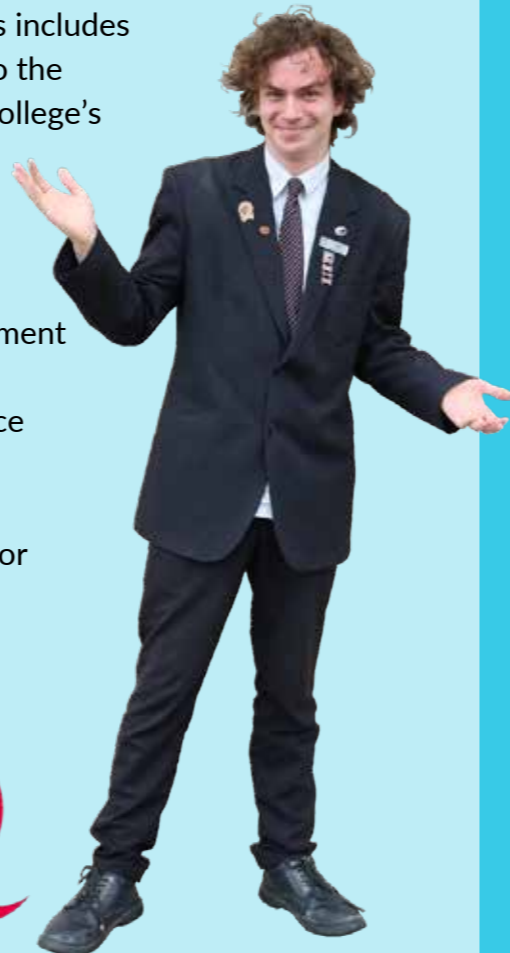
## RECORD SCHOLARSHIPS FOR 2021 LONG BAY COLLEGE STUDENTS

2021 was a tumultuous year, the ongoing COVID-19 pandemic meaning the Long Bay school community was once again challenged to adapt to unprecedented change. However, as in 2020 the College excelled. Long Bay College ranks amongst the top Schools in New Zealand for Academic Achievement, exceeding averages for national and decile ten high schools and outperforming many private schools. The College's students again set record highs in University Entrance, Endorsement and Scholarship, the results stand out as a beacon of academic excellence regionally and nationally.

All NCEA students had to prepare for their exams through online learning. Teachers supported students in their studies through timetabled remote learning, extra tuition and virtual study workshops. Fundamental to supporting student success was the College's proven and traditionally strong classroom practice and ability to innovate and adapt to change.

2021 saw record-high NZQA scholarships results for Long Bay College with more students and subjects being represented on the honours board than ever before. This includes the highest of high achievements; a Premier Scholarship award, given to the top twelve of all students in New Zealand, an honour achieved by the college's 2021 DUX, Iain Sweatman. Iain achieved a scholarship in Earth and Space Science, and outstanding scholarships in Statistics, Physics, Geography, English, Chemistry, and Calculus. To achieve a single scholarship a student needs to be in the top 3% of scholarship entries for that subject. Iain's achievements go above and beyond that achievement and place him second in New Zealand for the number of Outstanding Scholarships gained. This is a significant achievement in the face of fierce competition from all over the country.

Iain will be attending Auckland University this year completing a bachelor of Advanced Science majoring in Maths. With endless opportunities on the horizon for Iain he is going to University to study what he enjoys most and to see where these opportunities take him.



## Māori word on the street

This section looks at Māori place and street names in our area. Many Māori words have multiple meanings. The translations given here are not necessarily the official historical meaning for a street name. Rather we look at a common meaning of the words contained within a street name. There could be other meanings depending on the context.

- Makura** ma = white, clean; kura = school,  
Makura Road is in the new residential area of Long Bay. Makura is the Māori name for the sedge grass (Carex diandra) that have been planted copiously around the new development.
- Toroa** the albatross
- Awaruku** Awa = river, or it can refer to a gully; ruku can mean to rush along  
Awaruku Road in Torbay follows the Awaruku stream that runs from the higher land at the top of Fitzwilliam Drive down the gully and out to Long Bay inlet.

# #tereomdori

Find & learn some more Māori words in this puzzle.

O	N	E	R	O	A	A	S	V	T	I	M	U
K	H	Z	W	B	O	C	M	T	U	D	A	F
U	T	A	L	R	U	W	A	I	R	E	R	E
R	N	E	O	Q	M	A	Y	G	U	V	R	S
A	M	T	D	H	A	I	Z	O	T	L	M	A
C	P	A	G	R	N	A	X	J	U	P	O	A
L	A	W	A	R	U	K	U	T	Z	I	K	Y
A	Z	T	U	I	W	E	W	E	K	L	I	S
H	W	K	J	T	A	M	P	O	B	I	X	E
U	U	H	E	Z	I	H	I	Q	C	D	N	N
R	I	I	N	O	P	K	T	O	R	L	R	A

- Awaruku
- Kina
- Kiokio
- Okura
- Moki
- Oneroa
- Ruku
- Timu
- Manuwai
- Toroa
- Turutu
- Watea
- Waiake
- Wairere



# CLASSIFIEDS



## ACCOMODATION

**Accommodation** – North Shore - Fully furnished self-contained. Apartments, houses. 021 935 854



## BUILDING TRADE

**Builder** – Decks, Bathrooms, Alterations. Free quotes. Phone Barry 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

**Builders** – Experienced perfectionist builders for all home maintenance. Decks, bathrooms, wooden joinery rot removal etc. Satisfaction guaranteed. Call Duane 0274885478

**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.

**Electrician** – Registered. Install, maintain, repair, rentals, senior discount, free quote. No job too small. Ph Jordan 021 0234 5467

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

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

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

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

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

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

**Plasterer** – interior / exterior, local, 25+yrs experience. Ph 0221998673

**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

**Tiler** – 25 years experience. Certified waterproofing. Free quote. Brent 021 949462



## SERVICES

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

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

**Tax Returns & Advice** - Phone Jon 473 8860

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



## HOME AND GARDEN

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

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

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

**Floor Cleaning & Polishing** – Phone Michael 4731422 or 0275739112

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

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

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

**Landscaping** – From concept to completion. For practical and creative solutions. Small areas and makeovers a 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

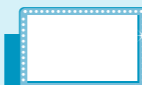
**Lawnmowing and Hedges** – Call Jim's Mowing 09 4438189 for large or small lawns, trimming, rubbish, spray, clean-ups. Guaranteed!

**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.

**Shaun's Home & Garden Maintenance** – Honest & reliable, Lawns, Sales & Rental Tidy ups, Clearing, Hedges, House washing, Painting & Much more. 0211548886 shaunshgm@gmail.com

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



## SIGNS

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



## TRANSPORT

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



## FOR HIRE

**Awatuna Scout Hall** – at Waiake Beach available for hire for birthday parties, exercise classes. Kitchen facility included. Ph 029 8973 287, email: awatuna@gmail.com



## TUITION

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

**Extraordinary Kids** – Do you feel your child is falling behind academically? Extraordinary Kids provides extra help with maths, reading, writing and spelling. Get in touch to arrange an assessment of your child's learning needs. Please see www.Extraordinarykids.co.nz for more information. Phone 09 4675 - 6296 office@extraordinarykids.co.nz



## HELP REQUIRED

**Delivery run** – Paid. Newsletter 11 x a year. Must be able to deliver quickly once hot off the press. Individuals, families, fundraising opportunity for a community group. Email newsletter@torbay.co.nz

**Volunteers** – Torbay Business Association, a not-for-profit organisation, welcomes people who might want to get involved with events or the Torbay Newsletter to source or write stories, do admin, deliveries. Email theteam@torbay.co.nz

# Puzzle Answers

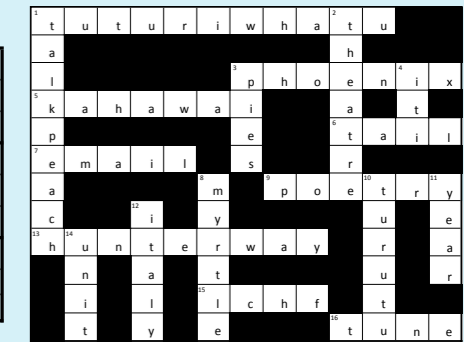
## #TeReoMaori wordfind solution

O N E R O A A S V T I M U  
K H Z W B O C M T U D A F  
U T A L R U W A I R E R E  
R N E O Q M A Y G U V R S  
A M T D H A I Z O T L M A  
C P A G R N A X J U P O A  
L A W A R U K U T Z I K Y  
A Z T U I W E W E K L I S  
H W K J T A M P O B I X E  
U U H E Z I H I Q C D N N  
R I I N O P K T O R L R A

## Sudoku Solution

9	2	7	8	1	5	4	6	3
8	6	1	3	9	4	2	5	7
3	5	4	7	2	6	9	1	8
2	9	6	4	7	8	1	3	5
7	1	3	2	5	9	6	8	4
4	8	5	6	3	1	7	9	2
6	7	8	9	4	3	5	2	1
1	3	2	5	6	7	8	4	9
5	4	9	1	8	2	3	7	6

## Crossword



## Trivia answers

Kaua e paru, take your trash away newsletter@torbay.co.nz  
Little Dipper dingy  
UV radiation Small craft  
Hibiscus and Bays

Mr Guv Laundromat & Gull Fuel  
Gluten-free or in more serious cases coeliac  
Addressed mail only or no newspapers

# 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** – 0800 229 6757 www.aa.org.nz. Join our friendly Tuesday night meeting at 7.30pm St Marys by the Sea Anglican Church if you wish to stop drinking

**Backgammon club** – Backgammon is a very old popular game. Easy to learn. Harder to win. Depends on roll of the dice and your strategy. Our friendly club would like to you to join us on Wednesday afternoons 12.30pm to 3pm for some fun at Browns Bay Community Centre. Room 3. 2 Glen Road Browns Bay. Contact Linda 021 216 3050 or 476 8311 or just come along.

**Browns Bay Ladies Club** – Retired & still young at heart? Why not join the Browns Bay Ladies Club. We meet on the 4th Friday of every month. We have a guest speaker & also offer many interesting groups & bus trips. For further information phone Christine 475 5426 or Jan 478 9231.

**Browns Bay Racquets Club** – would love to have more players 55 yrs plus. we play mixed doubles. Friday 9am. We have lots of fun and fees are low, in fact nil at first. Angela Verry 021 121 158 or 479 5094

**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** – Learn to Play Bridge at the club or online. Next lessons March 2022. lessons@ecbbridgeclub.co.nz or contact Helene 027 296 3365 or 479 4689

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

**Raft Studio** – Open Studios times: Monday & Wednesday Mornings 9.30-12.30; Tuesday, Thursday & Friday Afternoons 1.30-4.30pm  
*Casual group classes Term one:* All about sewing (Monday 1.30-

4.30pm); Create with Paper Craft (Tuesday 9.30-12.30pm); Abstract Art (Wednesday 1.30-4.30pm); Mixed Media (Thursday 9.30-12.30pm); Art Therapy (Friday 9.30-12.30pm).

**Workshops/Tutorials:** Mixed Media Workshop with Helen Dille (Saturday 5th March 1.30-4.30pm); The Art of Macrame with Tanya Webb (Saturday 12th March 1.30-4.30pm); Card Making Workshop with Jan Lunt (March, date TBC).

For more details visit www.raftstudios.co.nz email: raftstudios@torbay@gmail.com or ph: 0211452865

**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 Paul Mees on 021 0257 0993 & www.Brownsbayrotary.co.nz Come for a visit.

**Rummikub group** – Join our friendly group on Wednesday mornings 10-12 noon in the Council Building in Glen Road, Browns Bay. Contact Annette 021 061 2199 or just come along.

**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.

**UCan2 Dance Studio** – Free intro to Ballroom and Latin dancing and Street Latin. No partner required. 1 hr class on Wednesday 30th March. One person wins an 8 week course. 23 Tardale Grove, Albany. For more information visit www.ucan2dance.co.nz or phone Marie on 415 5997



# TORBAY Village

## DIRECTORY

www.torbay.co.nz

### TORBAY BUSINESS ASSOCIATION

#### DINING RESTAURANT

- Chand Indian .....473 6259
- Guilianna's Trattoria ....09 218 9397
- Piatti Waiake.....478 6936
- Scout Cafe.....473 9070
- 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*

#### HEALTH ACUPUNCTURIST

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

#### 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

#### SERVICES DOG GROOMING

- Dogs Body Grooming Parlour .....473 1500

#### GARAGE

- Torbay Service Station *Workshop* 473 6408

#### REAL ESTATE

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

#### COMMUNITY GROUPS

- Age Concern North Shore 489 4975
- Age Plus Charitable Trust 09 550 3387
- Association of Book Crafts 027 440 4458
- Awatuna Sea Scouts 029 8973 287
- Bays City Judo 473 7855
- Browns Bay Presbyterian Church 478 2441
- Citizens Advice Bureau 479 2222
- City Impact Church 477 0300
- Deep Creek Restoration Society 021 366 236
- Dementia Social Group 489 3176
- East Coast Folk Club 09 426 3588
- Graceway Baptist Church 473 8562
- ECB Catholic Parish 478 4565
- ECB MP 478 0207
- ECB Toastmasters 0274 223 685
- ECB Widow & Widowers Association 479 6042
- Friends of Sherwood 476 7279
- Girl's Brigade 09 473 8626
- Long Bay Baptist Church 473 2498
- Long Bay Baptist Mainly Music 09 947 3378
- Long Bay Okura Great Park Society 473 9642
- Long Bay Toastmasters 022 048 5034

- Long Bay Residents Association 027 272 3960
- Neighbourhood Support 09 353 0427
- North Harbour Tripe and Onion Club 410 5298
- North Shore CMA 489 8954
- North Shore Historical Society 09 489 5489
- North Shore East Parkinson's Group 444 9379
- North Shore Kick boxing 021 228 2808
- NS Brass Academy 021 281 0405
- Plunket 473 9611
- Rotary Browns Bay - Torbay 473 6418
- Salvation Army Op Shop 473 2150
- SANZ Coffee Group 478 5933
- Step Beyond Studios 021 0270 1303
- Shore Presbyterian Church 021 036 7957
- St Mary by the Sea Anglican Church 473 8180
- Torbay Community Playgroup 473 4473
- Torbay 60s Up 09 421 1011
- Torbay Friendship Club 021 370 544
- Torbay Community Hall 473 5454
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482
- Torbay Indoor Bowls Club Inc. 473 3253

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

#### SCHOOLS

- City Impact School 477 0302
- City Impact Arts Academy 477 0300
- 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



Work with the Salesperson Awarded Top 20 Salesperson North Shore\* & #1 for 5 Star Customer Service\*\*

\*Jan 2022

\*\*Years Ending March 2020 & 2021



**BARFOOT & THOMPSON**  
LICENSED REAA 2008

**Geraldine Zareian**

021 184 0312 www.tosell.co.nz



# WATCH THIS SPACE



## YOUR FRIENDLY LOCAL TEAM



**Sharee Adams**  
Branch Manager  
021 416 220



**Mon Tu**  
Head Property Management  
027 809 6687



**Emily Kai Fong**  
Customer Service  
021 031 0707



**Alina Yang**  
021 608 219



**Kim Jin\***  
021 395 888



**Leo Perwick**  
027 224 9527



**Kyra Perwick\***  
027 311 7953



**Ronald Venturina**  
021 073 1617



**Andrea Tavae**  
022 476 7273



**Yanbing Wang**  
021 896 566



**Sue Yi**  
027 528 9143



**David Dai**  
021 916 006



**Jill Riches**  
021 545 572



**Nicki Voight**  
021 255 8329



**Gina Gao**  
021 0236 7788



**Paul Adams\***  
021 966 266



**Wendy Radcliffe**  
021 772 070



**Oliver Liu**  
021 820 999



**Richard You**  
021 0278 0356



**Jun Olis**  
021 066 9149



**Alex Mathew**  
027 358 8165



**Reuben Payn**  
022 086 5744



**Ray Qu**  
021 190 0881



**Shane Anderson**  
027 482 7440



**Jennifer Anderson\***  
021 177 5530



**Anna Ju**  
021 889 687



**Jennifer Jiang**  
027 603 7788



**Yang Lin**  
021 0873 3492



**Karin de Leeuw**  
027 270 2700



**Tiki Jiang\***  
021 775 217



**Rene Vos**  
027 275 4321



**Inelda Venturing**  
021 1834 252



We have  
space here  
for you!

**Your Name**  
Your Number

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

**TORBAY 09 473 9190**  
**LONG BAY 09 473 0712**

**BARFOOT & THOMPSON**

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