

TORBAY

NEWSLETTER

more than a place - a lifestyle

NOVEMBER 2020

www.torbay.co.nz

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Torbay
ART
AND
CRAFT
Market

Saturday
November 5th 2020
9am-12.30pm
Plaza outside Unichem

DECEMBER 7TH
SANTA MAKES HIS
RETURN AT THE MARKET

Torbay Pharmacy: Nerve Pain – My Natural Prescription

Nerve pain is difficult to treat with conventional pain killers. Paracetamol and anti-inflammatories like Nurofen or Voltaren don't seem to reduce nerve pain. Even serious opioid pain killers like codeine, tramadol and morphine do not provide relief. For this reason, doctors will often try anti-depressant medicines like amitriptyline, or anti-epileptics such as gabapentin. While these medicines can be helpful, they have side effects that might be problematic. So what else can you do?



Lipoic Acid:

Lipoic acid can be very helpful to reduce nerve pain. I have seen good results quite quickly in patients in my clinic with conditions like quadriplegia, Multiple Sclerosis, Fibromyalgia and diabetes. Lipoic acid is part of the B-vitamin family. It is commonly prescribed by doctors in Germany for nerve pain, but in NZ it is not well known. It is quite safe to take in dosages from 200mg up to 600mg/day and can be purchased without a prescription.

B-Vitamins:

The B-vitamins are essential for nerve function, especially vitamin B12. I will always recommend people who get Shingles take high doses of vitamin B12 to protect their nerves. This is important because nerve pain after a shingles infection can be very debilitating.

Magnesium:

Magnesium has been shown to be helpful in alleviating nerve pain in some patients. Hardly surprising when you consider magnesium is essential for the functioning of the brain. As an aside, some studies have shown that paracetamol is far more effective for reducing headaches when it is given with magnesium.

Capsaicin:

Capsaicin gels help to relieve nerve pain when those nerves are close to the skin surface. It does tend to burn for the first few applications, but if you can get past this burning you will get some good relief.

Mindfulness:

I attended a pain lecture recently where it was suggested that pain can be a sign from the brain that something needs to change in your life rather than a sign that there is damage in your body. Now you may think that I'm getting a bit "woo-woo" here, but there is now good science to back up the link between the brain and the body. If you need more convincing, I suggest you watch the movie "The Connection" by Shannon Harvey. It

explains the mind-body connection very well.

My prescription for nerve pain is lipoic acid, magnesium, a B-complex combined with meditation, yoga and slow breathing techniques.

Torbay Pharmacy
Ph 473 9629



Unichem⁺

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Greetings from New members of Torbay family

We are the new proud owners of your Local and favourite Fruit and veggie store "TORBAY FRUIT SHOP"

We are a young family of two soon to be three with the experience of retail.

The moment we stepped into Torbay village we fell in love with the vibes, people and community.

This is a very new venture for us and we are delighted with the warmth and welcoming gestures we received from our lovely Torbay family.

It's always a pleasure to serve our awesome customers with a promise to maintain the standard as high as it has always been.

We are keen and would love to know



Deep and Bhumika

our customers personally, so please come and say "Hi" whenever you can.

We look forward to serving the freshest produce to you all and hoping to keep on receiving the ongoing support from the community.

Kindly keep checking our website for the best deals or just pop in the store for the specials. The team at Torbay fruitshop is always happy to help and serve our valuable customers with a big smile.

Torbay community garden?

St Mary by the Sea at 168 Deep Creek Road Torbay have land available for a community garden.

We envisage we will provide a nurturing space for individual and families to grow nutritious vegetables, flowers and fruit for themselves (and maybe share a little).

We hope to provide opportunities for positive social and recreational interaction in a green environment where individuals of all ages and

backgrounds may interact in a healthy pursuit.

We offer a quiet, restful garden setting for the enjoyment of the natural world of plants, birds, bees and insects and the four seasons.

Would you like to be part of this exciting venture?

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BARFOOT & THOMPSON

Editor's Letter

After reflecting much over the past months and the problems, November brings a different feel.

The election is over and all the hype that went with that and we are now settling on the countdown to – wait for it (drum roll) Christmas!

Because this year to me seems to have passed so quickly, I cannot believe that we are at “that time of the year” again!.

Some facts for you

If you haven't already done so, now is the time to make the Christmas cake and the Christmas puddings.

As of 1st Nov there are only 54 more shopping days to Christmas.

There are only 7 Saturdays to Christmas.

There are only 3 pay days- if paid fortnightly, and only 1 if paid monthly.

Because of less flights, any Christmas cards to go abroad need posting earlier than normal, as do parcels.

Even due to border closure and the fact he is not a citizen or resident, Santa has been given special dispensation to enter the country (whew)

We can plan our celebrations without using masks and social distancing.

It is good to be able to start making plans again, and I am sure many people will use November to plan both their Christmas and New Year Celebrations as well as holiday plans.

I am amazed when I speak to people born here how many of them have never seen much of New Zealand- in fact several I have spoken to have never visited the South Island. Now is the time to explore those wonderful places.

There are two happy Torbay ladies who won the travel vouchers in the recent Buy Local campaign. On page 14 you can see Gaylene and Holly receiving their vouchers. When phoned to tell them they had won both exclaimed “I have never won anything before” It was great to see them receive the vouchers and know that both will start to plan a well deserved break.

Don't forget the Santa day and Christmas market on Saturday 5th December. a well deserved break.



Carole McMinn

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

To submit a news item or advertise, please contact:

Torbay Newsletter Editor

Carole McMinn

editor@torbay.co.nz / 473 3259

Torbay Business Association Coordinator

Joanne Martin

coordinator@torbay.co.nz / 021 614 655

Torbay Website **Joanne Martin**

Email: coordinator@torbay.co.nz

Torbay Business Association Chairman:

Sean Liew Torbay Pharmacy

Phone: 09 473 9629

Torbay Newsletter photographer:

Bill Ellis Phone: 473 6482

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

09 426 5845
info@silprint.co.nz
www.silprint.co.nz



THANK YOU East Coast Bays

I look forward to continuing to serve our amazing community for the next three years

ERICA STANFORD
MP FOR EAST COAST BAYS

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E office@ecbelectorate.co.nz
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Roasted Cauliflower

Cauliflower is plentiful at present. It can be a very boring vegetable, with little taste. Recent Masterchef episodes convinced me that the way to go is roasting.

Instructions

Preheat oven to 220°C. Line a baking sheet with foil and lightly spray with cooking spray.

Add cauliflower florets and drizzle with olive oil. Sprinkle with seasonings and toss until evenly coated. Spread cauliflower out in an even layer so the florets aren't touching.

Bake at 220°C for 25-30 minutes OR until cauliflower are fork tender and the edges are slightly charred.

Best served immediately.

Cauliflower will take any flavouring so make it Indian, Thai, Mexican or Italian by using herbs and spices from those cuisines.

Ingredients

- 1 large head cauliflower cut into bite-size florets about 7-8 cups
- 3 tablespoons extra virgin olive oil
- 1 teaspoon yellow curry powder
- * optional – see notes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

This magazine

Did you know we print 7000 of these magazines each month?

They are delivered to mail boxes in Okura, Torbay and Long Bay and also delivered to the businesses.

The magazine has been published for the last 22 years.

It was started by Chairman of the Business Association at that time, Alan Ebdale. He ran the Fruit and Veg shop, only then it was also in the space now occupied by the butcher.

It was a single A3 sheet folded into 8.

When I took over about 11 years ago it was A5 and black and white with a coloured cover.

As its popularity gained, that size was impractical and it went to full colour and a unique size that was between and A5 and an A4.

Again everyone loved the magazine so much rather than increase the 40 pages, which would have made it thick and unwieldy I went to an A4 size about 18 months ago, and that is the format you see today.



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WENDY RADCLIFFE

Local Monthly Snapshot

September 2020



WENDY'S UPDATE

In September the Auckland property market held onto high price gains, experienced a high volume of new listings resulting in high sale numbers – the average price on the North Shore \$1,141,300.

Activity is strong and it is a great time to be selling your home - we are still experiencing lack of properties on the market in the Torbay/Waiake area – supply isn't keeping up with demand which means buyers need to put their best foot forward. The current prices being paid by buyers shows confidence that prices are likely to hold firm over the medium term.

If you are considering selling I offer you local knowledge, 25 years experience in real estate and selling successfully in all markets, I welcome your call for the next important step in real estate and maximising the sale of your home,

Kind regards,

Wendy



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Torbay Friendship Club



With the General Election imminent President Barry tested the members with a political quiz at the Club Meeting on 8 October. It had been 3 months since the previous meeting in July and that one had been the first since the AGM away back in early March. There was, therefore, quite a buzz with a large turnout; members eager to meet up/catch up. Two new members were inducted.

The speaker was a former Royal Air Force pilot of fast jets during the Cold War in Europe. His account of a flying career was most interesting and he had indicated there were other subjects on which he could address a meeting so he will be invited back.

There had been only two excursions 2020 : on Red Boat in February and a depleted group (many backed out nervous about global threat!) to Botanical Gardens in March. After such a lull there was an huge response for the trip on 15 October to Hobbiton. It was an early start for a much enjoyed long day out.

Next highlight is annual Christmas lunch on Thursday 26 Nov at North Harbour Golf Club. Note - that is the only topic mentioned in paragraphs 2 & 3 of TFC's report in Aug issue of this Village magazine which should eventuate!

Next General Meeting will be held on Thursday 12 November in Torbay Community Hall from 10am to 12 noon. Any reader new to area is welcome to visit if looking for a club to join or may contact one of following:



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

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What's on at East Coast Bays Library

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Author Talk with Stephen Johnson

Wednesday 18 November 10:00am – 11:30am
Free event.

Stephen Johnson describes himself as "the Accidental Author". An Australian-born TV news and sports producer who has swapped the TV studio for a writer's garret overlooking the Tamaki Estuary in



Auckland. His debut novel "Tugga's Mob" is Shortlisted for the 2020 Ngaio Marsh Award for Best First Crime Novel. Tugga's Mob was inspired by three seasons working as a tour guide on double decker buses around Europe in the 1980's, then actually written on "Kwozzimoto" a 7m motorhome in which Stephen and his wife toured Europe as empty nesters. With his rich and varied travel and work experiences this is certain to be a fascinating talk.



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Life on the Edge

November 2020

Celebrating a Quarter Century of Marine Protection in Long Bay

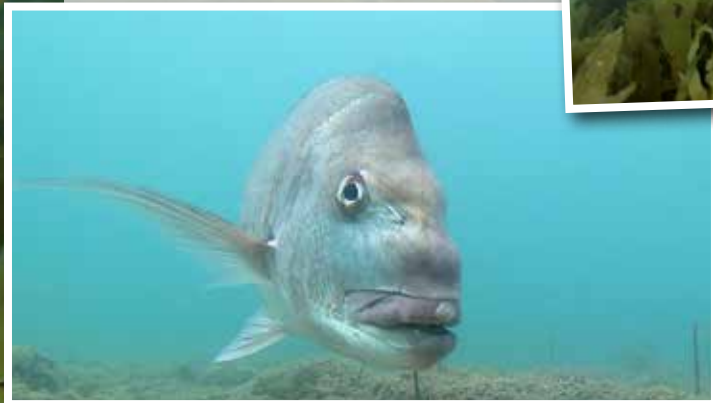
Long Bay-Okura Marine Reserve Turns 25 this October! The beautiful coastal waters stretching from the mouth of the Weiti River to Taroa point and its amazing marine life have been protected under the Marine Reserves act since 1995.

Initiated by strong willed community members who formed the East Coast Bays Coastal Protection Society in 1992, the establishment of the Long Bay-Okura

Marine Reserve is truly an inspiring community driven effort. Passionate members of the community recognized the need to have the area protected so that future generations could see a "typical slice of the Hauraki Gulf" when they came to visit. This was closely tied into the view that a marine reserve could be a valuable educational resource for those that visited us at MERC, and boy are we lucky to have that protection.

Have you taken the opportunity to go out and see it for yourself? You don't even

have to get wet, but it helps! There's rockpools to explore and if you wait for a calm day with good visibility, at high tide there is some good snorkeling spots you might be able to spot some snapper.



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

AVOID 7 MISTAKES THAT COST YOU MONEY: Selling your House for a Better Price

BARFOOT & THOMPSON
LICENSED REAA 2008

Mistake #1 (September issue) : DIY Mishaps & Unconsented Works.

Mistake #2: (October Issue) : Improvements Resulting in Defective Titles for Crosslease or Unit Properties.

Mistake #3: Going all out for colour. While most of us like a house that shows off your personality... when we come to visit... we've found that the current majority of buyers, hunting homes for themselves, are looking for something that they can move into straight away, ready to live in. We call this a 'turnkey' home. It can be a huge mistake to paint out the home in your favourite colours, before going on the market, and risk buyers struggling to match their furniture

to your home décor. If buyers can't see themselves living there, as is, your home may stay exactly that - "YOUR home". Even pale neutrals in yellow, brown or "Spanish" shades can make a home feel dated.

DON'T: Head to the paint shop with the idea of spending money on a 'Brave New Colour Scheme' to wow like-minded purchasers. They may be few and far between. Another mistake is to renew all the curtains in the home with lovely dark charcoal pre-made curtains. They may look great at night, but can darken small rooms, or block the light during the day - especially if the curtain track doesn't extend beyond the window.

DO: Check out building company show-homes for

colour trends. They are designed to appeal to the majority - for good reason.

KEY POINTS: 1. Aim for light & bright. Shades of white rarely disappoint and help the home feel fresher & more spacious to buyers.

2. It's easier to sell a home with no curtains at all, than to show rooms with the light partially occluded, or swallowed up in dark colours.

Jen & Shane

Next: Avoid mistake # 4

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

306 B Glenvar Road	\$665,000	2/5 Mizpah Road	\$1,030,000	15 Remuremu Street	\$1,490,000
B205 Long Bay Apartments	\$695,000	5 Orne Street	\$1,087,500	42 Remuremu Street	\$1,528,000
A302 Long Bay Apartments	\$840,000	5 Freya Place	\$1,137,000	22 Bounty Road	\$1,595,000
11 Flavia Close	\$840,000	14 B Thelma Crescent	\$1,160,000	20 Salem Place	\$1,620,000
14 Emlyn Place	\$850,000	14 Flavia Close	\$1,200,000	1028 East Coast Road	\$1,650,000
65 Fitzwilliam Drive	\$870,000	14 Moki Place	\$1,200,000	4 Bounty Road	\$1,666,000
2/36 Alexander Avenue	\$895,000	984 Beach Road	\$1,232,000	12 Bounty Road	\$1,705,000
12 Airey Place	\$910,000	3 A Reynolds Place	\$1,270,000	4 Rock Isle Road	\$1,750,000
1/162 Deep Creek Road	\$915,000	11 B Taroa Street	\$1,285,000	40 Caldera Drive	\$1,859,000
2 Regatta Road	\$925,000	78 Te Oneroa Way	\$1,290,000		
37 Bight Road	\$933,000	137 Glenvar Ridge Road	\$1,300,000		
29 Bight Road	\$960,000	3 Bight Road	\$1,338,000		
108 Weatherly Road	\$980,000	855 A Beach Road	\$1,388,000		
2/4 Danbury Drive	\$990,000	14 Dee Place	\$1,400,000		
36 Portobello Place	\$1,000,000	Beach & Cavalli Apartment	\$1,455,000		
2 Intrepid Place	\$1,006,000	14 Firth Road	\$1,477,000		

*Source REINZ

NB Apologies for the sale price listed for 25 Hebron Road at \$3,090,000 in August Sales. Our source at REINZ had an input error and the house was not sold at all.

Median Selling Price for September **\$1,200,000**

Shane & Jen Anderson

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Torbay Gard



Water shortages have made gardening challenging, and will continue throughout summer. Many of us will be placing a plastic basin in the sink or hand-basin, to collect and re-use water from indoor taps. A bucket on the bench will also save any unfinished drinks, vase or rinse water. Here our members share how they are conserving and capturing water and retaining moisture in the soil.

"This will work if water from your washing machine flows out of an open pipe before going underground. Buy a short length of pipe which fits snugly into the outlet pipe. Attach about one metre of flexible pipe to this. At the start of the second rinse, pause the machine. Fit your new outlet over the pipe and direct the water into buckets. I get six large buckets and use it to water in the evening. Sometimes I add a little liquid fertiliser"

Mulching is important. "I use everything that will keep soil moist. Grass, tender weeds, soft prunings, leaves, sawdust, and newspaper covered by weeds."



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Wine Club



"We invested in a 2000 litre rainwater tank, but if there is no rain it doesn't get replenished. I use grass clippings and mulch from our mulching machine. When planting out new plants I use home-made compost that retains moisture better than anything else."



"One of my gutters overflows in heavy rain so I have big buckets there ready to catch it all. I put a bucket with strong handle and pouring spout into the shower to catch the 'warming up' water" Depending on your shower, this



can yield up to a bucket to fill watering cans.



"I put containers around the place to catch any rainwater. I also collect pine needles and use compost for mulching. It takes only a few seconds to read water care rules and avoid a fine."

We hope that these ideas will be useful in the coming season and that your gardens will bloom and flourish.

In the garden in November

New season roses are available. All rose bushes and climbers need fertilizing and spraying to prevent black spot.

Lightly trim flowering shrubs to tidy them up for summer.

Plant summer flowering annuals such as Cosmos, Lobelia, Gazanias,

Aster, Dahlia, Celosia, Larkspur, Sunflower, Marigold, Petunias, and Phlox.

Continue to plant plant vegetable seedlings. Stagger plantings for a longer harvest including Capsicum, Carrots, Parsnips, Corn, Cucumber, Kumara, Pumpkin, Silverbeet, Tomatoes and Zucchini.

Plant Rhubarb and Passionfruit and fertilise with sheep pellets. Dwarf citrus can be established in pots with frequent watering and feeding.

For a good supply of summer herbs continue planting Basil, Oregano and Thyme. Plant Parsley, Rocket and Coriander in part shade as this will slow down bolting to seed.

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Bays Community Housing Trust *completes 5 new homes in Long Bay*



Social housing is a big need in Auckland, with a whopping 6,617 Aucklanders currently on the waiting list for a home.

Local organisation Bays Community Housing Trust (BCHT) is committed to solving this. In October, they completed 5 brand new homes in Long Bay, adding to their existing portfolio of 34 homes across the North Shore. The new Long Bay homes are part of a community setting named Te Whare Manawa Ora – ‘Whare’ meaning House, ‘Manawa’ meaning Heart, and ‘Ora’ meaning Wellbeing.

The name was chosen in consultation with Kaumatua’s from Ngati Paoa and Ngati Whanaunga.

The houses are a new model of what community looks like, says BCHT General Manager John Tiy. They have been intentionally designed to provide homes for people who need them, and to be close to community groups, amenities, and each other.

“Social inclusion - feeling like we’re part of a community - is one of the biggest contributors to a person’s wellbeing” says Tiy. “This means social housing is

much, much more than just providing a roof over someone’s head – it’s about ensuring people feel connected to their own community”

Tiy says there is a huge range of reasons why some people need help finding a place to live, and that COVID has exacerbated this. “There are a multitude of factors, including age, family situation, financial situation”. The Trust is committed to helping their tenants feel empowered and self-sufficient (regardless of situation), and employs a team of community coordinators to help achieve this.

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Carole McMinn (Editor), Erica Stanford (National MP), Neil Binnie (Property Manager).



BCHT has been providing homes to people on Auckland's North Shore for more than 15 years. It was set up in response to housing affordability issues in Auckland and specialises in providing a place to live for people who are struggling to secure long term housing. The Trust currently provides homes to more than 80 people.

To find out more about Bays Community Housing Trust, visit www.bcht.org.nz.

Suitable for teens & adults

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Dentistry an art or science?

On more than one occasion this topic has come up and caused an argument. Is dentistry better suited to the arty or the science geeks? We think you can be either, but the best dentists are a bit of both. If you haven't got good hand eye coordination and an eye for detail, then sure you can fill holes, but do they mimic natural teeth?

Artists are generally perfectionists that care about their work. If you're artistic you tend to be more right brained and if you're scientific then your more left brained. If you're a dentist that likes the predictability of science, likes design and is quite creative, then you must be a bit of a super star as you use your left and right brain equally. If you want to meet some extremely nice and super talented dentists that engage both sides of their brain, while making beautiful smiles, using all of their geeky technology to make your visit simple and enjoyable, come and meet the team at FLOSS dental for an experience like no other.



What are dermal fillers and why do we use them?

Dermal fillers, an injectable treatment performed by a qualified physician, can help smooth lines and replenish lost volume, restoring a more



youthful appearance. Dermal fillers are soft, gel-like substances that are injected under the skin. They address a number of concerns and at Pout we specialise in treating the lips. While dermal filler is used to restore volume it can also correct asymmetries, improve proportions, reduce scars and smooth lip lines.

The most common compound used in dermal fillers is hyaluronic acid (HA). HA is a naturally occurring substance and plays a major role in keeping skin hydrated. HA fillers are semi-permanent and last from six months, to much longer, in premium products before being gradually absorbed by the body. One of the main benefits of HA fillers, is that they can be dissolved by a special solution in case of an adverse event, or if the person dislikes the appearance.

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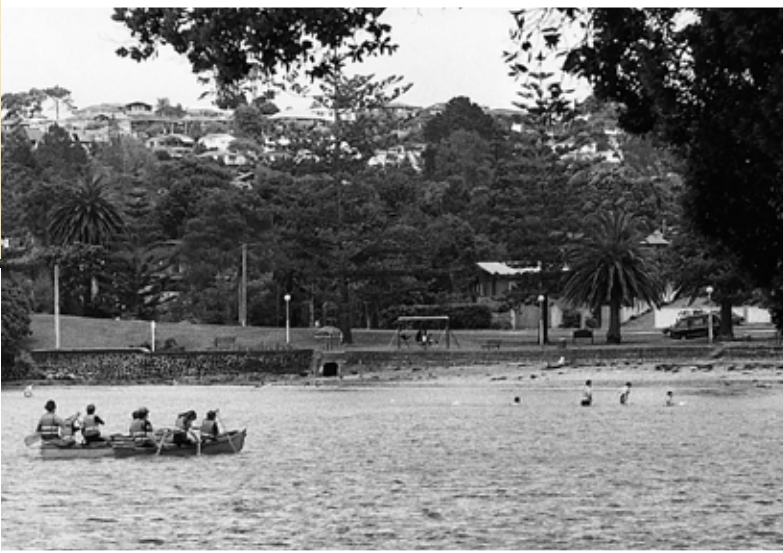
Torbay Historical Society

Last month we wrote about the naming of Ashley Avenue. The black and white photo was the corner of Ashley and Glenvar Roads in 1950. The coloured photo was the north end of Ashley Ave. in 2006. Beside that building was 'Podgora' 68 Ashley Ave. If you google it you will find it is very near to Glenvar Ridge Road, so this tells you how far the original road went. Some origins of other names in Torbay. - 'Kura is the Maori name for school. Other Maori names include Orewa which

could be a shortened form of Rewarewa, the tree that grew in this area. Awaruku – awa means river and ruku to sink or dive. Tainui is the name of the Maori canoe that stayed at Waiake for a few years The name was given by the captain of the Tainui.' – meaning 'bubbling waters.' - Could be shortened from Waiake ake ake - waters forever. According to some historians he also named paths called 'ara motu iti' – the path to the small island, and 'Ara Oneroa' –the road to Long Bay.

Early settlers have been remembered in the names such as Long, Vaughan, Gray and Auld. In 1920 members of the Young family subdivided land in Waiake and chose Biblical names including Bethel and Hebron. Many streets have been named after yachts including Fidelis, Freya, Gerontius and Infidel. One of the photos shows 'McGowans Beach, with their house on the hill – 1908. The other - enjoying summer at the Waiake 1997.

We are still planning for our end of year event with an AGM. Our garden at the Homestead is being restored. We are always looking for new members and helpers. The Homestead is available for hiring for small groups. Hopefully 2021 will be a better year.



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

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Happy Buy Local Winners

During August and September Torbay Business Association ran it's annual Buy Local Campaign.

It ran over two months due to the second lockdown.

Sean Liew, the Torbay Business Association Chairman drew the two winning tickets and they were presented with their prizes by Mary Buckley from Hello World travel in Browns Bay.

When phoned both winners were amazed as they had never won anything before and for both of them it was a lovely much needed surprise.

Holly is a mature student at Massey. She has a 4 year old daughter and is studying geography in the hopes of becoming

a Regional Park Ranger. Because of the difficulties this year she will be able to take a short break away.

Gaylene Leabourne is a front line worker, and we know how hard that has been over the last 7 months. Gaylene plans a well earned break "away from it all" in the South Island.

Thanks to Local Board for the grant given to enable us to run this event and Torbay Business Association for organising it.

OUR LINEN MAXIS AND JUMPSUITS HAVE ARRIVED!!!

Casual elegance is always a winner for those upcoming family pics. Grab yours today as we only bring in one of each colour/style.



Torbay Theatre



Broadway Lights was fantastic, fully justifying the faith of the large cast in this show over the extended rehearsal period. Earlier shows, in level 2, seated groups separately, whereas the last few played to a full audience in rows.



Oklahoma! 10-19 December - Book Now!!

Rehearsals are well underway, the show taking shape well, and the cast thoroughly enjoying themselves. As usual, there is a great range of ages involved (11-84!), which makes it an excellent community event. The show has lots of light-hearted jollity and humour as well as some serious content, which contrast nicely.



With cowboys and farmers (who *Should be Friends!*) and a plethora of well-known songs - *Oh What a Beautiful Mornin'*, *Surrey with the Fringe on Top*, *I Cain't Say No* - strong characters, tense story and splendidly choreographed dance numbers, it is no surprise that this show has made a come-back recently on Broadway and in the West End.

And our *Curly* (Campbell Ellison) can rival the 1999 film's Hugh Jackman, and our *Laurey* (Christina Ellison) has just carried off eight first prizes at the North Shore Performing Arts Competitions, including First in Musical Theatre, and the Becroft Grand Aria Competition with a prize of \$5000.

This is clearly a show not to be missed!

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

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

Bookings & Information:

www.torbaytheatre.com Facebook page / ph 473 5454.

www.torbaytheatre.com Facebook @TorbayTheatre
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Your Smart Gut

We have smart fridges, smart washing machines, smart phones, smart watches and it seems smart everything these days. Everyone also has a smart gut. We know that the gut contains a very complex network of neurons or nerves, which has been called the second brain. The gut also contains 70% of the immune system. Its not just a food processor munching up food for nutrients. The health of your gut influences who you are.

The Brain Connection:

Did you know that after fecal matter transplant, the personality of the recipient can change to match that of the donor. I was amazed when I learned that.

The vagus nerve that runs from your brain to your gut is like an information highway. 90% of the traffic on this vagus highway goes from the stomach to the brain and only 10% comes down from the brain to the stomach. So gut health really influences brain health.

The Immune Connection:

My dad had a debilitating condition called ankylosing spondylitis in which the immune system attacks its own body, especially joints in the spine and hips. He once told me that when he was in the Navy, he would get a new tummy bug at every new port they docked at. It is pretty clear that his ankylosing spondylitis was triggered by gut infections.

I inherited the same condition but managed to turn it off through good nutrition. However, in 2017 I got food poisoning at a conference which caused a huge flare up of my condition. They call it reactive arthritis. So once again, a problem in the



gut triggers the immune system to go crazy.

The bottom line is that if you have any problems in your gut you should take them seriously. The enterocyte cells lining the gut have been described as the master regulators of body function. Any signs of problems in the gut should be a signal for you to change your nutrition to put it right. Even a bit of heartburn is a sign that things are not right

I have designed a Total Gut Restoration programme that is designed to get your digestive tract working optimally. Ask the Torbay Unichem Pharmacy team if it would be right for you.



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Little Café has first birthday

Chris opened the Little Café at Long Bay exactly one year ago.

Chris had 13 year's experience in hospitality in all kinds of roles so was fully experienced when he opened the café.

Chris lives locally with his wife and two children, a son aged 1½ years and a daughter aged 6 years, who attends a local school.

Chris wanted to have the business where he lived so he could serve his local community, something you do not get when working in a big city.



Chris, originally from China, has been in New Zealand for the last 20 years and the last three years in Long Bay, which he thinks is an amazing place to live and work. He also thinks it is a great area to raise a family.

Chris has a passion for coffee. Every one he makes is different and a new achievement in his search for excellence. He gets great satisfaction when seeing people take that first sip

and nod in satisfaction.

Many of his customers are people in the area to view open homes and they ask what it is like to live in Long Bay. Chris tells them and then a few weeks later sees them when they have moved into their new homes.

Open 7 days 7am-3pm serving superb coffees, and tasty muffins, donuts, scones and their speciality bagels. They need to be tried out. Text 0224112304 to order your coffee.



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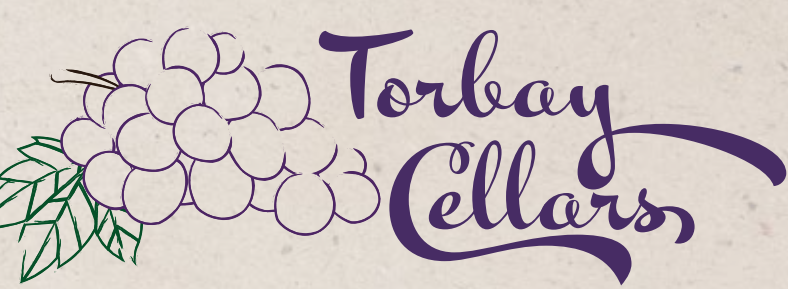
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New look for the

Children's Ark, 282 Glenvar Road would be excited to host visits from any families looking for quality childcare/education for their children. Children's Ark has been established for 33 years and is now opening it's new building which will cater for children from 6 months to 5 years 11 months (not all children start school after their 5th birthday). We are excited to be opening for the extended age groups on Tuesday 27 October. Taking enrolments now. Phone Sue Trace on 473 0242

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Torbay Medical



IMMUNISE AGAINST HPV (HUMAN PAPILOMAVIRUS) CANCERS

HPV is a common virus that can cause cancers in both males and females.

The good news is that there is a vaccine to help protect against HPV and HPV cancers!

HPV is a very common virus that most people will come in contact with at some stage in their lives. HPV infection can go on to cause a number of different types of cancer such as cervical, vaginal, vulval and anal cancers.

In most people, the virus turns out to be harmless and does not progress to cause HPV-related cancers. Many people who have HPV do not show any signs of it, so they can transmit the virus without even knowing it. Sadly, a number of people undergo painful treatment or die each year from cancers caused by HPV.

Help Protect Your Kids Against HPV

The good news is that immunisation against the 9 HPV types that cause the majority of HPV-related cancers is FREE for males and females up to 26 years of age. Research shows that the vaccine is more effective when given to younger people, which is why those under 14 years of age only require two doses, where older teenagers require three doses.

All doses are required to ensure maximum protection.

The HPV vaccine is very similar in nature to a number of other vaccines that have proven themselves to give long-lasting protection and the same is expected of the HPV vaccine.

THE HPV VACCINE IS AVAILABLE FREE FROM YOUR GP

COVID-19 TESTING

We encourage anyone in our local community who has had a possible exposure, or is experiencing respiratory symptoms (sore throat, cough, cold or flu-like illness) to have a COVID swab. You can phone and book an appointment or book through Manage My Health, even if you've already had a swab with a negative result, but have ongoing symptoms! (Please do not go to work or public places until you are well or have received a negative result). We would like to screen our area for COVID as much as possible and will take casual patients. This is a free service. Call 09 4779000 to book. We follow strict safety precautions and our staff have all been swabbed and cleared to ensure the safety of all those we come into contact with. Please bring your own mask or face covering and drive through the tunnel at the rear of Torbay Medical Centre.

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JULIA PARFITT & ALEXIS POPPELBAUM

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

Grants awarded for local groups

Grants have recently been awarded by the Hibiscus and Bays Local Board. A range of fantastic community groups were recipients, including some Torbay groups:

Sir Peter Blake Marine Education and Recreation Centre – Towards the costs of a programme associated with Seaweed.

Torbay Business Association – Towards costs for a range of events for the community.

Long Bay Baptist Church – Towards two youth workers on-site at Long Bay College for 24 hours a week (Whare Rangatahi youth-work).

Awatuna Sea Scouts – Towards the purchase of water safety equipment.

Mountains to Sea Conservation Trust – Towards costs to run paddle and snorkel events (Experiencing Marine Reserves)

Long Bay Okura Great Park Society – Towards the cost of two community open days and a snorkelling day.

Friends of Okura Bush – Towards traps, a GPS camera, and installation of a water catchment system.

A second grant round will open 15 February 2021. Your project or activity may be eligible for funding. Find out more on this shortened web link: bit.ly/3ia4H6R

Advocating for a recycling centre

We've been working closely with other North Shore Local Boards to provide strong advocacy to Council on the need for a community recycling centre (CRC) on the North Shore.

Currently, there are 9 CRCs in Auckland with 3 more opening soon. North Shore Local Boards have poor access to these CRCs (the nearest being an over half-hour trip away).

Council has just refreshed its strategy for the Resource Recovery Network. We wrote our Board's feedback on the strategy and have directed staff to investigate locations for a fit-for-purpose recycling centre to service in a central location easily accessed by East Coast Bays and North Shore residents.

Last financial year the 9 regional CRCs diverted over 5,200 tonnes of waste from landfill to reuse and recycling and saved 823,761 kg CO₂-e (carbon dioxide equivalents) by diverting green waste and timber. We believe Bays residents would relish the opportunity and challenge to do their bit and recycle and reduce further waste.

Meet the Torbay Plunket Committee

The Torbay Plunket Committee meet the first Tuesday evening of each month and is currently made up of six local Mums.

We are volunteers who offer our time, skills and knowledge to help organise and run fundraising events which ensure Torbay Plunket can continue to help support the local community – whether it be providing better facilities at the Torbay Plunket Clinic or helping to fund the Meals For Families programme for all new parents in the area.

Carlette, our Committee Administrator, runs the meetings and takes the meeting minutes. Carlette has a background in marketing and is currently full time Mum to three young children.

Amber, our Social Media whizz, keeps our community up to date with regular posts on our Facebook page. Amber is a

teacher, currently working part time and is Mum to two young children.

Natalie, our Meals For Families Coordinator who contacts all new parents and organizes frozen meals to be delivered to them. Natalie works part time at North Shore Hospital and has two young children.

Bex, our Committee All-rounder and chief raffle seller is a fulltime primary school teacher with a one year old.

We also have two new recruits to the committee – Amanda and Jessica, which we are very excited to get to know better – so welcome to the team!

The Committee is overseen and supported by our regional Plunket Community Support Coordinator, Katrina (also a Torbay mum of five), who is a valuable source of information and shares with us what other committees are doing around Auckland. Our amazing Plunket Nurse, Michele, also attends and is always on hand to help out at our fundraising events.

The committee meetings are pretty informal and every member can choose to do as little or as much as they want. Once all agenda items have been discussed, we invariably end up having a chat and a bit of a catch up. We are a very easy-going bunch and would welcome some fresh faces to join our team and support Plunket in the local Torbay community.

If you would like to get involved with the Torbay Plunket committee, then email us at torbayplunket@gmail.com or like us on Facebook (torbay plunket) to be kept up to date on our upcoming events and volunteer opportunities.



The Torbay Plunket Team





Geraldine Zareian

Geraldine Zareian

021 184 0312

g.zareian@barfoot.co.nz

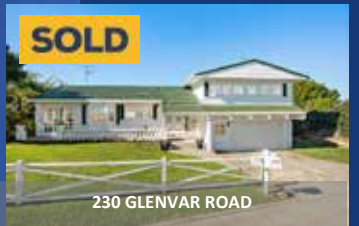
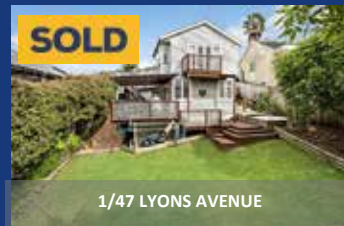
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Santa IS Coming!

On Saturday December 5th Santa will be coming to the Torbay Centre and will be pleased to meet any children who have been good this year! They will get a free gift.

From 9 am until 12 noon Torbay Business Association, in conjunction with Plunket, will create a fun event for young and old.

There will also be a Christmas market for you to do your Christmas gift shopping. The gifts for sale are hand made locally so you will be supporting local people.

Torbay Business Association thanks Local Board for their grant, which enables this event to take place.



Torbay Business Association



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Hibiscus and Bays
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		LOW		HIGH		LOW		HIGH		LOW	
Sun 01	02:29	0.9m	08:42	3.2m	14:47	1.0m	20:56	3.2m			
Mon 02	03:06	0.8m	09:18	3.3m	15:23	1.0m	21:34	3.2m			
Tue 03	03:42	0.8m	09:54	3.3m	15:59	1.0m	22:11	3.2m			
Wed 04	04:18	0.8m	10:30	3.3m	16:37	1.0m	22:49	3.1m			
Thu 05	04:56	0.8m	11:07	3.2m	17:17	1.1m	23:29	3.1m			
Fri 06	05:35	0.9m	11:47	3.2m	18:00	1.1m					
Sat 07			00:11	3.1m	06:16	0.9m	12:32	3.1m	18:48	1.1m	
Sun 08			00:57	3.0m	07:03	1.0m	13:22	3.1m	19:41	1.2m	
Mon 09			01:48	3.0m	07:57	1.1m	14:17	3.1m	20:38	1.1m	
Tue 10			02:45	3.0m	08:59	1.1m	15:17	3.1m	21:39	1.1m	
Wed 11			03:48	3.0m	10:04	1.0m	16:18	3.2m	22:40	1.0m	
Thu 12			04:53	3.1m	11:08	0.9m	17:17	3.3m	23:39	0.8m	
Fri 13			05:55	3.3m	12:07	0.8m	18:14	3.3m			
Sat 14	00:36	0.7m	06:54	3.4m	13:02	0.7m	19:10	3.5m			
Sun 15	01:30	0.5m	07:48	3.5m	13:55	0.6m	20:04	3.5m			
Mon 16	02:23	0.4m	08:40	3.6m	14:47	0.5m	20:57	3.6m			
Tue 17	03:14	0.4m	09:31	3.7m	15:38	0.5m	21:50	3.5m			
Wed 18	04:04	0.4m	10:21	3.7m	16:30	0.6m	22:42	3.5m			
Thu 19	04:53	0.5m	11:12	3.6m	17:22	0.7m	23:33	3.3m			
Fri 20	05:42	0.6m	12:03	3.5m	18:16	0.8m					
Sat 21			00:25	3.3m	06:33	0.8m	12:56	3.3m	19:12	0.9m	
Sun 22			01:17	3.2m	07:27	1.0m	13:51	3.3m	20:08	1.0m	
Mon 23			02:12	3.0m	08:25	1.1m	14:47	3.2m	21:05	1.1m	
Tue 24			03:09	2.9m	09:27	1.2m	15:43	3.1m	22:02	1.1m	
Wed 25			04:08	2.9m	10:29	1.2m	16:37	3.1m	22:55	1.1m	
Thu 26			05:06	2.9m	11:25	1.2m	17:29	3.1m	23:46	1.1m	
Fri 27			06:00	3.0m	12:14	1.2m	18:17	3.1m			
Sat 28	00:33	1.0m	06:48	3.0m	12:58	1.1m	19:02	3.1m			
Sun 29	01:17	1.0m	07:32	3.1m	13:39	1.1m	19:44	3.1m			
Mon 30	01:57	0.9m	08:13	3.2m	14:18	1.1m	20:26	3.1m			

Times adjusted for Daylight Saving.

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50 years of great reads, community connection, information and education

East Coast Bays Library in Browns Bay have recently celebrated 50 years of serving our local community. A Photographic Exhibition of heritage images marked the occasion.

In the very early days of Browns Bay a small lending library operated out of the General Store on Clyde Road near to where Deep Creek Brews & Eats is today. It wasn't until 1970 that a purpose built Keith Hay building opened as a public library on the current site in Bute Road. It held a relatively small stock but offered readers the opportunity to access a larger collection through an



agreement with the Takapuna City Council.

The present library was opened in 1982 and the design by Dodd Patterson Architects won the prestigious New Zealand Institute

of Architects

National Award. As membership grew the library was extended in 1993, then the Ethel Baxter Magazine Room was added in 1999 thanks to a bequest left by an altruistic patron Miss Ethel Baxter. A major refurbishment took place in 2002 which changed the original Bute Road entrance of the building to create an entrance on the Village Green, a move which helped to reduce congestion on Bute Road. In 2010 a generous donation by the Strinati family enabled the building of the library reading courtyard. Library services have also changed

over the years in response to the needs of the community. Nowadays the library is more than just books, with children's programmes, discussion groups, literacy groups, craft groups, free public internet computers, holiday programmes, free wifi, talks and events, as well as many online and eResources. Book a Librarian services are free and provide customers with the undivided attention of a librarian for an hour to help with accessing eResources, library websites, CV help, Family History and basic computer and website issues. The library has also been pro-actively contacting our older and health-compromised customers who are housebound due to vulnerability to Covid. Auckland Libraries mobile and access teams are making home deliveries to these customers. We look forward to the next 50 years!!



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SMASHING IT AT NATIONALS

Long Bay College students enjoyed sporting successes at national competitions during the September school holidays. Chris Benzie, a highly talented Badminton player, took the top spots in the national under 17 boys singles and doubles. He and his partner came second in the mixed doubles and went on to become runners up at the national under 19 top seed mixed doubles final. Chris, who represents North Harbour, has been playing Badminton since he was five years old and says he enjoys the physicality of the sport and the chance to challenge himself. Winning his first national titles in two categories was an amazing result for the 15 year old, who described his successes as "overwhelming". Chris's achievements come after a tough season where his training was at times limited to online sessions due to Covid-19 restrictions. The Long Bay College boys Year 13 Curling team attended the secondary school nationals for their third consecutive year in Naseby, Otago and earned silver medals. Their achievement was a step up from

last year and a great result following limited practice sessions due to lockdowns. Like Chris, the boys took their training online and completed Curling theory sessions with their coach via Zoom. The team members, who are all in Year 13, were thrilled to improve on their game and plan to continue Curling in the under 21 age group at university.

Year 11 student, Jack Swainson represented Long Bay College at the National Secondary School Weightlifting Championships where he finished third in the under 16, 61kg weight group. Jack only began weightlifting this year and was excited to lift his heaviest at the competition.

Long Bay College's Director of Sport, Mr Paul Field, says while the boys' sporting codes are very different, they all demonstrate commitment when it comes to achieving their goals. "We would like to congratulate the boys on their amazing achievements and for their hard work. They are great ambassadors of Long Bay College and we are here to support them as much as we can."



Chris Benzie.
Source: Paul Foxall Photography



Boys Curling Team



Jack Swainson

Long Bay College's entrance gets a makeover

A Block, the administration centre of Long Bay College, is undergoing a major refurbishment. Work began on the renovations during the September school holidays and the scale of the project is such that reception, senior leaders and administration staff have relocated to new, temporary spaces throughout the school. It is anticipated the work will be completed by the end of Term One, 2021. The redevelopment, which is almost entirely funded by the Ministry of Education, is long overdue. The administration block will receive new roofing, windows and cladding, as well as canopies for shelter and a much improved reception area. College Principal, Mr CJ Healey, is excited about the A Block improvements and believes they will enhance school pride. "Once completed, the entrance



Artist's impression of A Block

to our school will really reflect the high standards of education our school provides, he said." The College's Reception is now located on the ground floor of A block in the building named 'Long Bay College.'

College staff and students are delighted the newly built Wood Technology building will open this month after it was damaged by fire in 2017. It's one of a number of refurbishments that have been completed this year. The renovations are all part of the college board's commitment to ensuring the school environment supports students' success.

Tackling pest plants at Gerontius Reserve

Friends of Gerontius Reserve in Torbay would like to thank the Taiaotea Girl Guides for helping to fill another bag of the nasty environmental weed tradescantia. They also cut some japanese honeysuckle and jasmine in the reserve. These pest plants would otherwise have spread throughout the reserve, smothering our native bush and destroying habitat for our native wildlife. Ka pai girls!!

Friends of Gerontius Reserve was also a successful applicant to the 2020 Restore Hibiscus & Bays Volunteer Initiatives Programme, which is funded through an Auckland Council Regional Environment and Natural Heritage grant. The group has already used the funds to engage professional eco-contractors to carry out full control of environmental weeds that are too difficult for volunteers to tackle, including large



areas of wild ginger and some pampas. The plan is to now prepare and maintain the area for community planting next winter.

Please get in touch with Restore Hibiscus & Bays if you are keen to get involved with the Friends of Gerontius Reserve project, or if you would like support to help you care for a place that is special to you: info@restorehb.org.nz. The team can even help with restoring your backyard!

Also, you may be able to borrow tools and equipment for your predator and pest plant control on long-term loan from the new community tool library in Browns Bay.

Visit the Restore Hibiscus & Bays website at www.restorehb.org.nz for more information, and subscribe to their newsletter for updates on news, events and upcoming projects.

Restore Hibiscus & Bays is an umbrella community-led, not-for-profit conservation initiative that aims to bring together, support and grow the network of bush groups, neighbourhoods, individuals, schools, businesses and other organisations working to eradicate pests, restore native

habitats and improve water quality across the East Coast Bays and Hibiscus Coast.



**Restore
Hibiscus & Bays**
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Answers on Page 33

Monthly Quiz

1. What is the one sport where neither the spectators nor the participants know the score or the leader until the contest ends?
2. What North American landmark is constantly moving backwards?
3. What are the only 2 vegetables that can live to produce on their own for numerous growing seasons?
4. Where are the Summer Olympics being held after Tokyo?
5. What instrument did Franz Liszt compose for?
6. What is the state capital of California?
7. What colour is motor racing's caution flag?
8. What is the Maori name for New Zealand's largest kauri tree?
9. What do the letters HB mean on a pencil?
10. If you travel 1 mile south, 1 mile east and 1 mile north and finish back where you started from, where on earth are you?

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Builder – Decks, Fences, Alterations. Free quotes. Phone Barry. 413 7133 or 027 280 1038

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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

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Passport Photos – Torbay Pharmacy. Phone 473 9629

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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

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

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Lawn mowing & Garden Maintenance – Contact Ian at Grassroots Mowing 021 764 426 or 473 2004 Affordable, Dependable Service ian@grassrootsmowing.co.nz

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QUIZ ANSWERS

1. Boxing is the sport where the result is not known until the end.
2. The Niagara Falls are constantly moving backwards –the rim is worn down about 2 and ½ feet every year.
3. The only 2 veges which live to produce for years are asparagus & rhubarb.
4. Paris is scheduled for the Olympics in 2024 and Los Angeles again in 2028.
5. Franz Liszt composed for the piano.
6. The state capital of California is Sacramento.
- 7 Motor racing's caution flag is yellow.
- 8.This country's largest kauri is Tane Mahuta.
9. HB on a pencil means Hard Black.
10. 1 mile south, 1 mile east, 1 mile north and ending back where I started is at the north pole.

What's On

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

Alcoholics Anonymous – 0800229 6757 www.aa.org.nz. Join our friendly Tuesday night meeting at 7.30pm St Marys by the Sea Anglican Church if you wish to stop drinking

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

Browns Bay Racquets Club – would love to have more players 55 yrs plus... we play mixed doubles. Friday 9am .. we have lots of fun and fees are low, in fact nil at first. Ph: Roy 021 256 2192

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

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

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

Exercise Group for senior women – Monday, 9.45 – 11.15am, St Mary's By The Sea, 168 Deep Creek Road, Torbay. Free & friendly. Phone Jill 473 1932

Get up & Active - Women's exercise classes. All ages & levels. No high impact. Personal training also offered for men & women. Lynne Scott - www.thebodytonicgroup.com - 021 204 3280 lscott@thebodytonicgroup.com

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

North Shore Activity Group – Welcomes singles/couples 40+. Phone Christina 021 887 696 or www.meetup.com/north-shore-activity-group

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

Rotary Browns Bay - Torbay meets every 1st and 3rd Tuesday of the month at 7am breakfast at the Bays Club in Browns Bay. If you are interested in doing different things in your community ring Murray on 021 631662 or email m.allison23@xtra.co.nz Come for a visit.

Sewing Connect Group – Tuesday mornings from 10:30-12:30 at 2/91 Glamorgan Dr, Torbay. No cost. Contact lyngarrardnz@gmail.com & 021689011

Torbay Tennis Club - Torbay Tennis Club, situated behind the Community Hall, offers tennis for all ages. All inclusive membership fees. Junior fee includes coaching. Club coach Jason Hart offers exciting programmes. Please visit our website for more information & registration/Open day dates www.torbaytennis.org.nz

Torbay Indoor Bowling Club – Are you looking for a New Activity or New to Torbay then come and join this friendly club on Monday 7:00 pm at Torbay Community Hall beginning the First Monday in February. You will be very welcome. Phone Kevin 473-3253 or Janet 473-1621.

Torbay Walkers – a group of friendly women meet every Wednesday afternoon at 4pm and walk for one hour. Please come along and join us, at the bus stop in Torbay Centre. For further information phone Irene 473 1159 & Diane 473 1761.

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- Citizens Advice Bureau 479 2222
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- Dementia Social Group 09 4893176 or 0272258893
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- Girl's Brigade 09 473 8626
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- Long Bay Baptist Mainly Music 09 947 3378
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- 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
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Lily Zhang

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5 4 2



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5 3 2



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Ref. 792491

4 2 2



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50 Arran Road, Browns Bay
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4 2 2



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5 2 2



2/85 Awaruku Road, Torbay
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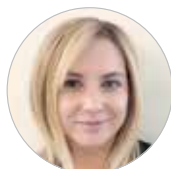
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Torbay

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

Long Bay

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

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