

# TORBAY

NEWSLETTER

*more than a place - a lifestyle*

SEPTEMBER 2021

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

## Supreme Pie Champion

see page 3 for details



# Torbay Pharmacy: Chronic Diarrhoea

## Maybe it's BAD and Not IBS?

If you have a long history of diarrhoea, you are not alone, it's quite common. If your doctor can't find a cause of your diarrhoea, chances are you will get a diagnosis of irritable bowel syndrome (IBS). But 30 to 50% of people with chronic diarrhoea have something called Bile Acid Diarrhoea (BAD) and not IBS. The distinction is important because the treatments are different.

## Diet Suggestions for BAD. Hint; it's Not FODMAPS:

The most common diet for IBS is a low FODMAPs diet, which excludes a variety of sugars from the diet. However, this diet is not going to be helpful if you have BAD. People with BAD have high levels of bile salts in their intestines in response to normal levels of fat in the diet. These bile salts cause watery diarrhoea in many ways.

Rather than lower FODMAPs to treat BAD you should restrict the amount of fat in your diet to about 40g per day and spread this evenly throughout the day. The fat in meat tends to be worse than plant-based fats, so keeping meat intake to small amounts would be helpful.

The symptoms of BAD include faecal urgency and possible leakage, watery stools, cramping, bloating, burping, and pain. However, the big clue is in how you tolerate fat in your diet. People with BAD will often describe how they can get explosive diarrhoea if they eat more than a quarter of an avocado, or if they have more than 6 nuts. The mechanisms are complicated and involve a variety of gene and hormone changes.

## Treatment for BAD Diarrhoea:

Colestid is a prescription medicines that can bind to bile salts. It can be helpful to reduce BAD diarrhoea. Colestid can cause nutrient imbalances if used for the long term. Foods such as beets and asparagus can also bind to bile salts but only weakly. Then have between 20 to 50% of the effectiveness of Colestid.

## Berberine To The Rescue:

Berberine is a multi-talented nutrient. As well as improving cholesterol and diabetes, it has shown great abilities in improving bowel function. Berberine has been shown to activate the Farnesoid X-Receptor (FXR) which is one of the underlying mechanisms in BAD.

## Other Treatments:

Probiotics and prebiotics are likely to be beneficial because the balance of the microbiome will have been disrupted from years of BAD. The Total Gut Restoration Programme is a great follow on to rebalance your gut health after you have settled your BAD.



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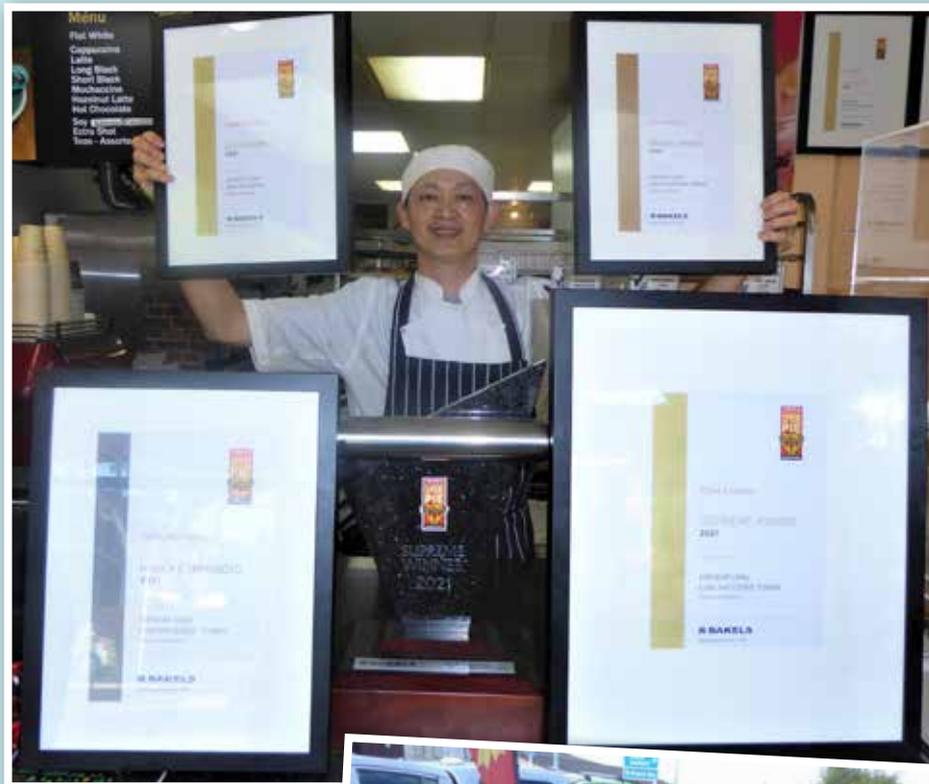
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# Supreme Pie Winner



Every year almost 500 bakers all around New Zealand enter into a competition for the best pies in many different categories.

Over the years Euro Patisserie have had more than their share of Gold, Silver and Bronze awards and we have celebrated with them.

But this year was different.

They won the Supreme award. This means officially the best pie in the whole competition, out of 5000 entries from almost 500 bakeries throughout New Zealand!!

What made it more outstanding was that for the first time in 25 years the winner was a woman!!

Sopheap Long and Bunna Hout are familiar faces. This hard working couple are there every day making pies, sandwiches and rolls, cakes and slices for us all to enjoy. It doesn't matter if it is a lunch box treat or something special, they have something for us.

Sopheap won the Supreme award for her steak and cheese pie, but they also won a whole load of other awards too, as well as the trophy.

They won a bronze for their bacon and egg and a highly recommended for their mince and cheese.

They also were awarded 6th place for vegetable pie, 8th place for a potato top and 10th place for a mince and gravy pie.

They really deserve this award. It is a pleasure to go into their bakery and enjoy their wonderful food and service.

Well done Euro Patisserie!!



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**Kyra Perwick** Associate Salesperson

M 027 311 7953  
E [k.perwick@barfoot.co.nz](mailto:k.perwick@barfoot.co.nz)  
W [barfoot.co.nz/k.perwick](http://barfoot.co.nz/k.perwick)

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# Editor's Letter

Last month held some breath-taking moments as we saw the world's best all competing in Tokyo.

I felt so proud to see us, as a small Nation tucked away at the bottom of the world, win medal after medal. I think we all shed a tear at Dame Valerie when she won her medal and Lisa Carrington- well we were blown away.

All of our athletes did so well, whether they won a medal or not. They would all have devoted years of their lives to the training. Weathered through the disappointments and the injuries, always pushing themselves to their limit. Rising at times we have never seen, unless catching a very early flight! Training in hostile weather. They sacrificed much, so thank you to all of our Olympians. We are so proud of you!

As someone who very rarely watches TV last month saw me glued to the set to watch the Olympics, and, also my all-time favourite, Masterchef. I LOVE this program. My husband loves it too although he never watches it!

It inspires me to create meals that take me out of the rut we are sometimes in when preparing everyday meals. Not all the flavour combinations work quite as well as I hoped but hey, at least I'm trying. Having said that the recipe this month is a good old muffin, but it is made by a different method, and they are delicious.

The weather was pretty cold last month too so hopefully we will see better days as we draw into Spring.

Spring is so different for me, coming from England, where there are four very definite seasons. There Spring was one of my favourite seasons after the dead stark branches of the trees in winter it was so lovely to see the light green buds coming on and then the blossoms. On the ground the daffodils and other spring bulbs were fantastic, especially when you saw a large planting. Their colours so cheerful. For us, because we don't have everything die away in winter, we don't always appreciate the spring in the same way. The Garden Club have shared some really, amazing photos this month, well worth a good look. You may get inspired to visit a local garden centre and see how you could perhaps transform your garden.



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

**Carole McMinn**

coordinator@torbay.co.nz / 473 3259

Torbay Website **Carole McMinn**

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



## COMMUNITY MEETING Browns Bay

This is my last community meeting for the year. These meetings are always great events with the opportunity to ask about anything that's happening both locally and nationally. Please ensure you register online for catering purposes. I look forward to seeing you there!

**Monday 13 September @ 7.00pm**

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# Children's Ark: "Highly Commended" in Auckland Zero Waste Awards 2021

When Children's Ark opened its new centre in 2020, it was an opportunity to look at ways of reducing waste. We had a visit from Judith Rosamund, from Hibiscus Coast Zero Waste who run an ECE program funded by the Local Board. Judith was wonderful at guiding us through the process.

Our first step was to engage Eco Nappies who deliver clean cloth nappies and collect the soiled ones to be safely laundered and returned. This cuts down hugely the amount of waste an ECE Centre produces. We set up a recycling Centre for the children, encouraging them to sort recyclable products. This generated lots of conversation and knowledge building about what can and cannot be recycled.

We have a wonderful cook who cooks from raw ingredients to produce amazing healthy food, cutting down on food packaging. We have bokashi bins,

so ALL food waste is collected by City to Farm, an organization putting food waste to good use regenerating soils.

The resources the children play with have been sourced as ethically as possible, with many made by the teachers. Sand and water play equipment is mainly second hand pots and pans from op-shops and we avoid plastic wherever possible. As resources have been replaced, they have been substituted with real materials and lots of natural resources. Real crockery and cutlery is used as opposed to plastic. The children feel trusted to use something that is more fragile, developing an attitude they are they capable.

We have been composting of our paper towels, of which the children are learning to just use one and feeding our worm farm with fruit and vege scraps,



as well as occasionally shredded paper. The worm "tea" is fed to our fruit tree saplings.

When setting up the new Centre careful consideration was given to the garden design. Real grass is used for the children to run on, and recycled wood bark was used for the safety surface. We believe strongly that children need to be immersed in nature for their emotional and physical well-being.

The children have learnt they are good kiatiaki (guardians) of the land we look after at our Centre. We were very proud to accept this commendation at the awards evening and meet other organisations also working to reduce waste.

Find out more about Children's Ark at [www.childrensark.co.nz](http://www.childrensark.co.nz).



## Results | Experience | Service

# WENDY RADCLIFFE

## Torbay / Waiake

### July 2021



PROPERTIES SOLD

30



PROPERTIES FOR SALE

41



LOWEST PRICE

\$727,500



HIGHEST PRICE

\$4,850,000

## WENDY'S UPDATE

Sales in our area continue to be healthy – concerns about the prices being paid and possible future interest rates did nothing to dampen July's trading.

The winter months are normally a time when market activity slows however there are no signs of that incurring this year. With a shortage of owners bringing their homes to the market in the Torbay/Waiake area it is a great time to be considering selling.

PREMIUM PRICES ARE BEING ACHIEVED – homes are selling promptly from a large pool of committed buyers! Are you thinking of Selling? The process of moving can be overwhelming - having specialised in selling Real Estate for over 25 years in Torbay and Waiake I offer you knowledge, experience, service and results - I welcome your call for a confidential discussion on maximising the sale of your home,

Kind regards,

Wendy



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# Torbay Friendship Club

Those who attended the club meeting on Thurs 12 August enjoyed a rare treat during morning tea break. We relished a taste of Whitestone Cheese Co's blue cheese on white bread (see photo). In his presentation on cheese-making Franco Sessa (see photo), National Sales & Trade Marketing Manager for the company, insisted serving crackers on a cheese platter was a definite "NO-NO" Bread was the vessel on which to appreciate a cheese! The company makes handcrafted



artisan cheese down in Oamuru: now producing 20 different cheeses. There are more than 700 cheeses produced throughout the world. Franco is also an international wine judge.

Two new members were inducted at the meeting & Past President Barry set a topical quiz on the Olympic Games.

To look forward to in Sept - stroll on first Tues, coffee morning on first Wed with rummikub in the afternoon, scrabble on first Thurs, club general meeting on Thurs 9/9 with an interesting speaker, rummikub on 15/9, outing on 16/9 to the Sculptureum in Matakana, craft group on 22/9 and mah-jong on 24/9.

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

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

## Matariki winners!

During Matariki the Torbay Business Association ran a shop window competition, which the children from the local three Primary Schools took part in.



Some of the windows had a card in with the Maori name for that business and we saw many children, with parents and care givers going around identifying the words.

It was good because it gave heightened awareness of the businesses in Torbay and also was educational, in that it encouraged the young people to use the Maori language.

The winners were Freya aged 6 years from Long Bay Primary and Emma 8 years old and Noah 9 years old both from Glamorgan School.

They were excited to receive their Prezzy cards from Sean, the Chair of Torbay Business Association in the Torbay Pharmacy, and were keen to leave to spend their vouchers.

Well done all of you.

# Life on the Edge September 2021 Ocean Kaitiakitanga



Exploring the intertidal with MERC marine educators fosters a sense of connection to the ocean, and plants the seeds for continuous care for our marine environment.

Have you ever wanted to learn more about what actions we can take to conserve and protect our environment? Interested in how we can adapt our lives on land to make a positive contribution?

There is a level of responsibility we can take as individuals, to set a good example of how we can do a better job of looking after our environment. We believe the term, **Kaitiakitanga**,



Children in our Young Conservationists School Holiday Programme perform a 'litter intelligence' beach audit and sort the rubbish into categories.



describes our responsibility to exercise guardianship of the land and sea. English definitions do not fully encapsulate

Kaitiakitanga and attempts to define it in anything other than te reo Māori within a te ao Māori context will always be insufficient.

To provide a platform to foster better communication about information related to ocean science, matauranga Maori, new discoveries and progress in marine protection, NZAEE

**Seaweed** (coordinated by MERC) is putting together a series of webinars to foster continued and regular engagement with ocean lovers. Speakers will include scientists, advocates, adventurers, action takers and holders of traditional Maori knowledge. The first webinar in the series: **Ngā kōrero: Exploring Ocean Kaitiakitanga in Aotearoa New Zealand**, will take place on the evening of September 30th. Go to [www.seaweed.org.nz](http://www.seaweed.org.nz) to find more details.

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

## SHANE & JEN ANDERSON

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and supportive. We got the best possible financial benefit after all their emotional and practical guidance in preparing the house for auction. I think you get the message of how I feel words cannot fully express my gratitude. I will always recommend them to anyone...

M. van Muller

Need advice? TEXT or CALL US today for a chat.

Jen & Shane

Neighbours helping neighbours

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

1/26 Rewi Street	\$727,500	Aptmnt 103 Beach & Cavalli	\$1,355,000	8 Fender Place	\$2,090,000
1/23A Cliff Road	\$849,000	30 Coventry Way	\$1,360,000	10 Keel Street	\$2,095,000
5A Sunburst Lane	\$880,000	140 Deep Creek Road	<b>\$1,380,000</b>	15 Hopetea St	\$2,100,000
252 Glenvar Road	\$915,000	41 Emlyn Place, Torbay	\$1,380,100	26 Tawatawa St	\$2,150,500
2/29 Cranston St	\$1,005,000	8A Clifton Road	\$1,381,000	34 Firth Road	\$4,850,000
2/162 Deep Creek Rd	\$1,005,000	1A Alexander Ave	\$1,415,000		
901A Beach Road	\$1,035,500	1 Uruhau Close	\$1,420,000		
30A Alexander Avenue	\$1,050,000	40 Awaruku Road	\$1,490,000		
46A Weatherly Road	\$1,060,000	47 Windlass Street	\$1,575,000		
31 Alexander Avenue	\$1,080,000	9 Turutu Place	\$1,640,000		
1/68 Stredwick Drive	\$1,125,000	58 County Road	\$1,650,000		
A205 Long Bay Apartments	\$1,190,000	11 Killarney Ave	\$1,660,000		
24A Reynolds Place	\$1,200,000	97 Glamorgan Dr	\$1,683,000		
3 Tui Street	\$1,210,000	55 Rewi St	\$1,714,000		
7 Taemai Pl Lot 153 Weiti	\$1,225,000	5 Coastview Lane	\$1,831,000		
122Ahumoana Lot 119 Weiti	\$1,225,000	17 Elsfield Place	\$1,860,000		
161 Glenvar Road	\$1,300,000	4 Bearing Parade	\$1,870,000		
1 Weatherly Road	\$1,300,000	7 Ruku Street, Long Bay	\$1,950,000		
9 Watea Road	\$1,320,000	53 Kate Sheppard Ave	\$1,962,000		
901 Beach Road	\$1,337,500	39 Toroa Street	\$2,070,000		

\*Source REINZ

Median Selling Price for June **\$1,380,000**

## Shane & Jen Anderson

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# Torbay Garden

Our August meeting saw a "celebration of camellias" – flower of the months. The elegance and variety of this plant was on display in a lovely range of delicate petals and colouring, from white through pinks to dense reds. Camellias were cultivated in the gardens of China and Japan for centuries before they were seen in Europe. They symbolize "love" and "admiration". We admire them for their evergreen and winter-flowering qualities.

We were delighted to welcome three new members and a visitor. Judge, Graham Milne, again congratulated us on the high quality of our exhibits considering the preceding wild windy wet weather.

Bruce Jamieson spoke of his passion to see New Zealand's natural resources used to improve soil quality, which has a direct impact on plant health. This spawned the establishment of New Leaf Horticulture, manufacturing Aquaticus products. Aquaticus Garden Booster contains fish by-products, seaweed, humic/fulvic acid



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# den Club



and trichoderma, a beneficial fungus that promotes root growth and helps protect the plant from soil and airborne fungal problems. Bruce donated a generous prize pack of products which were won in a three-draw raffle.

Most points: 1st. Cherie Buckingham, 2nd. Hilary Collins, 3rd= Marilyn Taft, Ann Smith, Noela Thomas.

Floral Art Trophy: Barbara Dines

Best in Show: Cherie Buckingham



## In the garden in September

Time for Spring planting - sow your favourite vegetable seeds such as carrots, peas, beetroot and silverbeet directly in the garden. Transplant out, or sow into seed-raising mix, capsicum, courgette, tomato, lettuce and aubergine. Protect young plants with slug pellets. Buy seed potatoes and keep them in a sunny tray for 3-4 weeks before planting. Prune feijoas and passionfruit vines to encourage new growth and fruiting. Refresh the herb garden and feed citrus, berry vines and fruit trees. New strawberries, blueberries and rhubarb can also be planted. Now is the right time to plant new lawns and top-dress existing ones.

In the flower garden plant seedlings of your favourite annuals, including calendula, chrysanthemum, delphinium, marigold, polyanthus and hollyhock. Now is also the time to plant dahlia tubers and gladioli corms, as well as new perennials like lavender, canna and geraniums. Get new roses into the ground quickly to ensure they get settled before summer. Plant in full sun with sheep pellets and a slow-release fertiliser.



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## Survey Prezzy card winners

A few weeks ago Torbay sent a Mail Chimp message out to all of those on our mailing list.

The Business Association had compiled a survey- to help identify strengths and weaknesses.

We had a really good response and the survey answers were very helpful.

We drew three names out of a hat from all those who had taken the time to fill out the survey. We would really like to thank everyone who completed the survey for us, we appreciate the time and energy spent.

There were three winners. Joanna Gilmour, pictured here was the only one available to receive the prezzy card in person as Susan Kidstone was away on holiday and Margie Bowson was sick.

Joanna said she loves filling out surveys so had enjoyed the experience.

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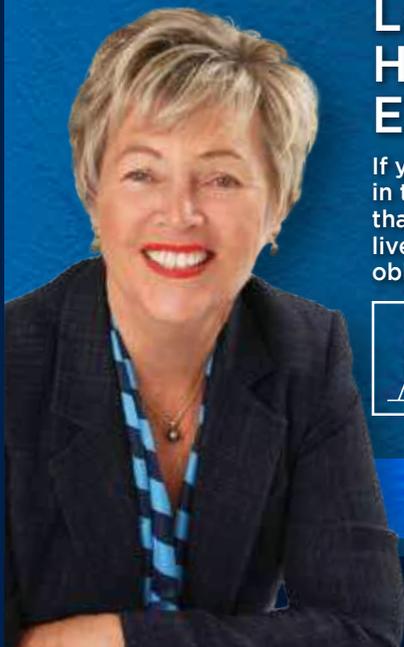
Coasters x 4 **\$20**



# East Coast Bays new Fire Station has public open day



On Saturday 14th August you couldn't get near the East Coast Rd around the top of Glamorgan. Cars were parked everywhere as people came to see the new fire station and some of the appliances. Children were having a wonderful time sitting in police cars and fire engines and talking to firemen. The weather stayed fair and everyone had a thoroughly good time.



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# Energy and Vitality: Time for a Self-Audit

I suspect there are lots of people who aren't sick or diseased, but who want a little more oomph in their life. By oomph, I mean having lots of energy and vitality. The ideal picture is waking up feeling refreshed and eager to start your day. Moving through your day able to face all your challenges with effort but also with ease. Powering through your afternoon without a 3pm slump, having time for exercise or fun, and enjoying your evening time with family before going to bed and falling asleep within 5 minutes. And repeat.

## Just a pipe dream?

If this ideal picture is not you, then you have energy leaks somewhere. If we can identify these energy leaks, then we can fix them, and get you living your best life. I am living proof of this.

Before I was diagnosed with Ankylosing Spondylitis, I used to drag myself through my day. I would need an afternoon sleep most days, which was tricky on workdays. What I didn't realise is that I had underlying inflammation that was sapping



my energy and my health. Eventually, the pain of my arthritis gave me the incentive to change my diet and lifestyle and start taking key supplements. Not only am I pain-free now, but my day is close to the ideal picture described above. It would have been smarter if I had of paid attention to the warning signs earlier. Not only would I have avoided the arthritic pains, but I suspect those years of inflammation have damaged my cardiovascular health.

## What Are Your Energy Leaks?

It can be a tricky process trying to discover where your energy leaks come from. It may be genetic like my arthritis. It may be stress. It may be nutrient imbalances. It could also be not enough or too much exercise. Everyone is different. While I thrive on high levels of omega-3 fatty acids

and vitamin K2, you may need extra vitamin D and vitamin B12. Gene testing is now available to help you know what diet and lifestyle practices are best for you. Ask the Health Coaches at Torbay Unichem Pharmacy about Ingeneous Gene Testing.



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MEDICINE™



## What's on at *East Coast Bays Library*

8 Bute Road, Browns Bay Ph 09 377 0209

On Saturday 14th August Browns Bay library reopened after its refit. It was celebrated with special events and food and everyone just loved the new space.





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## Discover the simplicity of an all-in-one community

The completion of Aria Bay's beautiful care centre means our community can now offer five types of accommodation – independent and assisted living, rest home and hospital-level care and specialist dementia care. If you're considering a move into an over-65 community, choosing Aria Bay is a way to ensure you don't have to change address as your needs change.

**Call Sharon on 0800 202 220 or 021 618 913  
or visit [ariabay.co.nz](http://ariabay.co.nz)**



ARVIDA  
**Aria Bay**

An Arvida Living Well Community

# Torbay Theatre

The laughter began in the first minute, and kept up throughout Alan Ayckbourn's comedy, *Life and Beth*, on stage at Torbay Theatre in August (see photos).



*Gordon pays a surprise midnight visit.*



*Mute Ella stresses over the food.*



*Connie's drunken antics add colour.*

Now our attention is all on our end-of-year musical, *The Music Man*, directed by Karl Buckley. Rehearsals are well underway for this highly entertaining show, full of songs you didn't know you knew, but once you hear them you realise you've always known them – perhaps the best-known of them being "76 Trombones led the big parade ...".

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

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

A light-hearted and lightly-rehearsed night of short items for the delectation of club members and the general public. \$2 to cover costs.

Contact Sophia on clubnight@torbaytheatre.com to offer an item (10m maximum).

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

**Backstage Club** - Wednesday Mornings, 10:15-12: Enjoy set-building? Looking after costumes and props? We love to meet new people keen on backstage work, especially in the lead-up to our big December musical. Pop in, or phone Daphne: (09) 473-7494.

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

## Bookings and Information:

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

## Winter Warmer Special Beat the Rush!



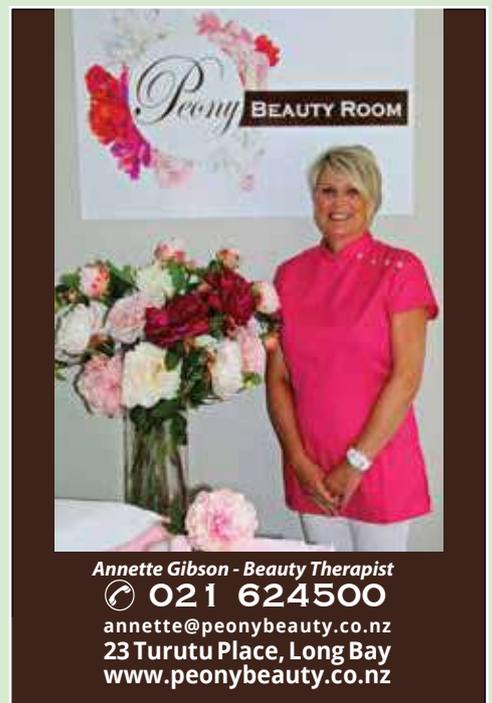
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Stories, songs, crafts, face painting, dancing, messy games & challenges!

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**\$7**  
PER DAY



# INTO THE DEEP

## A GIRLS AND BOYS BIBLE-BASED HOLIDAY CLUB

4-8 October, 2021

**TIME** 9.15am-12.30pm every day\*

**AT** Long Bay Baptist, 282 Glenvar Rd

**WHO** Primary School Children  
(New Entrants - Year 6)

\*For Monday's session please arrive at 9am.



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book online at [www.longbaybaptist.co.nz](http://www.longbaybaptist.co.nz) or contact 473 2498 for more info

# The rain didn't put them off

Rain didn't deter an energetic effort at a recent working bee. Members from the Deep Creek restoration group, enthusiastic scouts and helping hands from the community tackled weeds on the bank at Waiake Beach. Weeding also took place near the bridge end and it really is wonderful to see young native plants thriving



Many folk regularly devote their time and mahi to restoration efforts and a deep sense of pride is strongly evident

New members are always welcome to join a positive enthusiastic bunch of locals who care deeply, making a difference - all skills welcome. Contact [deepcreekrestoration@gmail.com](mailto:deepcreekrestoration@gmail.com)

## It's hard to see where Owen Melhuish gets the breath to blow his tuba in local brass bands – his life has been pretty full on.

Owen spent 35 years in banking throughout Aotearoa New Zealand, as business manager, mobile mortgage manager and branch manager. He has mentored those in the rental property market; clients that normal banks decline to assist, business owners, complex family situations and older buyers of homes.



He has a diverse range of clients from first home buyers, investors, those building a home, or buying a holiday home. He has had leadership roles on school boards and local committees. He has faced and beaten ill health and come face to face with other personal crisis, but through it all he has found time to play his beloved tuba. Perhaps it is the music that saved him?

Owen saves other people, too, saving

them time and money, and from the risk of making rash or ill-informed decisions. Owen is the North Shore mortgage adviser for The Mortgage Supply Company.

**Why use a mortgage adviser?** A mortgage adviser offers advice and provides independence and consistency (built

through relationship and trust), and helps you choose from a multiple choice of lenders.

**What does a mortgage adviser do?** A mortgage adviser works with you to seek the best solution for now and the future.

**Why can mortgage advisers often get a better rate than the bank direct?** He negotiates hard, knows the market and

can negotiate rates, terms and cash contributions.

**Who are the primary users of a mortgage adviser?** Kiwis from all backgrounds – first home, next home, build a home, holiday home.

**What is your best piece of advice?** Always talk to him as early in the process as possible.

**What is your work motto?** You relax, he will take care of everything.

**What do you love about Torbay?** Great people, great cafes and great beaches.



**OWEN MELHUISH**

P: 021 281 0405 E: [owen@mortgagesupply.co.nz](mailto:owen@mortgagesupply.co.nz)

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You relax, I take care of everything

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**WANTED:  
HOMES FOR**



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To discuss the marketing and sale of your property call me today!



**Willi Bardohl**

# Walk to Torbay School

**NEW LISTING**



20 Deep Creek Road, Torbay

**Thérèse Leslie**

**Jiang Kou**



# THE BODY TONIC GROUP

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**ALL AGES AND LEVELS WELCOME!**  
 Suited to regular fitness goer's, overweight, people looking to stretch, improve balance, or healing from injuries!  
 Everyday of the week, we also run small group fitness training and P.T.  
 Men & women welcome!

- Right & wrong exercises for strengthening the core and pelvic floor muscles.
- Ask questions; get answers that work for you.
- Be shown specific movements you can do at home with ease.
- Understand more about the pelvic floor & core, increasing good health, learn exercises that work and support you.

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## KIWIS FOR GOOD

**K**iwis for good, a grassroots Nonprofit with big ambitions. Our organisation is rooted in the issue of Mental health and Suicide prevention. Ask yourself, Do I know how to treat or look after a person with mental health issues? Well if you need to know or want to know more, or even tell us your story check us out online. We have articles on our site dealing with many aspects of life. Social Issues, Cultural issues, Politics, Environmental issues, Business and Technology. These all have effects on Mental health.



Kiwis for good are helping in three different ways.

1. We have launched an ongoing campaign too raise awareness of the lesser known issues such as suicide, homelessness and addiction. We are openly inviting a public discussion via our website or social media platforms for anyone to share their story. Therapy groups such as AA and NA have been working for over a hundred years to genuinely help people through there addictions and mental health issues.
2. We actively recruit and train people who are in need of support, whether or not they have Mental health or addiction problems or have found themselves unemployed or homeless.

These people are given the paid duty to of distributing literature which provides them with tools they need to lead to a better, stronger more independent life.

3. Our profits are used to fund charitable community projects via our foundation. They will focus on working to reduce the ever increasing rates of suicide and homelessness and the huge issue surrounding the condition of New Zealand's overall Mental health

Whether you are an established business , writer, journalist or simply want to subscribe please visit our website [www.kiwisforgood.co.nz](http://www.kiwisforgood.co.nz)  
 Thankyou for taking the time to read this article. Bless You



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 financial adviser at  
 Community Mortgages Limited  
 (FSP number 752891)



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# Torbay Historical Society

A note received from the Great Park Society

*'We are delighted that Auckland Council has acquired 3456m2 of land with two farm cottages in an important historic heritage protection area of the Long Bay Regional Park.*

*The purchased property is part of the Historic Heritage Overlay, an area of national heritage value on the Awaruku headland of the Regional Park that includes Maori and European heritage sites. Collectively the archaeological features tell the story of many hundred years of occupation, from Maori fishing to European settler farming and World War II defensive structures.'*

This is the area that Don McKinnon farmed and which we wrote about in the April issue.

Thank you to the Great Park Society for your help in saving our heritage.



Our Society operates the Vaughan Homestead. We are negotiating the renewal of our lease with the Council. It involves having to have advertised opening hours of the Homestead - Labour Weekend to Easter. Our committee has been getting smaller and we are at a stage where we need extra help.

Volunteers are urgently needed. You don't need to know the history of the area or the Homestead, but that would be a help. You would be given all the information needed.

We have a large amount of information and photographs. We want to be able to share this with others but need your help to do this. Phone or email us to offer your help.

President: Bill Ellis, Secretary: Barbara Ellis - 473 6482 email [wjb2ellis@gmail.com](mailto:wjb2ellis@gmail.com)

## A new card game

My family have been playing the game BIG BERTHA for the last 40 odd years. Have no idea where it originated or who Bertha might have been! It is a form of rummy.

You need 2 packs of cards for 2 to 4 players. Each player needs to achieve the following.

If you do not manage to get down in any game, you have to stay on that until you do manage to get down.

Deal 11 cards. Jokers and twos are wild card- so count as anything.

When scoring the remaining cards in your hand 3-7 count as 5, 8-King count as 10, Ace counts as 20, Two counts as 20 and jokers count as 50.

**First hand** 2 sets of three (so 3 x 4s or 3 x Jacks). You cannot put down more than 2 sets, but your surplus cards are shed either by adding to your hand or placing cards on other players cards until someone has no cards left. They win that hand.

**Second hand** 1 run of 4 (all same suit) and one set of three.

**Third hand** 2 sets of 4 cards

**Fourth hand** 3 sets of three cards

**Fifth hand** 2 runs of 4 cards

**Sixth hand** 1 run of 7 cards and a set of three.

There will be all sorts of variations and names for this game, but it is great to play either with adults or children.





# JULIA PARFITT & ALEXIS POPPELBAUM

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

## Success! Long Bay farm-houses now part of the Regional Park

The heritage farm-houses inside Long Bay Regional Park have been purchased by Auckland Council. Just over 3,000 square meters of land was acquired which is the last remaining parcel of land to finally unify the Regional Park. The Local Board endorsed the request made by Long Bay—Okura Great Park Society and Friends of Okura Bush for Council to urgently acquire the buildings that had been put up for public sale earlier this year. We look forward to further discussions with the regional parks team and community about the potential uses for the buildings.

The 3,000 square metres of coveted land will complete the 18-hectare Heritage Protection Area.



## Local businesses leading the way in zero waste

Trash Free Taiatea is supporting local businesses with waste audits to help improve sustainability practices. Popular bar and restaurant Deep Creek Brews and Eats are a leading example in this space and recently undertook an audit to further improve their zero waste efforts.

The audit identified that the grain by-product from their brewing process could be diverted from landfill. The grain, like their kitchen food scraps, is now being composted by City to Farm. City to Farm is a unique compost service that uses food scraps from businesses and schools in the Hibiscus and Bays Local Board area to fertilise and improve the soil at a farm in Waitoki. The soil is so rich in nutrients that they are successfully growing bananas.

Trash Free Taiatea and City to Farm are supported by the Local Board and Council. To find out more about waste audits and services contact [baysworkinprogress@gmail.com](mailto:baysworkinprogress@gmail.com). For more about City to Farm services contact [hibiscuscoastzerowaste@gmail.com](mailto:hibiscuscoastzerowaste@gmail.com)

## Monthly Quiz

Answers on Page 33



COURTESY OF ROTARY BROWNS BAY

[brownsbayrotary.co.nz](http://brownsbayrotary.co.nz)

- On the Chatham Islands what is the name of their endangered bird?
- What country has a flag with 1 stripe more than that of the USA.
- Who is the only Formula One motor racing driver to have won the World Championship on 5 consecutive occasions?
- When standing up, what vein in the human body is furthest from the ground?
- In what sport did New Zealand win their first medal at this year's Olympic Games in Japan.
- According to KFC how many herbs and spices are there in Colonel Sanders secret recipes?
- A bronze bust of which member of the Royal Family is on display at the Sandown Park racecourse in England?
- Where is the hardest tissue in the human body?
- Who is the World renowned philanthropist who donates the giving of \$2 for every \$1 donated by the Rotary Clubs of the world for the eradication of Polio?
- It is now officially spring! Who wrote the classical music of the Four seasons.

## Tides Sept 2021 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Wed 01		01:52 2.5m	08:07 0.8m	14:25 2.4m	20:46 1.0m
Thu 02		02:46 2.4m	09:06 0.9m	15:26 2.4m	21:44 1.0m
Fri 03		03:44 2.4m	10:05 0.8m	16:24 2.5m	22:38 0.9m
Sat 04		04:42 2.5m	11:01 0.8m	17:16 2.6m	23:28 0.8m
Sun 05		05:36 2.5m	11:50 0.6m	18:03 2.7m	
Mon 06	00:16 0.7m	06:26 2.7m	12:36 0.5m	18:47 2.9m	
Tue 07	01:01 0.6m	07:13 2.8m	13:20 0.4m	19:31 3.0m	
Wed 08	01:46 0.4m	07:58 2.9m	14:04 0.3m	20:15 3.1m	
Thu 09	02:31 0.3m	08:43 3.0m	14:48 0.2m	21:00 3.1m	
Fri 10	03:16 0.2m	09:28 3.1m	15:33 0.2m	21:46 3.2m	
Sat 11	04:02 0.2m	10:14 3.1m	16:20 0.2m	22:34 3.1m	
Sun 12	04:49 0.2m	11:03 3.1m	17:10 0.3m	23:24 3.0m	
Mon 13	05:39 0.3m	11:55 3.0m	18:05 0.5m		
Tue 14		00:17 2.9m	06:32 0.4m	12:52 2.9m	19:05 0.6m
Wed 15		01:14 2.8m	07:31 0.5m	13:55 2.8m	20:10 0.6m
Thu 16		02:15 2.7m	08:36 0.6m	15:01 2.8m	21:16 0.7m
Fri 17		03:21 2.7m	09:45 0.6m	16:06 2.8m	22:19 0.6m
Sat 18		04:27 2.7m	10:49 0.6m	17:05 2.9m	23:18 0.6m
Sun 19		05:28 2.7m	11:47 0.5m	17:59 2.9m	
Mon 20	00:12 0.5m	06:24 2.8m	12:38 0.4m	18:49 3.0m	
Tue 21	01:02 0.4m	07:14 2.9m	13:24 0.4m	19:35 3.0m	
Wed 22	01:47 0.4m	07:59 2.9m	14:07 0.4m	20:19 3.0m	
Thu 23	02:30 0.4m	08:41 2.9m	14:47 0.4m	21:01 3.0m	
Fri 24	03:10 0.4m	09:21 2.9m	15:25 0.5m	21:41 2.9m	
Sat 25	03:49 0.4m	09:58 2.9m	16:04 0.6m	22:20 2.8m	
Sun 26	05:26 0.5m	11:36 2.8m	17:43 0.7m	23:59 2.7m	
Mon 27	06:05 0.6m	12:14 2.7m	18:25 0.8m		
Tue 28		00:39 2.6m	06:46 0.7m	12:57 2.6m	19:12 0.9m
Wed 29		01:22 2.5m	07:31 0.7m	13:45 2.5m	20:05 0.9m
Thu 30		02:10 2.4m	08:22 0.8m	14:40 2.4m	21:03 1.0m

Times adjusted for Daylight Saving.

# New Nurse for Torbay Plunket

Torbay's growing population means there is a new face at Torbay Plunket.

Alannah is our new local Plunket nurse, alongside long-time Torbay Plunket nurse Michele.

It's an exciting new step for Alannah, who lived in the Torbay area as a child. She has been with Plunket for three months after previously working as a general practice nurse. Alannah said she's always been drawn to working with children, and it's a privilege to walk alongside families in their journey of raising a child.

"As a teenage girl I had a stint in hospital where I battled with a life-threatening illness. During this challenging time, I encountered a nurse who constantly reflected positivity and hope in everything that she did. She was a huge contribution to my want to become that light for someone else in the role of a nurse" she said.

Torbay Plunket covers the area spanning Torbay, Long Bay, Okura and the rural area between the Bay and Stillwater.

With about 200 new babies born locally each year, Michele said it's an incredibly busy job. A typical day could include anything from booked clinics and home visiting, through to working at the North Shore Plunket Hub Drop-in clinic.

"Generally, we home visit when parents have a young baby, and most clients attend clinic when baby is a little older. However, there are some families who don't have transport and we will home visit for every health check" she said.

Plunket's role is to provide scheduled assessments of each baby's health and growth, as well as developmental screening to ensure the child is meeting milestones for their age. Nurses also aim to support parents in their parenting, and provide information on things like baby care, nutrition and education.

The Covid-19 pandemic has had a huge impact on many local immigrant families, Alannah said.

"I have seen again and again the challenges these families face in terms of their inability to connect with family during the global pandemic" she said.

"This has been heartbreaking to see, but we are hopeful that soon they will be able to reunite with their loved ones."

For Michele, the job is about making a difference for families in the advice and support she can offer.

"I think the biggest challenge parents face is the juggle of work-life and home/family time – often I hear there is never enough time to be the parent they would like to be, even though they are doing a wonderful job and the proof is their lovely happy and healthy children" she said.

The art of parenting is something Michele is well-practiced in. After a previous career in the airline industry, she returned to nursing after having her own family.

"As a parent of twins, and having been a volunteer in the North Shore Multiple Birth Club supporting other parents of twins and triplets, I knew I wanted to work with young families. So Plunket was the obvious choice."

After 11 years as the Torbay Plunket nurse, there is one thing she enjoys most of all.

"I love seeing "my Plunket babies" growing up!"



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*Susan*

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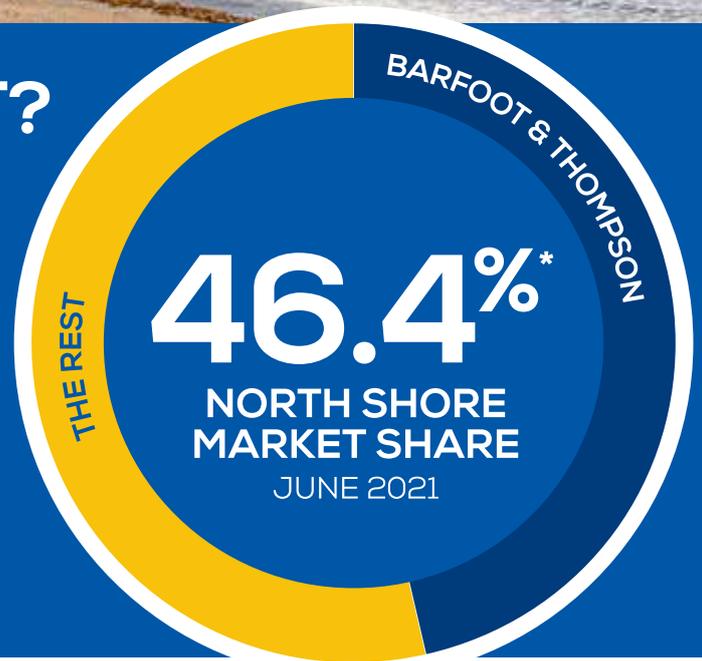
# HOW'S THE MARKET?

## What did it sell for ?

The number one question I get asked is how's the market? In short, we don't have enough houses to sell. Buyers love this community and for all of us who live here we know first hand the many reasons why! Great beaches, schools, community and NOW home to the best Steak and Cheese pie! As we look at the month that was we take a look at the highs and lows (in terms of sales price) of properties right in our backyard. Happy living everybody.



*Sharee*  
Branch Manager



We like to know what is selling in our backyard! Here is a snapshot of last month's activity!

### LONG BAY 18 SALES

**5**

\$2 MILLION PLUS

\$1 TO \$2 MILLION

**12**

**1**

UNDER \$1 MILLION



HIGHEST PRICE

**\$2,955,000**

300 Okura River Rd, Okura  
407m<sup>2</sup> - 2.12HA Land



LOWEST PRICE

**\$810,000**

Lot 21, Glenvar Ridge Rd

### OKURA 2 SALES

**1**

OVER \$2 MILLION

\$1 TO \$2 MILLION

**1**



HIGHEST PRICE

**\$5,495,000**

233 Vaughans Road  
4.00HA



LOWEST PRICE

**\$1,277,000**

Section, Weiti Bay Okura

### TORBAY 27 SALES

**2**

OVER \$2 MILLION

\$1 TO \$2 MILLION

**21**

**4**

UNDER \$1 MILLION



HIGHEST PRICE

**\$4,850,000**

34 Firth Road Torbay  
310m<sup>2</sup> - 1763m<sup>2</sup> Land



LOWEST PRICE

**\$727,500**

1/26 Rewi Street Torbay

**Your local real estate professionals.**

We have you covered Torbay, Long Bay, Okura.

**09 473 9190**

**BARFOOT & THOMPSON**  
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## Sudoku

Place the numbers from 1-9 exactly once in each row, column and 3 x 3 box

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

## Photo of the month

Meet Benedict (Benny)



Just 3 months young **Benny** is the latest addition to the office. Benedict means blessed and we are very blessed to have this ball of fun in our office!

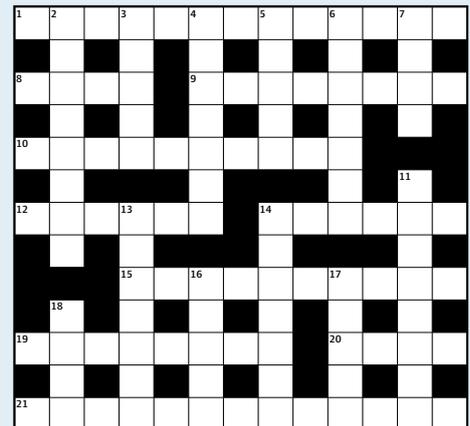
## Crossword

### Across

- 1 Voice sells lot (anag) – professional name of Declan Patrick McManus (5,8)
- 8 Formerly (4)
- 9 Bee-keeping locations (8)
- 10 Torch (10)
- 12 Unpretentious (6)
- 14 Recess (6)
- 15 Early anaesthetic (10)
- 19 Left stranded (8)
- 20 Part of the body between ribs and hip bone (often girded!) (4)
- 21 Troublesome possession (5,8)

### Down

- 2 Floor covering (8)
- 3 Thoughts (5)
- 4 Code word for C (7)
- 5 Jazz style popularised in the 1940s (5)
- 6 Mercurial (7)
- 7 Porkies (4)
- 11 Repugnance (8)
- 13 Withdraw from a commitment (4,3)
- 14 Big read (anag) – shorten a text (7)
- 16 Cavalry weapon (5)
- 17 Muck (5)
- 18 Notes and coins (4)



## RENTALS IN YOUR LOCAL AREA



9/71 Fernhill Way,  
Albany

**\$550**  
PER WEEK



177a Upper Harbour  
Drive, Greenhithe

**\$1,160**  
PER WEEK



15B Geoffrey Road,  
Torbay

**\$600**  
PER WEEK

## Meet Mon Tu, your local Property Management New Business Manager

With over 10 years' experience, Mon's knowledge ensures both you and your property are taken care of. A local herself, Mon is here to help look after your asset as well as your tenant!

Mon Tu 027 809 6687  
m.tu@barfoot.co.nz

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**BARFOOT & THOMPSON**  
PROPERTY MANAGEMENT

TorbaySkin



Having a full skin cancer check means we can find melanoma early  
-as small as a millimeter or two in diameter.....

**Would you even know it was there?**



**\$99 Winter Wellness Special\* on now**

Phone Torbay Skin now on 09 477 1111 to book your full skin-cancer check  
- it could save your life

\*For new patients only. Must book before the end of September. T & Cs apply



---

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

# TorbaySkin

**celebrates 10 years!**

## 66% of New Zealanders will develop a Skin Cancer in their lifetime!

12 years ago, a couple of General Practitioners in Torbay with a particular interest in skin cancer got together. Their concerns were that so many patients couldn't afford \$350 to see a dermatologist, let alone the thousands some were charging for treatment. A long process began and a great deal of research went into how best to provide an ethical and affordable skin cancer clinic.

Torbay Skin was opened in 2011, initially within the Torbay Health complex, before moving to purpose built premises in 2018. Torbay Skin had developed an affordable way of detecting and managing Skin Cancer and the goal was to meet the rapid rise in Skin Cancer rates in our aging population.

The Torbay Skin team consists of two doctors, theatre staff, and two dermoscopists. The clinic is owned by Dr David Thompson and Dr Lynda Thwaites. Both are experienced General Practitioners who have undertaken extensive training in Skin Cancer management and surgery. Torbay Skin has its' own surgical theatre where biopsies and excisions of suspicious lesions are performed. Naomi and Clare are highly qualified Dermoscopists and perform all skin cancer checks.



the highest rate of Melanoma in the world with 4000 new cases diagnosed each year. Since opening in 2011 we have diagnosed and treated a large number of Skin Cancers, including 360 Melanomas.

We are currently researching and documenting every melanoma we find using Dermatoscopic technology and are part of a number of research projects around the world. Our photographs are being used to train Artificial Intelligence (AI) to diagnose melanoma.

Dermatoscopy is the study of skin lesions using a dermatoscope, a 10x magnifier with built in polarized and non-polarised light source. We use top of the line dermatoscopes at Torbay Skin, which enable us to find melanomas as small as 1-2mm in diameter.

There are a number of specific characteristics we are looking for in every naevus (mole) we examine. Most clues to malignancy are not evident to the naked eye. Before the advent of dermatoscopes most melanomas that were found were already invasive.

To date we have found thousands of skin cancers, including 28 tiny melanomas measuring under 3mm in diameter, including one at just 1.2 x 1.2mm, among the smallest in the world! Our aim is to prove that our model of care enables melanoma to be found significantly earlier than the international average.

There are a number of different types of Skin Cancers, from the most common, Basal Cell Carcinomas, through to Malignant Melanoma. While Basal Cell Carcinomas are rarely life threatening, they can be disfiguring. Squamous Cell Carcinomas have the ability to spread and typically affect those that have had a lot of sun exposure.

Melanoma, the most serious type of Skin Cancer, can spread quickly and be life threatening. However, when identified early there is the potential for a full cure. Unfortunately, New Zealand has



Everyone is encouraged to have a skin check and people do not have to be existing patients of Torbay Medical Centre.

A freckle, mole or lump that is new or changing in size, shape or colour, or a sore that does not heal may all be indicators of skin cancer.

Remember, with Melanoma the difference between life and death can be measured in millimeters.



# 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

Check us out on Facebook

**Torbay & Long Bay open hours:**

Mon – Fri : 8.30am – 5pm

**Closed on Public Holidays**

**Torbay Medical Centre**

1042 Beach Rd, Torbay 477 9000

Enquire at Torbay Medical Centre about enrolling on "Manage my HealthPortal"

# Introducing Two More Torbay Businesses

## Centre of Research Excellence ROBBERIES FOR CIGARETTES TAKING OFF AGAIN

Winter is a risky time for shops that sell cigarettes. The cost of food and power is up, disposable cash is down. Demand for cheaper cigarettes increases and the black-market needs supplies.



The latest study by the Torbay-based Centre of Research Excellence: Indigenous Sovereignty & Smoking found that August was the worst month for the robberies. Dairies are the main target, but liquor stores and petrol stations also get hit. Over 100 shopkeepers country-wide have been injured and many more suffer ongoing trauma.

“Though robberies occur more in lower socioeconomic areas, the negative effects hurt our wider society.” Said Dr Glover, Director of the Centre. Stolen cars are often used as get-away vehicles or to ram-raid shops. Shops have had to install bollards, bars on the windows, fog cannons and sirens. “The dairy of old is no longer a place we’d send our kids to, on their own, to get an ice cream,” she said. But, we can help change that by continuing to shop at our local stores and by staying alert for suspicious behaviour, especially on weekends and during Monday’s early hours. If you see something, please report it.



## Barfoot and Thompson Torbay and Long Bay

We are your one stop shop when it comes to all things property. From our specialised Sales team though to our dedicated local Property management team. If you are thinking of buying, selling or renting, call in anytime we would love to help you out.

We have a wealth of knowledge that we would love to share. Property is our passion, and we love helping people with their property journeys. We understand first-hand that property decisions are BIG decisions and this process can become overwhelming.

Barfoot and Thompson are Auckland's most trusted name. When it comes to engaging our services 46.4% of North Shore homeowners trusted their property to us. We are both humbled and privileged to help so many homeowners on their property journey.

We are your local agency we are your local agents. Drop in anytime, we will make you a coffee and have a chat.

We are here to help  
Call 09 473 9190  
Torbay or  
09 473 0712  
Long Bay



## Chinese Moon Festival cultural experience, food and performances

龙湾中秋联欢会  
中华文化体验 美食 精彩节目表演

18 September 2021 1-4PM  
Long Bay Village (cnr Glenvar Ridge Road / Te Oneroa Way)

**Lucky Draws**  
prizes worth 2000 dollars  
(raffle ticket one dollar each)



中秋节快乐

# Long Bay Okura Great Park Society Applauds Cottage Acquisition at Long Bay Regional Park

The Long Bay Okura Great Park Society is delighted that Auckland Council has acquired 3456m<sup>2</sup> of land with two farm cottages in an important historic heritage protection area of the Long Bay Regional Park. The Society applauds Council's vision in securing the property as the purchase will help preserve and enhance the rich heritage and beauty of the Park.

The cottages were recently placed on the market by the current owners, the Templeton Group, prompting the Society to urgently request that Council acquire the property. The Society was concerned that any redevelopment of the cottages caused by the sale could impact heritage values and have a detrimental visual impact on the Park.

The Society is thrilled because the purchase will help protect visitors' enjoyment of the Park. The Park attracts well over one million visitors every year from all over Auckland to enjoy the beach and beautiful natural areas. The cottages can be clearly seen from the main beachside section of the Park, an area that attracts the greatest number of visitors.

The purchased property is part the Historic Heritage Overlay, an area of national heritage value on the Awaruku headland of the Regional Park that includes Maori and European heritage sites. Collectively the archaeological features tell the story of many hundred years of occupation, from Maori fishing to European settler farming and World War II defensive structures.

The Environment Court in its 2006 Long Bay Environment Court decision, (Long Bay Okura Great Park Society



Incorporated v North Shore City Council) noted the significance of this landscape and ordered that a large part of it be protected from future development.

The archaeological sites include shell midden complexes and a ditch and bank fence network, along with a World War II pillbox. The series of 19th century European ditch and bank fences were probably built by Alexander

Pannill who farmed the land between 1864 and 1877. There is also evidence of 19th century gum digging.

The cottages hold great potential to be used for community and heritage purposes. The Society looks forward to the sensitive amalgamation of the cottages with the heritage protection area and Park.

The Society believes it would be appropriate for Council to undertake community consultation to determine the best use for the buildings.

We would like to acknowledge community organisations Friends of Okura Bush, Friends of Regional Parks and Civic Trust Auckland for their advocacy in helping this important acquisition come to fruition. We also thank the Hibiscus and Bays Local Board, Council Parks staff and Auckland Councillors for their support.

The accompanying plan shows the extent of the archaeological sites and shows the cottages site marked in red (Map from Long Bay Regional Park Northern Entrance, archaeological investigations Report by CFG Heritage).

## Blueberry Muffins

*These are so simple to make and sure to be a great treat for afternoon tea or a lunch box. You can use fresh or if using frozen, use them straight from the freezer. No need to thaw. Canned blueberries need to be well drained.*

### Ingredients

2 cups Flour  
4 tsp Baking Powder  
1 cup Caster Sugar  
1 egg  
1/4 cup Olive Oil  
1 1/2 cups Full cream Milk  
1 tsp grated lemon rind  
2 tsp lemon juice  
1 1/2 cups blueberries  
Icing Sugar to dust

### Method

Preheat oven to 200°C

Mix all ingredients together in a large bowl until just combined and moistened. Don't over mix or the muffins will be tough and not rise evenly.

Spoon into well-greased, deep muffin tins. Bake for 15 – 18 minutes. Cool on a wire rack and dust with Icing Sugar to serve.

Note: Blueberries can be fresh or if using frozen, use them straight from the freezer. No need to thaw. Canned blueberries need to be well drained.



# "Happy" has a new home



Sadie a six-month-old German Shepherd X is one of those dogs who needed extra help. She came to us with a severely injured leg that needed to be amputated. Her owner could not be found so off she went to Chained Dog Rehoming and Rehabilitation, whereafter surgery and a long period of rehabilitation, now runs around with her three legs with her new family.

**A**uckland Council operates three animal shelters across the region at Henderson, Manukau and Silverdale where animals and pets end up when found wandering or no longer wanted by their owners. We aim to reunite those lost with their owners and adopt out the animals no longer wanted to new "forever" homes.

We at the Silverdale shelter currently have several unclaimed dogs and animals in our care we would like to rehome.

If you're thinking about a family pet or a companion, consider a visit to our shelter for an introduction to our guests or go online and meet some of them or view our adoption animals on our Facebook page 'Auckland Council adoptable animals' and see if any capture your heart.

Adoption is a process, and we always try to find the best possible home for our animals. We try to determine the most suitable environment considering the best interests of both you and the animal. This sets you both up for success in finding the right match before we approve an adoption.

Take "Happy" the golden retriever. Happy is eight years old; she had a rough start to life at the hands of her previous owner. It seems she shared her backyard with her own excrement and not a lot of love or care. When she came to us, she needed medication for infected eyes, swollen feet and had to be completely shaved her coat was so matted. Now, she is loving life with her new adoptive family and cat siblings!

Dogs also come to us in such bad shape they need further treatment. In these cases, we work closely with accredited animal rescue organisations.

It's not only dogs we work to rehome; we also try to find homes for stock that come into our care like horses, goats and pigs.

Bertha is a kune kune pig. She's elderly and almost deaf. Bertha was found abandoned but has just left us for her new home where she will now enjoy her retirement with her adoptive family.

If you feel you would like to add to our successful adoption stories, contact us so we can arrange the first step.

If you are thinking of visiting us, please make an appointment to come in and meet with any dogs you think may be the missing piece to your family.

To do this please call us on the shelters respective number below

Silverdale Animal shelter 09 421 0222

Henderson Animal shelter 09 836 7777

Manukau Animal shelter 09 261 8033

Opening hours for viewings:

10.30am – 4.15pm weekdays

11.00am – 3.00pm weekends

All adopted dogs come registered, microchipped, desexed and vaccinated.

# CLASSIFIEDS



## ACCOMODATION

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



## BUILDING TRADE

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

**Builder** – Renovations to bathrooms, buildings, new decks, fences, paths and driveways. Also gutter cleaning and roof repairs. Phone Cliff 473 6317 or 027 618 5917

**Building & Landscape Maintenance** - Including general building maintenance, small renovations, handyman work, landscaping, fences, pergolas & more. References available. Call Dale on 0274397519

**Coast Roofing Ltd** - Long run roofing, new roofing, re-roofing and repairs. Local Torbay resident 35 years experience. FREE QUOTES. Contact Matt 027 274 6159

**Electrician** – Regd, Licensed, 34 yrs experience. 28 years owner and resident at Torbay. Available for installations/additions/ alterations, faults, repairs, power, hot water, lights and cookers etc. Ph George 473 6632 or Mob 027 492 0878

**Electrician** – 24hr service, All work considered, no job too small. All work guaranteed with Electrical Certification, phone Graham anytime 473 0233 or 021 067 6294.

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

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

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

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

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

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

**Plasterers / Wallboard Stoppers** - Friendly local tradesman, trustworthy and experienced. Specialist renovations or small repairs. All work guaranteed. Ph Kaleb 021 0233 5032.

**Plastering/Painting** - Male and Female team 20 years experience, no job too small immediate start. Brad Ph 0272 5111 65 or 443 5064

**Plumber** – All work. Ph 473 7787 or 027 263 3217 Coastal Plumbing & Drainage



## SERVICES

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

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

**Passport Photos** – Torbay Pharmacy. Phone 473 9629

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

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



## HOME AND GARDEN

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

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

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

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

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

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

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

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

**Landscaping** – Format Landscapes, Local, over 20 years experience, Diploma in landscape design. We undertake all aspects of hard and soft landscaping including decks, paving, fences, retaining walls, planting etc. Small to large projects. Free quote www.formatlandscapes.co.nz call Matt 021599 107

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

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

**Premium Garden Solutions** - Phone Shane 021723751 or Email shane@premiumgardensolutions.co.nz Planting and Design, Paving, Hedges and Trees, Garden Maintenance Regulars and One offs, Formative Pruning, Irrigation Installs 25+ Years Experience

**Rubbish Removal and Skip Filling** – Ring Cliff 473 6317 or 027 618 5917 for all your garden and general rubbish removal needs.

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



## SIGNS

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



## TRANSPORT

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



## FOR HIRE

**Awatuna Scout Hall** – at Waiake Beach available for hire for birthday parties, exercise classes. Kitchen facility included. Contact Amanda 021 076 7422 awatuna@gmail.com



## TUITION

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

**Ballet & Contemporary Dance** – Step Beyond Studios. Classes in Torbay. Beginners to advanced. Positive, inspiring & progressive school. Principal Marian McDermott. No exams. Home of acclaimed youth company One Step Beyond. Ph 475 9317, 021 027 01303 W stepbeyond.co.nz

**Drama, Speech & Communication** – Jacque Mandeno VoiceWorks offers private and group tuition at the Gate Theatre, Torbay Community Hall, 5 years to adult. Everyone deserves a voice Phone 473 5454

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

**Spanish Lessons** - In Torbay and Browns Bay. Learn Spanish from a native Spanish speaker. Individual or small group lessons. Dynamic and fun too! Contact Ara on 021 0812 4141. www.northshorespanish.nz

**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



## FOR SALE / WANTED TO BUY

**Pre-Loved Goods For Sale** – now in new premises at 12 Inverness Rd Browns Bay. Open Monday to Saturday 10am to 4pm.

Do you want to  
**ADVERTISE?**

*Classifieds*  
**\$5<sup>+GST</sup> per 7 words**  
**SMALL  
ADVERTS**  
starting from just  
**\$60<sup>+GST</sup>**

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

## Quiz Answers

1. The endangered bird of the Chathams is the Island Black Robin, with a current population of around a stable 250.
2. The country with a flag containing 1 more stripe than the USA is Malaysia.
3. The only motor racing driver to have won the World Championship on 5 consecutive occasions is Michael Schumacher.
4. When standing, the furthest vein from the floor is the jugular.
5. New Zealand's first medal at this year's Olympics was a bronze in the men's triathlon won by Hayden Wilde
6. There are 11 herbs and spices in the Colonel's secret recipe.
7. The Queen Mother's bust is featuring at the Sandown Park Racecourse in Surrey, England.
8. The hardest tissue in the human body is situated in the mouth.
9. The philanthropist giving millions of dollars towards the eradication of Polio is Bill Gates.
10. The music of the Four Seasons was written by Antonio Vivaldi.

## What's On

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

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

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

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

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

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

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

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

**Exercise Group for senior women** – Mondays 10-11 am . Long Bay Baptist Church, 282 Glenvar Rd, Torbay. Free and friendly, Phone Jill 473 1932

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

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

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

**Rotary Browns Bay** - Torbay meets every 1st and 3rd Tuesday of the month at 7am breakfast at the Bays Club in Browns Bay. If you are interested in doing different things in your community ring Paul Mees on 021 0257 0993 & [www.Brownsbayrotary.co.nz](http://www.Brownsbayrotary.co.nz)

Come for a visit.

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

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

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

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

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

# TORBAY Village

## DIRECTORY

www.torbay.co.nz

## TORBAY BUSINESS ASSOCIATION



### 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

#### DENTIST

- Lumino - *Impeccable service* .....473 1400

#### DOCTOR

- Dr Paul Hunter - *'The Cottage'*  
987 Beach Rd.....473 9594
- Torbay Skin Clinic.....477 1111
- Torbay Medical Centre .....477 9000
- Waiake Medical Centre .....478 7660

#### MEDICAL TESTING

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

#### PHARMACY

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

#### PHYSIOTHERAPY

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



### SERVICES

#### DOG GROOMING

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

#### GARAGE

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

#### REAL ESTATE

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

### COMMUNITY GROUPS

- Adult Community Education 477 0075
- Age Concern North Shore 489 4975
- Age Plus Charitable Trust 09 550 3387
- Association of Book Crafts 473 6865
- Awatuna Sea Scouts 478 2254
- Bays City Judo 473 7855
- Browns Bay Presbyterian Church 478 2441
- Citizens Advice Bureau 479 2222
- City Impact Church 477 0300
- Dances of Universal Peace 473 7344
- Deep Creek Restoration Society 0211586681
- Dementia Social Group 09 4893176 or 0272258893
- East Coast Folk Club 09 426 3588
- Graceway Baptist Church 473 8562
- ECB Catholic Parish 478 4565
- ECB Lions Club 476 5627
- ECB MP 478 5107
- ECB Toastmasters 0221632673
- ECB Widow & Widowers Association 479 6042
- Friends of Sherwood 476 7279
- Friendship Club of ECB 09 424 0246
- Girl's Brigade 09 473 8626
- Long Bay Baptist Church 473 2498

- Long Bay Baptist Mainly Music 09 947 3378
- Long Bay Okura Great Park Society 473 9642
- Long Bay Toastmasters 022 048 5034
- Long Bay Residents Association 027 272 3960
- Neighbourhood Support 09 353 0427
- North Harbour Tripe and Onion Club 410 5298
- North Shore CMA 489 8954
- North Shore Historical Society 09 489 5489
- North Shore East Parkinson's Group 444 9379
- North Shore Kick boxing 021 228 2808
- NS Brass Academy 021 281 0405
- Plunket 473 9611
- Rotary Browns Bay - Torbay 473 6418
- Salvation Army Op Shop 473 2150
- SANZ Coffee Group 478 5933
- Step Beyond Studios 021 0270 1303
- Shore Presbyterian Church 021 036 7957
- St Mary by the Sea Anglican Church 473 8180
- Torbay Community Playgroup 473 4473
- Torbay 60s Up 09 421 1011
- Torbay Friendship Club 021 370 544
- Torbay Community Hall 473 5454
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482

- Torbay Indoor Bowls Club Inc. 473 3253
- Torbay International Coffee Group 473 3259
- Torbay Kindergarten 473 9340
- Torbay Play Centre 473 8077
- Torbay Running Group 475 5501
- Torbay Sailing Club 473 9955
- Torbay Sailing Club - Hall Hire 473 9519
- Torbay Senior Citizens 473 5593
- Torbay Transition Towns 473 9642
- Torbay Walkers 473 8731
- Trinity Methodist Church 478 5107
- Zumba Group 021 752007

#### SCHOOLS

- City Impact School 477 0302
- City Impact Arts Academy 477 0300
- Corelli School 476 5043
- Glamorgan Free Kindy 473 5099
- Glamorgan Primary School 473 6453
- Long Bay College 477 9009
- Long Bay Primary School 473 6077
- Northcross Intermediate School 477 0167
- Titoki Montessori School 473 0362
- Torbay Primary School 473 8603



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

# Lily Zhang

021 103 5310



**NEW LISTING**



5 Hopetea Street, Long Bay Ref. 816878

5 3 2

**FOR SALE**



11 Henry Blythe Lane, Greenhithe Ref. 810689

6 4 5

**FOR SALE**



16 Lucas Creek View Way, Albany Ref. 816163

5 4 2

**FOR SALE**



4/31 Roanoke Way, Albany Ref. 816887

4 3 2

**SOLD**  
by Lily Zhang



4 Fender Place, Long Bay

**SOLD**  
by Lily Zhang



11 Pin Oak Drive, Albany

**SOLD**  
by Lily Zhang



7 Ruku Street, Long Bay

**SOLD**  
by Lily Zhang



142 Kittiwake Drive, Albany

## SOLD DATA

### Browns Bay

Address	Sale price	CV (2017)
21B Arran Rd	\$1,339,000	\$810,000
25A Arran Rd	\$1,132,000	\$860,000
103 Bayside Dr	\$1,565,000	\$1,580,000
97 Bayside Dr	\$1,920,000	\$1,730,000
668 Beach Rd	\$1,030,000	\$980,000
111 Arran Rd	\$896,000	\$950,000
18 Glencoe Rd	\$1,245,000	\$1,150,000
11/19 Langanava Ave	\$880,000	\$710,000
70C Carlisle Rd	\$929,000	\$940,000
16 Deverell Pl	\$1,128,000	\$920,000

### Torbay

Address	Sale price	CV (2017)
11 Ceramco Pl	\$1,220,000	\$890,000
2B Ceramco Pl	\$980,000	\$825,000
4 Cliff Rd	\$3,200,000	\$2,800,000
Lot 3/8 Corric Hill	\$956,000	n/a
23 County Rd	\$1,472,000	\$1,125,000
36 Emlyn Pl	\$1,440,000	\$1,175,000
58 Fitzwilliam Dr	\$1,340,000	\$1,275,000
2/7 Foley Pl	\$935,000	\$675,000
39A Glamorgan Dr	\$1,104,000	\$785,000
232 Glenvar Rd	\$1,338,000	\$1,100,000

### Long Bay

Address	Sale price	CV (2017)
33 Bight Rd	\$1,165,000	\$1,075,000
17 Bounty Rd	\$1,941,000	\$1,625,000
23 Bounty Rd	\$1,895,000	\$1,675,000
8 Carex Way	\$1,630,000	\$1,500,000
8 Luff Pl	\$2,160,000	\$1,725,000
50 Remuremu St	\$1,615,000	\$1,550,000
9 Karehu Place	\$1,960,000	\$1,500,000
11 Headsail Dr	\$815,000	\$860,000
6 Kumukumu Rd	\$726,000	\$800,000
Lot 11/10 Windlass St	\$1,259,000	n/a



DDI 09 215 4206

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

[E.L.zhang2@barfoot.co.nz](mailto:E.L.zhang2@barfoot.co.nz)

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

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## RESIDENTIAL SALES TORBAY



Wendy Radcliffe  
021 772 070



Alina Yang  
021 608 219



Kim Jin\*  
021 395 888



Leo Perwick  
027 224 9527



Kyra Perwick\*  
027 311 7953



Andrea Tavae  
022 476 7273



Yanbing Wang  
021 896 566



Sue Yi  
027 528 9143



Paul Adams\*  
021 966 266



Emily Kai Fong  
021 031 0707



Oliver Liu  
021 820 999



Richard You  
021 0278 0356

## RESIDENTIAL SALES LONG BAY



Karin de Leeuw  
027 270 2700



Gina Gao  
021 0236 7788



Ronald Venturina  
021 073 1617



Jun Olis  
021 066 9149



Alex Mathew  
027 358 8185



David Dai  
021 916 006



Tiki Jiang\*  
021 775 217



Jill Riches  
021 545 572



Nicki Voight  
021 255 8329

We have  
space here  
for you!

Your Name  
Your Number

## RESIDENTIAL/RURAL SALES



Rene Vos  
027 275 4321



Eveline Vos\*  
021 353 009



Jennifer Anderson\*  
021 177 5530



Reuben Payn  
022 086 5744



Ray Qu  
021 190 0881



Raewyn Jonkers  
027 449 7391



Karlene Jonkers\*  
027 677 6166



Shane Anderson  
027 482 7440



Peter Page  
027 241 5378

## PROPERTY MANAGEMENT



Corrin Hand  
Property Manager  
027 431 9696



Mon Tu  
Property Management  
New Business Manager  
027 809 6687

# Your local property experts

## How's the market?

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

**222** Torbay sales  
YEAR TO DATE\*

**46% increase**  
SAME TIME 2020

**26** Torbay sales  
JULY 2021  
VALUED BETWEEN  
\$727,500 - \$4,850,000

**217** Long Bay sales  
YEAR TO DATE\*

**57% increase**  
SAME TIME 2020

**17** Long Bay sales  
JULY 2021  
VALUED BETWEEN  
\$810,000 - \$2,955,000

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



**Sharee Adams**

Branch Manager  
021 416 220

Torbay 09 473 9190  
Long Bay 09 473 0712



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