

NEWSLETTER

TORBAY

more than a place - a lifestyle

FEBRUARY 2020

Torbay
Arts & Crafts Market
Next Market Saturday
February 1st
9am-12.30pm

Summer in Torbay



Photo by Bill Ellis

Editor's Letter

Although we are now well into the year I would like to wish you all a very happy New Year!

New Year is a time when we decide to change things in our lives so we often make resolutions. By end of January 92% of them will have been abandoned. I googled some facebook resolutions from last year.

To increase my relationship status from "forever alone" to "slightly desperate"

Never again to take sleeping pills and laxatives the same night.

Be more assertive - if that's okay with everyone...

Never again accidentally walk in on naked Dad cleaning the shower.

Use my gym card more

Be a nicer person - I can do this so stop laughing!!

Forget 2018 ever existed.

Eat more bacon and drink more whiskey

Master three infallible jokes.

Give the gym a miss on all days ending with y.

Many New Year's resolutions are about gyms!

At the start of a new year we recognise a chance to make changes in our lives. Time for a new job, new house, new opportunity?

How often do we end the year and feel like nothing is any different?

So be bold and follow your dream. Whatever your age, ethnicity or gender - GO FOR IT!



Carole McMinn

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

To submit a news item or advertise, please contact:

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Bill Ellis Phone: 473 6482

This newsletter is designed and sustainably printed by Silverdale Print & Design 09 426 5845



Do you feel like you are carrying around a heaviness within or holding onto 'stuff' that's holding you back from reaching your full potential and being truly happy? If you are seeking a lighter life, to find your purpose and to be the best version of yourself, I can help.

Call to book a healing session.
Amanda 022 394 2909

ERICA STANFORD

MP for East Coast Bays

09 478 0207 office@ecbelectorate.co.nz

[f](#) [i](#) EricaStanfordECB

www.EricaStanfordMP.co.nz



Erica & Alexis raise funds for North Harbour Community Patrol



On 14 March, Erica & Alexis will be jumping in the Murrays Bay Wharf Birdman event for the NHCP team



Alongside Police, North Harbour Community Patrol (NHCP) play a vital role in the prevention of crime on the North Shore.

Last year Erica Stanford (MP for East Coast Bays) and Alexis Poppelbaum (Hibiscus and Bays Local Board) joined the NHCP team of 35 local volunteers who give their time to help keep our community safe.

Funds are tight – as a charitable trust, NHCP relies entirely on grants and the generosity of the community to keep the patrol car running.

Erica and Alexis recognise the amazing and important job NHCP do and want to support them with funding so they can stay on the road and purchase a second patrol car.

On 14 March, Erica and Alexis will be jumping in the Murrays Bay Wharf Birdman event for the NHCP team.

They are asking the community to sponsor their jump and support the incredible work of NHCP.

NHCP are the 'eyes and ears' for the Police in our community. Three nights a week, they receive direction from the Police on particular suburbs and hot-spots to patrol.

The North Shore is a massive area to cover – there are 37 suburbs from Okura to Northcote and out to Beach Haven and Albany. There are many business districts and hot-spots to cover in one night.

It is a huge challenge for NHCP to effectively patrol the large North

Shore region with just one patrol vehicle. With a second vehicle, volunteers can cover larger areas and provide greater assistance to the Police.

Erica and Alexis have set a goal to raise \$15,000 to support NHCP and contribute toward buying a second patrol car.

They would greatly appreciate the communities support in getting to their goal – even just a few dollars can go a long way.

In the meantime, they are busy building their NHCP birdman car and looking forward to the big event on 14 March!

Follow their journey on Facebook: EricaStanfordECB

[All funds raised go directly to NHCP]

BARFOOT & THOMPSON

Murrays Bay Wharf Birdman

Sat 14 March, 10.30am
Murrays Bay Wharf
FB: [mbwbirdman](#)
www.mbwbirdman.co.nz

DONATE AT: www.givealittle.co.nz/cause/nhcp

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Torbay Theatre

What a great start to the year - last December's production of **Snow Queen: the Broken Mirror** has garnered 5 nominations from the Auckland Community Theatre Trust:

Best Costume Design: Therie Bearsley, Amberly Middlemiss

Best Lighting Design: Paul Topliss, Kyle Perwick

Best Female in a Leading role (Musical): Holly Fraser (Gerda)



Best Male in a Leading role (Musical): Oliver Burton (Kai)

Best Female in a Supporting role (Musical): Emma Walton (Featured Vocalist ["Snowflake"])

Congratulations everyone for these well-deserved nominations!



Coming up soon:

QUARTET, a comedy by Ronald Harwood, directed by Steve Wright, opening end of April. Remember the excellent 2012 film, starring, amongst others, Maggie Smith and Billy Connolly - four retired opera singers approach old age and the decline of their once-glorious talents with wit and pathos. See website for dates, times, and to book.

BROADWAY LIGHTS: A Musical Revue! 22nd-31st May

Auditions just over, we look forward to a splendid show crammed full of everybody's favourite song and dance numbers from all the musicals.

For more information or to get involved backstage, please contact Tor on 021 250 7203 / torhardie@gmail.com

Later in the year: July-Holidays play for the very young, end-of-year musical, and more!

Club Night: Saturday 29th February 7:30

Jacqué Mandeno's Love Drama speech and drama classes, with a fabulous show to perform in every term, phone 027-522-7836.

Lynette's French Theatre classes (teens/adults), ph 0210-294-0630.

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

How to make the perfect Pavlova

Ingredients

6 egg whites
2 cups castor sugar
1 tsp vanilla essence
1 tsp white vinegar
2 tsp cornflour
300ml cream, whipped
fresh fruit for decoration

Pre-heat oven to 110°C bake (not fan bake). Line a baking tray with baking paper.

Beat the egg whites until soft peaks form.

Continue beating while adding the sugar a quarter of a cup at a time. The mixture should get glossier and thicker with each addition and this should take at least 10 minutes. Beat in the vanilla, vinegar and cornflour. The essential thing is to beat for 10 minutes, this guarantees the success.

Bake for approximately 1½ hours, until dry and crisp and it lifts easily off the baking paper. Turn the oven off and leave the pavlova for at least an hour before removing from the oven. Finish cooling on a wire rack.

Whip cream until it forms soft peak and spoon on. Decorate with fresh fruit. For a fabulous taste and finish spoon passion fruit juice over the whole lot.

The egg yolks can be stored in the fridge and used another day to make “proper” custard for a dessert.



Service | Experience | Results

WENDY'S UPDATE

WELCOME 2020

Wishing everyone a Healthy, Happy and Prosperous New Year and New Decade!

Auckland residential housing market ended 2019 strongly with December sales numbers being their highest in four years and prices holding onto most of the gains made in November.

As we enter into the New Year in our local market, Torbay/Waiake/Long Bay, we are extremely short of homes to sell with buyers waiting for properties to come to the market – a fantastic time to be putting your property on the market.

The Torbay office is currently under renovation - I am temporarily based at our Long Bay office and available to answer your real estate queries,

Looking forward to hearing from you,



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Okura Long Bay Marine

On 28th of November 2019, the Environment Select Committee (ESC) arrived at Long Bay Primary School. The reason was to hear the Tangaroa Taniwha oral submission to have Waiake Beach and Winstones Cove included in the Okura Marine Reserve.

The process was hard and long, they did well to get this far. The students of Long Bay Primary got petition signatures from people at local supermarkets, nearby schools and they ran an online petition through the Parliament website. They interviewed politicians and Alex Rogers and Miss Moana Tamariki Pohe of the Hauraki Gulf Forum. Ryan Thach, Emily Frear, Carys Archer and Eryn Oelofse were subsequently invited to speak at



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Reserve extension a step closer

the Hauraki Gulf Forum as part of the Forum's youth voice. Just recently the LBP students Ryan Thach, Eryn Oelofse and Sienna Ephraims went to a youth panel located in Takapuna.

The ESC included Members of Parliament from three different political parties, Erica Stanford, Marja Lubeck and Chloe Swarbrick. Six students of LBP - Sophie Keoghan, Cameron Beattie, Dominic Fisher, Angelacoco Li, Aliya Porter and Harlen Pirret presented the oral submission to the committee. They talked to the ESC about the bad things happening in local waters. The ESC asked questions and the LBP students responded confidently and with passion.

LBP Principal Linda Barton, told the ESC that when she was young she lived near Waiake Beach. It was full of life and how it rapidly decreased as she grew older. LBP student Dominic Fisher stated there were more than 10,000 times the safety count of e coli in the waters of Browns Bay Beach and that affects our Waiake Beach Waterwise program through cancellations due to pollution. Politician, Erica Stanford, corrected his data and told him that there was actually more than 5,000,000 times the safety count of e coli and was upset by the loss of opportunities for the tamariki of her old school.

After they talked with Erica Stanford, Marja Lubeck and Chloe Swarbrick, a person named Erin from the Parliamentary Education Team taught the children about how parliament works.

Long Bay Primary became an official extension of Parliament, the first time ever that this has happened in the history of Aotearoa New Zealand. All of the hard work the Tangaroa Taniwha have put into the petition might finally come to a close. The only thing Tangaroa Taniwha can now do is wait for the results of the politicians' answers.

Personally, I feel proud of my contribution to this experience, it has been the first time I've ever done something as big as this. I have learned lots of things from petitions, from interviewing politicians, to how petitions works and how to speak in public. It is pretty sad that it is finally coming to a close but I have to hope that the Tangaroa Taniwha petition to have Waiake Beach included in the Okura Marine Reserve will finally be approved.

Ryan Thach, Long Bay Primary



Buyers Love Our Coastal Spot TORBAY & LONG BAY 'SOLD OUT' THROUGH STRONG SALES

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2019 has been a superb year for Barfoot & Thompson, sporting its fresh new look since October.

In London, Barfoots was awarded **'BEST REAL ESTATE AGENCY IN THE WORLD'**, and back home they continue to prove they are the established **LOCAL EXPERTS** in Auckland.

In our sunny, beachy, corner of the city, **BARFOOTS** have continued to **OUT-SELL** every other competitor. With a successful market share of **over 45%** of almost 300 house sales this year, we've taken care of nearly **HALF of all properties SOLD!!**

As **AUCTION CHAMPIONS** with the latest **SOLD** rate of **over 84%** to Jan 14th 2020, a **Barfoot Auction** is the sale method of choice for our area in this current market.

SUMMER SPECIAL: WE PAY YOUR AUCTION CAMPAIGN FEES*

MARKET SUMMARY

57 sales from 1 Nov – 20 Dec 2019 in our local area, ranged from **\$540,000 to \$2,508,000** – including the busiest December sale period in four years!

THE MEDIAN FOR TORBAY, LONG BAY & OKURA : NOV = \$945,000 : DEC = \$995,000

This **SUMMER SELLOUT** has left the area with an **extreme shortage** of competition, so if you have been waiting for the right moment to put your home on the market,

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Long Bay Primary Turns 40

Long Bay Primary opened in May 1979. To celebrate forty years the school presented a 'mini performance', held an informal afternoon tea with current and past staff members, created '40 birds for 40 years', planted more native trees and replaced the school mural.

The 'mini performance' highlighted some of the changes that have happened over the last forty years and students shared photographs and stories from the past.

The birds were designed and created by staff and students. Two students from each class painted the birds and the birds will be 'planted' in our learning forest – Ngahere Ako.

In 1996 students and staff painted a school mural using motivation from the local environment. Over time the mural had deteriorated, losing its colour and paint. 2019 was a great time to replace it and using the old mural as inspiration Mrs Butler

and a small group of dedicated students have re-created the mural, adding their own touches.

We acknowledge all the staff, students, parents and community who have been part of Long Bay Primary School in the past forty years. We look forward to the future.



East Coast Bays to have new Fire Station

Opposite the end of Glamorgan Drive, on the East Coast Rd end, work is progressing well on the new fire station.

For people living in Torbay and in Long Bay this is great news to have a fire station right on our doorstep.

The work of the Fire Service is varied. The obvious is the amazing work they do containing fires.

They also have education schemes, encouraging people to make an escape plan out of their house and to practice it so that if the awful thing did happen and you had a fire in your home, everyone knows how to get to safety.

The Fire Service also attend serious road traffic



accidents where they use their specialist gear to cut people free from badly damaged vehicles. They will also be called to other incidents to give help and advice.

When you see the tv at the moment and see the dedication and hard work of the Fire Brigade in Australia, it makes you glad that we have such well trained and dedicated people here- right on our doorstep.

Vagabond Feature Film

Kera Wong, formerly of Torbay, gathered a group of filmmaker friends to help her make a micro-budget independent film, Vagabond, back in 2015. This was her first time writing and directing, and she drew on the community around her to make it happen. Key scenes were filmed in the Brownzy Bar, the Torbay Community Hall and further afield, in Whangaparaoa, The Waitakere Ranges and The Honey Centre outside Warkworth. The community was open and welcoming, eager to support emerging talent.



writing comes from the inside, and it is irrelevant what anyone else thinks. It is a project that has completely changed my life, and I hope that for those who see it, it will have a positive effect on their lives too."

Kera is now a successful food blogger and photographer in Sydney, Australia under the alias @kerabeareats. Follow her delectable food photography on Instagram.

Kera reflects on her film and why she made such a bold choice to put it together with no experience behind her:

"Although I had always considered myself a writer, I had never written anything before Vagabond. Like many people my generation and prior I was afraid to push boundaries, fearing criticism or failure. What could I possibly offer the world that nobody had seen before? Then I realised that the only person that could see through my eyes was me, and this was a

story that was bursting to be told, and I don't regret that I have taken the risk.

Vagabond is an emotional and deeply relatable story that addresses the pains and traumas occurring in our everyday lives that most of us prefer locked away inside. It is a moving journey that will turn any emotional cynic into a believer of second chances.

I have always thought that one needed to write something utterly and ridiculously amazing to be taken seriously, but Vagabond has taught me that the best

Other members of the team, producer, Léah McVeagh, actress, Angie Darby, and Executive Producer, Josh Van Den Heever, all reside in Torbay. Léah is a part of a production outfit called Angle3 Pictures, producing dramatic short films. This was their first feature film, and after editing it around their other freelance work in the Auckland film industry and sending it to festivals, they released it online at Christmas time. You can watch the trailer and full-length film here: <http://www.angle3.com/vagabond>

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Life on the Edge

February 2019

Celebrate Connecting with our Seas

Ko au te moana, ko te moana ko au – For I am the Ocean, the Ocean is me

Seaweek - Kaupapa Moana is a week specifically dedicated to celebrating the ocean. This year it runs from 29 February to 8 March. Seaweek's mission is to inspire care for the ocean by learning from and celebrating the spectacular sea that surrounds us - we can strengthen the sense of connection we have to the ocean by spending more time in and around it. Recognising how interconnected we are to the sea cultivates nurturing feelings of respect towards the marine environment which are critical for their protection.

During Seaweek, organisations around the country put on events for their community which you can find at www.seaweek.org.nz. As part of Seaweek, MERC will once again host our annual *Sea MERC Day* on March 1st from 11 to 3:30 pm so come along down.



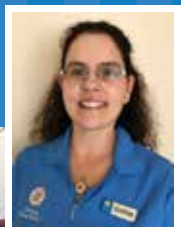
Not only is Seaweek happening later this month but the Hauraki Gulf Maritime Park turns 20 years old. The Hauraki Gulf Maritime Park was created to help establish objectives for the Hauraki Gulf, its islands and catchments. With this Anniversary and Seaweek falling so close together, what a convenient excuse to establish or strengthen a connection with the ocean by getting out and experiencing something (more) in the Park.



**KO AU TE MOANA
KO TE MOANA KO AU**
I am the sea, the sea is me



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



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Come and Join Us for Scottish Country Dancing

BRAEMAR SCOTTISH COUNTRY DANCE CLUB members will be dancing at Browns Bay Beachfront on Tuesday 11th February from 6.00 – 6.45 p.m. Why not join in with us and have a go?

We are a friendly and welcoming club and, following our beachfront event, we also warmly invite you to come to our two FREE open nights:

Dates: Tuesday 18th February
and Tuesday 25th February

Time: 7.30 – 9.00 p.m.

Place: St Anne's Hall, Browns Bay (corner of Glencoe Road and Beach Road).

No special clothes are needed, but please wear comfy soft-soled shoes.



someone you know. Age is irrelevant! You don't need to bring a partner, because we swap around, mixing new dancers with experienced ones so that we can all learn the dances whilst enjoying ourselves.

Scottish Country Dance is a sociable and healthy past-time, and an opportunity to meet other people in an informal atmosphere.

Steps and formations are taught by our wonderfully patient teachers over the first few months, so this is a good time to come if you haven't experienced Scottish Country Dancing before. We all make mistakes at times and the

aim is to enjoy the social activity and wonderful exercise!

See you in February, either on the beachfront or at St Anne's Hall.

For more information contact: Yvonne (Phone: 410 9126) or Fred (09 963 8145)



Through the year from 3rd March to early December we shall dance every Tuesday evening at 7.30 – 9.30 p.m. for only a small charge per person. Do come along, either on your own or with



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Torbay Friendship Club



For 10 years Scrabble has been a constant activity available to members. In the early days enthusiasts played in a member's home but for some time now play has taken place on the first Thursday of the month in East Coast Bays Community Centre. The photographs were taken on 5 Dec with "Christmas afternoon tea celebrating 10 yrs".

A group of 3 & 4 year old boys and girls from Torbay Kindergarten delighted TFC with a range of catchy songs during the final General Meeting of 2019 and special morning tea. Ant & Dec have been alerted to an entry for the next series of BGT!!

The first meeting of 2020 will be on Thursday 13 February from 10am to noon in Torbay Community Hall. Anyone retired or semi-retired from his/her profession and looking for a club to join, is welcome to visit. The speaker for the second hour of the meeting will be from Mercy Ships. On 20 February the popular monthly outing is with Red Boats, setting off from Half Moon Bay up the Tamaki River with lunch on board. What the respective organisers of speakers and outings have put together for the months ahead is most appealing.

<i>President:</i>	Liz Yeats	tel 027 475 4423
<i>Secretary:</i>	Kenwyn Soares	tel 473 3253
<i>Membership Secretary:</i>	John Harry	tel 473 7908



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THANK YOU

We had a great time at the Carols on the Green Christmas event in December.

A special thanks to the below companies for their donations:

- Gilmours North Shore
- Harcourts Cooper & Co, Browns Bay
- New World Browns Bay
- PAK'nSAVE Albany
- Phil Greig Strawberry Gardens

We also attended the Torbay Santa Day and ran the sausage sizzle selling yummy Torbay Village Butchery sausages! A special mention to Joanne Martin and the Torbay Business Association who so very kindly donated all the items required for the BBQ.

All profits from these two events are going towards our amazing Meals For Families program.

NEARLY NEW SALE DONATIONS

Torbay Plunket will have a table at our Nearly New Sale on Saturday 4th April, selling donated items (all proceeds go towards Torbay Plunket and our Meals For Families initiative) and we will be collecting good quality donations at the clinic's garage (just behind the Torbay Plunket clinic - 1026 Beach Rd, Torbay) on the below morning:

Sunday 23rd February 2020 – 10am-11am

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



ENTRY BY GOLD COIN DONATION



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Prize Giving at *Torbay Bowling Club*



The Torbay Bowling Club had its prize giving at the end of November 2019. The evening consisted of a special supper, the presenting of prizes, and games of bowls. We begin again on Monday 3rd.

February 2020 at 7.15pm at the Torbay Community Hall, entrance off Watea Road. Come and join us. Tuition can be given if you haven't played before. You might be one of our prize winners this year. Phone Kevin 473 3253.



Monthly Quiz

COURTESY OF ROTARY BROWNS BAY

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Answers on Page 33

1. Which twins are said to have founded Rome?
2. What causes flamingoes to turn pink?
3. When is Michaelmas celebrated?
4. What is Bear Grylls real name?
5. Who created Badjelly the Witch?
6. Which African country has the highest population?
7. What was the name of Phil Collins debut solo album?
8. Who entertained at 2020 Super Bowl on Feb 3rd?
9. Where is Cancun?
10. What country's flag is this?



A Very Long Bay Christmas

On Saturday 14th December hundreds gathered at Ridge Park at Long Bay to celebrate the second Very Long Bay Christmas.

Organised by Long Bay Baptist Church the event included fun activities for children. Pogo sticks and stilts and a whole heap of other equipment provided free entertainment for the children.

There was free face painting, candy floss and a photo booth, where you could dress up and have your photo taken.

Then came the music. We had Christmas carols and songs, a Christmas karaoke and a reading of the Christmas story.



Everyone brought their mats and picnics and the weather kept fine. What was particularly great to see was all the different nationalities coming together to celebrate Christmas.




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Torbay Garden

Summer is now at its height and the Torbay Garden Club welcomed it in December with an open garden ramble. The creativity and hard work of a number of members offered inspiration and variety, from well-established shrubs and flowers and schist landscaping, to rustic and cottage styles. We admired beautiful roses, lush plump vegetables and a medley of colour - carnations, scabiosa, zinnia, foxgloves, dahlia and more. Keeping up with flowering borders will be ongoing over the next few months.



President: Hilary Collins Phone: 478 1601
Secretary: Georgie Maurice Phone: 473 0404

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Golden Club



The ramble was followed by a shared lunch. Our President, Hilary Collins, thanked club members for their effort and support during the past year. The 2019 overall prizewinners in each section were presented with trophies by our President, at the Christmas lunch that followed the ramble. Congratulations to the following:

Flowers and shrubs: Jan Barwell 1st, Noela Thomas 2nd, Jo Price 3rd.

Fruit and vegetables: Lloyd Barwell

Decorative section: Senior, Barbara Dines; Intermediate, Beryl Fickling; Junior; Jan Barwell and Jan Reid 1st equal.

The February meeting is a picnic at Long Bay. An exciting programme is planned for this year with trips, colourful competitions and a programme of interesting speakers.

This month our first trip will take us to a lavender farm. Meetings are in the Torbay Community Hall on the first Wednesday of each month from 1 p.m and new members are welcome.



In the garden in February

Continue to dead-head roses and other flowers and pick fruit regularly to encourage late fruiting. For prolonged dry conditions soak the soil around plants well 2-3 times a week rather than a brief daily sprinkle. Plant late summer crops of lettuce and herbs and prepare germinating trays for winter vegetable seeds like cabbage, cauliflower and broccoli. Annual winter flower seed such as poppies, pansies, primula, cineraria and snapdragon may also be sown. Fertilise your citrus for best results in winter.

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Bonjour French River Cruise

Ah France, je t'adore. It's the ultimate country where the simple is made special with typical French flair. Daily rituals are transformed into stories you'll share forever – a morning coffee taken on a Parisian boulevard, sunrise overlooking Le Mont Saint Michel, a treasure found fossicking in the markets of Aix en Provence.

On our Grand France river cruise tour, enjoy wine, cheese, beautiful views, and stops in the most charming and historical parts of France. Make new friends, enjoy special experiences and unpack only once.

Sail along the Seine River to the picturesque Normandy region. In Vernon, choose between two exciting guided visits—Claude Monet's stunning gardens at Giverny or the remarkable Bizy Castle, known as "Normandy's Versailles." Go on an excursion to the historic Normandy Landing Beaches, including Omaha Beach, the Point du Hoc monument, and the American Cemetery. In Rouen, go on a guided walk through the medieval quarter and visit the gothic Rouen Cathedral.

Before you depart the beautiful Seine River, spend time in Paris—one of the world's most romantic cities! The "City of Light" has Notre Dame Cathedral, the Eiffel Tower, and the Louvre Museum. Delight in a guided walk through the historic Île St. Louis. Lyon, sitting at the confluence of the Saône and Rhône Rivers, is France's third-largest city and a showcase of medieval and Renaissance architecture. The city of Tournon is beautifully nestled among vineyards.



You'll go on a guided walk of this medieval treasure with plenty of Roman ruins and a fascinating 16th-century castle. In historical Avignon, see the 14th-century Palace of the Popes—the largest gothic fortress in the world. Situated on the Rhône River, Arles is famous for inspiring the paintings of Van Gogh and its 1st-century Roman Amphitheatre, which hosts plays and concerts to this day.

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Property and Marketing Consultant

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E jiang.kou@bayleys.co.nz

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JULIA PARFITT & ALEXIS POPPELBAUM

Bays Local Board Update

\$30,000 of grants awarded

In December, \$30,000 was awarded in the first round of the Board's small grants funding. Some local groups receiving funding were the Awatuna Sea Scouts and local sporting groups such as the ECB Cricket Club.

Three further grant rounds are coming up:

Local grants (\$2,000 - \$10,000) – opens 3 February, closes 13 March

Multi-board grants – opened 20 January, closes 13 March

Small grants (\$200 - \$2,000) – opens 6 April, closes 1 May

Update: Glenvar and East Coast Roads project

In November, Auckland Transport (AT) consulted on their proposed plans for this project and a whopping 450 submissions were received. AT will publish a feedback report soon and will respond to questions that people raised. AT will then submit a proposal to the New Zealand Transport Authority. The funding for this project has



already been earmarked thanks to the significant pressure and public campaign the community got behind.

The Local Board will also be providing feedback. We will both be strongly advocating for an earlier start date as part of that feedback. AT had advertised a start date of early 2020 which has since been pushed out to 2022.

Upcoming events supported by the Local Board

Okura Forest Festival - Sat 15 February, 11 am – 11 pm.

Tickets and further information at www.okuraforestfestival.com

Wild Streets Play Day at Centennial Park (Nature trail) - Sat 7 March, 10 am – 2 pm.

Murrays Bay Wharf Birdman Competition - Sat 14 March, 10:30 am – 3 pm. www.mbwbirdman.co.nz

AUDITION NOTICE

Auditions 1st & 2nd February 2020
3.00 pm

Torbay Theatre
35 Watea Road, Torbay
presents

BROADWAY LIGHTS A MUSICAL REVUE

performances 22nd to 31st May 2020

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WE WANT TO HEAR FROM YOU!

For the audition, please bring:

SINGERS: a song of your choice with a backing track

DANCERS: a movement piece with a backing track

The backing track to be either on a USB stick or a device/mobile
If you cannot provide this, please let us know prior to the audition as we can help.

To register or for further information

Contact Tor - torhardie@gmail.com or phone 021 250 7203

How to prevent drowning



Every summer, especially over the Christmas period, we hear of the tragedy of people drowning.

New Zealand has one of the highest fatal drowning rates in the OECD. The 2019 provisional annual fatal drowning report indicates there were 78 preventable deaths. Each one leaves families and communities devastated.

About 1/3 of childhood drownings were in swimming pools.

So what can we do to stop these deaths?

Most are just sound common sense.

- Make sure everyone in your family can swim.
- Never leave a child unattended in a pool or bath.
- When swimming in the sea swim between the flags on a patrolled beach.
- If not confident wear a life jacket.
- If you get caught in a rip try to swim parallel to the shore until you are able to be free.
- Alcohol and water are not a good mix.
- Always wear a life jacket on a boat.

Keep safe in the water this summer.



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

8 Bute Road, Browns Bay Ph 09 486 8579



Saturday 1 February
11am -12 noon

Author talk with Z.T Quinn
a former Support Worker for refugees and asylum seekers on Manus Island, Papua New Guinea. His experiences inspired his novel *Sanlundia* which warns of the price we all pay when we allow the strong to abuse the weak. Free talk. Everybody welcome.

Friday 7 February
10am – 11am

Lunar New Year 2020: Year of the Rat Rhymetime

Join us to celebrate Lunar New Year with songs, stories and dough craft. Free.

Saturday 8 February
10am – 11:30am

Lunar New Year 2020 Year of the Rat performance for the whole family.

Tai Chi, singing, dancing, music and a taekwondo demonstration. Free. Everybody welcome.



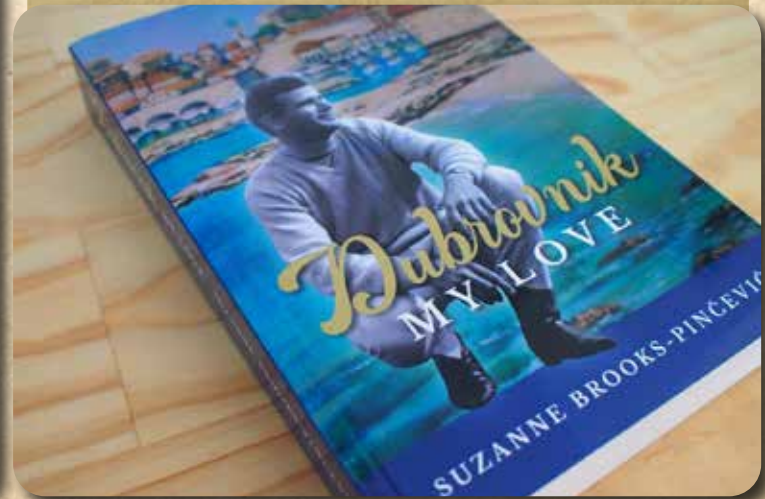
Tuesday 4 February 10:30am -11:30am

English Rakugo. A traditional Japanese art of comedic storytelling for adults, performed in English by Kanariya Eishi. The performance is generally based on farcical comedy or warm-hearted human drama. Free event. Everybody welcome.

Wednesday 19 February 10am – 11:30am

Suzanne Brooks-Pincevic Author Talk

Author and artist Suzanne Brooks-Pincevic will talk about her work, much of which deals with the effects of the 1991-95 war in the Balkans. She has published 2 books on Croatia, a country she has come to love dearly through her marriage. Her second book is a fictionalised account of the life of her husband who risked his life escaping from Tito's communist dictatorship. Free talk. Everybody welcome.



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Location: Long Bay Baptist Church
282 Glenvar Road, Long Bay

For more information call or text 0224 101 100



Learn English North Shore welcomes back students for the beginning of another year of English language classes, friendship and fun inside and outside the classroom.



In class we continue to practice all aspects of English language learning, with a strong focus on day to day communication in New Zealand. CELTA qualified teacher Leontine invites anyone who would like to practice and improve their English to join one or more of the small, friendly, affordable classes.



Outside the classroom, we are planning another social event in February. A recent potluck dinner and games night proved popular, with more than 30 people attending.

The planned English class timetable for term 1, 2020 (Tues 4 February - Thurs 9 April) is:

Time	Tuesday	Wednesday	Thursday
9.00-10.20am	Beginner*	Advanced *	Advanced*
10.30-11.50am	Upper Int/ Advanced*	Intermediate*	Pre-Intermediate*

*Your teacher can help you decide which classes are right for you.

Adults of all ages and nationalities are welcome. We currently have students from Brazil, China, Korea, Japan and Thailand. For more information or to register, call or text Leontine on 0224 101 100.

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- truss tomato + cream cheese + fresh basil 10.0
- avocado + cherry tomato + olive oil + lemon 12.0
- pastrami + swiss cheese + mustard + pickle 14.0
- bagel + peanut butter + jam 8.0
- bagel + berry jam + cream cheese 8.0



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- strawberry
- lime
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- chocolate

smoothies 7.0

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- banana
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- chocolate
- mocha
- chai
- americano

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\$5 Milkshakes, smoothies and iced drinks

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Market Pulse on the Shore

By Geraldine Zareian

Poised for an Active Season

After a delayed start last spring, the property market ended 2019 on a 4 year high.

The low number of listings tilted the market in favour of sellers during November, which meant that buyers were in competition mode. There was a significant price increase that carried on through to the very last sales.

Most properties listed during this time sold, leaving a shortage on entering the next peak in February and March. It is clear that buyers will come back from their break on a mission!

For those who are thinking of taking advantage later in the year, on the assumption that prices will keep rising – act wisely. Historically, the market goes into hiatus before an election.

The resurgence of buyer interest started at the bottom of the ladder, with first time buyers cashing their matured Kiwisavers with low interest loans. There was a window of opportunity for them to purchase ex-rental properties.

Some long term landlords were not interested in upgrading costs associated with healthy homes standards and changes in tenancy rules.



Don't Be Afraid to Give Up the Good for Great!

Getting Ready to Sell?

Think about first impressions

Before a buyer enters your home, they've already formed an opinion based on what they've seen from the road. Take a walk out to the kerb and think about anything that could potentially turn buyers off.

Freshly cut lawns, a well-cared for garden or hedge, clean paintwork on the house exterior and water blasted concrete and fences make a huge difference and will make the buyer want to step inside.

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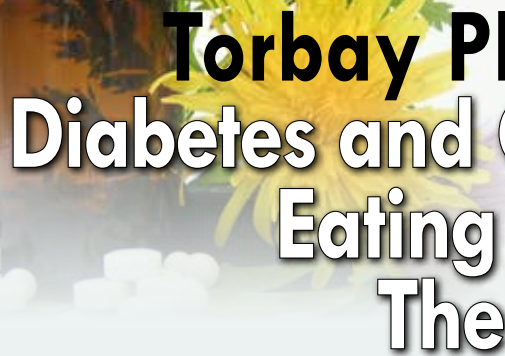
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Torbay Pharmacy: Diabetes and Christmas Eating Excesses: The Antidote

Family, friends, food and drink are all a great part of the festive season. The sharing of meals is at the centre of many of our social gatherings. It is great for our overall well-being if we bring it back into balance. I would argue that the best approach to working off the excess weight that may have accumulated over the holiday season would be a low carbohydrate or even a ketogenic diet.

Low carbohydrate diets have worked very well for many of my patients (and myself).

I have had patients with Type II Diabetes reverse their diabetes and manage to come off all their diabetes medication in consultation with their doctor. There are lots of patients with Type I Diabetes who are achieving very stable blood glucose levels and HBA1c levels (a long-term marker of blood sugar control) by using ketogenic diets. These people use much less insulin too.

What is "Keto"?

Ketogenic diets can also be helpful for weight-loss in healthy people. Most people feel really good when they follow this diet. So, what is a ketogenic diet?

A ketogenic diet is one whereby you change the balance of the macronutrients that you eat, so that you are eating approximately 10% carbohydrates, 20 to 30% protein, and 60 to 70% fat. When you do this, your body switches to burn fat as a fuel source. When your body burns fat as its main fuel source, it produces ketones in your blood (hence the name "keto"). Ketones are a great fuel source for the brain and heart. This is why many people who get into ketosis report greater energy, less aches and pains, and clearer thinking.

Ketogenic diets are used in US Military personnel who must perform at peak levels. They have also been used in medicine for over 70 years. Current research will likely see ketones being used as treatments for many brain conditions.

Is there anyone who shouldn't try a ketogenic diet?

There are some people with genetic deficiencies in enzymes that make ketones, e.g. the HMG CoA Lyase enzyme. If you have a genetic deficiency in that enzyme, then you can't make ketones, so you must ensure a good supply of carbohydrates and protein for survival. People with these deficiencies will know that if they go long periods without eating, or do strenuous exercise, they will get very tired and even go into a coma. Most people are protected by ketones during such circumstances. But these people lack the protection of ketones. However, for most people getting into ketosis is safe if done the right way.



What's the Trick?

You can eat bad food and still get into ketosis. The trick is to create a ketogenic diet of healthy food. We have practitioners at the pharmacy who can help you with this. Try it. It could change your life.

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Email: info@torbaypharmacy.co.nz

Grace Woollett is Back Teaching at *Step Beyond Studios!*

Our local dance school, Step Beyond Studios has some exciting news. Dancer, choreographer and teacher, Grace Woollett has returned to partner with Marian McDermott in the Torbay based family owned dance studio and Grace is delighted to be back home in Aotearoa. Grace grew up dancing at Step Beyond Studios and went on to become a highly regarded and very popular tutor. She trained full time in contemporary dance and worked professionally in dance in NZ before heading off overseas for a trip of a life time. For the

past 3 years Grace has been off sharing the vibrancy of NZ contemporary dance within creative projects in Europe and for hundreds of young people in schools and studios throughout London. She brings back with her some incredible skills from her time working with a professional performing arts company and is excited to share these with the students at Step Beyond Studios.

Step Beyond Studios was established in 1995 by Marian McDermott. With a rebellious and gutsy vision, Marian set out to ditch the disheartening exam system, competitions and traditional syllabus and replaced those concepts with a philosophy that favours positive teaching. The school is unique in NZ and well known for inspiring students to become thoughtful, creative and confident dancers. Former students have moved on to professional careers in New Zealand and the UK.

Grace Woollett is eager to harness the energy of the vibrant Torbay school and breathe a second wave of life into a philosophy she is deeply passionate about. With a love of youth work and a desire to create safe and supportive spaces for young people, the direction of Step Beyond Studios is set to flourish as it moves forward into the future.



Photo © Hannah Cebalo

Step Beyond Studios offer excellent classes in ballet and contemporary dance. This year they include new dance classes for pre-schoolers, plus a new fun and energetic class - Dance Fit for Adults.

Info: marian@stepbeyond.co.nz www.stepbeyond.co.nz 021 027 01303.

Step Beyond Studios

Offering excellent classes in ballet and contemporary dance

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Principal:
Marian McDermott

Studio in
Torbay

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Torbay Medical



LONG BAY MEDICAL

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Long Bay Medical will be situated in the heart of the village at 55a Glenvar Ridge Road.

Our brand-new clinic will offer the community a similar range of health care services that you have been receiving from Torbay Medical Centre just on a smaller scale.

You will be able to book your appointments on Manage My Health,



LONG BAY MEDICAL

just select the Long Bay button on our website or by calling Long Bay Medical on 473-0063.

Torbay Medical Centre has been part of the community for 30 years and we plan to have the same continuity of care with our new patients at Long Bay Medical.

Our opening hours are 9am - 12pm and 2pm - 5pm.

Appointments:

Mon – Fri : 8am – 6pm

Closed on Public Holidays

Torbay Medical Centre

1042 Beach Rd, Torbay 477 9000

Enquire at Torbay Medical Centre about enrolling on "Manage my Health Portal"

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1050 Beach Road, Torbay

09 477 1111 admin@torbayskin.co.nz www.torbayskin.co.nz

Summer at Long Bay

Bill Ellis was out and about in the fine weather with his trusty camera. These photos show all that is best about living in Torbay and Long Bay.

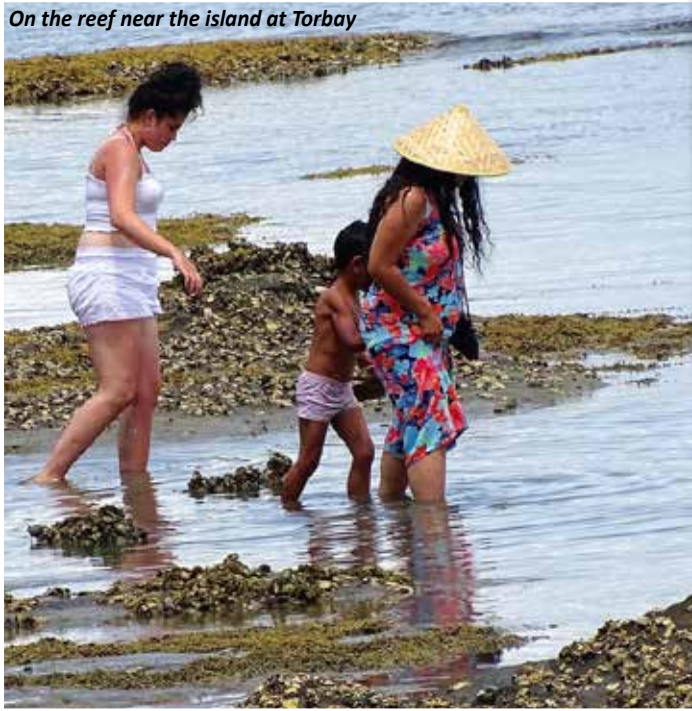


Groups from Sir Peter Blake MERC holiday programme



Yolanda 'walking' the dogs, Louie and Lacey, on Long Bay beach

On the reef near the island at Torbay



View from Torbay



BRIGHT FUTURES AHEAD

Long Bay College's Deputy Head Girl, Caitlin Scott has been named the 2019 Dux. She has had an incredibly strong academic year, achieving Excellence credits for every assessment in Calculus, English, Physics and Biology. On top of her five NCEA external examinations, Caitlin also completed five Scholarship exams. At the Long Bay College Academic Prizegiving, she came away with Excellence Certificates in Level 3 English and Biology. Caitlin is the recipient of cups for Excellence in Level 3 Chemistry, Physics and the Martin Cup for Oratory. This year, Caitlin is studying for an Engineering degree at the University of Auckland.

Sarah Pilbrow was named the 2019 Proxime Accessit. At the College's Academic Prizegiving, she was awarded Excellence in Level 3 English and the Kelson Henderson

Trophy for Excellence in Co-Curricular Drama. Described as creative and determined, Sarah successfully directed an incredible college production at the end of last year called 'Almost Maine', a show she initiated and secured the rights to herself. In 2020, Sarah will be attending the University of Auckland to study Fine Arts, Drama and English.

We are very proud of the students who have achieved the highest academic levels at our school and we wish them all the very best for their futures.



Caitlin Scott (Dux) and Sarah Pilbrow (Proxime Accessit)

Students awarded thousands in tertiary scholarships

Tertiary Scholarships, with a combined value reaching into six figures, have been awarded to several Long Bay College students in 2019. Head Girl, Alice Oh and Deputy Head Girl and Dux, Caitlin Scott both received the University of Auckland's Top Achiever Scholarship. This prestigious award is for students who have demonstrated exceptional levels of academic excellence, all round ability and leadership. Among other esteemed awards presented was the Keystone Trust Scholarship, received by both Head Boy Samuel Roberts and Prefect Joan Hardjinata. The pair will receive

financial support for three years of university study and the scholarship also opens doors to industry networking opportunities. In addition, Samuel received AUT's School Leaver Significant Student Scholarship along with fellow student, Bella McMahon. Jamie Baldwin was thrilled to receive the University of Otago's New Frontiers Entrance Scholarship. College Principal, Mr CJ Healey is delighted for the students' scholarship successes and says, "These awards are testament to the talents and drive of our students and to our focus and prioritisation of academic accomplishment."

Junior students seize leadership opportunity

Year 10 Athlete Development (ADP) students honed their leadership skills during a very special event for local primary schools in December. Supported by Long Bay College and Harbour Sport staff, the students created and delivered a full day of outdoor activities at the College for students from Long Bay Primary, Sherwood Primary and Torbay School. The younger students enjoyed Basketball and Rugby skills training plus some fun and challenging speed activities involving moon hoppers, balls and hoops. Everyone enjoyed the opportunity to connect and form friendships with students from other schools in our Oneroa Kahui Ako (Community of Learning) on a stunning, end of year summer's day. Our ADP students made us extremely proud with their display of our school values; Care, Respect, Creativity and Community.



2020 New Enrolments

Students in Years 9 -13 who are yet to enrol at Long Bay College in 2020 are invited to complete an online application form via our website: www.longbaycollege.com (see enrolment).

The College office is open from Monday, 20 January to assist with enrolment enquiries. Phone 09 477 9009.

All new and Year 9 students will attend an official welcome to the College on Wednesday, 29 January, at 8.30am with all year levels starting the academic year on Thursday, 30 January.

Santa came

On the first Saturday in December, Torbay Business Association held its annual Santa day and market.

In the summer the market is held the first Saturday of every month- so don't miss out!



The day is always a fund raiser for the good work of Plunket and they were running the sausage sizzle and helping Santa give gifts to the children who came to see him.



There was so much to do. Face painting and balloon twisting, a bouncy castle and Stephan the super magician. All of these were very popular with the children.



to Torbay



The weather was brilliant and the atmosphere festive with a full Christmas market too.

Thanks to Hibiscus and Local Board for their grant to enable this event to happen and thank you to Torbay Business Association for making a truly great event.

QUIZ ANSWERS

1. Romulus & Remus.
2. Natural dye from their diet of brine shrimp.
3. Michaelmas is September 29.
4. Edward Grylls.
5. Spike Milligan created Badjelly the Witch.
6. Nigeria has Africa's highest population.
7. Phil Collins debut solo album was 'Face Value'.
8. Jennifer Lopez sings at 2020 Super Bowl.
9. Cancun is in Mexico.
10. The flag is of the Solomons.



It's never too late to shine!

Ballet classes for over-55s



Are you looking for a new way to keep fit & active? Our Silver Swans® ballet classes for over-55s will put a spring in your step!

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2020 Year of the Rat

what it means to Chinese people

The 12 years are named after 12 animals, rat, ox, tiger, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.

Year of the Rat

2020 is the Year of the Rat according to Chinese zodiac. This is a Year of Metal Rat, starting from the 2020

Rat is the first in the 12-year cycle of Chinese zodiac. The Years of the Rat include 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020, 2032...

Lucky Signs for People Born in Rat Year:

Lucky numbers are 2 and 3, lucky colours are gold, blue and green, lucky flowers are lily, African violet, lily of the valley and lucky directions southeast and northwest.

Personality of the Rat

People born in the Year of the Rat are instinctive, acute and alert in nature which makes them to be brilliant businessmen. They can always react properly before the worst circumstances take place. They are also sophisticated and popular in social interaction. They are sanguine and very adaptable, being popular with others.

Strengths

Adaptable, smart, cautious, acute, alert, positive, flexible, outgoing, cheerful

Weaknesses

Timid, unstable, stubborn, picky, lack of persistence, querulous

Jobs & Careers

Best Jobs: Artist, author, doctor, teacher...

Best Working Partners: Ox, Monkey, Dragon

Best Age to Start a Business: 35 - 45

Best Career Fields: Service Industry, Finance and Economy Field

Which Type of 'Rat' Are You?

People born in different years of Rat show varied personal characters when counting the affect from the traditional Chinese Five Elements (Wu Xing).

Types	Years of Birth	Personality Traits
Wood Rat	1924, 1984	Independent with proper pride, conforming to traditional ideas.
Fire Rat	1936, 1996	Clever, capable, but lacking sense of discipline.
Earth Rat	1948, 2008	Sober and contented mind, strong adaptability.
Metal Rat	1960, 2020	Sensitive with strong self-awareness; persuasive with ready tongue.
Water Rat	1912, 1972	Intelligent with high thinking faculty, but conservative in practice.



© Pressfoto



Fishing Report



Tides Feb 2020 (Murrays Bay)

Hope everybody had a fishy Christmas and safe boating throughout the festive period.

Bright sunny days can make the fishing a tad challenging, so the early birds or night owls amongst us are probably used to the taste of fresh snapper more than some of us.

With the Hauraki Gulf producing such great snapper fishing from Sept – December, maybe the summertime is a good option to try targeting another species, like the mighty kingfish!

There are four main ways to target them, all of them are based on the fact that big fish eat little fish.

Live-baiting – simply catch small bait fish like a yellowtail, put a big hook in it, then put it back in the water. From here you can either deploy it under a balloon, add a 6oz sinker to it and drift or start your motor and troll around with it (my favourite).

Jigging – drop a 200g+ vertical jig to the bottom and wind it back up as fast as you can – more effectively is to mechanically jig it back to the surface.

Topwater – involves casting a stick-bait or a popper as far from the boat as possible and retrieving it across the surface of the ocean – using a sweeping motion will generally produce better results.

Trolling – dragging a Rapala type lure behind the boat running at approx. 6kts is probably the easiest way to target kingfish and can be hugely successful.

The three artificial methods above are all trying to do what the live-baiting method does faultlessly – imitate a small fish, without having to try and catch one. Other factors to take into consideration are when to fish and where to fish, also, when targeting this extremely hard and fast running fish, you need to be armed accordingly. No use taking a knife to a gun fight or



		LOW	HIGH	LOW	HIGH	LOW			
Sat 01			00:52 2.7m	07:01 0.8m	13:19 2.7m	19:32 0.7m			
Sun 02			01:34 2.6m	07:46 0.9m	14:02 2.7m	20:17 0.8m			
Mon 03			02:21 2.6m	08:38 0.9m	14:48 2.6m	21:06 0.8m			
Tue 04			03:15 2.5m	09:34 1.0m	15:39 2.6m	22:01 0.8m			
Wed 05			04:15 2.5m	10:33 1.0m	16:35 2.6m	22:59 0.7m			
Thu 06			05:17 2.6m	11:31 0.9m	17:35 2.6m	23:58 0.7m			
Fri 07			06:15 2.8m	12:27 0.8m	18:34 2.7m				
Sat 08	00:53	0.5m	07:10 2.9m	13:21 0.6m	19:32 2.9m				
Sun 09	01:46	0.3m	08:01 3.1m	14:14 0.5m	20:27 3.0m				
Mon 10	02:37	0.2m	08:52 3.3m	15:06 0.3m	21:19 3.2m				
Tue 11	03:26	0.1m	09:42 3.3m	15:57 0.2m	22:10 3.3m				
Wed 12	04:16	0.1m	10:32 3.3m	16:48 0.2m	23:00 3.3m				
Thu 13	05:05	0.1m	11:22 3.3m	17:38 0.1m	23:50 3.3m				
Fri 14	05:56	0.2m	12:13 3.3m	18:29 0.2m					
Sat 15			00:41 3.2m	06:49 0.3m	13:05 3.2m	19:21 0.3m			
Sun 16			01:35 3.1m	07:45 0.5m	13:58 3.1m	20:16 0.4m			
Mon 17			02:32 3.0m	08:45 0.6m	14:54 2.9m	21:14 0.5m			
Tue 18			03:34 2.9m	09:47 0.7m	15:52 2.8m	22:15 0.6m			
Wed 19			04:37 2.8m	10:49 0.8m	16:53 2.7m	23:18 0.7m			
Thu 20			05:38 2.8m	11:49 0.8m	17:54 2.7m				
Fri 21	00:17	0.7m	06:34 2.8m	12:44 0.8m	18:52 2.7m				
Sat 22	01:11	0.6m	07:25 2.9m	13:34 0.7m	19:44 2.8m				
Sun 23	01:58	0.6m	08:12 2.9m	14:21 0.7m	20:32 2.8m				
Mon 24	02:41	0.6m	08:55 3.0m	15:04 0.6m	21:15 2.8m				
Tue 25	03:20	0.5m	09:36 3.0m	15:44 0.6m	21:54 2.9m				
Wed 26	03:58	0.5m	10:14 3.0m	16:22 0.6m	22:31 2.9m				
Thu 27	04:34	0.6m	10:51 3.0m	17:00 0.6m	23:06 2.9m				
Fri 28	05:10	0.6m	11:28 2.9m	17:36 0.6m	23:41 2.8m				
Sat 29	05:47	0.7m	12:04 2.8m	18:14 0.6m					

Times adjusted for Daylight Saving.

you'll be found out and leave a kingfish sporting a nice new mouth attachment, which it would rather do without.

This covers the basics, but should you want to fine tune your technique and find the latest gossip on where and when, call in to our two kingfish pros Dave and Eric and they'll put you right.

If live-baiting, think about deploying one just off the bottom too, as a JD or John Dory also like nothing more than a fresh mackerel for lunch, and they must be right up there in the best culinary stakes.

All the best this summer

Andy, Dave, Eric & Lane

Fishing Direct, Silverdale 09 426 0574 Open 7 days

Happy New Year!



Welcome in the new year with a new look for your business. Come in and see us for a free, no obligation quote.

We can help with... Business Cards • Invitations

Greeting Cards • Leaflets / Flyers / Brochures

Canvas Pictures / Large Posters • Personalised Calendars

Personalised Gifts • Promotional Items

Custom Packaging • Branding and Design

And much, much more...

CLASSIFIEDS



ACCOMODATION

Accommodation – Fully furnished, short – long term stays, North Shore. Houses – Apartments.
021 935854 – 4735904 info@holidaysnz.co.nz

Becmar Cottage – Self contained, short term or holiday accommodation. Sunny, private, close to beach, shops, bus stop. Suit couple becmar9@gmail.com, 09473 9383 or 0274 901 900

Accommodation Needed – Unfurnished, Long Term. For retired teacher, either 1-2 bedrm flat with garden or shared house with 1considerate, clean & tidy, N.S.other. 1- 2 rooms, in insulated, sunny house + garden in quiet area. Rent: up to \$300 WK + exp. or possible help with garden, cooking, or French tuition (any age & level) in lieu of higher rent. Open to suggestions. Call or text: 021-1657082. Text yr details if no phone reply.



TO LEASE

Sub-lease Room Available – Grow your fitness related business inside established ACTN3 Athletic Gym. Generously low overhead for North Shore. Josh 021 133 6301



BUILDING TRADE

As Handy As - For all your general household repairs and renovations, painting and decorating. Including kitchen and bathroom makeovers, tiling and laminate floors. Deck repairs and building. You name it- I'll fix it or build you a new one. Many satisfied clients. Phone Paul 021 253 9905 or 479 1748

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

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

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

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

Electrician – Jamie Kirk your local electrician. Owner/operator. Phone 0275585881

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

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

Fence Brothers - For all your fencing needs. Fences, decks, gates, automation, steel or timber. FREE QUOTES. Phone Greg 0800 336 232 or 021 605 552

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

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

Kitchens - new or facelifts, laundriues and other cabinets... Listed on nocowboys under Groove Kitchens. Phone Garth 021397863.

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.

Painting and Wallpaper Hanging – Interior Exterior. 20 yrs Torbay. 35 yrs Experience. Paul 021420466

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

Beauty Consultant - Margaret Rocard, independent Mary Kay beauty consultant Ph 09 473 9816 or 021 681 010

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

Immigration – Work visas, residency and student visas. Contact Peter at jepwood@xtra.co.nz or 0274 520 794

Passport Photos – Torbay Pharmacy. Phone 473 9629

Summit Accounting and Business Solutions - Your neighborhood accountant, for bookkeeping, tax returns, Xero/MYOB training and Company office maintenance call Sophie at 021 261 7060

Tax Returns & Advice - Phone Jon 473 8860

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



HOME AND GARDEN

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

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

Arborist – Pruning, felling, planting. If you are keen you can help with the job to keep the price down and get the trees just how you want them. Phone Martin at Torbay Trees 473 7330

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

Floor Cleaning & Polishing – Phone Michael 4731422 or 0275739112

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

Handyman – General property repairs and maintenance, inside and out. Tool and knife sharpening. Automated gaet installation. Ian 021 184 2426

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

Healthy Home – Air purifying products, 100% natural, using anti-bacterial and anti-fungal properties of pure Tea Tree Oil. Our products kill mould, bacteria, E-Coli and deter dust-mites. Free local delivery. www.cleanfreshair.co.nz, ph (Deb) 027 4458895, email: regaineas@xtra.co.nz

Ladybirds Lawn Care - Call Phillipa for your lawnmowing needs. 0276438888

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

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

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

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

Prestige Mowing - specialising in quality lawn mowing, hedges and gardening, locally based in the Bays. Phone Steve on 021 2551273.

Retaining Walls & Fences – landscaping & garden maintenance. Dale Browne Ph (09) 420 6459 or 027 439 7519 References available.

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

Waterblasting / House Chemical Washing – all roofs, decks, paths, gutters and large concrete areas. No job too difficult. Both hard and soft pressures. Small jobs also welcome. Satisfaction guaranteed. Free quotes. Phone Graham 473 0059

CLASSIFIEDS

Window Cleaning – All clear windows, great service, competitive prices. Call Scott for a free quote 473 8475 or 021 241 2121



FOR HIRE

Awatuna Scout Hall – at Waiake Beach available for hire for birthday parties, exercise classes. Kitchen facility included. Contact Sharon 021 025 73489



TUITION

Ballet – Pre-school, grades, advanced and adult classes. Royal Academy of Dance syllabus. www.diannewallaceballet.co.nz Dianne Wallace RAD Dip Tchg Phone 027 603 0481 or 473 6992

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

French rusty? Bring it alive! – French Theatre classes (Adults/Teens), Torbay Community Hall. Also individual / conversation. Phone Lynette (PhD French), 0210-294-0630

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



SIGNS

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



TRANSPORT

A+ Furniture Removals Ltd - removal specialists. Phone 0274801404. www.aplusfurnitureremovals.co.nz

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



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.

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 and still young at heart ? Why not join The Browns Bay ladies club. We meet once a month on a Friday morning for trips, speakers and mini groups. Phone Margaret 478 2073 or Pat 479 1696

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.

Dementia Social Group - Runs Monday 10.30am - 2.30pm & Thursday 10am-2pm for people with early to moderate dementia for further information please call Margaret 09 4893176 or 0272258893.

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 – Thursdays at Long Bay Baptist Church, 282 Glenvar Road, Torbay from 10-11.30am. Free & friendly. Phone Jill 473 1932

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

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

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

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

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

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

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

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

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

TORBAY Village

DIRECTORY

www.torbay.co.nz



DINING

RESTAURANT

- Chand Indian473 6259
 Piatti Waiake478 6936
 Scout Cafe.....887 9269
 Thai Torbay473 1674
 Tides Restaurant and Café...473 3771
 Torbay Bar473 1002

TAKEAWAYS

- Sushi Torbay473 6361
 Hot Roast Shop.....473 2134
 Torbay Takeaways.....473 9229



HAIR & BEAUTY

BEAUTY THERAPY

- La Bella Vita Beauty.....473 0856

HAIR SALON

- Hairazors/Niaa The Hub473 9468
 Simply Colours & Cuts473 8111
 The Cutting Room.....473 5241
 Foxy & Co.....473 2277

MASSAGE

- 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 Centre477 9000
 Waiake Medical Centre478 7660

MEDICAL TESTING

- Community Laboratory
 - *appts needed*473 1908

PHARMACY

- Torbay Pharmacy473 9629 or 473 0730

PHYSIOTHERAPY

- Torbay Physiotherapy & Hand Clinic
 473 0333

PODIATRIST

- North Shore Foot Clinic021 0322 856



SERVICES

DOG GROOMING

- Dogs Body Grooming Parlour 473 1500

GARAGE

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

REAL ESTATE

- Barfoot & Thompson.....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
 ECB Bible Baptist Church 473 8562
 ECB Catholic Parish 478 4565
 ECB Lions Club 476 5627
 ECB MP 478 5107
 ECB Toastmasters 0221632673
 ECB Widow & Widowers Association 479 6042
 Friends of Sherwood 476 7279
 Friendship Club of ECB 09 424 0246
 Girl's Brigade 09 473 8626
 Long Bay Baptist Church 473 2498

- Long Bay Baptist Mainly Music 476 6114
 Long Bay Okura Great Park Society 473 9642
 Long Bay Toastmasters 027 458 5688
 Long Bay Residents Association 027 272 3960
 Mainly Music 09 947 3378
 Neighbourhood Support 09 353 0427
 North Harbour Tripe and Onion Club 410 5298
 North Shore CMA 489 8954
 North Shore Historical Society 09 489 5489
 North Shore East Parkinson's Group 444 9379
 North Shore Kick boxing 021 228 2808
 NS Brass Academy 021 084 15370
 Plunket 473 9611
 Rotary Browns Bay - Torbay 473 6418
 Salvation Army Op Shop 473 2150
 SANZ Coffee Group 478 5933
 Step Beyond Studios 021 0270 1303
 Shore Presbyterian Church 021 036 7957
 St Mary by the Sea Anglican Church 473 8180
 Torbay Community Playgroup 473 4473
 Torbay 60s Up 09 421 1011
 Torbay Friendship Club 473 7908
 Torbay Community Hall 478 4091
 Torbay Theatre 473 5454
 Torbay Garden Club 473 0404

- 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



11 Tawatawa St, Long Bay

🛏 5 🌳 4 🚗 2

Ref. 78541



2 Finchley Road, Torbay

🛏 4 🌳 2 🚗 3

Ref. 785349



5 Remuremu Street, Long Bay

🛏 4 🌳 3 🚗 2

Ref. 781607



18 Turutu Place, Long Bay

🛏 6 🌳 5 🚗 2

Ref. 782097



SOLD

3A Holt Ave
Torbay



SOLD

1/8 Orchard Rd
Browns Bay



SOLD

2A Bronwyn Pl
Torbay



SOLD

14 Keel St
Long Bay



SOLD

1st 2/27 Bight Rd
Long Bay



SOLD

11 Keel St
Long Bay



SOLD

4 Keel St
Long Bay



SOLD

15 Turutu Pl
Long Bay



SOLD

773 Ridge Rd
Riverhead



SOLD

108 Stronachs Rd
Torbay



SOLD

50 Caversham Dr
Torbay



SOLD

43 Windlass St
Long Bay



SOLD

7 Keel St
Long Bay



SOLD

43 Te Onono Way
Long Bay



SOLD

35A Hythe Ter
Mairangi Bay



SOLD

50 A Caversham Dr
Torbay



SOLD

2/19 Turutu Pl
Torbay



SOLD

8 Hubbard St
Unsworth Heights



NO. 1

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