

NEWSLETTER

# TORBAY

*more than a place - a lifestyle*

JULY 2020

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

*Torbay*  
through our eyes  
winners on page 24

*photo by Jacob Souster, age 13*





# Torbay Pharmacy: Mental Resilience: The Role of Nutrition

No one is exempt from stresses and mood fluctuations. But if we have mental resilience, then those stresses and fluctuations do not need to “sink our boat”. I like the concept of resilience more than mental “health” which implies that if we are not feeling 100% then there is something wrong with us: we have a disease. Recently, the bible of mental illness (DSM-V) classified grieving after the death of a loved one as a disease if it lasted more than 2 months. Grief is a natural response to loss. It is not disease or wellness. Resilience on the other hand is successfully riding out the waves of good times and not so good times, and being okay with that.

Proven strategies to improve mental resilience include meditation, exercise and nutrition. The core of nutrition is a good diet. However, in times of stress we often need a little more nutrient support. My favourite supportive nutrients are listed below.

## Magnesium

Magnesium would be number one on my list of nutrients to support mental resilience. Magnesium improves neuronal plasticity (the ability of the brain to grow and adapt), is essential for DNA synthesis, modulates the synthesis and release of most brain chemicals (neurotransmitters), helps to slow down the NMDA (excitatory) brain channels, protects against traumatic brain injury, and is involved in over 600 different metabolic processes in the body.

What many people find is that using a good form of magnesium decreases headaches, makes stressful situations more manageable, improves sleep, and memory.

Deficiencies in magnesium have been implicated in many diseases including Parkinson’s disease and Alzheimer’s disease.

## Fish Oils

Taking fish oils improves the balance of good versus bad fats. A modern diet is very high in inflammatory fats, so most of us would benefit from a rebalance. Supplementing with fish oils may be beneficial in several brain conditions including depression, anxiety, epilepsy, brain injuries, migraine, Parkinson’s disease, schizophrenia and ADD. They are pretty important for your heart and joint health too.

## Et al:

There are many other nutrients that can provide a crutch to support you in your quest for mental resilience. B vitamins, levocarnitine, theanine, SAME, tyrosine, tryptophan, turmeric, zinc and copper would all have their place in helping to keep your biological systems in place. Everyone is different (different genes, different metabolism, different medicines). Now we are in Level One, pop in to Torbay Unichem Pharmacy for a chat about your specific needs.



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### Unichem Torbay Pharmacy

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Email: info@torbaypharmacy.co.nz

# New look for Barfoot & Thompson Torbay



Barfoot & Thompson in Torbay have undergone major renovations and are open for all of your Real Estate requirements. After taking on the Branch Manager role in June 2019 Saull Hinton thought, we need to change something.... The company had only recently changed its logo to a more modern look so it was the perfect timing to get in the builders as it was some time ago that it was last renovated.

The open spaces, modern reception area, glassed walls

create a larger, lighter working environment whilst providing enough desks & a large shared working space perfect for the agents and our clients to meet.

We are a friendly bunch so if you need anything from buying, selling or property management advice please just pop in and say hi. The boss says he's working on installing a coffee machine into the reception area so watch this space (he reckons he makes a pretty good coffee!)

We look forward to seeing you all soon,

**Saull Hinton**  
**BRANCH MANAGER**  
**Mobile 021 305 237**



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**BARFOOT THOMPSON &**

## Editor's Letter

**I**t certainly is beginning to feel like winter now. In the evenings there is a distinct nip in the air.

When we moved to New Zealand, almost 16 years ago, I couldn't believe how warm the winter was here. We never changed from T shirts and cut offs into anything warmer. (I was from the UK)

I remember walking around Browns Bay and marveling that people were wearing hats and scarves- and even winter coats.

This lasted for two winters until we acclimatized and joined the hats, scarves and winter coat brigade!

Even though I do find it chilly, at present, I have to say I love NZ weather.

The weather is only one of the many things I love about New Zealand.

We are SO fortunate to live in this "near paradise". When I walk pristine beaches and breathe clean air, I love this place we call home.

I also loved how we all pulled together in the recent months. When times were hard there was always someone around to help.

But we do have to be aware that, although we feel "almost back to normal", for many that has brought huge problems and worries. People in our community will be hurting when they find their job is longer current and they join an ever increasing line of others in the same boat.

It is especially hard for those on work visas and work to residency visas. Without work they have no legal footing to stay in the Country. They are often not able to access any benefits either.

So as Jacinda says "Be kind". Be kind to those whose life is a struggle at the moment, those who worry about feeding their families and how to pay their rent and mortgages.

Where possible let us all help our community in any way we can.



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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# ERICA STANFORD

Your MP for East Coast Bays

☎ 021 361 235 ✉ office@ecbnational.org.nz

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*Erica*  
**STANFORD**  
MP East Coast Bays



# The performing arts group Stuffy

The Northcross Intermediate performing arts group Stuffy have been rehearsing solidly since returning to school after Covid-19.

The Stuffy cast were relieved to find that their Hamilton road trip was going ahead in term 3, and they would still be performing their show for three schools.

I didn't take the cast long to get back into the swing of

things, because a big part of their work is in performing as an ensemble, chorusing lines, using the space with energy and having fun. The show is based on the theme of 'Leaving Home' and they use a fable, poetry, singing, myths and Shakespeare's Richard the Third to create new meanings and challenging audiences to think.

Before they embark on the road trip, there will be several shows from June 22 to 26th, including an evening show on Thursday 26th, in the school PAC, starting 7.30.

Past pupils are all welcome.

Service | Experience | Results

## WENDY'S UPDATE

### PRICES RESILIENT

With the number of residential properties, and the availability to sell during Covid 19, a clear understanding of the housing market performance will take a bit more time to become clearer.

During the transition through the lockdown levels 3 and 2 over the last month we have seen early signs of strong demand for property – low mortgage rates are a definite bonus for those looking to purchase. The average sale price for the month of May 2020 on the North Shore was \$1,103,818 compared to \$1,060,895 in May 2019.

Sales are happening and property is in demand – currently we have a shortage of “for sale” listings – if you are thinking of selling as an established sales consultant within our area, living local with knowledge and experience and selling successfully in all markets, I welcome your call for the next important step in your life,

Kind regards,

Wendy



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# Torbay Friendship Club

Four long months will have elapsed since the members of Torbay Friendship Club were last able to attend a General Meeting. Should all go to plan the Club gets back into full swing at 10am on Thursday 9 July. In the role for which he was elected at the AGM on 12 March new President Barry Lumsden will chair his first Meeting. He had had an "ANZAC" quiz prepared for the April meeting which was scuppered by lockdown. However, Barry has kept the members challenged by e-mail during the many long weeks with that quiz followed by one on flags, then nursery rhymes and finally royalty.

For the outing on 19 March to the Botanical Gardens, Manurewa only 10 members turned out. A large number

were apprehensive with corona virus looming so withdrew. Disappointingly the mid-winter lunch scheduled for 24 June at North Harbour Golf Club had to be cancelled. Future plans were mullied over at the meeting of the Board on 18 June. Rummikub, one of 7 activities which will be on offer during each month in "new normal", was first to resume on 17 June.

Any reader new to the area, retired or semi-retired looking for a club to join, may make up to 2 visits to a General Meeting on the second Thursday of a month and decide if TFC is the one. We meet at 10am in Torbay Community Hall until noon - morning tea with a chance to meet & mingle follows business with the last hour given over to an interesting speaker.

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

## Warming carrot and fresh coriander soup

*There is nothing nicer than a hot bowl of soup on a chilly day. Soup is easy and cheap to make and delicious to eat.*

### Ingredients

- knob of butter
- 1 onion, finely chopped
- 650g carrots, peeled and roughly chopped
- 1 potato, peeled and chopped
- 1 tsp ground coriander
- 1 vegetable stockpot, made with 1ltr hot water
- 30g pack fresh coriander
- 4 tbsp single cream
- ½ tsp paprika

### Method

- Peel and chop carrots, potatoes and onions and place in stock.
- Boil gently until cooked.
- Remove from heat and add salt and pepper, paprika and 80% of the coriander and place in a blender. Add the cream and the butter and blitz until creamy and smooth.
- Heat to serve.
- Serve with some fresh coriander leaves on the top.



# Life on the Edge

## July 2020

### Plant or Protist?

We think the 'trees of the sea' deserve to be recognized! After all, it's likely that seaweed is the most common thing you'll find washed up on the beach and there is so much more to them than just smelly stuff that's squishy underfoot when it's decomposing on the beach.

Like plants on land, seaweeds photosynthesize, however don't be misled, they are not true plants! Algae belongs to the kingdom Protista, not Plantae. Algae provide habitat and food for a huge range of creatures but also supply us with a much needed element for life; oxygen.

Seaweeds don't have true roots, stems, or leaves, they are simple organisms and even the largest types are relatively simple in structure! On the other hand, plants are more



complex, multicellular organisms with specialized structures. Together they both pull carbon out of our atmosphere and release oxygen!

Macroalgae cultivation has huge potential to help us counteract issues we face that come with a warming ocean like ocean acidification and deoxygenation. Some seaweeds are tasty and as they decompose they are great fertilizer for your plants but don't be tempted to collect the algae from a no-take area or marine reserve.



and as they decompose they are great fertilizer for your plants but don't be tempted to collect the algae from a no-take area or marine reserve.

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

## "CASH IS KING" VS "KNOWING WHERE YOU'RE GOING"

**BARFOOT & THOMPSON**  
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Since lockdown, the property market has seen an extended buzz of activity, with vendors receiving pre-auction or multi-offers; & back-up offers on properties already under contract. Stock is low, and some buyers are missing out on their property of choice, which begs the question, "Do I sell first? or buy first?"

Advantages of buying first, subject to the sale of your own property, include knowing exactly where you are going & moving just once, which can be easier on pets or children. If a second buyer, however, puts a cash offer on the house you are buying,

evoking a "cash out" clause, you may lose the option on the house you have chosen, while waiting to get yours sold. To avoid this, some buyers arrange bridging finance, and you can ask your financial adviser whether bridging is an option for you.

An advantage of selling first, is that you can put all your focus into getting the best price for your home. Presentation, non-urgency & accessibility to buyers are keys to maximising your sale price. A long settlement can give you time to find a suitable home, while knowing exactly how much you can spend. Being "cashed up" might allow you to bid

at an auction, or to win a multi-offer. If you haven't found a new home before settlement, short term rental or staying with family can be considered, with surplus items in mini-storage.

To find out the most relevant points to consider for your next move & to save you from making the #1 mistake that could cost you a chunk of your nest egg, call us for a friendly chat. We're open almost 24/7 & are happy to help!!

*Jen & Shane*

### House Sales for Torbay, Long Bay & Okura in May 2020\*

2/2 Orewa Street	\$799,000	63 Carlisle Road	\$990,000
50 Hebron Road	\$805,500	12 Carina Crescent	\$1,000,000
1/22 Stredwick Drive	\$835,000	1 Tui Street	\$1,030,000
1066 A Beach Road	\$845,000	Lot 8/6 Windlass Street	\$1,095,000
153 Weatherly Road	\$855,000	31 Kate Shepherd Ave	\$1,100,000
2/39 Glenvar Road	\$876,200	Lot 6/2 Moki Place	\$1,180,000
48 B Waiau Street	\$880,000	65 Glamorgan Drive	\$1,240,000
13 Weatherly Road	\$968,000	310/64 Te Oneroa Way	\$1,335,000
29 Kate Sheppard Avenue	\$970,000	169A Okura River Road	\$1,588,000
18 A Manuawai Road	\$975,000		

\*Source REINZ

Median Price for May **\$975,000**

## Shane & Jen Anderson

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# Torbay Garden

The month of June continued to be a busy one for Torbay gardeners as members prepared for spring planting. During Level 3, a successful trading table "garage sale" was held at the home of a Club member. It was well supported, with mindfulness of ongoing social distancing.

This time last year members were proud to share displays of their great vegetable harvest. More recently the drier summer has tested the skill and perseverance of home gardeners.



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

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# Club



During the past year the Club has benefited from generous donations of gardening books across a wide range of topics. During lockdown and subsequent levels, our President spent a great deal of time working towards a more accessible library system. We hope to have this in operation soon so that members can fully use this resource. The Auckland Horticultural Society was active through newsletters to local garden clubs and it was good to learn what was happening across other areas of Auckland. The AHC are hosting a workshop on rose cultivation and maintenance including a pruning demonstration at their clubrooms 990 Great North Road, Western Springs on Sunday July 12 1pm – 3pm. Visitors are welcome.

## In the garden in July

- Plant annuals such as Sweet Pea, Pansies, Stock and Lobelia directly into well-prepared ground.
- Camelias, Rhododendrons and Daphne can be planted so the roots will establish in the cooler months. New season fruit trees such as apples and peaches can also be planted.
- Feed spring bulbs in pots and the garden with a side dressing of bulb food.
- Cut back untidy growth of perennials such as Lavender, Fuchsia and Geraniums.
- Apply mulch around trees and shrubs to suppress weeds, improve soil structure and keep roots warm.
- New season roses are now available. Existing ones will need a good prune. Cut out dead, diseased or damaged shoots.
- Spray winter vegetables with Copper Oxychloride each fortnight to prevent fungus and blight spots.
- Prune deciduous fruit trees.
- Plant seedling potatoes as well as garlic, cauliflower, onions, silver beet and cabbage in a warm aspect.



## Let's go shopping!

Since we have moved to level 4 life seems to have more or less returned to a sort of normal.

In Torbay we have been thrilled with the way local community have supported the businesses as they reopened during the various stages with all their restrictions and limitations.

**During August we will be running our annual Buy Local Campaign. Spend \$20 in any business and fill out a form to go in the draw. At the end of August a lucky winner's name will be drawn.**

This is our way of saying thank you back to you.

**Torbay Business Association.**

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# Beginners Guide to *Composting*

**C**ompost is nature's way of recycling. Made from waste garden material, compost is an essential ingredient for creating rich, friable soil and therefore healthy plants. Find out how to make compost with our guide below and use compost throughout your garden for healthy plant growth!

## HOW TO SET UP YOUR COMPOST SYSTEM

To get started you will need a good structure or container to hold your compost. Compost bins are available from your local DIY store and garden centre, or you could build your own, for example out of plastic bins or pallets, or create a compost heap. Look online for more ideas.

Choose a sunny position for your compost system and ensure it is easily accessible for adding ingredients and regular mixing.

Prepare your compost in layers that are a blend of carbon and nitrogen. This means adding a mix of organic garden and kitchen waste materials.

**Carbon:** Leaves, sticks, twigs and newspaper.

**Nitrogen:** Fruit and vegetable kitchen scraps, lawn clippings, egg shells, coffee grounds, tea leaves and sheep pellets.

**Avoid adding:** meat, dairy products or bread as these can attract unwanted pests. Don't add any diseased plant material, to avoid spreading the disease.

A good rule of thumb is to add nothing larger than your little finger. Break up larger items like sticks, twigs and cardboard before adding them, to help them break down more quickly.

Layer materials evenly, making sure each layer is no thicker than 10cm. For every layer of backyard and garden waste, add a layer of kitchen waste material.

To help get the composting process underway you can add some existing compost to each layer. Add a little water with each layer and mix the material every few additions.

Put a lid on your compost bin to enable it to decompose quickly. Mix your



compost regularly. It is compost when it is dark brown and smells earthy - it takes six to eight weeks to fully mature.

## USING COMPOST IN YOUR GARDEN

Compost has a variety of benefits when used in your garden. It replaces nutrients that have been removed during a growing season, improves soil structure and increases the amount of oxygen available to plants.

Compost also conditions soil, improves moisture retention, increases earthworm activity and improves fertiliser use by plants.

For best results compost should be dug into the soil. Don't plant directly into compost as this can burn plant roots.

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## Thank you for your support

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# Torbay Historical Society

It is with great sadness that we are telling you that Fay Edgar passed away peacefully in May this year.

Fay was a member of the Torbay Historical Society when we operated the museum in the Old St. Mary by the Sea Church building in the Awaruku Reserve. She was very much involved with the fundraising for the restoration of the Vaughan Homestead and set up the Museum at the Homestead. The museum upstairs is very much as she set it up and still creates a lot of interest with visitors. Fay did a lot of work documenting the history of this area. We have folders of information that she collected. Fay served as Secretary on our committee. She researched the History of the Vaughan family, writing the chapter about them in our book 'and then came the bridge'. Fay was also instrumental in producing the book of the history of Browns



Bay School. Her husband, Ron was the Project Manager for the restoration of the Vaughan Homestead. When Ron became ill Fay looked after him so was unable to take full part in the Society but always took a great interest in what we were doing. Many generations of Torbay/Long Bay residents will be very thankful to Ron and Fay for the legacy they have left behind in the recording and saving of our history. Our sympathies go to Ron and the family.

Later in the year we will have our AGM with a chance to commemorate the lives of Fay and Cathy and all that they have meant to our Society.

We also acknowledge the death of another of our members – Bob Baird – who was on our committee and with his late wife, Judy also contributed a lot to the history of this area and to the Vaughan Homestead.

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

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Email the editor@torbay.co.nz your nominated person's name, address and the reason you're thinking of them to be selected to receive one of these lovely gifts.

Torbay Newsletter thanks Jo and Fen at Coco Sand for giving these lovely gifts to the local community.



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# Torbay Theatre

## Post-Lockdown Entertainment!

Torbay Theatre is bursting back to life - Rehearsals had to stop over lockdown, but actors kept running lines, and now we bring you -

**QUARTET** - a comedy by Ronald Harwood, directed by Steve Wright

30 July - 8 August!! 8pm & 2pm

See website for details. Booking is advised.

Come and see the eccentric approach taken by four retired opera singers to old age, getting the most out of life despite the decline of their once-glorious talents. The choice is stark: can Jean be persuaded to take part in the concert (in life), or will she refuse, preferring to revere the glory of her past powers? The witty script is brought to life by four very experienced actors:



What fun! Like opening an old trunk in the attic on a winter's afternoon, and dressing up!



Uptight Reggie ponders the philosophy of art.

Kay Boyes, Lynette Wrigley-Brown, Peter Segrove, and Bob Stevens, with vibrant set design by Anne Rimmer, and stunning artwork by Rob Campion. You may remember the popular film with Maggie Smith and Billy Connolly.

**AUDITIONS!!!! OKLAHOMA!**

Sunday 19th July 1pm-4pm

(Call-backs 20th July 7:30pm)

We are excited to be presenting this zestful and popular musical this December 10th-20th!

To get involved, please (ideally) phone 473-5454, or turn up on the day. We need actors, singers, dancers (guys and gals aged 15 up) and backstage creators.

Looking forward - **BROADWAY LIGHTS: A Musical Revue!**

Now on-stage in October!!

July-Holidays play for the very young - postponed until July next year.

Club Nights: see website for dates.

For more information, and to book, see website: [www.torbaytheatre.com](http://www.torbaytheatre.com)

There are no restrictions under Alert Level 1.



Cissy listens to the re-issued quartet from Rigoletto, while Wilf is full of lust for life.

[www.torbaytheatre.com](http://www.torbaytheatre.com) Facebook @TorbayTheatre  
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We offer small group fitness training for men & women, which are run in Torbay. No more than 5 people. With small group training one still gets the more personalised



attention, but with the support of others in the class, to help you attain positive results. OR are you looking to workout with women only? We have the solution.

Our all women exercise group is held on Tuesday evenings from 6-7pm at the Okura Community Hall (7 minute drive from the top of Glenvar Road, Longbay).

Both environments are relaxed, light hearted, but with a focus at the same time on superb exercises and workouts, increasing your heart rate, strengthening and stretching.

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## The Perfect Gift

Everyone likes a bit of fun.

Aotearoa Memories (a local Torbay Company) has brought out a range of wine themed tea towels and coasters.

**Tea towels \$15**

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# Torbay Tennis Club

Torbay Tennis Club, situated next to the community hall, is a small friendly club that welcomes new members young and not so young!

The club has social sessions on Monday morning, and Tuesday and Wednesday evenings and would very much welcome those wanting to play in an interclub team.

Club coach Jason Hart offers coaching to Junior and Senior



members throughout the year.

Please visit the website if you would like to learn more and keep an eye out for information regarding our opening day for the upcoming season which begins in September.

[www.torbaytennis.org.nz](http://www.torbaytennis.org.nz)

The photos were taken today - The Monday Morning Group

**Photos by Bill Ellis**




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# Torbay Medical



## PRE-DIABETES

### What is Pre-Diabetes or Impaired Glucose Tolerance?

Pre-diabetes is also known as impaired glucose tolerance (IGT). This occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes. Pre-diabetes can often lead to diabetes although changing the amount and type of food that you eat and increasing your physical activity may prevent the development of diabetes.

Your body produces insulin which is needed to transport glucose from your blood stream to your muscle, liver and fat cells, where it is used for energy. Pre-diabetes means the insulin is not working properly. Excess body fat contributes to this problem by causing resistance to insulin.

People with pre-diabetes have a higher chance of getting type 2 diabetes and heart disease.

You can halve your chance of getting diabetes by losing 5-10% of your body weight. You



can do this by making healthy food choices and doing at least 30 minutes of physical activity every day.

### Healthy eating and regular physical activity will help to:

- Keep your blood glucose within an acceptable range.
- Reach and maintain a healthy bodyweight
- Keep your blood lipids (including cholesterol) within an acceptable range.
- Reduce your blood pressure

For more information about diabetes you may like to visit [www.diabetes.org.nz](http://www.diabetes.org.nz)

Check us out on Facebook

**Appointments:**  
Mon – Fri : 9am – 5pm  
Closed on Public Holidays

**Torbay Medical Centre**  
1042 Beach Rd, Torbay 477 9000

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



# TorbaySkin



Torbay Skin is delighted to announce that we have resumed full services following Covid-19.

Winter is the perfect time to book your skin check after the lovely long Summer we have just experienced, so get in quick. Limited appointments available now!

Please call 477-1111 to book your full skin cancer check.

---

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

# Family Tracing Service - Finding the missing peace

Over the last 50 years we have seen a huge breakup of family life as it was and through this families become fractured and people "disappear" never to be heard of again. There can be many reasons for this disconnect. Blame and lack of forgiveness, guilt and financial pressures are some of the reasons these gulfs appear and others are simply poor communication in letting people know new addresses, illness, migration. As the months slip by it is easier just to get on with the new life rather than try and mend the old.

The Salvation Army have a service to try and enable the restoration of family relationships and bring new hope to families. It may be the imminent death of a parent that begins this journey.

While locating missing people can be simple uniting estranged family members is a difficult and sensitive process. Frequently there are complications that need to be worked through.

In some cases people do not want to "be found" and that has to be respected too. This service operates through the Salvation Army's presence in hundreds of countries. They do not do covert enquiries and must always be free to tell the family member who the enquirer is. They focus on the human element of family tracing and are sensitive to the emotions of all involved.

Want to know more?

familytracing@nzf.salvationarmy.org or write to  
The Director,  
Family Tracing Service  
The Salvation Army  
PO Box 6015  
Wellington 6030



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## Floral Art Returns to the Bays

Members of the Hauraki Floral Art Club were pleased to return to the world of plant design in June. Social distancing remains important and the Club day at Outram Hall was adapted to allow for this. The President extended a warm welcome back to members.

The challenge was to create a Pave design. In this style plant materials are placed closely together on a flat two-dimensional base. The effect is a textured and colourful undulating, or tapestry-like surface. Originality and creativity were evident in designs that used a variety of winter plants, pods, berries and grasses. Floral Art is a creative pursuit that offers endless possibilities for using natural materials widely found in the environment. You may see one of our members gathering



driftwood or a dead branch, or perhaps moss or lichen from a tree. While flowers are important, they need not appear in every design. Floral art interprets a theme, a title, or a style and has no limits, although it follows the principles of all visual arts. It also offers opportunities to learn crafts and techniques. The Hauraki club frequently hosts experts who are willing to teach new skills and ideas for working with plants, fresh and dried. New members are always welcome and if you are a beginner you will receive six free lessons on club days to start you on the path. For more information contact Pauleen on 4739916.

# Torbay School Loses a Special Friend

20 December 1934 - 2 June 2020

On June the 2nd Torbay School's flag flew at half mast. A very special person in the history of Torbay School sadly passed away. Bob Baird had an incredible association with Torbay School spanning the last 5 decades. He first joined the school as Deputy Principal in 1972 of a very large school of 900 pupils. The school role was later reduced when Glamorgan and Sherwood schools were built.

Bob left Torbay School 1974 only to return 8 years later as the Principal and stayed until his retirement in 1994. Bob was to see many changes at Torbay as the school continued to grow, these changes included the development of ICT in learning and the evolution of self governing schools following the introduction of 'Tomorrow Schools' in 1989. During his time at Torbay he was elected as President of the NZEI teachers union and then in his retirement he became a mentor to teachers and other principals.

Bob was passionate about teaching, the community, students and supporting staff. Striving always to achieve the best



results yet being very aware of everybodys wellbeing and emphasising the importance of relationships. In this context Bob was well ahead of his time. Bob had a great sense of humour and this could often be seen in both the staffroom and playground. He remained connected to the school returning for many main events and celebrations including the Jubilee in 2006 where he spoke about the many enjoyable times he had had at Torbay School. He visited each of the classrooms and shared his memories of Torbay School from the previous 30 years.

When his daughter Wendy Sandifer was Principal at Torbay School, he and his wife Judy organised the 'Mayfair Readers'. This was a group of residents from Mayfair Village who came every Friday morning to support our younger students with reading mileage.

Torbay School has so many wonderful memories of Bob and his involvement with our school over the many decades. Bob was a very well respected teacher, principal, mentor and friend to the Torbay Team. He was greatly admired and will be remembered by so many staff, children, families and the Torbay community past and present.

## little local

*a little something for our locals*

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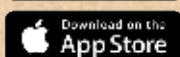
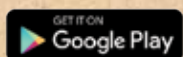
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Lot 10

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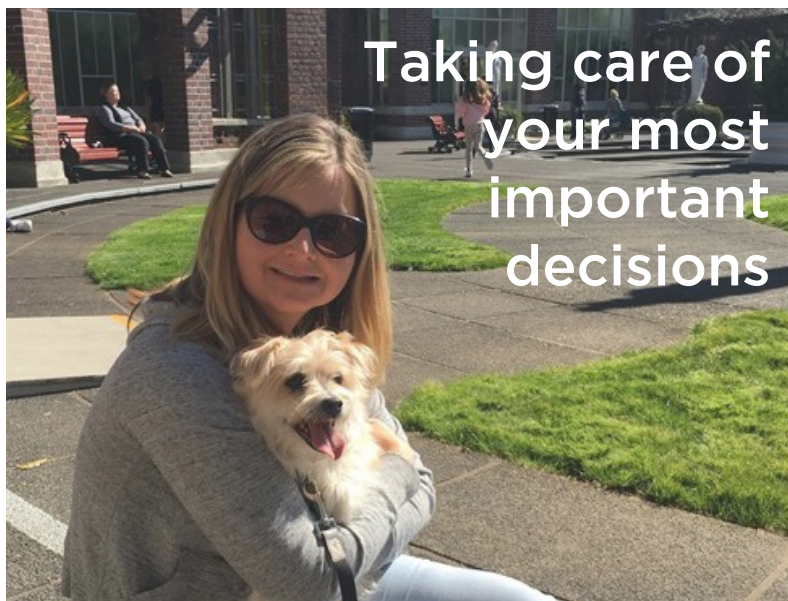
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# JULIA PARFITT & ALEXIS POPPELBAUM

## Bays Local Board Update

### Council's Emergency Budget

Feedback has now closed on Auckland Council's Emergency Budget consultation. We hope that you took the time to read about Council's proposed rate increase options and the related impacts it would have.

We were disappointed to read that the Glenvar Road realignment project would be deferred indefinitely. Together as a community, we fought so hard for this essential safety project to be funded.

We've confirmed with Auckland Transport that the preparation work for the project is still going ahead. We launched a campaign with fellow Board member Gary Holmes and local MP Erica Stanford to mobilise the community to provide the Council with feedback on this issue. Thank you to all of you who took the time to do this. We are hoping this will be successful and the project goes ahead as planned. By the time this goes to print the Government will have announced the 'shovel-ready' infrastructure projects they are going to



*Julia Parfitt and Erica Stanford MP in 2018 presenting the Glenvar Rd petition to AT*

centrally fund. We are hoping some of AT's projects will be funded through this avenue and Glenvar Rd will be back on their books.

The Hibiscus and Bays Local Board will be providing feedback to the Emergency Budget in mid-July and we will ensure that the Governing Body hears the message loud and clear – Glenvar Rd cannot be deferred. We will also be sharing feedback you've given us – that you don't want to see cuts to cleaning, maintenance, leisure centres, pools and libraries.

### Enhancing transparency

- The Local Board is working towards greater transparency of our decision-making. To that end, we decided to open our workshop meetings to the public. Workshops are where we receive project updates from staff and have the chance to discuss and question items informally.
- Our business meetings were recorded during lockdown and can be found by searching 'webcasts of Council meetings' at [www.aucklandcouncil.govt.nz](http://www.aucklandcouncil.govt.nz).

## Mental Resilience in Level One

**M**y world was turned up-side down with COVID. Everyone has a story. Mine was long hours at work trying to ensure we could continue to provide care for patients in a safe manner. I had to make decisions on how to protect my staff with no expert or consistent guidance. Designing plan B, C and D in case the worst happened. Worries about the financial viability of the business I had put my heart and soul into for the last 20 years. Being cut off from my support network of family and friends. It was busy and stressful. At the other end of the spectrum, some of my friends experienced extreme boredom and stress.

### What doesn't kill you makes you stronger, right?

Whether you come out of our pandemic experience stronger or weaker depends a lot on your mental resilience. Mental resilience is influenced greatly by three key factors:

- Psychosocial
- Biological
- Neuroplasticity

Psychosocial factors include having meaning and purpose in your life. Supportive social networks are also helpful. Take time to consider your purpose in life. Being aware of your true purpose is the first step in psychosocial wellness. Social networks should be rekindled now we are in Level One. Its worth making the effort to catch up with friends and family.

Nutrition comes under the category of biological factors.

You need many nutrients to power your metabolism. I have recently been helping a lady with a long history of severe anxiety and fatigue. Results of integrative laboratory tests showed her ability to produce energy was severely impaired. Long story, but the road to recovery for her has involved improving gut function to improve nutrient levels, reducing stress and inflammation in her brain, and resuscitating her energy production system. We haven't tried to put a sticking plaster over her anxiety, we have tried to fix the underlying metabolic problems.

Neuroplasticity factors affect the structure of the brain. You can grow brain tissue in areas like the hippocampus to improve happiness and decision making. You can shrink areas like the amygdala to reduce fear and worry. It was once thought that the size of your brain could not be changed. Now we know it can, hence the term neuroplasticity. Meditation, exercise and nutrition have been proven to positively influence the structure of your brain. You may not be able to meditate as much as a Buddhist monk, but just 8 weeks of regular meditation has been proven to change your brain structure for the better. Wow!

In the SMILES clinical trial, eating well improved depression in 32% of patients, compared to social support which worked for 8% of patients. Most drugs are less effective than this!

Mental Resilience is not as hard as you would think. Simple strategies like medication, eating well and mild exercise are a great start.

Give it a go. If you want some support to get started on the road to mental resilience then contact our Nutrition Medicine Clinic at [clinic@nutritionmedicine.nz](mailto:clinic@nutritionmedicine.nz)

# Market Pulse on the Shore -by Geraldine Zareian

Everyone's an Expert and Nobody Has a Crystal Ball

Bad news always gets attention in media and it is spread rapidly to gain attention. It's always easy to look back and quote statistics.

“ 6 months from now you will look back and say “I wish I had just acted on the facts and not the national predictions! ”

Here are the facts:

- Home Loan interest rates are at historical low
- LVR restrictions have gone for now
- Banks are in a strong position to lend
- It's becoming cheaper to buy than to rent
- First time buyers are now in their element
- Investors are back in the field
- Demand is starting to outweigh supply of listings
- North Shore is not reliant on tourism and is a major business hub
- Returning expats will feature as part of the local population growth
- International investment is focussing on NZ property sector

If you can't make your mind up – call me for a coffee and chat



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"She has consistently kept us informed and up to date and met with me weekly to encourage me"

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# Through Our Eyes 2020

We have selected our Winners for Through Our Eyes!  
Congratulations to the following:

## Kids Category



1st - Untitled - William Chipper  
(Age 6)



2nd - Waiake 1 - Gemma Ward  
(Age 10)



3rd - Purple flowers - Zain Abbas (Age 6)

## Youth Category



1st - Wet sand - Jacob  
Souster (Age 13)



2nd - Entry 4 - Charlotte Davey  
(Age 15)



3rd - Sunset 1 - Kate Hawkins (Age 16)

## Open Category



1st - Sunbathing Dinghys - Jo Gilmour



2nd - Lockdown 22 April 2020 Long Bay  
Beach - Evelyn Shute



3rd - Social Distancing -  
Shekinah Thorstensen



# Natural Cleaners

Try mixing up one of these DIY homemade cleaners.

These natural products will kick grime to the curb and keep your wallet happy.

## Scented All-Purpose Cleaner

One part white vinegar  
One part water  
Lemon rind  
Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the natural solution to remove hard water stains, clean trash cans, wipe away wall smudges, and much more.

**Caution:** Do not use acidic cleaners on granite, as they will etch the stone.

## Kitchen Cleaner and Deodorizer

4 tablespoons baking soda  
1 quart warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda. It makes a great deodorizer and can be used to shine stainless steel sinks and appliances. To deodorize surfaces, use the solution above or pour baking soda straight from the box and into your drain or garbage disposal to remove odors. To shine and remove spots from stainless steel, make a paste of baking soda and water. Apply it with a damp cloth and rub gently in the direction of the metal's grain. Rinse and buff dry.



## DIY Glass Cleaner

2 cups water  
1/2 cup white or cider vinegar  
1/4 cup rubbing alcohol 70% concentration  
1 to 2 drops of orange essential oil for smell (optional)

The next time you need to wash your windows and mirrors, combine these ingredients and pour them in a spray bottle. Hint: Don't clean windows on a hot, sunny day, because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

## Natural Heavy-Duty Scrub

What you'll need:

1/2 lemon  
1/2 cup borax powder

Rust stains on porcelain or enamel sinks and tubs are no match for this cleaner. Dip the lemon into the borax and scrub the surface, then rinse. (This is not safe

for marble or granite.) Tip: You can find borax, a laundry booster, in the detergent aisle or order it on Amazon.

**Important Safety Tip:** Never combine ammonia-based cleaners with chlorine bleach or products containing bleach, such as powdered dishwasher detergent. The fumes they'll create are extremely dangerous. Before doing any mixing, read the product labels first. Always label any bottles of DIY cleaners with all the ingredients inside. In case a child or animal gets into it, it's important to know what the mixture contains.



Can we help you get your ducks in a row?



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# Put your best face forward



**P**out Skin & Appearance is located in the heart of Long Bay Village. A unique clinic bringing together 3 modalities - advanced medi-facials, non-surgical rejuvenation and oral health care.

While the concept of dental and appearance clinics teaming up seems unique here in New Zealand, they are far more apparent and popular throughout Europe and Australia. Merging two disciplines creates a holistic approach when treating the face. Clients see the benefits in receiving treatments from highly qualified individuals with extensive anatomical training

and strict sterilization regulations.

Our state-of-the-art designer premises is second to none and our team have over many years in their respective fields, and are committed to providing the highest level of care.

First a consultation, where we assess your individual concerns and prescribe a customised plan. With so many skincare brands to choose from, we take time to make the right decision for you. Our skin care brands have scientifically proven results, are chirally correct, and environmentally kind.

SkinBetter Science is a range developed by a team with experience in clinical research and development, that include the products Restylane and Dysport. The Doctor

only dispensable products promise high level performance, without irritation or need for multiple serums, simple yet effective.

At Pout Skin we believe a combination of good skin care at home and 'in clinic' treatments can restore the smoothness, shine and elasticity of a youthful skin.

#### Treatments we offer:

- LED rejuvenation
- Vitamin infusions
- Skin peels
- Dermapen Skin Needling
- Hydro-facials
- Teeth Whitening
- Oral health care
- Anti Wrinkle and Dermal Filler Injectable treatments

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**Skin clinic**



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Properties Marketed/Sold by Tom Jiang's Team.





## SHORECARE URGENT CARE

# NORTHCROSS IS REOPENING 4TH JULY!

We are beyond thrilled that we are back in action for all urgent care matters, along with our friends at TRG imaging, from the **4th of July**.

When we had word that we had been chosen to transform into a community based assessment centre (CBAC) it was all go to get Northcross ready within 48 hours to start the testing process. After a few teething problems and being over run with calls at times, our appointment based system really proved to be a winner allowing us to test over 9000 North Shore and Rodney locals.

A big thank you to our community for your continued support throughout our time as a CBAC.

Our extremely hard working team have appreciated every kind word over the last three months and are looking forward to getting back to our normal.

Need a reminder of what we're all about?

We are urgent care specialists providing excellent care for acute illness, minor injuries and fracture management. No appointment needed, just walk in. Open daily 8am-8pm.

We offer FREE ACC and after hours visits for children under 14, plus subsidised consults for community services card holders.

**As an extra thank you, present this advert at your next visit to Shorecare Urgent Care Northcross in the month of July 2020 for \$10 off you consultation.**

*For services outside of Northcross hours, visit our Smales Farm clinic (74 Taharoto Road, Takapuna) which is open 24/7.*



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

 09 487 2555

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

 0800 SHORECARE





ENTRY BY GOLD COIN DONATION

sales@aucklandmamamarket.co.nz

 torbayplunketnearlynewsale



## WANT TO BOOST IMMUNITY? WINTER WELLNESS? GRAPPLING WITH CHRONIC HEALTH ISSUES? COMPLEMENTARY CANCER SUPPORT?



Two of New Zealand's leading Natural HealthCare Professionals\* are Torbay Locals. David Holden & Marion Stobie bring together over 50 years of combined experience in complementary medicine.

- Specialised technology to support health assessments including: Detailed BioChemical & Lifestyle Questionnaires, Fitgenes DNA testing; Hemaview Dark-field Microscopy; Specialist Biofeedback testing; VLA & Antioxidant Scans
- All clients receive a comprehensive health report, action plan and follow-up.
- Practitioner strength supplements, herbal medicines may be dispensed alongside detailed Dietary & Lifestyle advice.
- Conveniently located in Olde Torbay. **Visit our websites for more info.**

**HOLDEN HEALTHCARE**, 11 Gray Crescent, Torbay. Phone (09) 282-3588  
Email david@hhc.nz or marion@hhc.nz

**HOLDEN HEALTH**

EXPERTISE • TECHNOLOGY • EXPERIENCE

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

# English Language and IELTS Exam Preparation Classes in Torbay!

Is English not your first language? Would you like to gain confidence in speaking with people in shops, on the phone or at the doctor? Would you like to know how to remember the vocabulary you've learnt in class and use it in real-life situations? Are you preparing for a job interview or planning to sit an IELTS exam? Whatever your English language needs and goals there is a place for you in our small, friendly, affordable English language classes at:

**Learn English**   
North Shore



CELTA qualified, local teacher Leontine offers classes in English language and IELTS exam preparation for adults at all levels of English – beginner, intermediate and advanced. You may choose how many classes per week you attend. Classes are held at 9.00am and 10.30am in Torbay on Tuesday, Wednesday and Thursday mornings. Other times may be offered if there are enough people to form a new class. We currently have students from Brazil, Colombia, China, Korea, Japan, Russia, Thailand and Vietnam and we would love it if you could join us too. For more information contact Leontine on mobile 0224 101 100 or e-mail [leontinebryce@gmail.com](mailto:leontinebryce@gmail.com).

# Puzzle Page

Answers on  
Page 34

## Find the TV programs

- THE CHASE
- EASTENDERS
- CORONATION STREET
- MY KITCHEN RULES
- MASTERCHEF
- BRITAINS GOT TALENT
- SUNDAY
- NEWS AT SIX
- COUNTDOWN
- EGGHEADS
- RICH LIST
- MASTERMIND
- JEOPARDY
- THINK TANK
- SURVIVOR
- SHORTLAND STREET
- EAT WELL FOR LESS
- BIG BANG
- NEIGHBOURS

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

## What number do all of these clues add up to?

- What is a dozen?
- How many whole inches in a metre?
- How many feet in a yard?
- 2 score
- A century
- Weeks in a year
- Days in February in a leap year
- Unlucky number
- Number of commandments in Old Testament
- July is the .....month of the year

## How many words can you make from these letters?

Dseba

8 good, 13 very good, 16+ genius

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# Monthly Quiz



COURTESY OF  
ROTARY BROWNS BAY

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

Answers on Page 34

1. What gambling implements are known as 'devil's bones'?
2. Which company invented the Walkman?
3. Which river does Amsterdam stand on?
4. What is the chemical symbol for gold?
5. Which of the Nordic countries does not have a coastline on the Baltic Sea?
6. Which metal is most familiar on a squash court?
7. Which city was the first to host both the summer and the winter Olympic Games?
8. Who was the oldest person in the Bible?
9. Sadlers Wells was what type of arts organisation?
10. Wakefield Trinity is a team in what sport?

## Tides July 2020 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
1 Wed			02:49	2.8m	09:22	0.7m	15:30	2.7m	21:52	0.8m
2 Thu			03:47	2.8m	10:22	0.7m	16:31	2.8m	22:51	0.7m
3 Fri			04:46	2.8m	11:19	0.7m	17:29	2.9m	23:47	0.7m
4 Sat			05:43	2.8m	12:15	0.6m	18:23	2.9m		
5 Sun	00:41	0.7m	06:39	2.8m	13:07	0.6m	19:15	3.0m		
6 Mon	01:32	0.7m	07:32	2.8m	13:56	0.6m	20:03	3.0m		
7 Tue	02:22	0.7m	08:22	2.8m	14:43	0.6m	20:51	3.0m		
8 Wed	03:11	0.7m	09:10	2.8m	15:27	0.7m	21:36	2.9m		
9 Thu	03:58	0.7m	09:55	2.7m	16:11	0.7m	22:21	2.8m		
10 Fri	04:44	0.8m	10:39	2.6m	16:54	0.8m	23:06	2.7m		
11 Sat	05:29	0.8m	11:22	2.6m	17:38	0.9m	23:50	2.6m		
12 Sun	06:14	0.9m	12:06	2.6m	18:25	1.0m				
13 Mon			00:35	2.6m	07:00	0.9m	12:52	2.5m	19:16	1.1m
14 Tue			01:21	2.6m	07:47	1.0m	13:42	2.4m	20:10	1.2m
15 Wed			02:09	2.5m	08:37	1.0m	14:36	2.4m	21:05	1.2m
16 Thu			02:58	2.5m	09:29	1.0m	15:33	2.4m	21:59	1.2m
17 Fri			03:49	2.5m	10:21	1.0m	16:27	2.5m	22:49	1.1m
18 Sat			04:40	2.5m	11:12	0.9m	17:18	2.6m	23:37	1.0m
19 Sun			05:31	2.6m	12:00	0.8m	18:05	2.6m		
20 Mon	00:25	0.9m	06:22	2.6m	12:47	0.7m	18:52	2.7m		
21 Tue	01:12	0.8m	07:12	2.7m	13:34	0.7m	19:38	2.9m		
22 Wed	01:59	0.7m	08:01	2.8m	14:20	0.6m	20:24	3.0m		
23 Thu	02:48	0.7m	08:49	2.8m	15:06	0.5m	21:11	3.0m		
24 Fri	03:37	0.7m	09:38	2.9m	15:53	0.5m	20:00	3.0m		
25 Sat	04:27	0.6m	10:27	2.9m	16:42	0.5m	20:50	3.0m		
26 Sun	05:17	0.6m	11:17	2.9m	17:34	0.6m	23:41	3.0m		
27 Mon	06:10	0.6m	12:10	2.8m	18:30	0.7m				
28 Tue			12:35	2.9m	07:04	0.7m	13:07	2.7m	19:29	0.7m
29 Wed			01:30	2.8m	08:02	0.7m	14:08	2.7m	20:32	0.8m
30 Thu			02:28	2.7m	09:02	0.7m	15:11	2.7m	21:34	0.8m
31 Fri			03:28	2.7m	10:03	0.7m	16:14	2.7m	20:35	0.8m

Times adjusted for Daylight Saving.

susan kinghorn  
*it's your move*



**Harcourts** Cooper & Co

Susan Kinghorn

Sales & Marketing Consultant

**M: 021 797 994**

Harcourts Cooper & Co Ltd

Licensed Agent REAA 2008



**LONG BAY COLLEGE**

*Care, create, excel*

# Open Evening

Wednesday, July 22 from 4pm–7.30pm

Find out how we foster our students' success through an extraordinary culture of care

Information presentations in the Auditorium at 5.30pm and 7pm

Guest speaker - Sir Graham Lowe

For information about 2021 enrolments, school tours and enrolment interviews, please visit

[www.longbaycollege.com](http://www.longbaycollege.com)





# LONG BAY COLLEGE JUNIOR STUDENTS OFFERED GREATER OPTIONS

“Delivering a flexible curriculum that meets the unique needs of every student so they achieve their own level of personal excellence is what we are all about,” says College Principal, Mr CJ Healey.

That’s why, in term four 2021, the school is offering Year 9 and 10

students the opportunity to take a specialist programme, working with subject experts. Course options have been created from across and beyond the New Zealand Curriculum and include topics such as Rocketry, Forensic Science, Film Making, Mindfulness, Musical Theatre, Pop Art, Kapa Haka, Sports Psychology, Theatrical Poetry and many others. These exciting courses give junior students a chance to foster and cultivate their interests and take ownership of their learning.

In addition, Long Bay College is providing

an Aspiring Scholars Programme; a specialist enrichment course to extend and engage students who excel academically through the junior years. Students selected to take part in the course will complete differentiated tasks across five junior curriculum subjects. Deputy Principal for Curriculum, Mr James Heneghan says, “The college’s fantastic culture of care and dedicated staff ensures students are supported throughout the programme to achieve beyond their own expectations.” Applications to the Aspiring Scholars course can be made through the enrolment process and prior scholastic performance is evaluated as part of the entry criteria.



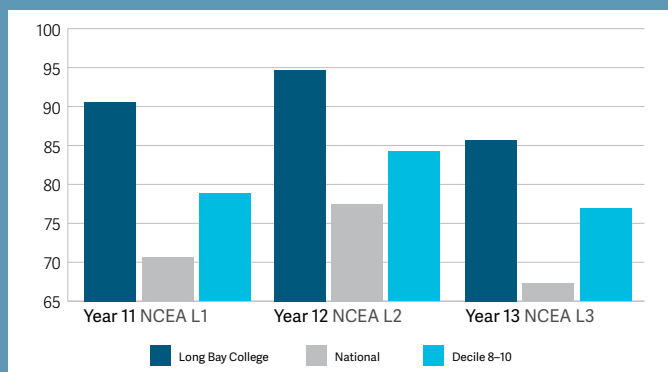
“As soon as I show up on campus each day, I know I’m in a place where I feel comfortable, belong and therefore excel.” – *Kyle, Year 13*

“The teachers work ‘behind the scenes’ to help us achieve the best learning experiences is just amazing.” – *Seyong, Year 13*

## College pride in academic success

Long Bay College enjoys a reputation of academic strength, with results amongst New Zealand’s best.

In 2019, students’ overall academic achievements significantly out-performed both the national average and those of Decile 8-10 schools. The chart shows Long Bay’s overall achievement in National Certificate of Education (NCEA) as well as Decile 8 to 10 schools for comparison.



Senior students gained a significant number of NZQA Scholarships in 2018 and 2019 across 19 curriculum areas, while Outstanding Scholarships were also achieved. These results demonstrate the breadth of our expertise and teaching excellence across all academic faculties.



# Torbay Indoor Bowls

Torbay Indoor Bowls Group is back in operation. The photos show some of the 22 members who attended the first night after lockdown. Come and join us for an evening of social enjoyment, playing bowls, competitions (and supper). For more details phone 473 3253.



## Puzzle Page Answers

Find the TV programs answers

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

## QUIZ ANSWERS

- Devil's bones are known as gambling dice.
- Sony invented the Walkman.
- Amsterdam stands on the River Amstel.
- The chemical symbol for gold is Au.
- Norway is the only Scandinavian country without a coastline.
- The metal at the bottom of the squash back court is tin.
- The first country to host both summer and winter Olympics was Beijing.
- Methuselah was the oldest in the Bible at 969 years.
- Sadlers Wells was a dance organisation.
- Wakefield Trinity is a team playing in English rugby league.

What number do all of these clues add up to?

Answer 26

How many words can you make from these letters?

Answers: abed, ad, ads, as, bad, bade, bed, beds, bead, beads, base, based, deb, debs, dab, dabs, sad, sea

# Seeing red!!

**R**ed is a very vibrant colour and because of this many people do not choose to use it in their homes- preferring calmer, tranquil colours like blues, greys and creams.

If you do use red it brings a real sense of life and adventure to a room.

A good way to start is perhaps by just using the colour in a room that is pretty bland as window dressing. The pop of colour will bring a sense of life to the room, and is sure to send you searching for other items in red to compliment.

If you are feeling brave though, one or more walls painted red gives a wonderful opportunity to display art and gives a real sense of atmosphere and drama. This works best in rooms flooded with natural light and best avoided if a room that is mainly in the shade. The same is true with laying down a large red rug or having red seating furniture.



Similarly a throw on the bed or a light shade can just introduce that small bit of colour to a room.

One thing to beware when mixing reds. There is an orange red and a blue red- and they do not go well together. So when adding other red features to

your room check which red it is and will it match or scream against what you already have?

Simple ways of just trying the colour out in the room is to buy red flowers to put in a vase or experiment with a throw across the back of a chair, or a red cushion.

**Be brave- go red!**



# CLASSIFIEDS



## ACCOMMODATION

**Accommodation** – fully furnished, short- long term stays, North Shore, houses- apartments 021935854-094735904 info@holidaysnz.co.nz

**Accommodation wanted** – Looking for a studio, one bedroom or one flatmate who can accommodate one female (50's) and 11 year old well behaved cat friendly papillion. Please contact: robinjepson15@gmail.com

**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

**Wanted Furnished room or studio (studio to buy or rent)** – I need place from April 19th (or may 1st). I'm a single professional in my 50's. working in Torbay. please email Robin at robinjepson15@gmail.com



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

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

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

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

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

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

**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

**TIPS Painters** – Interior/Exterior and Roof Painting John Trotter 021 0238 7190 jttrotter1@hotmail.com Rob Jenkins 027 209 7204 alstypextra.co.nz



## SERVICES

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

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

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

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

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



## HOME AND GARDEN

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

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

**Carpets & 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

**Garden Maintenance & Makeovers** – Qualified horticulturist available for plans, planting, bark & rock gardens, irrigation, lawn laying, tree pruning, hedge trimming, etc. Free consultation. Ph Roger N.C.H. 021 298 9368 or 473 8340. www.allgood.net.nz

**Handyman** – 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

**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 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!

**Locks + Safes + Alarms + Cameras + Fire Protection** – Complete Family Protection. East Coast Bays Company no site call out fee. Ph 0800 875 247 or helpdesk@uslgroup.co.nz

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

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

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

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

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



## SIGNS

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



## TRANSPORT

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

# CLASSIFIEDS

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



## FOR HIRE

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



## TUITION

**Ballet** - Pre-school, grades, advanced and adult classes. Royal Academy of Dance syllabus. [www.diannewallaceballet.co.nz](http://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 [Wstepbeyond.co.nz](http://Wstepbeyond.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](http://www.northshorespanish.nz)



## FOR SALE / WANTED TO BUY

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

Advertise your business on these pages

Classifieds  
\$5<sup>+GST</sup>  
per  
7 words

Contact Carole McMinn  
09 473 3259  
[editor@torbay.co.nz](mailto:editor@torbay.co.nz)

# What's On

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

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

**Browns Bay Ladies Club** - Retired 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.

**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](mailto:lessons@ecbbridgeclub.co.nz)

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

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

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

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

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

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

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

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

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

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

# TORBAY Village

## DIRECTORY

www.torbay.co.nz



### DINING

#### RESTAURANT

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

#### TAKEAWAYS

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



### HAIR & BEAUTY

#### BEAUTY THERAPY

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

#### HAIR SALON

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

#### MASSAGE

- Jasmine's Thai Massage - ladies only  
..... 022 247 4753
- Nom Thai Massage .....473 5080

## TORBAY BUSINESS ASSOCIATION



### 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

#### GREENGROCCER

- 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

#### PODIATRIST

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



### SERVICES

#### DOG GROOMING

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

#### GARAGE

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

#### REAL ESTATE

- Barfoot & Thompson.....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 09 947 3378
- Long Bay Okura Great Park Society 473 9642
- Long Bay Toastmasters 027 458 5688
- Long Bay Residents Association 027 272 3960
- Neighbourhood Support 09 353 0427
- North Harbour Tripe and Onion Club 410 5298
- North Shore CMA 489 8954
- North Shore Historical Society 09 489 5489
- North Shore East Parkinson's Group 444 9379
- North Shore Kick boxing 021 228 2808
- NS Brass Academy 021 084 15370
- Plunket 473 9611
- Rotary Browns Bay - Torbay 473 6418
- Salvation Army Op Shop 473 2150
- SANZ Coffee Group 478 5933
- Step Beyond Studios 021 0270 1303
- Shore Presbyterian Church 021 036 7957
- St Mary by the Sea Anglican Church 473 8180
- Torbay Community Playgroup 473 4473
- Torbay 60s Up 09 421 1011
- Torbay Friendship Club 473 7908
- Torbay Community Hall 478 4091
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482

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

#### SCHOOLS

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



# Lily Zhang Testimonial

021 103 5310



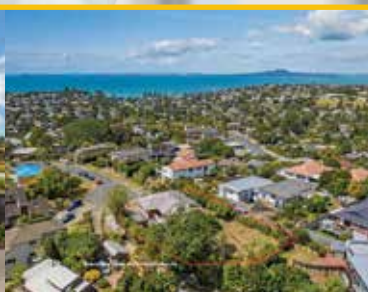
"Thank you Lily for the excellent service you have given us with the selling of our properties. You have been efficient, approachable, and very committed to us. We were very impressed with your meticulous attention to detail and the friendly professional manner in which you kept us up to date with regular feedback throughout the sale process. You are always available to talk and answer any concerns very openly and with honesty. Special mention should also be made about the Marketing/ Advertising packages which have been very impressive and the presentation exceptional. You have achieved outstanding results for us and we would have no hesitation in recommending your services to any prospective vendors or purchasers."

**Sue & Brad**

**SOLD**  
by Lily Zhang



15 Keel St, Long Bay



21 Summit Dr, Torbay Bay



45 Bounty Rd, Long Bay



45 Caversham Dr, Torbay



2A Mizpah Road, Torbay

Ref. 785969

4 beds, 2 bathrooms, 2 cars



5 Freya Place Place, Torbay

Ref. 788282

4 beds, 2 bathrooms



40 Caldera Drive, Long Bay

Ref. 789994

6 beds, 4 bathrooms, 2 cars



12 Bounty Road, Long Bay

Ref. 791036

5 beds, 3 bathrooms, 2 cars

DDI 09 215 4206  
[barfoot.co.nz/L.zhang2](http://barfoot.co.nz/L.zhang2)

E [L.zhang2@barfoot.co.nz](mailto:L.zhang2@barfoot.co.nz)  
[www.Lilyzhang.co.nz](http://www.Lilyzhang.co.nz)

**BARFOOT & THOMPSON**  
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# Barfoot & Thompson Long Bay and Torbay

Your local sales and property management specialist.



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## Torbay

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

## Long Bay

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