

NEWSLETTER

TORBAY

more than a place - a lifestyle

JUNE 2020

www.torbay.co.nz

A rare sight empty Torbay in lockdown



photo by Bill Ellis

Editor's Letter

Save our shops

The last couple of months have been a difficult time for everyone.

People trying to work from home, children cooped up and businesses closed.

We are now starting out on our "new normal" whatever that is going to mean.

The one thing we do know is that now is the time to support your local businesses. Economists reckon 20-25% of small businesses will fold after the lockdown. We have it in our power to make sure it is none of the shops in Torbay by supporting them as much as possible.

It makes sense too and saves petrol!

Four Square, the Pharmacy, the Dairy and the Doctor's all opened under what were very difficult circumstances. We were all learning a new way of "doing life". Then some businesses were able to operate in a contactless way and that meant huge adjustments and difficulties too. But they tried so that you people who live in this community could be served in the best way possible.

As restrictions are cut back further we will see a return of Hair salons, dentists and Beauty Salons.

These will have been hit very hard as they will have had no way of generating income for best part of three months but still have rents and rates to pay.

We need to get firmly behind all of our shops. We don't want to see empty shops in our Centre where a shop had to close for lack of support.

We were not able to produce a May issue of the magazine as printers were only allowed to print essential items and community magazines do not count as essential.

We have stories in these pages of life in lockdown, many of us will be able to know exactly what that feels like.

The one thing we did learn though was how important community is. People caring for their neighbours. Long Bay Baptist set up a scheme for shopping, pharmacy collections, food parcels, home made soup and telephone trees where many people living on their own were telephoned twice a week to check they were okay.

On page 24 we have a story where our Chinese community were invaluable in helping with the provision of free masks to the doctor's and the pharmacy. They also supplied care workers in the community who had been unable to get any protection.

We all worked together for the common good and our community was the better 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:*

Torbay Newsletter Editor

Carole McMinn

Email: editor@torbay.co.nz

Phone: 473 3259

Torbay Business Association Coordinator

Joanne Martin

Email: coordinator@torbay.co.nz

Phone: 021 614 655

Torbay Website **Joanne Martin**

Email: coordinator@torbay.co.nz

Torbay Business Association Chairman:

Sean Liew

Torbay Pharmacy

Phone: 09 473 9629

Torbay Newsletter photographer:

Bill Ellis Phone: 473 6482

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

**SILVERDALE PRINT
& Design**

ERICA STANFORD MP for East Coast Bays



021 361 235



office@ecbnational.org.nz



[ErcaStanfordECB](https://www.facebook.com/ErcaStanfordECB)



www.EricaStanfordMP.co.nz

Authorised by Erica Stanford MP, 85 Beachfront Lane, Browns Bay, Auckland 0630



Life under lockdown

Erica Stanford, MP for East Coast Bays



It's hard to sum up the unimaginable events of the past two months, other than to say they will change the course of New Zealand for the next decade.

I've been so heartened by the incredible stories of kindness shown by locals who have looked out for one another, by picking up groceries or prescriptions for an older person or checking in on a neighbour who lives alone. Teddy bears took to windowsills to greet children out for a walk, and community Facebook groups have been sources of useful information, lockdown hacks or just a bit of light humour when it has been needed. I am extremely proud of the way the East Coast Bays community has come together – though not at all surprised.

We've supported local businesses like the Long Bay & Browns Bay New World, Torbay Fruit Shop and Butcher and our dairies, and now at Level 2 more of our businesses are trading again. Unfortunately, there is still a rocky road ahead for most. It's vital we continue to give them our custom and shop local as much as we can while we begin our recovery as a nation.

My job for the foreseeable future is to support our

community through what will inevitably be tough times ahead. The same kindness, positive attitude and community-minded spirit we have shown will help as we get back on our feet.

My door is always open so if there is anything I can help with, or you have an idea or concern you wish to discuss, please do get in touch.

It's been some time since my last column. Back in early March, I took part in the annual Murrays Bay Birdman competition with Alexis Poppelbaum, Hibiscus and Bays Local Board member. We soared off the wharf in a makeshift flying car and managed to raise enough money to support the North Harbour Community Patrol getting a much-needed second patrol vehicle.

While it feels like it was an eternity ago, that stunning day sticks with me as one of the last big gatherings our community enjoyed before lockdown. It was a time that we came together, had a fantastic day out and supported worthy causes – something we can hopefully return to in the not-too-distant future.



Solutions and Results

Do you have an existing business?
Fulfilling-YES!
Surviving-MAYBE!

Talk to our friendly accounting team about improving resilience and planning

P 09 415 0319 visionaccounting.co.nz

- 1 Understand your numbers
- 2 Build financial freedom
- 3 Protect your assets
- 4 Manage your financials without stress
- 5 Make informed decisions when you need to

5 principles

visionACCOUNTING
GIVING YOU CLARITY

CHARTERED ACCOUNTANTS

Step Beyond Studios

Offering excellent classes in ballet and contemporary dance

Progressive and highly regarded – come dance with us

Beginners to Advanced

Principal:
Marian McDermott

Studio in Torbay

www.stepbeyond.co.nz
Ph 475 9317

Your local agents

LEO & KYRA

Call us now for all your property requirements.

Leo Perwick Residential Sales
M 027 224 9527
E l.perwick@barfoot.co.nz
W barfoot.co.nz/l.perwick

Kyra Perwick Associate Salesperson
M 027 311 7953
E k.perwick@barfoot.co.nz
W barfoot.co.nz/k.perwick

BARFOOT THOMPSON &

5 Star Plumbing Ltd



0800 11 11 81

your loyal local plumber

mains • hot water cylinders • leaky roofs
general maintenance • new • drain laying
concrete work

Michael Mullany mob: 022 630 2460
fivestarpumbing@xtra.co.nz
www.5starplumbing.co.nz

©0800SILPRINT

psychotherapy, counselling family therapy

- registered
- qualified
- experienced

Margie Bowman 473 9316

ACC approved • affordable rates

©0800SILPRINT

Denture Clinic



Our dentures are tailored to suit you, for the best fit and a natural look.

To guarantee superior quality, your denture is manufactured on-site.

Denture Services Include:

- ✓ Complete & partial dentures
- ✓ Flexible nylon partials
- ✓ Same day relines & repair
- ✓ Sport mouthguards
- ✓ Adjustments

Call (09) 476 4564
for a no obligation, free
consultation

Dentures Designed by
Esther Watai

Venus
Denture Clinic
Unit N 6 Rosedale Rd
Pinehill, North Shore
venusdentureclinic.co.nz

My apologies for not being able to attend to your denture needs during Covid-19 Alert Levels 4 and 3. As we are now transitioning into more routine clinical practice, I would like to inform you of our single point-of-contact manufacture process and our strict infection control protocols.

In our clinic you don't have to deal



Chelsea Buns

Method

Place the flour and salt into a large mixing bowl. Make a well in the centre of the flour and pour in the yeast.

Warm the milk and butter until the butter is melted and the mixture lukewarm. Pour into the flour mixture, add the egg and stir thoroughly until the contents of the bowl come together as a soft dough.

Tip the dough onto a lightly floured work surface and knead well for five minutes, until the dough is smooth and elastic.

Place the dough into an oiled bowl and leave to rise, covered with a damp tea towel, for one hour or until doubled in size.

Tip the dough out onto a lightly floured work surface. Roll out dough into a rectangle.

Brush all over with the melted honey. Evenly sprinkle the orange zest over the buttered surface, followed by the sugar, cinnamon and dried fruit. Start to roll the dough into a swiss roll shape. With a sharp knife cut into thick rounds - about 4cm/1½in.

Grease a deep roasting tin and place the buns, cut side up, into the greased baking tray leaving about 1cm/½in of space between each one.

Leave to rise for about 30 minutes in a warm place.

Preheat oven to 190C/170C Fan bake and bake for 20-25 minutes until golden-brown.

Remove the buns from the oven and let them cool on a cooling rack.

Nothing beats a warm, sticky Chelsea bun fresh from the oven. These are drizzled with melted honey for an extra naughty treat.

Ingredients

500g/1lb 2oz strong white flour, plus extra for dusting

1 tsp salt

1 x 7g sachet fast-acting yeast

300ml/10fl oz milk

40g/1½oz unsalted butter, plus extra for greasing the tin

1 free-range egg

vegetable oil, for greasing

For the filling

25g/1oz unsalted butter, melted

1 orange, zest only, grated

75g/2½oz soft brown sugar

2 tsp ground cinnamon

100g/3½oz dried cranberries

100g/3½oz sultanas

100g/3½oz dried apricots, chopped

To finish

Honey melted in microwave brush over tops

Covid-19 NOTICE – Venus Denture Clinic

with multiple personnel or multiple manufacturing sites when you require dentures or denture repairs. The service is personalised from beginning to end, and designed and manufactured on-site, after discussing with you the options to best suit your individual needs.

Our infection control protocols are aligned with New Zealand Standards. Regardless of Covid-19, we are required to observe strict protocols to eliminate

cross infection. Strict hygiene procedures are therefore usual practise for us, so you can feel safe in our clinic.

Visits are by appointment only, so you will have no contact with other members of the public. We look forward to hear from you. Please call us on 09 476 4564.

Sincerely

Esther Watai

Registered Clinical Dental Technician

Anxiety

Anxiety is a normal human feeling, which happens to us in response to stress or danger.

Everyone gets anxious from time to time – it's what the body does naturally in a stressful situation. This kind of anxiety is a normal part of everyday life.

Usually it only lasts for a few hours or days while the situation which is causing the anxiety is happening.

Covid 19 has brought into people's lives a whole new level of stress.

It has brought anxiety about those who were outside of our bubble, trying to work from home with children home too, whether there would be enough wages coming in to pay the payments going out, whether you would have a job at the end or whether you would catch and die from this virus.

We have all been outside of our comfort zones and this is the time that anxiety will be felt.

Anxiety shows itself in feeling tense and on edge, perhaps a shorter temper than usual. You may feel "out of control" or filled with a sense of dread. You may

find it difficult to concentrate, have difficulty sleeping, muscle tension.

If anxiety really builds you can experience trembling, a racing heart, tingling, nausea, sweating and shortness of breath because your body is living in overdrive.

Selfcare is important to help you cope with anxiety. Activity at a moderate level for 30 minutes will help to improve your mood. Swimming and walking also help give a "feel good" factor.

Try to eat sensibly with healthy well balanced meals, more fruit and veg and less processed foods.

Try to indulge in relaxation techniques such as breathing exercises, pilates etc.

Talk about your fears to another person you trust. Remember at the moment we are all in the same boat- you are certainly not the only one feeling the stress.

Try to think positive. Uncertainty is the worst because it allows your mind to develop many stressful scenarios. Appreciate the small good things. My reply to cashiers at the supermarket when they ask me if I am having a good day is "Every day I wake up and the bedroom ceiling is above me, is a good day"



If the feeling of anxiety persists when things start to change again then go and see your GP. It may be that you need some medication to help you over this time or perhaps counselling.

Be convinced that things will get better.

Service | Experience | Results

WENDY'S UPDATE

ACTIVITY HAPPENING!

Before Covid 19 the Auckland property market was experiencing a solid upturn in sales and prices and that upturn stopped in its tracks – the real effect of the lockdown will not show up until May's trading statistics are available. In our area moving from Level 4 to Level 3 saw indications of activity – buyers purchasing and properties coming to the market.

With some vendors appearing to be taking a cautious wait-and-see approach, which is the same trend that occurred in past economic downturns, it is a great time to take advantage and get to the market now!

The demand in our area remains strong – with spare time to take walks, enjoy parks and beaches, it confirms the awesome area we are surrounded in, the community has been incredibly supportive and caring, local shops amazing with service and deliveries during the lockdown!

If you would like a chat about the current market, a market analysis, or, are thinking to invest further in the area please give me a call – in the meantime keep safe and stay well!



No. 3 Individual Salesperson
North Shore 2019

Kind Regards,

Wendy



Top Salesperson
Torbay Branch 2019



Consistently Awarded Excellence in Sales Performance

BARFOOT & THOMPSON
LICENSED REAA 2008

barfoot.co.nz

Wendy Radcliffe

M 021 772 070

E w.radcliffe@barfoot.co.nz

Do you want to
ADVERTISE?

Classifieds
\$5^{+GST} per 7 words

**SMALL
ADVERTS**

**starting from just
\$60^{+GST}**

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



plunket
whānau āwhina

As New Zealand adjusts to our 'new normal' under Alert Level 2, we are taking a phased approach to manage how we deliver our services and provide support to whānau during Level 2.

While we are now able to provide in-person services, given the need for physical distancing and infection control, and also the different needs and circumstances of whānau, we anticipate that this will be on a prioritised basis and that we will still be delivering some services remotely via phone or Zoom.

Although our services continue to look a little different at the moment – we're still here for you. If you need support during this time, please get in touch with your Plunket Nurse or give PlunketLine a call on 0800 933 922.

While our playgroups and parenting groups are closed we are offering some music, story, craft and information sessions online. For details on the available sessions visit our Facebook page - www.facebook.com/EastCoastBaysPlunket

WishyWashy Ltd
Exterior Cleaning, Waterblasting & Roofs

Housewashing
Waterblasting
Roof - moss & lichen
Graham Banks
Ph: (09) 4730059

0800SILPRINT



e. Paultroake@gmail.com

p. 021 24 888 44

w. paultroakeconstruction.co.nz

PAUL TROAKE CONSTRUCTION LTD

NewHomes | Renovations | Recladding | Decks

Here at Paul Troake Construction Ltd, we understand that building or renovating your home is one of the biggest investments you can make. So we make it our job to make the process as stress free as possible. With 20+ years in the industry we take pride in being one of the names you can trust to deliver honest, reliable top quality workmanship with service. Based in Torbay Paul lives with his wife and children right in the heart of Torbay Village. He loves being part of the Torbay Community and being able to offer good quality building with service you can rely on.

We can be proud of our no cow boys rating 99% out of 39 testimonials.



The Torbay Community Association Film Evenings

The TCA Community film evenings have been screened since the inaugural event in September 2018. These events have been a success, thanks to those paying customers who took a leap of faith in purchasing a ticket and who have been rewarded with a uniquely nostalgic cinematic experience, right in the heart of Torbay. The TCA wishes to thank everyone who has attended these events.

In the December 2019 Torbay Newsletter we announced that the next film was planned to be screened around May 2020. However, due to the current Level 4 lockdown, this plan has obviously been shelved. However we are pleased to announce that once it is safe to do so we hope to be screening the 1952 film *Singin' In The Rain*, a movie that can be only described as an all-time classic. Note that ticket-holders to this event, when it does take place, will be able to travel using the Driving Miss Daisy at a discounted rate of \$5 single journey or \$10 return. We are grateful to Driving Miss Daisy for this kind offer and their agreement to sponsor the certificate for this event.

Please keep a lookout for announcements in the Torbay Newsletter. Enquiries can be sent to Kevin via torbaycommunityassociation@gmail.com.



WHILE THE WORLD WAS IN LOCKDOWN

...we have been busy working from home.

Although most of us couldn't have predicted the timing and tragic impact of this pandemic, many have looked for ways to make a positive difference to others during this extremely difficult time. We have looked out for our isolated neighbours, taught our children how to bake, stood at our driveways at dawn to remember our Anzac heroes, and connected better online. Some of us have now added the daily walks or exercise that we'd always intended to start and many have continued working through lockdown levels 3 and 4 either from home, or on the frontline - at great risk to their own safety.

I'm immensely proud of, and grateful for, the way we Kiwis have pulled together, in every way. Despite dire

predictions, I am confident that although life may be different, we can continue to find beauty in sunrises, kindness toward others, and to appreciate our loved ones, both near and far.

So what was happening in Real Estate during this time? You may be surprised to see that 50 homes in our local area were sold unconditionally during March and April this year - with industry leaders working long hours behind the scenes to bring 'contactless' viewing, marketing and document signing capabilities to clients that may have otherwise taken years to develop.

During March and April, our local median selling price remained robust at \$1,128,000 - surpassing the February Median of \$1,100,000. Thousands of expats

have returned home, and the annual net drain of kiwis heading overseas has ceased. The property market is still buzzing, there is a shortage of homes available for buyers, and we will continue to work hard for you - whether from home or out on the road - to bring our buyers to your property for sale.

If you considering selling or buying your unique home in this season, call us now to find out how we can help you make it happen.

Jen & Shane

Local House sales in March/April*

19 Tainui St, Torbay	\$650,000	3 Timu Rd, Long Bay	\$1,050,000	7 Tuangi St, Long Bay	\$1,380,000
2/15 Flavia Cl, Torbay	\$763,000	2 Marina Rd, Torbay	\$1,080,000	86 Glamorgan Dr, Torbay	\$1,410,000
2/8 Cranston St, Torbay	\$808,000	123 Weatherly Rd, Torbay	\$1,085,000	4 Salem Pl, Torbay	\$1,451,000
1/17 Geoffrey Rd, Torbay	\$820,000	70 Te Oneroa Wy, Long Bay	\$1,100,000	848 Beach Rd, Torbay	\$1,500,000
2/30 A Glenvar Rd, Torbay	\$831,000	45 Caversham Dr, Torbay	\$1,108,000	9 Tuangi St, Long Bay	\$1,539,000
142 Stredwick Dr, Torbay	\$850,000	19 A Manuwai Road, Torbay	\$1,121,000	18 Turutu Pl, Long Bay	\$1,550,000
1/8 Long St, Torbay	\$859,000	1/853 Beach Road, Waiake	\$1,135,000	25 Westerley Pl, Long Bay	\$1,551,800
1/5 Charmaine Rd, Torbay	\$870,200	4 Windlass Street, Long Bay	\$1,145,000	11 Caldera Dr, Long Bay	\$1,632,000
A204 Windlass St, Long Bay	\$889,000	82 Caldera Drive, Long Bay	\$1,150,000	8 Luff Pl, Long Bay	\$1,758,000
27 Reynolds Place, Torbay	\$907,000	10 Alexander Ave, Torbay	\$1,161,000	34 Bearing Pde, Long Bay	\$1,840,000
3/14 Charmaine Rd, Torbay	\$908,000	103 Stredwick Dr, Torbay	\$1,165,000	1088 Beach Rd, Torbay	\$1,850,000
2/29 Sealy Rd, Torbay	\$950,000	27 C Law St, Torbay	\$1,175,000	17 Bearing Pde, Long Bay	\$2,600,000
75 A Glenvar Rd, Torbay	\$950,000	12 A Ringwood St, Torbay	\$1,200,000		
6 Shannon Pl, Torbay	\$950,000	1/17 County Rd, Torbay	\$1,250,000		
2 Highwood Grove, Torbay	\$960,000	12 Killarney Ave, Torbay	\$1,275,000		
2/40 Toroa St, Torbay	\$965,000	64 Ashley Ave, Long Bay	\$1,300,000		
4 Alnack Pl, Torbay	\$1,000,000	16 Auld St, Torbay	\$1,325,000		
2/60 Killarney Ave, Torbay	\$1,012,500	2/43 Auld St, Torbay	\$1,350,000		
1 Corwen Pl, Torbay	\$1,035,000	25 Rewi St, Torbay	\$1,350,000		

*Source REINZ

Median price for March/April 2020 **\$1,128,000**

Shane & Jen Anderson

Shane: 0274 827 440 or Jen: 0211 77 55 30
s.anderson3@barfoot.co.nz j.anderson@barfoot.co.nz





The splendid finale of 2016's "The Gondoliers"

Below Left: Oompa Loompas with lollies: the best medicine!

Below: Everyone deserves a "well-done" cake at the moment! From youth theatre Aristophanes' "The Frogs"

Torbay Theatre

Post-Lockdown Entertainment

Did anyone say best-laid plans ...?

We are sorry to have had to postpone this Autumn's shows, but we have not been idle during Lockdown. Performers have continued working on their rôles at home; theatre business has been carried out on Zoom. We can't say when exactly, but as soon as rules allow, we will be back on stage:

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

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. Wit and pathos abound. Vibrant set design by Anne Rimmer, stunning artwork by Rob Campion.

BROADWAY LIGHTS: A Musical Revue!

A joyous night out with song and dance hits from a wide range of favourite musicals.

Tor Hardie directs a large and talented cast. For more information or to get involved backstage, please contact Tor on 021 250 7203



/torhardie@gmail.com

Our popular July-Holidays play for the very young might have to be in the September holidays, our end-of-year musical is in the early planning stages, and we will fit in Club Nights as we can.

Backstage Club: Back soon on Wednesday mornings, Gate Theatre.

Jacqué Mandeno's Love Drama speech and drama classes have been running on-line, and are heading back into the theatre! To get involved or for more information, 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



COCO SAND

the secret boutique hiding out in Long Bay Village invites you to join us for a glass of bubbles on Thursday 11th June from 5-8pm.

With every one hundred dollar gift voucher purchased we will gift 20% to the value in honour of all our treasured friends birthdays and celebrations we've missed together.

COCO SAND

103/57 Glenvar Ridge Road, Long Bay
Tel: 021422808

Torbay Historical Society



In 1994 The Torbay Business Assoc. produced a 1995 calendar with Bill Ellis's Black & White photos of business owners at the time. The photos with this article were taken in 2 of the shops still existing now.

Alan Ebdale produced the calendar. He ran the Torbay Fruit shop. His parents, John and Shirley bought the shop about 1980, and Alan took over about 1984. The photo shows Alan with his sister, Susan. Even then the emphasis was on Organic food. At that time the butcher was on the other side of the road.

In 1993 Brian Amrein bought the 'Torbay Vintners' from the previous owner who, because of ill health had to sell up. The shop sold beer, wine and spirits but was also the TAB centre. This was supposed to bring customers to the shop to buy the alcohol products. It didn't quite work out that way so Brian gave the TAB away. Some residents might remember the circumstances around that.

The colour photo shows a later time 2014 but with many changes today. Videos shops are no longer around. The mural on the wall has gone along with the shop.



The AGM of the Torbay Historical Society has not been held because of the Covid 19 restrictions. We do not know when we will be able to operate again at the Vaughan Homestead, where we want to get the garden planted. We bought plants before the lockdown and fortunately hadn't taken them to the Homestead so have been able to water them at home to keep them alive during the drought.

email wjb2ellis@gmail.com



Acting President: Bill Ellis, Secretary: Barbara Ellis - 473 6482

Harcourts
Cooper & Co
Cooper & Co Real Estate Licensed Agent REAA 2008

LIVE LOCAL. LIST LOCAL.

With over 25 years experience, we have successfully sold in all markets.
We are the proven team to talk to about selling during this post-lockdown time.

Let us help you sell your home!



Ian & Diane Dodds

M: 021 909 067 | P: 09 479 4762

E: iananddiane.dodds@harcourts.co.nz

W: www.ExperienceDoesCount.co.nz

Life on the Edge

June 2020

MERC was built by the community for the community. Our founders were all volunteers and driven by a passion to ensure young people have a healthy relationship with the ocean.



community again. We absolutely want you to take care of you and yours first. But once you are in a position to, and MERC has appropriate public health measures in place, please have us in your thoughts.

We are a charity that relies on running our programmes and donations for our revenue. So whether it's encouraging your school or community group to book a MERC experience, sending your kids to our Holiday Programme, hiring our facility for family, community or corporate events, we invite you to consider us. Of course, donations you can afford would be welcome via our website (www.merc.org.nz).

Let's support local organisations, MERC is fighting to be here for our community and for our children into the future.

Article by David Gray (Patron) & Yui Khai Foong (General Manager) Photos by Yui Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz

For 30 years our community have supported MERC and we have grown to a point where we host 15,000 children in our programmes annually and we employ 26 dedicated staff. It would take an earth-shaking event to slow MERC down. Unfortunately, COVID-19 provided that event.

We've had to make some tough decisions to give us the best chance to survive. To help us, we look to the

Safe and reliable transport for all ages in Albany and North Bays.



We are still here for you.

New Zealand and world news are dominated by COVID-19 at the moment. It is easy to feel anxious, disconnected and overwhelmed by the constant stream of information and you may not feel confident to go out and about. At Alert Level 2, we will be delighted to meet you for your next trip to the hairdresser, doctor, dentist, pharmacy or just to enjoy a coffee next to the beach.

There is no better way to celebrate the new normal and freedom with our friendly drivers by your side. We adhere to all hygiene protocols and if you want to know what this means for your own peace of mind, please do ask us for this information.

A testimonial from Sean Liew at Torbay Unichem Pharmacy: "Driving Miss Daisy has been very pleasant to deal with and helpful during this stressful time. Their drivers are polite and reliable and I recommend this company unreservedly. Thank you, Driving Miss Daisy for helping to deliver medicines to Torbay residents."

Total Mobility Scheme cards accepted and an ACC approved provider.

To make a booking or to discuss your requirements, call Corlize Britz today.

Ph: (09) 473 8186 Mob: 021 473 818
Email: northbays@drivingmissdaisy.co.nz
www.drivingmissdaisy.co.nz



Driving Miss Daisy®

We're There For You

The rustling sound of paper bags

In the early hours of March 31st, I arrived in Auckland from London Heathrow. I had expected to self-isolate at my parents' house in Long Bay.

Though somehow, fuzzy-brained, sweat-drenched from carrying my cello case with one arm, and (after nearly three years of absence) struggling to re-familiarise myself with the New Zealand accent, I was herded onto a bus together with about 20 of my fellow passengers.

It was an hour before dawn; our bus was travelling in total darkness. About 5 minutes into our journey, the mixture of confusion and fear became too much for me and I half-shouted to my fellow passengers

'Could anyone please tell me where exactly we are going?'

'We don't know either, sorry.' 'We have no idea.' They were sympathetic, a little amused, and not at all worried.

Fortunately, the bus stopped at a hotel after another five minutes, and after a conversation with a lady from the Ministry of Health I gathered that I could not go home.

If I wanted to avoid the risk of infecting my parents, I needed to isolate at the hotel for 14 days. One moment later, I was in an en suite room with a double bed.

Each day, three meals and two snacks in

paper bags were delivered punctually to my room. At 9:30 am every morning I received a call to take my meal orders for the next day. In the early afternoon the nurse knocked on my door to take my temperature and check whether I had developed any symptoms. I was also allowed one daily exercise.

What truly made me wonder, and still puzzles me, was how energetic and cheerful the staff always seemed and sounded--whenever I picked up the phone, whether to order my meals

or to ask for a few more tubes of shampoo and conditioner, I was greeted by different voices that, without exception, sounded as if they were produced by someone smiling, and made me smile too.

If anything, I felt guilty that as someone who eventually turned out to be entirely healthy, I didn't quite deserve the thoughtful and thorough treatment I received. I also wish that I said 'thank you' more loudly each time my food-parcel was delivered, so that I could be sure that they heard it each time.

I am now back home. We all know health professionals worldwide as the frontline fighters in this crisis, though whenever I heard the rustling sound of paper bags or a gentle but firm knock on my door, I was witness to a no less earnest battle.

In the hope that some of these paperbag warriors, or people very much like them, may see this, I end with what I wrote to the catering team, which is a little prayer roughly equivalent to 'kia kaha' that Jewish scribes in medieval Europe often wrote as a scribal formula on the manuscripts they copied: קזחק קזחק קזחק (chazak chazak venitchazak)--'be strong, be strong, and we will all be strengthened.'

Celeste Pan



Living and working locally for over 25 years, nobody knows Torbay/Waiake better than me!

Properties are in strong demand - buyer volume on a high! If you are thinking of selling, now is the perfect time... call me for a chat!



ANN EMERSON
YOUR LOCAL AREA SPECIALIST



027 434 7221



www.annemerson.co.nz

DDI: 09 477 4272
E: ann.emerson@harcourts.co.nz

Harcourts Cooper & Co

Cooper & Co Real Estate Ltd Licensed REAA 2008



Torbay Medical



MOVING TO LEVEL 2

Torbay Medical Centre still looks a bit different but here is what you need to know when we move to Level 2.

We want to reduce the risk of infection and keep social distancing so will continue to operate in Teams.

Doctors David Thompson, Lynda Thwaites and Michael Leong will be at Torbay Medical Centre.

Doctors Clare Dudding, Jess Joung, Sunee Kim and Gareth Shalley will be at Long Bay Medical Centre.



For virtual/phone or face to face consultations please contact:

Torbay Medical Centre on 09 477 9000

or

Long Bay Medical Centre on 09 473 0063

The front doors will remain locked for everyone's safety. Patients waiting for face to face appointments please return to your car after checking in with our doorman.

We will see all respiratory cases in our 'drive through tunnel' behind Torbay Medical Centre and all our nursing services will be back up and running.

Stay Safe, Stay Warm and Be Kind

Kind regards

David, Lynda, Clare, Jess, Sunee, Gareth & Michael
Your Torbay Medical Centre Doctors.

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"



Torbay Pharmacy: Bad Gums is a Risk for Dementia

I hear stories all the time of people who struggle with their health and well-being for years before finally finding a practitioner who helps them. Sometimes that practitioner is another doctor, a specialist, a dentist, naturopath, homeopath, yoga teacher, physical therapist, spiritual guru, psychologist, pharmacist.

Each of these practitioners has a different "tool kit". Each can take a slightly different view of you and your health.

I attend lectures from lots of health experts from lots of different backgrounds. The thing they have in common is that they all recommend eating well, moving your body and reducing stress. These are simple but incredibly powerful tools.

For example, I recently listened to a dentist who explained that changes in the mouth often point to an imbalance of the bacteria in the mouth and therefore an imbalance throughout the rest of the body. This imbalance is called dysbiosis, and is a big risk factor for heart disease, diabetes, and even dementia. He emphasised what you eat can dramatically affect your oral health and therefore, your overall health. No surprises that he was very anti sugar.

I consider this is just one more piece of evidence that suggests we need to eat well. Eating well means lots of veges, some fruit, adequate good quality protein and fats, as well as fibre. Avoid processed foods such as takeaways, and refined grains such as white bread, pasta and rice. We were all able to avoid takeaway foods for 6 weeks during lock-down. Let's extend that good work.

If you want your own personalised health plan, feel free to contact the team at Torbay Unichem Pharmacy. We are operating a virtual

Nutrition Medicine Clinic to safely assist you to achieve radiant wellness from the inside out. The team at Torbay Unichem Pharmacy can give you details.

Stay Safe.

Torbay Pharmacy
Ph 473 9629



Unichem⁺

Latest Robotic Technology Now Available at Torbay Unichem Pharmacy

We can now pack your medicines into single dose sachet packs.

No need to have multiple boxes and bottles for your medicines.

Super cool

Super convenient

Super easy to use

Super easy for our pharmacists – thanks to the new robot.

And all this for FREE!

Just our way of making your life a little more hassle free.



Unichem Torbay Pharmacy

1040 Beach Road, Torbay

Phone: 473 9629 Fax: 473 0730

Email: info@torbaypharmacy.co.nz

Torbay Garden Club

Torbay Garden Club members have found solace in their gardens during this unprecedented period of lockdown. As there have been no meetings, we have shared some of our garden activities through photos in welcome newsletters from our President, Hilary Collins.

Cherie Buckingham found the garden still very dry at the end of March. "So I did not buy the usual seedlings that I would plant for winter. The Coronavirus lockdown created panic buying and

a huge sell out of all seedlings in the garden shops. I missed out but made do with what was in the garden. The courgette plants continued to produce courgettes. Parsley, beans and celery grew well as did the Choko."

Sylvia Dixon spoke of "pretty salvias that are flowering prolifically this month. After the last two dry summers, I've resolved to grow more drought-tolerant plants such as salvias and penstemons and give up on my hostas." She also mentioned her *Cassia bicapsularis*

"which flowers for at least a month in autumn. I've been cutting it back very severely in winter to stop it from getting too large and leggy. It responds well to pruning, regrows over summer and flowers just as well the following autumn."

Jan Cann shared her experience of "... trying to grow seeds without much luck. My husband is a bit of a hoarder so he made me a seed raising box, using stuff he had round the place. He needed a project and this will have to do until we



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



Monthly Quiz

COURTESY OF
ROTARY BROWNS BAY

Answers on Page 33

brownsbayrotary.co.nz

- 1 Which vegetable is the main source in the production of ethanol?
- 2 According to the proverb all roads lead to where?
- 3 What has hands, a face and wheels?
- 4 Recently deceased Stirling Moss won how many World Drivers Championships in Formula 1 ?
- 5 What is the name of the Lake used for rowing near the south island town of Twizel?
- 6 What is the fourth book of the Old Testament in the Bible?
- 7 What is the fruit which has it's seeds on the outside?
- 8 What is the only vegetable or fruit never sold frozen ,canned, processed, cooked, or in any other form but fresh?
- 9 In which English city is Piccadilly railway station?
- 10 What is the year 2000 in Roman numerals?

come out of lock down.”

Jo Price picked these chrysanthemums and dahlias from her garden. She also said she was very lucky in that she bought winter vegetable seedlings before the lockdown, and had potted them on until the weather broke and she could plant them. She is delighted with the growth even if they are jammed in too close together. She says it’s the only way she can fit in everything she wants to grow!

Lloyd Barwell shared a photo of his mandarin tree bearing 70 fruit!

In the garden in June

This month in the garden it is time to plant winter brassicas, also silverbeet, spinach, broad beans, peas and onions, if you can get them! Pansies, polyanthus, primula and poppies can also go in now, if available. Winter is now approaching and we have time to tidy up all areas of the garden, and anticipate the bulbs and flowers that will bloom in Spring.



PLUMBING • DRAINAGE • GAS FITTING

021 222 5000
RIBEAU@CATAPULTPLUMBING.CO.NZ
WWW.CATAPULTPLUMBING.CO.NZ

FULLY QUALIFIED
LOCAL TORBAY FAMILY RUN BUSINESS



'don't risk it use my dad'



...learning life with Jesus



Meeting for friendship, worship and Bible teaching
Sundays at 10.00am
Long Bay Primary School, Ralph Eagles Pl.
Contact Pastor Peter Boyd
P 473 9390 M 021 0367 957
www.shorepres.org.nz

LAWN MOWING: Commercial, Domestic
and Ride On • STUMP GRINDING



Looking after North Shore residents for over 10 years

FREEPHONE: 0508 262626
Bins - 240 litres
Bags - 600 litres
JDPROPERTYSERVICES.CO.NZ



Annette Gibson - Beauty Therapist
021 624500
annette@peonybeauty.co.nz
23 Turutu Place, Long Bay
www.peonybeauty.co.nz



Euro Patisserie open again for gold award pies

Sopheap and Bunna have been at Euro Patisserie for almost 6 years making their "gold award for pie making" pies.

During lockdown you will have missed these delicious pies but the good news is they are available again.

The takeaway coffees you have dreamed about are also available. Just drop in.

Phone 473 7535

Getting Back to O



Bakers Gallery

For all your pies, cakes, slices and breads
Coffee, coffee, coffee.

Open 6 days- no Tuesday. 473 2998.

For amazing take away coffees, delicious pies and cakes and slices. Everything you have been missing.

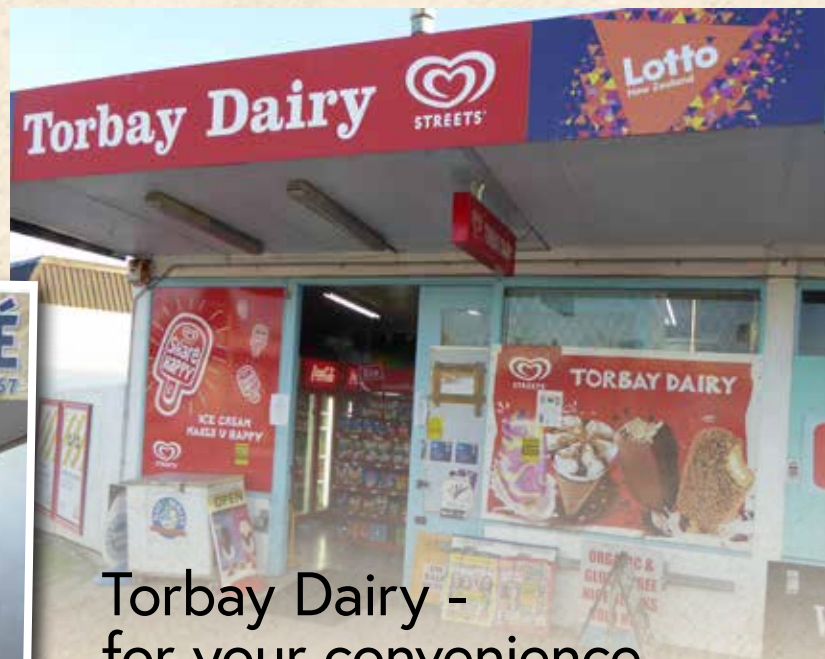


Torbay Bakery & Café

We have managed to provide service through out level 3 so you could have your life saving coffees and takeaway cakes, slices and pies.

Thank you for supporting us.

Phone 473 6467



Torbay Dairy - for your convenience

Have problems with gluten?

We are stockiest of the Pheonix gluten free, organic range of biscuits and dried goods.

Open 7 days from early until late.

Phone 473 9721



ur New Normal

Torbay Medical



Torbay Medical Centre would like to thank the community and local businesses for their support during this uncertain time.

Thanks for your patience around the use of the back road for our tunnel and we know this has affected some of your businesses and access and we do apologise for this.

We are seeing all our patients with respiratory issues in the tunnel so we can keep our patients and community of Torbay safe and Covid free.

Stay Safe, Stay Warm and Be Kind!

Torbay Medical Centre Team

Thank you for all the wonderful work you have done through the lockdown, for the way you have served your community. For going above and beyond what could have been expected.

You've been away for a while... We've been here all along!

Torbay Community Doctor is a boutique, family practice where you only see your own doctor and where everyone knows your name.

We welcome all of our patients back to our newly safety modified surgery.

We need to catch up on some of the checks you may have missed.

We also welcome new patients to the practice.



Holistic general medical practice and nursing care for family of all ages including

- Counselling & Mental Health
- Skin Treatment & Minor Surgery
- Vaccinations
- Smear Testing

Doctor Paul, Nurse Sharon, Kay and Carol look forward to seeing you.

Torbay Community Doctor

DR PAUL HUNTER

987 Beach Road. Torbay

P 473 9594 TXT 021 223 6775 E tcd987@outlook.com



Torbay Skin at
Alert Level 2

From all the team at Torbay Skin we thank you for your patience and support as we navigate through this new Covid-19 world.

For Torbay Skin, Level 2 means we can return to providing all our normal skin cancer services.

So you will now be able to come in for that all important **Skin Cancer Check**.

Of course, all our other skin cancer services will be available.

We assure you that we will continue to be working following the various guidelines with respect to safe practice under the Covid-19 emergency to ensure your safety and that of our team, while providing an excellent standard of care.

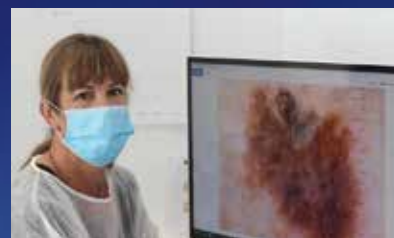
From Monday 18th May our hours will be Monday to Friday 8.30 am to 3.00 pm. We expect to move to our full normal hours within weeks.

Please **DO NOT** come into Torbay Skin to make an appointment, due to the Covid-19 restrictions applicable at Level 2.

To book an appointment please phone 477 1111.

We do look forward to seeing you soon!

COVID-19: We are in this together. As we respond to COVID-19 as a community, we urge you to stay safe, keep connected and follow all guidance from the government.



Call 477-1111 to book your full skin cancer check with Clare or Naomi

1050 Beach Road, Torbay

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

Be as well as you can possibly be.

Our Virtual Nutrition Medicine Clinic can help you with:

- super-charging your Immune System
- optimising your diet for the best possible health
- finding the root cause of your fatigue, gut problems, blood pressure issues, mental health problems (and more)
- supplying natural health supplements to restore your energy and wellness
- coaching you on how to overcome bad habits and self-sabotage in your eating and lifestyle
- off-setting side-effects from your prescription medicines
- supporting your respiratory system and nervous systems so that they function at their best
- developing a self-care toolkit including yoga and meditation to help you feel balanced and supported every day.

Unichem⁺
Torbay Pharmacy



All of this online, from the safety of your bubble. Just email clinic@nutritionmedicine.nz

Let's create your unique roadmap to radiant good health.

nutritionmedicine.nz

NUTRITION MEDICINE
CLINIC

What will it look like in Torbay?



Torbay Takeaways-open.

After one month lockdown with no fish and chips Torbay Takeaways was able to open its doors and supply the hungry of Torbay again.

Fish and chips had never tasted as good!

Open 7 days from 4pm please telephone your order in 473 9229.

Fed up of cooking through the Lockdown?

The Roast Shop in Torbay is now open again- 7 days a week with delicious roast meals.

The wonderful smell blows you away as you enter the shop and the roast potatoes are to die for!

Choose from Lamb, Beef, Pork or C hicken and have a night off cooking.

For your takeaway phone 473 2134



Torbay Thai for that truly authentic meal.

1054 Beach Road, Torbay, Auckland 0630
09-473 1674

Thank goodness takeaways could operate during level 3. We had so missed the wonderful food available to us. Thank you for finding a way to give us a break from food preparation.



09 473 6361

Opening Hours Mon-Sat 8 am - 4 pm,
Parents are more than welcome to grab sushi for their kids' lunch in the morning.

What's it like to be a smoker?

Smokers aged 18 years or over wanted for research

We are looking for people who smoke tobacco who are willing to be interviewed by phone for a study on how attitudes towards smoking are changing. The study does not involve trying to get you to stop smoking and you will not be asked to trial any new stop smoking methods.

Phone free: 0800 284 285

or email us: info@coreiss.com

Centre of Research Excellence: Indigenous Sovereignty & Smoking

Researcher and Accountant Needed

Enjoyed not having to commute to work during lockdown? We are looking for sticklers for detail to join us in our mission to reduce harm from smoking among indigenous people across the world. Right now, we need a Xero-competent qualified Accountant and a proven Researcher. Situated in Torbay, the Centre of Research Excellence: Sovereignty and Smoking offers a secure friendly environment focused on making a real difference to our world.

Researchers with a track record of publishing in human sciences, anthropology, economics or statistics, or a related field, and who are willing to travel (post-covid of course) are welcome to contact us. Of course, someone has to pay the bills, pay the researchers and track expenditure against budget. We might not be the 10 storey CBD big business you're used to but we still need someone who can do forecasting, financial reporting and research project costing. You'll need more than basic XERO know-how even for us. To find out more email Steve at info@coreiss.com.

Thank you Mr Govs for staying open through the lockdown so we could have clean laundry.



Because we are classed as essential services and are completely contactless we have been able to provide full services all through the restrictions. Open 7 days.



Just as humans are struggling with no hair cuts dogs are getting smellier all through the lockdown.

Please check with us for the time when we are able to open so we can book you in and make your dog beautiful and sweet smelling again.

Our range of food available during lockdown.

Everyone at Dogsbody.

Many dog owners with smelly dogs are hanging on you opening again, Dog's Body.



CALL US: (09)4731500

Shop 1A County Rd. Torbay. Auckland

ALTOGETHER UNITED



Thinking of selling?

We welcome your call if you are thinking of making a move, would like an update on the market or want to chat about your real estate needs.

Call us first to find out what we can do to help you find your dream home.

Bayleys Long Bay
09 487 0630
longbay@bayleys.co.nz

BAYLEYS REAL ESTATE LTD, LONG BAY, LICENSED UNDER THE REA ACT 2008

We love the innovative ways real estate has found to operate in this difficult period.



ALTOGETHER BETTER

Residential / Commercial / Rural / Property Services

BAYLEYS

1,022sqm Family Oasis or Development



Check: [bayleys.co.nz/1330930](https://www.bayleys.co.nz/1330930)



WILLI BARDOHL

Property and Marketing Consultant

M 0211 922 925

E willi.bardohl@bayleys.co.nz

Bayleys Real Estate Ltd,

Licensed under the REAA 2008



**Thérèse and Jiang,
exceptional results in your area**

NO.1

Long Bay Office

NO.5

North Shore 2019/20

TOP 10%

Bayleys New Zealand



We hope you have stayed safe during your time of isolation. If you discovered that you weren't living in your dream home during the lockdown, please call us.

**We have many buyers who are looking in
your area right now.**

Scan QR code to view
our facebook page.



THÉRÈSE LESLIE

Property and Marketing Consultant

M 021 0226 6192

E therese.leslie@bayleys.co.nz

Bayleys Real Estate Ltd,

Licensed under the REAA 2008



JIANG KOU 寇江

Property and Marketing Consultant

M 021 0879 3257

E jiang.kou@bayleys.co.nz

Bayleys Real Estate Ltd,

Licensed under the REAA 2008



JULIA PARFITT & ALEXIS POPPELBAUM

Bays Local Board Update

Rates consultation – have your say

Auckland Council is now consulting on its emergency budget post-COVID-19. Your feedback is being sought on a proposed 2.5% or the 3.5% rates increase they had planned prior to the pandemic. There is some support in place now for those experiencing financial hardship and the consultation will seek feedback on further measures.

We encourage you to read the consultation which will provide important context and to give your feedback by 19 June. Local Boards have already had an opportunity to provide initial feedback. We have both heard a lot from people in our community on this issue, which we have passed on - that you don't want to see a drop in service standards, you want to see things being renewed when needed and for our community assets like parks, libraries and leisure centres to continue to operate well. We've also heard that you want Local Boards to retain their discretionary budgets (which account for less than 2% of Council's overall budget). Following public consultation, Local Boards will have another opportunity to

provide feedback. Please get in touch with us to share your thoughts – we want to hear from you so that we can truly reflect what our community wants.

You can find the consultation and further information at www.ourauckland.nz

In brief

- During Alert Level 4, Torbay Medical Centre requested some help in getting approval to put up an assessment tunnel in an alleyway. Thank you to Auckland Transport's Chief Executive Shane Ellison for taking our call on a Saturday and organising authorisation that same day.
- Sir Peter Blake MERC has, like many businesses and organisations, suffered recently. They are working hard to rearrange their outdoor experience programmes - please support them if you can.
- We are always happy to sit down and talk with you about the things that matter most to you and our community: Julia.Parfitt@aucklandcouncil.govt.nz, 021 287 1999 and Alexis.Poppelbaum@aucklandcouncil.govt.nz, 021 197 2878.



Skin clinic



1/2 Price on Facials & Light therapy treatments

(when you mention this ad. 1 treatment per person)

ONLINE BOOKING AVAILABLE

09 218 6001

www.pout.co.nz

G02/57 Glenvar Ridge Rd, Long bay village

FLOSS
— dental boutique —



NEW PATIENTS WELCOME

Full checkup with 2 X-rays

\$ 6 9

Late night and Saturday appointments

ONLINE BOOKING

09 218 6001

www.flossdental.co.nz

G02/57 Glenvar Ridge Road, Long bay Village

Market Pulse on the Shore -by Geraldine Zareian

World Put on "Pause"? – Press "Play"

Just before the property market came to an abrupt halt, it hit an all-time high!

Remarkably, some buyers who had visited properties prior continued to purchase remotely and prices continued to hold.

We have all had time to turn problems into solutions, using available technological resources to overcome. Sir Isaac Newton famously developed 3 theories whilst he was house-bound during the great plague!

“ A significant proportion of the million expats living abroad are seriously looking to return to NZ ”

Remote viewings of properties on-line have increased on some sites by at least 30% (UK, AU, US & Canada) Use of quality photographs, videos, floorplans and virtual reality tours have helped to identify a shortlist of properties for private viewings. Focus on positives:

- A significant proportion of the million expats living abroad are seriously looking to return to NZ.
- Historically low interest rates and LVR changes will boost ability of buyers to progress.
- Auckland is less reliant on tourism and is a major business hub with unfilled jobs.
- Housing supply is still short of demand, which will accelerate recovery and growth.



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

Now is the Time to Get Your Home Ready to Sell

Do Your Homework

Check out your competition, understand the market and think about what buyers look for when buying

Repairs and Renovations

See what adds value before you decide to renovate

Think About First Impressions

Take a walk out to the kerb and think about anything that could potentially turn buyers off

Declutter and Clean

Think about the space in your house and how you can make the most of it for viewings

Disassociate Yourself from Your House

Buyers will find it hard to imagine living there if it's filled with your family photos and heirlooms. Keep minimum!

Digital Marketing is Essential in Today's Market

- complimented by glossy photography, virtual reality walkthrough, 2D-3D interactive floorplans and video.

Call Me Now for Free No-obligation Advice!

15 Years Trusted Local Experience & Knowledge

BARFOOT & THOMPSON

\$225M LOCAL SALES

Geraldine Zareian
021 184 0312
g.zareian@barfoot.co.nz
barfoot.co.nz/g.zareian



Hair salon and hair extension service.

We look forward to welcoming all our clients back after the lockdown. We promise to do our best to restore your hair after your self-hairdressing attempts.

**1056 Beach Road, Torbay, Auckland
09-473 5241**



Foxy & Co.

The support shown to us during this difficult time has been amazing.

We are eternally grateful and are looking forward to our new normal.

We sincerely hope it won't be to long before magazines, coffee and big hugs are back on the Foxy menu as well as amazing hair.

Foxy & Co 473 2277



The phone will be ringing like mad when you are able to open again. Best of luck with correcting all the DIY haircuts that have taken place during lockdown.

NiiA Beauty & Wellness

A friendly and affordable hair salon with stylists that have a few decades of experience. We use organic products to make sure that we provide your skin and hair with the best products available as well as treading as light as possible on the environment.

Please contact Lee or Rosa via our website or Facebook page or text 021 257 1980 for an appointment. We have late nights, Saturdays and Sunday appointments available.

Website: www.niabeautywellness.com



Simply Colour and Cuts

Jo and Amy are a friendly team of professional hair care specialists that deliver great service at affordable prices.

Simply Colour and Cuts, 967 Beach Rd Torbay
Phone 473 8111



Check out our new website: www.torbayfruitshop.co.nz

Our pick up is free and available within 24 hours of placing orders online.

Our delivery is either same day or next day. Or as requested by the customer.

We offer really good prices and best quality too.

www.torbayfruitshop.co.nz 0275028724

Thank you for the wonderful services that you give and the quality we have offered to us.

TORBAY VILLAGE BUTCHERY

This butcher shop was established late 2011 by two surfer boys, Trent & Dave, who knew how to give quality products and fantastic customer service. And just to mention the best looking butchers in town!

It is just Dave now and he has been doing his very best to keep you all supplied with your favourite top quality meats.

"Thank you for supporting us through level 3 as we were doing our best to continue to provide you with top quality at best prices."

1028 BEACH ROAD, TORBAY
09-473 2014



Monday 11:00 AM - 08:00 PM

Tuesday 11:00 AM - 08:00 PM

Wednesday 11:00 AM - 08:00 PM

Thursday 11:00 AM - 08:00 PM

Friday 11:00 AM - 09:00 PM

Saturday 11:00 AM - 09:00 PM

Sunday 11:00 AM - 07:00 PM

Great range of wines and beers, come on in and see!

1032 Beach Road, Torbay 473-9619

Torbay's
4 FOUR SQUARE
for convenience and value

We're proud to be part of the long-standing iconic Kiwi brand that has been the local for New Zealand communities since 1924. So if you're keeping it local we're here to make it easy for you. Become a local, and shop where all Kiwis love to shop. Always welcome. Always local. Always Four Square.

1058 Beach Road, Torbay Ph 09 473 6197
Mon-Sun 7:00am-8:00pm



Book Today

09 473 1400

Love your smile.

As your good health guardians, Lumino Torbay has you covered. We are committed to the health and safety of our patients and our team.

OUR SERVICES

- General Dentistry
- Emergency Dental Care
- Tooth Extractions
- Implant, Crowns and Bridges
- Orthodontics
- Cosmetic Dentistry
- Free Teen Dentistry
- Lumino Dental Plan for less than \$1 a day

We offer various payment options such as QCard and Afterpay.

Lumino
The Dentists

For those with aches we will be glad to see you open again.

Torbay Chinese Acupuncture Centre

First and foremost, Eddy and I would like to extend a sincere word of thanks to every one of our existing clients, the wonderful Torbay community, and all who have supported us since our clinic was first established in 2001. The world is experiencing unprecedented times, where we are not only realizing how much we miss getting a morning coffee at our local barista but also the utmost importance of our health.

We have not been sitting idly-by during lockdown. In the past 6 weeks, we have been attending various online courses, conferences and seminars held by distinguished personnel from Wuhan's front-line doctors, America's university researchers and our own epidemiologists and microbiologists. We have listened to their recommendations and have our own PPE, single-use disposable bedding and disinfectants ready to go



for when we re-open in level 2.

Our practice aims to not only treat symptoms at the surface level, but to identify and tackle root-causes, resulting in both relief and the reduction in the likelihood of a relapse. This may require your co-operation in making

slight adjustments to your day-to-day lifestyle if we are working with recurring pains. This process is easier than it sounds, as any additional beneficial actions taken can induce the beginning of a positive feedback loop.

If you have any queries or want to book an appointment, please contact us on (09-4732278), or myself (021-402811) or Eddy (021-0719398), or send us an email to torbayacupuncture@gmail.com.

We would love to hear from you!
Leigh Zhang and Eddy Wang

TORBAY PHYSIOTHERAPY & HAND THERAPY

Have you developed neck or lower back pain from sitting at your computer all through lockdown?

Have you got a sore hand from all those DIY jobs you managed to achieve during lockdown?

Well you no longer have to suffer in silence, Torbay Physio and Hand Therapy are up and running again and ready to help you with whatever aches and pains you might have.

Torbay Physio and Hand Therapy offer treatment for any general musculoskeletal injuries as well as hand specific injuries. We also provide post-surgical rehabilitation and management strategies for arthritic conditions.

To make an appointment, you can contact our clinic:

Phone: (09) 473 0333

Email: admin@torbayhandphysio.co.nz

Our clinic's normal opening hours are Monday-Thursday 8am-6:30pm and Friday 8am-5pm.

1042 Beach Road, Torbay, Auckland
www.torbayhandphysio.co.nz

Nom's Thai Massage

If you have been stressed during the lockdown and you feel stiff with painful back why not make an appointment with Nom and work all those kinks away so you feel back to normal.

967 Beach Rd, Torbay

Phone 09 473 5080 for appointments



La Bella Vita Beauty

La Bella Vita Beauty Therapy in Torbay has been open since March 2013.

Experienced and internationally qualified beauty Therapists.

We provide a large range of Beauty Care. See our web site for our services and treatments or prices. Come on in and meet our lovely Therapist Maria.

La Bella Vita is celebrating 6 years !

We have grown so much in the past 6 years, between renovations, constantly adding new treatments all with the same friendly service.



TORBAY BAR & RESTAURANT

Torbay Bar and Restaurant

Call Us 09 473 1002

4/1056 Beach Road, Torbay

Tuesday-Thursday 3:00pm -9:30pm

Friday 2:00pm -9:30pm

Saturday-Sunday 12:00pm -9:30pm

Thank you for the outstanding food you prepare and serve.



Scout

Scout is happy to be back open!

We are now opening at normal hours.

We welcome you to dine and catch up with friends and loved ones.

Thank you for all your support and patience during difficult times.

Scout 967 Beach Rd Torbay 473 9070



Beauty Therapy



We have got Aimee from Pinky nails the amazing Mobile Nail technician who has won several awards for her nail art. Janine from the piercing suite offering piercings. Cheryl our massage therapist who specializes In deep tissue / sports massage. Michelle our lovely cosmetic nurse and myself Maria, Senior beauty therapist and Owner.

We all take pride in what we do offering fantastic services. We are all fully qualified and council compliant.

La Bella Vita Beauty Therapy Ltd.

4/1024 Beach Road, Torbay (next door to Plunket)

Phone: (09) 473 0856 email: info@labellavita.co.nz



Chand Restaurant

Indian Cuisine is as varied as its terrain. From the rich meat dishes to the simple vegetarian cuisine, the art of eating Indian food is to sample several dishes sharing the different tastes with your guests. Our chefs use traditional Indian herbs and spices, which makes our food tastier.

Chand was conceived as a 'non-destinational' dining experience, drawing upon the varied range of Indian cuisine which has evolved over many years. Our customers do not have to make any special plans to visit but we are always there when they feel hungry.

We provide a clean environment and hold an A Food certificate. Our restaurants are fully licensed, plus BYO wine only.

Our restaurant is open for dinner daily from 5 pm

Food delivery to Northcross, Oteha, Torbay and Waiake

Reservations: chandindianrestaurant.co.nz

Order: menulog.co.nz, ordermeal.co.nz

Phone: 09-473 6259

1028 Beach Road, Torbay, North Shore City 0630

Thank you for managing to operate on non-contact basis.



**Piatti
italiani**
5 Hebron Road, Waiake
Auckland 0630
09 478 69 36
www.piatti.co.nz



Thank you to our friends, patrons and neighbours! We are grateful to be living in such a supportive community.

Alfio and Giancarlo



Working for the Good of the Community

Two of the 10 households who gave masks to help their community. Pictured below: Cecilia. Right: Annie.

Those of you who are registered with the Torbay Medical Centre will have received this email.

Time for an update - all pretty much good news!

Thank you so much for working with us during this major change in the primary health care system. Our team has been working tirelessly to create a safe environment for you and our staff.

Our community has been outstanding in making this possible and supporting us. Special thanks to the Chinese Community and Anna for donations of face masks to keep our patient/clinic Covid19 free.

And to our volunteers that supported our flu tunnel clinic and Auckland Transport who activated the Pandemic protocol and blocked off the back lane to create a tunnel for safer patient reviews.

Torbay Medical Centre Team

Early on in the lockdown I was contacted by Frank Sun from the Chinese community at Long Bay who wanted to help in any way possible during this crisis.

They had heard that some things were in short supply.

I checked with local Health Care people and found that they



were desperately short of masks.

Frank organized a collection from various Chinese residents who gladly gave their supplies to help out at such a critical time.

Several hundred have been delivered though the lockdown to Torbay Medical, Torbay Pharmacy, Northcross Pharmacy and Four Square, and local care workers who visit people in their homes, and had no supplies.

These have been vital in helping keeping local residents safe. 谢谢

Thank you!

Carole McMinn

Word Search

Answers on page 33

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

Find the following capital cities:

London	Madrid	Lima
Tokyo	Lisbon	Apia
New York	Canberra	Seoul
Oslo	Rome	Kiev
Paris	Prague	
Moscow	Suva	

Lockdown treats

I spotted this blackbird at Vaughan Cottage recently. It is a rare Leucistic genetic variation where melanin is missing from some feather producing cells, so they produce white feathers, or patches of white.

We have identified over 25 different varieties of bird on the walk from Long Bay north on the walkway.

Neil Hutchison

Explore Our Own Backyard

We are lucky to live in such a beautiful country. So, while the borders are closed, support local and book a holiday to visit parts of New Zealand that you have always intended to.

At helloworld Travel Browns Bay our Travel Professionals can help you plan and book your New Zealand holiday or adventure including flights and land arrangements.

We have an extensive range of New Zealand products suitable for a getaway with your partner or friends, a fun family holiday, or an active and adventure-filled trip.

Look out for our New Zealand video series that highlights some beautiful regions of New Zealand with images from our personal travel experiences.

You will find these on our Facebook page: www.facebook.com/helloworldbrownsbay.

The videos will feature:

Queenstown, Wanaka, The Otago Rail Trail, Dunedin, Christchurch and the Canterbury Region, ideas for a South Island road trip, Wellington, Nelson and Abel Tasman, Napier and a North Island road trip.

Types of New Zealand Holidays:

Self-drive holidays – We have access to a group of modern fleet cars to hire that can be collected at any airport in New Zealand. Pick up your car and explore a region at your leisure.

Accommodation Vouchers – A flexible holiday option. You can pre-purchased vouchers that work well with a self-drive holiday for any number of nights with Holiday Parks, Golden Chain Motels, B&Bs and Go Kiwi hotel collection.

Motorhome Hire – This is a fun way to discover New Zealand. We have a range of suggested itineraries to help you roam around our country. Wake up to a new view every day and immerse yourself in nature.



Rail Holidays – Discover the heart of New Zealand and spectacular scenery. Unique train services available to book: the Northern Explorer, Coastal Pacific and TranzAlpine.

Walking and Trekking trips – Immerse yourself in New Zealand's pristine wilderness. Some of the best parts of Aotearoa are only accessible by foot. We have a delightful and extensive selection of guided walks to book.

Cycling holidays – We have a selection of cycle tours giving you an unforgettable way to take in New Zealand's breathtaking scenery while discovering hidden experiences along the way.

Ski holidays – Our ski packages to all major ski fields with nearby accommodation are great value.

We have a range of guided holiday options, or can help you build your own trip to visit parts of New Zealand that you have always wanted to visit.

Support local and contact the team of Travel Professionals at helloworld Travel Browns Bay to book your next New Zealand Travel Adventure.



Book with helloworld Travel:

- Cruises around NZ
- Queenstown Getaways
- Scenic Rail Journeys
- Luxury Lodges
- Walk or Cycle Tours

helloworld Travel Browns Bay

26 Clyde Road

09 478 4416

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS



DOGGY

Just before lockdown this event was hosted by Templeton Group with Harcourts Cooper & Co. sponsoring a raffle benefitting the SPCA. Over \$300 was raised, and the draw winner, dog lover Nikki, was super happy picking up her prize from the Long Bay marketing suite.

It was a phenomenal success with a lot of very happy dogs and parents coming to check out Long Bay Village and get their free pawtraits by Kirsty from Dog & Co., who was super fabulous, photographing over 110 pooches!

After our first Facebook post of the event, we booked out all 100 slots for pet portraits in less than 24 hours!!



To find out more about Aria Bay,
contact Sharon on 021 618 913
or sales@ariavillages.co.nz
3-7 Woodlands Crescent,
Browns Bay, Auckland.



Live your retirement dream in a boutique apartment in Browns Bay, with fewer neighbours, spacious private decks and access to an exclusive indoor pool, spa and gym.



ARVIDA
Aria Bay

www.ariabay.co.nz

DAY OUT!



Chanelle from Jim's Mobile Dog Grooming gave the dogs free nail clipping. Woofgear, Feed My Fur Baby, The Good Pet Home and Waggamuffin Pet Supplies set up stalls for the day to showcase their awesome pet products and delicious treats. It was the first, but definitely won't be the last Doggy Day Out at Long Bay Village.

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

Tides Jun 2020 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Mon 01			02:37	3.2m	08:47	0.8m	15:11	3.1m	21:14	0.8m
Tue 02			03:36	3.2m	09:47	0.7m	16:14	3.1m	22:15	0.7m
Wed 03			04:34	3.3m	10:45	0.6m	17:15	3.2m	23:13	0.7m
Thu 04			05:31	3.3m	11:42	0.5m	18:12	3.4m		
Fri 05	00:08	0.6m	06:27	3.4m	12:36	0.4m	19:07	3.5m		
Sat 06	01:02	0.6m	07:22	3.4m	13:28	0.4m	19:58	3.5m		
Sun 07	01:53	0.5m	08:15	3.4m	14:18	0.4m	20:48	3.5m		
Mon 08	02:44	0.6m	09:07	3.3m	15:07	0.5m	21:37	3.5m		
Tue 09	03:35	0.6m	09:57	3.2m	15:54	0.5m	22:25	3.4m		
Wed 10	04:25	0.7m	10:46	3.1m	16:40	0.7m	23:14	3.3m		
Thu 11	05:16	0.8m	11:33	3.0m	17:28	0.8m				
Fri 12			00:03	3.2m	06:06	0.9m	12:21	2.9m	18:17	0.9m
Sat 13			00:52	3.1m	06:57	1.0m	13:10	2.9m	19:10	1.0m
Sun 14			01:42	3.0m	07:47	1.0m	14:01	2.8m	20:06	1.1m
Mon 15			02:33	2.9m	08:38	1.0m	14:55	2.8m	21:03	1.2m
Tue 16			03:23	2.9m	09:29	1.0m	15:50	2.8m	21:57	1.2m
Wed 17			04:11	2.9m	10:18	1.0m	16:44	2.8m	22:46	1.1m
Thu 18			04:59	2.9m	11:06	0.9m	17:33	2.9m	23:31	1.1m
Fri 19			05:45	2.9m	11:51	0.9m	18:19	3.0m		
Sat 20	00:15	1.0m	06:31	2.9m	12:35	0.8m	19:02	3.0m		
Sun 21	00:57	1.0m	07:16	3.0m	13:18	0.7m	19:44	3.1m		
Mon 22	01:40	0.9m	08:02	3.0m	14:01	0.6m	20:27	3.2m		
Tue 23	02:24	0.8m	08:47	3.1m	14:44	0.6m	21:11	3.3m		
Wed 24	03:10	0.8m	09:34	3.1m	15:28	0.6m	21:56	3.3m		
Thu 25	03:58	0.7m	10:21	3.2m	16:14	0.6m	22:43	3.3m		
Fri 26	04:48	0.7m	11:09	3.2m	17:03	0.6m	23:33	3.3m		
Sat 27	05:39	0.7m	12:00	3.1m	17:54	0.7m				
Sun 28			00:25	3.3m	06:33	0.7m	12:53	3.1m	18:51	0.7m
Mon 29			01:20	3.3m	07:29	0.7m	13:51	3.1m	19:51	0.8m
Tue 30			02:16	3.2m	08:26	0.7m				

Times adjusted for Daylight Saving.



INNOVATIVE CULTURE ENSURES QUICK RESPONSE TO ONLINE LEARNING

COVID-19 Alert Levels 3 and 4 brought many challenges, including the need for students to complete their school studies from home. Long Bay College staff pivoted quickly and were well positioned to deliver the curriculum online from the very first day of lockdown.

“Our College is known for its qualities of creativity and care and we really leveraged these values to ensure our students could seamlessly continue to connect with their teachers and keep up with their lessons throughout Alert Levels 3 and 4,” says College Principal Mr CJ Healey.

“Staff continued to provide a high standard of care for students. They refined and adopted systems and created innovative ways of delivering a high quality education remotely. We have demonstrated, as a school, we are living our core values with greater strength than ever.”

While teachers collaborated across faculties sharing best practise techniques for working remotely, so did students. They supported each other by sharing tips and ideas during online class chat sessions.



“Remote learning has been a whole new experience for many students, staff and parents. Feedback has been extremely positive from all groups and student attendance at online classes was impressively high,” says Mr Healey. “The quality of work produced at home has been outstanding.”

Microsoft Teams was used by Media Studies students who worked together in small groups to critically analyse films and share their insights by video conference; Physical Education students performed drills, activities and challenges at home and uploaded videos of their achievements; Dance students also used video to send their teacher self-choreographed routines; Wood and Food Technology students utilised home materials and uploaded photos of their projects from



concept to completion. Year 9 French students performed their French play assessment through Microsoft Teams’ Chat. And in English, the school utilised Microsoft 365 and YouTube to allow every student to digitally submit their annual speech. A number of co-curricular activities continued online while new opportunities were created.

“We have a passionate sustainability group who continued to meet and develop their initiatives remotely; a Dungeons and Dragons group now meets regularly using Microsoft Teams and a songwriter’s group and a book club started online during lockdown,” says Mr Healey.

“The innovation and growth experienced by us all as a result of lockdown has been impressive and will take us forward in many new directions,” says Mr Healey.

Submit your story to our time capsule

Long Bay College is creating a time capsule to collect the experiences of our students and community during COVID-19 Alert Levels 3 and 4.

Lucy Doran, Long Bay College’s Physical Education Teacher and Wellbeing Coordinator is part of the team managing the time capsule project and says, “It’s an opportunity for everyone to reflect on the period of lockdown, provide unique content and capture memories of

this unprecedented time. The plan is that the capsule won’t be opened for 25 years, when it will then be a resource for the future generations of Long Bay.”

All members of the local community, including local business managers, are invited to share their stories and submit them to College’s time capsule. For more information, please see the COVID-19 section of the Long Bay College website.



LOCKDOWN LIMERICKS

(well I had to find something to do!!)

I've enjoyed being in lockdown.
Now my bread skills have never been high.
So to scour for flour
Gave a great sense of power
Mixed with yeast. And a satisfied sigh.



I've enjoyed being in lockdown.
The garden has never looked better
Not a weed in sight
They gave up without fight
I could sell tickets and be a trend setter.

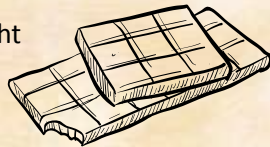
I've enjoyed being in lockdown
My wardrobe is ever so neat
The Op Shop will get
Any unworn set
Of clothes and shoes from my feet.



I've enjoyed being in lockdown
My car has had a good rest
Saved money- no gas
Saving planet- en masse
It has all been for the better.



I've enjoyed being in lockdown
Thinking of food -all day and all night
Chocolate, muffins and cheese.
Anything out of the deep freeze.
I'll end up looking a sight.



Carole McMinn
- definitely not next Poet Laureate.

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.



- Specialists in science led and people focused Holistic HealthCare.
 - Work collaboratively with GPs and other medical specialists.
 - Specialised technology to support health assessments including: Detailed BioChemical & Lifestyle Questionnaires, Fitgenes DNA testing; Hemaview Dark-field Microscopy; Specialist Biofeedback testing; VLA & Antioxidant Scans
 - Distance consults including phone and skype available for those that cannot travel.
 - All clients receive a comprehensive health report, action plan and follow-up.
 - Practitioner strength supplements, herbal medicines, may be dispensed.
 - Detailed Dietary & Lifestyle Advice given.
 - 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



Visit www.holdenhealthcare.com and www.marionstobie.co.nz
*Not medical doctors, qualified & registered Complementary Health Professionals

Word Search Answers

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

QUIZ ANSWERS

- 1 Corn is the main provider of vegetable for ethanol
- 2 All roads lead to Rome according to the proverb.
- 3 A clock has hands, a face and wheels.
- 4 Motor racing driver Stirling Moss never won the F1 Championship but was runner up 4 times.
- 5 The rowing lake at Twizel is Ruataniwha.
- 6 The fourth book in the Bible is the book of Numbers.
- 7 The strawberry has it's seeds on the outside.
- 8 The only vege or fruit never sold frozen etc: always fresh is lettuce.
- 9 The Piccadilly rail station in England is in Manchester.
- 10 The Roman numerals for the year 2000 is MM.

GET TAX FIT

NO SURPRISES AT TAX TIME

- ANNUAL FINANCIALS
- COMPANY FORMATIONS
- RENTAL PROPERTIES
- GST RETURNS



Call Craig Bright
09 478 0202

Open Mon - Fri | 9am - 5pm



SBA BROWNS BAY
105 Clyde Road, Browns Bay
brownsbay@sba.co.nz
www.sba.co.nz/browns-bay
f @sba.brownsbay



little local

a little something for our locals

Located in the Long Bay Village Dining Precinct



fill you up

bagels made fresh to order

south island smoked salmon + red onion + capers + dill + lemon	16.0
egg mayo + chives	10.0
tomato + pesto + cream cheese + fresh basil	12.0
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



cool you down

blended or built

milkshakes 6.0

- strawberry
- lime
- vanilla
- chocolate

smoothies 7.0

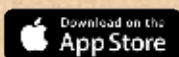
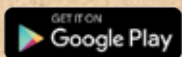
- mango
- berry
- banana
- green

iced drinks 7.0

- made with ice, milk and ice cream
- coffee
- chocolate
- mocha
- chai
- americano

GET REWARDED

Download the app
Search "Sierra Coffee"



Free Coffee when you sign up.

Use the App in May and go in the draw for \$100 Gift Coupon loaded directly onto your App.

Thanks for all the support!

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

Coaster pack of 4 \$20.

If local - delivery is free.

Contact 473 3259 or sales@aotearoamemories.co.nz



Ph: 09 473 3829
Email: sales@aotearoamemories.co.nz
www.aotearoamemories.co.nz

A Surprise Party

Short story by
Warren McIver

'Oh, I thought we were going to Jessica's', Bill said as they turned off at Takapau instead of going on to Hastings. Maybe we are just taking a tiki tour, he thought to himself.

He remembered his younger days in Takapau as they came into the village. When they turned into Oruawhoro Rd and passed the rugby fields and the golf course, his interest picked up – the homestead may be a nice place to visit today, he mused.

As they turned into the homestead, Sandra said 'Here we are. Wait in the back while we help you out. Welcome to your special day'.

'It will be great to see who is here. Some I probably haven't seen for a while, but I wish Joan was here.'

Sandra heard what he said and sighed, 'Yes, we all do Dad, but we also know that she is here in spirit, sharing in your day'.

Taking a deep breath as he was helped from the car into the homestead, he saw ahead of him a room full of people. Recognizing he was overwhelmed, Sandra took his arm and said, 'Sit down Dad, take a moment to look around and see who has come to be with you to help you celebrate being a hundred'.

As he always did, he looked around the room. 'Boy', he said, 'I wish I had a chance to wallpaper and paint this room. It has such beautiful high ceilings and look at those windows. I always loved painting the windows because the oil paints we used always left such a beautiful and hard wearing surface'.

Warren stepped forward and said to him, 'Hi Dad, I hope you are not too overwhelmed, but we have a few simple things planned over high tea to celebrate the day. Bill had seen more of Warren and Linda and the kids recently, but living in Auckland as they did made that difficult. He recalled how lucky he is to know all of his great grandchildren well.

As they sat down for high tea, Warren said a few words of introduction and Sandra talked about the lovely things everyone had bought with them to remember the times spent together that were set out in a large table to one side of the room.

High Tea was served and later Jessica said 'why don't you look at the things on the table we have bought with us – they may bring back some memories for you'.

He agreed that was a good idea and said to her 'I thought we were going to your place for Easter, you really tricked me'. Bill always loved Jessica's gentle and generous nature and realizing some people were there that he hasn't seen for a long time, asked her to help him get around everyone during the afternoon. As they approached the table, Bill immediately noticed the photo album which the kids always called this 'Dad's war album' but he knew it also contained photos from Takapau when he was younger. He always treasured the photo with Granny in front of the house in St Clair St that backed onto the railway track. He was proud that some of the photos in the album are on display in the Devonport Naval Museum and Warren often says that the photos from the Clyde reminded him of 'The Cruel Sea'.

The photos from the Pacific bought back memories of long hot days trying to avoid the thought that, at anytime, a torpedo with their name on it may be on its way. Goodness, he thought, we were lucky to come home to our loved ones and to make me even more blessed, Joan was waiting for me.

While he was looking at the items on the table Marie came up to him, 'Hi, cuddie' she said, jokingly referring to the bond they had as kids. Bill was slightly older than his cousin but he was always looking out for her and she was so proud of the day he visited on a break home from the Pacific and insisted on a photo together, her in her best dress and Bill in his navy uniform.

The afternoon slowly moved on with everyone spending time with Bill, but soon it was noticeable that he was tiring.

As he left with Jessica for Hastings, he thanked everyone for being there and said quietly under his breath 'I wish you were here Joan'.



Speak up

0800 555 111

It's anonymous.

Helping New Zealanders to speak up anonymously about crime.

If you have information about a crime or criminal activity and for whatever reason you don't want to contact the authorities directly, then tell Crimestoppers.

We are an independent charity

We are not part of the Police

We guarantee your anonymity

We pass on the information to the authorities for you

Contact us now call free 24/7
0800555111

Online encrypted message form at
www.crimestoppers-nz.org

0800 555 111
crimestoppers
speak up, it's anonymous

CLASSIFIEDS



ACCOMODATION

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 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!

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

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

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

CLASSIFIEDS



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.dianne-wallace-ballet.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

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



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.



ENTRY BY GOLD COIN DONATION

sales@aucklandmamamarket.co.nz

[torbayplunketnearlynewsale](https://www.facebook.com/torbayplunketnearlynewsale)



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

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

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

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

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

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

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

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

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

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

TORBAY Village

DIRECTORY

www.torbay.co.nz



DINING

RESTAURANT

- Chand Indian473 6259
- Piatti Waiake478 6936
- Scout Cafe.....887 9269
- Thai Torbay473 1674
- 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 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 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

Testimonial

"Lily was brilliant, using smart strategies to maximize price. She was also excellent at communicating. Lily is a very professional, honest and straightforward real estate agent or leader when dealing with her team or her clients. I think Lily did an amazing job matching up people who can help each other, ultimately making the customer experience an A+ since Lily with her team helps you through any type of home sale or purchase you are trying to do. Because her team is so diverse and knowledgeable. Lily ensures that her customers know all options so they can make the choice that is best for them and their situation. As a client I know that have dealt with Lily are amazed by the "seamless" process her team performs with them and how open and honest they are when dealing with what is the largest investment most people make in their life. Thanks to Lily."

Owner of 1/38 Waiau Street, Torbay.



68 Arran Road, Browns Bay

Ref. 786190

4 2 2



22 Bounty Road, Long Bay

Ref. 790415

5 3 2



19 Tawatawa Place, Long Bay

Ref. 789994

5 4 2



5 Freya Place, Torbay

Ref. 788282

4 2



2 Luff Place, Long Bay

Ref. 787890

6 4 2



58 Headland Drive, Long Bay

Ref. 787335

5 3 2



NO.1

LILY ZHANG

NO. 1 SALES TEAM NORTH SHORE REGION 2019*

021 103 5310

DDI 09 215 4206

barfoot.co.nz/L.zhang2

E L.zhang2@barfoot.co.nz

www.Lilyzhang.co.nz

BARFOOT & THOMPSON
LICENSED REAA 2008



Barfoot & Thompson Long Bay and Torbay

Your local sales and property management specialist.



Saul Hinton
Branch Manager
021 305 237



Corrin Hand
Property Manager
0274 319 696



Kelvin Zuo
Property Portfolio
Manager
027 809 6687



Kylie McKenzie
Property Management
Assistant
09 473 0372



Karin de Leeuw
AREINZ
Residential Sales
027 270 2700



Nicki O'Sullivan
Residential Sales
021 119 8153



Jun Ollis
Residential Sales
021 066 9149



Wendy Radcliffe
Residential Sales
021 772 070



Zheng Li
Residential Sales
021 920 608



Tony Zhu
Residential Sales
021 209 0482



Alina Yang
Residential Sales
021 608 219



Susan Fan
Residential Sales
021 138 1648



Leo Perwick
Residential Sales
027 224 9527



Kim Jin
Residential Sales
021 395 888



David Dai
Residential Sales
021 916 006



Ronald Venturina
Residential Sales
021 073 1617



Alex Mathew
Residential Sales
027358 8165



Andrea Tavae
Residential Sales
022 476 7273



Joël Turbak
Residential Sales
021 084 15911



Scott Larcombe
Residential Sales
021 082 23559



Tina Hao
Residential/
Rural Sales
027 688 5886



Jen Anderson
Residential/
Rural Sales
021 177 5530



Kyra Perwick
Associate
Salesperson
027 311 7953



Covian Wang
Associate
Salesperson
021 896 566



Eve Huang
Associate
Salesperson
021 918 577



Jin Cai
Associate
Salesperson
021 262 5288



James Peng
Associate
Salesperson
021 180 4158



Flora Yu
Associate
Salesperson
021 062 7736



Tracy Wang
Associate
Salesperson
021 062 1826

Torbay

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

Long Bay

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

BARFOOT & THOMPSON
ESTABLISHED 1966