

TORBAY

NEWSLETTER

more than a place - a lifestyle

OCTOBER 2020

www.torbay.co.nz

Deep Creek gets a new pontoon

photo by Bill Ellis



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DECEMBER 5TH
SANTA MAKES HIS
RETURN AT THE MARKET

Torbay Pharmacy: Migraine's Gone



There are some fantastic medicines available to treat migraine. But wouldn't it be even better to prevent them, so you don't need these medicines? This is where Nutrition Medicine can be a superhero. Let me tell you about some of my strategies.

Dodgy Genes:

About 30% of people who get migraines have a genetic change that makes one of their enzymes less effective. This enzyme needs vitamin B2 as a cofactor. There is nothing we can do to change that gene, but we can get that enzyme

working again with large doses of vitamin B2. And once that enzyme is working properly, migraines simply disappear. What this means is that about a third of patients who get regular migraines will no longer get them when they take large doses of vitamin B2 every day. By large doses, I am talking about 400mg/day which is well above the RDA levels.

Dodgy Mitochondria:

Low functioning mitochondria have also been implicated as a cause of migraines. Mitochondria produce energy inside your cells. Dodgy mitochondria can be caused by stress or deficiency in key nutrients. Nutrients that are known to be critical for mitochondria include the B vitamins, Co Enzyme Q10, carnitine, creatine, magnesium, and iron.

I have had some patients with migraines respond well to simple strategies like boosting their Co Enzyme Q10 levels. There are some great combination products designed to support the health of your mitochondria. The good thing about boosting the effectiveness of your mitochondria is that you will have a lot more energy too.

Magnesium:

Most patients who get migraines have been found to have low levels of magnesium in their brains during a migraine attack. Boosting magnesium levels can therefore help to prevent migraines. Magnesium is critical for brain health, and we know that the brain is a lot more resilient to trauma when it has good magnesium levels.

Essential Fats:

The omega-3 fatty acids have been shown to reduce migraines. Alpha linolenic acid (found in hemp seed and flax seed oils) and gamma linolenic acid (found in borage oil or evening primrose oil) have been shown to reduce the frequency, severity, and duration of migraine attacks by 86%. Fish oils have also shown promise.

Nutrition Rocks:

Want some help to get your nutrition sorted? The team at Torbay

Unichem Pharmacy have lots of good options to support your health. We also have a Nutrition Medicine Clinic if you want a more in-depth review of your health. Visit www.TorbayPharmacy.co.nz.



Torbay Pharmacy
Ph 473 9629

Unichem⁺

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Email: info@torbaypharmacy.co.nz

Youthwork at Long Bay College

– celebrating the culture of care

2020 has been a challenging but incredible second year of youthwork at Long Bay College. We have seen the resilience, positivity and kindness of the students and staff really shining through as the culture of care continues to flourish.

Working alongside the guidance team, we have had the privilege to mentor students of all ages, and seen them triumph in difficult situations as we provide a place of non-judgement, safety, and consistency of relationships where students know that they are accepted and cared for no matter what. We have also greatly enjoyed running a unique mentoring small group called "INSPIRE" where students in year 9 and 10 can safely gather to discuss difficult topics and be supported in their school journey. We have supported service projects lead by the amazing team of 2020 prefects, and worked alongside the wellbeing leaders to plan and



deliver events and initiatives to uplift students and encourage a focus on health and growth.

One of our sayings in youthwork is "we rise by lifting others" and this has been really evident as we witnessed people working so hard to care for each other during the highs and lows of 2020. The dedication and passion we see every day as we walk through those gates is inspiring, and the community around us who constantly offer their support to

the school shows the real power of a whole "village" raising these young people. We are so excited to continue in 2021 with a focus on wellbeing, support and thriving here at LBC.

To continue this work, we are hosting a QUIZ NIGHT on November 14th at Long Bay Baptist Church and we would love to welcome you! Doors open at 6:30pm with the Quiz starting at 7pm!

All proceeds directly fund youthwork onsite at the school. Tickets are \$12 and can be purchased by emailing office@longbaybaptist.co.nz. Tickets sell quickly so secure your space by getting In touch to book.



50% of our funding comes from community sponsors and we value this support immensely! You can make an ongoing or one-off donation through online banking: Long Bay Baptist Church 02-0120-0148165-00 Ref: 247Youth Sian, Jackson, and Aimee YOUTHWORK TEAM- LONG BAY COLLEGE

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BARFOOT THOMPSON &

Editor's Letter

Last month had a surreal feel to it.

We had the first lockdown. We had warning and everyone was prepared to “do their bit” in the fight against this virus.

The second lockdown came suddenly and we had no time to prepare ourselves.

I am involved in many groups and speak to many people, our older members, business people, teenagers and the group in between!

The feeling many people had this time was of feeling “overwhelmed”. We had done it once at great personal cost for some and it hadn't been enough. We had to do it again.

All the resilience people had was used up the first time around.

On page 17 I have asked Martin from Torbay Pharmacy to write an article about this problem that many people seemed to have.

Again, in the midst of it all, we had those shining stars who went above and beyond for others. Coco Sands, the new ladies' clothes store at Long Bay, wanted to recognize these people and give them a gift. Three people received these gifts and you can read about them on pages 14 and 15.

But we know there were many others who, in their quiet and thoughtful way, just kept an eye on others and we salute all of you too.

Two big changes in Torbay last month. The new owners finished the renovations and re opened Torbay Takeaways. Also Torbay Fruit Shop has a new owner and we wish both businesses the very best in their venture in these uncertain and difficult times.



Carole McMinn

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

To submit a news item or advertise,
please contact:

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ERICA STANFORD

MP for East Coast Bays

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New faces at Torbay Takeaways

Last month we farewelled Phillip and Gam as they retired after 31 years of running Torbay Takeaways.

From the time that they left until the reopening 3 weeks ago, Quinn and his family have been working hard.

The shop looks very different, as everything has been renewed.

For the last 18 years the family have run the Red Beach Fish and Chip shop- so they are well experienced.

They are looking forward to being part of the local community.

They have a great menu of all the standard fare. They also offer some great pack deals.

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WENDY RADCLIFFE

Local Monthly Snapshot

August 2020



PROPERTIES SOLD

19



PROPERTIES FOR SALE

57



LOWEST PRICE

\$827,000



HIGHEST PRICE

\$1,400,000



SOLD YEAR TO DATE

158

WENDY'S UPDATE

Property activity in August was exceptional – we experienced record prices hitting a new all-time high! Combined with sales volume we've recorded the highest volume for the month of August in the past five years – buyer demand is stronger than ever.

The majority of vendors were prepared to take advantage of our alternative sales methods we have recently introduced and by having these tools in place the lockdown in no way disrupted or affected the sale process.

Available listings are becoming an issue – we have qualified buyers knocking on our door in need of their next home - if you are considering selling I offer knowledge plus experience to maximise your sale – I welcome your call for the next important step in your real estate needs,

Kind regards,

Wendy



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EAST COAST BAYS RSA

Annual General Meeting

The East Coast Bays RSA hereby gives notice for its Annual General Meeting, to be held on Sunday 18th October at 10:30am.

The AGM will be held at the Browns Bay Bowling Club, located at 784 Beach Road, Browns Bay.

We now call for nominations for President, Vice President and the Executive Committee. Nominations, as well as Notice of Motions are all required to be submitted no later than

Sunday 27th September at 5pm. Nomination forms can be picked up at the East Coast Bays RSA Office. Forms to be returned to the office either by hand, mail or email.

If voting is required, it will be conducted by ballot on Fri 9th & 16th Oct 4pm - 7pm and Sat 10th & 17th Oct 3pm - 6pm.

Due to Covid-19 Restrictions, please contact RSA Office 09 478 8033 for confirmation.

Lemon Slice

Loads of lemons everywhere so why not make some into this delicious slice.

Ingredients

150g unsalted butter, chopped
1/2 teaspoon vanilla extract
1/3 cup caster sugar
1 tablespoon cornflour
1 1/3 cups plain flour
Icing sugar mixture, to serve.

Ingredients for topping

4 eggs
1 teaspoon finely grated lemon rind
1/3 cup plain flour
1 1/3 cups caster sugar
2/3 cup lemon juice

Preheat oven to 180°C/160°C fan oven. Grease a 3cm-deep, 16cm x 26cm slice pan. Line with baking paper.

Place butter in a large microwave-safe bowl. Microwave on MEDIUM (50%) for 1 minute or until melted. Set aside to cool. Stir in vanilla and sugar. Sift flours over butter mixture. Using a wooden spoon, stir until a soft dough forms. Transfer to prepared pan. Press

into pan. Bake for 15 to 20 minutes or until golden. Remove from oven. Set aside to cool.

Make topping by whisking eggs, lemon rind, flour and sugar together until smooth. Add lemon juice. Whisk to combine. Pour over base. Bake for 15 minutes or until just set. Cool completely in pan. Dust with icing sugar. Cut into pieces to serve.



Life on the Edge

October 2020

Taking a Closer Look at our Plastic Problem with Litter Intelligence

Fragments of plastic, bottle caps, packaging, cigarette butts, kids toys, hair-ties, filaments of rope and fishing line all blend into the seaweed on the high tide line of beaches around the world. When taking a walk on any beach in NZ would you think it was likely to find over a hundred items along a 100m x 10m area? If you dare to look closer, you will find plenty of evidence of humans and our unhealthy habits!

Developed and led by charity Sustainable Coastlines, Litter Intelligence collects data, provides insights and inspires action for a litter-



free Aotearoa. MERC hosted a Litter Intelligence workshop last month for interested members of the public where participants learned how to do a beach audit and joined thousands of other citizen scientists contributing to the nationwide Litter Intelligence database. This initiative is helping to build a better understanding of plastic pollution in NZ.

Anyone can pitch in and join us, collecting valuable data – information that can help support policies which can help curb the use of excess single use plastics. If you want to get involved in our quarterly beach audits learn more, get in touch with us via office@merc.org.nz

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



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

BARFOOT & THOMPSON
LICENSED REAA 2008

Improvements can greatly influence the selling price of your home, so here is the second of 7 mistakes you might like to avoid prior to selling.

Mistake #1 (September issue) : DIY Mishaps & Unconsented Works: SUMMARY Refer tricky jobs to specialists, obtain CCCs for works or COAs for illegal works.

Mistake #2: Improvements Resulting in Defective Titles for Crosslease or Unit Properties

If you own a Crosslease or a Unit, your title may include a "flats" plan depicting the outline (footprint) of the buildings on both / all parts of the land on the title. Once you have obtained Council

consent for your plan of improvements AND received your Code Compliance Certificate (CCC) or Certificate of Acceptance (COA) upon finishing the works, the little known, and often missed, final step for Crosslease or Unit Title properties is to contact Land Information NZ (LINZ) to have the outline corrected on the title 'Flats Plan' to avoid having created a defective title.

DON'T: Wait until selling your home before you apply to have the "flats plan" corrected after your renovations & extensions.

DO: Contact LINZ to find out details and likely costs, and get legal advice if you're unsure what your legal options & obligations are. You can check

your title, including current flats plan, on your Council property file.

KEY POINT: Many home buyers, who require a significant mortgage to purchase, could be refused finance for a property with a defective title, so this is one fault that can significantly affect the selling price of your home. This one is worth getting right!

Feel free to contact Shane or Jen to discuss how this might affect you!!

Jen & Shane

Next month: Avoid mistake # 3

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

| | | | |
|------------------------|--------------------|----------------------|-------------|
| 9 A Summit Drive | \$810,000 | 2 Uruhau Close | \$1,190,000 |
| 36 A Acacia Road | \$827,000 | 1/19 Carlisle Road | \$1,200,000 |
| 34 Killarney Avenue | \$850,000 | 14 Highwood Grove | \$1,210,000 |
| 1/42 Mawson Avenue, | \$857,500 | 16 Westerley Place | \$1,210,000 |
| 2/6 Reynolds Place | \$880,000 | 22 Wentwood Place | \$1,336,500 |
| 15 Tallington Crescent | \$910,000 | 2/884 Beach Road | \$1,346,000 |
| 14 Jayne Place, | \$920,000 | 59 Fitzwilliam Drive | \$1,400,000 |
| 16 Carina Crescent | \$950,000 | 4 Karengo Street | \$1,438,000 |
| 941 Beach Road, | \$975,000 | 7 Remuremu Street | \$1,579,000 |
| 11 Carina Crescent | \$1,010,000 | 56 Caldera Drive | \$1,581,000 |
| 14 Ashley Avenue | \$1,035,000 | 19 Turutu Place | \$1,644,500 |
| 1 Tiri View Place | \$1,060,000 | 35 Waiake Street | \$1,690,000 |
| 156 Glamorgan Drive | \$1,071,000 | 19 Tawatawa Street | \$1,760,000 |
| 103 Weatherly Road | \$1,078,000 | 35 Bounty Road | \$1,950,000 |
| 16 Fitzwilliam Drive | \$1,100,000 | 25 Hebron Road | \$3,090,000 |
| 19 Auld Street | \$1,170,000 | | |

*Source REINZ

Median Selling Price for August **\$1,170,000**

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Shane: 0274 827 440 or Jen: 0211 77 55 30
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Torbay Gard

This year continues to present challenges to the wider community. But we cannot experience spring without feeling the sense of hope and delight that comes with

new growth emerging from the earth. These photos celebrate spring and are the results of the wonderful efforts of Torbay Garden Club members over the past few months.



TCA AGM

The AGM of the Torbay Community Association, originally planned for Monday 27 April and rescheduled to Monday 7 September has now been postponed again due to COVID-19 Level 2.5 restrictions. We will be in touch with hall and carpark user groups with a revised date, once the situation is looking clearer.

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



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Men Club



In the garden in October

October is a month for planting in anticipation of those summer crops.

Vegetables –continue planting seed potatoes, tomatoes, peas and early lettuces such as mesclun and rocket. Carrot, Broccoli, Beetroot, Celery, Silverbeet, Spinach, Cauliflower, Courgettes and Eggplant can also be sown.

Flowers – plant Dahlia, Cosmos, Chrysanthemums, Gladioli, Sweet Peas and Poppies. Make further sowings of perennials such as Daisies and Dianthus.

Prepare and plant hanging baskets and pots with trailing summer annuals. Increase watering of all plants in containers.

Feed all citrus trees and control slugs and snails. Spray fruit trees with copper oxychloride to prevent fungus diseases. New lawn can also be sown.

Time to tidy and prepare the herb garden. Plant parsley to establish new plants before existing ones go to seed. Sow coriander, basil, oregano and thyme.

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Following my dream



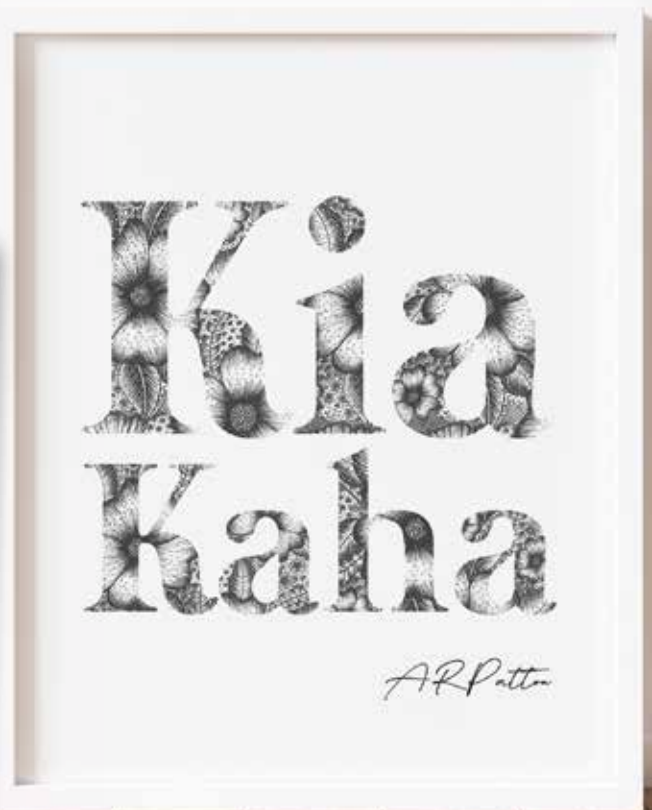
My name is Ashleigh Patton, and I am 20-year-old designer who has turned my passion for artwork into an income. This year I decided to take the leap to follow my dreams of running a small business and selling my artwork while I work full time and study online.

Originally, I was only planning to do my drawings as a one-off

been drawing, creating, painting, and was heavily involved in photography and design at Long Bay College. Having such supportive art teachers there really helped me explore what I could do, and without the unconditional support of my amazing friends and family I wouldn't have achieved what I have today!

I found my niche doing black fine line illustrations, specialising in floral based designs. It's always a scary thought putting your artwork out there for others to see, you make yourself very vulnerable to criticism, but it's definitely worth it. I hope many other young aspiring artists can see it is possible to make an income of your artwork, people will appreciate the time and effort that goes into your pieces. It's such a happy feeling to be able to do something I love every day.

www.facebook.com/ashleighs.designs15
www.instagram.com/ashleighs.designs



event to help fund my trip around Europe this year in May, but obviously with Covid, that all had to be cancelled! The silver lining of my trip being cancelled was I got to push myself and my artwork further which I couldn't have done if I had gone overseas. Everything definitely happens for a reason! Ever since I was a young girl, I had

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Torbay Theatre

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A fantastic cast have been rehearsing - off and on! - since February, (lately in groups of fewer than ten!) to bring you a lively, colourful night out. Just the thing to lift the mood!

We have adapted to the current situation - guests will be seated in separate groups, with safe distancing between.



Mask-wearing will be encouraged.

All Government policy to maintain a safe social situation will be followed.

Book Now!!

Oklahoma! will burst onto the stage in mid-December - the directors and choreographer have assembled a fantastic cast, full of splendid singers and dancers. Rehearsals are well underway, and we still need a few more men for the chorus - ph 473-5454 if interested.

Quartet just squeaked in between two lockdowns - the final show was just 4

days before Level 3!

Club Night 31st October!!! 7:30pm

We entertain ourselves with a variety of short skits, songs and sagas.

Backstage Club Wednesday Mornings

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

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



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Restoring the native ecology of this coastline

Just before the August lockdown, Kane and Rachael from Restore Hibiscus & Bays, as well as Sinead from Auckland Council Community Parks, had the pleasure of meeting up with several residents who live near the special Winston's Cove in Torbay. Many members of our community are keen to get involved in restoring the native ecology of this coastline, which supports pōhutukawa-pūriri broadleaved forest. Introduced predators, environmental weeds, erosion, stormwater drains and urbanisation have negatively affected and reduced this habitat to small fragmented remnants.

Kane is currently working on a plan to

establish two new community-managed predator control lines through the council-owned land around the cove and along Marama Reserve to the north, as well as an environmental weed control plan. Eventually, we hope to expand the predator and weed control through some of the surrounding private property to create a protective halo for native wildlife, with a particular focus on restoring along the sides of the stream that runs onto the beach.

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

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

Visit the Restore Hibiscus & Bays website at www.restorehb.org.nz for



more information, and subscribe to their newsletter for updates on news, events and upcoming projects.

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



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Torbay Historical Society

One of our members was interested in Ashley Avenue and how it got its name. He spoke to Alan McCulloch, who had been Mayor of East Coast Bays Borough Council. Thank you Warren and Alan for this information.

Alan had heard that Lionel Smith (descendant of early Torbay, notable Charles Cholmondeley-Smith) was selling land in 12-acre blocks in Ashley Avenue, Torbay. Alan and Phil Corric were on the Parks and Reserves Committee at the time and when they viewed the block where Long Bay College is now located, it seemed to them that it was more suited to housing, so as he says 'we bought the other bit'. The land was part of the Waitemata County at the time and they recommended to the Borough Council that the land be purchased for \$12,000. The land was purchased in 1973.

The Department of Education also purchased land in the area during that period which was to become the sites for Long Bay College and Long Bay Primary School, both which opened in the 1970s.

Ashley Avenue was named after Ashley Blunden who owned land at the southern end of what was to become Ashley

Avenue, including land that was to become part of Long Bay College. The extension of Ian Sage Avenue to join Ashley Avenue and the new street Coventry Way – both of which were developed in the early 2000s – formed part of his block. He also owned land at the northern end of Ashley Avenue before it was extended to Glenvar Ridge Road. Ashley left the area in the early 1990s to farm in Newman Road, Silverdale and he passed away in 2009.

Unfortunately, because of COVID-19 restrictions we have not been able to hire the Vaughan Homestead. We are opening to the public while following strict rules. Because of the present situation we have had to postpone our AGM. Members will be informed of new dates.



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



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A truly, absolutely amazing hero(ine)!

Bronwyn Tapp nominated her friend Nicola Happy as she's been a truly, absolutely amazing hero(ine!) to her during this most recent lockdown.

Bronwyn found just as this most recent lockdown began that she was given notice to move from where she was living. So, the very difficult job of hunting for a new home during lockdown (with all the restrictions that entailed), began. Bronwyn asked a number of friends if they would/could help. Nicola said 'yes'! She willingly became part of my bubble as a support person and came on inspections with her to numerous places. For places she looked at further away she sent her photos and information and Nicola gave her very good advice.

they found a beautiful new home here in Torbay. Nicola was able to get her a brand new bed that had been a spare. The place Bronwyn moved from was partially furnished, including a bed, and the new Torbay home did not have a bed. She also found her all the bedding too.

But.... (like the TV ads!) there's yet more....!! On Friday, just as the movers were packing the moving truck, Bronwyn received a phone call that her father had just suddenly passed away. Nicola was there to support her both with this shock and with help, information etc as Bronwyn has begun to settle into Torbay.



They brought community cheer!

Natalie Rogers emailed me to say how much she had appreciated the efforts of the people who lived at 4 Glamorgan Drive, in Torbay, throughout both lockdowns.

She said it made her feel happy every time she passed the displays and wanted to say thank you by nominating the residents of number 4 for a gift from CoCo Sands.

I went to see Belinda, who is the instigator of the displays. She said it started with the teddy bear idea- and just grew!

She just wanted to cheer people up and make them feel happy at a time when people were feeling very stressed. She had no idea the effect it would have, but people passing called to her and she could hear comments of those passing.

All the family really helped to put it together.

Belinda was just so thrilled to receive the gift and wanted to thank Coco Sands (the new clothes shop at Long Bay) for their kind thought.

And thank you Belinda for your kind thought too!!



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To Will Or Not To Will... That Is The Question

A few things to think about:

A Will is your chance to say how you want your assets to be distributed and who is to receive specific items, amounts or a share of your estate.

If you don't have a Will, your Estate does not necessarily go to who you might think.

Remember any jointly owned assets pass to the survivor.

A Will is your opportunity to:

- Consider who is the best person or people to be appointed as your Executors and Trustees. These are the people who you appoint to administer your Will.
- Make provision for family members and other people you may want to leave a specific monetary gift to.
- Specify gifts of personal items that have special meaning to you such as jewellery or artwork.
- Leave a gift to a Charity.
- Appoint Guardians for your children if they are young.
- Provide direction about funeral arrangements.
- Say how any loans you might have made to people during your lifetime are to be dealt with. Are they to be repaid? Are they to be forgiven? If they are not to be repaid, are they to be taken off that person's share of your Estate?
- Determine how the rest of the Estate (remaining assets) are to be distributed after any specific legacies and gifts.

It is important to think about what is

to happen if anyone who is named to receive a share of your main Estate dies before you e.g. would you want their share to go to their children or just to the remaining people named as beneficiaries of your main Estate.

If your situation changes, your Will may need to change. Always think about whether your Will should be updated especially when there are changes in your circumstances or those of your beneficiaries.

If you marry or enter into a civil union, any existing Will you have in place is automatically revoked unless a special provision is included to take account of that.

Why consult a Lawyer to make a Will?

There can be problems if the Will is not properly signed and witnessed, if what you intend is not entirely clear or if it has not taken into account other people who may be able to make a claim for part of your Estate and the legal issues associated with that.

Although you can say how you want your Estate to be distributed, even if you make a Will, different laws do allow people to challenge your Will. So it is advisable to consult a Professional so you are aware of some of those legal issues.

Do you need one? Yes, if you want to know you have placed your affairs in order...

Best not to delay. Get it done. Plan to get your ducks in a row.



Carol Caulfield
Young & Caulfield Lawyers

yc
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COCO SAND Thank You!

Another legend gets a gift.

Local lady Michelle Keating said "I'd like to nominate my friend Angela Smith to receive one of the Coco Sand gifts.

She has been such a support to me over the years and is an incredibly hard working single mum with big dreams for her business. I'd love to gift her a little something to inspire her to keep going and to let her know I believe in her."

Michelle said that Angela is a lovely lady, always taking care of everyone. She is nurturing and supportive and Michelle found her to be wonderful during the last few difficult months.



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PLUNKET HUB

8 Constellation Drive, Rosedale Monday 9-12pm

SUNNYSOOK COMMUNITY CENTRE

148 Sycamore Drive, Monday 9-12

DEVONPORT PLUNKET CLINIC

3 Wairoa Rd Reserve, Narrow Neck, Wednesday 9-12pm

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Mental Resilience: Separating Thoughts from Emotions

Well, we didn't see that coming, did we? Lockdown 2.0 I mean. Really, in hindsight, we probably should have. We just got caught up in the illusion of our impenetrable island bubble.

This time around, we had almost no warning, no time to prepare mentally for another Lockdown. Some of us went into shock at the abrupt change. Others just thought "oh no, not again...".

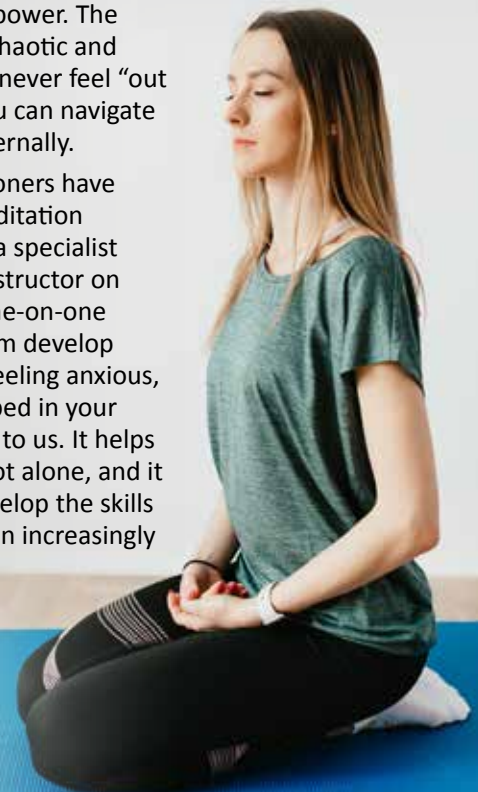
With this Lockdown, rather than entertaining the blissful idea that we could all stay home and thereby eliminate COVID completely from our communities, we were forced to confront the fact that even if we do eliminate it, it's likely to return. I've heard many people describe themselves feeling powerless, then overwhelmed, then exhausted. This is a natural response when things feel out of control. We lose our rhythm, our motivation, our sense of purpose. We want to curl up and hide.

As a result, at our Nutrition Medicine™ Clinic we are currently seeing a lot of people suffering from depression and anxiety. It's a really great sign that they, or someone who loves them, have been able to identify that there's a problem, and seek help. Often there are dietary and lifestyle suggestions to be made, and these can make a huge difference.

The other half of the picture is learning how to work with your internal landscape - your thoughts and emotions. Being able to separate your thoughts and stories from your emotions is the key. 90% of our thoughts and stories are

mere repetitions from the day before, and the vast majority of which are untrue. This is especially so if you suffer from anxiety or depression. You need to learn to accept and allow these thoughts and stories to move through you as part of your natural human state. Personally, I've found yoga and meditation to be of huge benefit in helping me learn to distinguish my stories from my feelings, and to be in process with my emotions as they arise and subside. Once you can do this, it's like a superpower. The external world can be chaotic and unpredictable, but you never feel "out of control", because you can navigate whatever comes up internally.

All of our Clinic practitioners have their own yoga and meditation practice. We also have a specialist yoga and meditation instructor on the team who works one-on-one with clients to help them develop these skills. If you are feeling anxious, overwhelmed, or 'trapped in your head', please reach out to us. It helps to know that you are not alone, and it helps even more to develop the skills to care for yourself, in an increasingly unpredictable world.



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We will be welcoming visitors who want to enroll their children, in the near future. Please contact: admin@childrensark.co.nz

The really exciting news is that we have started recruiting new staff and have already appointed some exceptionally experienced teachers.

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Once again thank you all and keep safe and be kind.



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Rotary builds a boat

Rotary Browns Bay, in conjunction with the New Zealand Traditional Boatbuilding School in Auckland, has commenced the build of a classic Townson 2.4m dinghy to be auctioned for charity later this year.

The Townson 2.4 design has become an iconic small craft with well over 200 produced in fibreglass by craftsman boatbuilder Allan Hooper.

The version being built for Rotary is anticipated to become a collectors item due to the very limited production run.

Construction is from 6mm plywood and yellow cedar, epoxy glued and finished in two pot clear varnish for durability.

The lapstrake construction provides a strong, stiff yet lightweight hull that can be easily rowed or sailed.

Rotary has been privileged to acquire the services of Allan Hooper to supervise the project.



Discover New Zealand

We are lucky to live in such a beautiful country, so while the borders are closed, support local and book a New Zealand adventure with helloworld Travel in Browns Bay. We have the full range of bespoke travel options suitable for a getaway with your partner or friends, a fun family holiday, or an active adventure-filled trip.

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CERVICAL SCREENING

Being part of the National Cervical Screening Programme (NCSP) and having cervical screening tests every three years can prevent cervical cancer. A cervical screening test shows if there are abnormal changes in cells on the surface of the cervix.

Almost all cervical cancer is caused by human papillomavirus (HPV). The virus is spread by sexual activity. Eighty percent of people who have been sexually active will have an HPV infection at some point in their lives. There are many types of HPV. Most HPV infections will clear up by themselves. Only a few types of HPV will lead to abnormal, precancerous cells that could progress to cancer.

Cervical cancer usually takes many years to develop. Any abnormal cells can be found and treated to stop them from becoming cancer. Having regular cervical screening every three years is the best way of finding and treating abnormal cell changes and preventing cervical cancer from developing.

Who should have cervical screening?

All women aged 25 until they turn 70 who have ever been sexually active should have regular cervical screening. Women who have had a hysterectomy (removal of the uterus) need to check with their health provider whether they still need to be screened.

Where do you go for cervical screening?

- Your doctor or practice nurse
- Family Planning clinics
- Community health centres, eg, Māori health centres, Pacific health centres, or women's health centres.

Most women are charged a fee for the test. Some Māori or Pacific providers or community or primary health organisations offer a free or low cost service.

How often do women need cervical screening?

Women are advised to have cervical screening every three years. Research shows very little extra benefit from having more frequent tests. If this is your first cervical screening test, or if you have not had a test for over five years, you will be advised to have a second test in a year's time. In some circumstances, you may be advised to have a test more often, eg, after an abnormal result.

For more information contact:

Your doctor or practice nurse

The National Cervical Screening Programme,
freephone 0800 729 729

(Source: <https://www.healthed.govt.nz/resource/cervical-smear-tests-what-women-need-know>)

COVID-19 TESTING

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

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TorbaySkin

A photograph of a hammer and several nails scattered on a wooden workbench. The hammer is the central focus, with its head and handle clearly visible. Several nails are scattered around it, some lying flat and others standing upright. The wood surface is light-colored and shows signs of use.

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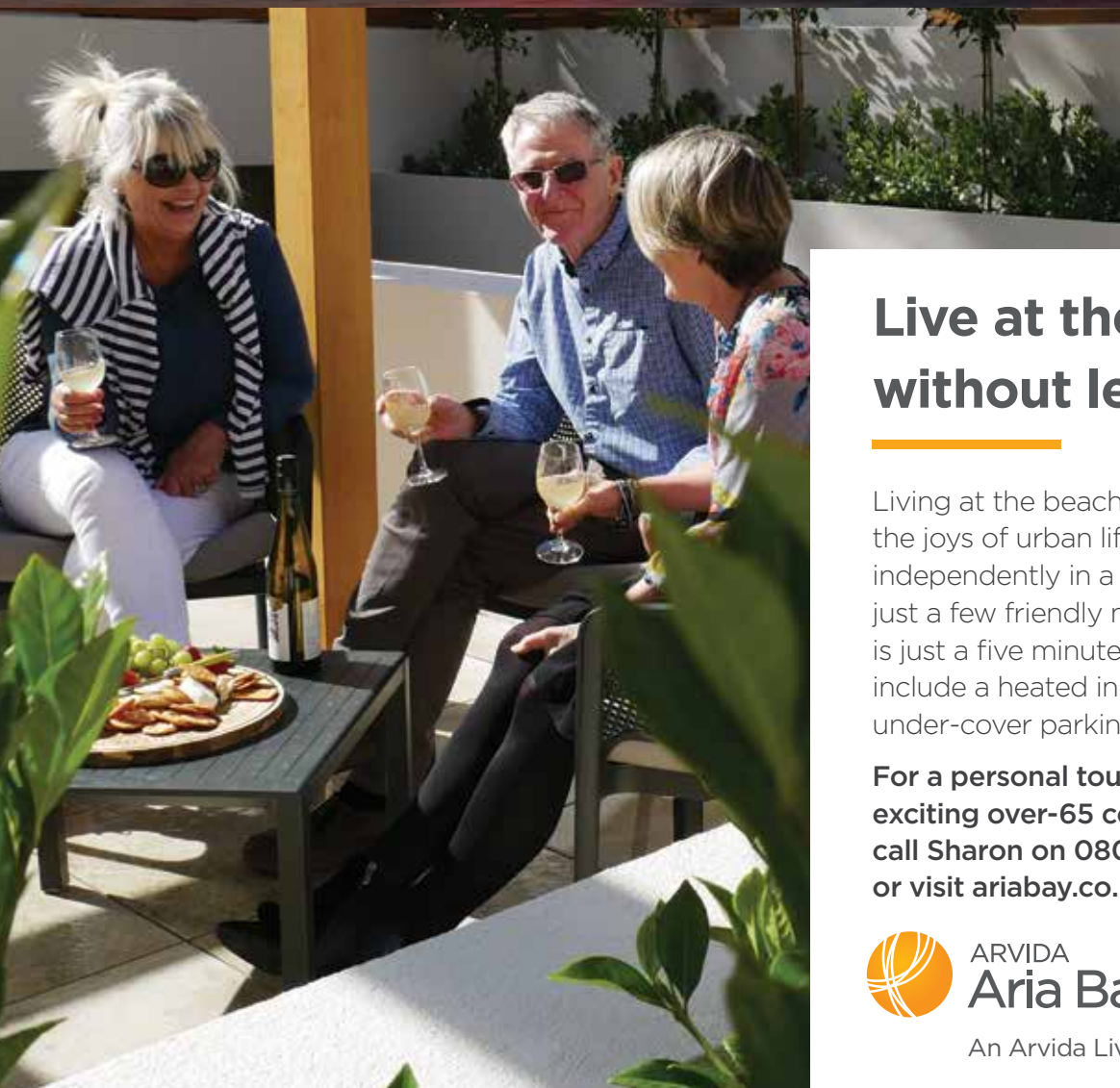
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Monthly Quiz

Answers on Page 27

1. What is the chemical symbol for gold?
2. Which is the longest ring road in the world at 121 miles long?
3. What type of animal is a natterjack?
4. Which singer had a backing band called the Dakotas?
5. What is a woodhedgehog?
6. What cartoon character lives at 124 Conch Street?
7. How tall are the Smurfs?
8. What is the number at the bottom of a dart board?
9. What is the largest, flightless, nocturnal parrot in the world?
10. What is the Linden tree also known as?



Live at the beach without leaving the city

Living at the beach doesn't mean giving up the joys of urban life. At Aria Bay you can live independently in a boutique apartment with just a few friendly neighbours, and the beach is just a five minute walk away. Extra benefits include a heated indoor pool, spa, gym, under-cover parking and storage.

For a personal tour of this exciting over-65 community call Sharon on 0800 20 22 20 or visit ariabay.co.nz



An Arvida Living Well Community



A Different "Lesson" at Northcross Intermediate

Northcross teachers Mark Jensen, Chloe Smith and Jane Edington are also three talented performers and are excited to bring live theatre to the school in October, with the staging of the Eugene Ionesco comic drama *The Lesson*.

"We all agreed that performing a play, in the school, not only provides our community with an opportunity to see another side to teachers, but also to view a fascinating play, written by a legendary writer of absurd theatre. Adults and students will get something out of *The Lesson*, particularly as the drama examines the way we are taught and the way we learn," says Mr Jensen.

Both Chloe and Mark are heavily involved in the performing arts at Northcross and are looking forward to interpreting and performing this one-act play.

The Lesson is a comedic parable of the dangers inherent in indoctrination. The absurd plot of the play concerns a timid professor (Jensen) who uses the meaning he assigns to words to establish tyrannical dominance over an eager female student (Smith).

Performances are in the Northcross drama space 7pm, October 21 – Oct.24. Bookings 4770167 or contact markj@northcross.school.nz.

Tickets – adults \$15, students \$5

QUIZ ANSWERS

1. The chemical symbol for gold is Au.
2. The longest ring road in the world is the M25 London orbital.
3. A natterjack is a toad.
4. The backing band, the Dakotas was for singer Billy J Kramer.
5. A woodhedgehog is a mushroom.
6. The cartoon character living in Conch Street is Sponge Bob Square pants
7. The Smurfs are 3 apples tall.
8. The number at the bottom of a dart board is 3.
9. The largest flightless nocturnal parrot in the world is the Kakapo.
10. The Linden tree is also know as the lime tree.

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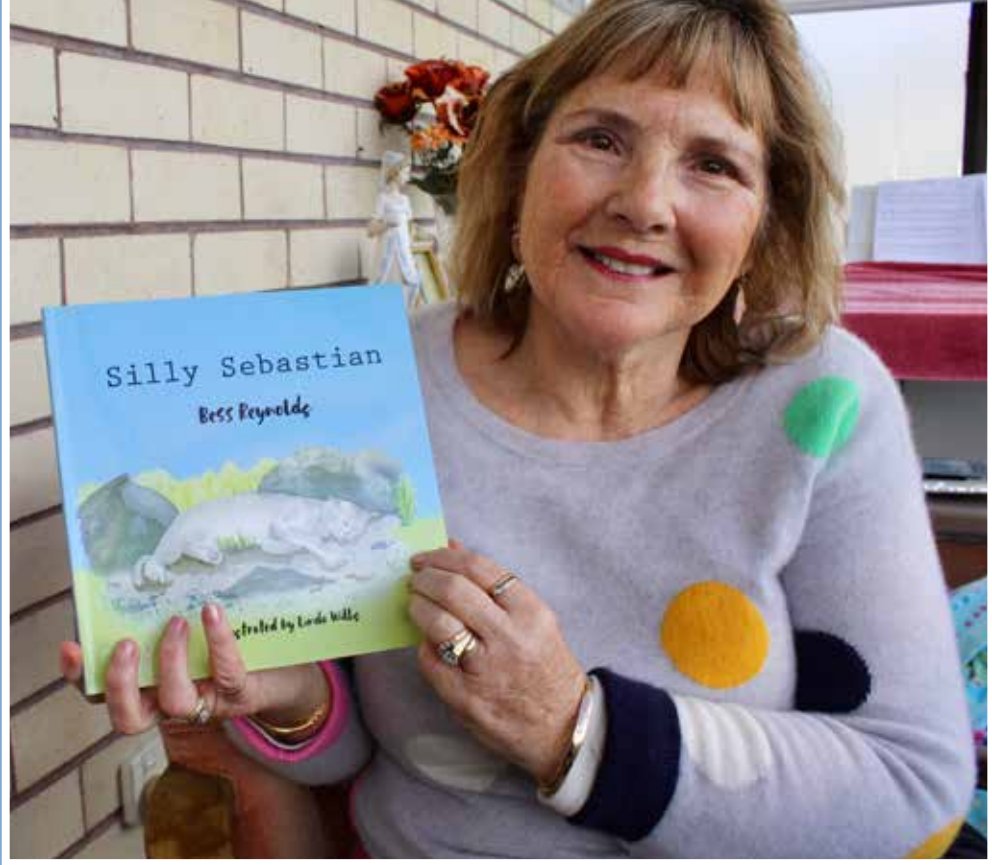
Silly Sebastian

Torbay resident and writer Bess Reynolds has just published *Silly Sebastian*, a book for young children. Beautifully illustrated by her artist friend Linda Wills, it is based on the story of Sebastian, one of Bess's cats, who never came inside.

Other cats came inside to feed, relax and sleep, but Sebastian always stayed outside, in all weathers. In spite of the efforts of mum, dad and the two children to bring him inside he stubbornly refused to come in - until one day....

Bess, until she recently retired, was a teacher in several North Shore schools, and her last position was Head of Drama at Diocesan School for Girls. She has always been a cat lover and, over the years has kept her children and grandchildren amused with stories of her many cats. Sebastian, a large grey cat, lived with her and husband John for 15 years.

Personally signed copies of *Silly Sebastian* will be on sale at the stall she and her writer husband will set up at Torbay's



October Arts and Crafts market, where she'll be happy to share her book and her cat experiences with you.

Earlier this year Bess sent a copy of *Silly Sebastian* with a covering letter as a gift to the Duchess of Cambridge, who

has three young children. Recently she received a letter from Kensington Palace in which the Duchess warmly thanked her, stating that she was very touched that she should think of her family in this way for the gift that was greatly appreciated.



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GIRLS' RUGBY CAPTAIN SELECTED FOR QBE HARBOUR FPC TEAM

Long Bay College Sports Prefect and Girls Rugby co-captain, Latisha Trigwell-Achmad, is "stoked" about her selection to the QBE North Harbour Farah Palmer Cup (FPC) team for 2020. And so she should be. It's an opportunity to play as part of a squad that could one day lead to her ultimate goal, a



Photo courtesy of North Harbour Rugby Union

position with the Black Ferns. Latisha is one of the youngest members of the team and has been identified as an upcoming young talent for development. And she is giving it her all.

"I want to get my hands on the ball and play as much rugby as possible; I want to send it; I want to prove myself and maximise the opportunities," she says. It all began in Year 9 when Latisha's

skills were identified by Long Bay College's Girls Rugby Coach, Mr Kevin Parslow. At the time, Latisha was a netballer and says rugby was never a sport she thought she would play. After her first Rugby Sevens match representing the College, she came off the field absolutely fizzing and has never looked back.

"From Year 11, I wanted to put all my time into rugby and really focus on it. It is a very physical sport and it has such a great community."

Latisha is self-motivated, both on and off the field. She is keen to ensure her studies will not suffer as a result of her sport. She says the teachers at Long Bay have been incredibly supportive in helping her to work around her sporting commitments.

"I do pride myself on high achievement and I want to have the other pillars of my life strong too. It's about having communication with my teachers about work plans and discussing the expectations I have of myself and what I need to achieve. If I didn't have that, FPC may have taken a toll."

In her final year of school, Latisha hopes to represent the College one last time as co-captain of the Girls Rugby team at the Rugby Sevens tournament where the team have enjoyed consecutive years of success.



A win for our student and the environment

Mikayla Robson at Long Bay College has ambitions of one day becoming an 'Ecoboss' and by all accounts, she is well on her way. With a passion for finding solutions to improve the environment, combined with a strong interest in leadership, Mikayla recently entered and won the Girlboss Edge Primary Industry challenge. After topping 500 other college aged women from around New



Zealand, Mikayla was also selected as a finalist in the Girlboss Law challenge.

Mikayla designed a three-tier water filtration system to remove microplastics from stormwater. Now, on the back of her win, she plans to develop her concept further

with the support of mentors from the Ministry for Primary Industries.

In Year 12, Mikayla is studying Level 3 Biology and Media Studies, both of which she hopes to pursue after high school. The skills she is developing through her studies and while serving as a member of Ecolution (the College's environmental group) and Senior Student Council, has seen Mikayla become adept at taking complex scientific ideas and finding simple and effective ways to communicate them. She has also benefited from courses and mentorship with Girlboss, an organisation who works with young female leaders interested in STEAM (Science, Technology, Engineering, Arts, Mathematics).

Mikayla says her Girlboss experience has introduced her to many like-minded young women, "It's been so cool for making connections. Us ladies have got to stick together!"

Tides Oct 2020 (Murrays Bay)

| | LOW | | HIGH | | LOW | | HIGH | | LOW | |
|--------|-------|------|-------|------|-------|------|-------|------|-------|------|
| Thu 01 | 01:37 | 1.0m | 07:48 | 3.2m | 13:59 | 0.9m | 20:08 | 3.3m | | |
| Fri 02 | 02:19 | 0.9m | 08:31 | 3.2m | 14:38 | 0.9m | 20:48 | 3.3m | | |
| Sat 03 | 02:58 | 0.9m | 09:10 | 3.3m | 15:14 | 0.9m | 21:27 | 3.3m | | |
| Sun 04 | 03:35 | 0.8m | 09:46 | 3.3m | 15:50 | 0.9m | 22:03 | 3.3m | | |
| Mon 05 | 04:11 | 0.8m | 10:21 | 3.3m | 16:25 | 0.9m | 22:40 | 3.2m | | |
| Tue 06 | 04:47 | 0.8m | 10:56 | 3.2m | 17:02 | 1.0m | 23:16 | 3.2m | | |
| Wed 07 | 05:24 | 0.9m | 11:32 | 3.2m | 17:41 | 1.1m | 23:54 | 3.1m | | |
| Thu 08 | 06:02 | 1.0m | 12:11 | 3.1m | 18:23 | 1.2m | | | | |
| Fri 09 | | | 00:36 | 3.0m | 06:44 | 1.0m | 12:56 | 3.0m | 19:11 | 1.2m |
| Sat 10 | | | 01:21 | 3.0m | 07:30 | 1.1m | 13:46 | 3.0m | 20:05 | 1.3m |
| Sun 11 | | | 02:12 | 2.9m | 08:25 | 1.1m | 14:44 | 3.0m | 21:05 | 1.2m |
| Mon 12 | | | 03:10 | 2.9m | 09:28 | 1.1m | 15:47 | 3.0m | 22:07 | 1.2m |
| Tue 13 | | | 04:14 | 3.0m | 10:34 | 1.1m | 16:49 | 3.1m | 23:08 | 1.0m |
| Wed 14 | | | 05:18 | 3.1m | 11:36 | 0.9m | 17:47 | 3.3m | | |
| Thu 15 | 00:06 | 0.9m | 06:20 | 3.3m | 12:33 | 0.8m | 18:42 | 3.4m | | |
| Fri 16 | 01:01 | 0.7m | 07:16 | 3.3m | 13:26 | 0.6m | 19:35 | 3.5m | | |
| Sat 17 | 01:53 | 0.5m | 08:09 | 3.5m | 14:17 | 0.5m | 20:27 | 3.6m | | |
| Sun 18 | 02:45 | 0.4m | 09:00 | 3.6m | 15:07 | 0.4m | 21:18 | 3.7m | | |
| Mon 19 | 03:35 | 0.3m | 09:50 | 3.7m | 15:57 | 0.4m | 22:10 | 3.6m | | |
| Tue 20 | 04:24 | 0.3m | 10:40 | 3.7m | 16:48 | 0.5m | 23:01 | 3.5m | | |
| Wed 21 | 05:14 | 0.4m | 11:31 | 3.6m | 17:41 | 0.6m | 23:53 | 3.4m | | |
| Thu 22 | 06:04 | 0.6m | 12:24 | 3.4m | 18:36 | 0.8m | | | | |
| Fri 23 | | | 00:46 | 3.3m | 06:57 | 0.7m | 13:19 | 3.3m | 19:34 | 0.9m |
| Sat 24 | | | 01:41 | 3.2m | 07:54 | 0.9m | 14:18 | 3.2m | 20:36 | 1.0m |
| Sun 25 | | | 02:39 | 3.0m | 08:56 | 1.1m | 15:19 | 3.1m | 21:38 | 1.1m |
| Mon 26 | | | 03:41 | 3.0m | 10:02 | 1.2m | 16:19 | 3.1m | 22:37 | 1.1m |
| Tue 27 | | | 04:43 | 2.9m | 11:06 | 1.2m | 17:15 | 3.1m | 23:32 | 1.1m |
| Wed 28 | | | 05:41 | 3.0m | 12:01 | 1.1m | 18:07 | 3.1m | | |
| Thu 29 | 00:22 | 1.0m | 06:34 | 3.0m | 12:49 | 1.1m | 18:54 | 3.2m | | |
| Fri 30 | 01:08 | 1.0m | 07:21 | 3.1m | 13:31 | 1.0m | 19:37 | 3.2m | | |
| Sat 31 | 01:50 | 0.9m | 08:03 | 3.2m | 14:10 | 1.0m | 20:18 | 3.2m | | |

Times adjusted for Daylight Saving.

Deep Creek Restoration Society Launch Pontoon in Aiken Reserve Waiake Beach

The idea of a pontoon was mooted three years ago by Dr. David Gray, Patron of the Deep Creek Restoration Society, whose vision of the concept was supported by the Hibiscus and Bays Local Board, who fully supported the idea with funding. Now kayakers and other manual powered craft will be able to launch directly from the carpark without having to cross busy Beach Rd. After much consultation with the engineers appointed by Auckland Council, the plans were finally accepted by all parties. The structure is contained within 8 piles that have been driven deep into the estuary bed with the deck on floating pontoons that ride up and down with the tide.



Want To Learn How To Sail?

Monday 28th September to Thursday 1st October 2020 school holidays | 8.30 to 4.30

Monday 5th October to Thursday 8th October 2020 school holidays | 8.30 to 4.30

Sundays 11th October to 13th December 2020 8 mornings | 8.30 to 12

Monday 18th January to Thursday 21st January 2021 school holidays | 8.30 to 4.30

Sundays 14th February to 11th April 2021 8 mornings | 8.30 to 12

Ages 9 to 13 Cost: \$400 pp

Cost includes season membership and boat hire for the duration of course



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TORBAY
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email LTS@torbaysailingclub.org.nz



The launching pontoon is situated at the rear of Torbay Boating Club only a few metres from the carpark area. The location has been used to launch craft before. However it meant kayakers had to wade through mud to get their craft into the tide. Now with the floating pontoon they can simply board their craft directly from the deck.

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CLASSIFIEDS



ACCOMODATION

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

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

Carparks for rent – Browns Bay. Short or long term. Call Alex Rodgers 021-881-777

Long term-unfurnished accommodation needed – For semi-retired teacher, 1- 2 bedroom house, sunny, insulated, with some garden in quiet area. Text details, if no phone reply: 021- 1657082

Looking for a place to rent or buy – such as studio or flat or rent a room. I have 11 year old well behaved Papillion. I'm a working professional. Contact Robin 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.

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

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

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

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

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

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

TIPS Painters – Interior/Exterior and Roof Painting John Trotter 021 0238 7190 jjtrotter1@hotmail.com Rob Jenkins 027 209 7204 alstype@xtra.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

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

Floor Cleaning & Polishing – Phone Michael 4731422 or 0275739112

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

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

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

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

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

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

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

Lawnmowing by Ladybirds Lawn Care - Call Phillippa for your lawnmowing needs. 0276438888

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

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

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

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

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TRANSPORT

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

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.diannewallaceballet.co.nz Dianne Wallace RAD Dip Tchg Phone 027 603 0481 or 473 6992

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

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

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.

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starting from just
\$60^{+GST}

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

What's On

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

TORBAY Village

DIRECTORY

www.torbay.co.nz



DINING

RESTAURANT

- Chand Indian473 6259
- Piatti Waiake.....478 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 Hub ...473 9468
- Simply Colours & Cuts473 8111
- The Cutting Room.....473 5241
- Foxy & Co.....473 2277

MASSAGE

- Jasmine's Thai Massage - ladies only
..... 022 247 4753
- Nom Thai Massage473 5080

TORBAY BUSINESS ASSOCIATION



GROCERIES

BAKERY

- Euro Patisserie - *Great range of fresh breads, eats, pies & coffee*.....473 7535
- Torbay Bakery and Café
- *Fresh each day*.....473 6467
- Bakers Gallery - *Great coffee shop, ample parking*473 2998

BUTCHER

- Butcher - *Free range meats*....473 2014

DAIRY

- Torbay Dairy
- *For your convenience*.....473 9721

GREENGROCCER

- Torbay Fruit Shop
- *Fresh produce daily*473 9429

GROCERIES

- BK's Four Square
- *Service with a big smile*473 6197

LIQUOR

- Torbay Cellars - *Local wine, beer & spirits supplier*473 9619



OP SHOP

- Salvation Army Shop -473 2150
preloved goods and clothes



HEALTH

ACUPUNCTURIST

- Torbay Chinese Acupuncture Centre
- *Leigh Zhang*473 2278

DENTIST

- Lumino - *Impeccable service*473 1400

DOCTOR

- Dr Paul Hunter - *'The Cottage'*
987 Beach Rd.....473 9594
- Torbay Skin Clinic.....477 1111
- Torbay Medical 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 Parlour473 1500

GARAGE

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

REAL ESTATE

- Barfoot & Thompson Long Bay.....473 0712
- Barfoot & Thompson Torbay473 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 473 5454
- Torbay Theatre 473 5454
- Torbay Garden Club 478 1601
- Torbay Historical Society Inc. 473 6482

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

SCHOOLS

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

Strong Sales Volumes in August

Record house prices were supported by strong sales volumes in August, the latest Real Estate Institute of New Zealand sales data shows

Record median house prices were achieved in eight regions including Auckland in August, according to the latest sales figures from the Real Estate Institute of New Zealand.

They were Northland, Auckland, Waikato, Manawatu/Whanganui, Taranaki, Canterbury, Otago and Southland.

However the national median price fell just short of setting a new record, rising for the third consecutive month to \$675,000, just below the record of \$680,000 set in April (see the interactive chart below for the full regional median prices and trends).

The REINZ's House Price Index, which adjusts for differences in the mix of properties sold each month and is considered a more reliable indicator of house price movements than medians, hit a record high

in August, suggesting house prices overall have increased by 10% over the last 12 months.

Sales volumes were also strong, with 7652 residential properties sold throughout the country in August, up 24.8% compared to August last year and the highest volume of sales in the month of August for five years.

Sales were particularly buoyant in the country's largest housing market, with 2612 properties selling in Auckland in August, up 44% on August last year.

In the rest of New Zealand excluding Auckland, 4320

properties were sold, up 17% on August last year (see the second interactive chart below for the full regional sales volume trends).

"The housing market's recovery post-lockdown over the last few months has been astonishing and has certainly surpassed many predictions," REINZ Chief Executive Bindi Norwell said.

"Overall, there were 1520 more residential properties sold this August than last August, which equates to an additional 49 properties sold a day which is pretty incredible," she said.

House Sales for Browns Bay, Torbay & Long Bay

Browns Bay

| Address | Sale Price |
|--------------------------|-------------|
| 626D Beach Road | \$1,098,000 |
| 803 Beach Road | \$999,000 |
| 4 Branston Avenue | \$720,000 |
| 161 Browns Bay Road | \$980,000 |
| 1/31 Browns Bay Road | \$1,030,000 |
| 306/19 Bute Road | \$780,000 |
| 14 Capricorn Place | \$1,370,000 |
| 27 Crestview Place | \$1,311,000 |
| 1/581 East Coast Road | \$600,000 |
| 2/69 Glencoe Road | \$790,000 |
| 137 Oaktree Avenue | \$990,000 |
| 98 Oaktree Avenue | \$982,000 |
| 10 Palliser Lane | \$1,021,600 |
| 1/13 Redwing Street | \$755,000 |
| 56A Sartors Avenue | \$915,000 |
| 1/62 Stapleford Crescent | \$870,000 |

Torbay

| Address | Sale Price |
|-----------------------|-------------|
| 23 Caversham Drive | \$1,422,000 |
| 13 Deep Creek Road | \$1,100,000 |
| 1/4 Firth Road | \$900,000 |
| 2/6 Fitzwilliam Drive | \$800,000 |
| 21B Glamorgan Drive | \$705,000 |
| 1/70 Glamorgan Drive | \$780,000 |
| 349 Glenvar Road | \$1,820,000 |
| 120 Stredwick Drive | \$1,090,000 |
| 17 Stredwick Drive | \$855,000 |
| 26 Rock Isle Road | \$2,510,000 |
| 35 Caversham Drive | \$1,097,000 |
| 61A Cliff Road | \$925,000 |
| 2 Cliff Road | \$2,300,000 |
| 39 Cliff Road | \$1,320,800 |
| 161A Deep Creek Road | \$1,110,000 |
| 21 Summit Drive | \$1,149,500 |

Long Bay

| Address | Sale Price |
|--------------------|-------------|
| 23 Caldera Drive | \$1,450,500 |
| 2 Luff Place | \$2,000,000 |
| 23 Tawatawa Street | \$1,420,000 |
| 4 Tawatawa Street | \$1,570,000 |
| 38 Te Oneroa Way | \$1,250,000 |
| 72 Te Oneroa Way | \$1,090,000 |
| 75 Te Oneroa Way | \$1,050,000 |
| 5 Timu Road | \$1,050,000 |
| 28 Turutu Place | \$1,545,000 |
| 2 Windlass Street | \$1,040,000 |
| 45 Bounty Road | \$1,620,000 |
| 9 Timu Road | \$1,180,000 |
| 47 Te Oneroa Way | \$1,680,000 |
| 76 Te Oneroa Way | \$1,240,000 |
| 12 Bounty Road | \$1,705,000 |
| 29 Bight Road | \$960,000 |



143 Glamorgan Dr, Torbay Ref. 795495

5 4 2



2/34 Topliss Dr, Torbay Ref. 796787

5 3 2



32 Orchard Rd, Browns Bay Ref. 795586

3 2 2



3 Flotilla Pl, Long Bay Ref. 792491

4 2 2



58 Headland, Long Bay Ref. 796688

5 3 2



27 Bight Rd, Long Bay Ref. 794457

3 2 2



Lily Zhang
021 103 5310



Barfoot & Thompson
Sales Team
Browns Bay Branch 2020
Northshore Region 2020



DDI 09 215 4206

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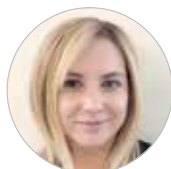
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Corrin Hand
Property Manager
0274 319 696



Kelvin Zuo
Property Portfolio
Manager
027 809 6687



Kylie McKenzie
Property Management
Assistant
09 473 0372



Wendy Radcliffe
Residential Sales
021 772 070



Karin de Leeuw
AREINZ
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027 270 2700



Nicki O'Sullivan
Residential Sales
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Zheng Li
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021 920 608



Kim Jin
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021 395 888



Alina Yang
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021 262 5288



Leo Perwick
Residential Sales
027 224 9527



Kyra Perwick
Associate
Salesperson
027 311 7953



David Dai
Residential Sales
021 916 006



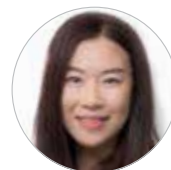
Flora Yu
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021 062 7736



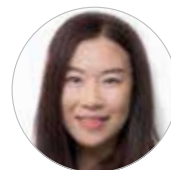
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Sue Yi
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