

focus

Issue 1
February 2022

on community

Long Bay, Okura & Torbay

Amazing surfing at Long Bay beach

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Seasonal Allergies are Linked to Gut Health

Strange but True

The health of your gut lining and the quality of the bacteria residing in it can make a big difference to allergies, even seasonal allergies like hay fever. Most people think that allergies are simply a reaction between pollens and your nose and eyes. But the frequency and severity of allergies has a lot to do with the baseline state of your immune system. And that is where gut health comes into play.

Knowing this link, we have the power to improve the quality of life of lots of people. After all, allergic rhinitis (hay fever) affects between 10 and 30% of the world's population. That's a lot of sneezes and watery eyes.

How do the bugs in your gut affect your nose?

Fun fact: 70% of your immune system resides in your gut. And it is your immune system that reacts to pollens which then results in allergies. Improving your gut bacteria influences your immune system which may reduce allergies. Studies have been done to test this. One study showed a reduction in allergic symptoms after treatment with a probiotic (good bacteria).

How do you optimise your gut bacteria?

I have developed a total gut restoration programme designed to restore gut function and the microbiome. Using state of the art Sporebiotics, specialised prebiotics, dairy-free immunoglobulins, and state of the art flavobiotics, you can nourish and repair the lining of the intestines and restore the balance of bacteria.

Will Fixing My Gut Cure Allergies?

I wouldn't like to claim that optimising gut function will cure your allergies. But as the study showed, there can be significant improvements. This means that instead of having to take nasal sprays and antihistamines every day, you may only need them once a week. Or maybe only after an intense cuddling session with the cat.

If you are sick of seasonal allergies, come and talk to the health coaches at Torbay Unichem Pharmacy about fixing the problem from its source with my total gut restoration programme.

Sean Liew & Martin Harris

Unichem Torbay Pharmacy 1040 Beach Road, Torbay
Phone 473 9629 Fax 473 0730 Email info@torbaypharmacy.co.nz



Opening Hours Torbay Pharmacy

Monday to Friday
8:30am to 6:00pm

Saturday
9:00am to 4:00pm



Delivery Service now available from Torbay Pharmacy

Need your medicine but can't get to the pharmacy? For only \$5, we now offer same day home delivery service if your request is received before 2pm. We deliver to Torbay, Browns Bay, Rothesay Bay, Northcross, Albany and more.

**Call us on (09) 473 9629
if you need help.**



Marshall gets his spa pool as the Coeur de Lion strikes again

Pictured (right) is Marshall Ward who suffers from severe autism. Communication with him is extremely difficult but swim and water therapy is very helpful. So East Coast Bay Lions helped towards funding of a spa pool. We have this year helped a number of charities and individuals despite the ongoing restrictions. We raised money through sponsorship and sausage sizzles. We collect spectacles (mainly from Nicolls Optometrist, Browns Bay) clean and calibrate them and send them to the Pacific Isles. We collect old coins, mobile phones and aluminium (wine) bottle tops. These are used to fund our youth programmes (HU4K). We serve the



a local Lions' project to supply an ICU at Starship Children's Hospital. We also have a sponsored walk to support Diabetes NZ, and any other requests we receive.

Do you have a heart of a lion? Do you want to give something back to your community? Then come and join us. You don't have to wear a lion's suit just give some of your time. It can be as little as one hour per month. Contact Chris Naylor, President on 0220473266

community in providing free firewood, planting and weeding Long Bay Park in conjunction with Auckland Council. We provide traffic marshals at local events (not recently though). During Christmas we gave a few stockings full of good things to eat.

Marshall and Lion Daniel Gourlay



Normally we do not meet in January so our first meeting will be February 2022. We have a business meeting the first Tuesday of each month at the Community Centre in Browns Bay. On the Agenda will be fund raising, a sausage sizzle at Bunnings Constellation Drive. The funds raised go towards



Marshall Ward and his new Spa pool.



Susana Perez and a customer at Bunnings, Constellation Drive

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Enjoy these pages!

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editor's letter

Welcome to the first issue of *Focus on Community*.

This is a brand new magazine which will be delivered to Long Bay, Okura and Torbay and will feature articles that reflect these communities. It will be a monthly magazine.

To do this I need your help.

If you hear of a local hero, or a special anniversary, a sporting achievement or anything that you think others would like to hear about- then I would love to hear from you. My details are at the foot of this column.

On page 24 you have a chance to see how familiar you are with your area. I have taken several photos and challenge you to name where they are. Send the answers to me and win a \$100 voucher for a local restaurant.

I have 15 years' experience in publishing magazines having been the editor of the Torbay magazine for years, starting the Village News at Mairangi Bay and Allthingslocal on the Coast and publishing them for many years.

I know in these times how important it is for us to feel connected and this is just what I hope to do.

2021 was a difficult year for many in this community, with job uncertainty, home schooling children while trying to work from home, and enforced isolation in the lock downs.

I would like to believe that 2022 will be a much better year than the last two and so that is my desire for you all.

Carole McMinn
Editor

editor@focusoncommunity.co.nz | 09 473 3259

Content of this magazine.

If you have any editorial ideas or unusual photos please send to editor@focusoncommunity.co.nz

Cost of advertising.

Almost 7000 copies of this magazine are delivered to homes in Long Bay, Torbay and Okura by our private delivery team.

Because it is a community magazine we are allowed to post into no junk mail boxes.

6.2 cms x 4.2 cms box \$60 + gst

9.2 cms x 4.2 cms box \$120 + gst

¼ page 10.5 cms x 14.75 cms \$195 +gst

1/3 page 9.2 cms x 21 cms \$225+gst

½ page 14.75 cms x 21 cms \$245+gst

1 page 29.75 cms x 21 cms \$475+gst

We offer a free design service.

Please contact Carole on 473 3259 or email editor@focusoncommunity.co.nz



OUR GOAL IS TO HELP MEN LOOK AND FEEL GREAT ABOUT THEMSELVES

A new and exciting shop has opened at Long Bay- opposite New World, with parking outside the door.

Local, Mustafa, is the new owner and has many years of experience.

He, and his team, offer top quality haircuts, skin fade, razor/foils, shaving, men's facial wax and kid's haircuts. Everything to make you feel great!

There is a walk in service and the shop is open 7 days- for your convenience.



Our Hours

Mon-Sat 09:00AM - 06:30PM
Sunday 09:00AM - 05:00PM

G06/88 Te Oneroa Way, Long Bay
longbaybarbershop.co.nz
021 705 671 | [f @ longbaybarbershop](https://www.facebook.com/longbaybarbershop)

Staying Safe in the water

While COVID has shaped our summer, some things remain the same. One of those is our draw to spend more time in, on and around our ocean and waterways.



In our enthusiasm, water safety is sometimes overlooked. Recent Water Safety New Zealand data for our current summer shows drownings nearly three times the normal amount or a 180% increase on the five-year average.

Sadly, one of the highest causes of preventable drownings are well meaning people looking to help when they see someone in trouble in the water. At all times your safety is important.

If you do see someone in trouble the water, after looking for risks, the best thing to initially is get some floatation to the patient. This could be a sports ball, an empty drink bottle or chilly bin. Anything they can grab onto and float really. Call for help and stay dry yourself.

From there they may be able to make it back to safety themselves or they



may need a little help from you by reaching out with a stick or a throw rope. If you think you getting in the water to help is beneficial, remember to take buoyancy for yourself as well.

Story by Yuin Khai Foong for the Sir Peter Blake Marine Education and Recreation Centre

Results | Experience | Service
WENDY RADCLIFFE
 Torbay / Waiake
 Year End 2021



PROPERTIES
SOLD

408



PROPERTIES
FOR SALE

73

WENDY'S UPDATE

From my family to yours we wish you a New Year filled with prosperity and happiness.

Torbay and Waiake continue to be a fabulous place to live - being so close to beaches, coves and reserves offers such a variety of activities to enjoy, the fabulous facilities in the "Torbay Village" encourage an easy lifestyle and has become an increasingly popular location to raise families.

Real estate continued to be active, while we had a downward trend over Christmas, which is normal, I still received inquiry for viewings and people looking to move on.

Living and working locally for over 25 years in the Torbay/Waiake area I offer you knowledge, experience, service and results - I welcome your call for a confidential discussion on maximising the sale of your property,

Kind regards,

Wendy



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It's February!

February is different to every other month.

For a start it is the only month with less than 30 days- having 28 days- and, every fourth year (Leap Year), it has 29. This is not a Leap year so we only have 28 days.

The term for inserting extra time in calendars is "intercalation," which doesn't exactly roll off the tongue. We use "leap year" because each date on the calendar jumps ahead two days of the week instead of one. Adding one extra day in the calendar every four years compensates for the fact that a period of 365 days is shorter than a tropical year by almost 6 hours.

Around 690 B.C., Numa Pompilius turned a period of celebration at the end of the year into a month of its own, named after the festival Februa. This is how February got its name.



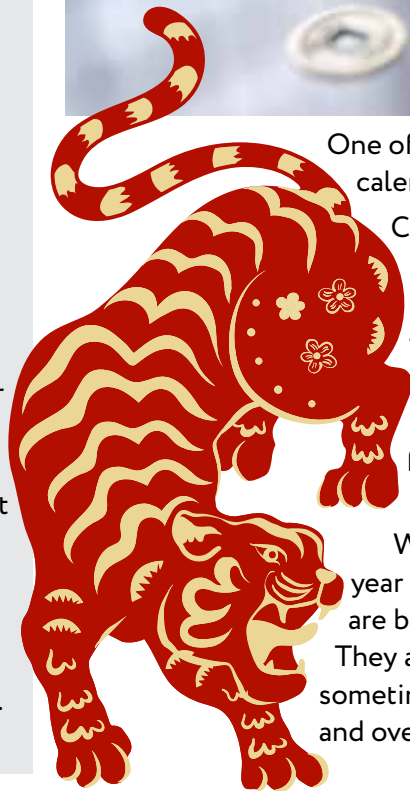
Chinese New Year

One of the biggest celebrations in the Chinese calendar.

Chinese New Year 2022 falls on Tuesday February 1st 2022 and celebrations culminate with the Lantern Festival on February 15th 2022.

The Tiger ranks third in the 12-year cycle of the Chinese zodiac sign and the next one occurs in 2034... Tigers, considered to be brave, cruel, forceful and terrifying, are the symbol of power and lordliness in Chinese culture.

What is the personality of someone born in the year of the Tiger? People born in a year of the Tiger are brave, competitive, unpredictable and confident. They are very charming and well-liked by others. But sometimes they are likely to be impetuous, irritable and overindulged.



Waitangi Day

Every year on 6 February, New Zealand marks the signing of the Treaty of Waitangi in 1840. In that year, representatives of the British Crown and over 500 Māori chiefs signed what is considered to be New Zealand's founding document. The day was first officially commemorated in 1934, and it has been a public holiday since 1974.

For some people, Waitangi Day is a holiday; for many, and especially for Māori, it is the occasion for reflecting on the Treaty.



© Harald Selke

Valentine's Day

Valentine's Day, also called Saint Valentine's Day is celebrated annually on February 14. It originated as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. An 18th-century

embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

In 18th-century England, it grew into an occasion in which couples expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols that are used today include the heart-shaped outline, doves and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. In Italy, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart".



English Language and IELTS Classes Reopen in Torbay

Learn English North Shore is delighted to welcome back students in person on the 8th of February 2022.

While it has been lovely to keep in touch with current students over lockdown via phone and email, nothing beats in person contact and a face to face sit-down and chat.

The focus for the first couple of weeks of term 1 in the English language classes will very much be on speaking practice. This comes after students sharing that, in previous lockdowns, they hadn't spoken much English at all while staying in their family bubbles. As the term progresses and students' learning



needs have been identified, we will cover different English language skills, set in contexts relevant to life in New Zealand and students' interests.

In the IELTS class we are looking forward to lots of practical preparation for all aspects of the IELTS test (reading, writing, speaking, and listening). Gaining appropriate scores on this test can open many doors for immigrants wishing to apply

for permanent residency, study at university or find work. Our class caters for students wanting to sit the general or the academic IELTS test.

A special shout out to one of our students, who took the brave step of starting a new career just before lockdown and is now working and studying in the healthcare sector.

Massive congratulations to another student for gaining employment in their area of expertise in the IT sector after working hard to improve their English and brush up on their professional skills.

If you would like to join our class(es), or know of someone who would, please contact experienced, CELTA qualified teacher Leontine on mobile 0224 101 100 or email leontinebryce@gmail.com for more information. Term 1 classes start on the 8th of February 2022. Limited spaces are available on Tuesday, Wednesday, and Thursday mornings.

Learn English 
North Shore



LOCAL SALES December 2021*

1/41 Glamorgan Dr	\$810,000
1/146 Stredwick Dr	\$850,000
1/12 Firth Road	\$886,000
119 Stredwick Dr	\$980,000
13 Dee Pl	\$1,100,000
1/22 Marina Rd	\$1,150,000
2/332 Glenvar Rd	\$1,156,000
113 Glenvar Rd	\$1,195,000
2/56 Waiau St	\$1,265,000
2/10 Firth Road	\$1,280,000
1/3 Ceramco Pl	\$1,280,000
41 Weatherly Rd	\$1,294,568
40 Helen Ryburn Pl	\$1,300,000
3 Emlyn Place	\$1,300,000
2 Mizzen Court	\$1,310,000
67 Glenvar Rd	\$1,325,000
140 Stredwick Dr	\$1,350,000
9 Awaruku Rd	\$1,380,000
866 Beach Rd	\$1,385,000
134 Stredwick Dr	\$1,400,000
18 Long St	\$1,415,000
9 Stredwick Dr	\$1,415,000
96 Glenvar Rd	\$1,420,000
3 Karengo St	\$1,450,000
4 Freya Pl	\$1,450,000
259 Glamorgan Dr	\$1,459,000
1 Tiri View Place	\$1,470,000
142 Stredwick Dr	\$1,470,000
18 Helen Ryburn Pl	\$1,470,000
7 Glenreagh Pl	\$1,480,000
32 Moorgreen Hts	\$1,480,000
79 Weatherly Rd	\$1,521,000
87 Weatherly Rd	\$1,530,000
10 Ceramco Pl	\$1,600,000
9A Piripiri Cr	\$1,600,000
6 Cranston St	\$1,630,000
15A Mizpah Rd	\$1,682,000
95 Awaruku Rd	\$1,690,000
101 Glamorgan Dr	\$1,742,000
7 Tipau St	\$1,800,000
19 Holt Avenue	\$1,800,000
17 Long Bay Dr	\$1,870,000
81A Deep Creek Rd	\$2,000,000
17 Okura River Rd	\$2,315,000
11 Hanikura St	\$2,360,000
35 Glenvar Rd	\$2,400,000
14 Firth Rd	\$2,558,000
850 Beach Rd	\$2,587,500
11 Bearing Pde	\$2,710,000

*Source REINZ

LOCAL MEDIAN = \$1,450,000

Shane & Jen

Love Local



Shane Anderson
027 482 7440
s.anderson3@barfoot.co.nz



Jen Anderson
0211 77 55 30
j.anderson@barfoot.co.nz

barfoot.co.nz

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A note from

ERICA STANFORD

MP for East Coast Bays

I want to start by wishing you all a Happy New Year. We couldn't have asked for a much better summer period, with beautiful weather and a relatively stable Covid period. After the long lockdown and stresses of 2021 many people needed a good break to recharge.

Unfortunately, that stable period is most likely over with the arrival of Omicron in our community and the move back to Red for the whole country. Once again we all need to pull together and take responsibility for ourselves while also looking after each other. The most important thing to do is to get vaccinated and boosted to avoid and lessen the effects of Covid. A return to really good hygiene practices, mask-wearing, social distancing and good ventilation will be key to our efforts. My office is here to help once again with grocery and prescription deliveries if anyone is unable to get out. Please feel welcome to call (09) 478 0207 if you need any help at all.

I will be posting information and updates on my Facebook page and website as often as I can – you can follow me at www.facebook.com/EricaStanfordECB or head to www.ericastanfordMP.co.nz.



One of the issues that surfaced over summer in the electorate was the number of people who were illegally parking and camping overnight on the beach reserves. I had many emails and calls from locals in regards to the problem.

I was particularly upset to see cars driving over our new boardwalk at Browns Bay beach which has only recently been installed. This boardwalk cost ratepayers almost a million dollars and wasn't designed for cars. It was also upsetting to see cars and tents pitched at the cenotaph – a sacred place of remembrance, not an overnight camping site.

I was in touch with the acting Area Commander of Police nearly every other day to ask him to help police the illegal overnight campers where there was bad behaviour, fires, drinking and noise. This was a little bit of a tricky situation because technically illegal camping is against council by-laws and should be enforced by Council Enforcement Officers and not Police. The

beaches are for everyone to enjoy with their friends and family and it was disappointing to see a few people, who were clearly aware of the regulations, deliberately disobey them.

I had some amazing help on a daily basis from Julia Parfitt and Alexis Poppelbaum from the Local Board who logged complaints and worked with the Council to get action where they could. As I understand it, the Council have only one enforcement officer working during this time and they work 9am-5pm. The only way to remove illegal overnight campers is to catch them camping between dawn and dusk. A compliance officer working between 9am-5pm is obviously not able to police our beach reserves at night.

I will be meeting with the Mayor and our Councillors about this issue to see how we get a permanent fix. Fixes to broken bollards and the installation of a few new bollards to stop parking on the reserves will be a good start, but we also need better signage and more Compliance Officers who are available after 5pm.

My office remains closed for the near future with my staff working from home.

We are still working hard and I am available for meetings with constituents by appointment so please get in touch.

Erica Stanford



 www.EricaStanfordMP.co.nz

 09 478 0207  office@ecbelectorate.co.nz

  EricaStanfordECB

Erica
STANFORD
MP East Coast Bays



Come join the fun at your local football club

Local East Coast Bays Association Football Club (ECBAFC) welcomes people of all ages and abilities to join the club and football fun.

The club has a proud history of growing and developing players and invites anyone interested to get involved, volunteer, meet new friends and play some competitive or social football.

Located on Andersons Road in Browns Bay, the 64-year-old club is one of the first clubs in New Zealand to be accredited by NZ Football for its junior and youth development programmes (8 – 17 years) and offers the very best coaching, facilities and learning environment for players' long-term development.

Newly appointed Operations Manager Duane Sommerville has been actively involved with the club for 25 years and says the range of activities and social events offers a great place to play and, ultimately, be a part of a positive and supportive community.

"It doesn't matter what gender or age you are, or what level player you are, with a membership base of more than

1000 members, our club caters for a wide range of abilities and welcomes non-playing supporters too."



Alongside the community focus, the club's development programmes are led by Director of Football and Men's First Team Coach Joe Hall and an experienced coaching team, providing junior and youth players with high quality coaching and mentoring to develop their skills.

The club has one of the largest junior programmes on the North Shore and credits local sponsor New World in Long Bay for helping entice the youngest players to take the field through its sponsorship of its entry level First Kicks programme (4 – 8 years) and New World in Albany

for its sponsorship of the women's football programme.

Registrations are open for 2022 season

If you or your children are interested in playing in the 2022 season, registrations are now open via



www.ecbafc.nz/register and close on Friday 1 April 2022.

Alternatively, if you have any queries or are keen to volunteer or sponsor, touch base with Duane at admin@ecbafc.co.nz

More information

For more information and senior game times, visit the www.ecbafc.nz website and join the 'East Coast Bays AFC' Facebook page.

Torbay Tennis club are offering some great new deals at the moment

1/2 price membership for all new women members.

A super cheap family membership at just \$550, and \$140 membership for existing members of other tennis northern clubs.

That's awesome, isn't it? So much cheaper than any other club on the shore!

As well as this we are still offering our \$99 Wednesday night special.



Tuesday men's night, Thursday morning social with great coaching opportunities, including excellent junior programme, and a soon to be introduce Sunday afternoon tennis.

For more information contact president@torbaytennis.org.nz or secretary@torbaytennis.org.nz



From “Long Bay Baptist Community Kindergarten” (1987) to “Children’s Ark Early Childhood Care and Education” (2022)

Children’s Ark opened its doors in 1987 as a small community kindergarten operating in part of the church building. 35 years later some big changes have occurred.

In 2019 we made the transition to operating in the Church building for what we thought would be 9 months, then COVID happened. We had a great building team who demolished the old Church hall, foyer and kindergarten and rebuilt our beautiful new centre in 12 months, despite having lockdowns to contend with. Staff, parents of children, and church members all pitched in to get the final jobs done and in October 2020 we opened our new centre under a provisional license from the Ministry of Education. That has now been converted to a full license with a successful inspection taking place in December.

Children’s Ark now caters for all age groups from 6 months to 5 years with the addition of our beautiful babies and toddlers rooms and wonderful natural outdoor gardens (no plastic grass to be seen!)

Our professional teaching team believes that each child is unique and that young children learn best through play. The programme is

Children’s Ark Kindergarten 1987-2019



based on Te Whariki, and aims to build on each child’s strengths and interests. Children are encouraged to make their own play choices and to actively experiment, explore and extend their thinking with support and guidance. Teachers work hard to ensure that learning opportunities are not limited by age, gender, ability or background.

We acknowledge the role of family as the first teacher, and support families to participate in all aspects of our programme. In building parent partnerships we aim to understand the priorities, interests and concerns of the children, families and community we serve.

Children’s Ark is a Christian early childhood centre, that affirms Christian values with the children.

We believe that each child develops at their own pace. We offer every child and their family a safe, positive and challenging learning environment, where the emphasis is on fun.

If any of you remember the old Children’s Ark, and want to send us

New Children’s Ark Early Childhood Care and Education: 2020



any photos we would love to see them (manager@childrensark.co.nz). We have been part of this very special community for a long time and have seen hundreds, probably thousands of children come and go, and have enjoyed families returning to us for all their children, thus keeping us in touch sometimes for a decade or more. This is very special.

www.childrensark.co.nz
09 473 0242.

Monthly Quiz



COURTESY OF
ROTARY BROWNS BAY

brownsbayrotary.co.nz

Answers Page 13

1. What breed is Snowy, the white dog belonging to Tin Tin?
2. In 1934 the home of which explorer was removed and rebuilt brick by brick in Melbourne Australia?
3. Where is the Bayeux tapestry situated?
4. In what Olympic Sport, other than boxing, do competitors wear gloves?
5. Which organ in the human body has over 500 functions?
6. Traditionally what is the difference between cottage pie and shepherd’s pie?
7. In darts what must a player reach to win a leg?
8. The Malaysian state of Sarawak is situated on what large island?
9. A screwdriver has what ingredients?
10. Which Mr Men man is round and yellow?

Torbay Historical Society

On 30 June 1855 a 220 acre rectangular block of land with an Eastern boundary fronting Long Bay was granted to James Maxwell for 100 pounds. By September the same year Maxwell had sold the same piece of land to Joshua Lyes for 110 pounds. Subsequently, on 16 February 1863, George Vaughan purchased that land for 525 pounds. Later George bought the adjacent land from Alexander Panill and some from the Cholmondeley-Smith. At some time there was a farmer called Long.

Water was a problem for early farmers. The Vaughans were lucky to have a bore water supply from

underground streams. Water diviners would come to farms and find underground supplies. When a suitable supply was found, a wind-powered pump was used to bring it to the surface.

The remnants of one of the windmills were found by Lane Smytheman in the grass under a pohutukawa tree near the beach. He recognized it immediately as parts of the old windmill that had stood in the paddock behind the barn. With the help of others he created a fairly accurate copy and erected it near



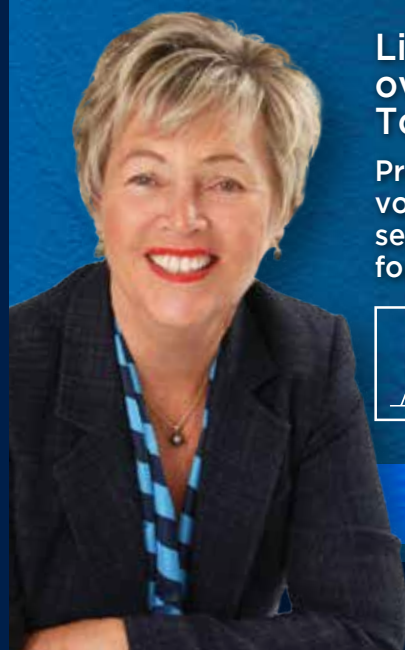
the Vaughan Homestead. There were several windmills along the farm. Lane remembered the water from the bore having a very strong iron taste.

Bert Vaughan's wife, Lily Vaughan with George. David and Margaret attended the opening of the reconstructed windmill - 30 October 2005. (see photo) The other photo is farming on what was originally Bert's farm.

The Vaughan Homestead will be opened to the public later in the year, when we have more helpers and can meet Covid requirements. In the meantime you can call us to help or to get opening hours.



President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email wjb2ellis@gmail.com



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Torbay Theatre

THE MUSIC MAN!!

76 Trombones led the big parade ...

What do you do if some pandemic cancels your December musical?

You have a DECEMBER MUSICAL IN APRIL / MAY, of course!!

Want to be part of it?

Due to Covid rescheduling, some cast and crew are no longer available for this wonderful musical, so if you would like to be involved on-stage or backstage, please contact Karl Buckley (021) 867 278 or email auditions@torbaytheatre.com

REHEARSALS start early February.

PERFORMANCES April 22 – 30

CONGRATULATIONS!!

Last year's Life & Beth (which had half its performances cancelled due to Covid) has been nominated for four awards by the Auckland Community Theatre Trust:

Outstanding Comedy

Lighting design: *Kyle Perwick*

Stage Management: *Paul Topliss*

Female in a leading role: *Helen Topliss (as Beth)*

We are a vibrant, fun club known for the friendly atmosphere backstage and the high standard of our shows. New members welcome from age 8 to 88 and beyond!

We are following all covid rules in place: vaccine passes will currently be required for all cast, crew and audiences.

Next Club Night: to be advised.

Backstage Club: Wednesday Mornings, 10:15-12. If you enjoy creating and caring for amazing costumes, props and sets, phone Daphne: (09) 473-7494.

Love Drama speech & drama classes: Keen children, teens and adults - develop your theatre skills! Phone Jacqué Mandeno: 027-522-7836.

Actors keen to perform in French at our next Club Night, contact Lynette on 0210-294-0630.



Life and Beth in 2021: currently nominated for four ACTT awards.



Showcasing Rob Campion's wonderful garden artwork, Quartet, 2020.



The Snow Queen, 2019.

**For more information, and to book, see our website: www.torbaytheatre.com
See also: our Facebook page, or ph 473-5454. 35 Watea Rd, Torbay.**



Whale tail trail

Whale Tales Auckland 2022 is inspired by Bryde's whale and over the coming months you can see many of these sculptures all around Auckland in streets, squares and recreational areas. It celebrates New Zealand, art and conservation and lasts until 18 April. Altogether there are 80 tails, 80 tales and 80 artists.

When the event is finished these wonderful tails will be auctioned off to raise money for WWF NZ to protect and restore the Hauraki Gulf- which we know is under threat.

This photo of a whale tale is situated in the Long Bay Square, outside New World Supermarket. On it's base is the information on the artist and the theme chosen.

Google Whale tales for more information on this event.



Torbay Garden Club February 2022



No matter how small, a garden is a haven – a place to refresh the senses and appreciate nature in its wonderful and various forms. A celebration of the end of 2021 lockdown was the Torbay Garden Club's pre-Christmas garden tour. Seven members opened their gardens, under conditions of social distancing, for others to enjoy the lovely displays of late

spring and early summer flowers and vegetables. Throughout 2021 gardening provided many people with a creative outlet, healthy exercise and recreation. We are always learning and sharing. In regular times the Torbay Garden Club has a programme of interesting and formative speakers and many tips for beginners. We stage a wonderful flower and vegetable display and also have a popular trading table each month where there are bargains to be had. We usually meet in the Torbay Community Hall on the first Wednesday of each month, from 1 pm. In February we begin the year with a picnic at Long Bay. New members and enquiries are welcome.



In the garden in February

Keep buckets handy for waste water and water regularly and deeply during February when conditions are likely to be dry, Water in the morning instead of evening to avoid fungus. Start seed trays for annuals such as nemesia, pansies, poppies, calendulas, sweet peas and antirrhinums. A late pruning of roses will encourage autumn blooming. Keep deadheading flowers. Store bulbs, particularly tulips and hyacinths, in paper

bags in the fridge for 4-6 weeks, before planting. Keep them away from fruit as the ethylene gas produced can damage the developing flower bud.

Fertilise and weed vegetable beds. Lift onions and garlic. Sow more parsley, spinach, cabbage, broccoli and lettuce seeds. Collect seed and store in a dry place for use next season. Mulch fruit trees, especially citrus, and set them up for winter with fertilizer side-dressings.

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

Quiz Answers

1. Snowy the white dog belonging to Tin Tin was a Fox Terrier.
2. The explorer's home rebuilt in Melbourne in 1934 was that of Captain James Cook.
3. The Bayeux tapestry is in Normandy, France.
4. Other than boxing, in the Olympics, gloves are worn in the hammer throw.
5. The liver has over 500 functions in the body.
6. The difference between cottage pie and shepherd's pie is the type of meat.
7. A darts player must reach zero to win a leg, generally finishing on a double.
8. Sarawak is on the large island of Borneo.
9. A screwdriver contains vodka & orange.
10. The Mr Men man who is round and yellow is Mr Happy.

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Vivien Davimes – Fine Art Printmaker



sea, with wonderful views of the ocean and the Hauraki Gulf. It is this proximity to the coastline that feeds her creativity - she is passionate about our native birds, seabirds, our oceans, the flora and fauna of the seashore and the threats to all of these.

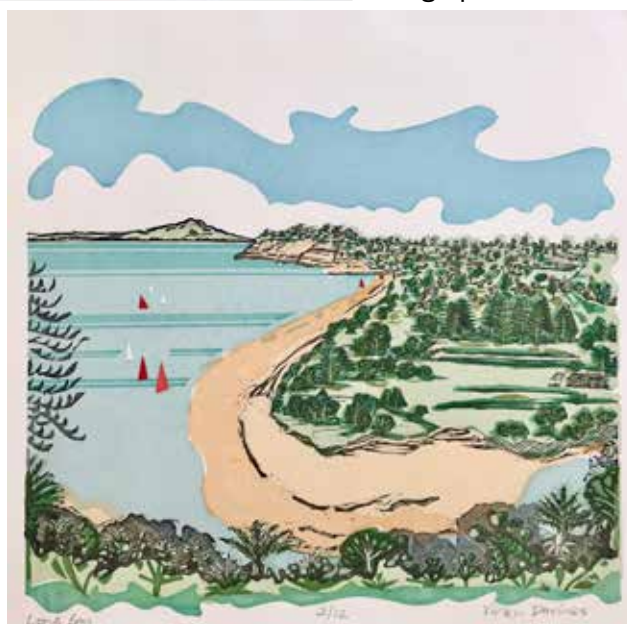
If there is a good thing to come out of the current pandemic, it has to be the extra time, to follow our passions. For Vivien, it has been discovering collagraphs - the creating of a printing plate out of

Vivien is a fine art printmaker, working from her studio at Waiake. Born in Southern Africa, and raised there and in the UK, she and her family moved to New Zealand 20 years ago.

Her art school training was in the UK, specialising in Textile Design. Although she dabbled in printmaking at the time, it wasn't until her move to New Zealand that she re-discovered the processes, and has never looked back.

Vivien is well known for her beautiful etchings, linocuts/screen prints, mono prints, drypoint with chine-collé and collagraphs. All her artworks are produced in her own studio often using her etching press and are only original small limited editions, if not one-off prints. The majority of her works are varied editions, which means that although they come from the same plate which she has made, they are all inked individually; so no two are ever the same. Due to the elimination of hazardous chemicals in her studio, she no longer makes new etching plates which use the traditional production methods.

She feels very fortunate to have her studio close to the



found materials, both natural and manmade; this can be cardboard, leaves, flowers, lace, netting, sand etc...the only materials available to her during lockdown. The downside of these, is that they do not have the lifespan of more robust plates, so only small editions or one-offs can be produced. These are becoming very sought after, valued pieces.

Vivien's work can be seen at exhibitions around the Auckland region and in various retail outlets. She has been fortunate to be part of

a local artisan group who have had pop-up shops in the East Coast Bays area over the past year. To date these have been at the Long Bay centre and more recently in Browns Bay, and plans are in motion for another in the coming months...so watch this space.

More information on Vivien, her works and processes - www.viviendavimes.com
www.instagram.com/vivien.davimes.art
www.facebook.com/VivienDavimesPrintmakerNZ

27 Years of Dance in Torbay, Continuing into the Future



In 1994, Marian McDermott began a ballet class for the local 5 year olds out of the Torbay Community Hall. Little did she know that she would become a household name and that the ballet class would expand to become a flourishing studio providing opportunities for hundreds of people to explore dance and performance. It would then continue on, into the future under the reins of her artistic daughter.

The history of the then Marian McDermott School of Dance and its journey to become Step Beyond Studios has been an adventure. Marian's kind attitude, her commitment to positive dance, and her clear talent and passion for the art form has attracted many families from across Auckland. Hundreds of hours of choreography has been produced by students and teachers. There have been so many first time on stage moments, proud parents, achievement successes and a trip to Scotland. Students have danced in Christmas parades and performances across the city. Talented helpers have worked tirelessly to create countless beautiful jewel encrusted garments and hand



painted scenic displays. The school is proud to see double generation dancing families, youth dance company creativity and many lifelong friendships formed.

Facing up to Covid-19 has certainly been a challenge for the small business. Step Beyond Studios is delighted to be innovating where necessary in order to continue to provide dance opportunities moving forward. Marian McDermott's daughter, Grace Oberschneider is excited to be taking on the business moving into the New Year and has plans to further expand upon creative opportunities for dancers in order to develop confidence and foster students' own artistic voices.

With a background as a professional contemporary dancer and many years dance teaching experience, Grace is well qualified to take the reins at Step Beyond Studios.

Look out for what's new at Step Beyond Studios. Jump onto their website for more information: www.stepbeyond.co.nz

Photos by Hannah Cebalo



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They say if you find a career you love you'll never work a day for the rest of your life! That certainly seems to be the case for Thérèse Leslie and her small and specialist team of property and marketing consultants. We caught up recently to talk about them and all things property.

Thérèse and Jiang have been working local and supporting our community for some years. This year sees the addition of a new team member .. Scott Larcombe .. another local, living in Okura who is also passionate about the area. He comes from a background of management and valuation and is a valuable addition to the team.

Its easy to see why these people are a successful team, they share the same values and have a common goal to deliver a great outcome for their clients. Their knowledge of the local area combined with extensive market knowledge is a winning recipe and their results speak for themselves.

Thérèse and her team say they don't measure their success by awards and accolades alone.

"it's important to be able to show that we are an accomplished sales team; The many awards we have achieved demonstrate competence to prospective clients, however we prefer to measure our success by happy clients, and repeat and referral listings. Client testimonials are the only awards that really matter to us"

Jiang and Scott both love working in this area because the diverse range of properties and dynamic market. They both speak volumes of the great sense of local community that exists. As part of the team they bring a wealth of knowledge and experience across a range of skills that allow them to ensure no opportunity is missed. With multi lingual skills and in depth utilisation of technology and social media especially, they also ensure no buyers are missed. They are team that have a diverse range of individual strengths that genuinely complement each other.

As a team they have an unparalleled track record for sales in the area, being No1 in their office and No1 for Bayleys in East Coast Bays and Okura. They were also No 7 nationally in Bayleys for December, which puts them in the top 5% of all Bayleys agents. They are members of the exclusive Bayleys National Auction club.

Despite all this success, there is no smugness or arrogance here ... they are genuine and down to earth people who understand that their business is about people and relationships.

"buying and selling property is usually the most important and potentially the most stressful event in peoples lives, we take this responsibility seriously and go the extra mile to treat our clients and customers, the way we'd want to be treated."

They firmly believe that good real estate is all about communication, before, during and after the sale. They often work with clients for a number of years, many of whom have gone on to become trusted friends.

"some of the most rewarding parts of our job are when we deal with clients over a number of years, from buying as a first home owner, to their next homes when their families grow" it makes us feel special to have been part of their journey.

So what are the goals and predictions for 2022? .. they smile ...

'If its anything like the previous 2 years none of the experts predictions came true! No one could have predicted Covid and the changes it has made to peoples lives and plans. The only thing that's certain is that, people will always need to buy and sell homes as their circumstances change, so the market will continue"

Thérèse, Jiang and Scott are a great team who have improved my local and market knowledge in our short time together. I would definitely recommend if you are interested in any aspects of the property market to give them a call!

TRUST EXPERIENCE



Thérèse Leslie 021 022 66192 | therese.leslie@bayleys.co.nz

Jiang Kou 寇江 021 087 93257 | jiang.kou@bayleys.co.nz

Scott Larcombe 021 0822 3559 | scott.larcombe@bayleys.co.nz

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Long Bay Legends

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\$200



To enter, nominate a community member
for doing something fantastic!



Contact our friendly checkout team
or nominate via our Facebook page



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Long Bay

Blessing the Long Bay community

Just before Christmas I was at Long Bay and decided to pick up a takeaway coffee from Chris at the Little Café.

I ordered my coffee and he made it and gave it to me.

I held out the \$5, which he refused to take. I asked him why.

Chris said that 2021 had been a very hard year for many people, lockdowns, no holidays, no ability to eat out in restaurants and cafes.

Someone cared about that. Ming Liu. Ming Liu is a sales and marketing consultant for Harcourts at Long Bay. She was aware of what was happening in her area and decided to do something to cheer people up.

She deposited \$1500 to Little Café to give out free coffees to those who looked stressed or looked like they really needed a good cup of coffee. Something to make them feel better about life.

Ming Liu lives and works here in Long Bay so is very connected to her community.

She cares about that community and here was her way of giving something back into that community. She believes a little kindness can change your day.

Thank you Ming Liu!

Carole McMinn



Out & About

Fabulous surfing at Long Bay beach.

Photos by Bill Ellis



Long Bay Markets

Long Bay markets meet the 4th Sunday of every month from 8am until 2pm. Food trucks and coffees available to browsers.

Held on the green in front of the shops there is a wide range of artisan stall holders.



Simply Soy for beautifully made candles



Debra 021 0311227

[simplysoycandlesnz](https://www.instagram.com/simplysoycandlesnz)

Tides Feb 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
1 Tue	0143 0.3m	0802 3.1m	1412 0.4m	2023 3.0m	
2 Wed	0237 0.2m	0855 3.2m	1506 0.3m	2118 3.0m	
3 Thu	0328 0.2m	0946 3.2m	1558 0.3m	2209 3.1m	
4 Fri	0417 0.2m	1035 3.2m	1648 0.3m	2257 3.0m	
5 Sat	0504 0.3m	1122 3.1m	1736 0.3m	2343 3.0m	
6 Sun	0550 0.4m	1209 3.0m	1822 0.4m		
7 Mon		1228 3.0m	1837 0.6m	1255 3.0m	1907 0.5m
8 Tue		0114 2.8m	0725 0.7m	1341 2.9m	1953 0.6m
9 Wed		0201 2.7m	0816 0.8m	1428 2.7m	2041 0.7m
10 Thu		0253 2.6m	0912 1.0m	1517 2.6m	2133 0.8m
11 Fri		0351 2.5m	1010 1.0m	1610 2.5m	2229 0.9m
12 Sat		0450 2.5m	1107 1.0m	1706 2.5m	2327 0.9m
13 Sun		0547 2.5m	1200 1.0m	1802 2.5m	
14 Mon	1221 0.8m	0639 2.6m	1249 1.0m	1856 2.5m	
15 Tue	0110 0.8m	0725 2.7m	1335 0.9m	1944 2.6m	
16 Wed	0153 0.7m	0807 2.8m	1418 0.8m	2029 2.7m	
17 Thu	0234 0.6m	0847 2.9m	1500 0.7m	2111 2.8m	
18 Fri	0314 0.5m	0927 3.0m	1541 0.6m	2151 2.9m	
19 Sat	0354 0.4m	1007 3.0m	1622 0.5m	2232 3.0m	
20 Sun	0435 0.4m	1049 3.0m	1704 0.4m	2313 3.0m	
21 Mon	0517 0.4m	1131 3.0m	1746 0.4m	2357 3.0m	
22 Tue	0602 0.5m	1216 3.0m	1831 0.4m		
23 Wed		1243 3.0m	0651 0.5m	1303 3.0m	1919 0.5m
24 Thu		0134 2.9m	0745 0.6m	1354 2.9m	2012 0.5m
25 Fri		0232 2.8m	0845 0.7m	1451 2.9m	2112 0.6m
26 Sat		0337 2.8m	0950 0.7m	1553 2.8m	2218 0.6m
27 Sun		0444 2.8m	1056 0.7m	1701 2.8m	2326 0.6m
28 Mon		0549 2.9m	1200 0.7m	1808 2.8m	

Times adjusted for Daylight Saving.

All you need to know about Long Bay Residents Association

The Long Bay Residents' Association was established to:

- represent residents' interests, including promoting facilities, services and the environment to enhance the lifestyle enjoyed by those living at Long Bay
- provide an easy and effective way for residents to communicate with Auckland Council, other local authorities and organisations
- bring neighbours together for social gatherings and promote a sense of community.

The Long Bay Residents' Association holds a number of social events each year, some of which are held in conjunction with partners, for residents and families living in the new Long Bay subdivision as well as the wider community. The following are events are held annually – all of which were unfortunately cancelled in 2021 due to Covid-19 lockdowns and restrictions:

- Chinese New Year Festival – held in conjunction with Heart of the Bays and Hibiscus and Bays Local Board
- Halloween – LBRA event
- A Very Long Bay Christmas – held in conjunction with Long Bay Baptist Church

What ideas do you have to improve Long Bay Regional Park?

Have you got ideas on how Auckland Council could improve our beloved Long Bay Regional Park?

The Regional Parks Management Plan is Auckland Council's plan that sets the vision and direction for managing all 28 regional parks over the next 10 years. With the input of thousands of people, Auckland Council has drafted updates to the plan and are now asking for you to help make sure they got it right.

One of the first regional parks in Auckland, Long Bay is one of the most popular with over 1 million visitors each year. It's valued for its sweeping sandy beach, range of native birds, cultural and heritage qualities, and the many wonderful experiences it offers us for recreational activities and to connect with nature. The park also encompasses the 6km Coastal Track that starts at the northern car park at Vaughan Street and heads up through the coastal bush then along the cliffs above Granny's Bay, Pohutakawa Bay and Piripiri Point, before turning down to the coast at the Okura River crossing. This track also loops into the 100 Acre Track near Granny's Bay and both are for walking and cycling.



L to R: Colin Sandford, Liping Zou, Karol Helmink (no longer LBRA board member), Bruce Taylor, Jo Anslow, Frank Sun, Marcus Te Brake

Like many other regional parks, Long Bay is facing some pressures and challenges such as high visitor use, climate change and coastal erosion. There are also several opportunities that the plan identifies including working on expanding recreational opportunities, improving the visitor experience and increasing community engagement, and restoring threatened species.

The management intentions for Long Bay for the next 10 years are quite extensive. A few examples from the plan includes:

- providing secure bicycle parking and e-bike charging,
- developing connections between the existing walking/cycling tracks to the nearby community accessways,
- consideration of allowing dog access to a designated exercise area,
- adopting a Māori name alongside the English name,
- investigating opportunities to increase community engagement through education programs (e.g. environmental conservation, the history and cultural heritage of the park),
- continuing to protect and restore the biodiversity and physical habitat of the riparian margins, streams, coastal forest, wetlands and dunes.

Following long-standing anti-social activity and particularly some public safety concerns last summer at Pohutakawa Bay, the plan also makes particular reference to the management of offensive behaviour.

Your feedback will be important to help finalise the plan and provide the best possible guidance for the next decade for our beloved Long Bay Regional Park. Feedback is open until 4 March 2022 at www.akhaveyoursay.nz



HOW'S THE MARKET?

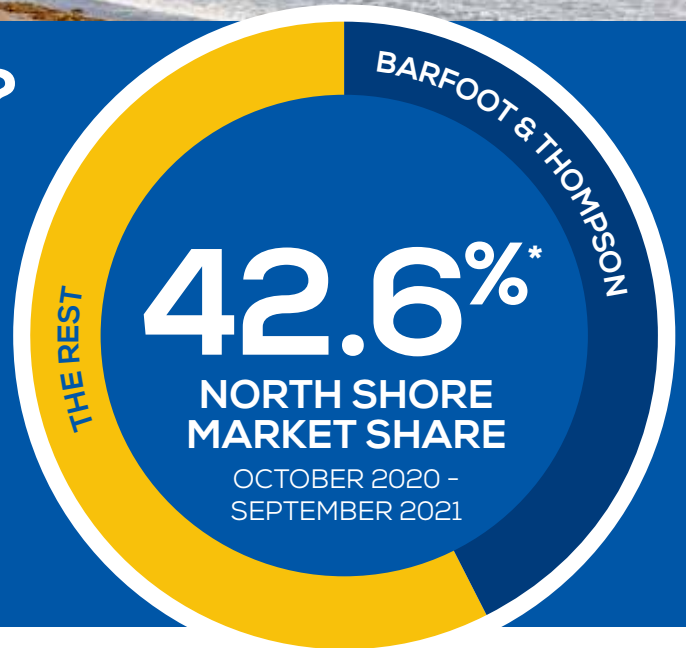
Happy New Year !

There is nothing like the excitement of a New Year and if you are anything like me I cant believe we are a month into the New Year already. A New Year can mean new adventures and for some of you, maybe a new home. If you are thinking of buying or selling my team would love to help you out.



Sharee

Sharee Adams - Branch Manager
Torbay and Long Bay
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WHAT DID IT SELL FOR?

Here is a snapshot of what sold in our neighbour in 2021!

Barfoot & Thompson knows Auckland best. It is the city's leading real estate company, selling around one in three Auckland residential homes, significantly ahead of all other competitor brands.



We sold on average (despite 15 weeks of lockdown)

1119 homes every month, or 38 homes everyday or 1.5 homes every hour.

737 HOMES SOLD IN OUR BACKYARD LAST YEAR!

(Torbay, Long Bay, Waiake, Okura)

LONG BAY 306 SALES

▲ HIGHEST PRICE **\$4,200,000** ▼ LOWEST PRICE **\$620,000**

TORBAY 381 SALES

▲ HIGHEST PRICE **\$5,900,000** ▼ LOWEST PRICE **\$495,000**

WAIAKE 29 SALES

▲ HIGHEST PRICE **\$2,587,500** ▼ LOWEST PRICE **\$900,000**

OKURA 21 SALES

▲ HIGHEST PRICE **\$6,350,000** ▼ LOWEST PRICE **\$1,000,000**

CURB APPEAL

First impressions start at the curb.



START WITH THE GRASS

Keep it cut, trim the edges



WASH THE HOUSE

Including the windows and gutters



UPGRADE LETTERBOX

A new letter box or paint the existing one and add new numbers

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We have you covered Torbay, Long Bay, Okura.

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*Residential sales based on REINZ Statistics



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"After a decade with another company Mons communication, knowledge and attention to detail makes changing over to Barfoot and Thompson an easy choice."
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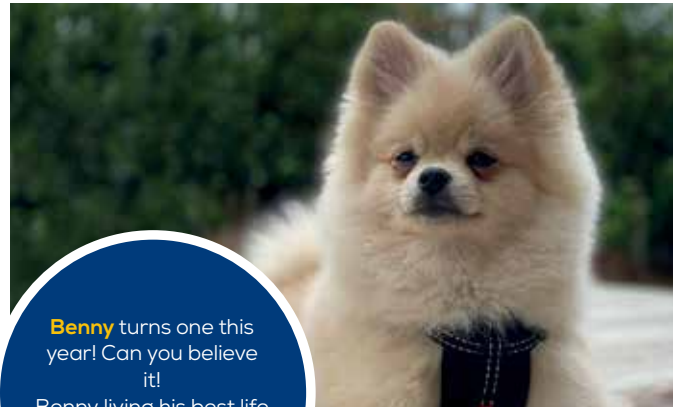
Sudoku

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

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

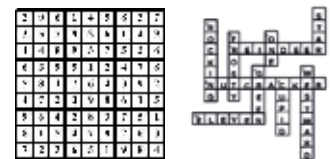
Photo of the month

WOW! SOMEONE HAS GROWN.



Benny turns one this year! Can you believe it!

Benny living his best life eating Ice in one of NZ best kiwi Summers



Last months answers

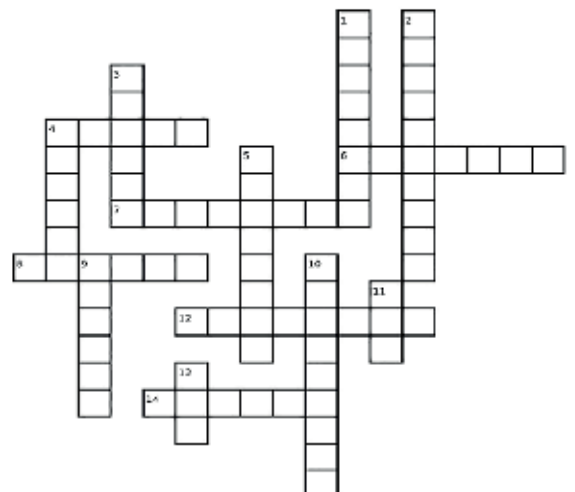
Crossword

Across:

- A pebbly or sandy shore especially by the sea
- The activity of spending a holiday living in a tent.
- Beverage made of lemon
- An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
- take a holiday
- The warmest season of the year

Down:

- Food cooked out of the door on a grill
- A big red and green fruit
- Go from one place to another, typically over a distance of some length
- A two-piece swimming costume for women
- We put _____ on our skin to prevent sunburn.
- Let's build a _____ with sand.
- From caterpillar to _____
- In summer the weather is _____
- Let's have some fun in the _____



Where are these places??

(clue they are in Okura, Long Bay and Torbay.)

Win a local restaurant voucher for \$100.

1



All you need to do is send your answers 1-8 to editor@focusoncommunity.co.nz to be in to win. Don't worry if you don't recognise all of them, still send your entry in.

2



3



4



5



6



8



Simple super salmon dish

We all know that salmon is good for us and here is a recipe that takes it up to the next level, simple and delicious and quick to prepare and cook. I use an air fryer to cook the salmon.

Ingredients

Salmon portions	Salt and pepper
Pot cream cheese	Green beans
Small packet of smoked salmon	1 cup rice
5 large prawns per serving.	Chopped parsley
Knob of butter.	Slices of lemon

Method

Place salted rice in 2 cups of boiling water and microwave for 16 minutes.

Season salmon portions and place in air fryer for 10 minutes on high setting.

Place prawns and butter in a fry pan and gently cook for 10 minutes.

Meanwhile put smoked salmon and cream cheese in a blender and blitz to a mousse.

Cook green beans (or asparagus is good too)

Serve

Place rice on plate with chopped parsley. Lay salmon portion down with a tablespoon of the salmon mousse on top and decorate with the cooked prawns.

Add the green beans and serve.

Delicious



Using an air fryer

Air fryers are quick and convenient. Because it is called an air fryer you tend to think in terms of chips but it is actually a quick, cheap and convenient way to cook all foods.

Roast potatoes only take 30 minutes on the high setting instead of 1 ½ hours in the oven and all meats cook really well and are succulent and not dry.



Fish is the best for cooking in an air fryer- 10 minutes, done.

You don't need anything fancy and can get a perfectly acceptable one for under \$100.

My tip is if you buy one get a silicone dish that fits inside and it saves such a lot of time on the washing up!

Family Favourites
\$14 per 500ml

- Mango Sorbet (V)
- Mixed Berry Sorbet (V)
- Toms Bounty: Smooth, Rich Chocolate And Coconut Ice Cream (V)
- Island Cream: Vanilla Coconut (V)
- Dairy Queen: Pure Dairy Flavour, Showcasing The Beauty Of Milk
- Foxy Chocolate: Rich Chocolate Ice Cream

Feel free to reach out for custom orders.

Premium Collection
\$16 per 500ml

- Coffee: Coffee Flavoured
- Fire and Ice: Lemongrass, Chili, And Ginger (Ginger Chunks Optional)
- Smiths Cherry: Our Take On A Cherry Ripe
- Jude's Delight: Turkish Delight
- Italian Bitter Cherry: Amarena Cherry
- Black Forest: Cherries In Chocolate And Dairy Queen
- Fudge: Dairy Queen With Either A Fudge Ripple Or Fudge Bits

Feel free to reach out for custom orders.

Adults Only
\$18 per 500ml

- Gin And Tonic Sorbet

MORE TO COME

Feel free to reach out for custom orders.



**LONG BAY
DESSERTS**

ARTISAN BESPOKE HANDMADE

Locally made artisan ice creams and desserts. Our ice cream is made in small batches from all natural ingredients including vegan and dairy free flavours. We are happy to create a flavour to suit you.

To celebrate the month of romance, our 500ml

family favourite flavours will be discounted to \$12.50 till the end of February.

Free delivery locally for all orders over \$20 and a 5% discount on mentioning this ad till the end of February.

Torbay & Long Bay Medical Centres

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facebook

Ask us about
Mange My Health

Protecting your children from COVID-19 COVID-19 Immunisation Programme for 5 to 11-year-olds

Parents and caregivers have the opportunity to protect their children aged 5 to 11 against COVID-19, by being immunised with a child (paediatric) formulation of the Pfizer vaccine. The vaccine used is a children's version of the Pfizer vaccine, with a lower dose and smaller volume. Children need two doses of the vaccine to be fully protected. We recommend these are at least 8 weeks apart. The interval can be shortened to a minimum of 21 days if needed, for example if your child is starting treatment with immunosuppressants. The Ministry of Health recommends immunising your child to keep them safe and to help protect your whānau and community from COVID-19.

Benefits of Immunisation

Immunisation is an important way we keep children safe, like being sun smart or wearing a seatbelt. It protects your children from many serious diseases and stops disease spreading within your whānau and the community. In Aotearoa, children get free vaccinations against 12 diseases, including whooping cough (pertussis), measles and polio.

Benefits of immunisation against COVID-19

Immunising 5 to 11-year-old children helps protect whānau members whose health makes them more vulnerable to COVID-19. The COVID-19 virus can be unpredictable. While COVID-19 generally has milder effects in children, with symptoms being similar to a cold, some children become severely ill and require hospitalisation. Children can also have rare complications such as Multi-system Inflammatory Syndrome (MIS-C) that may require intensive care. Children can also suffer long term effects (known as long COVID), even after mild cases of COVID-19. Like adults, if your children are infected with the COVID-19 virus they may transmit the virus to other people.

Safety of the Pfizer vaccine

The Pfizer vaccine for 5 to 11-year-olds has been through clinical trials with children in this age group. In general, the side effects that were reported were mild, didn't last long, and were similar to side effects from other routine



vaccines. The vaccine is recommended for children with food allergies. Unlike some other vaccines, there is no food, gelatin or latex in the Pfizer vaccine. The only reason that someone may not be able to have this vaccine due to allergy is if they have had a severe allergic response (anaphylaxis) to a previous dose of the Pfizer vaccine or an ingredient in the vaccine. The child (paediatric) Pfizer vaccine has gone through the same rigorous approval process as other routine childhood vaccines. No clinical trials were skipped and no corners were cut in the testing of its safety.

Preparing your child for vaccination

1. Provide encouragement to help your child feel relaxed.
2. Make sure they have had something to eat and drink.
3. Check they're wearing clothes that make it easy to see and access their upper arm. If they're a little nervous, they're welcome to take something to the appointment that will distract them, like a soft toy or phone.

If your child has had previous reactions to immunisations, let your vaccinator know, speak to your doctor prior to the appointment, or talk to a trained advisor on the COVID Vaccination Healthline – 0800 28 29 26.

Phone (09) 4779000 or (09) 4730063 to book your appointment at our clinic in Long Bay.

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Anxiety

Over the last two years life has been hard for many with stresses and uncertainties not previously experienced.

Trying to juggle working from home with childcare and education.

Trying to keep contact with close family members outside of Auckland- especially vulnerable parents.

Trying to keep small businesses going.

What is anxiety?

It is a normal human feeling which happens to us in response to stress or danger (real or imagined). Everyone gets anxious from time to time- it is a bodily response to a stressful situation and this kind of anxiety is a normal part of everyday life.

Anxiety usually lasts a few moments, hours or days at most and generally doesn't affect your health or other parts of your life.

However too much anxiety can become a health issue and be quite overwhelming, affecting how you think and behave. It impacts the quality of your life and can make life quite difficult. When extreme it becomes an anxiety disorder, a very common health issue. Symptoms include feeling on edge all the time, having a sense of dread, avoiding



going out and connecting with others, racing heart, sweating, nausea and tiredness.

Anxiety can generally be managed or treated successfully and overcome with help, so do not hesitate to contact your Doctor.

A combination of counselling, selfcare, life style changes and medication all play their part in the recovery.

Think positively about yourself, celebrate your successes- however small. Have people you trust on hand to speak to.

Look at lifestyle changes such as walking, swimming or relaxation. Eat regularly and well and try to get plenty of sleep.

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Recovering from "Lockdown Inertia"

For 2 years now we have been in and out of lockdowns and times of restrictions to events and places. It has made us insular. This has had a huge effect on many people of all ages.

For the older generation it has been hard as many live on their own and rely on social activity. Many have become used to "just staying in" and have lost all desire to go out into the world.

Children missed their routines and the interactions with their friends and over two years have learned online at home with parents. Parents working from home, found it was easy to just stay in and, for many, that feeling continues.

Teens are incredibly social and to just have to Facetime vis face to face was difficult. Again, schooling at home was a challenge and for many the last two years will present gaps in their learning. Teens love to roam with mates so to be alone at home with just family wouldn't have been "normal".

University students struggled with not getting the whole "uni" experience they signed up for. Then after three years hard work an "online" ceremony instead of receiving their degree in person. This often affected their motivation to

do things. Many businesses have been in a holding cycle during the lockdowns and restrictions, jobs have not been as available for those newly qualified, adding stress.

Mums and Dads working from home and making the best of home schooling and shopping online. Restricted from seeing their own friends and family at times. They got used to just staying in.

The empty nesters were looking forward to having exciting holidays abroad and life a bit freer, instead they were housebound. At a time when life should have seemed a little easier, they had worries about job security. This made some cautious with their spending and activities.

Everyone was affected by the events of the last two years and now is the time to start building "normal" back into our lives even if it seems a lot of effort.

Meet socially again, both children and adults. Travel again- even if only within New Zealand. Clubs and Churches need to be opening up.

Grab every opportunity that comes your way to do something a bit different so we can shed the inertia of lockdown. Don't let the effect of the last two years carry forward into this year- live life to the full.

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Stress is the new smoking



Eating well, moving your body, and calming your mind seem like simple health strategies. Hardly rocket science you may say. But combining these three activities can be effective in reversing and preventing many diseases. Simple but VERY effective! I would suggest that the majority of chronic diseases (both physical and mental) that affect people currently would simply disappear if we were able to do these three things well. Big call I know, but that has certainly been my experience.

After I was diagnosed with ankylosing spondylitis, I attended to all these things. Which one has been most effective? I'd guess that nutrition has helped with 30% of my improvement, exercise with another 15% of my improvement, but the majority (55%) has been due to calming my mind. I see similar improvements in the patients that I treat in my Nutrition Medicine Clinic. It is those patients who can calm their mind that make the greatest gains.

I discovered the power of a calm mind more by chance than good management. In fact, as a young scientific pharmacist I probably would have scoffed at anyone that said calming the mind would improve my back pain. I started doing yoga as part of a plan to keep my body

moving and stretching through a full range of motion. What I came to appreciate was how yoga helped me to calm my mind and manage my stress.

Stress is a big factor in health and wellness. Some would say that stress is the new smoking. Unlike smoking, stress is difficult to avoid, but it can be managed. Denying stress is potentially unhealthy. Rather than deny it, we need to acknowledge it, process it, even digest it. With practice I have learned to let the stress wash through me, and even energise me. Digesting stress rather than reacting to it and amplifying it takes practice. Zebras have huge stress responses to avoid predators. But they don't dwell on the stress after being chased by a lion. Which is why zebras don't get ulcers.

Nutrition is still the core of my clinical practice. However, there are not many of my patients who get away without some mindfulness or meditation exercises as part of their health recommendations. Try spending 10 minutes a day in a quiet location, back up-right (not slouching), and observing your breath on the inhale and exhale and especially noticing the pauses between breaths. Its free, devoid of side effects, and very effective. Enjoy.

Did you know this about being in the sun?

To get the ultimate protection you need at least factor 30 to prevent you getting burnt.

Don't wait until you get to the beach to apply the cream. It should be applied 15 minutes earlier so the skin has had time to absorb.

Creaming up once doesn't give you full protection. If you swim you need to reapply and should reapply through the day every few hours, as the cream gets rubbed off or sweated off.

A cool breeze can deceive you into thinking the sun's rays are not as powerful, so remember to apply cream on overcast and windy days too.

Don't sit in the sun for extended periods around midday when the sun is the hottest, either sit in the shade or cover up with T shirt and brimmed hat and pants.

Always wear a hat as you cannot apply cream to your head- unless you are bald- as you can burn your scalp, and this is particularly painful.

Keep safe and have fun!



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Summer Fun at Waiake

photos by Bill Ellis



With the glorious weather people took every opportunity to enjoy the amazing beach we have at Waiake.





HAPPY *New Year*

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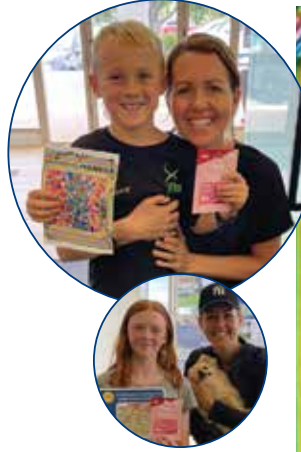
CHRISTMAS \$1000 GIVEAWAY WINNERS



This Christmas we gave away \$1000 worth of prizes to some well deserving kids. Here are two of our winners - look at those faces!

Congratulations guys we hope you were able to purchase something really special! Also, thank you to all those who entered, the standard was very high and very hard to pick the winners!

\$500 1ST PRIZE - CHARLES
\$300 2ND PRIZE - ALICE
\$200 3RD PRIZE - ALEXA



Watch out next month. school is back and we all **LOVE** our teachers! To celebrate school being back we would love to give a deserving teacher a 'welcome back to school' gift pack.

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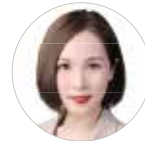
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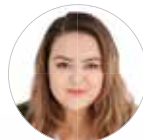
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