

focus

Issue 2
March 2022

on community

Long Bay, Okura & Torbay



Photo by Victor Zhang

Too Much Alcohol Lately?

I love having a beer with some mates or a nice wine with a family meal. Besides these social benefits, alcohol can have other benefits including reducing blood clotting. Alcohol may also lower blood sugar rises after a meal. And there is evidence that alcohol can be useful in rheumatoid arthritis.

But sometimes a nice social drink might become just one too many. Or you might think you have been drinking just a little too often. Regular or excessive alcohol consumption can lead to health problems, including problems in the brain, in the testes and in the liver if used in excess. Alcohol can also deplete the levels of key nutrients in the body such as vitamin B1 and magnesium.

Periods of abstinence such as "dry July" can be helpful in letting your body recover from the effects of alcohol. But sometimes you need a bit more support.

Phosphatidylcholine (PC) is the main constituent of the membranes in the liver where all the good detoxification work of the body is performed. Adding back some supplemental PC can help to repair damaged liver membranes. PC has shown promise in many liver conditions including cirrhosis of the liver, fatty liver, and hepatitis.

Alpha-lipoic acid is also a champion liver support nutrient. Alpha-lipoic acid quenches oxidative damage in both water-soluble tissues (like the extra-cellular areas of the liver) and in fatty tissues (like liver membranes). For these reasons, alpha-lipoic acid is one of my favourite liver supportive nutrients. It has many nerve protection and repair benefits too (which is a problem with excess alcohol consumption).

There are many great natural compounds that are renowned to support liver function and give a sluggish liver a boost of life. These include silymarin, quercetin and curcumin to name a few.

I recommend taking a magnesium supplement regularly if you drink alcohol regularly. Magnesium helps to protect the brain from the effects of alcohol. Magnesium can also improve muscle strength and liver health.

s-Adenosylmethioine (SAME) is an interesting nutrient. It has been shown to inhibit liver damage caused by alcohol and may even be useful for treating pre-existing fatty liver. SAME has benefits in preventing the desire for alcohol in alcoholics. One of my patients is an amazing example of this effect. As an alcoholic he informed me that after taking SAME, he totally lost his cravings for alcohol. He was delighted.

If you think you might need some support to mop up the effects of alcohol, then pop in to chat to the health coaches at Torbay Unichem Pharmacy. Cheers!

Sean Liew & Martin Harris

Unichem Torbay Pharmacy 1040 Beach Road, Torbay
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Oteha Valley Rd - motorist's nightmare

For weeks we suffered long tailbacks as the traffic lights were installed on Oteha Valley Rd.

Motorists could see that it was to open up the access to a large tract of land to the north, obviously now about to be developed, and Medallion Drive to give better access for cars accessing the school. Most had no problem with that and patiently tailgated along Oteha Valley Rd for weeks.

To those using the road progress often seemed slow but the day arrived when the work was finished. Traffic could now flow smoothly. Merging like a zip a thing of the past.

However once completed, almost straight away, the bollards were back and a digger began to remove the new surface, at the traffic lights. What could have gone wrong with this tract of road?

The answer was nothing was wrong with the surface, they had now decided to install a speed bump.

So, we are back to the misery of long tail backs and delays as the installation of the speed bumps take place at a snail's pace.

Surely this was not a misreading of the plan?

To me it feels like the job was done and dusted when someone on the final



inspection said "Hey, you know what? Speed bumps would slow the traffic down, before we sign it off let's install some".

This addition would have added significant cost to the whole installation, digging up work just completed.

We constantly suffer the nightmare

that is Glenvar Rd. AT occasionally stick plasters on the road in the form of repairs that last a short time. As a user of Glenvar Rd I dread the moment when AT starts the work there. I just hope that they do it efficiently and make sure they know the full plan before starting.

Carole McMinn Editor comment.

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LICENSED REAA 2008

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editor's letter

A friend told me of this quote, attributed to Einstein,

"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots"

Bearing in mind that Einstein died 18th April 1955 this was a profound statement to have made.

Even if he made the quote on his death bed, it would still be another 10-15 years before ordinary householders began to have their own telephones and, at the time of his death, TV's were a very rare luxury indeed.

Fast forward 65 years and look around you today.

For many the mobile phone is the toddler's dummy. If parted from their mobile, separation anxiety sets in.

I am saddened, when eating out in cafes and restaurants, how many couples are sitting, eating and totally ignoring each other as their finger flicks across their screen.

Don't get me wrong mobile phones are wonderful, and have a real value in our lives, but they should be part of our lives, not our main focus. Same for any technology we share our lives with.

Sadly Netflix and TV on demand has replaced playing cards, as a family, and board games.

One of the most valuable parts of our lives is people. Not just our family, but our friends and those we work with and live in our neighbourhood. Lockdown separated us from many of them and technology was then very useful for keeping in touch, by phone and by Zoom.

Einstein's prediction doesn't have to be true. We can use the technology to enhance our lives, but we also need to ensure it doesn't become our lives. After all the last thing we need is a generation of idiots.

Carole McMinn
Editor

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Content of this magazine.

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

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

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Meet local author Paul M Clark

As an emerging writer, it's always quite humbling to be asked to say a few words in the local media!

I'm Paul M Clark, and I write speculative fiction and horror. I was born in Lancashire, in the UK. I'm also the co-owner of the UK Grocer shop in Browns Bay, but mostly my time is taken up with writing.

I wanted to be a writer all my life, really, but ended up becoming a Historian for 20 years! But I've always been passionate about writing and storytelling, so I decided to start writing fiction again and finally plucked up the courage to send some work to a literary journal in America. To my shock, they agreed to publish it. From that moment, it motivated me to write more and more. It also encouraged me to give back to the writing community and use my skills as a teacher to help other writers. So now, I teach creative writing at Massey University, while completing my PhD in Folk Horror, and also work for an organization called The Writers' Café in Auckland.



I love being part of the writing community. I've met many wonderful writers who've helped me progress and improve. After publishing several short stories, and doing well in a few competitions, I decided to try my hand at writing a novel. I had loads of ideas, but wanted to write something really dark and chilling.



I was fortunate enough to land myself an agent at High Spot Literary, who was amazing in supporting my work and getting it out to the world. Earlier this year I signed my first book deal with Brio Books in Australia.

My novel, called *The Witchfinder's Mark*, is set during the English Civil War, in 1644, when people were being accused of witchcraft quite frequently. Samuel Hawke, my protagonist, is a bit of a dislikeable character, as he convicts innocent folk of witchcraft until he uncovers


something even more dark and deadly. Awful things start to unravel, and I won't say any more so people might actually want to read it! My book is due out in June. I hope people enjoy it!

Right now, I'm working on the sequel, so the story continues!

Torbay/Waiake February 2022

 **PROPERTIES FOR SALE** **82**

 **PROPERTIES SOLD** **19**

 **LOWEST VALUE SALE**
\$840,000

 **HIGHEST VALUE SALE**
\$1,700,000

Wendy's update

Many Aucklanders took the opportunity to go away over the holiday season therefore January followed the normal trading pattern for the first month of the year – across Auckland January's sales number have set the market up for a positive late summer and early autumn trading season.

With the holiday season behind us strong buyer interest has returned In Torbay and Waiake, my open homes have been busy with buyers – we are predominately a family area and the demand to live in our area is high. The main concern buyers appear to be experiencing currently is obtaining finance due to the new regulations and interest rates rising. If you are considering selling it is an excellent time to list – for a confidential chat about your real estate requirements and how to maximise the sale of your home give me a call.

Kind regards, Wendy

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LICENSED REA/ROR

Focus on March!

March was named after the Roman god Mars, who was the god of war.

Originally March was the first month in the Roman calendar because after winter ended, they could go to war again! Later January and February were added to make the year 365 1/4 days for the earth to revolve around the sun.

Lent starts in March

Lent is a Catholic tradition commemorating the 40 days Jesus spent in the desert before beginning His ministry and runs up to Maundy Thursday, the day before Good Friday.

In modern times many Christians will give up something for Lent, like chocolate, smoking or eating cake. As Jesus ate nothing the whole time in the desert believers try to have an experience that would have been similar to Jesus'.

Ash Wednesday is the first day of Lent, a six week period. Believers would attend church on this mid week day and the sign of a cross would be placed on their forehead of ash. The idea was they would carry this symbol on their heads for the whole of Lent.

It is preceded by Shrove Tuesday, or pancake day. Traditionally on this day all the households would use up their eggs and butter ready for Lent.

St Patrick's Day

Although the patron saint of Ireland his day is celebrated widely around the world, even here in New Zealand.

For most the idea seems to be to wear green and get drunk!

Saint Patrick's Day is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c.385 – c.461), the patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general.



Birthstones

Birthstones for March are aquamarine and bloodstone. These symbolise courage.

Flower is the daffodil representing Spring and new beginnings.

Zodiac signs Pisces (the fish) up to 20 March and then Aries (the ram) March 21 onwards.

Important dates in March

1 March	St David's Day- Patron Saint of Wales. Born c 520 and died c 600 AD. Lived in St Brides Pembrokeshire. Little is known of his life or why he was chosen to be the patron saint of Wales.
8 March	International Women's Day. This celebrates women's rights and all the social, economic, cultural and political achievements of women.
9 March	World Barbie Day
15 March	Ides of March- when Romans celebrated their New Year. Well known by the play, by Shakespeare, Julius Caesar, as the day that Caesar was murdered in the Senate.
17 March	St Patrick's Day- Patron Saint of Ireland.
20 March	World Frog Day
21 March	World poetry day.
21-27	Shakespeare week- celebrating the works of the Bard.
23 March	World seal day- standing against cruelty to seals.
25 March	Tolkien Day – celebrating the works of the Lord of the Rings.
27 March	In UK Mother's Day.
29 March	Piano Day. Held on the 88th day of the year after the 88 keys on a piano!



Celebrations generally involve public parades and festivals, céilís, and the wearing of green attire or shamrocks. Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption

Saint Patrick's Day is celebrated in more countries than any other national festival. Modern celebrations have been greatly influenced by those of the Irish diaspora, particularly those that developed in North America. However, there has been criticism of Saint Patrick's Day celebrations for having become too commercialised and for fostering negative stereotypes of the Irish people.

Quick and Easy Bacon and Egg Quiche

Quiche is a very versatile recipe. It is easy to make and can be used for main meal, lunch boxes and snacks throughout the day. It is also a good way to use ingredients in your fridge and is cheap and nourishing.

Ingredients

8 heaped tablespoons plain flour	1 cup bacon pieces
3 teaspoons baking powder	½ cup milk
Pinch salt	1 cup cream
200 grams butter.	4 large eggs
Water- or cheat by buying ready made pastry sheets	

Method

Rub the fat into the flour, salt and baking powder until it resembles bread crumbs.

Add water, little at a time, until the mixture forms a solid mass.

Roll out and form into a round baking tin. Cover with greaseproof and put baking beans in to keep from rising and bake for 8 minutes 200°C on fan assist.

Remove beans and baking paper. Using a fork, lightly prong over base and put back in oven for 3 minutes.



Beat eggs, milk and cream together, seasoning with salt and pepper, and pour into pastry case. Add the bacon pieces and bake for a further 20 minutes or until the mixture is set.

Using the basic egg base you can put any flavourings in, tuna and sweet corn or vegetable.

LOCAL SALES January 2022*

1/10 Halder Place	\$858,000
1/7 Tallington Cr	\$900,000
Lot 112 Weiti Bay	\$907,750
2/38 Portobello Pl	\$1,025,000
4 Fitzwilliam Drive	\$1,130,000
1/14 Thelma Crescent	\$1,200,000
Lot 156 Weiti Bay	\$1,225,000
94 Weatherly Road	\$1,251,000
32 Freya Place	\$1,310,000
21 Reynolds Place	\$1,322,000
45 Emlyn Place	\$1,340,000
19 Mizpah Road	\$1,340,000
Lot 108 Weiti Bay	\$1,370,000
20 Highwood Grove	\$1,380,000
5 Manuwai Road	\$1,545,000
20 Fitzwilliam Drive	\$1,600,000
17 Helen Ryburn Pl	\$1,625,000
14 Moorgreen Heights	\$1,650,000
13 Sealy Road	\$1,700,000
6 Dee Place	\$1,750,000
38 Headsail Dr	\$2,290,000

*Source REINZ

LOCAL MEDIAN = \$1,340,000

Shane & Jen

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A note from

ERICA STANFORD

MP for East Coast Bays

Things have ramped up since my last note to you. Parliament is back in session so I have been regularly travelling to Wellington once again.

I'm really enjoying my new Education portfolio. I've been travelling around the country meeting with principals and teachers alike to hear their experiences with legislation and curriculum.

Whenever I'm in the electorate I'm always keen to meet locals or visit businesses. While my office continues to work from home under the Red Traffic Light, I'm still available for meetings, so please feel welcome to reach out - my office details are below.

ECB Bake

Omicron is now well and truly in our community and I am aware that you, or someone you know, is at home isolating. And let's be fair, isolating can be well... pretty darn isolating.

Thankfully we live in an amazing community with people who are ready and willing to put their hand up to help those in need. People who want to remind you that we haven't forgotten about you, and we care!

I have a group of brilliant volunteers who want to show their support by giving you some baking. That's right, some delicious, homemade baking delivered right to your door.

So if you are feeling isolated, vulnerable or alone, or know someone who is, please email my office. We will then be in touch with further details.

Alternatively, if you are a keen baker and want to volunteer your time and ingredients, send an email and my team will be in touch with you too.

And don't forget, we are still available to do groceries or pick up prescriptions for you. Please don't feel like there is no one to help or support you during this time.

I will continue to add information and updates to my Facebook page and website as often as I can.

You can follow my Facebook
[@EricaStanfordECB](#)
or head to my website
[EricaStanfordMP.co.nz](#).

Take care

Erica



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Erica
STANFORD
MP East Coast Bays



The Browns Bay Bowling Club

This is one of the big five clubs of the twenty club strong North Harbour region, alongside Orewa, Birkenhead, Mairangi Bay and Takapuna. A game for people of all ages and abilities, including disabled and blind bowls, is available nationwide, and is now played pretty much year round, especially now with carpet greens and indoor full size rinks available all over the country. Browns Bay has enjoyed a fine record of success at centre, regional and National levels, especially in recent years. The 2020/21 season saw the Browns Bay Men's Interclub 7s team not only win the North Harbour title, but go onto Christchurch, only to get beaten in the national semi finals. Three of our clubs finest men's bowlers, Colin Rogan (1st with 35), the late Brent Turner (28), and John Walker, also with mid-high 20s, are the three big gun males



with the most Centre titles ever. The club this season is wearing new coloured club shirts, thanks to a generous sponsorship from Harcourts Cooper & Co. With our sizeable club grounds currently comprising of three maniatoto grass greens, plus one carpet green, bowls, whether competitive, corporate or social, are available pretty much all year round. Our spacious club rooms are often booked for private and corporate functions, with in-house catering to top off your afternoon or evening. Attached photos show action in the recent North Harbour inter club 7s (singles, pairs and fours

each team), which BBBC have qualified to play in the knockout stage in early March. Bowls NZ has also awarded Browns Bay to be the host club, for the national inter centre tournament, for 26 of the 27 bowls regions in NZ, involving each centres men's and women's teams. This will be run in conjunction with other North Harbour clubs and will involve the absolute cream of bowls talent from around NZ, including many current and former, national title holders, Commonwealth Games medalists, and world champions. It does not get much bigger than this, the tournament to run from March 17 - 20. The Browns Bay club welcomes new and experienced members, men, women, teenagers, age makes no difference, with coaching available, and can contact us by email : brownsbaybowling@outlook.com, for corporate fun bowls and catering, or any other enquiries, phone the club on 09-4786952 during the day, or phone Pete Sheehan, BBBC President, 021-0403021.

PS, this is not a sport only for oldies, contrary to perception.

Tides Mar 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW		
Tue 01	00:29 0.7m	06:59 3.2m	12:59 0.8m	19:21 3.1m			
Wed 02	01:27 0.6m	07:54 3.4m	13:55 0.7m	20:18 3.2m			
Thu 03	02:20 0.5m	08:46 3.4m	14:47 0.6m	21:10 3.3m			
Fri 04	03:08 0.5m	09:34 3.5m	15:36 0.5m	21:58 3.4m			
Sat 05	03:54 0.5m	10:21 3.4m	16:22 0.5m	22:43 3.3m			
Sun 06	04:38 0.6m	11:05 3.4m	17:05 0.6m	23:25 3.3m			
Mon 07	05:21 0.7m	11:49 3.3m	17:47 0.7m				
Tue 08		00:07 3.2m	06:03 0.8m	12:31 3.1m	18:28 0.8m		
Wed 09		00:48 3.1m	06:48 1.0m	13:13 3.0m	19:10 0.9m		
Thu 10		01:32 2.9m	07:35 1.1m	13:57 2.9m	19:55 1.0m		
Fri 11		02:20 2.8m	08:27 1.2m	14:44 2.8m	20:45 1.1m		
Sat 12		03:15 2.8m	09:25 1.3m	15:36 2.7m	21:42 1.1m		
Sun 13		04:15 2.7m	10:24 1.3m	16:34 2.7m	22:44 1.2m		
Mon 14		05:15 2.7m	11:20 1.3m	17:34 2.7m	23:42 1.1m		
Tue 15		06:09 2.8m	12:12 1.2m	18:31 2.8m			
Wed 16	00:34 1.0m	06:57 2.9m	13:00 1.1m	19:22 2.9m			
Thu 17	01:20 0.9m	07:42 3.0m	13:45 0.9m	20:08 3.0m			
Fri 18	02:03 0.8m	08:24 3.2m	14:28 0.8m	20:52 3.1m			
Sat 19	02:45 0.7m	09:07 3.3m	15:11 0.7m	21:35 3.3m			
Sun 20	03:27 0.6m	09:50 3.4m	15:54 0.6m	22:18 3.3m			
Mon 21	04:10 0.6m	10:34 3.4m	16:38 0.5m	23:01 3.4m			
Tue 22	04:55 0.6m	11:19 3.4m	17:23 0.5m	23:47 3.4m			
Wed 23	05:43 0.6m	12:06 3.3m	18:09 0.6m				
Thu 24		00:36 3.3m	06:34 0.7m	12:56 3.2m	18:59 0.6m		
Fri 25		01:29 3.2m	07:30 0.8m	13:50 3.1m	19:54 0.7m		
Sat 26		02:28 3.1m	08:32 0.9m	14:48 3.0m	20:56 0.8m		
Sun 27		03:33 3.1m	09:37 0.9m	15:53 3.0m	22:04 0.9m		
Mon 28		04:40 3.1m	10:43 0.9m	17:00 3.0m	23:12 0.9m		
Tue 29		05:42 3.1m	11:45 0.9m	18:06 3.0m			
Wed 30	00:15 0.8m	06:40 3.2m	12:42 0.8m	19:06 3.1m			
Thu 31	01:10 0.7m	07:33 3.3m	13:35 0.7m	20:00 3.2m			

Times adjusted for Daylight Saving.

Why we publish the tide timetable

We all love our beaches and the waters beyond.

We also all know that the sea can be quite treacherous so we always need to have information to keep us safe.

If you are a fisherman, a boatie, a paddle boarder or a swimmer, knowing whether the tide is coming in or going out could make the difference between being safe and not being safe.

We love to walk our beaches and walk our dogs on beaches, so it is handy to know that, when you get to your favourite beach, there is enough beach to be able to walk on.

We can also walk along and into different coves. The last thing you want is to be cut off by an incoming tide.

So each month we print these tide timetables for you, for your convenience and to keep you safe.



Torbay Theatre

70th JUBILEE THIS YEAR!! FOCUS ON HELEN!!

Since it is our 70th Jubilee this year, we spoke to long-standing member, Helen Topliss.

Helen and husband Paul have done it all: acting, directing, writing, children's classes, make-up, set-building ... since 1979. Son Adam was three weeks old at his first rehearsal, and he is still in the audience at practically every show. Helen and Paul are as active as ever: last year Helen took the lead role in *Life and Beth*, and recently directed *Cinderella* and *The Snow Queen* (script by Paul).

They fell into the club as newlyweds in 1979, shortly after arriving from the UK. After coming to see a play, Paul ended up lighting the next show, and that was it!

Torbay competed in regional and national am-dram competitions. Paul's one-act play *Roses are Red* (re-staged in 2019), won the regional prize, and several were placed in the Nationals.



Helen & Paul Topliss and David Adkins in full bib and tucker at the joint Torbay Theatre and Mairangi Players (Birkenhead) 40th Anniversary Ball.

Cast and crew would travel to a different town each year, taking their set and props, and the play was judged not only on the performance, but also on erecting and striking the set to strict time limits, timed on a stopwatch. The crew would be waiting in the wings, and on the signal "Go!" each would do their well-practised jobs. The stage had to be set within 15 minutes and struck within 10. If they went over, they



Helen in her first lead role at Torbay Theatre: Imperfectly Serious, 1980.

were disqualified. Aside from the challenge of the competition, it was a great social time, everyone staying in the same motel for a long weekend.

In fact, Helen and Paul practically lived at the theatre, taking part in every play for many years: four shows a year and six club nights –always including a one-act play, for new directors.

The theatre was busy: often rehearsing two shows at once. They needed more space! So the Gate Theatre was built after much imaginative fund-raising (delivering the North Shore calendar to every house on the North Shore from the back of a ute, a "guess the name of the doll" competition ...)! The Gate's dimensions match the big stage, to facilitate rehearsing, as well as giving more club space. Pre-Gate, the clubrooms, including rehearsal space, toilet and kitchenette, fit into what is now the wardrobe! For 4-5 years Saturday night shows were catered, with theatre members and their families cooking a three-course meal and waiting at table, serving drinks, and, of course, washing up afterwards!



Naïve Kiwi meets Russian soldier in Roses are Red, by Paul.

Before the Gate was built, actors changed in a shed out the back: it poured during one memorable pantomime, and bebies of children had to be escorted through heavy rain under umbrellas held by troops of volunteers, protecting the colourful costumes and make-up!



Helen in the lead role in Life and Beth last year: she is nominated for Best Actress in a Leading Role.

"Torbay Theatre gave us our first friendships in New Zealand," Helen says, and this hasn't changed. Performers and crew come back year after year. Helen is just one of many. This year, we will highlight various personalities and aspects of theatre life in Torbay.

**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.**

Torbay Historical Society

On 12th. October 1982 a meeting was held at the 'St. Mary by the Sea' building after it had been shifted to Relko Crescent. This was meeting held to form the Torbay Historical Society. Foundation members included Phyl Butterworth, June Williams, Barbara Rosser, Jim Wilcox, Phil Mantel and Fred Milner. Volunteers restored the building to ensure its preservation and use. June and Rose planted the garden with hollyhocks, forget-me-nots and all 'olde worlde' type flowers. The floors were sanded and oiled. Locals donated artefacts for a museum. Tragically vandals set fire to the museum in 1988 leaving it beyond restoration. There were 2 crosses on the building. The one at St. Mary's Grove was destroyed but we have the other charred cross at the Vaughan Homestead with other artefacts saved from the fire.

Our Society continued to meet and was instrumental in having a memorial seat and plaque, in honour of the Museum and the early residents of the area, placed at the end of Rock Isle Road, close to the site of the old Torbay wharf. Money from the Insurance was given to the Torbay Community Association towards their new roof.

- St. Mary's Grove' (Photo No. 2 P.24 Feb. magazine'. Taken in Relko Cres)



In 1991, we made submissions to the Auckland Regional Council to save the Vaughan Homestead which was under threat of demolition. Local support for its retention and restoration came from a wide cross-section of the northern area of East Coast Bays. Membership increased from twelve to ninety and we became an Incorporated Society. The homestead was given a Classification 2 by the N.Z. Historic Places Trust. In 1993 we were finally granted a long-term licence to occupy, restore and manage the homestead. What a challenge. Under the leadership of The Project Manager, Ron Edgar the restoration was completed by 1996. This has been our home since then.

The Vaughan Homestead will be opened to the public 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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Hauraki Flower Club

Contact Jennifer on 4795691 or Jo on 4738836.



With Covid still hovering, the Hauraki Floral Art Club held its first meeting of the year. Protective masks were outshone by members' amazing "botanical" masks. Our Demonstrator was Sue Gardiner of the Takapuna Club. Hauraki has plans for a busy creative programme for 2022. We meet monthly at Outram Hall and new members are welcome.



Winner of Where are these places quiz.

Last month we ran a page of photos of sites in Torbay, Long Bay and Okura. Some were very familiar, others not so familiar.

Out of the correct entries received Sybil's name was drawn, so she, and her daughter Lynn, are the winners of the \$100 restaurant voucher. The voucher is from popular local restaurant Obella, at Long Bay.

Having lived in Torbay for over half a century Sybil has seen many changes to the surrounding area, and still considers it a wonderful place to live.

We hope Sybil enjoys her meal.

Answers to the quiz.

1. Ridge Rd Long Bay
2. Awaruku Reserve at Reiko Rd entrance.
3. Pill box on Beach Rd going down to Merc
4. Ridge Park Long Bay
5. Sculpture outside 4 Square Torbay
6. Walkway between Waiake Street and Waiake beach
7. Okura community hall
8. Beach at end of Okura.

Thank you to all of those who took part.



Classifieds

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Torbay Garden Club

Our annual Garden Club picnic went ahead under cover at Long Bay in early February despite the drizzle, high humidity and breezy conditions. A hardy group of members enjoyed a lovely shared lunch and caught up with friends, some of whom they had not seen since our last meeting in August. Some brought flowers to show, the plants often gifted from other gardeners, and spoke of their significance to them. The weather improved for us to enjoy a lovely occasion.



acknowledged that many of her plants came from the garden of her good friend Isabel Chambers who lived up the road.

Isabel sadly passed away late last month, just a couple of months short of her 104th birthday. She was a much loved and valued member of Torbay Garden Club, whose botanical knowledge, passion and gardening ability

inspired us all. Isabel will be sadly missed, but remembered with great affection as a modest, generous person who loved to share her garden and its bounty with others. Isabel is pictured here celebrating her 100th birthday at Garden Club.

Dahlias are the stalwarts of the summer garden and continue flowering well into autumn. There are endless varieties a few of which are pictured here.



We were delighted to have one of our members' gardens featured in the February edition of the NZ Gardener magazine. With an article written by her sister, Rose Thodey, and photographs by Sally Tagg, Tricia McKinnon's beautiful garden was showcased over several pages. Tricia

In the garden in March

Fertilise citrus and spray to prevent fungus and insects. Remove dead canes from berry fruit. Start autumn planting of vegetables - silver beet, spinach, kale, broad beans, broccoli and onions. Plant rhubarb and compost well. If summer lingers, keep planting lettuce and radishes, as well as herbs - parsley, coriander and

rosemary. Collect seed and store for next year. In the flower garden divide perennials such as daisies, plant freesia, anemone, iris and hyacinth for winter flowering. Begin planting of spring flowering bulbs. Sow sweet pea seeds and lift and store gladioli. Tidy flower beds and enrich soil for replanting.

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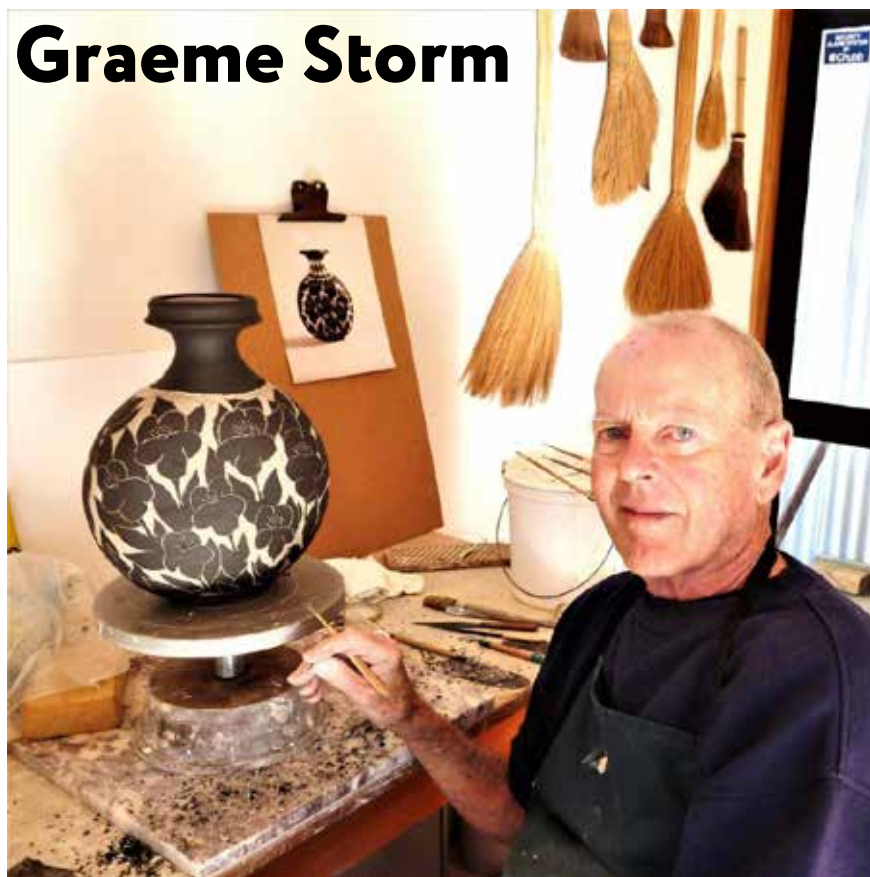

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Meet local Potter Graeme Storm



My first contact with pottery was in 1955, as a 19 year old student, at Auckland Teachers' College. This led on to applying for a 3rd year to train at Dunedin Teacher's College as an Arts and Crafts Adviser for the Education Dept. I then worked as a specialist to both the Waikato and Auckland districts.

My own personal work with clay became a growing passion, leading eventually to the building of a pottery at my parent's property at Orakei. Since the 1950s I have built four kilns, including a small salt glaze one to experiment with different techniques. By 1959 I had the urge to travel and visited UK and Europe.

While in London I attended the Central School of Arts and Crafts, where I was fortunate to meet up with two NZers connected with the ceramic world - William Newland, who taught throwing at the school and Kenneth Clarke-whose studio I worked at later in London.

For me a highlight was going to the Arabia factory in Helsinki. This was my first visit to Finland - my father's homeland - and I felt an immediate empathy for the country with its lakes, forests and islands. The Arabia



ceramics factory had a unique system of artist's studios. It was here that I first realized it was possible to achieve colourful glazes at high (stoneware) temperatures. Brilliant blue, green, purple colours, sourced from copper carbonates. Until then I had been - like most NZ potters of the day-following the Japanese traditions.

Returning to NZ I went back to my former job, as an Arts & Crafts Adviser for the Education Dept. When not travelling to schools, I spent time building a pottery and a larger oil-fired kiln.

Thanks to the support of the "Art of The Potter" in Victoria Street and "New Vision" in His Majesties Arcade, I was able to create, and sell, my work. Gallery owners like these who showed faith in young aspiring crafts people made all the difference between

success and failure. The purchase of the next bag of clay or the refilling of the oil tank depended entirely upon selling work from the previous firing - and being paid for it then and there. Thanks to them I dared to think that becoming a full-time potter might be a feasible profession. I say "dared" as it was 1964 and the year before my wife to be, Jacquie and I, were to marry. I was able to make the equivalent of my teaching wage (hardly a boast). We married and here we are 56 years later - having spent 50 of those years in the wonderful environment of the East Coast Bays - still happily together, after a life full of wonderfully rich experiences.

My life as a potter has been very satisfying and I feel really blessed to have been able to create pieces that have given so much pleasure.

Anita Gray - Painter

Anita came to NZ from the UK in 1974 and settled on the North Shore in Browns Bay, now living in Torbay.

Anita had always wanted to paint but at school had to drop art for academic subjects. On retirement it wasn't until she was visiting a gallery, where she bought a painting, that she said to her husband and son "I've always wanted to paint" and they replied "Well why don't you?" The challenge was set and then the fear was faced that maybe she wouldn't be able to paint at all. Karl Amundsen at Mairangi Bay Art Centre was an excellent tutor for Anita helping her find her own style. The class was already in the process of organising an exhibition and so Anita was thrown in the deep end and her three paintings all sold at the exhibition!

Skies have always been important to Anita as she grew up in the fenland of South Lincolnshire, where the land is sea level, and there are big skies.

Her compositions encapsulate the interesting mix of softness and strength. She works in oils, with a tight colour palette, in a painterly and gestural style, moving towards landscape inspired semi-abstract. The paintings start with a connection to a remembered scene often becoming less site specific and



more about what emotion does the painting evoke.

Highlights are being a finalist in the Molly Morpeth Canaday Awards in Whakatane selling on the first night. Someone viewing her painting at the exhibition went into the art gallery in Ohope and asked have you got an 'Anita Gray?' Then began a successful partnership of paintings being supplied to the gallery. Another highlight was visiting Whakaari (White Island) to get the feel of the island in order to paint a commission.

Anita has had work exhibited in Mairangi Bay, Browns Bay, Whakatane as well as the Art Gallery in Ohope. Anita's paintings are in homes throughout NZ.

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Getting back to business after a scorching summer break, residential sales activity is starting to flow following December's wait-and-see response to tightening credit conditions.

Encouraged by the beginning of a new year, Kiwis previously on the fence about transacting now have a better understanding of the effects of higher mortgage lending rates (which are still at comparably low historical levels), the reintroduction of loan-to-value ratio (LVR) 'speed limits', and more demanding credit analysis. While these factors may see value growth consolidate from the huge monthly gains recorded since fiscal policy helped to boost asset prices over the pandemic, supportive demand dynamics are expected to underpin housing inflation through to half year.

As Kiwis gradually return home after the holidays, we'll gain a clearer picture around sentiment, but for now, domestic migration and continued strength across the labour market are key drivers of mortgage lending activity.

A recent rise in new listings is similarly rousing buyers, with first home purchasers and those moving in higher price brackets showing the greatest enthusiasm over the summer months.

view

OUT NOW

159

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The Stats – Albany Ward* – Jan 2022



196

Volume of transactions



\$1,370,000

Median sale price



34

Median days on market



17.1%

% Sale price difference from 1 yr prior

*Disclaimer: Data sourced from REINZ. Albany Ward covers both Hibiscus and Bays and Upper Harbour Local boards and includes East Coast Bays BAYLEYS REAL ESTATE LIMITED, MIAIRANGI BAY, LONG BAY, COATESVILLE. LICENSED BY THE REA 2008

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Jim Ni, a resident of the Long Bay community, is the chairman of Byron International Group Ltd.

As a leading company in the Immigration and International Education industry, Byron International Group provides overseas-study services and visa solutions, solves problems for international students and immigrants, removes uncertainties for the clients. Their specialists handle all visa types as well as all stages of study in New Zealand, from primary school to doctorate. Byron International group has a history of nearly three decades, and the team lead by Jim is committed to serving the community. Until now, they have over 10,000 successful clients and their visa approval rate last year was over 99%.

Byron have received numerous awards every year from various institutions for their outstanding services and contributions to New Zealand. For example, they have been the Top 1 New Zealand's Local Recruitment Agency of the University of Auckland for 6 consecutive years since 2016. In fact, Byron has always been the top agency of five or more educational institutions every year. They have also won many awards such as the Education Agency Distinction Award in Service Excellence or Gold Partners.

Jim Ni is the recipient of first ANZ Migrant Support Award. He was



Jim with Auckland University's Director International Brett Berquist



Long Bay社区居民Jim Ni是百伦移民留学公司的董事长。

作为移民及国际教育行业的龙头企业，百伦移民留学为客户提供留学申请指导服务及签证解决方案，为国际学生和广大移民解决各类问题，帮助客户消除留学移民道路上的不确定性。百伦的资深顾问团队可以处理新西兰所有签证类别的问题，从新西兰小学到博士的各个阶段的留学申请。

百伦移民留学已经有近30年的历史，以Jim为首的团队致力于服务社会。到目前为止，百伦已经成功帮助过上万客户，去年百伦的整体签证批准率达到了99%以上。

百伦每年都因对其专业的服务和对新西兰的杰出贡献而获得各种机构颁发的各种奖项。例如，他们从2016年起，已经连续6年蝉联奥克兰大学新西兰本土招生机构第一名。事实上，每年百伦都是5家以上教育机构的最佳代理。此外，他们还获得了诸如教育机构卓越服务奖、金牌

合作伙伴奖等众多奖项。Jim Ni是2014年首届ANZ澳新银行移民支持大奖获得者。他因每年帮助数百名留学生来到新西兰学习以及支持了许多新移民来到新西兰而受到表彰。

honoured for his involvement in assisting supporting many new migrants come to the country.

Jim Ni and another resident who live in Okura, Luke Lu, cooperated to facilitate Immigration New Zealand's recognition of the Qualified Domestic Institutional Investor (QDII) program. Hundreds of millions of dollars have been brought into New Zealand through QDII program since then.

As for Long Bay community, Byron has long-term relationship with Long Bay College. Their cooperation has been over 12 years and Byron has brought dozens of international students to Long Bay College. Jim and Byron team now will provide preferential services to the Long Bay community, which includes:

Immigration policy updates and analysis;
Special Discounts for magazine readers.

Jim和居住在Okura社区的

另一位居民Luke Lu曾共同合作促成了新西兰移民局对合格境内投资者项目（QDII）的认可。自此之后，已有数亿纽币的投资通过QDII项目进入新西兰。

对于Long Bay社区而言，百伦移民留学和Long Bay中学一直有着长期合作关系，二者的合作已经超过12年。百伦已经为Long Bay中学带来了数十名国际学生。现在，Jim和百伦团队将继续为Long Bay社区提供特别优惠活动，包括：

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The marine outdoors is an awesome place to adventure and recreate in. Being in and around the water has significant well being and mindfulness benefits. You also end up having some physical exercise, almost accidentally, as you lose yourself paddling, floating, catching waves.

One of the segments in society underrepresented in the statistics of people getting out on the water are young women. With some assistance from Sport NZ's Tumanawa Active Aotearoa initiatives we are offering a



“Wāhine on water” programme. This is a multi-week programme aimed at empowering young women 18-24 years old with the skills and experience to have a lifelong, safe relationship with the ocean.

It is an opportunity to connect with the ocean and likeminded wāhine while immersing yourself in adventurous water activities, gain new skills and knowledge of a range of ocean sports and activities.

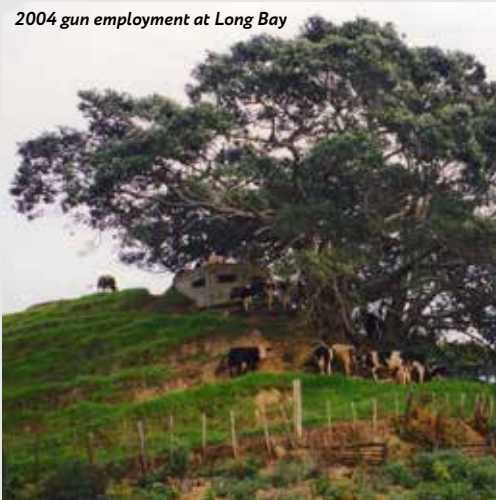
This 6-month journey includes evening and weekend introductory sessions as well as two overnight girls’ adventures to put your new skills to the test! If you or anyone you know are in the age group and are interested in taking part, please get in touch with us via our office (office@merc.org.nz). We’d love to have you along.



What Long Bay looked like before the development started

Over the last few years, we have got used to seeing more and more houses built at Long Bay. Many of the people occupying those houses never knew what the area looked like before the development.

Bill Ellis has hundreds of photos of the area, which he will share with us over the next months. We are so thankful that Bill has this record.



Long Bay Okura Great Park Society Update



For those readers unfamiliar with the Society, we have been advocating for the protection and enhancement of the Long Bay Regional Park and the Long Bay Okura Marine Reserve since 1996. The early years were devoted to expanding the Park – from original 111 ha to the present day 177 ha, and working with Council on the Okura and Long Bay Structure Plans, and Environment Court hearings. With the Super City came the challenge of the Unitary Plan and back once again to the Environment Court. It is only recently that we have been able to stop fundraising to pay for years of legal and expert costs in these endeavours. However, the gains made for the Park and the Marine Reserve made it all worth the effort.

Our current focus is protecting the Marine Reserve from land-based activities such as the Long Bay development, the Weiti development and the Penlink project. We are working with Council, Waka Kotahi and, when we can, developers to get the best possible outcomes for the environment.

More positively, in the last two years we have formed a partnership with Regional Park staff assisting with planting and weeding days to restore the wetlands. Hopefully these



Two less possums !!!

activities will be easier this year. If you are interested in joining a group of experienced weeders, please

contact me. We usually work on a Sunday morning for a couple of hours, and will resume again in May.

We have recently raised funds for pest and weed control initiatives. A successful investment in 8 NZ Autotraps has resulted in stemming the invasion of possums in the northern section of the Park, where many trees have been damaged. The traps are managed by the Park staff and can kill and reset many times between checks. They also kill



Richard at work with garden shears

rats so are making a very positive contribution to the Pest Free NZ campaign. We have also been able to provide funds for a professional weed control contractor to deal to some of the problematic weed-infested areas in the Park.

We are always looking for new members and anyone prepared to come onto the committee would be most welcome.

info@longbaypark.org.nz or Bruce Usher 021 424617

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HOW'S THE MARKET?

School is back and so are the buyers. With 801 properties SOLD in the month of January it comes as no surprise that Barfoot and Thompson sell 1 in 3 Auckland homes. Prices in Torbay are up 21% compared to a year ago. It's hard to believe that those who have purchased homes a year ago are on average \$250,000 better off. Sounds like a small lotto win to me. No matter what the market brings in 2022 if you are thinking of buying or selling please give us a call. We would love to help out.

Sharee

Branch Manager

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WHAT DID IT SELL FOR?

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Mr and Mrs Tanner



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Happy First time sellers (TORBAY)



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801 HOUSES SOLD IN
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Mon



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RENTAL VALUES IN OUR AREA

TORBAY



PER WEEK
\$580 - \$770



AVERAGE
\$660

35 Bond lodgements

LONG BAY



PER WEEK
\$650 - \$1,125



AVERAGE
\$925

25 Bond lodgements

WAIAKE



PER WEEK
\$460 - \$645



AVERAGE
\$550

19 Bond lodgements

OKURA



PER WEEK
\$660 - \$720



AVERAGE
\$693

8 Bond lodgements

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Josh (Torbay)



RIDDLE OF THE MONTH

I go around and around the house but never touch the house?

Answer: Back page

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Quizzes

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PALINDROMES

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

- | | | |
|--------------|----------|----------|
| CIVIC | LEVEL | ROTOR |
| DEED | LION OIL | SAGAS |
| DELIA FAILED | NOOM | SHAHS |
| DR AWKWARD | PEEP | SOLOS |
| HANNAH | PULL UP | STATS |
| KAYAK | PUT UP | TENET |
| KOOK | RACE CAR | TOP SPOT |

WORD PUZZLE

See how many words you can make from these 5 letters.

Taswe

10 good, 15 great, 18+ awesome.

CROSSWORD

1		2		3	4		5		6		7
			8								
9							10				
11					12						
											13
14		15					16				
	17			18			19		20		
21											
22					23						
24								25			

Across

- 1 Bishop of Rome (4)
- 3 Cricket fielding position (for a spy?) (5,3)
- 9 Person bringing one out of danger (7)
- 10 Permit (5)
- 11 Ancient (5)
- 12 Inevitably result in (6)
- 14 Decline to commit oneself (3,2,3,5)
- 17 "The noblest Roman of them all" (6)
- 19 Internal organ (5)
- 22 Well done! (5)
- 23 Perplex (7)
- 24 Holiness (8)
- 25 King of Israel (4)

Down

- 1 Buy (8)
- 2 High Turkish official (5)
- 4 Conker tree (5,8)
- 5 Heat strongly – criticise excessively (5)
- 6 Large number (7)
- 7 Small amphibian (4)
- 8 Author of "Pilgrim's Progress" (6)
- 13 Tit for tat (8)
- 15 Land (as base for action) (7)
- 16 (Relating to a) cat (6)
- 18 Freshwater fish (5)
- 20 Russian river (5)
- 21 Wading bird (4)

SUDOKU

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

Get Ready For Year-End

Before you say goodbye to the 2022 financial year, make sure you work through a year-end process to maximise your tax deductions and minimise your tax bill. Here are the must-do items:

Assets

Assets costing less \$1,000 or less can be expensed

Ensure assets sold, stolen, scrapped, destroyed or no longer used are removed from the asset register and loss on disposal calculated

If an asset sale is expected to result in depreciation recovery, consider deferring the sale until after 31 March 2022

Trading Stock

Value closing stock at market selling value if lower than cost

Carry out a stocktake 31 March to ensure an accurate closing stock figure

Write-off obsolete stock

Repairs and Maintenance (R&M)

A one-year warranty purchased with a fixed asset can be deducted as an expense providing the cost of the warranty can be separately identified

Review fixed asset registers to ensure genuine R&M has been expensed and not capitalised to fixed assets

Consider carrying out R&M work before year-end

Bad Debts

The debt must be physically written off the debtors' ledger by 31 March to be deductible

Retain documentation to support the debts as not recoverable

Prepaid Expenses

Some expenses paid in advance (eg, rent, insurance, advertising, service contracts and subscriptions) can be tax deductible in the current year if not treated as a prepayment in the accounts

Donations

Cash donations paid to donee organisations or registered

Charities are deductible up to the level of net income. If the business is in a tax loss position, consider the owner making the donation and claiming the donation rebate

Cut-off

Follow year-end cut-off procedures to ensure sales, stock, expenses etc. are accounted for in the correct year

Shareholder Matters

Consider paying a dividend or shareholder salary if there is an overdrawn shareholder current account

Check the company has sufficient imputation credits; bring forward a tax payment if necessary

Dividends for the 2021-22 year should be paid or credited before 31 March 2022, with dividend withholding tax payable on 20 April 2022

Income Tax

The third instalment of 2022 provisional tax is due 7 May 2022 based on actual results to 31 March 2021 so have your records in order to determine this

A loss offset subvention payment for the 2021 income year must be paid by 31 March 2022

GST

Where assets are used for both business and private use, make your year-end GST apportionment adjustment in the 31 March GST return

In summary, putting aside time to consider the above before you race into the new financial year will help ensure you maximise your tax deductions for 31 March 2022 and ultimately lower your tax bill.

Need help with any or all of this, do not hesitate to contact us.

*Virginia Stallard, CA, Vision Accounting Solutions Ltd
ph09-4150319, visionaccounting.co.nz*



Monthly Quiz



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brownsbayrotary.co.nz

Answers Page 30

- Who lives at 1600 Pennsylvania Avenue?
- What was the capital of Australia before Canberra?
- Which actor starred alongside Morgan Freeman in the film Seven?
- What is the next number in the sequence 6,14,30,62?
- Which cat and mouse team were invented in 1939 by Barbera, Quimby and Hanna?
- Who was the first Prime Minister of New Zealand to be knighted while in office?
- What is the NZ tourist attraction 15 kilometres south of Otorohanga?
- What are the numbers at the bottom and the top of a dart board?
- Who was the Kiwi who sang 'She's a Mod'?
- Which river forms the border between France and Germany?

Torbay & Long Bay Medical Centres

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Ask us about
Manage My Health

Managing Covid-19 Infection At Home

Testing Positive – What Next?

Step 1: Isolation

If you test positive for COVID-19, the first step is to isolate at home (or in other suitable accommodation). Make sure you have your phone with you at all time and answer any calls.

How to self-isolate

Currently, the advice is to isolate for at least 10 days while recovering from COVID-19 and until you are symptom-free for 72 hours.

The isolation advice may change over time. Family members or close contacts may have to isolate for different times. Check the Ministry of Health website for current advice.

Step 2: Work out how to best manage your illness

Illness caused by COVID-19 infection will vary in severity, depending on your vaccination status and risk of developing serious illness.

To work out whether you need further support, please check your symptoms and risk of serious illness using the information below.

What symptoms can I expect?

Symptoms from COVID-19 infection are usually like a common cold or flu, though they may last longer (up to 4 weeks). COVID-19 symptoms follow a predictable pattern.

Expected time course of COVID-19 symptoms

Day 5-10 of COVID-19 are often the most worrisome time for respiratory (lung) complications, particularly for older patients and those with underlying conditions like high blood pressure, obesity or diabetes.

Managing Your Symptoms at Home

Most symptoms can be managed at home with:

- bed rest (if lying down, change position every 30 minutes to two hours);

- taking paracetamol or ibuprofen to relieve headaches, aches and fevers;
- keeping hydrated with regular sips of water;
- honey or lozenges for a sore throat;
- decongestants for a blocked nose.

Continue to take any regular medication.

Some people will be prescribed medication to reduce their chance of needing hospital level care. This might include inhaled corticosteroids that prevent swelling and irritation, in the lungs, thus improving recovery time.

Most people will recover within two weeks but others may have persistent symptoms for months.

Track your symptoms

Some people may be asked to track their, or their children's symptoms every day. You can use a symptom tracker. See the Health Navigator website to find symptom diaries for adults and children.

You may be asked to measure your breathing rate, heart rate or temperature.

Some people may be issued with a pulse oximeter by the Ministry of Health, or may have their own at home. This is a tool that measures oxygen concentration in the blood, to determine how well your lungs are functioning.

If you are getting worse

It is important to recognise when symptoms are getting worse and to get help.

COVID-19 symptoms and when to get help

When to Contact Us

If you have mild or no symptoms, you do not need to contact us. Please follow the advice provided above, on managing at home and contact us if you are getting worse, or have any specific concerns.

If you have moderate or severe symptoms, or are at high risk of serious illness, please contact us and a doctor or nurse will contact you with a plan.

You do not need to contact us to report a positive RAT or PCR result.

Call 111 if you:

Have severe trouble breathing or severe chest pain
Are very confused or not thinking clearly
Feel faint or pass out (lose consciousness)

Contact the practice if:

You have new or more trouble breathing
Your symptoms are getting worse
You have symptoms of severe dehydration such as:

Having a very dry mouth
Passing only a little urine (pee)
Feeling very light-headed

How to Contact Us

The best ways to get in touch regarding your medical concerns are:

Patient Portal message (via Manage My Health)

Phone our reception on 09 477 9000

For Covid test bookings, Covid Vaccinations, GP appointments, or other general enquiries:

You can also phone us on 09 477 9000. However, for urgent queries we ask that you do not leave a message, as during the busy periods, it can take up to 48 hours to clear phone messages.

Alternatively, call Healthline free:

For general health advice and information call 0800 611 116 anytime

For COVID-19 health advice call 0800 358 5453 anytime

For COVID-19 vaccination advice call 0800 28 29 26 (8am - 8pm 7 days a week)

If you need to come to the practice, we will give you advice about how to see us safely. You may be asked to wait in your car or outside if you have symptoms.

Torbay and Long Bay Medical Centre has zero tolerance for abuse towards our staff and we will ask you to leave the practice should this occur.

Torbay Medical Centre
1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical
55a Glenvar Ridge Rd, Long Bay
09 473 0063

Paraesthesia: Unusual Nerve Sensations

Paraesthesia is a term that describes unusual nerve sensations like numbness, tingling, and pins and needles without any known cause. It is not usually associated with any pain, so most people ignore it. But it can be a sign of something a bit more serious. If left untreated, nerve sensations can lead to motor impairment (parts of the body not moving properly) and eventually impairment of the central nervous system.

It can be an early warning sign of nerve conditions like Multiple Sclerosis or Fibromyalgia, or an early warning sign of diabetes. It is reasonably common in alcohol dependence too. Paraesthesia can also be related to nutritional imbalances, which can be reversed with good nutrition, thereby preventing permanent damage.

Vitamin B1 is important to maintain the myelin coverings over nerves. Nerve damage can begin within 1 week of a B1 deficiency starting. You are at



increased risk of low vitamin B1 levels if you drink excessive alcohol, are overweight, or have lost a lot of weight suddenly.

A deficiency of B5 is often the culprit in cases of burning feet. Vitamin B6 is interesting because nerve damage can result from either a deficiency or an excess of this vitamin.

Vitamin B12 is involved in myelin production which protects the nerves. Common tests for vitamin B12 levels in the blood can be misleading. You can see signs of B12 deficiency in your red blood cells (e.g. high mean cell volume or low haematocrit).

Low calcium levels can also be a cause of paraesthesia. Calcium can be low because of insufficient intake, or insufficiency in supporting nutrients like vitamin D, magnesium, and vitamin K2. There are some interesting ways to test for calcium deficiency such as Cvostek's sign or Trousseau's sign. These are quick and easy signs that we can test for at the pharmacy.

The moral of this story is not to ignore unusual nerve sensations. Early testing and intervention often mean great outcomes.



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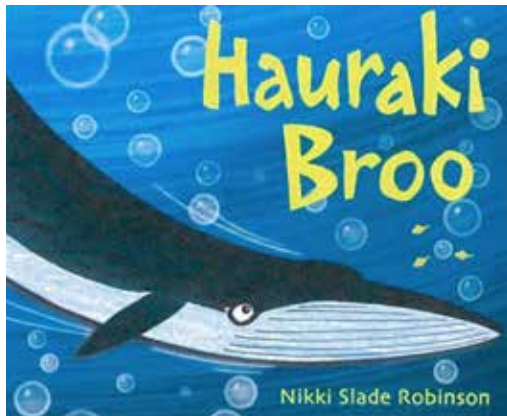
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Book Reviews

Books available at Browns Bay Library.



Hauraki Broo By Nikki Slade Robinson

Hauraki Broo is a beautiful new picture book from award-winning children's author and illustrator Nikki Slade Robinson that is

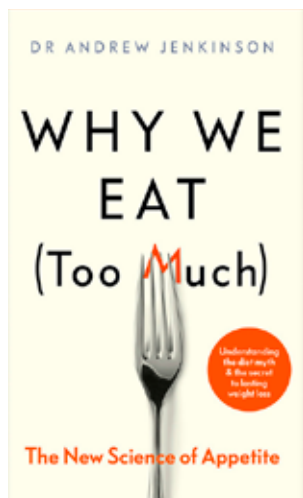
published by Duck Creek Press in collaboration with World Wildlife Fund NZ and the Whale Tales Auckland 2022 Art Trail event. It tells the story of Broo, a young Bryde's whale in the Hauraki Gulf who is in search of food, but it is getting harder to find. The name Broo is a play on the correct pronunciation of Bryde's. A beautiful and inspiring story of hope and a lovely way to introduce young children to the importance of the conservation of our whole marine environment. It ties in perfectly with the beautiful Whale Tail on the beachfront at Browns Bay and others around the city as well as the Pēpi Pod Tail the Library will be hosting in early March. It is estimated there are only between 100-180 Bryde's whales left, they are critically endangered. The book includes 2 pages of information on the whales in the Hauraki Gulf and some te reo words cleverly interspersed in the text. It is also released in a separate Māori language edition, translated by Tane Karamaina, titled Ngā Purū o Hauraki. Auckland Libraries have 5 copies of each edition that you can request to borrow.

Why We Eat (Too Much) The New Science of Appetite

by Doctor Andrew Jenkinson

For over twenty years, bariatric weight loss surgeon Dr Andrew Jenkinson has treated thousands of people who have become trapped in the endless cycle of dieting. This Sunday Times Bestselling book describes the science of weight gain (or loss) to explain how our metabolism and appetite work.

By using case studies, along with scientific research on



Hibiscus & Bays Libraries are Changing Opening Hours

From Tuesday 8 February:

East Coast Bays Library will open:

Mon - Wed	9am - 5pm
Thursday	9am - 7pm (6 month trial)
Friday	9am - 5pm
Sat - Sun	9.30am - 4.30pm

Orewa Library & Whangaparāoa Library will open:

Mon - Fri	9am - 5pm
Sat - Sun	9.30am - 3.30pm

aucklandlibraries.govt.nz



evolution, genetics and the lifestyles of hunter gatherer societies he debunks outdated diet and nutrition myths and explains why dieting is counter-productive.

This book is packed with information on every aspect of nutrition, I especially enjoyed learning about the difference between good and bad fats and how the history of mankind and our genes influence our weight. Auckland Libraries has 12 copies of the book you can request to borrow, as well as eBooks you can download for free.



Someone to Watch Over Me by Madeleine Reiss

Two mothers must face their darkest fears. Will the truth destroy them, or can it set them free?

Carrie's life collapses when her five year old son, Charlie, disappears on a Norfolk beach. The pain of losing a child and the effect that has on her life is devastating.

She turns her life inside out to find out what happened, but nothing

prepares her for the most shocking discovery.

Molly is desperate to protect her young son, Max, from his estranged father- a violent and unstable man. She cannot do it alone, and time is running out for help to reach them.

Carrie and Molly's lives are about to collide- but will their love for their children have the power to heal?

We have a Click & Collect counter at the front door if you do not have a vaccine passport or if you would rather not enter the building at the moment. We are more than happy to go and get you a selection of books and issue them for you.

East Coast Bays Library have changed their opening hours in response to public demand. As the Omicron outbreak spreads, it could affect our services at short notice. Like our Facebook page East Coast Bays Library for up to date information or contact Te Māpuna on 09 377 0209



The pain of migraine

A migraine is a type of headache where the pain is severe and can last for many hours.

Migraines affect people of all ages, including children. Equal proportions of boys and girls suffer before puberty, but after puberty girls outnumber boys by three to one. This is due to onset of hormonal activity.

A first attack of migraine usually strikes before the age of forty and frequency of attacks tend to reduce as you age.

There is also a hereditary link.

No one knows the cause of migraines. Theories suggest certain triggers may cause changes in blood flow to the brain which could cause inflammation and cause pain.

If you suffer from migraines try to avoid

- Missed meals

- Dehydration
- Lack of sleep
- Stress, tension, anger, worry or depression.
- Over excitement
- Flickering lights
- Loud noises
- Glare from sun
- Travelling for long hours
- Certain food like chocolate, cheese and caffeine.

Symptoms include vomiting, dizziness and sensitivity to bright light.

Unfortunately there is no cure but you are able to get relief by taking pain killers. If headaches persist always check out with your doctor or pharmacist.

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“Little Dipper” Installed at Torbay Plunket



Torbay Plunket’s front entrance has a new centrepiece for all children to enjoy.

We’re extremely proud to unveil “Little Dipper”, a beautifully restored sailing boat for children to play on while visiting Plunket.

The idea came from Torbay Plunket committee member Amanda Chambers. Enlisting her good friend Murray Thoms who donated the boat, and her husband Chris Chambers to lead the restoration, the project was born.

Months of work in Chris’ home garage have transformed Little Dipper. Each step an “education”, with Chris explaining he’s not a boat builder, painter nor artist.

“My expectations of the time involved skyrocketed when we picked up the boat. Murray had started to restore it but other projects meant it had been parked part way through.”

Little Dipper was installed in February, and Chris hopes it will mean lots of fun for local children, as well as help to foster an interest in sailing.



“I love it, it reminds me of the boat my father had in our family garden to play on.”

We look forward to seeing little ones in Torbay enjoying Plunket’s Little Dipper. Do drop in for a sail!

What’s on in March

MULTICULTURAL FESTIVAL

We are joining the World of Cultures Festival



With our very own Multicultural Festival at Aicken Reserve, Waiake.

Saturday 19th March 12-6pm

Music, dance, food trucks.

Come and meet some of the cultures that call East Coast Bay their home.

Free entry, heaps of fun and entertainment.

MAIRANGI BAY FOOD AND WINE FESTIVAL



Finally back after three years.

Set in Mairangi Bay beach reserve

Experience a festival of boutique wineries and breweries,

Artisan food and live music.

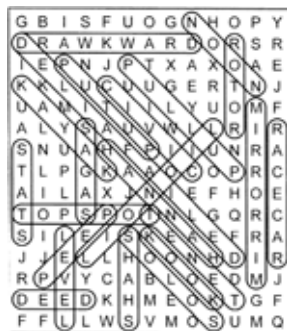
Saturday 19th March 12pm – 7pm FREE

NEIGHBOURS DAY KAI CONNECTIONS

Bring along something for a shared lunch and join us on Browns Bay Village Green to celebrate Neighbours Day.

Sat 26th March from 12pm. Drinks provided.

Puzzle Answers



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

Word Puzzle

Sweat, waste, swat, sea, sew, set, west, wets, sat, sate, eat, ate, tea, teas, east, eats, awes, awe, wet, stew.

Quiz Answers

- The US President lives in Pennsylvania Ave.
- The Australian capital before Canberra was Melbourne.
- The starring roles in the film ‘Seven’ were Morgan Freeman and Brad Pitt.
- The sequence of 6,14,30,62 is followed by 126.
- The cat and mouse team invented in 1939 was Tom and Jerry.
- The first NZ Prime Minister to be knighted in office was Sir Robert Muldoon.
- The tourist attraction 15km south of Otorohanga is the Waitomo Caves.
- The number at the bottom of the dart board is 3 and at the top 20.
- ‘She’s a Mod was sung by Ray Columbus.
- The river between France and Germany is the Rhine.

Geraldine Zareian

Top 20 Salesperson on the North Shore (January 2022)



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94 Weatherly Road, Torbay



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Geraldine Zareian
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Kyra Perwick*
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Ronald Venturina
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Andrea Tavae
022 476 7273



Yanbing Wang
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Richard You
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Alex Mathew
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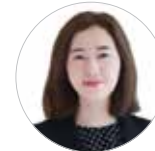
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Jennifer Anderson*
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Anna Ju
021 889 687



Jennifer Jiang
027 603 7788



Yang Lin
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