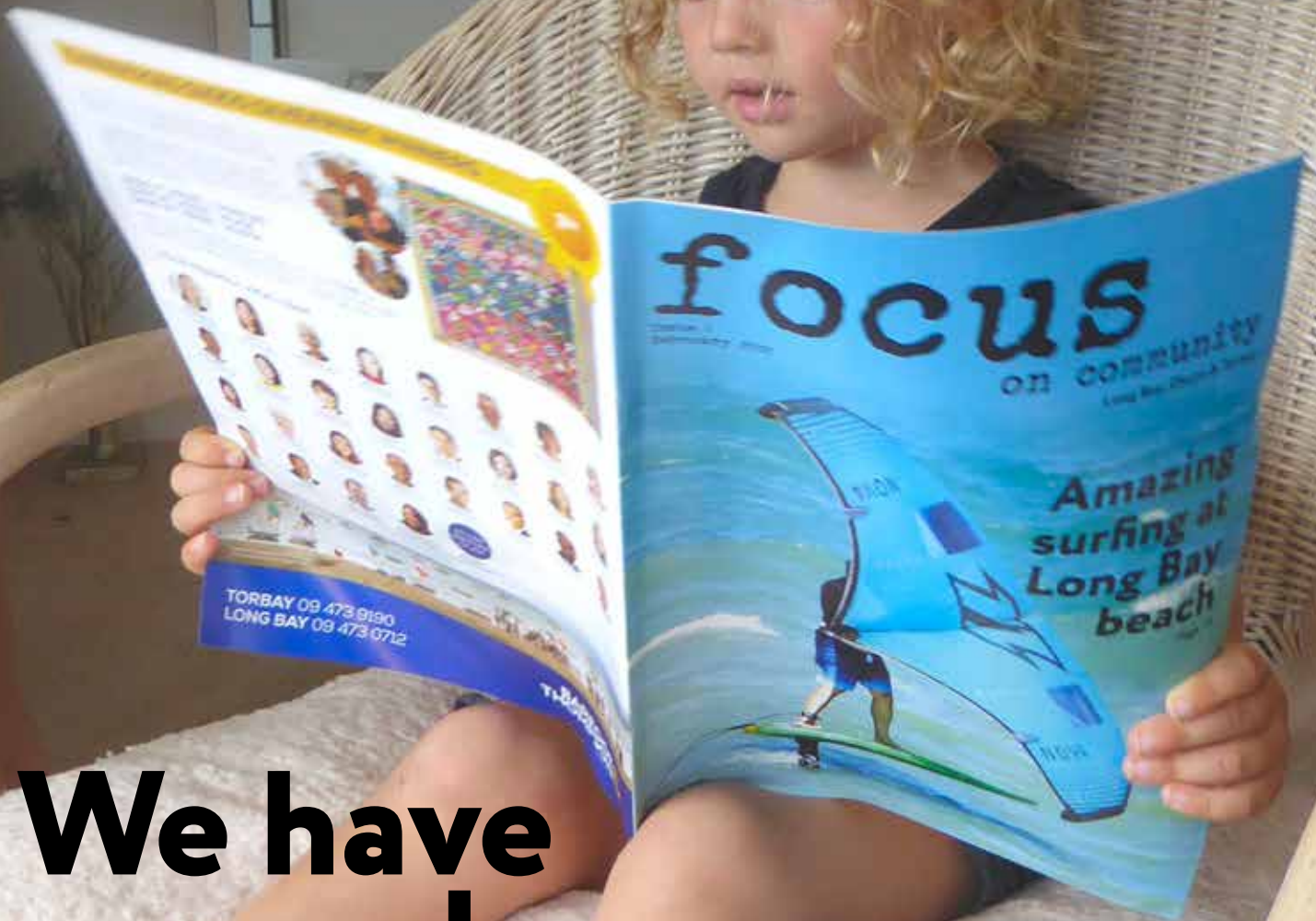


focus

Issue 3
April 2022

on community

Long Bay, Okura & Torbay



**We have
readers
of all ages!**

N-Acetylcysteine: A Helpful Tool against COVID?

N-Acetylcysteine (NAC) has hit the limelight recently thanks to its potential benefits in preventing and treating COVID infections.

NAC is a natural substance that you can buy from pharmacies without a prescription. It is also used regularly in conventional medicine to treat paracetamol overdose and to help patients with cystic fibrosis.

What's all the hype about with NAC and COVID?

NAC has anti-viral activity through inhibiting NFKB activity. mRNA viruses (like the COVID virus) need NFKB to grow and replicate. So, NAC may stop many mRNA viruses growing in the body, which will be really helpful. NAC may also be able to target the COVID virus specifically. The COVID virus requires main protease (Mpro) to replicate. Several drugs are under development to try and inhibit Mpro, and these may be available in future years. In the meantime, NAC is a natural inhibitor of Mpro, and so may have the ability to directly reduce the replication of the COVID virus.

NAC Preventing the Cytokine Storm:

If you are unfortunate enough to get the COVID virus, you want to get only a minor illness. This is where NAC may be helpful. The main mechanism by which people get very sick from COVID is from your own immune system producing high levels of inflammatory cytokines (often called a cytokine storm). These cytokines are immune cells that are designed to destroy the virus. Think of them as the fire fighters that protect your house from fire. They are good guys. But imagine if these fire fighters are overactive. They might knock holes in walls, spray water and foam over everything (including the areas that aren't burning). In fact, you may end up with thousands of fire fighters causing damage all around your neighbourhood. Now imagine that after the fire is out, they don't go back to the fire station. They stay in your house and keep causing damage. Well, that is what a cytokine storm does. NAC may be able to reduce the production of these cytokines, keeping your infection to a minor one and not a severe or long version.

NAC has been shown to improve oxygenation, so may reduce the need for ventilation during a COVID infection. NAC has also been shown to reduce excessive bleeding, which is a possible symptom of the COVID virus.

Theory vs Practice

NAC has been shown to be helpful in several case studies and in some clinical trials. The benefits of NAC are not just theoretical. Doses of 600 to 1200mg twice a day have been used clinically to get benefits. There are interactions between NAC and some medicines, so speak with the health coaches at Torbay Unichem Pharmacy before taking a course of NAC.

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



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He still dreams of being a rock star!

Originally Christian wanted to go to Elam to study painting but ended up instead studying design. This decision proved invaluable. He spent several years as a designer in London and New Zealand. He became an art director in advertising, taking a job as an art director for a cool fashion/music magazine and won magazine designer of the year. Christian found himself frustrated with the industry and at that point decided it was time to set himself free, setting things in motion.

Christian was already painting, making large installations in the landscape, and had also started a band. He then approached a gallery, and they gave him



an exhibition straight away. His little installations turned out to be big news and was in the papers and tv news. Christian made 55 giant

toi toi sculptures and put them in the Auckland Harbour, by the bridge, so they rose out of the water at full tide. No one knew who was responsible, until the council finally found him out. That's when the media became interested, so he decided to set them on fire to finish it off.

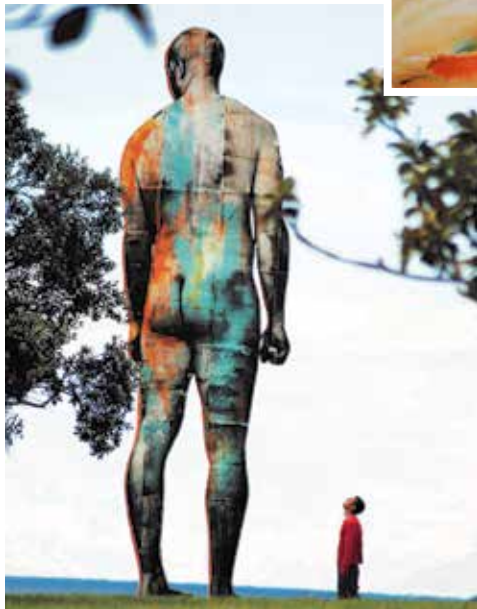
He began to paint regularly and took the interest of several galleries. His landscapes were originally the main income, but he began to explore other possibilities, having ventured into sculpture, photography, film and screen printing. Christian loves doing anything

creative and now his exhibitions, held annually, are thematic, drawing on past experiences. He has over forty works in the Wallace arts trust and seven times been a finalist in the Wallace awards, now selling his work internationally.

Being an artist is not easy, but it is satisfying. He still greatly appreciates design and use his skills in his work, as it gives greater clarity and helps technically. He has never given up dreams of being a rock star but that is a dream more than a reality now. But never say die, never surrender!

Here is some of his work - www.christiannicolson.co.nz.

Galleries who show his work are 'Art by the Sea, The Parnell Gallery, Mobile Art and Matakana Art Gallery.



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BARFOOT & THOMPSON
LICENSED REAA 2008

contents

- Page 3 Focus on art
- Page 5 Stones at Waiake
- Page 6 All about April
- Page 7 Focus on sport
- Page 9 Focus on children
- Page 10 Focus on theatre
- Page 11 Focus on history
- Page 13 Focus on the garden
- Page 14 Focus on education
- Page 15 New free library
- Page 18 Focus on Long Bay
- Page 24 Quizzes
- Page 25 Focus on food
- Page 26 Focus on Anzac Day
- Page 27 Library news
- Page 28 Focus on health

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editor's letter

Lest we forget.

This month on the 25th April we have Anzac day.

Through the ages, many cultures have often repeated events to keep them alive to those who follow. The Jewish Passover has been celebrated every year by Jews for over 3500 years. What happened was so important on that day that they needed to always remember.

Anzac Day hasn't always been like that, same as Remembrance Day in the UK. In the last couple of decades the importance of what Anzac Day is has been awakened and, all through New Zealand on that morning, many will gather at war memorials to show their respect for the many who gave their lives so that we could be free.

This was a huge sacrifice. I remember in 2018 the Domain had a field of white crosses to remember those who died. To one side was a plot

where the crosses were in twos, where two from the same family had died. There were a further two plots with the crosses in threes and in fours, where whole families had died serving King and Country. I found it profoundly moving and admit to weeping for the pain of that loss for the parents.

In each of our families there will be a "someone" who lies forever in a foreign field, never to see the land of their birth again. There will have been others scarred permanently on the inside, and on the outside, by the horrors of what they experienced. They were never again the same person who went off to serve their Country.

So each of us, in our own way, will remember. We will remember as we enjoy our freedom from domination by another Country. And let us never be guilty of forgetting it was bought at a great cost.

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

Celebrating 60 years!

Local Torbay residents, Trisha and Colin Mindel, married on Sunday 29th April 1962, at Temple Shalom in Manukau Road, Auckland.

The ceremony was followed by a dine and dance at the Colony Club, which was managed by Bob Sell.



Celebrating their joint 80th birthday

Trisha and Colin on their wedding day.



They have lived all their married life on the North Shore, with 22 years in Torbay.

These have been very happy days, with their daughter, son and two granddaughters all schooled on the North Shore.

It is a wonderful place to live.

What is happening at Waiake?

As we have driven passed Waiake beach you cannot help but notice the huge pile of rocks there.

The reason they are there is because the existing seawalls and access structures within Waiake Beach Reserve have been identified as being in a very poor condition and in need of renewal.



The work will include installing new steps to beach, renewing the groyne and shotcreting the existing sea walls.

Photos by Bill Ellis

Torbay/Waiake February 2022



Wendy's update

We are likely to see a busy few months ahead, with more availability of properties for sale and sellers encouraged to list as they too have more options to move into.

The March sales data will give a better indication as to whether the market is in for a more stable year, as the Christmas break and holiday season will have worked their way out of the sales figures.

In the Torbay/Waiake area we are having good inquiry from genuine buyers who have financing in place. The key for sellers is to have top presentation on coming to the market – if you would like advice on this please call.

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

E w.radcliffe@barfoot.co.nz
W barfoot.co.nz/w.radcliffe

Service | Experience | Results



Wendy Radcliffe
 021 772 070

BARFOOT & THOMPSON
LICENSED REA 2008

Focus on April! Easter

April Fools' Day or April Fool's Day is an annual custom on 1 April consisting of practical jokes and hoaxes. Jokesters often expose their actions by shouting "April Fools!" at the recipient. Mass media can be involved in these pranks, which may be revealed as such the following day. The day is not a public holiday in any country except Odessa, Ukraine, where the first of April is an official city holiday. The custom of setting aside a day for playing harmless pranks upon one's neighbour has been relatively common in the world historically.

The Easter public holidays Good Friday and Easter Monday, fall in April this year. As Easter's dates are always set by the new moon the days are decided in the same manner as 2000 years ago.

Good Friday is the day that, after a mock trial, Jesus was taken to Golgotha and crucified on a wooden cross between two thieves. After His death He was taken down and buried in a cave tomb.

Easter Day, or Resurrection Sunday, is the day Jesus rose from the dead and is the high point on the Christian calendar.

Easter Eggs

Easter eggs, also called Paschal eggs, are eggs that are sometimes decorated. They are usually used as gifts on the occasion of Easter. The oldest tradition is to use dyed and painted chicken eggs, but a modern custom is to substitute chocolate eggs wrapped in coloured foil, hand-carved wooden eggs, or plastic eggs filled with confectionery such as chocolate. However, real eggs continue to be used in Central and Eastern European tradition.

Although eggs, in general, were a traditional symbol of fertility and rebirth, in Christianity, for the celebration of Eastertide, Easter eggs symbolize the empty tomb of Jesus, from which Jesus was resurrected. In addition, one ancient tradition was the staining of Easter eggs with the colour red "in memory of the blood of Christ, shed as at that time of his crucifixion."



Special Days in April

- April 1: April Fool's Day
- April 4: International Carrot Day
- April 7: World Health Day
- April 12: International Day of Human Space Flight
- April 13: International Plant Appreciation Day
- April 14: International Moment of Laughter Day
- April 15: Good Friday, World Art Day
- April 17: Easter Day
- April 22: Earth Day
- April 23: World Book Day, Shakespeare Day
- April 24: World Laboratory Day
- April 25: World Malaria Day
- April 28: Stop Food Waste day
- April 29: International Dance Day
- April 30: International Jazz Day



*Credit: CPL Sam Shepherd
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Anzac Day

Anzac Day is a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and "the contribution and suffering of all those who have served". Observed on 25 April each year, Anzac Day was originally devised to honour the members of the Australian and New Zealand Army Corps (ANZAC) who served in the Gallipoli Campaign, their first engagement in the First World War (1914–1918).

All over New Zealand people will gather at dawn services to honour the fallen.

J.A.B Boxing – Community Boxing Classes – Discipline, Comradery and Hard Work

Steve Sanders has run J.A.B Boxing club for more than 15 years in the local community. He has seen fantastic success in that time, helping both young and old achieve an understanding of boxing.

As with many aspects of our normal life, lockdowns had seen these classes disappear completely.

As we've come out of the four month, "short-sharp" lockdown at the end of 2021, there has been a desperate community call for help. Collectively, our nation faces an unprecedented mental health crisis. This call for help was answered again by Steve and his club, J.A.B. Boxing.

"Discipline, comradery and hard work... you can't beat it", Steve can often be heard saying with a smile and a laugh.

The idea is simple, a sport such as boxing requires participants to embrace these concepts. Concepts which are universally proven to drive self-independence and leadership.

Our club has been operating open community classes since January of this year, to a diverse group of individuals ranging from 12 – 65 years of age. We operate on a no discrimination policy and we host these classes at the Browns Bay Village Green, outside the Auckland Council Leisure Centre.

Our hope is that by engaging the community directly and passing on



the knowledge of boxing, in a safe and controlled environment, that maybe we can make a drop in the bucket difference, with the crises facing our nation.

If you would like to join in directly or attend as one of the many picnic spectator groups, we currently operate on a Wednesday and Friday time schedule, with classes starting at 6pm. Early arrival is recommended for new attendees.



Keep fit with Indoor Bowling

When we get going again, after the current covid outbreak, it would be every Monday evening from 7.00pm until 10.00pm. Anyone is welcome to come along and have a try. A fun way to spend an evening and to keep fit.



Phone 473 1621 Janet Hotter Secretary Torbay Indoor Bowls Club or Kevin 473 3253

A note from

ERICA STANFORD

MP for East Coast Bays

ECB Bake

It's been wonderful over the last few weeks working with the community to bake and deliver treats to families in isolation around the East Coast Bays.



I want to take a moment to thank my volunteer bakers and Gilmours North Shore for donating the boxes. What a special and amazing community we live in!



If you are feeling isolated, vulnerable or alone, or know someone who is, please email my office. We would love to deliver some fresh, delicious baking to your door.



And, if you are a keen baker and want to volunteer your time and ingredients, send an email too.

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.

COST OF LIVING

We are all finding it tougher these days with the increase in the cost of living. Food prices are up more than 13 per cent; the average rent is up \$140 a week; and it costs \$45 more at the petrol pump to fill a standard tank.

If you want to buy your first home, the ability to save for a deposit is getting harder and harder. The average house price is up almost \$400,000. Rising interest rates mean interest costs on a

\$600,000 mortgage are up \$7,200 in the last 12 months, and they're only going up from here.

At the upcoming Budget in May, the Finance Minister needs to use a portion of his record \$6 billion new spending to adjust income tax thresholds to account for the inflation we are experiencing.

Someone on \$55,000 a year would get \$800 in tax relief this year. And anyone earning \$88,100 or above would be better off by over \$1,000 a year.

Because NZ Super is indexed to the average after-tax wage, superannuitants would also benefit. The couple rate for NZ Super would increase by around \$520 a year.

These changes aren't going to make anyone rich. But for Kiwis who are suffering under the weight of the cost of living crisis, every dollar counts so they would come as welcome relief.

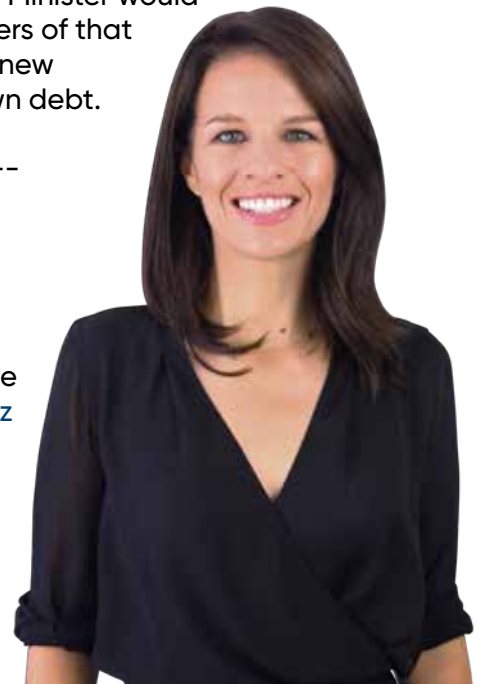
And the great news is, because this would come from the \$6 billion new spending, it would not require cuts to existing services like health, education or the police. It also wouldn't mean austerity or a Budget with no new spending because the Finance Minister would still have three quarters of that \$6 billion left to fund new initiatives or pay down debt.

STAY UPDATED

You can follow my Facebook @EricaStanfordECB or head to my website EricaStanfordMP.co.nz

Take care

Erica



www.EricaStanfordMP.co.nz

09 478 0207 office@ecbelectorate.co.nz

EricaStanfordECB

Erica
STANFORD
MP East Coast Bays



Celebrating 20 years of Educational Excellence

Two decades on, Magic Garden Early Education is still serving the North Shore community, helping thousands of local children over time to build confidence, creativity and the core skills they need to be successful in life. New owners Paul and Jo Blair have inherited an amazing team of teachers, the leadership of which has largely been with Magic Garden since it opened. Paul and Jo have focused on refreshing the environment.

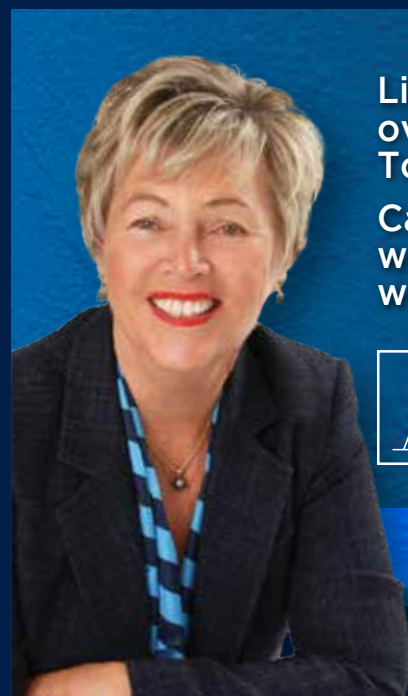
Magic Garden has been internationally recognized as a Centre for innovative thinking and exemplary care and holds the highest possible rating from the Education Review Office of Educational Excellence. Magic Garden teachers are dedicated to relationships with families that stand the test of time, with stability and continuity of care being hallmarks of the program. This imbues the rooms with a sense of calm, focused engagement by children and teachers.



As a Reggio-inspired Centre, careful attention to the way materials and resources are offered to children allows for time to spend talking to each other, leaning into ideas of interest, and flowing out into projects of deeper investigation. Teachers are mindful in their intention to reinforce each child's identity as an affable, resilient, kind, and remarkable human being. Kaiako help children to place their spotlight on key memories and experiences which make their hearts flutter and reinforce a culture of curiosity. You can tell this approach is successful when the sounds in each of the three rooms are of children chattering joyfully together as they work in small groups.

Some parents may be hesitant about childcare now due to COVID, so Magic Garden uses RAT tests for all teachers weekly, uses 'bubbles' to ensure teachers and adults don't mix and follows all Ministry of Education and Health guidance, including mandatory vaccination.

The Dunedin 30-year longitudinal study and many academic articles prove the importance of high-quality early education in the critical first 1,000 days of your child's life. Learn more at www.magicgarden.co.nz or call 09 479 1240.



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Torbay Theatre

70th JUBILEE YEAR!! FOCUS ON CLUB NIGHT!!

But first –

Huge ****CONGRATULATIONS!!**** to Helen Topliss, who has won the award for Best Female in a leading role in this year's Auckland Community Theatre Trust awards, as Beth, in last year's *Life & Beth*. It was a fantastic comedy, and such a pity that the second week was cancelled by covid. Well done Helen!

Regular Club Nights are part of the glue that holds Torbay Theatre together. About four times a year we hold a light-hearted, lightly-rehearsed evening when any member can put on a short piece of any kind. On any given programme we tend to have the full gamut: teenagers re-enacting youtube comedy (always clean!), small groups performing extracts from plays serious or comic (and occasionally in French, with surtitles!), Monty Python or John Finnemore skits (also occasionally in French!), then a full operatic aria performed by one of our many professional and semi-professional singers. Poems and comic monologues or readings are always popular. Jill has brought the humour of Joyce Grenfell and Victoria Wood to another generation, while Lynette has done the same for the Canadian Dave. Jim's



quizzes are sadly missed. No piece is allowed to exceed ten minutes: so all tastes are catered for, and no-one has to sit through too much of what they don't fancy. Items have included a monologue from a World War I nurse, monologues and scenes from Shakespeare, beautiful solo Cold Play songs, piano solos, small group music ensembles both classical and modern, ballet, Pete & Dud duologues, tap dance, and short teasers from up-coming shows.

Rehearsal is essential but scant, scripts are sometimes held, and the main ingredient is fun. We sit at round tables, cabaret-style, entertain each other on stage, and at interval catch up with friends.

Much as after evening rehearsals, "Time" often has to be called, no-one wanting to go home just yet, as many busy hands do the dishes and sweep the hall around chattering groups.

Last year, tired of waiting for lockdowns to be over, we held a Club Night on zoom, and it worked fine, but it was a relief to be back in person last month.

UPCOMING SHOWS:

This year we HOPE to offer a children's show, a youth show and *The Music Man*. Keep in touch via our website, or pop in to our "Backstage Club" on a Wednesday morning.

Torbay Theatre is following all current government regulations around Covid. Masks and a vaccine pass are currently required for all participating performers and audiences.

1. Tony is usually good for a comic monologue or poem: at this Club Night he was joined by wife Avril, also a splendid entertainer.

2. Tribute to Alice (Emma Chambers, of *The Vicar of Dibley*, had just died suddenly).

3. Are diamonds really a girl's best friend? A splendid dancing troupe was formed specially for this item.

4. Random fashion show by Skye and friends

5. Marcia performed a moving monologue from a WWI nurse

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.

Monthly Quiz



COURTESY OF
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brownsbayrotary.co.nz

Answers Page 30

1. Deficiency of what vitamin causes the blood to fail to clot?
2. What Split Enz song was banned, or at least officially "discouraged from airplay" in Britain during the Falklands war?
3. What province did great All Black Colin Meads represent?
4. What is the blue ball worth in a game of snooker?
5. Where might you find a rumble strip?
6. In what song does Betty wear Jimmy's ring?
7. Which director said "the length of a film should be directly related to the endurance of the human bladder"?
8. Which organization had the motto 'Sure and Steadfast'?
9. What is the largest country by area on the Continent of Africa?
10. What is this building and where is it?



Torbay Historical Society

Waiake Village News

FEBRUARY, 1974 Registered at the Post Office Headquarters, Wellington, as a newspaper

Water to cost more

POWER CUTS

WEPB TO CUT SOON
Although other media report that the

In 1974 there was a newspaper called "Waiake Village News" - circulated to 2000 homes. We have only a few copies. Do you know anything about it, or do you have copies? There was Council News (Noel Bradford being the Mayor - ECB Borough Council) - an interview with Councillor, A.M. McCulloch, a Guest Report by Richard Harward - headed 'Why not trees and houses?' as well as advertisements from businesses.

March 1992 there was a seminar in the Community Hall "Toward Tomorrow in Torbay". People from various local groups attended. One of the decisions from this meeting was to start a Torbay Newsletter. The first one was produced - May 1992 - and delivered to local households. It was an A3 sheet folded in to 6.. Most of it consisted of advertisements from local businesses. Dick Johnson (chemist) President of the Torbay Businessman's Assn. was the editor and Alan



Ebdale from the Fruit Shop organized it. 'What's on' with Community news became an important part.

March 1994 the format was changed. Alan asked Bill Ellis if he could supply photos each month - 1 for the front and an article and photo for the Torbay Historical Society page. The photo on the first edition cover (printed here) was taken 1980 at the corner of Beach and County Road. The 4 Square is now where the house is.

February 2007 Alan decided to produce the cover in colour. The first colour photo (printed here) was of the Mairangi

Bay Surf Life Saving Club on Long Bay beach. During following years other changes were made including the complete newsletter in colour and changes in size (under Carole McMinn's time as editor). We have copies of previous newsletters at the Vaughan Homestead.

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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Would you like to be part of the Community Garden?



The Community Garden has made steady progress through the past year and we are achieving some of our goals - water tank mounted on stand, shed, compost bin and potting table made from pallets, good covering of mulch on the paths between the allotments.



We have some allotments available and would be pleased to admit new members into our venture. We are a friendly bunch of gardeners and (Covid permitting) and after our monthly working bee, we have a bbq to socialize. Please phone Dianne on 0273137116.

Friends of the Garden

If you are not interested in an allotment but have a special interest or contribution to make to

the community, we would be pleased to welcome you as a friend. We would be grateful to receive expertise, skills in certain aspects and labour in order to accelerate the growth and success of the garden. Love to hear from you. Contact Dianne.

We acknowledge and thank the Hibiscus and Bays Community Board for their generous grant of \$2,500.



Volunteer with the Citizens Advice Bureau!

Citizens Advice Bureau Browns Bay has been helping people know their rights during the COVID-19 pandemic. They have been busy helping clients across a whole range of issues, and have found that people in the community have appreciated having someone they can contact who is willing to take the time to listen and help them work through their options.

Their service is delivered from their Glen Road Bureau by 20 volunteers each week, and they are currently looking for new people to volunteer and help their team serve the community.

Every volunteer brings a variety of skills and life experiences with them and is able to add value in their own, unique way. Their volunteers are passionate about ensuring that everyone, regardless of who they are, has access to their rights.

The Citizens Advice Bureau is proud of our team of 2500 volunteers nationwide, and values what each person brings to the organisation. Here at Browns Bay they are always open to welcoming new volunteers from all backgrounds.



Put your hand up to volunteer

CAB volunteers agree that the role is incredibly rewarding as, on any given day, they could be asked about anything from tenancy rights, locating a support group or having documents signed by a JP, to finding out whether a person is entitled to a benefit and more.

CAB volunteers are dedicated to giving back to their community and undertake an intensive training process that ensures they are ready for queries and issues, and are providing appropriate options based on research. They typically volunteer for four hours per week in the

Bureau with at least one other volunteer.

If you want a rewarding volunteer role where you can make a real difference to people's lives, please contact the Browns Bay Citizens Advice Bureau on 09 479 2222 and ask for Tony, the branch manager, or email brownsbay@cab.org.nz for more information.

For more information please visit: <https://www.cab.org.nz/find-a-cab/volunteer-for-cab/>

Torbay Garden Club



Flowering Cactus



Bubblegum Petunia and Begonia



Tuberoses



Stanhopea Orchid



Hibiscus

Earth is the precious resource that generates life and beauty and provides us with food. But not all soils are equal in fertility. Unlike volcanic areas on the Shore, the Northern Bays tend to be clay in composition - cloggy in winter and dry in summer. Members of the Torbay Garden Club overcome these challenges every season, resulting in a range of lovely blooms and fresh vegetables across the year.

We've learned to plant flowers that can thrive in clay soils. These include roses, dahlia, campanula, geraniums, iris, hydrangea, aster, echinacea and salvia. However, they still need to be started off in a good base of compost or potting mix in order to take root. Vegetable crops with shallow roots are best suited to clay soils - lettuce, kale, beans, cabbage, broccoli and brussels sprouts. To start a fernery, find a shady corner and first establish hostas and hen and chickens fern to shelter less hardy species.

Soil structure can be improved by adding organic matter, compost and sheep pellets. Using worm or seaweed tea will also increase the number of beneficial microbes, while dressings of gypsum help improve texture and break up the clay. Apples, plums and pears will thrive, once they are established. On a dry bank plant natives such as manuka for the bees, rewarewa, rengarenga, and kawakawa (which makes a great pesto mixed with parsley).

When digging a hole for planting, make sure the sides are crumbly so roots can grow laterally rather than meeting solid clay at the bottom. Light watering with a hose in summer doesn't penetrate to the roots - another challenge. Torbay Garden Club members have been creative in finding ways to collect, conserve, and use water wisely - essential when gardening in drought conditions, in the clays of the Bays. Now is a good time to think creatively about how to harvest and store your winter rain to use next summer.

In the garden in April

Time for the autumn tidy-up. Leaves are falling from deciduous trees while dead-heading and pruning need to continue. Most fruit is ready to harvest. Lift and store potatoes and pumpkin. Feed fruit trees. This is time for planting - everything from flowers and bulbs to shrubs and trees. Choose your spring bulbs, including ranunculus, freesias and hyacinths and chill in the frig for 2-3 weeks before planting. Trim daisy and lavender shrubs. Plant winter salad crops. Quick growing winter greens include rocket, kale, mizuna, spinach and silverbeet. Parsley and coriander are good winter herbs. Divide rhubarb and replant into compost-rich soil.

President/Secretary: Hilary Collins Phone: 478 1601

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What Extraordinary Kids is all about

For the last twelve years Yvette has been working to improve the lives of some of the local children.

Her interest began when she realised a family member was dyslexic and the school could not help her. Yvette hired a tutor and began to learn all about the available programs.

She discovered that just because the child is bright and intelligent it doesn't mean they do not have difficulties learning.

Every child learns in their own way and at their own rate. This is not something that can be accommodated within schools. Yvette saw a way to be able to help these children through programs designed just for them.

Over time Yvette was blown away with how much she was able to help them and saw children's confidence soar with each achievement made.

This confidence then helped the child fit in better at school and by covering the basics children were able to catch up



with the school's syllabus.

Children like to work hard, they like the way they feel more confident.

To start Yvette ran the programs from her home but as needs of children grew, and the numbers of children needing help grew, she decided to create a dedicated space for learning.

Able to be helped by Chelsea, the Centre's Manager, and other qualified staff the bright, well laid out premises are attractive and welcoming.

Here they are able to find fun ways of learning to suit each individual student.

If you are interested in Extraordinary Kids contact Chelsea on office@extraordinarykids.co.nz



Extraordinary Kids

Do you feel your child is falling behind academically?

Let us help get your child back on track and improve their confidence and skills

Extraordinary Kids provides extra help with maths, reading, writing and spelling on the Northshore for students 16-6 years old.

- Homework help
- Structured learning environment
- Programs for dyslexia and learning difficulties
- Warm and friendly
- Small groups/individualised work.

Spaces available now.



New seed and book library

A collaboration and some local team work is behind the new and beautiful community seed and book library, which is a fabulous addition to our Torbay shopping area.

After seeing a post on Facebook where lots of our local community expressed interest in utilising a seed library – Harcourts Cooper & Co jumped at the opportunity to get involved. With the support of local resident Warren Jordaan who offered his time and service free to build the library, Harcourts Cooper & Co were happy



to pay for the materials and excited to be part of the project for the benefit of the community. The project was the idea of Louise Burnie – local resident and owner of Montys Promotions and founder of Foster Hope. She also set up the original Torbay Little Free Library and the Community Fruit and Veg stand.

Harcourts Cooper & Co have a dedicated community team on the North Shore who are there solely to help support the community and local groups like sports clubs, schools and charities. They are currently supporting the Whale

Tales event – which consists of a trail of unique and stunning whale Tail sculptures designed by both artists and children, with 80 Big Broos (large Tail sculptures) and 80 Pēpi (mini Tail sculptures) dotting Auckland’s streets, parks, and open spaces and giving local residents and visitors a fresh opportunity to explore Tāmaki Makaurau and bring to life themes of protecting and restoring the mauri of our Ocean.

When the idea for the community library was discussed, it was decided that it would be a fabulous opportunity to create something really special with the creative input of one of our own

local artists – Jeanine Oxenius and Heike Rzehulek of ‘Bye Bye Love’ who was also involved with Whale Tales as the artist for the tail seen here. They were happy to be involved and used the Harcourts Cooper & Co colours as inspiration for the design which will be enjoyed by locals for years to come.

Harcourts Cooper & Co would especially like to thank Jeanine Oxenius and Heike Rzehulek of ‘Bye Bye Love’, Louise Burnie, and Warren Jordaan for their hours of work on this project for the benefit of our community.



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TRAIL APP AND MAP



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Residential / Commercial / Rural / Property Services

While the last two months of residential data have shown a slowing of market momentum, it is far too early to pick the trend, given December and January (the summer holiday months) typically operate a little differently.

Across the Auckland region, median sale values continue to climb higher when compared year-on-year, and recent results from our auction rooms suggest qualified buyers are continuing to transact, encouraged by replenishment of new listings.

There has been much ado about debt levels, financial legislation and the banks' responsible lending practices, which are currently under scrutiny by the Commerce Commission. However, record-low unemployment, record-low levels of mortgage arrears and the simple truth that banks have been stress testing borrowers at mortgage rates between six and seven percent (below current offerings) point to an exaggeration of negative sentiment.

For the months ahead, we're guided by international examples which show the Omicron wave will take until autumn to pass, leaving a disrupted data trail in its wake, so we will be relying on our market observations in the auction rooms, new listings numbers, and buyer sentiment for what's to come for the remainder of the year. But for now, we are picking stable value growth as we progress further into 2022.

view BAYLEYS

Credit crunch
Rural rewards
Regional view

182

OUT NOW

BAYLEYS REAL ESTATE, LONG BAY
1060 Beach Road, Long Bay, Auckland
Office: +64 9 487 0630
longbay@bayleys.co.nz

The Stats – Albany Ward* – Feb 2022



216

Volume of transactions



\$1,350,000

Median sale price



43

Median days on market



10.9%

% Sale price difference from 1 yr prior

Beat the New CV!..

After a lengthy delay due to the Covid-19 pandemic, Auckland Council has recently released the new CV's. Perhaps you have checked out the new valuations several times for yours, your families and even your neighbours houses, but remember.. the new CV is not the market value.

Take a look below at three properties we recently sold for well over the new CVs.. check out the percentages. Some amazing results for our vendors!

Market Value vs New CV

Address	Sold Price (\$)	New CV (\$)	% Over New CV
25 Cavalli Rd, Long Bay	\$1,500,000	\$1,150,000	30.43%
4 King Richard Pl, Browns Bay	\$1,851,000	\$1,500,000	23.4%
48A Gulf View Rd, Murrays Bay	\$2,115,000	\$1,800,000	17.5%



You could be next!.. if you would like to know how much your property value could beat the new CV give us a call and we will let you know within 24 hours.

Thérèse Leslie

M 021 0226 6192

E therese.leslie@bayleys.co.nz

Jiang Kou

M 021 0879 3257

E jiang.kou@bayleys.co.nz

Scott Larcombe

M 021 0822 3559

E scott.larcombe@bayleys.co.nz

BAYLEYS

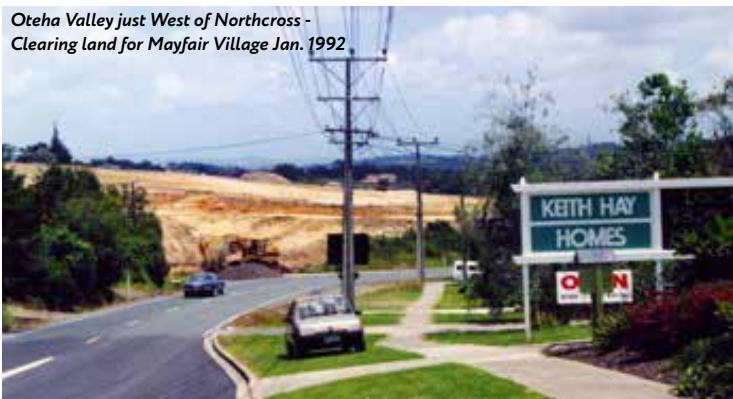
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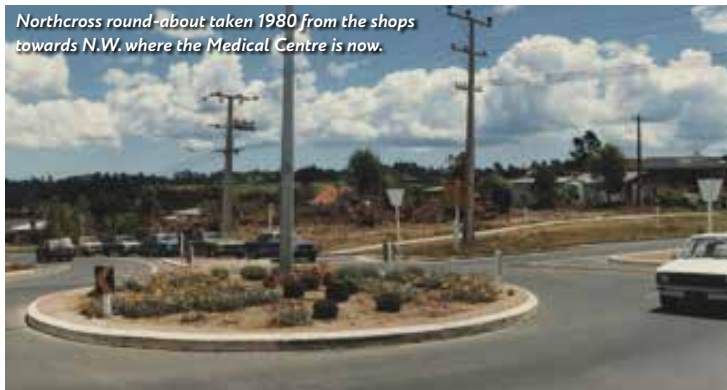
Northcross Roundabout

Last issue we featured an article about the road works in Oteha Valley Rd. Bill Ellis took these photos almost 40 years ago and thought you might like to see what the area looked like then.

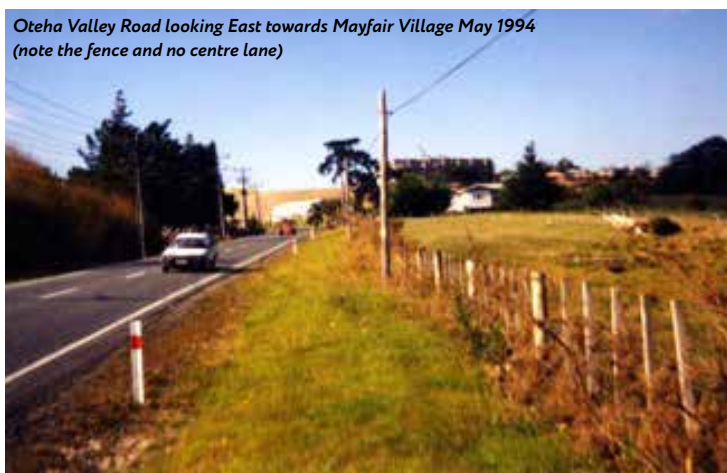
Thank you for the photos Bill.



Oteha Valley just West of Northcross - Clearing land for Mayfair Village Jan. 1992



Northcross round-about taken 1980 from the shops towards N.W. where the Medical Centre is now.



Oteha Valley Road looking East towards Mayfair Village May 1994 (note the fence and no centre lane)

Pepi pods - designed by local schoolchildren

Recently, as part of the WWF NZ Whale Tales Art Trail, local schools decorated some pepi pods. The pods are from Long Bay Primary School, Sunnynook Primary School, Northcross Intermediate and Birkenhead College, for the WWF NZ Whale Tales Art Trail



Available to be seen in Browns Bay Library

New World's Long Bay Legend winner



Karol Helmink is a Long Bay Local and was nominated for this award for her five years' service on the Long Bay Residents Association and her dedication to keep Long Bay beautiful.

Karol organises walks every Tuesday to collect rubbish from Long Bay gardens and streets.

Congratulations Karol! We are very lucky to have someone like you in our community. Enjoy your \$200 Prezzie card.

This award is a way for us to recognise people out there who are going above and beyond to help create the type of place we all want Long Bay to be.

That's a place where people

take care of each other, take care of our environment, and where people are connected, while respecting and celebrating our differences.

School Holiday fun at MERC

At MERC we've listened. For the kids who know us well and want to take their skills a little bit further, in addition to our normal programme we are excited to offer some new and exciting things during these upcoming school holidays.

Firstly, a sailing experience delivered over 3 separate days. This is suitable for newer sailors and ones who are yet to sail multi-handed up to year 8. Trained in the learn to sail system, we will take things back to the basics. However, the boats we sail can be sailed with more than one sailor meaning cohesive teamwork to get the best out of the experience.

For the year 9 and 10 kids we have two haerenga (journey) on offer. Both are one day at MERC followed two days and one night haerenga. These haerenga will allow them to put their outdoor skills into action on a mission. One of the haerenga will be based on the ocean, the other on land. They will also



meet the requirements of a Duke of Edinburgh Bronze Adventurous Journey.

Keep an eye on our Facebook page and Enrolmy for booking details.

Yuin Khai Foong, Sir Peter Blake Marine Education and Recreation Centre

Photos by Charlie Priestley



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Book Reviews

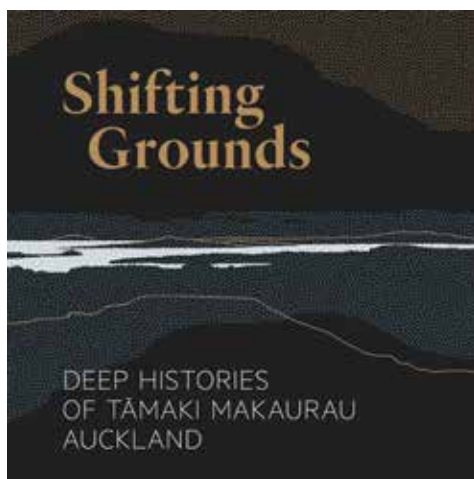
All of these books are available at Browns Bay Library.



Donovan Bixley's draw some awesome: drawing tips & ideas for budding artists by Donovan Bixley

Hugely popular Kiwi children's author & illustrator Donovan Bixley brings his humour & unique style to teach children (and grown ups) how to draw. He includes warm-up & imagination exercises, drawing animals, unicorns, faces, character creation, perspective, shading & shadows, making an illustration and thumbnails. Catering for a wide range of skill levels. The perfect book to keep your children entertained for hours in the holidays.

Auckland Libraries have 20 copies at 741.24 BIXL



Shifting Grounds: Deep Histories of Tāmaki Makaurau Auckland by Lucy Mackintosh

Shortlisted for the 2022 Ockham NZ Book Awards Non Fiction award this is a very well researched and beautifully produced history of 3 areas & landscapes around Tāmaki Makaurau Auckland: Pukekawa/ Auckland Domain, Maungakiekie/One Tree Hill and the Otuataua Stonefields at Ihumātao. Spanning the length of human occupation at these sites, offering a rich perspective on particular moments at each, exploring how their histories have evolved over time. With beautiful historic images as well as contemporary images. This book will become an important historical record of Tāmaki Makaurau, with findings & stories that deepen understanding of NZ history.

Auckland Libraries have 55 copies at 993.24 MAC



The Midnight Library by Matt Haig

Between life & death there is a library containing an infinite number of variations of your life. When Nora Seed finds herself in The Midnight Library she has a chance to make things right. She has so many regrets over choices made, opportunities wasted and possibilities unexplored. She feels she has let everybody down, including herself. But the books in the library enable her to go to the lives she would have been living had she taken those opportunities. Which was the right one for her? Described as philosophical fiction this book ponders the infinite possibilities of life and the way the small decisions & choices we make can alter the direction our life takes. A Sunday Times and New York Times Bestseller.

Auckland Libraries have 99 copies at HAIG

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Reagan Lee - local artist

Reagan Lee studied at the Central Academy of Fine Arts in Beijing, graduating in 1990.

He then migrated to the Seychelles for eight years, absorbing their culture, and then travelled around Europe for the next four years.

In 2003 he came to New Zealand to live, and he now works full time as an artist, with a studio in Albany.

His work reflects both Western and Chinese art traditions.

The cross features heavily in his artworks.

When he emigrated to New Zealand he became a Christian and the cross took on a new meaning for him.

His work oozes a strong, unrestricted personality and a determined will, breaking down the boundaries between genres of painting.



李南凤 - 当地华人艺术家。

李南凤就读于北京中央美术学院，1990年毕业。

然后他移居塞舌尔八年，他创作的画揉进了当地的文化，然后在接下来的四年里环游欧洲。

2003年，他来到新西兰生活，并以艺术家的身份全职工作，在奥尔巴尼设有工作室。

他的作品反映了西方和中国的艺术传统。

十字架在他的作品中占有重要地位。当他移居新西兰后，他成为了一名基督徒，十字架对他有了新的意义。

他的作品散发着强烈、不受限制的个性和坚定的意志，打破了绘画流派之间的界限。

What Long Bay looked like before the development started



Grannys Bay

Bill Ellis has kindly shared some more of his photos of Long Bay, predevelopment. It is good to see what everything looked like before the building commenced.

2010 Awaruku Ridge looking North



2010 Long Bay looking east





HOW'S THE MARKET?

New CV's are out! How many times have you read a newspaper article that tries to draw a correlation between past sale and the new CV? Owners will say... 'I'm not giving my property away, the CV is ? Buyers will say... 'I'm not paying that much, the CV is only...? If your CV is high, it appeals to your ego, if your CV is low, so too are your rates (That's a win!). The only thing I would say about CV's are that they are COMPLETELY IRRELEVANT. They are generated by a calculation based on multiple previous CVs and goes right back to an old government valuation, which was most likely wrong anyway. If you simply want to know what your home is worth call the team who sells 1 in 2 homes in our back yard!

Sharee
Branch Manager

Sharee Adams 021 416 220
sadams@barfoot.co.nz

WHAT DID IT SELL FOR?

Here is a snapshot of what sold in our neighbourhood in 2022!

Barfoot & Thompson knows Auckland best. It is the city's leading real estate company, selling around one in three Auckland residential homes!



Residential sales. Based on independent research.

We are currently selling over 1 in 2 homes in our area! It is no wonder Barfoot & Thompson is Auckland's leading real estate company.

OUTSTANDING SERVICE AWARD



SHANE AND JEN ANDERSON

Jen and Shane went the extra mile for me. They instilled trust in me that my house was in good experienced hands. I felt supported by them throughout the whole journey. *Maya*



LEO PERWICK

With over two decades with Barfoot and Thompson Leo is ready to enjoy his retirement. I know the whole team here at Barfoot and Thompson will miss Leo's positive outlook and incredible ability to help people with their property needs. It has been a privilege working with you Leo. *Sharee*



BUYER APPEAL



DEEP CLEAN

Everything! Windows, light shades, skirting boards. **Make sure your home sparkles.**



DECLUTTER

Remove everything that is not needed. **Less stuff = more space**



REPAIRS

Get all those little jobs that have been bugging you and tick them off your list. The little things make a big difference. **If it is broken fix it!**



839 HOUSES SOLD IN
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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

We  our customers!

We have recently changed property managers and once the proposal was received it was a simple decision to work with Barfoot and Thompson. The best experience has been the interaction with your property manager Mon Tu. Regular updates and communication, this gave me great confidence in the whole process, finding a selection of excellent quality tenants.
Mr Parkin



RIDDLE OF THE MONTH

If a red house is made from red bricks and a yellow house is made from yellow bricks. What is a greenhouse made from ?

Answer: Back page

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AUTUMN

G	S	M	O	O	R	H	S	U	M	T	X	S
A	J	S	E	I	K	S	Y	E	R	G	W	O
P	S	I	R	C	G	I	D	Y	K	E	T	B
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F	Y	X	G	S	P	E	O	K	P	I	H	R
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P	N	C	E	T	X	K	Z	H	U	S	D	E
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- | | | |
|---------|------------|-------|
| APPLES | GREY SKIES | PLUMS |
| CHILLY | HALLOWEEN | PODS |
| COBWEBS | HARVEST | RAIN |
| COOL | HATS | STEWS |
| CRISP | HIGH TIDES | STOOK |
| DAHLIAS | MIST | YIELD |
| GLEAN | MUSHROOMS | |
| GLOOMY | PLOUGH | |

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

inatp

9 good, 12 great, 15+ genius

CROSSWORD

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

Across

- 1 Direction indicator (8)
- 5 Festive occasion – variety of apple (4)
- 9 Cub Scout pack leader (5)
- 10 Waterproof cloth (7)
- 11 First day of Lent (3,9)
- 13 Decorous (6)
- 14 Acquire (6)
- 17 Too much to bear (12)
- 20 Greek restaurant (7)
- 21 Interior (5)
- 22 Muck (4)
- 23 NCO (8)

Down

- 1 Electronic junk mail (4)
- 2 Surmised (7)
- 3 Expose oneself to unnecessary risk (4,4,4)
- 4 Of inferior workmanship (6)
- 6 Invited (5)
- 7 Vexatious (8)
- 8 Encompassing everything (3-9)
- 12 Aided (8)
- 15 State capital of Georgia (7)
- 16 Notorious French marquis, d. 1814 (2,4)
- 18 Cut off (5)
- 19 Gait between walk and canter (4)

SUDOKU

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

Red Velvet Cake

Ingredients

2½ cups plain Flour
 1 tsp Baking Soda
 1 tsp unsweetened cocoa
 1½ cups Sugar
 3 large eggs
 1½ cups or 330 grams of vegetable oil/
 melted butter
 1 Tbsp white vinegar
 4 Tbsp red food colouring

Method

Preheat oven to 180°C.

Sift all dry ingredients (up to cocoa) into a bowl.

Beat sugar and eggs together then incorporate all the other wet ingredients.

Combine wet and dry ingredients together until smooth, you can use an electric mixer.

Place in a round, medium sized cake tin and bake for about 25 to 30 minutes. Let it cool.

1 tsp vanilla extract
 1 cup of milk mixed with yoghurt

Icing

1 cup Cream Cheese - room temperature
 3 cups Icing Sugar
 ½ cup Butter, softened

Icing

While cake is cooling, make up the icing.

Add all the icing ingredients together and beat until thick and creamy.

Spread on the cake -you will have to do 2 coats as the first one, the crumbs come off, then do the second one and let it set for 10min and then you can enjoy!



home brew honey co. 

Local beekeepers of multi flora honey and honeycomb from Paparoa, Northland. Contact us on the below & follow us on Instagram for all our updates & news.



Honey Facts

Honey never spoils – provided you keep it in an airtight honey bottle. Research has proven honey has an endless shelf life when kept in the right conditions. Honey contains low moisture levels and is naturally acidic, making it difficult for spoiling bacteria to grow.

Honey has long been used for medicinal purposes. Due to its anti-bacterial properties, honey has been used for cuts, burns, infections and stomach ulcers.

Honey is the only known food which has all the ingredients needed to keep you alive. It contains water, vitamins, minerals, and necessary enzymes to give energy.

Pinocembrin is also found in honey and is effective at improving the functioning of the human brain.

Honey has been shown to help treat seasonal allergies. Sufferers can take one teaspoon of locally produced honey to build up immunity to local plants which trigger allergies. Local honey is required because it contains the allergens of the local plants.

There are several parasites which can invade the human body and cause illness. A mixture of equal parts honey, vinegar, and water is all you need to kill off the parasites. Drink this concoction for several days as a general body cleanse.



Email: homebrewhoneyco@gmail.com

Instagram: home_brew_honey_co

Phone: 027 5319 828

A message from Browns Bay RSA.

Anzac Day has become a tradition in New Zealand and Australia since 1920 and commemorated in other countries by expat Kiwis and Aussies.

After the end of WW2 Anzac Day parades were attended by men and their families who had fought in the wars. It was an occasion for them to remember the men they served with and especially those who did not return but were to lie forever in foreign fields and beneath the restless ocean. Those times were still vivid in their memories. It was an exclusive brotherhood to which they belonged, and RSA membership was only for those who had served overseas on active service.

As time went by the numbers of war veterans declined and the public became aware of how much they owed to those men and women who risked their lives to preserve the freedom that we have in this country today.

In recent times the numbers of war veterans become fewer but the numbers of people who attend a dawn Anzac Service become greater. They do this because they think it is important that we value the sacrifice of previous generations of our fellow countrymen and women who fought against tyranny.

Today, as the long tentacles of the Corona Virus spread out across the globe, we are faced with a new enemy that shot and shell will not defeat. It is now the scientist who is

fighting in the front line, but it is the spirit of the Anzacs that will see us through this crisis.

In 2020 we endured our first skirmish with the Covid virus. Our only defence was to spread out and stay home. But how could we stay home and have an Anzac Day service like we have always had for the last one hundred years? We had no option but to cancel both Poppy Day and Anzac Day.

How could this happen? Storms, floods, and bushfires had never caused Anzac Day to be cancelled. It was just too important a day to New Zealanders, but Covid was a dangerous opponent that killed people. It could not be taken lightly. Anzac Day was not going to be commemorated in the traditional way. Instead, people were invited to stand at dawn by their letterbox with a New Zealand flag, and a candle, to show that we would not give in. I don't know if the virus cared but we felt the better for doing it.

The onslaught by the virus began to fizzle allowing us to return to a normal life and Anzac 21 went ahead as normal but later came back to bite us with OMICRON. It is clear the virus is here to stay, despite the population being 95% vaccinated. So, once again Anzac Day will be cancelled. We encourage all of you, once again, to stand at dawn and remember. Never since WW2 have we experienced such a threat to our existence, but we shall beat it in the end.

Geoff Ockleston

Murray's lockdown project

What do you do when you are retired and in lockdown? Well one answer is to get creative, and that's what happened in Torbay over many months, from the first lockdown, right up until the present.

Rotarian and retired television producer Murray Allison, who has lived on the North Shore for over 50 years, got creative after seeing scallop shell poppies at the market in Mangawhai. The components are scallop shells, fencing wire to make the stems,

and bottle tops or corks for the flower centres. Luckily, before lockdown, Murray had spent time wandering the Mangawhai beach collecting shells strewn on the sand and wedged in rock crevices, and begging cast off wire from rural relatives. Being a natural recycler, he had a pile of old bottle tops and an assortment of paint so, confined to home, he was good to go.



Experimentation was needed to find the ideal method of gluing four shells together in a poppy shape, starting with using liquid nails and moving on to using a hot glue gun, which simplified the process enormously. Once the bottle-top centre and wire stem were glued in place,

then there was the painting in various colours. Initially Murray used red paint to make the traditional Anzac poppy, but later branched out into a rainbow range of colours.



This time-consuming process kept Murray absorbed for many lockdown hours, and the results were very satisfying and striking. Posting photos of his poppies on Facebook, he found there was interest from friends in having poppies for their own homes and gardens. Murray saw this as a great opportunity to turn his hobby into a fundraiser for Rotary Browns Bay and has sold a good number to assist Rotary with funds for projects in our Community.

News from East Coast Bays Library

To celebrate Sea Week we were fortunate to host the migrating Maui Tail created by Monty Collins for the WWF NZ Whale Tales Art Trail. We hosted 4 beautiful Pēpi Pod whale tails created by local schools and had Seaweek displays of books, plastic items found on our beaches and information, with handouts for children. There was a whale themed scavenger hunt around the Village Green and a quiz where children could enter a draw to win a copy of the new children's book 'Hauraki Broo' by Nikki Slade Robinson. We continue to offer content on our Facebook page.

We celebrated Neighbours Day by sharing recipes and asking our readers to share their favourite recipes. Pride Festival was celebrated with book displays and a 'selfie' portrait frame, while we had displays, online content and displayed our library Tapa cloth for

Pasifika month.

In book news, the Shortlist was announced for the Ockham Book Awards, the country's premier literary honours for books written by New Zealanders. We have a display of the Longlist and Shortlist titles, the winner will be announced in May.

Our new Art Wall in the foyer is available for anybody to book for a month and share their work. There is no cost for this. The photo attached shows paintings by local artist Susan Lawrence.

The theme for the Auckland Libraries School Holiday Programme in April is

"Over, Under, Upside Down". Online Beanstack challenges returns with a new range of reading and activity badges to earn and prizes to win. Also available online and takeaway activities to keep children entertained at home, and are available for families. These can be collected from our Click and Collect window.

The Library and Leisure Centre car park is being renewed. Work began early March and is due for completion mid-April. There are mobility car parking spaces on Inverness Road and in the car park alongside the Victor. We apologise for any inconvenience this work may cause.



East Coast Bays Library 8 Bute Road, Browns Bay Ph 09 377 0209

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Introducing Dr David Lim

It is with great pleasure that we would like to introduce Dr David Lim who has now become a Partner at Torbay Medical Centre.

Dr David Lim will be based out of both Torbay Medical Centre and Long Bay Medical Centre.

Dr David Lim was born in Korea and moved to New Zealand in 1995. Dr Lim is a graduate of Auckland Medical School in 2012 and has been working as a General Practitioner since 2015 in Auckland.

Dr Lim enjoys the broad scope of medicine that being a general practitioner brings and he has a special interest in sports medicine.

Dr Lim can speak both English and Korean.

In his spare time Dr Lim enjoys sports and spending time with his family.

Dr David Lim is currently taking new patients.



Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical

55a Glenvar Ridge Rd, Long Bay
09 473 0063

A Nutrition Medicine Approach to COVID

I've been pretty quiet on the topic of COVID recently for two reasons. One reason is that I think COVID has taken all the limelight and left other health conditions unrecognised and untreated. The other reason is because many people are sick of hearing about COVID, so I didn't want to add to the noise.

However, with the high prevalence of the Omicron variant, I thought it was time to share my ideas about the Nutrition Medicine strategies that can reduce the likelihood of a serious COVID infection. There is a lot of evidence about nutritional remedies that can support a healthy immune system and lessen the risk of getting COVID or lessen the severity of a COVID infection. In fact, there is so much evidence that I can't fit it all in this article, but feel free to go to my website www.NutritionMedicine.nz and read my 7-page report.

Vitamins: A, C, D and E are all important to improve the function of key immune cells like various lymphocytes, as well as antimicrobial peptides. By enhancing these immune cells, you are less likely to be infected, and more importantly less likely to get a serious bout of COVID. Have you wondered why one person in a household can get a COVID infection and other people in the house sometimes don't get infected? Surely it must have something to do with the

immune system of the house mates.

Minerals: Zinc is the immune hero amongst the minerals. It has direct immune modulating activity working through T-lymphocytes and Natural Killer Lymphocytes. As well as making your immune system stronger it may also have direct anti-viral properties. It is critical for mobilising vitamin A stores too. Iodine, iron, and selenium should also be considered to support a healthy immune system.

Herbs: I have lots of faith in the anti-viral effects of herbs like echinacea, Pau D'Arco and Andrographis. However, elderberry is one of my favourites for COVID. These herbs may help stop viral replication and prevent viruses from entering cells.

NAC: N-Acetylcysteine (NAC) has been shown to inhibit many of the pathways that the COVID virus relies on to grow or replicate. This includes inhibiting the NFKB pathway and Mpro (main protease). NAC can also inhibit the production of inflammatory cytokines and thereby lessen the cytokine storm that causes severe and long-lasting COVID infections.

For a more comprehensive list of Nutrition Medicine strategies (including diet and lifestyle suggestions) you can do to protect yourself and your family from COVID go to my full report on my website www.NutritionMedicine.nz or ask at Torbay Unichem Pharmacy for a hard copy.



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The misery of Hay Fever

Hay fever is an allergic reaction of the nose, throat and eyes and is commonly caused by pollens from plants.

For some it is a seasonal affliction, for others it is all year round. For these suffers the cause is likely to be animal hair or dust mites.

- Symptoms
- Sneezing
- Stuffy, blocked up nose.
- Runny, itchy nose.
- Watery, puffy, itchy, bleary or red eyes.
- Itchy or burning throat.
- Headache.
- Itchy inner ear.
- Remedy.

Medicines cannot stop you being allergic but can help relieve the symptoms.

Antihistamines block the action of histamine when you are exposed to an allergen. For the best effect you need to start to take them before being exposed to allergens. They come in the form of tablets, liquids, nose sprays and eye drops. Some oral ones can cause drowsiness so care needs to be taken if driving.



Classifieds

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Puzzle Answers



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

Word Puzzle

Paint, pint, pant, ant, pan, pin, nip, nap, tan, tin, pain, pit, tip, pat, tap, apt.

Quiz Answers

1. Vitamin K deficiency causes the blood to fail to clot.
2. The Split Enz song banned during the Falklands war was 'Six months in a Leaky Boat'.
3. The great All Black Colin Meads represented King Country in his playing days.
4. The blue ball in snooker is worth 5 points.
5. You would find a rumble strip, or judder bar on a road.
6. Betty wears Jimmy's ring in "The Leader of the Pack" sung by the Shangri-Las
7. Alfred Hitchcock said 'the length of a film should be directly related to the endurance of the human bladder.'
8. The motto Sure and Steadfast belonged to the Boys' Brigade.
9. The largest country on the African Continent is Algeria.
10. The building is the Pumphouse on Lake Pupuke.

Easter Services

EASTER SERVICE TIMES

8pm Thur 14 April*
Maundy Thursday Service
@ Long Bay Baptist Church

7am Sun 17 April*
EASTER SUNRISE SERVICE & BYO Breakfast
Message, music and fellowship together
Families with children are very welcome

SITE 3, LONG BAY REGIONAL PARK

9.30am Sun 17 April
ONLINE EASTER MESSAGE
Via Facebook or YouTube

*Currently our in-person gatherings require a vaccine pass

282 Glenvar Road, Torbay
www.longbaybaptist.co.nz

Holy Week and Easter

Holy Week - Full to the Brim – An Expansive journey reflections

On-site Monday 11th to Thursday 14th April, 12:00noon–7:00pm

On-line Monday 11th April, 10:00am onwards

Maundy Thursday - Full to the Brim – Remembering Jesus' last night

On-site and on-line Thursday 14th April, 7:00pm

St Mary by the Sea
168 Deep Creek Road, Torbay - www.stmary.co.nz - 09 473 8180

Holy Friday - Full to the Brim - A cup of sorrow
On-site and On-line - Friday 15th April, 10:00am

Easter - Full to the Brim - an expansive life
Waike Beach - Sunrise lighting of Easter candle, 6:00am
On-line and On-site - Intergenerational Communion, 10:00am
On-site - Traditional Communion, 8:00am

Please check website www.stmary.co.nz for confirmed details

Tides Apr 2022 (Murrays Bay)

		LOW	HIGH	LOW	HIGH	LOW			
Fri	01	02:00	0.5m	08:12	3.1m	14:25	0.5m	20:38	3.0m
Sat	02	02:46	0.5m	08:58	3.1m	15:10	0.4m	21:23	3.1m
Sun	03	02:29	0.5m	08:43	3.1m	14:53	0.4m	21:05	3.0m
Mon	04	03:11	0.5m	09:25	3.0m	15:33	0.5m	21:45	3.0m
Tue	05	03:51	0.6m	10:06	2.9m	16:13	0.5m	22:24	2.9m
Wed	06	04:32	0.7m	10:46	2.8m	16:52	0.6m	23:03	2.8m
Thu	07	05:14	0.8m	11:27	2.7m	17:32	0.7m	23:44	2.7m
Fri	08	06:00	0.9m	12:09	2.6m	18:15	0.8m		
Sat	09			00:30	2.6m	06:50	1.0m	12:55	2.5m
Sun	10			01:22	2.6m	07:45	1.1m	13:46	2.5m
Mon	11			02:20	2.5m	08:42	1.1m	14:42	2.4m
Tue	12			03:18	2.5m	09:38	1.0m	15:42	2.5m
Wed	13			04:13	2.6m	10:31	0.9m	16:40	2.5m
Thu	14			05:03	2.7m	11:21	0.8m	17:34	2.7m
Fri	15			05:50	2.8m	12:08	0.7m	18:23	2.8m
Sat	16	00:30	0.6m	06:37	3.0m	12:55	0.5m	19:10	3.0m
Sun	17	01:15	0.5m	07:23	3.1m	13:41	0.4m	19:56	3.1m
Mon	18	02:01	0.4m	08:10	3.1m	14:27	0.3m	20:42	3.2m
Tue	19	02:47	0.4m	08:58	3.2m	15:14	0.3m	21:29	3.2m
Wed	20	03:36	0.4m	09:48	3.2m	16:01	0.3m	22:18	3.2m
Thu	21	04:27	0.4m	10:39	3.1m	16:51	0.3m	23:10	3.1m
Fri	22	05:21	0.5m	11:32	3.0m	17:43	0.4m		
Sat	23			00:06	3.1m	06:20	0.6m	12:28	2.9m
Sun	24			01:06	3.0m	07:22	0.7m	13:27	2.8m
Mon	25			02:08	2.9m	08:26	0.7m	14:31	2.7m
Tue	26			03:11	2.9m	09:28	0.7m	15:36	2.7m
Wed	27			04:11	2.9m	10:27	0.7m	16:38	2.8m
Thu	28			05:06	2.9m	11:22	0.6m	17:36	2.8m
Fri	29			05:57	3.0m	12:12	0.6m	18:27	2.9m
Sat	30	00:38	0.6m	06:45	3.0m	12:59	0.5m	19:14	3.0m

Times adjusted for Daylight Saving.

We were not there
We did not see
The horror that they saw

We cannot feel or
Know the pain
Of what they felt and more.

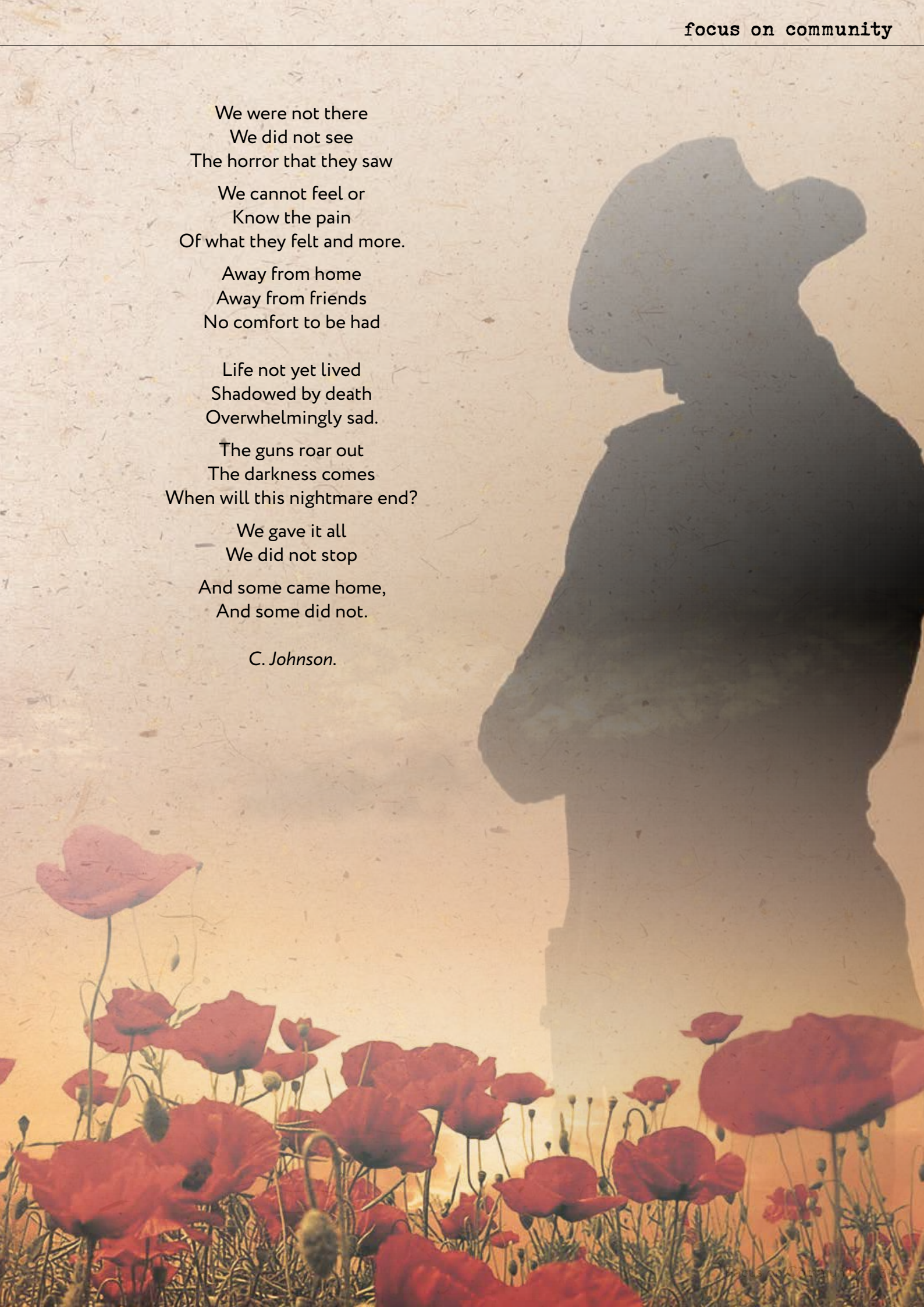
Away from home
Away from friends
No comfort to be had

Life not yet lived
Shadowed by death
Overwhelmingly sad.

The guns roar out
The darkness comes
When will this nightmare end?

We gave it all
We did not stop
And some came home,
And some did not.

C. Johnson.



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