

focus

Issue 6
July 2022

on community

Long Bay, Okura & Torbay

Work continues at Deep Creek



Changing of the Guard at Torbay Pharmacy

There have been quite a few staff changes at Torbay Pharmacy recently. Now when you walk in you will be welcomed by a mix of old familiar faces and some "new friends". The new team will soon get to know you. We have managed to recruit some great pharmacists and retail staff with a lot of expertise and experience to help you achieve optimal health. Plus Martin and Christine will be there a lot more often going forward.

Where have all the old crew gone? Sean has elected to reduce stress in his life and focus more on his family. It is a shame to lose a good pharmacist from the industry especially when we are facing a severe shortage of pharmacists currently. Being a front-line health worker over the last two years has been very exhausting, so we wish him well with his more relaxed life.

Marilyn has finally decided to retire after more than 20 years with Torbay Unichem Pharmacy. Now is a great time for her to spend more time with her grandkids and caring for her garden. Marilyn will leave a big hole in our team and our hearts. But it is only fair that she gets to some time to enjoy her retirement.

Gaby has decided to make a slight change in her career pathway. While still working in the pharmacy sector, she will no longer be a community pharmacist but instead will be working with the Ministry of Health to help improve quality across the entire pharmacy sector. Gaby has been with Torbay Pharmacy since she first qualified, so it will be good for her development to experience other aspects of the sector.

We have a number of new staff already in place and a few more still coming. Sylvia is our new retail expert and comes to us with over 20 years' experience in pharmacy. Sylvia speaks Afrikaans so will be a favourite with many of our South African customers. We have two new Pharmacy Technicians, Meet and Mayur, plus our new pharmacist Christine. As well as being kind and caring, the new dispensary crew have a lot of experience and are already proving to be a great bunch to work with. Most new staff are locals, living in the Torbay and Browns Bay areas.

As always, we appreciate the support and love of our local community as we look towards the future and building a great team offering all the great services you have become accustomed to plus many more innovative ones. Onwards and upwards!

Martin Harris

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



Pharmacists Martin & Christine

Staff - Robyn, Meet & Sylvia



Opening Hours Torbay Pharmacy

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

Saturday
9:00am to 4:00pm



Delivery Service now available from Torbay Pharmacy

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

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

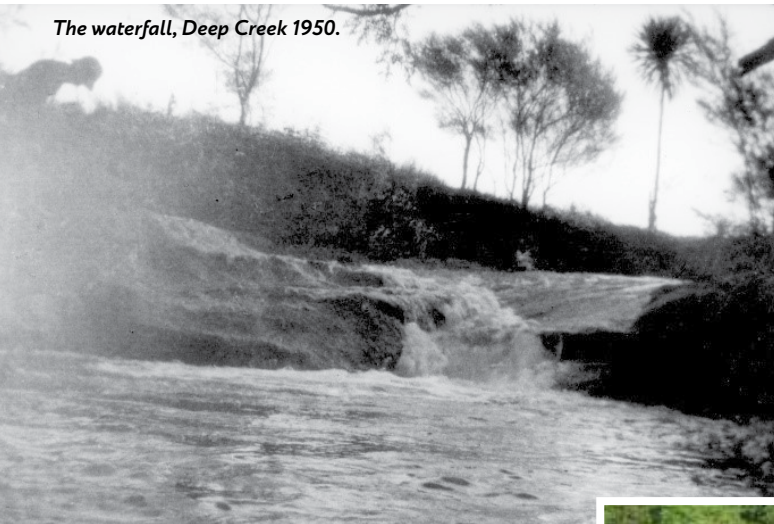
Deep Creek – a unique tidal waterway

A summary of the history and objectives of the Society are: "Deep Creek Waiake is a unique tidal waterway of special historical character. Seven centuries ago, Houtu Roa, Captain of the renowned Tainui Canoe sailed into the safest beach in East Coast Bays and found a critical source of fresh water at Deep Creek. He blessed this landing place with karakia, giving it the name WAIAKE. (Gushing spring of waters that never cease.)"

Gravel bank impeding the flow.



The waterfall, Deep Creek 1950.



(roughly opposite the pontoon). This lifeless, unnatural obstruction appeared in the 1960's during the upgrading of a clay shingled Deep Creek Road and bridge when preventative regulations were not enforced. The steep 260 Ha catchment area of Deep Creek has left it vulnerable to many heavy rainstorms. The Society is working with the Restore Hibiscus and Bays group and Auckland Council to achieve these objectives.

The Society also endeavours to keep the Creek itself and the environment of Aickin Reserve (behind the Sailing Club/Scout Den), and areas on the banks of the estuary clear of weeds and bamboo. There are applications before Council for lighting and signage improvements in Aickin Reserve.



There was a 'working bee' on these latter areas, north of the Beach Rd bridge opposite the Sailing Club/Scout Den, on Sunday 19th June to do some weeding and bamboo cutting. Planning has begun to hold the annual public AGM.

Phone Barry Jones 0212659439 for more information re working bees.

Established in 2016, the Deep Creek Restoration Society hopes to restore these "healing waters" to a quality that its unique history deserves. It should become clean, free flowing, navigable to the waterfall, (approx. 760 metres) with no debris or sediment and banked by native vegetation". Current projects include water quality testing, and an application for Council funding to remove a significant gravel bank

Manage your financials without stress

Stress is a funny thing. Successful people say they enjoy it – just so long as it can be worked through to a grin-on-the-face conclusion.

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j.anderson@barfoot.co.nz

Have you ever thought about having an allotment?

If you are interested in gardening and do not have the space at home this is the ideal solution.

Turn to page 8 to get all the details of how to get growing your own.



This magazine is designed and printed by Silverdale Print & Design

silprint.co.nz 09 426 5845

editor's letter

When you see old photographs of Deep Creek it makes you realise how much it has changed as the area has been developed. What was a vibrant waterway has diminished to a stream.

Happily there are those who care about the condition of Deep Creek and have been working hard to make it a vibrant waterway once again. The Deep Creek Restoration Society are also applying for funding for lighting and signage.

This is ongoing work and if you are interested in helping read the article on page 3 to find out how you can help.

As you will see from the article on page 19 exciting plans are afoot for Long Bay to have its own Pump Track. The children in the area would really love this so we hope to see that coming.

There is so much to join in in this community and we have articles from the Garden Club, the Historical Society, the TB Theatre and as mentioned the Deep Creek Restoration Society, for you to read.

Now we are starting to venture out and about again perhaps think about joining one of these groups, their details are all in the articles.

I really enjoyed watching all the celebrations for the Platinum Jubilee. There is no doubt the UK really does these large pageants extremely well and I loved the clip of the Queen taking afternoon tea with Paddington Bear. So good to see her sense of humour.

Well done your Majesty.

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.

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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

Enjoying the Tuis

A couple of years ago I was given a Tui feeder.

I loved its red roof- which is the colour to attract the Tuis.

Since placing it on my deck and each day filling it with either liquid nectar or sugar water the Tuis have come.

Often they politely line up to get the treat and sometimes there are two at once dipping in alternately.

Local Torbay resident Maurice Hanvey is the person behind these Tui feeders.

He makes them and all the profits go to either Starship Children's Hospital or St Johns.

So, if you buy one it gives you immense pleasure and helps a worthwhile local cause too.

They cost \$70 each and can be ordered from Maurice. Text your order to 0274873608 or email mauricehanvey@gmail.com

Carole McMinn



Blues Best Foot Forward For Tonga -with a bit of help from Barfoot and Thompson

In early 2022, Tonga was hit by a devastating volcanic eruption and tsunami. As the dust settles, we wanted to support the Tongan community in the next phase of their relief.

Blues players Karl Tu'inukuafe, Ofa Tu'ungafasi, Maiakawanakaulani Roos & James Lay are leading this year's Blues Best Foot Forward - For Tonga campaign which aims to help make a difference to the youth in Tonga impacted by the recent events.

The aim is to help bring some normality to Tongan whānau the best way we know how. Through sport. Our mission is to collect 20,000 pairs of pre-loved shoes and sporting equipment through the support of our community.



If you have any sport shoes or equipment that you no longer require, that are also in reasonable condition, we would love to donate them to Tonga on your behalf.

When Barfoot and Thompson manager Sharee heard about this initiative she decided to help and on the last market day at Long Bay set up a collection point. They collected many pairs of much needed shoes.

Torbay/Waiake May 2022



Wendy's update

Are you thinking of selling? Being a local Residential Real Estate Consultant for the past 25+ years, living in and enjoying the Torbay/Waiake area, I offer prospective clients and customers knowledge, experience and results.

This is a great time for owners to sell and buy on the same market – the current choice of properties available offers options for your next move.

Sale prices are showing signs of starting to fall, but not dramatically – buyers are realising that prices are edging lower, not falling rapidly – in our area buyers who are attending open homes have done their "homework", they have been looking for some time, and are organised with finance approval in place – qualified buyers are great for owners!

If you would like free appraisal on your property and a confidential chat regarding your next move to maximise your sale give me a call.

Kind regards, Wendy

E w.radcliffe@barfoot.co.nz
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Focus on July!

July is the seventh month of the year in the Julian and Gregorian calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honour of Roman general Julius Caesar in 44 B.C., it being the month of his birth. Before then it was called Quintilis, being the fifth month of the calendar that started with March.



Birthstone for July

Few things catch the eye like the ruby birthstone. The finest colour of the birthstone for July is a deep red with a hint of purple, called "pigeon's blood" in the trade. A variety of the mineral corundum, ruby gets its colour from trace amounts of the element chromium. The more chromium, the stronger the red.



Important dates in July

- 1 Canada Day
- 2 World UFO Day
- 4 USA Independence Day
- 7 World Chocolate Day
- 11 World Population Day
- 14 Bastille or French National Day
- 15 World Youth Skills Day
- 17 World emoji day
- 20 International Chess Day
- 25 World embryologist Day- celebrating first baby born by IVF
- 28 World Nature Conservation Day
- 28 World Hepatitis Day
- 30 International Friendship Day.



July 2, but it was not declared until July 4. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and

private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States. Every fourth of July the Liberty Bell in Philadelphia is tapped thirteen times in honour of the original thirteen colonies. This means that the bell is not actually rung. Instead, it is only being tapped.

American Independence Day

Independence Day (colloquially the Fourth of July) is a federal holiday in the United States commemorating the Declaration of Independence of the United States, which was ratified by the Second Continental Congress on July 4, 1776. The Second Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on





Living with Ehlers-danlos

Local Torbay resident Kelly McQuinlan has a rare inherited connective tissue disorder call Ehlers-danlos.

For her this means daily living with chronic pain and fatigue.

Having survived two brain aneurysm surgeries she has short term memory loss and struggles with gut issues and joint damage.

Kelly grew up in Torbay and attended the local schools and then moved away to Wellington and Melbourne, but the lure of Torbay was strong and she and her family, husband Rick and two sons aged 7 and 11, relocated back to Torbay.

Kelly runs the NZ charity Ehlers-danlos Organisation.

For 26 years year's she was undiagnosed and realised there was no information "out there" to help people suffering like herself. She felt someone needed to stand up for the little guy and help the 1 in 2500 who have this disorder. There was no support available, so she had to set everything up from scratch, in fact there are only two specialists in NZ treating this disorder.

Kelly wants to raise awareness as often this disorder is undiagnosed as the symptoms differ in different individuals. She encourages parents to keep pushing for right answers so that their children can have the best health journey possible.

New World Long Bay are supporting Kelly, as they will sell zebra cupcakes, so keep an eye open for them when shopping. The zebra is the logo for Ehlers-danlos disorder and is around the maxim "you hear hoof beats and think horse, but sometimes it can be a zebra."

If you want to know more or would like to support, please go to ehlers-danlos.org.nz

If you would like to make a donation to support the work, please make your donation to 06-0489-0769236-00

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New Zealand



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Classified 7 words for \$5+gst

Design work free if needed.

Email

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or call Carole 473 3259

Come and Visit Us in the St Mary by the Sea Community Garden



168 Deep Creek Road, Torbay

We are very grateful to the Hibiscus & Bays Local Board for the grant of \$2,500 which has enabled us to progress a long way in 2 years. We have been able to buy garden tools, mount a shed on a platform, build a very smart bbq table and potting table with the Grant. We were fortunate to be donated a garden shed which several enthusiastic members uplifted from Takapuna and transported to the Garden. Some timber was donated by a local for the platform and base. After 2 working bees in May, the shed was in position. Another layer of mulch has been laid on the paths. Many thanks to locals, Rob from Richard Tree Felling and Navin from Next to Nature for their donations.

We are trying to build up some friends of the Community Garden. You may not want an allotment (some still vacant) but you may be able to contribute with knowledge or labour for special projects. Please contact Dianne on 0273137116. We would be glad to hear from you.



Hibiscus and Bays Local Board
Auckland Council



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.

Testimonials

Thank you so much for all of your amazing tutoring work with xxxx over the last couple of years. It has been incredible to see his progress over this time.

Parent of Year 8 student attending for help with literacy – 10/12/2020

And in other exciting news, xxxx's maths teacher contacted me at the end of term 2 to say that he has gone up four levels in maths and should be in the top class of maths! We are staying with his current class as I think the combo of the right engaged teacher and support from Extraordinary Kids.

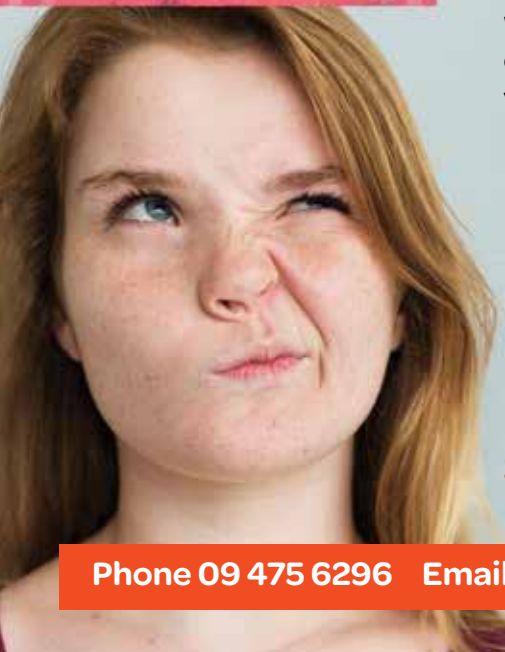
– 10/07/2021

I have noticed xxxx is more interest and is gaining more confidence in the subject.

Previously she didn't want to try, now she's happy to give it a go.

She has been really enjoying tutoring.

Parent of Year 4 Maths Student- 25/05/2022



Torbay Theatre

FOCUS ON KIDS' THEATRE

This month eleven of Torbay's finest child and teen actors are working to bring together a tale of wonder and magic to entertain the youngest members of our society: aimed roughly at the 2-8-year-olds, the July School Holidays show has become a highly-anticipated tradition. Sadly, it fell foul of covid last year, so it is even more keenly awaited this year than most.

When they come to see *The Stolen Crystal* this month, children will be drawn in to the intrigue as our heroes set off on their quest, will be asked to cheer them on, and might even get to get up on stage to help. The scenery and costumes always



draw the audience in to the magic world, this year dreamed up for a younger audience by author Paul Topliss, who has previously treated us to *Cinderella*, *The Snow Queen*, and *Roses are Red*. Watch our young heroes encounter many challenges, including a Woodswoman and a troll – will they be up to the job?

Booking is generally essential, as tickets sell quickly and most years many are disappointed when door sales run out.

The Stolen Crystal

Gate Theatre, Torbay Community Hall
19th, 20th and 21st of July at 2pm

LATER THIS YEAR:

Auditions for *THE MUSIC MAN* in August - watch this space!

Club Night: 3rd September 7:30pm

70th JUBILEE CELEBRATION: 29th October

Yes, Torbay Theatre is as old as the Queen's reign. Come celebrate with us, and feel free to contact us with your reminiscences.

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.

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A note from

ERICA STANFORD

MP for East Coast Bays

BUDGET 2022

This year has gone so quickly it's hard to believe that budget week has already been and gone. Inflation at nearly 7% has hit families hard, silently robbing the back pockets of kiwis who are desperately trying to balance their household budgets amidst rising prices of food, electricity and petrol. This year's budget was always going to be incredibly important given the dire situation we are in with the cost of living crisis. I was looking for three things in the budget - meaningful relief for the squeezed middle, discipline in spending and accountability for delivery.

I will leave you to judge the budget for yourselves on these three measures, but the one thing I was shocked to see was the Treasury forecast for high inflation to be with us through until 2025. Times will be tough for the 60% of homeowners who will need to re-fix their mortgages in the next 12 months given the Reserve Bank has few other tools other than the OCR to battle inflation. Higher interest rates may well be with us for some time.



EDUCATION

Since receiving the Education portfolio I have been visiting schools of every decile all over the county.

One stand-out visit was when I spent half a day at the wonderful West Harbour School in Auckland. I sat in on math, English and reading lessons in three different classrooms.

What blew me away was the incredible commitment of the teachers who work long hours, often going above and beyond, to support their students... And they teach structured literacy!

I sat in on a year 7/8 lesson and then watched those older students teach year 2 students. Almost every school in their community is now teaching structured literacy. Watching the little ones decode words and read was amazing. They were so confident!!

There is a huge amount of evidence around the science of reading and how to ensure kids are confident in math. My focus over the next 18 months will be looking at achievement in numeracy and literacy and student attendance.

A good education is a passport to our kids' future and there is so much more we can and should be doing to better support our schools, principals and amazing teachers.

I hope to see many of you out and about in the Bays over the coming months!

STAY UPDATED

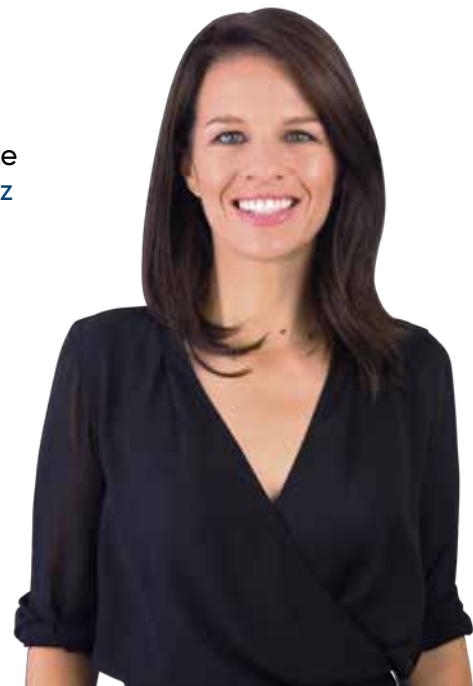
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STANFORD
MP East Coast Bays



Torbay Historical Society



January 1994



February 1995

Long Bay has certainly changed and has a lot of history as changes have taken place. Archaeological research recently has shown some of the land use since the first Maori arrived. At Glenvar Ridge Road - 'The scarcity of artefacts is a sign that these were temporary occupations.' The middens spanned the period from around 1450-1800' You can read more about this at the Vaughan Homestead.

European occupation at Long Bay Evidence was found of 'Ditch and bank' fencing network constructed by Pannill who farmed at Long Bay. (Pannill later moved to Albany). Capt. Cholmondely Smith purchased land in 1874. On this property he built a pit-sawn kauri homestead on a plateau overlooking Long Bay. 'During this time he experimented with tobacco manufacturing in a two-storey building he constructed near the homestead..... In the late 1880s, Captain Cholmondeley-Smith began planting grapes and converted the tobacco- drying shed into a winery'

George Vaughan came from Shropshire, England. George and his father travelled north to a bluff overlooking Long Bay. George (16 years old) agreed that he would like to farm the land beside the beach. A 2-roomed bach was built in 1862 (same plan as the Pannill House). George married Margaret Wilson and they had 4 sons. Extensions to the Homestead were made for the family.

Tommy Vaughan was the last of the family to live in the Homestead and he made many changes, adding the part on the Eastern side in the late 1930's - 1940. The next changes were made when our Society restored the Homestead to its present state. (Photos show progress 1994 to 1995)

By the time you read this we will have had our AGM. We have a new vibrant Committee with many ideas to continue to make the Homestead a welcoming place. Why don't you come along to share in good times and learn more about the past days of the place where you live? Phone or email us.

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

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Winter Travel Inspiration

The winter weather has set in now, so we have noticed an increased demand from customers wanting to escape New Zealand over the next few months.

So where are people going? A large number are heading to the Northern European summer to reunite with family or explore during these warm months. Many are redeeming their flight, tour or cruise credits from covid-disrupted travel. Others are booking a winter escape to nearby Pacific Island, Australia or even Hawaii.

Do you need some travel inspiration? Here is a selection of customer's bookings confirmed this week: Self-guided Croatia trip; Multi country Intrepid tour of Africa; Insight Tour of Spain & Portugal; Family holiday to Mana Island, Fiji; Trafalgar tour of Morocco; Multifamily P&O close to home Cruise; Avalon Waterways Rhine & Moselle; Princess 31 day South Pacific Cruise.

Costsaver and Trafalgar have extended

their September tour departure sale for sales until 28 July 2022. Save 10% on all tours. Book by 28 July 2022. Travel on tours departing 01 to 30 September 2022.

Hawaiian Airlines will start flying from Auckland to Honolulu from 4th July! Featuring no change fees, complimentary wine & beer plus in-flight entertainment. Choose from an extensive selection of USA destinations and add an island time Hawaii stop over on the way home.

India with a Dubai Stopover - Our India Travel Specialist, Rinku has negotiated some great stopover packages for those travelling Emirates to India via Dubai. Stopover deals start from \$799 per person and include: 3 nights accommodation in a 4 star hotel; Daily Breakfast; return transfers; City Tour with Burj Khalifa ticket; Marina Evening Cruise with Buffet dinner & Desert Safari with 4WD Dune Bashing & BBQ.



Uniworld's 2024 Rivers of the World Cruise - Lima to Saigon: 3rd October - 26th November 2024; 54 nights, 3 continents, 10 countries. Experience this once in a lifetime world cruise with unparalleled, all-inclusive luxury onboard four Uniworld river ships and spectacular land tours over 54 nights, culminating in Ho Chi Minh City (Saigon), Vietnam. Register now to ensure you don't miss out on this amazing trip.

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Preparing your car for Winter

Even though we do not get the harsh winters experienced in the South Island, we do still need to prepare for those cooler temperatures.

Check your Battery

In the winter, car batteries are forced to work harder to get your engine going. Cold temperatures thicken your engine's oil, which makes it move more slowly. This increases the amount of power needed by your battery to kickstart important processes.

Extreme heat or cold can increase your battery's rate of discharge, making winter a triple-threat to your battery.

All that exposure to summer's heat evaporates the water in the electrolyte, increasing sulfation. Then winter rolls around, and freezing temperatures slow the chemical reactions occurring inside a lead acid battery, further reducing your battery's ability to perform. At the same time, a cold engine and sluggish oil demand more power, while power-hungry features like heat and defrost place more demand on your battery. Although lead acid batteries last an average of four years, they can fail earlier under the right (or wrong) conditions.

So, make sure your battery is performing.

Tyres

Because of their material makeup, basic tyres don't perform as well in winter and are harmed by cold temperatures.



Below-freezing temperatures cause standard tyres to deflate, stiffen, lose traction, and possibly crack from impacting with the road.

The cold weather causes your tyres to become stiffer and less flexible. Just like anything else that is subjected to freezing conditions they can become hard and cannot grip the road as well.

In cold conditions you need to know that your tyres will perform well.

Check the tread on them and the air pressure is correct.

Service

It is a good idea to have a service before winter starts as this will pick up any likely problems and they can be remedied before causing a problem and possible breakdown or accident.

The last thing you want is to be stranded in the cold with a car that will not start.



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A very Successful Local Community and Asian Dinner

The second of these dinners was held last month, the purpose was to re-establish our community connections after a long Covid gap. Over 90 people gathered at the Kung Fu Chef Restaurant where we had a wonderful night of good food, a cross section of local community, many auctions, wonderful stories and a lot of fun!. This was all in support of Harbour Hospice and its work in the community on the North Shore.



Harbour Hospice provides care on the North Shore for those for whom the Health Service are no longer able to offer a cure. Hospice gives support both in the home and in specialist facilities without cost. It gives patients the fullest possible life over this difficult period of their life. Over the past three years, Hospice has been working with the Hibiscus area Asian community to engage with them in better meeting their needs. The population changes in our community makes this overdue. We have made much progress with an active group representing a wide cross section of Asian people.



一个非常成功的本地社区和亚洲菜晚餐

晚宴于上个月举行，其目的是在长期的 Covid 隔离后重新建立我们的社区联系。超过 90 人聚集在功夫厨师餐厅，我们度过了一个美妙的美食之夜，当地社区的真实呈现，许多拍卖，精彩的故事和很多乐趣！这一切都是为了支持 Harbour Hospice 及其在北岸社区的工作。

This last dinner raised over \$6000: fundraising was not the primary purpose but illustrates well our community's generosity, very necessary to Hospice in these difficult times. Its main achievement was the reward and fun enjoyed by all present, evident from the noise, laughter, smiles and feedback we have enjoyed. A picture speaks a thousand words!

Harbour Hospice 在北岸为那些无法提供治疗的人提供护理。临终关怀在家庭和专业设施中免费提供支持。它为患者在他们生命中的这个困难时期提供最充实的生活。在过去三年中，临终关怀一直与 Hibiscus 亚洲社区合作，以更好地满足他们的需求。我们社区的人口变化使这一点姗姗来迟。我们在一个代表广泛亚洲人民的活跃团体方面取得了很大进展。

当天晚餐筹集了超过 6000 纽元：筹款不是主要目的，但很好地说明了我们社区的慷慨，在这些困难时期对临终关怀非常必要。它的主要成就是所有在场的人都享受到了鼓励和乐趣，从我们的笑声、微笑和反馈中可以看出这一点。很荣幸能够参与此次募款活动！



Frank Sun

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Torbay Garden Club

Winter emerged with a bright show of colour at the Torbay Garden Club's June meeting. A range of specimen blooms brightened the hall, prompting praise from our expert judge, Graham Milne. He explained different aspects of various exhibits, giving further growing and exhibiting tips. This is also citrus season with a fine display of fruit on show. Our guest speaker was Becks Kelleher from the "Garden to Table" organization, the Club's chosen charity for the 2020 and 2021 period. She spoke of their work in schools, teaching and encouraging children to grow edibles and how to use them in recipes. An important aspect is the cooking of this food and sharing it with others at a meal – something not every child regularly experiences in modern times.



This is the time of year for keeping warm indoors and general tidying of the garden outdoors. Wet leaves are an under-rated treasure. They can be raked and used directly as mulch or composted in layers with your vegetable peelings etc.

Next year Torbay Garden Club will also celebrate its Platinum Jubilee in a "royal" manner and we hope to plan events that will interest all Bays' residents, including a September Spring Show.



In the garden in July

Young shrubs and trees can now be moved. Dig in compost and mulch. Plant new fruit trees with good drainage and fertilize well. Prune and spray stone fruit and grape vines. Plant out hardy vegetable seedlings like silver beet. Sow seeds in trays of seed raising mix – beetroot, cauliflower, cabbage, spinach, onions and plant garlic cloves. Lettuce, tomato and cucumber seeds can also be sown in trays. Prune roses to an outward facing bud and sow summer-flowering annuals also in trays. Divide and re-plant summer perennials. Check the condition of growing bulbs and tubers. Plant new climbers.

President/Secretary: Hilary Collins Phone: 478 1601

Do you have a good community story to share? I would love to hear from you.

Contact
Carole

editor@focusoncommunity.co.nz



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Celebrating 70 Years..

This year marks the Platinum Jubilee for Her Majesty Queen Elizabeth II 70 years of reign from February 6 1952, and the first British monarch to celebrate this significant milestone.



Monarch since age 25, she has been served by 14 British prime ministers and met with 13 U.S. presidents. She has presided over the shrinking of the British Empire and the rise of globalization. She has anchored the country through uncertainty — and the royal family's own dramas.

Over the seven decades of Elizabeth's reign both New Zealand and its monarchy have changed considerably as well. Did you know in 1952..

- The population of New Zealand passed the 2 million mark;
- Kiwis spent pounds, shillings and pence;
- The median annual income was \$15,290;
- Housing demand increased more rapidly mainly due to population growth from post war baby boom;
- 3 bedroom 1 bathroom state housing dominated and the quarter-acre section was roughly 1000 square metres, with lawns as far as the eye could see..

Well haven't times changed!

The Platinum Jubilee celebrates the stability of the British monarchy and the Queen's role as a figure of continuity over the past 70 years. In the Queen's own words.. "an opportunity to reflect on all that has been achieved, as we look to the future with confidence and enthusiasm."

Some kind words from our vendors.

“ Absolutely great team who were a pleasure to deal with. Gave us confidence from the very beginning that we had put the job of selling our house into the very best hands and at every step of the way we knew we had made the right decision. Therese and the Bayleys team are top notch communicators who go above and beyond to be there for their clients when they need them most and ensure that every little detail is taken care of. We highly recommend this awesome team to anyone out there looking for great professionals to market their property. ”

Jiang Kou

Property and Marketing Consultant
M 021 0879 3257

Thérèse Leslie

Property and Marketing Consultant
M 021 0226 6192

BAYLEYS

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Style by the Sea



Torbay, 1007 Beach Road



Murrays Bay, 2/5 Dalmeny Close



Albany, 55 Fairview Avenue



Browns Bay, 904A East Coast Rd



Torbay, 34A Glamorgan Drive



SOLD

Torbay, 140 Deep Creek Rd



SOLD

Stillwater, 59B Newman Rd West



SOLD

Torbay, 19 Awaruku Rd

Scott Larcombe
Property and Marketing Consultant
M 021 0822 3559



Exclusive to



Long Bay



Hi- we are the Bakery Team!



Poppy (Bakery Manager) and Elesha (Cake Maker) are the masterminds behind the incredible instore donuts. They start work at 3am instore with the rest of the bakery team to get all the donuts ready for opening at 7.30 am!

Poppy's favourite is a plain cinnamon one with nothing inside and Elesha's is the maple bar closely followed by the classic jam.

Elesha loves the freedom to allow her creativity to flow. She loves coming up with new cake designs and flavour combinations and Poppy loves that they are so busy and there is never a dull moment. She loves her team and says it is like they are one little family.

Batter made and cooked to perfection.
So important to get this part correct.



Dusted with sugar.



The Donut Journey

Decorated in so many different ways and flavours.



Waiting here for you to come and get!





Rabbit News

A familiar sight at Long Bay is Janna with her rather large pet rabbit.

The rabbit is named Nergal after the area in Iraq that Janna came from and will be two years old in August.

Janna is a new resident in Long Bay, having moved from Christchurch, where she had lived for 25 years. Sadly, her son had been killed in the Christchurch Mosque shootings and she felt they could no longer live there.



Winner of this month's photo competition

Gayle Storm's photo is the winner this month of the photo competition. Just after the first Covid lockdown Gayle took to walking before sunrise every morning and posting on the Torbay, Waiake, Long Bay FB page once a week with one photo

per day for weeks - it got her out of bed in the morning. A number of photos featuring mainly Long Bay were used on TV One Weather bulletin's on the 6pm news . Gayle says "Photography is just a hobby for me and of course we've got the 'raw material' on our doorstep with the coastal walks and beaches."

We wish
Janna all
the best in her
move to Long Bay and
look forward to seeing her
and her rabbit.

Congratulations!



A new pumptrack has arrived in Browns Bay- thanks to the Hibiscus and Bays Local Board

The modular pumptrack is suitable for bikes, scooters and skateboards and is safe fun for all ages and skill levels. As riders become more confident, they increase their skills in balance and movement. More experienced riders learn to gather momentum and speed, navigating the turns and bumps.

The pumptrack is going to be relocated to different suburbs throughout the Hibiscus and Bays Local Board area over the next few years. It is currently situated in Freyberg Park beside the half basketball court. In November it will be placed near Long Bay Village.

The aim of the relocatable track is to test its popularity in the community. Funding has been earmarked in future years to develop a permanent track somewhere in the East Coast Bays as well as the Hibiscus Coast.

Carole McMinn



Like all lifelong relationships, a lasting relationship with the ocean goes through all seasons.

Explorer Sir Ranulph Fiennes is quoted as saying "There is no bad weather, only inappropriate clothing." The message here is to dress and prepare appropriately for the conditions. Winter brings undoubtedly different conditions from summer but it's still an amazing time to explore. While colder, fine periods are often longer and more stable than in summer. Auckland's climate typically means a sunny, still, fine day will still get warm. This means extra layering options before heading out.

At MERC we reinforce this by continuing to operate. This includes our school holiday programme at the end of term 2.



As always, if the weather suits, our first look is to the ocean, favouring being "on" it rather than "in" it. We also have other options for non-ocean-based activities including mountain biking, archery, climbing and abseiling.

All things going to plan, when kids head home from MERC they will still have exciting stories to share but are too exhausted to share them and they have a healthy relationship with the ocean through the seasons. Book your kids on an adventure today at <https://enrolmy.com/merc>.



Article & images by Yuin Yuin Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. merc.org.nz



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NEW! Bloom Beauty & Wellness in the heart of Long Bay!

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I look forward to welcoming you into my space and meeting you, *Tanika*

*valid until 30 Sept 2022 *excludes microblading



- Female waxing
- Facials
- Massage
- Microblading
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- Eye lash tinting
- Consultations
- Womens Wellness

Ming Liu's Update

Long Bay Community Library

The library is proving to be very popular with the locals. There's a fantastic selection of fiction and non-fiction books available but it is lacking in children's books at the moment – donations would be most gratefully accepted at 19 Headland Drive. Don't want any disappointed children!



Ming had a competition for neighbours to win the opportunity for a complimentary Autumn garden tidy up. Autumn is such a busy time in the garden. One lucky



GARDEN TIDY-UP IN LONG BAY



In the current real estate market completing a deal requires more time and energy. With the outstanding assistance and support we have received, Team Ming have managed to successfully sell three Long Bay boutique homes so far in May, resulting in very happy vendors and purchasers.

To thank our neighbours in the Long Bay community for their support and trust in our team, we would love to pay for one lucky homeowner to get an autumn garden tidy-up at their own home.

How to enter (must be Long Bay owner-occupied property):

1. Take some photos of your garden (the more comprehensive the better)
2. Let us know what needs doing in your garden
3. Email your entry, along with your name, address and mobile number, to pa.mingliu@harcourts.co.nz and confirm that you are happy for us to share some before and after pictures (your property address will not be shared)

We will select the lucky winner on 31 May (so get your entries in as soon as possible). Our gardening guru will then be in touch to arrange a convenient time to visit

Autumn Garden Tidy-Up Competition

Long Bay family has won this. Watch out next month for the before and after photos once our gardening gurus have worked their magic.

31 Headsail Drive

Quality Design and Build Rewarded with Outstanding Results!

What an exciting marketing campaign we had at 31 Headsail Drive. We had over 120 groups through the two weekends of open homes - and caught up with lots of neighbours. We managed to achieve an outstanding result for both the vendor and purchaser. This is an exceptional property, built and finished to a very high standard and presented beautifully. It shows that regardless of the current market, quality homes in sought-after locations are always in demand.

Harcourts Cooper & Co

Ming Liu

Sales and Marketing Consultant

Your Long Bay Local Expert

027 519 6826 | 09 477 6445 | ming.liu@harcourts.co.nz
www.mingliu.co.nz





HOW'S THE MARKET?

As a good friend once said 'it is not timing the market, but time in the market that counts'. Back when I purchased my first home, friends told me I was crazy, paying way too much at \$350,000. If I offered this same house (although a little worse for wear) to someone at the same price today, I am sure I would have potential buyers lining up for a chance to secure such a deal, probably even without viewing the property.

Torbay's average price 5 years ago was \$949,000 - today \$1,330,000.

Time is a wonderful thing. If it is time for a change of scenery and you are thinking about selling or simply would love to know what your home may be worth, then please feel free to give me a call, my dedicated team would love to help you out.

Sharee
Branch Manager

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



SOLD

PROPERTIES OVER \$4m+



In the last 12 months on the North Shore we sold 21 properties over \$4m.

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YANG KIN AND JENNIFER YANG

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RONALD AND IMELDA VENTURINA

Ronald and Imelda went over and above to make this transaction as easy as possible.

Well done Ronald and Imelda

MOVING TIP!

RESIST URGE TO POP BUBBLE WRAP BEFORE PACKING FRAGILE ITEMS



\$745,611,532
HOUSES SOLD IN APRIL 2022
UP 329 ON LAST MONTH

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Rental values in our area

TORBAY



PER WEEK
\$660 - \$750



AVERAGE
\$660

39 homes for rent

LONG BAY



PER WEEK
\$700-\$1150



AVERAGE
\$980

14 homes for rent

WAIAKE



PER WEEK
\$445-\$645



AVERAGE
\$550

8 homes for rent



Put your investment property in experienced local hands!



RIDDLE OF THE MONTH

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer: Back page

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PROPERTY MANAGEMENT

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LANGUAGES

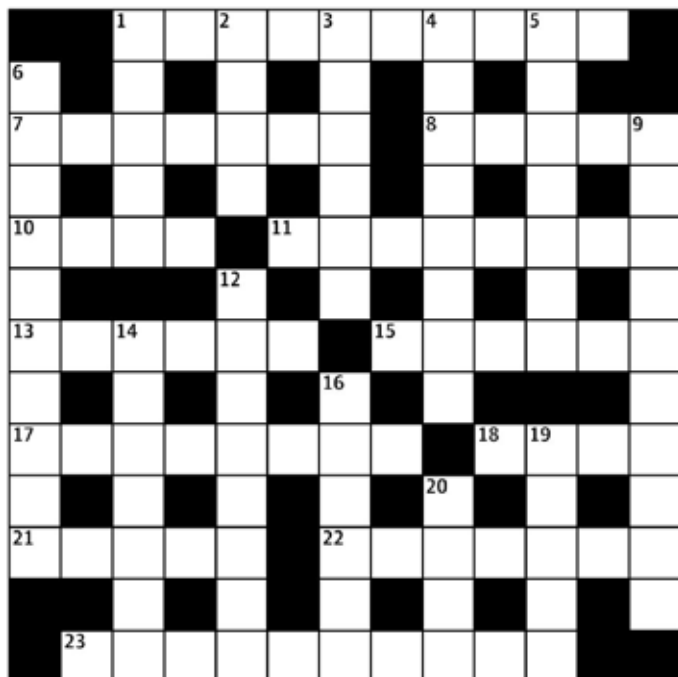
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- | | | |
|-----------|------------|------------|
| AFRIKAANS | KOREAN | TAMIL |
| ARMENIAN | LATIN | THAI |
| AZERI | MALAGASY | UKRANIAN |
| BENGLI | MALAY | URDU |
| DUTCH | MARATHI | VIETNAMESE |
| GAELIC | POLISH | XIANG |
| HINDI | POTRUGUESE | |
| HUNGARIAN | SUNDA | |

WORD PUZZLE How many words can you make from the following letters?
DANRB

12 good, 15 very good, 18+ excellent

CROSSWORD



- | | |
|--|--|
| Across | Down |
| 1 Shortage (10) | 1 Source of mustard (5) |
| 7 Postpone (7) | 2 Bridge quorum (4) |
| 8 Faith with five pillars (5) | 3 Large gun (6) |
| 10 Transmit (4) | 4 Widespread outbreak (8) |
| 11 Leading (8) | 5 Cancel (4,3) |
| 13 Capsicum (6) | 6 Bandicoot, wombat, kangaroo etc (10) |
| 15 Nonsense (6) | 9 Mountain on the Swiss/ Italian border (10) |
| 17 Type of word puzzle (8) | 12 Convince (8) |
| 18 Singer Johnny, d. 2003 (4) | 14 Reception room (7) |
| 21 Member of a Bantu people living in Zimbabwe (5) | 16 Christmas decoration (6) |
| 22 Prison (slang) (7) | 19 Confess (5) |
| 23 Signal to proceed (5,5) | 20 Suspend (4) |

SUDOKU

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

Beef casserole with dumplings

Just the thing for those colder days!

Ingredients

1 kg blade steak
 ¼ cup plain flour
 2 tablespoons oil
 1 large onion chopped
 2 carrots chopped into chunks
 Small swede cut into chunks.
 600 ml of made up gravy.
 6 mushrooms sliced
 Salt

Pepper
 1 bay leaf
 Sprig thyme
 Sprig parsley

Dumplings

1 ½ cups plain flour
 2 teaspoons baking powder
 1 cup vegetable suet
 Pinch salt
 ½ cup milk.

Method

Cut the steak into cubes and toss in the flour to coat. Put the oil into a fry pan and sear the surfaces of the beef. Place in a slow cooker. Fry to soften the onions, carrots and swede and then place in slow cooker. Lastly fry off the mushrooms and place in the slow cooker. Season. Bring the gravy to the boil and pour over, add the herbs.

Cook for 3 hours on high.

Place the vegetable suet (much lighter than plain suet) with the flour and baking powder. Season and stir in the milk. Form into balls and drop into the casserole. Cook for further hour.

Serves 4 a hearty meal. If you want add herbs to the suet mix to make herby dumplings. So simple and quick to make.



Monthly Quiz Answers Page 30 brownsbayrotary.co.nz



COURTESY OF ROTARY BROWNS BAY

1. What form of transport is associated with the UK company – Southern?
2. What's the only European country with an X in it?
3. If I'm flying to the Gold Coast in Australia what is the code for the bag tag?
4. What is the name of the company created by Adolf Dassler?
5. Muhammad Ali won gold at which Olympics?
6. How many stars are there in total on both the NZ and Australian flags?
7. What is the national sport of Bangladesh?
8. Royal Marriage is a variety of which card game?
9. What is a single needle lock stitcher?
10. Where's the ACL, MCL, PCL and LCL

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BOWEL CANCER AWARENESS MONTH

June is Bowel Cancer Awareness Month which means it's a good time to familiarize yourself with the signs and symptoms of bowel cancer

What is bowel cancer?

Bowel Cancer, also known as colorectal cancer or colon cancer can affect any part of the large bowel (colon) or rectum. If left untreated, the cancer can spread (metastasis) beyond the bowel to other organs and become much harder to treat.

It is important to know the symptoms of bowel cancer, as the earlier it is caught, the easier it is to treat!

What are the symptoms of bowel cancer?

- Bleeding from the bottom without any obvious reason. Or if you have other symptoms such as straining, soreness, lumps, and achiness
- A persistent change in bowel habit going to the toilet more often or experiencing looser stools for several weeks
- Abdominal pain especially if severe
- Any lumps or mass in your tummy
- Weight loss and tiredness (a symptom of anaemia)

If you are concerned about any of the above, it is important to see your GP.

BOWEL CANCER IS CURABLE IN MORE THAN 75% OF CASES IF CAUGHT EARLY

Bowel Screening Saves Lives!

The National Bowel Screening Programme is a free programme to help detect bowel cancer at an early stage when it can often be successfully treated.

It is being offered every two years to men and women aged 60 – 74 years who are eligible for publicly funded health care.

If you are eligible to take part, you will be sent a letter and a test kit. The test is simple to do and can be done at home.

Call the bowel screening information line 0800 924 432 to ensure that you are on the register and that your address details are correct.

(Please remember that those Waitemata DHB residents who are under the age of 60 years and were invited to take part in the bowel screening pilot programme between 2012 – 2017 will continue to be invited for screening every two years)



Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Berberine: A Multi-Talented Herb

I have written about berberine previously, but it is such a sensational supplement I thought I would write about it again. I continually get great feedback from my patients about its benefits.

Gut Health: Many of my patients with Irritable Bowel Syndrome who are doing really well on berberine. Just recently, a customer called out to me in my pharmacy and said that she had tried many things for many years, but it wasn't until she tried berberine that her diarrhoea improved. No surprises there for me because berberine is perhaps best known for its ability to kill weird bugs in the gut. I personally used berberine after an encounter with food poisoning a few years ago. It caused a flare in my arthritis that my specialist said I might never recover from. However, 6 months later I was back to full fitness.

Heart Health: Berberine is very powerful in improving cholesterol levels. I have had patients who have had their bad cholesterol levels drop by 50%. It has also shown promise in improving high blood pressure, and may have benefits in preventing heart attacks and abnormal heart rhythms.

Cancer: Jane McLelland has written extensively about new ways to treat cancer. Her view is that we need to hit cancer hard with many drugs (both cancer drugs and others) as well

as supplements, diet, and exercise. She mentioned that berberine was in her favourite supplements list. This really peaked my interest, so now my ears are tuned in to any mention of berberine in the health world.

Diabetes and others: Berberine may also have benefits in helping to manage blood sugar and reducing insulin resistance (pre-diabetes). In fact, the list goes on.

Other potential uses for berberine include anxiety, depression, alcohol withdrawal, gingivitis, and psoriasis. If by now you are thinking "this is too good to be true" then I don't blame you. I can't tell you exactly why berberine has so many benefits on so many body systems. But it does. It seems to act at a base level of metabolism which underlies so many diseases.

No Magic Pill: I personally don't believe in magic pills. Instead, I believe that radiant wellness is achieved with a good diet, exercise, and mind-balancing practices such as meditation. However, sometimes we need a little friend to give us a helping hand. Maybe berberine is the little friend you need. Feel free to pop into Torbay Unichem Pharmacy to chat to our team about whether berberine might be helpful for you.



NUTRITION
MEDICINE™

What is Shingles?

Shingles, also known as zoster or herpes zoster, is a viral disease characterized by a painful skin rash with blisters in a localized area. Typically the rash occurs in a single, wide mark either on the left or right side of the body or face. Two to four days before the rash occurs there may be tingling or local pain in the area. The rash usually heals within two to four weeks; however, some people develop ongoing nerve pain which can last for months or years, a condition called postherpetic neuralgia. If the rash involves the eye, vision loss may occur.

Shingles vaccines reduce the risk of shingles by 50% to 90%, depending on the vaccine used. If shingles develops, antiviral medications can reduce the severity and duration of disease if started within 72 hours of the appearance of the rash.

It is estimated that about a third of people develop shingles at some point in their lives. While shingles is more common among older people, children may also get shingles. About half of those living to age 85 will have at least one attack and 5% will contract shingles twice.

It is not life threatening, but can be very painful.



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All ages & levels welcome!

Men & women enjoy
great workouts!

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Remedial Massage Therapy Certified

Specialised & Certified in Pelvic
Floor & Core
Author

The Biomechanics
Method Corrective
Exercise Specialist

Movement specialist
& fitness trainer
(Reps. Registered)

Exercises suited to regular fitness goers, people looking to increase balance, posture, flexibility. Anyone looking to get fitter, strengthen and work around injuries both old or new. People that are overweight looking to lose CM's and tone up.

- Address musculoskeletal imbalances
- Learn self-myofascial release techniques
- Improve range of motion; address tight muscles
- Find solutions to pain trigger points
- Maintain correct alignment

Book your place, stay motivated and healthy!

Be shown corrective techniques and exercises that work.

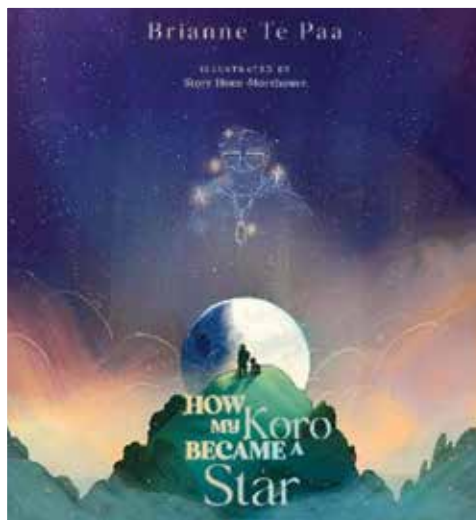
Have fun.

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News from East Coast Bays Library

Although our first ever Matariki national holiday has been and gone, the Matariki celebrations are continuing in the library throughout the month. Matariki is the theme for our July school holiday programme which will once again be offered online via the Beanstack app. Readers can earn virtual badges and enter the draw to win prizes by completing reading challenges



and activities based around the nine Matariki stars. We will have a hardcopy version available for those who can't access Beanstack and there will also be activities and events in the library.



One event that we are particularly excited to present to you is a reading of the new children's book *How My Koro Became a Star* by author and former Rangitoto College teacher Brianne Te Paa. The story is about a young boy whose grandfather teaches him about Matariki and the tradition of calling out the names of deceased loved ones so they can become stars. Keep an eye on our Facebook page for details on this and all our library programmes and events.

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

Book Reviews

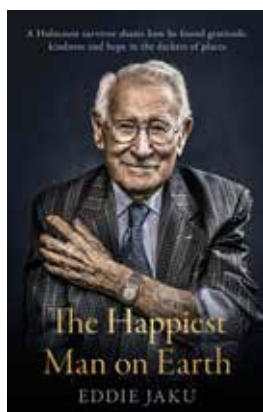
This month's book reviews. All are available from Browns Bay library.



Lightfall: The Girl and the Galdurian
By Tim Probert

Lightfall is a graphic novel that balances adventure, fantasy, friendship, and humour all wrapped

up in a beautifully illustrated story. Tim Probert has created a story that perfectly resonates with young readers who want to be transported into another world but can also relate with the problems of the characters. The story leaves on a cliff-hanger that will want you anticipating the next instalment. Available in book and e-book formats.



The Happiest Man on Earth
By Eddie Jaku

Life can be beautiful if you make it beautiful. It is up to you. This is a story of survival and hope and Eddie's refusal to be defined by

his suffering. This heartbreaking yet powerful memoir that shows happiness can be found even in dark times. Eddie Jaku was proud of Germany his country, but all of that change when he was beaten, arrested, and taken to a concentration camp. Over seven years he faced unimaginable horrors, first in Buchenwald, then at Auschwitz. He lost family, friends and his country. He survived and made the vow that he would smile every day. His story pays tribute to all who lost their lives. The "happiest man on earth." was published as he turned 100. Eddie passed away on 12 October 2021 in Australia.

This is available in books, eBook and audiobook.

The Plant Hunter
By T.L Mogford

"1867. King's Road, Chelsea, is a sea of plant nurseries, catering to the Victorian obsession with rare and exotic flora. But each of the glossy emporiums is

fuelled by the dangerous world of the plant hunters - daring adventurers sent into uncharted lands in search of untold wonders to grace England's finest gardens. Harry Compton is as far from a plant hunter as one could imagine - a salesman plucked from the obscurity of the nursery growing fields to become 'the face that sold a thousand plants'. But one small act of kindness sees him inherit a precious gift - a specimen of a fabled tree last heard of in The Travels of Marco Polo, and a map. Seizing his chance for fame and fortune, Harry sets out to make his mark.



Local School of Reflexology

Local Torbay resident Karen Middleton emigrated from South Africa with her husband Billy and their two sons in 2008. The appeal of the North Shore lured them to make it their home area in their new home country.

With a background in music and primary school teaching Karen decided to seek a new direction and a new career in their new country, electing to fulfill a long-time desire of hers to study to be a reflexologist. She had to travel to Nelson to do this training, as there was nowhere to do this course in Auckland.

Once qualified, and registered with RNZ (Reflexology New Zealand), Karen opened her home-based practice, and was soon very busy with clients as she became a sought-after practitioner.



After a few years she realized that it was time to fill the need for an Auckland based place to study reflexology, and so in 2018 she opened the Auckland School of Reflexology.

The School provides professional training in reflexology from introductory to diploma level, and various post graduate courses. The School follows the Diploma in Reflexology curriculum of Reflexology New Zealand. As RNZ is a self-governing body it sets its own educational standards. From time to time Karen hosts other teachers on a variety of holistic courses, and herself teaches a course in Indian Head Massage.

During a reflexology session, this gentle, holistic therapy, aims to encourage the body to tap in to its self-healing abilities through stimulation of the nerve endings in the reflex areas worked. A state of deep relaxation is created in the body, interrupting the pattern of stress and supporting a restoration of balance in the body and its systems where there may be imbalance.

Four years on the school has seen numerous people attend its courses, and graduates of the diploma in reflexology establishing their businesses, some of them on the North Shore too.

So if you're keen to learn reflexology you don't have to go far, the Auckland School of Reflexology is local.

Photo Credit: Cameron Middleton @freerein.nz on Instagram



If you are unsure what reflexology is then here's a short description for you. Reflexology is a complementary therapy based on the principle that all the systems of the body are mapped out in reflex points on specific areas of the body. The feet are the most popularly known area to be worked on, but at the Auckland School of Reflexology working on the hands and ears is taught too.

Would you like to learn to do...

- **Foot Reflexology** - the next weekend workshop is on the 24th & 25th of September
- **Hand Reflexology** - the next weekend workshop is on the 6th & 7th of August
- **Indian Head Massage** - the next weekend workshop is on the 2nd & 3rd of July

All of the courses above are intended for you to be able to use on yourself, your family or friends, or as an awesome addition to your existing natural therapy business.

Or would you like a complete change of career, and become self employed, running your own natural therapy business with a full Diploma in Reflexology.

Browse the school website, sign up for one of these courses, or contact Karen if you'd like to chat.



Classifieds

Accounting

Vision Accounting Solutions Ltd – www.visionaccounting.co.nz 09 415 0319 Need assistance with financial accounting and taxation matters? We aim to help you understand your numbers, build financial freedom, protect your assets, manage your financials without stress and make informed decisions when you need to. Virginia Stallard and team.

Health & Wellbeing

Jasmine's Thai Massage For Ladies Only – 7 Babington Place, Torbay. By Appointment only. Ph 0222474753 or 0224739419

Home and Garden

Carpet and Upholstery Cleaning – stain removal, free deodorising. Fly and insect control. Phone Michael 473 1422 or 0275739112

Floor Cleaning and Polishing – Phone Michael 473 1422 or 027 573 9112

Garden Bags and Bins – Prompt and professional service, competitively priced. Call John 0508262626 or 021745992, www.jdpropertyservices.co.nz

Handyman – Born and bred in Torbay Martin is a qualified cabinetmaker and experienced professional. Allsorts Property Services is available for property maintenance, odd jobs, decks, fences and garden services, Call Martin Bassett on 0274526515.

Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

Lawnmowing & Hedges – Contact Ian for a free quote on 473 2004 or 021 764 426. Mowing, garden tidy ups, Hedge trimming. Email: ian@grassrootsmowing.co.nz

IF YOU WOULD LIKE TO ADVERTISE YOUR BUSINESS IN CLASSIFIEDS IT COSTS \$5 FOR 7 WORDS. CALL CAROLE 473 3259 OR EMAIL editor@focusoncommunity.co.nz

Quiz Answers

1. The UK company 'Southern' is a railway network.
2. The European country with an x in it's name is Luxembourg.
3. The airline tag for the Gold Coast is OOL.
4. The company founded by Adolf Dassler is ADIDAS.
5. Muhammad Ali won boxing gold at the 1960 Rome Olympics.
6. There are 10 stars on the Australian and New Zealand flags.
7. The National sport of Bangladesh is Kabaddi. – incidentally a demo sport at the Berlin 1936 Olympics.
8. Royal Marriage is a variety of the card game Patience.
9. A single needle lock stitcher is a sewing machine.
10. The ACL, MCL, PCL and the LCL are all ligaments in the knee.

Puzzle Answers

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

			DEFICIENCY							
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R	O	R	N	D	L	A				
S	E	N	D	F	O	R	E	M	O	S
U	P	P	E	R	N	P	I	F	F	L
I	A	R	T	C						
A	C	R	O	S	T	I	C	A	S	H
L	L	U	N	H	D	O				
S	H	O	N	A	S	L	A	M	M	E
U	D	E	N	I	N					
G	R	E	E	N	L	I	G	H	T	

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

Word Puzzle

brand, barn, bran, bard, band, brad, darn, drab, and, bad, bar, ban, bra, dab, dan, nab, rad, ran

focus
on community

09 473 3259
editor@focusoncommunity.co.nz

Tides July 2022 (Murrays Bay)

		LOW	HIGH	LOW	HIGH	LOW		
Fri 01	02:34	1.0m	08:55	2.9m	14:47	0.8m	21:14	3.1m
Sat 02	03:14	1.0m	09:35	2.9m	15:25	0.8m	21:52	3.1m
Sun 03	03:55	1.0m	10:14	2.9m	16:04	0.8m	22:31	3.1m
Mon 04	04:36	1.0m	10:54	2.9m	16:44	0.8m	23:12	3.1m
Tue 05	05:18	1.0m	11:35	2.9m	17:26	0.9m	23:55	3.0m
Wed 06	06:02	0.9m	12:18	2.9m	18:12	0.9m		
Thu 07			00:40	3.0m	06:48	0.9m	13:06	2.9m
Fri 08			01:27	3.0m	07:37	0.9m	13:59	2.9m
Sat 09			02:19	3.0m	08:31	0.9m	14:58	2.9m
Sun 10			03:14	3.0m	09:29	0.8m	16:00	3.0m
Mon 11			04:13	3.1m	10:29	0.7m	17:02	3.1m
Tue 12			05:14	3.1m	11:29	0.6m	18:02	3.3m
Wed 13			06:15	3.2m	12:26	0.5m	18:58	3.4m
Thu 14	00:55	0.6m	07:15	3.3m	13:22	0.4m	19:52	3.5m
Fri 15	01:51	0.5m	08:13	3.4m	14:15	0.3m	20:46	3.6m
Sat 16	02:46	0.5m	09:08	3.4m	15:07	0.3m	21:38	3.6m
Sun 17	03:40	0.4m	10:01	3.4m	15:59	0.4m	22:30	3.5m
Mon 18	04:34	0.5m	10:53	3.3m	16:50	0.5m	23:22	3.5m
Tue 19	05:27	0.5m	11:44	3.2m	17:43	0.6m		
Wed 20			00:14	3.3m	06:19	0.6m	12:36	3.1m
Thu 21			01:06	3.2m	07:11	0.7m	13:29	3.0m
Fri 22			01:58	3.1m	08:03	0.8m	14:25	2.9m
Sat 23			02:50	3.0m	08:57	0.9m	15:23	2.8m
Sun 24			03:43	2.9m	09:51	0.9m	16:21	2.8m
Mon 25			04:36	2.8m	10:45	0.9m	17:15	2.9m
Tue 26			05:29	2.8m	11:35	0.9m	18:04	2.9m
Wed 27	00:03	1.1m	06:19	2.8m	12:22	0.9m	18:49	3.0m
Thu 28	00:48	1.0m	07:06	2.8m	13:04	0.8m	19:31	3.0m
Fri 29	01:29	1.0m	07:50	2.9m	13:44	0.8m	20:10	3.1m
Sat 30	02:10	0.9m	08:31	2.9m	14:23	0.7m	20:48	3.1m
Sun 31	02:49	0.9m	09:10	3.0m	15:01	0.7m	21:26	3.1m

Times adjusted for Daylight Saving.

Torbay's #1 Team for 4 Years Running



Alina Yang

Award Winning Team Leader

Top of Branch 2022 2021 2020 2019

Top 3 Sales Partnership, North Shore Region,
2022, 2021, 2020

M 021 608 219 E a.yang3@barfoot.co.nz



Kim Jin

#3 Sales Partnership, North Shore Region,
6 months ending March 2022

#2 Sales Partnership, North Shore Region,
6 months ending September 2021

M 021 395 888 E k.jin@barfoot.co.nz

List with us and get a free marketing promotion package on TV and radio.

Alina & Kim's Featured Properties of the Month

86 Kewa Road, Albany



For Sale

🏠 6 🌳 4 🚗 3 🏠 2

www.barfoot.co.nz/829253

Quiet, Elevated Plus Minor Dwelling

- Freehold title
- Land area 668sqm, floor area 300sqm
- Legal Home & Income
- 10 Year Master Builder Warranty
- A 10 minute drive to Albany centre and motorway access

82A Vaughans Road, Long Bay



For Sale

5937sqm (more or less)

www.barfoot.co.nz/833770

Clear Instruction To Sell

- Sites in the "Longview" subdivision
- A 10 minute drive to Albany Westfield mall, Mega Centre and easy access to Motorway

208 Lake Road, Northcote



For Sale

🏠 2 🌳 1 🚗 1

www.barfoot.co.nz/828792

Affordable Urban Living & Smart Investment

- 5 out of 7 SOLD, only 2 available
- Lot 2 floor area 102sqm
- Lot 6 floor area 70sqm
- Fee Simple Terraced houses
- Brand new build with 10-year Stanford Insurance warranty

11-13 Oteha Valley Road, Albany



For Sale

🏠 3 🌳 2 🚗 1 🏠 1

www.barfoot.co.nz/806785

Secure Your Future! Only 2 Left!

- 8 out of 10 SOLD, only 2 available
- Lot 2 floor area 180sqm
- Lot 3 floor area 183sqm
- Freehold homes with 10 year Master Builder Warranty
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With the expansion of our Torbay office we are looking for dedicated agents to join our team. Please get it touch. I would love to hear from you.

Please call Sharee Adams
(Branch Manager)
021 416 220



YOUR DEDICATED SALES AND RENTALS TEAM



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Branch Manager
021 416 220



Mon Tu
Head Property Management
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Alex Mathew
027 358 8165



Anna Lin
021 043 7690



Alina Yang
021 608 219



Andrea Tavae
022 476 7273



Anna Ju
021 889 687



Jason Meng
021 053 5987



Jennifer Anderson*
021 177 5530



Jennifer Jiang
027 603 7788



Jill Riches
021 545 572



Jun Olis
021 066 9149



Karin de Leeuw
027 270 2700



Kim Jin*
021 395 888



Kyra Perwick*
027 311 7953



Lily Chapman
029 288 8205



Nicki Voight
021 255 8329



Oliver Liu
021 820 999



Paul Adams
021 966 266



Ray Qu
021 190 0881



Rene Vos
027 275 4321



Reuben Payn
022 086 5744



Ronald Venturina
021 073 1617



Shane Anderson
027 482 7440



Sue Yi
027 528 9143



Tiki Jiang*
021 775 217



Wendy Radcliffe
021 772 070



Yang Lin
021 0873 3492

*Associate Salesperson. All others are Salespeople unless otherwise stated.

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LONG BAY 09 473 0712



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6 4

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Reuben Payn
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FOR SALE

2/576 BEACH ROAD ROTHESAY BAY

2 1 1

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BARFOOT & THOMPSON

LICENSED REAA 2008