

focus

Issue 11
December 2022

on community

Long Bay, Okura & Torbay



**Local
community
constable
tells us how
to keep our
homes safe.**

see page 8

POLICE
Nga Pirihimana o Aotearoa



NEW ZEALAND
POLICE
Nga Pirihimana o Aotearoa



Osteoarthritis Part Two

Since I wrote about osteoarthritis recently I have been inundated with people wanting to know more. Not surprising really considering most people over the age of 50 have some symptoms of osteoarthritis (sore joints). This includes myself. But I'm fighting back and I'm not going to lie down and cry because most of the things I love in my life involve being active. Yoga, running with my dog, water-skiing, the list goes on.

In this article I wanted to clarify the 3 key strategies to keep you active.

- Reduce pain safely
- Alter the factors that lead to joint deterioration
- Nurture the joints to help rebuild and restore structure and function.

Reducing Pain Safely:

The conventional pain killers like paracetamol, anti-inflammatory drugs, and opioids have some risks, including potentially increasing joint deterioration in the long term. I recommend natural pain relief combinations containing Boswellia, turmeric, MSM and even PEA. Combinations of these natural products can be enough to take the edge off the pain and get you back doing the things you love.

Joint Deterioration:

The immune system is at the heart of joint destruction. 70% of the immune system resides in the gut, so my

Total Gut Restoration programme is a great option. The balance of essential fats in the diet strongly predicts whether your immune system is likely to attack your joints or protect them. There is a new Gut-Friendly Fish Oil that helps both the gut and balance the immune system. While it is early days, I have had a couple of patients do very well on this product. Zinc is also highly recommended in this category.

Nurturing Good Joint Structure and Function:

Glucosamine is clearly the rock star in terms of nurturing your joints. It could even be included in the section above because it not only nurtures joints but helps to alter metabolic processes that are essential for joint health. Glucosamine needs to be in a sulphate form, and taken away from any other nutrients (including chondroitin and turmeric which are often packaged together). If you really want to give it your best shot, take it on an empty stomach at bedtime.

Recently I have switched to taking glucosamine on its own (rather than with other joint nutrients). My knees are much less creaky and I have been able to double my weekly running time. Boom!



Martin Harris

Laura Layton – local artist

Torbay artist Laura Layton loves the light and birdsong that infiltrates her studio each day. Located just a couple of minutes' walk from Long Bay beach, the 27 year-old is constantly inspired by both. Her work traverses New Zealand's native flora and fauna, and her love of nature inspires paintings of animals and sealife.

Laura's passion for the colours of the ocean and sky is reflected in her abstract works. "I love bringing out the beauty of New Zealand birds and insects using native plants and symbols for texture and relevance," the fulltime artist says. "You'll see plenty of that in my work."



Locals may have seen Laura and her work at Long Bay's market last December, or at Kumeu or Coatesville markets. Her range delights children as well as adults, and she loves matching people with art that's suitable for their circumstances and budget.

That's why Laura's originals are nearly always available in high-quality prints to enable distinctive New Zealand art to adorn walls of average Kiwi family homes. She is also known for her animal paintings, with particular favourites being wolves, foxes and whales.

Check out Laura's work at www.artbylauralayton.com.

Build financial freedom

So, what does financial freedom mean for you? Have you ever considered the possibility? It's an exciting thought and one that could happen!

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The story of the Two Tooth Tree

Recently the peace of a Torbay cul-de-sac was shattered by the screaming of a buzz saw, closely followed by the crash of a mighty oak, as local history met its' demise. Two Tooth was no more.

Thirty years ago a teenage boy on his skateboard met a similar fate, face planting in the exact spot.

To memorialise his painful experience he buried two acorns, representing his two smashed teeth in the hope that one of them would grow.

Surprisingly one of them did and grew to be a mighty oak.

Four stakes and sacking wrapping protected the tree as over the years it grew.

The young boy moved away from Torbay but Two Tooth remained as a memorial, until today... **Georgie Maurice.**

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editor's letter

It feels unbelievable that we are at the end of yet another year and for many there is a real sense of expectation for 2023 that we will see a return to what looks like much more normal life, as we remember it.

With people able to travel, I expect this Christmas could look a little different to those of the past two years. I can imagine many families just waiting to see loved ones again at what is such a special time of the year.

Christmas public events are being planned, with the Browns Bay Santa parade on December 3rd at 5pm and a Christmas event at Long Bay on Saturday 17th at 3pm in the Village Square.

Christmas is celebrated with the fun of Santa but also with the true reason for the season, to celebrate the birth of Jesus. We also have some information on page 8 if you wish to attend a church service this Christmas.

There will not be a magazine in January, but we will be back in February celebrating one year of publication. Thank you for all the advertisers and contributors who have made this possible.



I believe Focus on Community truly reflects the wonderful local community we have, featuring local events and telling stories of local people.

May this Christmas be a blessed time for you and your family and all best wishes for 2023.

Carole McMinn, Editor

editor@focusoncommunity.co.nz | 09 473 3259



At the end of our first year we would like to wish you and your household very Happy Christmas and a new year filled with the promise of good things to come.



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Ingredients

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6 large eggs separated

50 gms cocoa powder.

Filling

225 gms plain chocolate

2 large eggs separated, whites whipped

225 ml whipped cream

Icing sugar.

Good quality cherry jam.

Fresh fruits for decoration

Method

Start by making the filling. Break chocolate into pieces and add 2 tablespoons water. Microwave until chocolate is melted and mix with water. Beat the two egg yolks in until smooth. When mixture has cooled fold in egg whites. Cover and chill in fridge for 1 hour.

To make the sponge put the egg yolks into a bowl and whisk until they



thicken, slowly add castor sugar still whisking. Now add the cocoa sieved into the mixture. Whisk eggs until soft peaks and carefully add to mixture/ Pour into a prepared tin 29 x 18 cms lined with greaseproof. (swiss roll tin)

Bake for 20-25 minutes until springy to touch. Leave to cool.

Spread cheery jam over the cake and then the whipped cream. Carefully roll up.

Decorate with icing sugar. Add fresh fruits.

Easy to make and delicious to eat.

Torbay/Waiake October 2022



PROPERTIES
FOR SALE

59



PROPERTIES
SOLD

12



LOWEST VALUE SALE
\$692,000



HIGHEST VALUE SALE
\$1,451,000

Wendy's update

Are you considering selling or buying in the Torbay/Waiake area? Specialising in listing and selling for over 25 years in our area offers you many advantages; I can help with preparing your home for sale and recommend local tradespeople - for buyers I offer in depth knowledge of our community and the lifestyle we enjoy.

It is encouraging to see that stability and modest confidence is returning to the Auckland housing market. While rising interest rates are a deterrent, buyers are recognising opportunities at current prices. The demand for properties under \$2 million is showing strength - a great time for owners to be coming to the market and maximising the return on your property.

Give me a call to discuss your next move,

Kind regards, Wendy

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Focus on December! Interesting Facts about December

Symbols of December

The birthstone for December is turquoise or tanzanite.

The flowers for December are narcissus or holly

The Zodiac signs are Sagittarius or Capricorn

History

December was originally the tenth month of the year in the Roman calendar. It gets its name from the Latin word "decem" which means tenth. However, when the Romans added January and February to the calendar, it became the twelfth month. They still kept the name, though.

December in Other Languages

Chinese (Mandarin) - Shí'èryuè

Danish - December

French - Décembre

Italian - Dicembre

Latin - December

Spanish - Diciembre

December 4th is International Free Hugs Day.

The hugs are meant to be random act of kindness, a selfless act performed just to make others feel better. This year's International Free Hugs Day is celebrated on Dec 4. Give all your loved ones hugs this day. Grab your sweetie and wrap your arms around him or her in a big, snuggled bear hug. If someone is far away, send an e-hug or send them a hugging poem.



Christmas Eve is the evening or entire day preceding Christmas Day, the widely celebrated annual festival commemorating the birth of Jesus Christ. It occurs on December 24 in the Western Christian Church, and is considered one of the most culturally significant celebrations in Christendom and the Western world, where it widely observed as a full or partial holiday in anticipation of Christmas Day.

Christmas is an annual commemoration of the birth of Jesus Christ. Also, it is a widely observed holiday, celebrated generally on December 25 by billions of people around the world. Christmas is a civil holiday in many of the world's nations, is celebrated by an increasing number of non-Christians, and is an integral part of the Christmas and holiday season.



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Memoirs of a Mad Fish

Hi everyone, my name is Suzy Dallas Hornell, I'm a young at heart Grandma who loves playing Petanque locally at Browns Bay, I also Volunteer each Friday at our local Red Cross store. I'm so proud of my four gorgeous granddaughters who I simply adore. I feel truly blessed in so many ways, in my life as well especially because I am a simply passionate writer.

This semi-autobiographical book tells of a young couple managing a small dairy farm when a chance arises to take up a position in the far reaches of Northern Queensland. Our little family craved adventure and boy did we get it. We moved to Kings Cross in Sydney, amidst the magic 1970's for the next 9 months waiting for the position to become ready, building the new railway system.

Sadly, my husband had to go ahead of us for 3 long months, finally finding a solution we joined him suiting us all.

My book is called 'Ghosts of the Outback' and I'm told it's a page turner, waiting for the next thrilling chapter to begin.

Set in the early 1970's it's a true story that deserves to be read. Many thrills awaited us, with our first year welcoming our third child Scotty.

But then the fickle hand of fate stepped in shaking us to our core, with Cyclone Tracy striking our small town of Weipa bringing us to our knees. Then the flooding happened and we had to take in refugees caught up in the tumult.

We befriended an easy laidback aborigine woman called Millie, who soon became our housekeeper three days a week. She caught a large blue-tongued lizard trapped in our louvers, asking 'can I take him home for our tucker, he's good grub,' I agreed assuming it was their custom. Turns out the Aborigines are the forgotten tribe and they had many ghosts lay within as I grew to learn. But there were many more ghosts to come.



Hubby bought a boat, and we spent many happy hours discovering the many wondrous byways. But then fate stepped in once more, oh how it changed our lives forever.

My second book is with the publishers right now, its' called 'Memoirs of a Mad Fish' talking about depression and the little understood Bi-Polar. It took many painful years to write but so worth it if it gets picked up. I pray it is seen as a help book, hoping you'll want to read it too. Writing is and always will be my passion, hope you will want to delve into 'Ghosts of the Outback' as well and that you'll want your own signed copy...

Bless you all happy readers.
Suzy suzydlla12@gmail.com

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Safer Communities Together

A connected community is a safe community. Make your community a safer place by getting to know your neighbours.

Know your neighbours

New Zealand Police advises that one of the most important actions residents can take to make our place safer is to get to know our neighbours. In the first of a new regular crime prevention feature, Community Constable Simon Fox guides you through the basics.

It's all about being a good neighbour

Help your neighbours when they are going away, and let your neighbour know if you go away. Swap holiday addresses and phone numbers and tell each other if visitors or Tradies will be



on site while you're away.

If your neighbours are away, with their permission, you could help out by making their house look "lived in":

- Turn on lights in the evening.
- Close and open curtains at appropriate times.
- Mow the lawns.
- Clear the post, especially junk mail, magazines and newspapers.
- Use their clothesline or driveway.
- Keep a general eye on the property, and maybe have a walk around it once a day to check it's secure.

If you see unexpected visitors, try to ask why they're there, but don't reveal that your neighbours are elsewhere. Write down their description, and the time and date they arrived.

You could also record the registration numbers of unfamiliar vehicles, moving slowly or parked in your street.

Report anything suspicious to your

Local police station.

If you think a crime is being committed or someone is in danger, call 111 immediately.

How about starting a Neighbourhood Support Group for your street?

Neighbourhood Support is a nationwide community-led organisation that brings people and neighbourhoods together to create safe, resilient and connected communities. Working closely with NZ Police and other partners, Neighbourhood Support works to reduce crime, improve safety and prepare to deal with emergencies and natural disasters.

If you'd like to help protect the safety and wellbeing of your neighbours, call 0800 463 444 or visit neighbourhoodsupport.co.nz



Constable Simon Fox
Browns Bay Community Officer

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Experience Europe with a Difference in 2023



Enhance your 2023 Europe travel experience with a combination of unique tours offered by Globus and Cosmos. Or combine a tour or Independent city stay with an Avalon Cruise down one of the beautiful European waterways. Here are a few of our top picks:

Gourmet Tuscany – 8 days from \$2,639pp: On this affordable Cosmos Italy tour small group discovery package, the town of Montecatini serves as your home base from which to venture out to explore the surrounding landscapes of breathtaking Tuscany and getting to know its culinary and wine traditions. You'll indulge in picturesque scenery, world-class local wines, traditional cuisine, and cultural discoveries.

Scenic Switzerland by Train – 9 days from \$3,959pp: This Scenic Switzerland by Train Cosmos tour is the perfect way to see Switzerland's breathtaking mountains, charming mountain resorts, fascinating old towns, and beautiful lakes—all while you relax in first-class aboard Switzerland's famous trains. You'll overnight in Zurich, Lucerne, Lausanne, the Zermatt area, and St. Moritz.

The Camino, a Walking Journey for the Soul – 11 days from \$3,799pp: The history of the Camino de Santiago goes back to the 9th Century. An opportunity to enjoy nature, meditate, search for answers, and challenge your limits walking these 71 miles, discover beautiful rural areas of northern Spain, and make friends with whom you'll

have shared one of the most significant experiences of your life.

Avalon Budapest to Amsterdam combine with Prague – For those who are hesitant about travelling to Europe or would like to meet new travel companions, you could join Mary and Jason to explore this beautiful part of Europe in 2023. We are escorting this 18 night small group tour departing from Prague 8th July 2023 before travelling by rail to join the Avalon Magnificent Europe River Cruise from Budapest, via Austria and Germany to finish in Amsterdam.

Independent City Stays – Globus will take care of the details with included hand-picked accommodations, daily breakfasts, select guided sightseeing, and transportation between cities.

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ON-STAGE 8-17 December

This show for the whole family is packed full of songs you didn't know you knew – like "Goodnight, My Someone" (good night my love), and "Seventy-Six Trombones" (led the big parade). The plot involves a conman's dilemma – will true love turn him honest?

A few tickets left for most shows. Door sales may be available, but do book soon (see website below) - like the current smash Broadway success, we often sell out.



Director Karl Buckley's whole household is involved in *The Music Man*: wife Claire, and their two children, Genevieve and Lachlan (pictured) - and their house-mate Jonathan Hope plays the leading role: the Music Man himself!



"With Cat-like Tread" – Channelling the Pirate King, The Gilbert & Sullivan troupe revived songs from *The Mikado*, *Pirates of Penzance* and *The Gondoliers*.

70th Jubilee

I was disappointed to have to sit this one out: struck down by a virus for the vital rehearsal period, for once I watched instead of being on-stage. And my disappointment all but disappeared: the Gilbert & Sullivan section was amazing to watch, the mix of voices was incredible, with a group of a dozen professional, semi-professional and as-good-as professional singers giving us a real treat, including two of our country's top award-winning young sopranos on-stage together (Elizabeth Mandeno and Christina Ellison).

Every item was a highlight: I particularly enjoyed a scene from Noël Coward's *Blithe Spirit*, a tap routine from Courtney Gray, one of our younger members, and a group of not-so-young Vaudeville / Music Hall artistes, most of whom had been active in Torbay Theatre, some as early as the 50s and 60s. "The Showstoppers" gave us two brackets of particularly entertaining and polished items of song and dance. I was told their oldest member, a Mr Keith Leggat, had been a star of professional Music Hall in England in the 1950s. He sang a solo comic song, his voice still strong and reaching to the back of the hall with no trouble and no microphone, and his comic acting still spot on.

Roll on the next 70 years!

**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.**

I trust you will have a very special Christmas surrounded by family and friends.

Erica Stanford



Torbay Historical Society

At the time that Fred Newton was the chemist in Torbay there were stores that are no longer there. Fred took a lot of photos which we have at the Torbay Historical Society. One of his photos is printed here -. The building was originally right beside the road.

Alf Fisher remembers some of those stores. 'Wally Pelham was the local I.G.A. grocer who delivered groceries free of charge if a customer was pregnant. Frank de Borde had the local hardware shop and always wore a white shirt with a spotted bow tie. He was an absolutely charming man and the ladies

adored him. By profession he was an electrical engineer.Down the road was Mr. Lopes, the butcher who was renowned for his tomato-flavoured sausage and Christmas hams, which he cooked in a copper.'

The other photo is of Fred Newton and Ron Short (known as 'the mayor of Torbay'). Ron was married to Nell (nee Morgan) of Morgan's Four Square



Pelham's Store, Torbay



Fred Newton Chemist and Ron Short of Morgan's Store

Store. His extraordinary wealth of knowledge was put to use in his day job of grocery delivery. While customers might have wished for a no-nonsense discreet drop at the back door, Ron preferred a leisurely chat and exchange of the latest news at the front door, or even enter the lounge for a cuppa.

Torbay was unique as it was one of the few shopping centres that was able to open on Saturday mornings.

We wish you all a very enjoyable festive season and hope to see you some time at the Vaughan Homestead

Remember you can hire the Homestead for small functions.

Phone or email us to make bookings and to enquire about open days..

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



As always, it has been a pleasure working with our community this year.

Wishing you all a wonderful holiday season!

Fiona Newton - local artist

I'm a multi medium artist born and raised in Torbay growing up in the Bays. I see myself as an environmental artist, recycling and gathering what I work with. My passion is nature as there is so much inspiration. I enjoy exploring coasts and our native bush and making sculptures from found objects.

I've recently donated one of my designs to Browns Bay library made from sea glass and old bits of crockery and tile all swept in from the ocean and found on

local beaches of Rangitoto and Motutapu Islands. I've named my work *TIKAPA O MOANA HAURAKI - Sea Protected by Sacred Rocks* in memory of my parents Pat and Fred Newton who gave so much helping to establish the Torbay community for the place it is today.

I've always loved to help others volunteering and gifting my artwork to different Charities in the community. I also have an artwork at North Shore hospital.

I was one of the winners of the Hibiscus and Bays Art Awards 2019, and recently had a sculpture accepted by the Sir James Wallace Art Collection, the biggest art collection in New Zealand.

It is so important to me to care for, and respect, our environment.

Fiona Newton



Making a difference to defeating Polio

Members of our local Rotary Clubs were out in force recent to promote the continuing thrust to remove polio from the World. Polio is a terrible disease. If you were around in the 50's you will remember seeing wards full of children condemned to live life in an iron lung.

Riding the trains CD & sailing the ferries is a way to enhance the awareness that polio still exists.

Pakistan and Afghanistan still have pockets of the disease which was eradicated from this country some decades ago.

Rotary
Browns Bay



Monthly Quiz Answers Page 30 brownsbayrotary.co.nz



COURTESY OF ROTARY BROWNS BAY

1. Who was crowned King of England on Christmas Day in 1066?
2. Which country traditionally hosts the Boxing Day Test match?
3. How many ghosts appear in A Christmas Carol?
4. What star sign are you born under on Christmas Day?
5. Stollen is the traditional fruit cake from which country?
6. What is the fastest time to eat 3 mince pies?
7. What would one traditionally find under the icing of a Christmas cake?
8. What did turkeys in Norfolk in Victorian England wear when they were walked to London?
9. What was the original colour of Santa Claus' suit?
10. What is Father Christmas name in French?



Build Your Own Kiwi Paradise

Long Bay | Okura Bay Views

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With its laid-back country vibe, this is relaxed coastal living at its best with wide streets, little through traffic and unpolluted sea air, and Long Bay Regional Park and its pristine beach are just minutes away - why would you want to live anywhere else?

These won't last long!

Viewing: By Appointment

Website: <https://harcourts.co.nz/MAB33749>

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Hauraki Floral Art Club



There was a full colour palette on display at the Hauraki Floral Art Club's monthly meeting. Members returned to the basics of the colour wheel to create a range of tints, tones and shades with flowers and foliage. The Junior section's challenge was a monochromatic design, while the Seniors were tasked with creating a complementary colour scheme. Gold class members presented a great display of triadic colour designs - all according to the universal rules of colour harmony. Next month we celebrate the Year of the Tiger through floral art.



Hauraki welcomes new members from all Bays areas to their monthly meetings at the Outram Hall, Murray's Bay on the second Wednesday of each month. If you are a beginner, guidance is provided. For more information contact Jennifer on 4795691 or Suzanne on 0274128531.



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Torbay Garden Club

Roses were in full bloom at the Torbay Garden Club's annual Rose Show. Despite a battering from earlier rain, members displayed a stunning variety of this beautiful shrub. The red rose has long been a symbol of love and enduring friendship, while pink represents elegance and kindness. White roses declare purity, and yellow – joy. The display was indeed a joyful occasion. There were delicate specimen blooms and perfumed heritage roses. Another section featured a single rose floating in a stemmed glass – a great way to display your prize bloom at home.



Entries were judged to national standards by Jannene Alexander and Di Duncan from the Auckland Rose Society, who commented on the improved quality of our blooms.

There was also a great variety of flowers, foliage, fruit and vegetables exhibited. As spring progresses, members are looking forward to summer's garden bounty.

In the Garden in December

There's still time to establish an asparagus bed and to plant beetroot, broccoli, capsicum, carrots, courgettes, kale, pumpkin and squash. Plant leeks now and continue to sow salad ingredients – lettuce, raddish, rocket, spring onion and tomato. Delight the bees with edible flowers to garnish your salads – nasturtium, heartsease, borage and bergamot. Mulch fruit trees to retain soil moisture. Plant later summer stunners, zinnia, ageratum, cosmos and sapiglossis – a tall relative of the pertunia. Keep saving your waste water to use in dry spells.

President/Secretary: Hilary Collins Phone: 478 1601

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

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Carole

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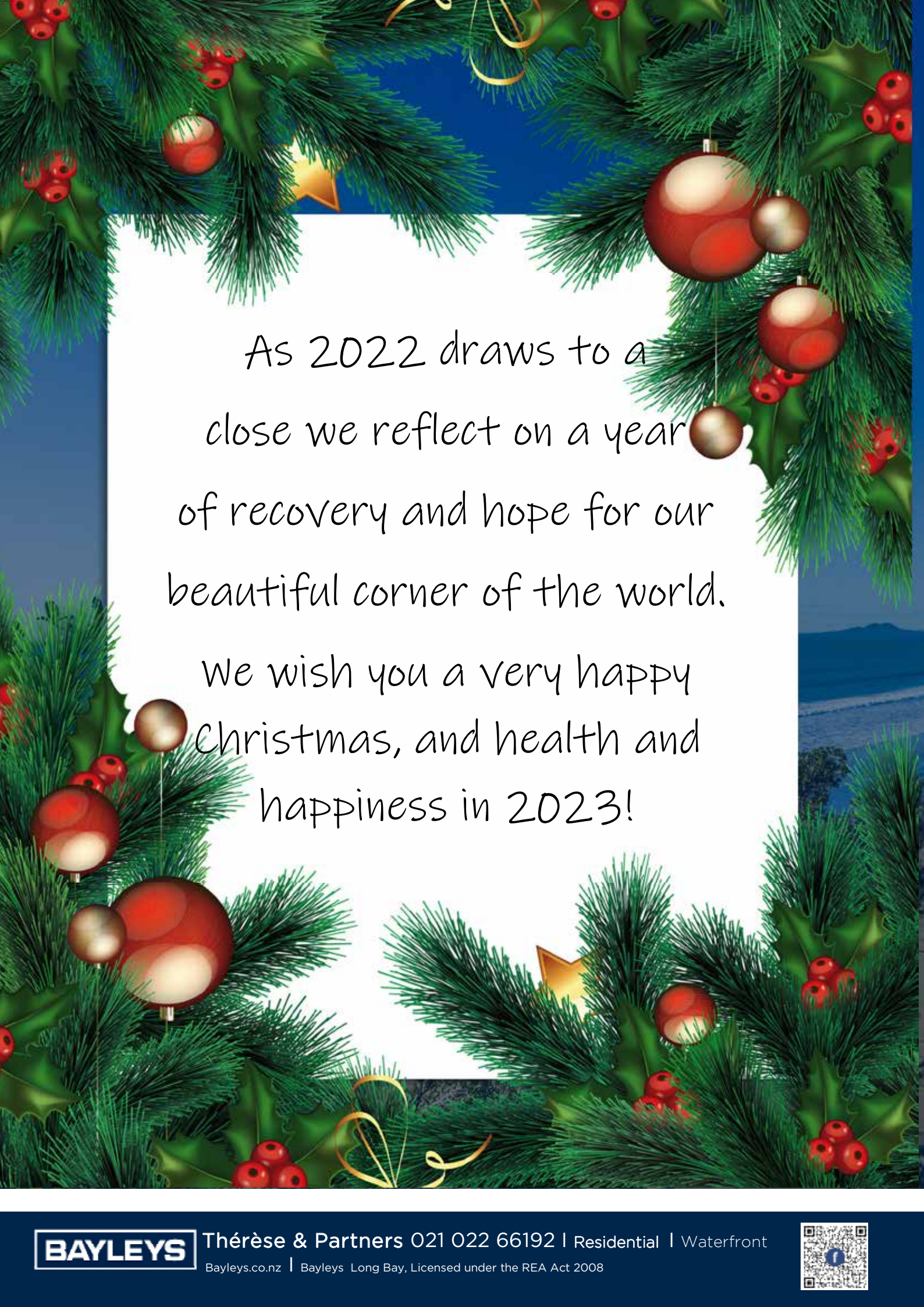
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close we reflect on a year
of recovery and hope for our
beautiful corner of the world.

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Christmas, and health and
happiness in 2023!



A selection of our sales this year.



Scott | Thérèse | Jiang

Blast from the Past

Fun Days at the hall 2009 and 2010

photos by Bill Ellis



Age Concern Auckland: Social Connections Volunteers

Did you know that about 20% of all older adults in Auckland will experience loneliness and isolation at some point and that for many, this isolation can define their lives and will have a significant impact on their wellbeing? Our volunteers are on the ground, working in communities around Auckland helping older adults to decrease levels of social isolation and loneliness and increase social participation. Volunteers like Barry.

Barry has been volunteering with Age Concern Auckland on the North Shore for over 10 years and says "Time is our most precious asset and loneliness is something that affects us all sometimes in our lives particularly as we age. Sharing a minimum of 1 hour a week and a few phone calls is all it takes to be a volunteer and bring joy to others' lives. You also get to laugh and smile and reflect on the history and adventures that are shared when visiting. It's a very fulfilling experience for all."

"The number of times the people I visit recite to me "thank goodness for Age Concern" is plentiful. It enables a channel in which you can reach out when you get lonely or just need advice about anything and everything. The team and us volunteers are the companionship warriors trying to bring smiles to those in need".



Our volunteers are the life force of our service, they go into people homes, offer them a social connection, a friendly face on a one-on-one basis. Our volunteers offer more than just companionship, they also offer encouragement, respect and are a link into the different social activities in the community. If you think you would love to empower an older person and

would like to become a Social Connections Volunteer, please get in touch with Emah Butler, our Volunteer Coordinator, on emahb@acns.co.nz



Pump track arrives in Long Bay



A new pump track has arrived at Ridgeline Park in Long Bay. The pump track is safe, enjoyable fun for bikes, scooters or skateboards.

The modular pump track was purchased by the Hibiscus and Bays

Local Board and will be relocated every 6 months to different suburbs around the East Coast Bays and Hibiscus Coast. It has already been in Browns Bay (Freyberg Park) and will head up to the Hibiscus Coast after 6 months in Long Bay.



Parkitect pump tracks were founded by experts who specialise in the engineering and design of them (which has seen them win a number of international design awards). Four hundred of their tracks are in 40 countries around the world.

The previous Local Board purchased the pump track with the idea of testing out its popularity in the community with the hopes of eventually delivering a permanent track in both the East Coast Bays and Hibiscus Coast.



North Shore Brass – Christmas @ Holy Trinity

“We all love a little Christmas cheer and what better way than your favourite brass band - North Shore Brass - the champion band of Auckland under maestro Harmen Vanhoorne. Come and hear your favourite festive music, carols and more in the enchanting Holy Trinity Cathedral Parnell” says Torbay Local and Band President Owen Melhuish.



“Adding to the atmosphere will be the 100-voice award winning Cantare Choir from Westlake Girls High School (Fiona Wilson) and pre-concert from 6.30pm is North Shore Brass Academy Band (Andrew Leech) who are the national D grade champions of New Zealand” says Owen.

“North Shore Brass are known for their innovative concerts, and this will be no different with music from many genres as we celebrate Christmas and also an amazing year of growth and competition success across our four

bands” says Owen. “We now have over 100 musicians in our organisation so can claim to be the largest brass band in New Zealand and one of the largest musical organisations in Auckland. We are also launching our Seat Sponsor programme where anyone can donate from \$500 to sponsor a seat in the band” says Owen.

“We enjoy great support from North Shore locals so we hope they can come along for our finale at Holy Trinity Cathedral on Saturday 3 December”.

Compere - Erica Stanford

Tickets from <https://www.eventfinda.co.nz/2022/north-shore-brass-presents-christmas-holy-trinity/auckland/parnell>



NORTH SHORE BRASS
NORTH SHORE BRASS ACADEMY

Christmas @ Holy Trinity

SATURDAY DEC 3, 7:30
Holy Trinity Cathedral, Parnell
with special guests, Cantare Choir (Westlake Girls High School)
Pre-concert entertainment by NSB Academy Band begins at 6:30

Tickets: Family (2x Adults & 2x Children) \$80
Adult \$35 - Senior \$30 - Students \$15
Door sales or book via Eventfinda.co.nz



End of year is a time to reflect, and MERC is no different

It's been a challenge as we establish what new normal is to us and our guests while also doing our best to manage the pressures of inflation, cost of living and the lingering challenge of COVID. Still, we have managed to continue our vision and mission.

A highlight was "Wahine on Water" (WOW) a programme subsidised by Sport NZ's Tū Manawa fund administered by Harbour Sport. This allowed us to provide a series of opportunities for 18-24 year old women to engage with a variety of marine recreational activities. Delivered exclusively by experienced and passionate women, we set out to create an empowered community of wahine moana to begin a life relationship with the ocean. The feedback was awesome.

"WOW taught me to confidently have fun, in a safe manner and that the ocean can be



enjoyed by anyone regardless of skill level/ background/ appearance and the stigmas which would stop a young woman from getting out there and trying something new."

We have secured another Tū manawa grant meaning we can offer this for the North Harbour community in 2023. Scan the QR code for information.



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



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Long Bay update

The Long Bay Community Library at 19 Headland Drive has been very popular with locals. So much so that Ming decided to set up another library outside the Long Bay Sales Suite in the Village Courtyard. This is a portable stand that is wheeled out most days while the Sales Suite is open. It has a great selection of books for young and old – come along and check it out next time you're shopping in the village.



Speaking of the village, have you seen the gorgeous new shop on Te Oneroa Way which is a shared space for 'Objects In My Room' and 'Leaf and Honey'? Whether you're looking for something unique for yourself or a gift for someone special it's well worth a visit.

Ming is a member of the Long Bay Residents' Association, and they are busy planning a Community Christmas Event. Rumour has it that a very special gentleman will be making an appearance! It's scheduled for 3-5pm on Saturday 17th December in the Village Courtyard (outside New World) but keep an eye on the Long Bay Community Facebook page for more details and updates.

Merry Christmas and Happy New Year from Team Ming.

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CHRISTMAS

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

- | | | |
|----------|-------------|-----------|
| WISE MEN | DINKEY | SHEPHERDS |
| STABLE | JESUS | MISTLETOE |
| PRESENTS | TURKEY | PUDDING |
| SANTA | FAMILY | CAROLS |
| MARY | JOSEPH | CHURCH |
| MANGER | ANGELS | HOLLY |
| HOLIDAY | DECORATIONS | CARDS |

CROSSWORD

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

Across

- 1 Widow with title or property from her husband (7)
- 8 Book of the Old Testament (7)
- 9 Thrust (7)
- 10 Self-important person (7)
- 11 Occur as a result (of) (5)
- 13 Reserved (9)
- 15 Shoot a pet (anag) – healer (9)
- 18 Incident (5)
- 21 District under a bishop's jurisdiction (7)
- 22 In fashion (French) (1,2,4)
- 23 Burdensome (7)
- 24 Mountain named after a British surveyor general of India (7)

Down

- 1 Thrust (5)
- 2 Rubs clean (5)
- 3 Do something very thoroughly (2,3,5,3)
- 4 Begrudge (6)
- 5 Morally or socially intolerable (6,3,4)
- 6 Lowest possible amounts (6)
- 7 Creator of Noddy (6)
- 12 Loch in the Great Glen (4)
- 14 At which time (4)
- 15 More likely than not (4-2)
- 16 Not enough (3,3)
- 17 Relaxed (2,4)
- 19 Conjure up (5)
- 20 Pay for – minister to – deal with (5)

WORD PUZZLE

How many words of 3 or more letters can you make from the following letters?

TLERA

18 good, 21 very good, 24+ excellent

SUDOKU

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

IT'S CHRISTMAS

time!



HOW TO PREPARE YOUR HOME FOR GUESTS THIS **HOLIDAY SEASON**

Our homes are the “hub” of the holiday season. It’s where we gather to eat, play, and celebrate together. But let’s be honest, preparing our homes for the holidays can sometimes be overwhelming so that’s why we have prepared seven handy tips to give you a head start.

- Clean/replace your welcome mat.
- Wash all utensils and kitchen appliances that sit out on the counter.
- Clean your dishwasher and check for repairs.
- Store away or recycle unused items throughout the house.
- Wash all bedding and replace pillows for any guests staying overnight.
- Dust rooms, including windows, electronics, furniture and pictures.
- Thoroughly clean bathrooms.



Happy Holidays from your local Barfoot & Thompson family at Torbay and Long Bay. Thank you for all your support this year. **Best wishes for a healthy, happy, and peaceful New Year.**

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Mike and Cathy had been together for five years. They had two young boys together, aged four and two. Mike had adult children from his first marriage. Those children were not a lot younger than Cathy. In fact, Mike had a granddaughter the same age as his youngest child. The relationship between Cathy and Mike's older children was fractious, at best. They were resentful that Mike had married a much younger woman after his marriage to their mother had dissolved.

Mike and Cathy had been living in the home that Mike had purchased after his first marriage ended. For some time, Cathy had wanted to move to a new house. She thought a new property would feel more like their family home. So, despite the tough housing market, they decided to put the house on the market. They figured they would be buying and selling in the same market and so there shouldn't be any real financial impact.

They listed their house and within three weeks, it had sold. They had also found the perfect family home for them and their boys and managed to arrange a contemporaneous settlement. They spent the next two weeks packing.

Two days before they went to the lawyers to sign the documentation, Mike sadly suffered a major stroke. The stroke left him not only paralysed down one side, but the doctors also said that his cognitive ability had been impaired, and it would be some time (if ever) before he would have capacity again. Cathy was devastated. Not only was she having to deal with this life changing situation, but they were only ten days away from selling one house and moving into another. The first thing the doctors asked Cathy was whether she had

Mike's power of attorney. Cathy did remember their lawyer talking about powers of attorney to them at one point, but it seemed like something that old people did. Mike was 58, but surely not old enough to need powers of attorney, they had thought.

Cathy gave the lawyers a call just in case there was something that she could do now. They confirmed that Mike didn't have powers of attorney in place, but they were also concerned about the impending settlement of the sale of the property. The house they were selling was in Mike's name only as he had owned it before his marriage to Cathy. That meant that he had to sign the documents, transferring the property to the new owner. There was no way around it. If he had powers of attorney in place, then the attorney would have been able to sign.

There was nothing to be done other than make an urgent application to the Court for orders appointing Cathy as Mike's attorney. However, as Mike had adult children, they would need to be advised that Cathy was making the application, and consent to it. They were not happy that Cathy would then have full control over Mike's financial affairs and instructed a lawyer to oppose the application.

The whole thing turned into a disaster, costing time and money, not only with the application to the Court, but the fact that Cathy couldn't settle on the sale, or the purchase of the new property. It meant that she and Mike were left paying penalty interest to both the purchaser of the property they were selling and the vendor of the property they were purchasing.

Enduring powers of attorney are one of the most essential legal documents that you can put in place. In many ways, even more practical than a Will. If you die without a Will, then there is a process that is followed to deal with your assets. However, if you lose capacity and haven't put in place powers of attorney, then you do need to make an application to the Court. This costs both time and money and depending on your family circumstances, can be much more complicated than it needs to be. It is also a misnomer that only the elderly need powers of attorney. Any one of us at any time could have an accident or medical event that causes a loss of capacity. If you haven't already, get your powers of attorney in place today.



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An Enduring Power of Attorney will look after both your property and personal care and welfare should you become incapacitated to make your own decisions while you're still alive.

If you have not put in place an Enduring Power of Attorney, contact Tammy McLeod or one of her team for specialist advice.

Torbay & Long Bay Medical Centres

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2022 CHRISTMAS SEASON (HEART FOUNDATION) TIPS

The 2022 Christmas season is here and with all the festivities it can mean life gets busier and more stressful throughout December. Social events, family gatherings, work deadlines and financial pressures can take their toll, so it's important to keep yourself healthy. The Heart Foundation suggest tips to keep healthy while enjoying the celebrations.

Regular fibre rich meals: Fibre fills us up and keeps our gut nice and healthy. There can be a lot of low fibre, high sugar food at Christmas, so it's important to include some high fibre food at every meal and snack, eating fruits, vegetables and whole grains like oats, brown rice and quinoa. Fill half your plate with colourful, non-starchy vegetables such as leafy greens, carrots, broccoli, beans, tomatoes and capsicum.

Avoid going hungry: There can be a tendency to eat less food during the day if you are going out for a Christmas lunch or dinner to prevent overeating. This can make it harder for you to moderate what you eat if you let yourself get too hungry. Aim to eat regular meals and choose lighter meals or smaller portions. If you don't feel up for a meal, try some healthy snack options like:

- fresh fruit
- chopped vegetables with hummus
- a handful of nuts and seeds
- natural yoghurt
- whole grain bread with tomato.

Keep your food safe: Falling ill from Christmas celebrations is no one's idea of a good summer holiday. Each year around 100,000 cases of food poisoning occur from food eaten at home. The risk increases across the summer months. To avoid getting yourself or your family sick, follow the three "Cs".

Clean

Before preparing food wash your hands, chopping boards and all utensils.

Use hot soapy water to kill bacteria and preferably let them air dry, not with a towel.

Cook

When cooking food, especially chicken and mince, make sure the juices run clear once cooked.

If you reheat food, reheat until it's steaming.

Chill

Keep raw and cooked food separate in the fridge.

Don't leave food sitting out on the bench.

Put cooked meat in the fridge as soon as possible to stop bacteria growing.

Change up your drink choices: Whether you drink alcohol or not is your personal choice. If you choose to drink alcohol, remember to keep it within the recommended amount. Heavy or binge drinking increases the risk of heart disease. Know what the recommended level of alcohol is to reduce your long-term health risks. Make sure you're hydrated before you start drinking alcohol, especially in warmer weather. Alternate alcohol with non-alcoholic drinks and remember, there's no requirement to drink alcohol at social events and it's ok to choose non-alcoholic.

Keep active: Keeping active all year round is important for a healthy heart. In school holidays, make plans to get outside every day. Exercise supports both your physical and mental health and even a walk with a friend, or on your own will help keep you balanced.

Manage the busy days and weeks: Making healthy food choices can be hard when you're busy. There's a strong link between the food we eat and our mental health. Preparing food in advance means you don't have to make those extra decisions around what to eat when the days are busy. Taking one to two hours each week to do some meal preparation..

Prioritise sleep: During this busy season sleep can be one thing we skip on. Sleep helps the body rest, restore and recover. Poor sleep is linked to an increased risk of heart disease so aim for 7-8 hours of sleep a night. Eating well, daily physical activity, moderating alcohol intake and switching off from screens/devices at least an hour before sleeping can help you get good quality sleep.

Enjoy the social time: One thing the past couple of years have taught us is the importance of social connection. Everyone needs some time to rest and relax. Give yourself some time to switch off from the news, social media or extra content online to be present with those who are around you. Enjoy the social time with your friends and whānau.

If you find this time of year difficult and need some support, talk to your GP or a counsellor. They can help you navigate any changes to your stress levels or mood that you experience.

Need to talk?

Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Samaritans – 0800 726 666

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Long Covid

It pains me that I still have to write about covid, but unfortunately its still a "thing". The definition of Long Covid is variable, but you would generally be considered to have Long Covid if you still have symptoms of aches and pains, fatigue, or others several months after your infection. Some of the top researchers in the world are working very hard to figure out what mechanisms underlie Long Covid. One of the most believed theories is that the virus sits deep in tissues with a slightly altered structure to avoid the immune system. From there it can continue to cause problems.

Fatigue, brain fog, pain and other symptoms long after a viral infection is not new. Cases of chronic fatigue syndrome (myalgic encephalomyelitis) occur in nearly a third of patients who get Epstein Barr Virus (Glandular fever).

Future Treatment Options:

Over time I am sure we will see complicated antiviral treatments get developed to totally rid the body of the Covid virus. If the HIV virus treatments are anything to go by, it will involve long term treatment with multiple medicines. This is not much comfort if you need to get your life back now.

Current Options:

There are many nutrients that can help support key organs and systems of the body like the brain and energy producing

mitochondria. N-Acetyl cysteine is the precursor of the most effective anti-oxidant in the brain (glutathione). Turmeric is very anti-inflammatory for all areas of the body such as the brain.

In terms of energy production, nutrients like Co-Q10, B-vitamins (especially NAD), choline, magnesium, lipoic acid, vitamin C, carnitine, and magnesium are helpful to nurture your energy production in the mitochondria. Getting your energy back is one of the key desires of people with post viral fatigue.

Sulforaphane upregulates key factors in the body that protect you from oxidative stress. I have had good success with therapeutic mushroom complexes in patients with long covid. Plus there are a number of herbs that are adaptogenic (to help you cope with stress and change) and others that have good anti-viral properties.

Lifestyle factors like getting good sleep, and reducing stress can be very helpful. Moving your body is also recommended, but keep it within your current capabilities, don't try to rush back to your pre-infection super-person status.

The strategies that I have mentioned may seem like a lot of things to "throw" at long covid. However, if it means getting your life back, it may just be worth the effort. Pop into Torbay Unichem Pharmacy to chat to Martin if you have any questions about Long Covid.



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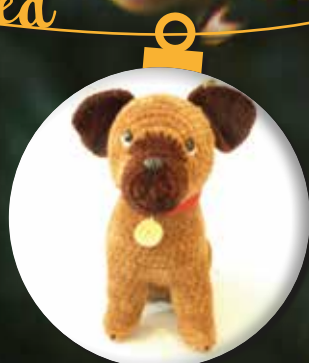
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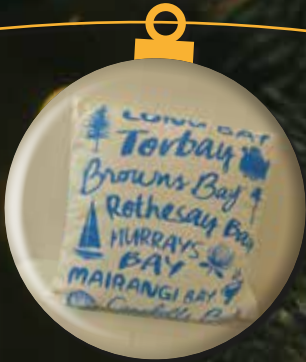
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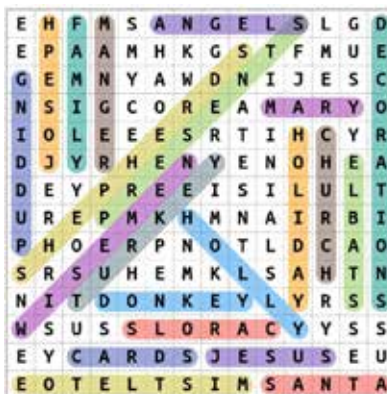
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Puzzle Answers



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

Word Puzzle

alter, alert, later, late, rate, real, tale, teal, tear, tare, earl, rat, ate, tea, art, tar, are, ale, let, ear, era, eta, eat, lea

focus
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Tides Dec 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Thu 01		01:40 2.8m	07:52 0.5m	14:16 2.9m	20:35 0.5m
Fri 02		02:40 2.7m	08:57 0.6m	15:16 2.9m	21:35 0.5m
Sat 03		03:43 2.7m	10:03 0.7m	16:14 2.8m	22:33 0.5m
Sun 04		04:46 2.7m	11:05 0.7m	17:11 2.8m	23:30 0.5m
Mon 05		05:45 2.7m	12:01 0.7m	18:04 2.8m	
Tue 06	00:22 0.5m	06:40 2.8m	12:52 0.6m	18:55 2.8m	
Wed 07	01:12 0.5m	07:29 2.8m	13:38 0.6m	19:44 2.8m	
Thu 08	01:58 0.5m	08:15 2.9m	14:22 0.6m	20:30 2.8m	
Fri 09	02:41 0.4m	08:57 2.9m	15:04 0.6m	21:14 2.7m	
Sat 10	03:21 0.4m	09:37 2.9m	15:45 0.7m	21:56 2.7m	
Sun 11	04:00 0.5m	10:16 2.9m	16:26 0.7m	22:36 2.7m	
Mon 12	04:38 0.5m	10:54 2.8m	17:07 0.7m	23:16 2.6m	
Tue 13	05:16 0.6m	11:33 2.8m	17:49 0.8m	23:55 2.6m	
Wed 14	05:56 0.6m	12:13 2.7m	18:31 0.8m		
Thu 15		00:36 2.5m	06:38 0.7m	12:56 2.7m	19:16 0.8m
Fri 16		01:19 2.5m	07:24 0.8m	13:41 2.6m	20:02 0.8m
Sat 17		02:06 2.5m	08:15 0.8m	14:29 2.6m	20:52 0.8m
Sun 18		02:58 2.5m	09:11 0.9m	15:19 2.6m	21:43 0.8m
Mon 19		03:55 2.5m	10:10 0.8m	16:12 2.6m	22:38 0.7m
Tue 20		04:55 2.6m	11:07 0.8m	17:06 2.7m	23:33 0.6m
Wed 21		05:54 2.7m	12:03 0.7m	18:03 2.8m	
Thu 22	00:29 0.5m	06:50 2.8m	12:56 0.6m	19:00 2.9m	
Fri 23	01:23 0.3m	07:44 3.0m	13:50 0.4m	19:56 2.9m	
Sat 24	02:16 0.2m	08:36 3.1m	14:43 0.4m	20:52 3.0m	
Sun 25	03:08 0.1m	09:27 3.2m	15:37 0.3m	21:47 3.1m	
Mon 26	03:59 0.1m	10:19 3.3m	16:31 0.3m	22:41 3.1m	
Tue 27	04:51 0.1m	11:11 3.3m	17:26 0.3m	23:34 3.1m	
Wed 28	05:43 0.2m	12:05 3.2m	18:21 0.3m		
Thu 29		00:27 3.0m	06:37 0.3m	12:59 3.1m	19:16 0.4m
Fri 30		01:21 2.9m	07:33 0.5m	13:54 3.0m	20:11 0.5m
Sat 31		02:18 2.8m	08:33 0.6m	14:49 2.9m	21:07 0.5m

Times adjusted for Daylight Saving.

Quiz Answers

- William the Conqueror (William I) was crowned King on Christmas Day in 1066.
- The Boxing Day Cricket Test is traditionally played in Australia and generally in Brisbane.
- There are 4 ghosts in a Christmas Carol.
- The star sign for you if born on Christmas Day is Capricorn.
- Stollen is the traditional fruit cake from Germany.
- The fastest time to eat 3 mince pies is 52.21 seconds. I guess it depends on the size of the pies!
- Traditionally under the icing of a Christmas cake one would have marzipan.
- Turkeys who were walked to London wore boots.
- The original colour of Santa Claus' suit was green.
- Father Christmas name in French is Pere Noel.



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TENDER DATE

2/12/2022

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www.barfoot.co.nz/840221

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AUCTION DATE

24/11/2022

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40 MULROY PLACE, PINEHILL

🏠 7 🛏 5

BRAND NEW HOME & GRANNY POTENTIAL IN PINEHILL

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🏠 4 🛏 3 🚗 2

SUNNIEST ON THE SUMMIT : 840M²

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🏠 5 🛏 1 🚗 3

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MUST SELL!!!

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