

focus

Issue 14
April 2023

on community

Long Bay, Okura & Torbay

Torbay Garden club celebrates 70 years!



See pages 14/15 for full story

Photo by Bill Ellis

Digestive Enzymes: What's All The Fuss About?

Digestive enzymes split large molecules of food down into pieces small enough for your body to digest and utilize for fuel. So low enzymes means low fuel for your body. Plus, foods that aren't broken down can aggravate the body and cause allergies and inflammation. So digestive enzymes are essential to your health and well-being.

Who is likely to have low digestive enzymes?

- Those who are of older age.
- People with low stomach acid,
- People taking heart burn and reflux medicines, or
- People who have any inflammation in their gut.

Low levels of digestive enzymes can underlie gut problems like bloating, indigestion, heart burn and IBS. In fact, many people who take digestive enzymes report improvement in those conditions.

Opening Hours

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.

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if you need help.**

Insufficient digestive enzymes can also worsen many other seemingly unrelated conditions due to increased inflammatory chemicals seeping into the blood stream. This includes arthritis, eczema, psoriasis, and asthma. In fact, most health conditions have an inflammatory basis and therefore patients may benefit from taking supplemental digestive enzymes. I have even seen studies showing improvement in Multiple Sclerosis following digestive enzyme treatment. I guess this is why there is a lot of fuss about enzymes currently.

Should I supplement with Enzymes?

There are two main reasons you may want to take digestive enzymes. And how you take them should differ depending on why you are using them. The first reason is to improve heartburn, reflux, or other digestive problems. For this purpose, the digestive enzymes should be taken at the start of a meal.

Secondly, you may want to take digestive enzymes to reduce inflammation generally in the body. For this purpose, the enzymes should be taken away from food (between meals).

Supplemental digestive enzymes can be prescribed by your doctor or can be purchased over-the-counter. Some tropical fruits like pineapple and papaya contain digestive enzymes. The good news is that your body takes up supplemental digestive enzymes and recycles them. So you may only need a short course to get back to health.

Getting The Best From Your Enzymes:

Enzyme supplements can be a bit "feisty" if your digestion is impaired. So I recommend a step-wise approach to using enzymes, depending on your underlying health and the medicines you are taking. Most people will do well by replacing stomach acid for a period of a week or two before starting any enzymes. Betaine HCL is a great way to do this. Sometimes bitter herbs can stimulate stomach acid production, although some people just can't make stomach acid so will need to use Betaine.

Using probiotics is the third step to restoring digestive function. Lately I have been favouring the Sporebiotics since they are very robust and have been shown to favourably change the balance of bacteria in the intestines.

If you want to chat about whether digestive enzymes would be right for you, then come and chat to the team at Unichem Torbay



Martin Harris

Anzac Day

As April is approaching, the East Coast Bays RSA is busy preparing for ANZAC Day Commemorations. This includes poppies in local shops, volunteers out collecting for the Annual Poppy Appeal and both the Combined North Shore RSA's Dawn Service and East Coast Bays Memorial Parade and Service.

The Poppy Appeal is first on the calendar and the local community will see veterans, service/ex-service and associates as well as cadets and school students out on the streets. This is generally when people start to ask themselves what ANZAC day means to them and what they should do on ANZAC Day.

In the last few years, ANZAC Day has been very different to years past, with standing at our letterboxes while the country was locked down in 2020, to a somewhat normal 2021 followed by a small private service with no parade in 2022. In 2022 the NZDF was directed not to attend, with the idea of protecting the



ANZAC DAY 2023

Tuesday, 25 April

Services will be held as follows:

Combined North Shore RSA Dawn Parade and Service

Fall in 05.30am at Corner of Anzac Road and Beachfront Lane
Service 5.45am

Memorial Parade and Service

Fall in 08.15am at Corner of Anzac Road and Beachfront Lane
Service 8.45am

elderly and vulnerable within the community as COVID raised its head again.

East Coast Bays RSA would like to assure the community that we are still open for business as usual, based at Browns Bay Bowling Club. THIS, for the RSA, mainly revolves around our members and the local community, with welfare drivers who assist members to get to where they need to be. Our local welfare officer gives advice with regards to veterans' affairs as well as numerous social events.

Within the community the club attends events such as school and cadet graduation parades, the Browns Bay Santa Parade and providing assistance to St John's, the North Shore Hospice and other charities.

Membership to the RSA is not the "Boys Club" of yester-year, and new members are always welcome, with different types of memberships available, including an associate membership for people who have no past service history.

Photos by Bill Ellis



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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Content of this magazine.

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

Cost of advertising.

Almost 7000 copies of this magazine are delivered to homes in Long Bay, Torbay and Okura by our private delivery team. Because it is a community magazine we are allowed to post into no junk mail boxes.

6.2 cms x 4.2 cms box \$60 + gst

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½ page 14.85 cms x 21 cms \$275+gst

1 page 29.7 cms x 21 cms \$475+gst

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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editor's letter

For the first time in three years many towns and cities throughout New Zealand will be marking Anzac Day with parades and other tributes.

We have seen cancellations of these events over the last three years dogged by COVID.

On page 3 we have a write up from Browns Bay RSA with their plans for this day. To meet together rather than stand at the gate at dawn is so much more meaningful.

So much seems to have happened over the last weeks with damage done to property and roading locally.

My heart goes out to those who are still struggling with loss of personal possessions and property. I know two people, living in Browns Bay, who lost everything. All those things that were treasured memories - all gone.

I watch the news and see the plight of those on the Coromandel, Northland and the East Coast and wonder how we will ever come back from this.

But I believe we will.

We are Kiwis and we are resilient, but the journey to get there will be hard.

This issue celebrates the Platinum Jubilee of Torbay Garden Club and we have a double page spread to commemorate it on pages 14 and 15. In the write up you will read of one famous speaker who came to their group, Sir Robert Muldoon, speaking about his passion- lilies.

You will see from the photographs (thank you Bill Ellis!) that this is a vibrant group with many members. If you have an interest in gardening, why not go along to one of their meetings? They will make you very welcome.

It is also Easter this month, and on page 12 we have information of the Easter Services should you wish to attend.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Eva Bennett- designer of enviro action posters

It's important to encourage environmental action in our community, as we are the kaitiaki of our land. I've been working on projects that used my creative strengths for positive change.

Art is a powerful tool for raising awareness about conservation and environmental issues. I have designed and distributed posters about plastic pollution, created t-shirt designs about bird conservation, designed artworks out of plastic collected from beaches, and translated posters into Chinese for marine reserve protection.

New Zealand's nature is diverse and stunning. We must aim to protect our environment for future generations. This can be achieved if we each play a part and use our personal strengths for good. We may not be able to contribute to scientific research or anything on a grand scale, but you may be creative, good at marketing or able to collect beach plastics.

Small actions will add up over time, so I encourage you to follow the Taiki promise, "To care for New Zealand, for now and for future generations, to act as a guardian protecting and preserving our home."



While living abroad I have worn masks due to air pollution, swum amongst seething plastics and walked on rubbish laden beaches. I am acutely aware of the power humans have to damage as well as to protect the land, air and ocean. Reduce, reuse, recycle.

Nga mihi, Eva Bennett

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Considering selling? I have specialised in Real Estate in the Torbay/Waiake area for over 25 years. My in depth knowledge and expertise in all markets gives you the winning advantage. I am here to help you get SOLD.

Wendy's update

Two months of intense and extreme weather across Auckland slowed trading in February. In the Torbay/Waiake area our sales are consistent with last month and listings have increased fractionally. Visitations at open homes remains high, the majority of purchasers have done their homework and are ready to buy. A great time to come to the market with the weather having improved – I welcome your call to discuss your next move.

Kind regards, Wendy

Torbay/Waiake February 2023



PROPERTIES FOR SALE

72



PROPERTIES SOLD

19



\$708,000

LOWEST VALUE SALE



\$2,390,000

HIGHEST VALUE SALE



43 Emlyn Place, Torbay



74 Awaruku Road, Torbay



21a Holt Avenue, Torbay

BARFOOT & THOMPSON

LICENSED REAA 2008

Awaruku Bush Reserve walking tracks - a closer look

The recent damage to the local walking tracks leads to thoughts about the origin of these tracks, in this case the tracks in the Awaruku Bush Reserve. In November 1980 Hugh Willis compiled a 'Guidebook to the Awaruku Bush Reserve', where he set out the history of the reserve and the things to look out for, extracts of which are used in this article.

The effort to protect the reserve from development was started in 1970 by a group of local residents and with the support of a Professor at Auckland University and the Forest and Bird Society, the Council purchased the land because of its unique characteristics, specifically the large variety of native plants growing naturally in the reserve.

Approaching from the Awaruku Road entrance, an area known as 'the clearing' is the first feature, where there are, incongruously, a few exotic plants, including oak and flowering cherry which hark back to its time in private ownership. The clearing is also where the rock was taken out from the quarry to Relko Crescent.

From the track leading from the clearing to the quarry, a large puriri, estimated to be 500 years old and glow worms are the features to look out for. After leaving the quarry, which fell into disrepair in the 1930s, the track leads up to a large kahikatea, estimated to be even older, at 600 years old. A large stairway that was built over a period of 2 years by volunteers and holiday work schemes leads from above the large kahikatea to the Moorgreen Heights entrance and offers unparalleled views across the canopy of the large



Left: 50 yr old kahikatea tree
Above right: Part of the quarry face
Below right: Storage for chargers used in the quarry

trees in the reserve. Opposite this entrance is a short track that leads to Glenvar Road opposite the Glade. A track from above the quarry, but further east, runs back down down to the Relko Crescent entrance. At this entrance there is a commemorative marker for St Mary's church from Torbay that was moved there in 1978 for its preservation, only for it to be lost in a fire in 1988.

Warren McIver
Photos by Bill Ellis

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ANNEMERSON



No bunny knows real estate like I do, so if you know some bunny with real estate needs, I'm all ears.

Call me if you would like an update on the current real estate market or an updated market appraisal on your home.

Wishing you a Happy Easter.

Ann
EMERSON
027 434 7221



Torbay Theatre

Gilbert & Sullivan delight: Here's a How-De-Do:

27 April – 7 May

Join Lord Frederick Ffincham-Ffarquhar in the Grand Drawing Room of his stately home, c. 1880, for a concert of songs from Gilbert and Sullivan's well-loved comic operas, featuring members of the D'Oyly Carte Opera Company and his household staff.

An extravaganza of melody and merriment, arranged, directed and presented by Peter Segrove.

If you had to pick your three favourite Gilbert & Sullivan songs, what would they be?

Think *Mikado*, *Pirates of Penzance*, *Yeomen of the Guard*, *HMS Pinafore*, *Ruddigore*, *Trial by Jury* ... Three Little Maids, Modern Major General, I have a little list, Poor Little Buttercup, Tit Willow ... ? You can bet your bottom dollar at least two of your three will be in this show, brought to life by a cast of professional singers and excellent comic

actors, with a dash of domestic chaos to add to the humour! Many of the performers are current or recent members of the NZ Opera Chorus, and have often performed in Torbay musicals and Club Nights.

Tickets available on our website (see below). This is a limited season and lord Ffincham-Ffarquhar has limited chairs in his Drawing Room so don't delay. Book Now!

HERE'S A HOW-DE-DO
A REVUE OF THE MUSICAL MERRIMENT OF
GILBERT & SULLIVAN

Gate Theatre
Torbay
Community Hall

Adult \$25
Child \$15
Concession \$20

Booking is advised
torbaytheatre.com

Thurs 27 April 7.30pm
Fri 28 April 7.30pm
Sat 29 April 7.30pm
Sun 30 April 2pm

Thurs 4 May 7.30pm
Fri 5 May 7.30pm
Sat 6 May 7.30pm
Sun 7 May 2pm

Small information phone 473 9454

The Grand Drawing Room of Ffincham Hall resounds to joyous laughter and noisy appreciation of the well-loved songs of Gilbert and Sullivan.



Left: Graham Mandeno has been musical director, co-director, and starred in many of Torbay Theatre's G&S shows over the last decade, as well as singing in the NZ Opera Chorus. Recent roles have included the (Modern) Major General Stanley (Pirates of Penzance), Koko the Lord High Executioner (The Mikado), and The Duke of Plaza Toro (The Gondoliers).

Right: Dragan Atanasov, also of the NZ Opera Chorus, generously joined the chorus at Torbay, playing a pirate and a policeman in Pirates of Penzance, thus helping raise the standard enormously, then took the title role in The Mikado, and in The Gondoliers, played Don Alhambra del Bolero, of the Spanish Inquisition (Nobody expects...).

*Jacqué Mandeno's **Love Drama speech & drama classes**, phone 027-522-7836.

*For more information, to join, and to book for shows, see our website: www.torbaytheatre.com

See also: Facebook page, or ph 473-5454.

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Monthly Quiz

Answers Page 34

info@brownsbayrotary.co.nz



1. ANZAC day commemorates the anniversary of the landing at Gallipoli by the Australian & NZ forces. Where is Gallipoli
2. 'They shall grow not old as we that are left grow old..' who wrote those words
3. Why is the red poppy significant on ANZAC Day.
4. When is poppy day in 2023
5. April 8 is the birthday of Buddha. Approx how many Buddhists are there in the world
6. On April 11 1970 the famous words 'Houston we have a problem here' were uttered by John Swigert. From where?
7. April also commemorates another anniversary; in what year did the Titanic sink
8. Nelson Mandela was elected president of South Africa on April 26 1994. Where had he been imprisoned for 27 years.
9. What are the 2 star signs for people born in April
10. Torbay Theatre's latest show 'Here's a How-De-Do' starts on 27 April. Which musical duo provides the inspiration for this show

Rotary Browns Bay

Rotary was founded in 1905 as an opportunity for businessmen to network and make contacts.

Times have changed...in 2023 Rotary is open to all members of the community, including women, and has become the world's leading service organisation with over a million members worldwide doing good all over the world.

Rotary Browns Bay meets on the first and third Tuesdays of the month at the Bays Club at 7am for breakfast and to listen to interesting speakers. But Rotary is much more than meetings. We are a very social club that enjoys each other's company. We play Ten-Pin Bowls, eat out and respond to community needs. Recently we have raised funds for the Cyclone Relief, cleaned up the Long Bay catchment and made a donation to the Salvation Army. Our sewing group makes backpacks, which we fill with stationery items for children at a low-decile school, and we assisted at the Mairangi Bay Christmas carnival.

We raised over \$25,000 for the Starship Air Ambulance at our recent golf tournament and continue to support the Te Tai Tokerau Tamariki Mental Health Wellbeing Project, which gives thousands of children in Northland the tools to cope with their feelings.

Do you want to make a difference in your community? Come along to one of our meetings or activities and see if Rotary is the right fit for you.

Phone Paul Mees 021 025 70993 for more information.

BARFOOT & THOMPSON
LICENSED REAA 2008

WELCOME HOME

HONEY BUNNY

Bren Duckworth
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Extraordinary Antarctica

Shore Travel's Mary Buckley shares her first-hand experience of Antarctica after visiting this incredible continent last month:

Antarctica gets inside you. Every sense is heightened as you're enveloped by crisp icy nature and find yourself at the mercy of the elements and weather conditions.

Antarctica surprised and delighted at every turn. Each day the scenery treated us to massive snow covered mountain ranges towering over us with extraordinary glacier ice volumes tumbling between the peaks. The incredible icebergs with their glowing blue masses underwater and unique shapes and striations. The sounds were so unique: We were surrounded by an eerie silence, interrupted by thunderous glacier ice cracking, birdlife going about their business, and the occasional whale casually breathing through their blowholes.

We felt like a guest in the natural habitat of a multitude of fascinating birds and animals. There were entertaining colonies of penguins at every turn. The Gentoo Penguin were the most common in this region, along with the Adelie. They were as equally curious about us as we were of them as we walked amongst them. The local bird life



included: Albatrosses, Shearwaters, and Petrels. We passed by plenty of fur seal colonies and had close encounters with the massive Elephant seals and illusive Leopard seals.

The standout animal highlights were our frequent Humpback whale encounters. Easily seen from the ship deck, but the best opportunities were when we came exhilaratingly close to them during our zodiac outings. These magnificent mammals frequent Antarctic waters at this time of the year due to the high

levels of krill that they feed on. We were even lucky enough to see a few Fin whales as we passed Elephant Island.

We travelled to Antarctica on Silversea's new Silver Endeavour. She's a beautiful purpose built PC6 ice-class rated luxury expedition cruise ship that cuts through the Drake Passage with ease and confidently manoeuvres in and out of the ice filled Antarctic harbours. Endeavour's on-board features include well-appointed spacious suites with balconies, a mud room that dries your boots overnight, and in room drying cupboard for your coats and pants.

Travel is a chance to leave our comfort zones, explore the world and truly live. Shore Travel is here to help you create lifelong memories when you plan your trip to Antarctica.

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A note from

ERICA STANFORD

MP for East Coast Bays

GLENVAR ROAD UPDATE

Many people have contacted my office asking what is happening with the damaged portion of Glenvar Road, and how long it will take to be repaired.



We've also received complaints about the increase in traffic on the surrounding streets such as Kate Shepherd and Caversham. Residents are seeing trucks and work vehicles zooming down their streets to access the Long Bay development.

On Thursday 16 March my office had an onsite meeting with Auckland Transport and Fulton Hogan to discuss Glenvar Road. Here's an outline of what's happening:

It's really hard to appreciate the scale of the damage to Glenvar Road until you see it first-hand. Photos don't do justice to the scale and severity of the slips. Please note, my staff were escorted to the site under strict H&S. The site is incredibly unsafe so locals should stay away.

There are two main things that need to happen before we will see large machinery at the site:



1. The power lines.

The lines running down the north side of Glenvar Road are the main lines that provide power to all of Torbay. One of the poles is slowly slipping down the hill. It's been tethered to some massive concrete blocks to keep it in place, but it's a serious hazard. If it comes down not only will all of Torbay lose power, but workmen will be fatally injured due to the tens of thousands of volts that run through them.

The priority is to move these poles to a safer location (hopefully on the

more stable south side of the road) so they are no longer a danger to workmen. By the time you read this, the relocation work will have started.

2. The slip itself.

At present, the ground is still moving. If there is another downpour, that entire portion of the road could give way.

Extensive geotechnical work is underway to explore the best way to not only get the road reopened quickly, but to also repair it in such a way that the planned widening and realignment will be an easier transition. AT would love to do the widening now, but the recent slips have meant the original plan needs to be re-evaluated to ensure it's still feasible. Waiting for a new plan will cost more money and delay the opening of the road.

AT want to see the road opened as soon as possible and are doing everything they can to make this happen.

As part of the meeting the traffic on all of the side roads was also discussed. While traffic can't be stopped from using these roads, AT have agreed to organise temporary 30km signs to slow drivers down. By having this formalised, speeding traffic will be able to be reported and ticketed. We hope this will go some way to alleviating concerns for locals during this time.

I appreciate and understand the frustrations caused by the closure of Glenvar Road. Sadly, due to the massive extent of the damage, it could take upwards of a year to be reopened. Please be assured I will keep communications open with AT and will update residents as I can.

STAY UPDATED

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

Take care

Erica



 www.EricaStanfordMP.co.nz

 09 478 0207  office@ecbelectorate.co.nz

  EricaStanfordECB

Erica
STANFORD
MP East Coast Bays



Torbay Historical Society Inc.

By the 1920's and early 30's there were a few stores in the Torbay area. Crump's store was on the bend of Rock Isle Road. The homestead used to be behind the shop amongst the trees. Dutchie, as he was called as he came from Holland, had his store on the corner of Tipau Street for many years. He was a friendly chap and gave children boiled lollies. After Dutchie died the shop stood empty till after the World War 2 when it was moved to the main road, where Mr. Sewell used it as a store, and later Dr. George as a surgery.

Mr. and Mrs Aston took over the store at the Southern end of Long Bay Beach, next door to Mr. Lopes butcher. This store was started by George Vaughan Junior who later moved to Rotorua. When the shops were closed and turned into a dwelling, Mr. Lopes continued his trade in a shop opposite the Service Station in Beach Road.

We will open the Vaughan Homestead on Saturday afternoons 2-4pm depending on availability of helpers. Phone to check for dates or go to our website. The Homestead is also available for hiring to small groups. Do you belong to a group that meets weekly or monthly because this may be suitable for you?

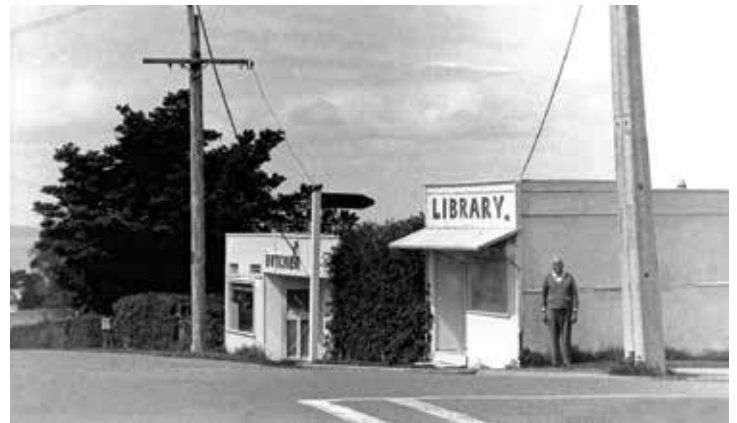
The AGM for the Torbay Historical Society will be held at the Homestead 2pm. Saturday 13th. May 2023. There will be a speaker and afternoon tea. Let us know if you wish to come. New members are always welcome.



Buses parked at Aston's Store Long Bay



Crump's Store



Library and Butchers Shop Beach Road

The Annual General Meeting of the Torbay Community Association is to be held on Friday 12th. May 2023 at 7.30pm. in the Torbay Community Hall (behind the Torbay shops – entrance is in Watea Road). The hall belongs to the people of Torbay so come along to support your facilities. All residents of Torbay are eligible to become members and vote.

Enquiries to - torbaycommunityassociation@gmail.com

President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email: thsinc@gmail.com Website: torbayhistoricalsociety.n8.nz

LOOKING TO SELL?

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Easter

The simple standard definition of Easter is that it is the first Sunday after the full Moon that occurs on or after the spring equinox. If the full Moon falls on a Sunday, then Easter is the next Sunday.

Unlike other ancient religions, which were guided by the sun, the Jewish religion's feasts and festivals were governed by the moon.

Easter Sunday is the one that follows the Jewish Passover Festival, although it is not celebrated by orthodox Jews.

This is why Easter is a different date each year.

The earliest recorded observance of Easter comes from the 2nd century, though it is likely that the earliest Christians commemorated the Resurrection.

Over time Easter has become associated with chocolate eggs.

Eggs represent new life and rebirth, and it's thought that this ancient custom was absorbed into Easter celebrations. During Lent, when Christians fasted to mark Jesus' time in the wilderness, eggs were one of the foods that people weren't allowed to eat (incidentally, this is why we make



pancakes on Shrove Tuesday to use them all up).

In the Northern hemisphere Easter is in the Spring and is also a celebration of the observance of new life all around them as Spring foliage bursts forth.

For a Christian Easter Day is the day when we celebrate Jesus rising from death, into life, and is the most important day in the Christian calendar. It is a joyful occasion.

All local churches will have a special service this day as we celebrate the risen Jesus.

Easter Sunday is one of the few days in the year that shops are not allowed to trade (the other day is Christmas Day and Anzac morning until 1pm.)

Carole McMinn



Days of Easter

Maundy Thursday

In commemoration of the last supper.

Good Friday

Originally thought to be Good Friday.

The day we remember Jesus' arrest and death.

Easter Sunday

The day Christians celebrate Jesus rising from death.

Trinity @ Waiake Easter Services

- 10am Sunday April 2
Palm Sunday
- 7pm Thursday April 6
Maundy Thursday
- 10am Friday April 7
Good Friday
- 10am Sunday April 9
Easter Sunday

East Coast Bays
Methodist Parish

Parish Website: www.trinitymethodist.org.nz
864 Beach Rd, Waiake. Ph 478 5107

Minister: Rev Abhishek Solomon

Holy Week / Easter

Holy Week Reflections
Mon 3rd - Thr 6th April, 12 - 7pm
Maundy Thursday - 6th April, 7pm

Holy Friday - 7th April, 2pm

Easter
Sunday 9th April
6:30 am Waiake Beach
8am & 10am St Mary by the Sea



 **St Mary by the Sea**
168 Deep Creek Road, Torbay www.stmary.co.nz

EASTER SERVICES

Thursday 6 April 8pm
Maundy Thursday Service

Friday 7 April 10am
Good Friday Service at
Northercross Community Church

Sunday 9 April 7am
Easter sunrise BYO Brekkie
Site 3 Long Bay Park

Sunday 9 April 10am
Communion Service

Long Bay Baptist Church
282 Glenvar Road, Torbay
www.longbaybaptist.co.nz

Hauraki Floral Art Club

Driftwood was the focus of the Hauraki Floral Art Club's March meeting. Although summer did not arrive the high tides offered a range of driftwood shapes and contours. These were the inspiration for our March designs. In February we had a busy and productive workshop with national judge Maggie Kensington. Modern asymmetrical styles were practices resulting in a range of colourful designs of flowers and foliage.



Thinking of.....

**MOVING, UPSIZING,
DOWNSIZING OR HAVE
A CHANGE IN
CIRCUMSTANCES?**

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E: alison.cameron@harcourts.co.nz

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Torbay Garden Club celebrates - 70 years and s

The beginnings

The Torbay Garden Club had its beginnings in 1953 when twelve members of the New Zealand National Party local branch formed the "Women's Torbay Garden Circle".

At this time Torbay was an outer suburb of the North Shore, adjacent to the farm land of Long Bay. Interest grew among those in the area with a shared love of plants and gardening and by 1966 the garden group had branched out independently, meeting monthly in the Presbyterian Church Hall, which stood on the site now occupied by the northern end of the Torbay shopping centre. In the late '60s it moved to Millers Hall (later called the Torbay Central Social Hall) now the Torbay Medical Centre. Meetings were also held in the Rock Isle Road Hall. In 1979 it was renamed the Torbay Garden Club and by 1981 had 113 members, ranging from Takapuna up through East Coast Bays.



A new era – new challenges

The 21st century has seen the Torbay Garden Club continue to thrive, although with more people in smaller dwellings less garden space and busier working lives, membership has slightly fallen from the mid-20th century. The original meeting format however remains the same, with abundant horticultural specimens, trading table, raffles, expert speakers and bi-annual social luncheons. The November rose-show is still popular, always offering a wonderful display of colour and perfume. As well as our regular monthly competitions there is an annual prize-giving with the awarding of cups and trophies which have been donated by members over the years. The oldest and most valuable is the Goldsmith trophy dating back to 1958. This is a sterling silver bowl with intricate filigree work designed and made in England by a former member and Torbay resident, Mrs Goldsmith.

Miri Boswell was the first President, and many well-known Torbay residents held this position over the years, more recent ones being Kathleen Grainger, Mary Brownhill, Raewyn McConnell and Hilary Collins. Kathleen joined the club in 1958 and is our longest standing member. For some years the Club's patron was Dame Thea Muldoon, who enlisted her husband, former Prime Minister Sir Robert Muldoon, to address members on his area of expertise – cultivating lilies.

As housing expanded north and the population of Torbay grew, so did membership of the Torbay Garden Club. From the 1970s to 1990s, the family home with section was the norm, and Torbay became a suburb of gardens. Meetings were now held in the new Torbay Community Hall where they have since remained.

Monthly meetings included visiting speakers willing to share their knowledge and enthusiasm. Competition was strong with members exhibiting their prized specimens, in the hope that their entry would be awarded first place. The trading table was always a feature of club meetings, selling plants, cuttings, preserves and produce



Celebrates its PLATINUM JUBILEE and is still "growing"

Membership in 2019



Photos by Bill Ellis taken over last 12 years

Each year a number of trips have been organized for members to enjoy, and learn from, to gardens of national and regional significance. In 2003 the Club reached its Golden Jubilee, and in 2013, the Diamond Jubilee, with appropriate celebrations on both occasions. The Torbay Garden Club is one of the few Auckland local community groups to have reached its Platinum Year.

The Club also gives a yearly donation to charity and the list of recipients has included:

Westpac Helicopter Rescue, Women's Refuge, Garden to Table and St John

The annual Spring Show, held in September, is a high point of the year. The competition covers spring bulbs, all types of flowers, foliage, fruit and vegetables and floral art. Entries usually number between 200 to 300. The public are welcome for a small charge. In 1963 admission was one shilling for adults and sixpence for children, with the children's sand-tray entries a popular feature. This year we will again include the historic tradition of children's sand-tray.

Over the years the range of plants cultivated by home gardeners has widened as more varieties became available and seasonal climate fluctuations have made sub-tropical plants popular but the vegetables grown by our grandparents are still the same and a feature of every club day. Climate change will continue to provide home gardeners with new challenges.

This year we invite readers to join us for two Platinum Jubilee events:

1. Saturday April 8th, 10 am to 12 noon - a big plant stall outside Torbay Pharmacy where you will find bargains - plants, flowers, garden books, preserves and produce. (Our thanks to Torbay Pharmacy)
2. The Spring Show, in the Community Hall Torbay, Saturday 9th September \$2 entry.

The Torbay Garden club would also like to thank the Editor of Focus on Community for making it possible to share this glimpse of Torbay's history.

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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Preparing your car for winter

It is good to use this time of the year to have a bit of a check up on your car. Although our winter's are mild it is still good to make sure we are prepared.

Check your battery

Car batteries have to work harder in the winter as cold temperatures thicken your engines oil, which makes it move more slowly. This increases the amount of power needed by the battery to start important processes. Extreme cold can increase your batteries rate of discharge, making winter a threat to your battery.



The heat in the summer will have evaporated the water in the electrolyte, increasing sulfation.

In winter cold temperatures slow the chemical reactions in the lead acid battery further reducing it's ability to perform.

This and other factors place more demand on your battery. They should last about four years.

Make sure your battery is performing as it should.

Tyres

Because of their material make up basic tyres do not perform as well in winter and can be harmed by cold temperatures.



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

Below temperatures cause standard tyres to deflate, stiffen and lose traction. Also they can crack from impacting with the road.

The cold weather causes the tyres to become stiffer and less flexible. This means they do not grip the road surface as well.

Service

It is a good idea to have your annual service around this time, well before winter starts. This will pick up any likely problems and they can be remedied before they cause 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. Safe motoring this winter.

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4 3 2

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1.30pm, Thu 20 April 2023

View Sun 12-12.45pm

Jiang Kou 021 087 93257

jiang.kou@bayleys.co.nz

Therese Leslie 021 022 66192

therese.leslie@bayleys.co.nz



BAYLEYS ALTOGETHER BETTER

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Mairangi Bay Food and Wine Festival



Natalie, Jono & Max



On Saturday 11th March a perfect day dawned for the Mairangi Bay Food and Wine Festival. The food stalls, the wine tasting, the children's activities all began to assemble to get ready for the people to come. Oh boy did they come! There was a great variety to choose from for both food and alcoholic preference and all around we could see people really enjoying themselves and have the best of times. It was good to see groups meeting up with those they knew and perhaps hadn't connected with for a time. So a great community event.

There were two live bands which set such a great mood to the event with people singing and dancing along.

The event was organised by the Mairangi Bay Business Association and was a credit to them. Thank you for all your hard work and commitment.



Maggie, Logan & Anthony

Laughter Yoga

Laughter is said to be the best medicine.

This is because laughter is achieved by exhalation. A Laughter Yoga session combines laughter, gentle exercise and yoga breathing. We move around the room interacting whilst laughing. If that sounds silly, well in a way it is. but the therapeutic results help many people. Some come only because they enjoy the exercise and the company of those attending, whilst others come for that reason and because it helps them with their health. When stressed we shallow breath and often tighten our bodies, which can lead on to aches and pains. By laughing we may release the tension which can aid depression and sadness and relax the tight muscles, all while having a lot of fun. For those unable to move around, there are chairs available because the motto is no strain, no new pain, so everyone is encouraged to listen to their bodies and only do what is comfortable for them. Those who are in need will forget their issues for the 45 minutes and get lost in childlike play and laughter. Laughter and playing is

something that is not deemed grown up by many so they lose the art. There are also many who feel guilty when they laugh because they have suffered a loss. Grief is healthy but some get stuck and cannot move out of it.

Laughing is catching so is easy to do in a room with others. Many do not realise they are exercising because they are having so much fun. A session finishes with a relaxation and then many visit a local café to socialise. Most types of exercise do not have participants interaction but in Laughter Yoga we do (at a safe distance) so it helps build the friendships and makes everyone at ease.

Laughter Yoga started in India and is in most countries in the world. The only yoga is in the breathing but is mostly done by moving around the room while doing exercises. It is not unlike the childhood game Simon Says.

Browns Bay Laughter Club meets Saturday mornings at 9 am in the Rothesay Room 2nd floor Heart of the Bays in Glen Road Browns Bay. Come and have some fun with us.



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AUTUMN

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Autumn seems to be delivering us more settled days and steady weather!

Many people are making the most of this and preparing their homes for sale before winter starts. This is an ideal time to catch up on those small jobs in and outside the house before the wetter and colder days.

If you are thinking of refinancing, and taking advantage of some good long-term rates on offer, but wondering what market forces may have done to your house value, give us a call. We are happy to help you with the latest market information.

Have a happy Easter and we hope you enjoy some time with family and friends.



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FOR SALE



Devonport, 3/14A Albert Road

FOR SALE



Albany, 19/92 Bush Road

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Long Bay, 194B Glenvar Road

SOLD



Kaukapakapa, 3 Awatiro Drive

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22 Manuwal Road,
Torbay
watch this space!

COMING SOON

31B Amante Crescent,
Mairangi Bay
watch this space!

COMING SOON

1/5 & 2/5 Jutland
Street, Mairangi Bay
watch this space!



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Maths at Extraordinary Kids

Maths involves the understanding and application of patterns, rules, and relationships in numbers. Good Maths skills are fundamental to students' critical thinking and problem solving abilities. There are numerous benefits to developing one's Maths skills, both inside and outside the classroom. Regarding academics, Maths skills support logical reasoning, analytical thinking, problem-solving, and creativity. They are also useful for everyday situations, like measuring when baking and cooking, determining travel times and distances, and most importantly, managing finances. For many, Maths is a compulsory subject for various STEM career paths, including: software development, actuarial science, medicine, engineering, and even teaching!

Maths depends on a child's ability to grasp new skills and concepts and build on them. This is why a solid foundation, developed early, is crucial for success in Maths. A child who is struggling to understand basic, fundamental Maths concepts may develop Maths anxiety and associate Maths with failure, struggle, and ultimately detest the subject. Maths becomes more challenging each year, and teachers assume children have already mastered the basic skills. Children with Maths anxiety require special attention and tutoring, a service proudly provided by Extraordinary Kids! At Extraordinary Kids, each student's programme is individualised and targeted specifically at the gaps in their

learning. We understand the importance of revising and reinforcing basic skills, such as timetables and the four operations. We use interesting and level-appropriate teaching materials and techniques for different learning needs. We have hands-on objects for students to manipulate and count with, like beads, abacuses, paper money, fractional parts, and unit blocks. Utilising these tools allows abstract Maths concepts to become 'concrete' and easier to understand. Many students who have a kinesthetic learning style enjoy practising their times tables by throwing a ball back and forward with our tutors. We also encourage independent learning by allowing self-checking with calculators and activities such as the Smart Chute. We provide clear explanations and instructions and allow students to work at their own pace, without pressure, allowing them as much time as needed on concepts that are particularly challenging.

Extraordinary Kids is well-equipped to help your child overcome any Maths anxiety, and further develop their skills to challenge and extend them. We offer Maths support from Year 1 right through to High School Maths.



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 age 6 through high school.

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

Spaces available now.

See our website for more details and to book an assessment.

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 interested 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

Get ready for year-end

Another annual reminder that before you say goodbye to the 2023 financial year, make sure you work through a year-end process to ensure you maximise your tax deductions and minimise your tax bill. Here are the must-do items:

Assets

- Assets costing less \$1,000 or less can be expensed
- Ensure assets sold, stolen, scrapped, destroyed or no longer used are removed from the asset register and loss on disposal calculated
- If an asset sale is expected to result in depreciation recovery, consider deferring the sale until after 31 March 2023

Trading Stock

- Value closing stock at market selling value if lower than cost
- Carry out a stocktake at 31 March to ensure an accurate closing stock figure
- Write-off obsolete stock

Repairs and Maintenance (R&M)

- A one-year warranty purchased with a fixed asset can be deducted as an expense providing the cost of the warranty can be separately identified
- Review fixed asset registers to ensure genuine R&M has been expensed and not capitalised to fixed assets
- Consider carrying out R&M work before year-end

Bad Debts

- The debt must be physically written off the debtors' ledger by 31 March to be deductible
- Retain documentation to support the debt as not recoverable

Prepaid Expenses

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

Donations

- Cash donations paid to donee organisations or registered Charities are deductible up to the level of net income. If the business is in a tax loss position, consider the owners making the donation and claiming the donation rebate in their personal name

Cut-off

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

Shareholder Matters

- Consider paying a dividend or shareholder salary if there is an overdrawn shareholder current account
- Check the company has sufficient imputation credits; bring forward a tax payment if necessary
- Dividends for the 2022-23 year should be paid or credited before 31 March 2023, with dividend withholding tax payable on 20 April 2023

Income Tax

- The third instalment of 2023 provisional tax is due 7 May 2023 based on actual results to 31 March 2022 so have your records in order to determine this
- A loss offset subvention payment for the 2022 income year must be paid by 31 March 2023

GST

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

In summary, putting aside time to consider the above before you race into the new financial year will help ensure you maximise your tax deductions for 31 March 2023 and ultimately reduce your tax bill.

If you need assistance with any or all of this, please do not hesitate to us.

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March was all about Seaweed at MERC

We helped coordinate a number of organisations from around the motu to celebrate and connect with the sea. Locally, it was all about our community. For “Sea MERC” we again opened our doors to both you as our community and visitors who come from afar to appreciate our back yard. This year, with some small waves on the day, participants were able to take part in surfing, XL paddleboarding and surf kayaking. In the evening, with the support of UNESCO we hosted a seminar where Professor Karen Stockin from Massey University shared with some cutting-edge research into “Environmental contaminants in NZ marine mammals”.



This talk reinforced the “One health” approach to health. It acknowledges the interconnectedness of the health of the environment, animals and humans. This lays the foundation to look to these factors to learn about health but also frame health initiatives to be inclusive of all these factors, ultimately improving the health of all.

This approach is also consistent with Te Ao Maori which seeks to improve the health of land, water, other species and our own, together. This is also captured in Seaweed’s whakatauki “Toi Moana – Toi Tangata”.

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

Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza
55a Ridge Rd 09 9544 939

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

Long Bay Fisheries
Order online and then just collect
Shop 3 88 Te Oneroa Rd 09 212 9816

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Clothing

LongDayz For surf, skate & streetwear.
Village Centre 027 521 4894

Uniform Shop

Uniforms for Long Bay College.
Village Centre 027 303 8087

Hair Care

Barbers www.longbaybarbershop.co.nz
3/88 Te Oneroa Rd 09 214 3967

Health and Beauty

Bloom For beauty and wellness
55a Glenvar Ridge Rd 021 217 4047

Dynamic Physio For all physio needs
55a Glenvar Ridge Rd 09 553 8501

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Unichem Long Bay Pharmacy
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

Elementum For resort style living
Village Centre www.elementum.co.nz

Harcourts For community living
mingliu.co.nz 027 519 6826

Supermarket

NewWorld
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Village Centre 09 869 4577

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Long Bay Market enjoys some sunshine

Each month Long Bay Market is held on the 4th Sunday of the month.

There are a wide variety of stalls with many of the items for sale hand crafted. This means you see some pretty individual styles.

As you wander around the stalls there are food sellers to tempt you with different types of foods to eat. A great way to spend a Sunday morning.



Harcourts Cooper & Co

Ming Liu

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Quizzes

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LOCAL STREETS

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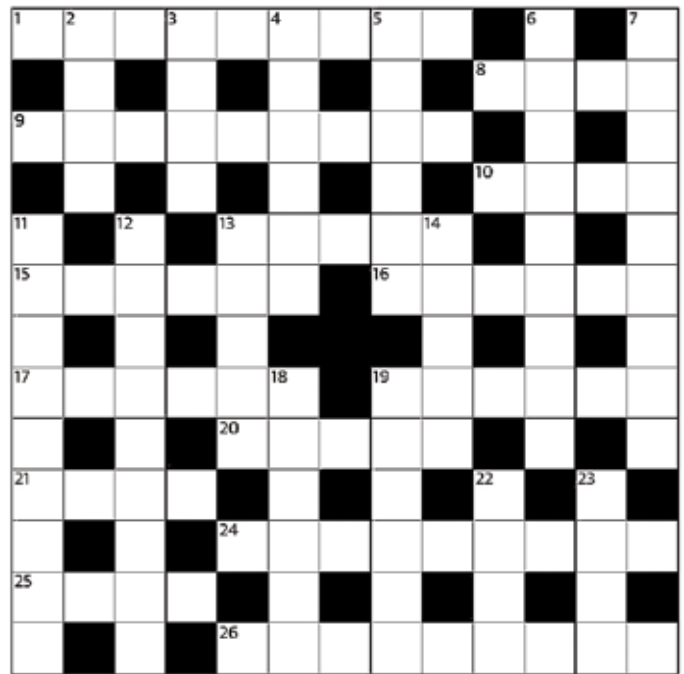
WORD PUZZLE

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

EASTER

30 good, 40 very good, 50+ excellent

CROSSWORD



Across

1. Dick Turpin's horse (5,4)
8. Plunge (4)
9. Nightclub hostess (5,4)
10. Skin blemish (4)
13. Enthusiasm - (5)
15. Paris museum (6)
16. Shakespearian tragedy (6)
17. Varied collection (6)
19. Grass-cutting tool (6)
20. Arrive at (5)
21. American slang for a man (4)
24. Abnormal (9)
25. Dress in (4)
26. G B Shaw play (9)

Down

2. Dolt - oaf (4)
3. Bamboo stick (4)
4. Largest digit on foot (3,3)
5. Angel of highest order (6)
6. Move around a group of people (9)
7. Engaged (9)
11. Descend (5,4)
12. Guardian (9)
13. Instruction (5)
14. Emerge from egg (5)
18. Annual (6)
19. Expression of terror (6)
22. Sea bird (4)
23. Portuguese resort (4)

SUDOKU

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

Local like you

To us, 'Local like you' doesn't just mean that we're in your area, it means that most of our salespeople live, work and play in Torbay, and love every minute! There are so many things that make this suburb so great. The village atmosphere, the superb schools, the lovely homes, the beautiful parks and beaches, and most of all, the wonderful, close-knit community.

We are here for you Torbay! With a neighbourly wave, local knowledge and in-depth property expertise. Call in for a chat any time.

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Torbay

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1054B Beach Road

Torbay Indoor Bowling Club

The year has begun well with good competition in all games with winners only getting ahead by 1 or 2 points at the end of the evening.

Experienced players, and those wishing to learn, are most welcome to come along on Monday Evenings at 7.00 pm to the Torbay Community Hall (the entrance is off Watea Road by the tennis courts.)

Indoor Bowls is a fun, social and competitive game made up of teams of 2 or 3 players using 6 bowls playing 7 ends per game. We have 3 games in the evening followed by light refreshments.

Trophies can be played for during the year in singles, and doubles, for both men and women as well as Commemorative Cups.

For more information phone 4731621.



All for peace Commemorating ANZAC Day

4.00 pm – The Pumphouse Theatre
Takapuna

Entry of Donation -cash or eftpos

To help commemorate ANZAC Day the three bands within North Shore Brass Academy will perform at the Pumphouse Theatre on ANZAC Day.

“Our Academy is 10 years old this year and our overall organisation is celebrating 100 years of unbroken service and entertainment to our community” says Band President Owen Melhuish.

The Academy is mainly local students that get the opportunity to be trained by experts in brass and percussion at the band’s world class facilities in Taharoto Park.

The concert will feature cornet star Liam Wright, a student who came through the Academy programme and is now studying trumpet at the University of Auckland. Liam is also the current junior cornet champion of New Zealand as well as the Junior Champion of Champion since 2019.

Liam was also chosen to lead the National Youth Brass Band



of New Zealand recently on their South Island tour. “We are very proud of him” says Melhuish.

“The concert will feature light items as well as reflective music remembering our ANZAC’s and other service men and women that have served in war and peace keeping missions” says Melhuish.

“We are also using it to educate our students on the traditions of ANZAC Day. The age range is 8 to nearly 80 years so the education is both ways” says Melhuish.

The three bands are Takapuna Youth Brass (2019 Champion Youth Band of NZ) and the newly formed NSB Community Band, which is an all comers band, plus the newly promoted North Shore Brass Academy Band who now compete nationally in the C grade after winning the D grade last year.

Owen Melhuish Ph 021 281 0405



Anzac Biscuits

Anzac biscuits are quick and easy to make. They are a delicious biscuit to eat all year around, and they keep well- if you can resist them!

Ingredients

½ cup plain flour
 ⅓ cup sugar
 ⅔ cup finely desiccated coconut
 ¾ cup rolled oats
 50g butter
 1 Tbsp golden syrup
 ½ tsp baking soda
 2 Tbsp boiling water

Method

Preheat the oven to 180°C. Line a baking tray with baking paper.

Mix together flour, sugar, coconut and rolled oats.

Melt butter and golden syrup. Dissolve baking soda in the boiling water and add to butter and golden syrup. Stir butter mixture into the dry ingredients.

Place level tablespoonfuls of mixture onto cold greased



trays and flatten with a fork. These don't spread as they bake so you can place them close together.

Bake for about 15 minutes or until golden. Leave on the tray for 5 minutes then place on a wire rack to cool.


NORTH SHORE BRASS ACADEMY

ALL FOR PEACE

ANZAC DAY Commemoration

The Pumhouse Theatre
Tues 25 April, 4:00pm

FEATURING:
Liam Wright (NZ Junior Champion of Champions)
Takapuna Youth Brass
NSBA Community Band and
 newly promoted **NSB Academy Band**

VENUE: The Pumhouse Theatre, Manurere Ave, Takapuna
 TICKETS: Entry by donation at the door (cash or eftpos)

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

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

Away from home
 Away from friends
 No comfort to be had.

Life not yet lived,
 Shadowed by death,
 Overwhelmingly sad.

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

We gave it all
 We did not stop

And some came home
 And some did not.

C. Johnson.

Torbay & Long Bay Medical Centres

2023 FLU SEASON

f follow us on
facebook

Ask us about
Manage My Health

The 2023 flu season is fast approaching, and flu vaccines will be available from 1st April. Lots of people are eligible this year for a FREE flu vaccine:

Children aged 6 months to 12 years old

Tamariki are at a higher risk of catching the flu and of passing it on to others, particularly other members of their whānau who may be older or have underlying health issues.

If your child is under 9 years old, talk to your vaccinator about whether they may need 1 or 2 vaccinations (4 weeks apart) depending on if they've had a flu vaccine before.

Pregnant women

If you catch the flu when you're pregnant, there's a high risk you could develop serious complications that can affect you and your baby. Complications include:

- premature birth
- low birthweight
- miscarriage or stillbirth.

You can get a free flu vaccination at any stage of your pregnancy.

Everyone over 65, and Māori and Pacific people over 55

As you get older your immune system isn't as good at protecting you, even if you feel fit and healthy. That's why it's important to boost your protection with a flu jab.

**Anyone over the age of 65 years can opt for a non-funded FLUAD QUAD vaccine. This vaccine has the same amount of antigen as the standard (funded) vaccine but it also contains an adjuvant, or an ingredient added to the vaccine that helps create a stronger immune response. (This vaccine is NOT funded and costs \$50).



People with underlying health conditions

Free flu jabs are free for people aged 6 months and over with any of the following conditions:

- Cerebrovascular disease
- Chronic heart problems, excluding high cholesterol or high blood pressure, if they haven't caused problems with other organs
- Chronic breathing or lung problems, including asthma where regular preventative medicine has been prescribed
- Diabetes
- Chronic kidney disease
- Cancer that's not in remission, excluding skin cancers if not invasive
- Other conditions such as autoimmune disease, immune suppression, immune deficiency, human immunodeficiency virus (HIV), transplant recipients, neuromuscular and central nervous system diseases, cochlear implant, error of metabolism at risk of major metabolic decompensation, pre- or post-splenectomy, Down syndrome, haemoglobinopathies and children on long term aspirin.

People with serious mental health or addiction needs

People with these needs are at a higher risk of catching the flu and of getting very sick.

Anyone with schizophrenia, major depressive disorder, bipolar disorder, schizoaffective disorder or anyone currently accessing secondary or tertiary mental health and addiction services, can get a free flu jab.

If you're not eligible for a free flu jab, and not covered by an employer-funded programme, it costs \$36 from Torbay Medical Centre. Call and book your flu jab today 09 4779000

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Children's Immunity

I was talking to a young mum today about her infant. She was picking up his seventh course of antibiotics (the infant was 11 months old). The mum was concerned about her baby's health understandably. She was probably sleep-deprived too, which makes everything seem worse.

What could be some of the underlying causes of repeated infections in babies and toddlers?

Everyone would agree that 7 courses of antibiotics in the first year of life is a signal that something needs to be corrected. We are so lucky to be able to have antibiotics, but no-one wants to rely on them and they do have side effects. So what could be going on with this toddler?

Even in NZ (the land of plenty) it is not uncommon for young ones to have deficiencies in nutrients that are essential for the immune system such as zinc, vitamin A and vitamin D. Over the years I have had many success stories from parents who have seen their kids enjoying much improved health after they have put their kids on immune-support supplements (even some basic ones).

Zinc is essential for production of important immune cells such as lymphocytes and neutrophils, and as such may help prevent many bacterial and viral infections. It is one of four



minerals deficient in our soils.

Vitamin A deficiency increases susceptibility to viruses and bacterial infections. As an example, supplementing with vitamin A reduces the death rate from measles by 50%. Like zinc, vitamin A improves the function of immune cells such as lymphocytes, neutrophils and macrophages. It also improves the function of cells that produce antibodies.

Vitamin D is critical for all aspects of the immune system including reducing allergies, autoimmune conditions, and infections from bacteria and viruses.

Why would an infant be low in these nutrients?

Food allergy and sensitivity is a possible reason why kids might not absorb nutrients from food. This is because the problem foods damage the gut lining reducing absorption of nutrients from food. Add to that fussy or restricted eaters and you can see it is easy to get behind in terms of nutrient status. This was certainly the picture with one of my kids who was diagnosed with a range of conditions, which in hindsight were all flow on effects from food sensitivities.

If you want to chat about your immune system or the immune system of a loved one, then pop into Unichem Torbay Pharmacy to chat to our team.

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- Find solutions to pain trigger points
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Wind up the trust – or not.

Bob's wife, Nancy, had died two years ago. Bob and Nancy had run a successful interior design company which they had sold twenty years ago. The sale proceeds of the business were invested in a share portfolio which was owned by their family trust. The trust also owned their family home and a bach on the Coromandel where their extended family liked to holiday. Bob didn't go down to the bach as often now that Nancy had died, but still enjoyed going there over the Christmas break with his children, grandchildren and the various friends who always turned up.



Bob was seriously thinking about selling the family home and moving into a retirement village. He was finding that the maintenance on his family home was getting a bit much for him and he liked the idea of being in an easy care villa as part of a village community. He was also wanting to simplify his affairs. He and Nancy had set the trust up when they were in business, and it had done a great job over the years, not only protecting their assets, but also providing tax efficiency. They had used the trust to their advantage, allocating income from the trust to their children while they were at university at their children's lower tax rates to help pay for the university fees. Each year their accountant had helped the trustees decide how best to allocate the trust's income to achieve the best tax outcome.

However, the new IRD disclosure rules coupled with the increasing requirements for trustees to be vigilant with their meetings, resolutions and record keeping, meant that Bob was seriously considering winding up the family trust. Under the new IRD disclosure rules, all trusts that earn over \$200 income per annum have additional disclosure they have

to provide to the IRD with their tax return. This information includes the details of anyone who has settled assets onto a trust and also the details of any beneficiaries who receive a capital distribution from the trust.

Bob went to see his lawyer about winding the trust up. She advised that winding the trust up can be a straight forward exercise, particularly given that Bob's children who were also beneficiaries of the trust were supportive of the winding up of the trust, but she did flag that there could be some potential tax issues in relation to the bach. If the trust was wound up and the bach was put into Bob's name, that would re-set the bright-line period. This would mean that if Bob decided to sell the bach within the next ten years (even though the trust had already owned it for twenty years), then he would have to pay tax on any capital gain from the time of the winding up of the trust to the sale of the property.

His lawyer explained that if Bob had owned the bach first and then transferred it to the trust, then there are "rollover relief" rules which would mean that the transfer of the bach back to Bob on the winding up of the trust would not attract the bright-line rules. But that wasn't the case here. Bob and Nancy's trust had purchased the bach so the rollover relief wouldn't apply. Bob's lawyer said that the rules were very complex and recommended that he get advice from his accountant in any event.

Bob got the advice from his accountant and what his lawyer had said was correct. If the bach was distributed to him and he then sold it within ten years he would be taxed on the gain. As Bob wasn't sure if he would continue to keep the bach for the next ten years, he decided with the help of his lawyer, to distribute the family home and the investment portfolio to himself and retain the trust with just the bach in it. This did simplify things for Bob in many ways, as the trust no longer had to furnish a tax return which cut a lot of compliance and costs for Bob.

Whenever you are dealing with transferring assets in or out of a trust, it is so important to consider the tax consequences. It is also important that your accountant and lawyer work together as a team to get the best result for you and that you take specialty advice where you need to.



TAMMY MCLEOD (BA LLB)
Managing Director, Davenport Law
Trust and asset structuring specialist,
leading the Trust Team.



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Trusts, Assets and *Tax Implications.*

Trusts are invaluable asset protection mechanisms, which allow a person to hold property and assets on behalf of another for the good of the beneficiaries.

However, when you're dealing with transferring assets in or out of a trust, it is important to consider the tax consequences. There needs to be careful planning and structuring, often with your accountant and lawyer working together.

To get specialty advice for your situation contact Tammy McLeod or one of her team.

East Coast Bays Library reopened

This followed a major refurbishment in August 2021. We have seen an increase in membership, locals returning after many years away, and our customers enjoying the space and services. Libraries are not just a building with books and East Coast Bays Library is no different to others around New Zealand. We provide everyone access to information and education regardless of socio-economic status or location.

East Coast Bays Library has many community groups that come together here, services such as Justice of the Peace operate from our premises, one-on-one support with digital devices for seniors, and regular children's programmes are examples of how East Coast Bays Library supports our community.

A recent Local Government New Zealand (LGNZ) report highlighted the importance of libraries contributing to community wellbeing. East Coast Bays Library are continuously looking at ways to support social and wellbeing networking and connections where our community can meet, celebrate and share cultural knowledge.

Do you have an idea for something that you would like to see provided at East Coast Bays Library? Wanting to facilitate a programme or event of your own? We would love to hear from you. Talk to one of our friendly staff members on your next visit.



Book Reviews

Big Bold Beautiful Me

By Jane Yolen and Maddison Stemple-Piatt; illustrated by Chloe Burgett

Body positivity shines through a jaunty rhyming text that help uplift physical features that children may feel self-conscious of. This illustrated picture book to share with children of all ages is a valuable resource for young readers to confidently embrace who they are.

– Reviewd by Eileen, ECB Library staff member.



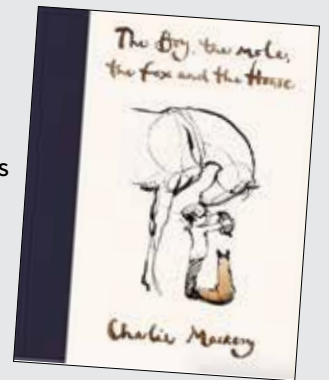
The Boy, the Mole, the Fox and the Horse

By Charlie Mackesy

A reminder of the most important things in life and a book of hope for uncertain times. Expressed through short and sweet conversations between four unlikely friends, the author touches upon themes of kindness, friendship, self-acceptance and life in general with gorgeous illustrations.

Suitable for all ages it's recently been adapted into a short, animated film. The conversations of the boy, the mole, the fox and the horse have been shared thousands of times online.

– Reviewed by Sarah, ECB Library staff member.



“Baby in sync: The emotionally connected baby”

Miranda Thorpe will give a talk on Wednesday 5th April from 1.30 - 2.30 at Browns Bay Library about the benefits of using Elimination Communication (EC). She will take us into the world of traditional child-rearing and will help us to understand and appreciate the dying skill of benign toilet training with very young babies (0 – 4 months is the optimal time to begin). Miranda is an experienced psychotherapist and grandmother who reveals how this simple technique is a valuable parenting skill that unfortunately is rapidly being lost around the world. In New Zealand alone we use over one million disposables every day, they



clog up landfill and take over 500 years to decompose.

For millennia humans have used this traditional method of using observation, timing, sounds, and intuition with the minimal use of cloth or disposable nappies. This 'dance' between the caregiver and the baby results in a stronger bond and attachment that subsequently helps the baby to become more in tune with their own body

and feelings, and crucially to develop empathy. This is an invaluable key to deeper and healthier relationships. Miranda's extensive research led her to write “Baby in sync: The emotionally connected baby” and in her talk she will expand on the physical, financial, emotional, environmental, and psychological facets of this intriguing topic.



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It's recognised as one of the country's finest master-planned communities - home to many residents who covet the unique lifestyle and enjoy contemporary residences all within walking distance from the beach.

Lovers of the outdoors are absolutely spoilt for choice with this pristine natural attraction on their doorstep. Long Bay's safe swimming beach and vast reserves make it one of Auckland's most popular recreational spots. It's enveloped within the picturesque Okura Marine Reserve and glittering Hauraki Gulf, so locals can enjoy coastal walks, fishing, diving, swimming and boating whenever the mood takes.

These premium sections will not last - secure yours and start envisioning your brand-new dream home by the beach.



Quiz Answers

1. In Turkey
2. Laurence Binyan
3. Poppies were the first plant to grow on the fields left devastated by battle in Belgium in the war, & red signified the blood that was shed
4. Fri April 21
5. 350,000,000
6. Apollo 13
7. 1912
8. Robben Island
9. Aries & Taurus
10. Gilbert & Sullivan

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

TORBAY TAI CHI – Tai Chi is gentle exercise to maintain balance, co-ordination and wellbeing. Benefit for all levels of mobility. Join a friendly group of Seniors at the Torbay Senior Citizens' Hall on Tuesdays, 9.30 to 10.30. Come along for a sampler class or phone Jo on 0276738836.

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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.

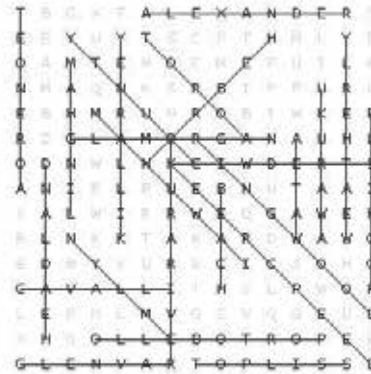
Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

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

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Puzzle Answers



Word Puzzle

are, art, arts, aster, ate, ear, ears, ease, east, eat, eater, eaters, eats, era, eras, erase, ester, rat, rate, rates, rats, reset, reset, rest, sat, sate, sea, sear, seat, seater, see, seer, set, star, stare, steer, tar, tare, tares, tars, tea, teas, tear, tears, tease, teaser, tee, tees, terse, tree, trees, tsar

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

focus

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09 473 3259

editor@focusoncommunity.co.nz

Tides April 2023 (Murrays Bay)

		LOW	HIGH	LOW	HIGH	LOW		
Sat	01		04:29	2.5m	10:50	1.0m	16:51	2.4m 23:09 1.0m
Sun	02		04:24	2.6m	10:43	1.0m	16:49	2.5m 23:03 0.9m
Mon	03		05:13	2.6m	11:31	0.9m	17:41	2.6m 23:50 0.8m
Tue	04		05:58	2.7m	12:15	0.8m	18:27	2.7m -
Wed	05	00:32	0.8m	06:39	2.8m	12:56	0.7m	19:09 2.8m
Thu	06	01:12	0.7m	07:19	2.9m	13:35	0.6m	19:49 2.9m
Fri	07	01:50	0.6m	07:59	2.9m	14:14	0.6m	20:28 2.9m
Sat	08	02:30	0.6m	08:39	3.0m	14:54	0.5m	21:07 3.0m
Sun	09	03:10	0.5m	09:20	3.0m	15:34	0.5m	21:48 3.0m
Mon	10	03:53	0.6m	10:03	3.0m	16:16	0.5m	22:32 3.0m
Tue	11	04:39	0.6m	10:49	2.9m	17:01	0.5m	23:19 2.9m
Wed	12	05:30	0.7m	11:38	2.9m	17:50	0.6m	
Thu	13		00:12	2.9m	06:26	0.7m	12:32	2.8m 18:45 0.7m
Fri	14		01:11	2.8m	07:28	0.8m	13:31	2.7m 19:48 0.7m
Sat	15		02:16	2.8m	08:32	0.8m	14:35	2.7m 20:57 0.7m
Sun	16		03:21	2.9m	09:36	0.7m	15:43	2.7m 22:05 0.7m
Mon	17		04:22	2.9m	10:37	0.6m	16:49	2.8m 23:07 0.6m
Tue	18		05:20	3.0m	11:35	0.5m	17:49	3.0m -
Wed	19	00:03	0.5m	06:14	3.1m	12:28	0.4m	18:44 3.1m
Thu	20	00:54	0.4m	07:05	3.2m	13:19	0.3m	19:34 3.1m
Fri	21	01:42	0.4m	07:54	3.2m	14:07	0.3m	20:21 3.2m
Sat	22	02:29	0.4m	08:42	3.1m	14:52	0.3m	21:06 3.2m
Sun	23	03:14	0.5m	09:28	3.0m	15:36	0.4m	21:50 3.1m
Mon	24	03:59	0.6m	10:13	2.9m	16:19	0.5m	22:33 3.0m
Tue	25	04:45	0.7m	10:58	2.8m	17:01	0.6m	23:17 2.9m
Wed	26	05:33	0.8m	11:42	2.7m	17:45	0.7m	
Thu	27		00:04	2.7m	06:23	0.9m	12:29	2.6m 18:33 0.9m
Fri	28		00:54	2.6m	07:17	1.0m	13:18	2.5m 19:26 0.9m
Sat	29		01:48	2.6m	08:12	1.0m	14:12	2.5m 20:26 1.0m
Sun	30		02:44	2.6m	09:07	1.0m	15:10	2.4m 21:26 1.0m

Times adjusted for Daylight Saving.

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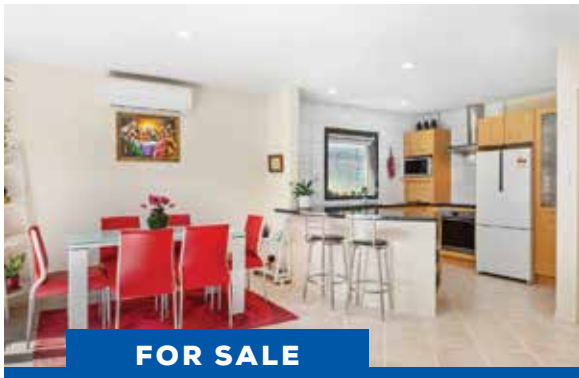
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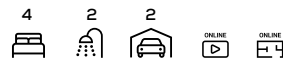


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TORBAY

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