

focus

Issue 15
May 2023

on community

Long Bay, Okura & Torbay

Let's twist again

A concert in aid of breast cancer
See page 3 for more details



At The Risk of Repeating Myself!

Over the last month or so I have noticed a steady stream of people who must have missed my advice on several areas of health. And consequently, they are missing some great health gains. So at the risk of repeating myself I thought I would repeat myself here.

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I discovered this about 6 months ago and changed my joint health combo product to a glucosamine-only product. I am now back running regularly without any knee pain (you may even see me at the Auckland Marathon at the end of the year – fingers crossed).

Prescription Medicine-Induced Nutrient Imbalances

Taking an antibiotic? Probiotics can help reduce bowel imbalances, immune system disruption and support mental health. It amazes me that some people still don't know this.

Taking cholesterol medicine? CoQ10 and vitamin K2 will reduce the likelihood of fatigue and muscle pains. And no, getting old is not the reason you are tired and achy. It could be a medicine side effect.

Taking heartburn or reflux medicine? Magnesium and Nitric Oxide supplements can help reduce the increased risk of heart attack and stroke that comes from long term use of acid-lowering drugs. These are serious side effects that people should be aware of. Magnesium deficiency caused by medicines like omeprazole and pantoprazole can lead to problems with sleep, mood, fatigue, cramps, and muscle pains.

So next time you are topping up your prescription medicine or supplements, ask to chat to me to make sure you are on the right track. Maybe a little tweak can make huge improvements in your well-being and longevity.



Martin Harris

Let's twist again

This May enjoy the Twist in concert, fundraising for the Breast Cancer foundation, performing hits from the 1960's, 70's & 80's from artists such as the Beatles, the Rolling Stones, David Bowie, Meatloaf, Phil Collins, the Doors and more.

The Twist are a band of 9 passionate musicians who freely give up their time to come together to rehearse and then create amazing concerts to fundraise for worthy causes. These shows are carefully planned and orchestrated to be a real sound and visual extravaganza, with amazing lighting and projections. The lead singer, Tor, has been performing for many years and his vocals lend themselves to the songs chosen, for a real treat for the audience.

The charity the Twist have chosen to benefit from this year's concerts is the Breast Cancer Foundation, as most of us know someone who has been affected by this awful disease. Your support will help fund breast health and early detection programmes; help our hospitals get access to the latest technologies and equipment and train our doctors and nurses to use them; fund ongoing research and fellowships and support breast cancer patients and their families.



Torbay Community Hall
35 Watea Rd

Tickets \$25 to \$30

THE TWIST

Live in Concert
Performing 1960s, 70s & 80s Hits

Bookings / Info - thetwist.co.nz

Fri 19th May
Sat 20th May
Sun 21st May

Fri 26th May
Sat 27th May
Sun 28th May

BRIBID COMMUNITY SUPPORTER

So, put on your dancing shoes, sing along or just sit back and enjoy the music. Book your tickets now at www.thetwist.co.nz for a fantastic evening out at the Torbay Community Hall, North Shore; tickets \$25-\$30, with a choice of 6 performance dates between 19th & 28th May 2023, bar refreshments available. See you there!

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Content of this magazine.

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

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

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Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

editor's letter

During this month we celebrate Mother's Day. The one thing that always strikes me is the frantic rush the day before, and on the day, to get cards and chocolates and flowers.

Mother are special, without them we wouldn't be here! Some of us will remember Mothers this time, who are no longer with us. When a Mother dies, it leaves a big gap when you realise how, for you, she had always been there, and now isn't.

I run a few community groups where I meet with older people, and I always find it sad when they say they don't see a lot of their children because their lives are so busy.

We do lead busy lives, there is no doubt about that. Both parents working and trying to raise children and keep a household on an even keel, with clean laundry and meals on the table.

But really, how hard is it to ring and speak for 5 minutes once a week, just to let her know you care about her

and are thinking of her.

We need to remember, in our frantic lives, that will be us in a generation, and do we want to be "forgotten"? Unless our children see we care about our parents, how will they learn to care about us?

On page 6 we have a report of the public meeting on the lack of bus services at present. I also saw reported in the Herald that the Torbay buses are the most frequently cancelled services.

It makes life really difficult for young people to get to school and adults to get to work, and makes journey planning a nightmare.

With Council trying to get everyone out of their cars, surely this is totally unrealistic unless they get the public transport sorted? We need life to get easier, not harder.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Matariki Family Camp

As we look ahead to what the cooler seasons mean for MERC this year, we want to acknowledge the awesome support we have had from Hibiscus and Bays Local Board and organisations such as Heart of the Bay (East Coast Bays Community Project). With their financial and operational support, we have been able to provide opportunities for the community to come together.

For the last couple of years in particular, we have been lucky to have them both be key delivery partners for Matariki family camp. They have not only helped cover MERC costs but also supplied and cooked food for the families who spent Matariki with us.



Unfortunately, city wide Council budget restrictions may reduce Local Board and Heart of the Bays ability to support community events to the level they previously have been able to.

For us at MERC this is going to mean we continue to rethink how we afford to deliver safe, fun, high quality events in our community. An exciting challenge and an opportunity to work with other like-minded organisations and people with a heart for our community. If you and/or your business are these people, we'd love to hear from you.

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

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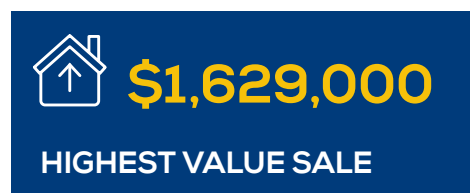
Considering selling? I have specialised in Real Estate in the Torbay/Waiake area for over 25 years. My in depth knowledge and expertise in all markets gives you the winning advantage. I am here to help you get SOLD.

Wendy's update

March showed a modest but positive improvement in sales – sales reaching their highest number across Auckland in 10 months. Buyers are looking with renewed confidence. Based on the medium and average price figures, there is a greater reason to believe from a price perspective the market has plateaued rather than is continuing to fall. If you are wanting a current market report and advice on your next move, I welcome your call,

Kind regards, Wendy

Torbay/Waiake *March 2023*



1086 Beach Road, Torbay



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"Very efficient and extremely professional in all of her dealings and recommend her highly in navigating the entire sale and purchase process",

Tony

A note from

ERICA STANFORD

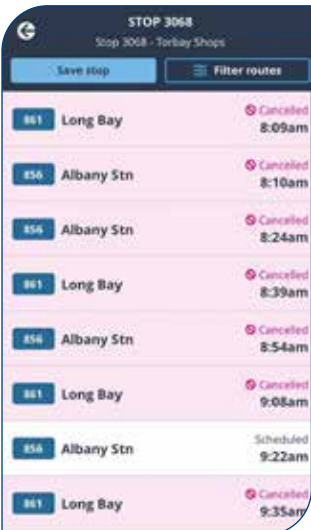
MP for East Coast Bays

Where's my bus? PUBLIC MEETING



The public and school bus systems are failing us. Every day buses are canceled leaving people stranded. Kids are being left behind when trying to get to school and people are having to Uber to work.

I held a public meeting to give people the opportunity to share their stories and experiences. AT were invited, and I'm grateful they attended to hear first-hand what people are going through.



I've been inundated with messages from upset commuters and parents about the problems with school and public buses:

- !! Daily public bus cancellations
- !! Overloaded school buses
- !! School kids being left at bus stops
- !! Kids late for school
- !! Parents having to drive kids to school

It was overwhelming to see over 120 people attend, with many watching on the live stream. It was clear that a lot of people were very upset by the situation.

I want to thank all those that shared their stories, especially the school kids - it was really brave to stand up in front of the crowd and tell AT your experience!

In AT's response, they simply said it won't likely be resolved until September due to the delay in getting more drivers from overseas.

I was hoping for more information or ways they are looking at resolving the issues in the short-term. I will continue to keep an open dialogue with AT. I want to see them prioritise school kids trying to get to school, and schedule more buses during peak times.

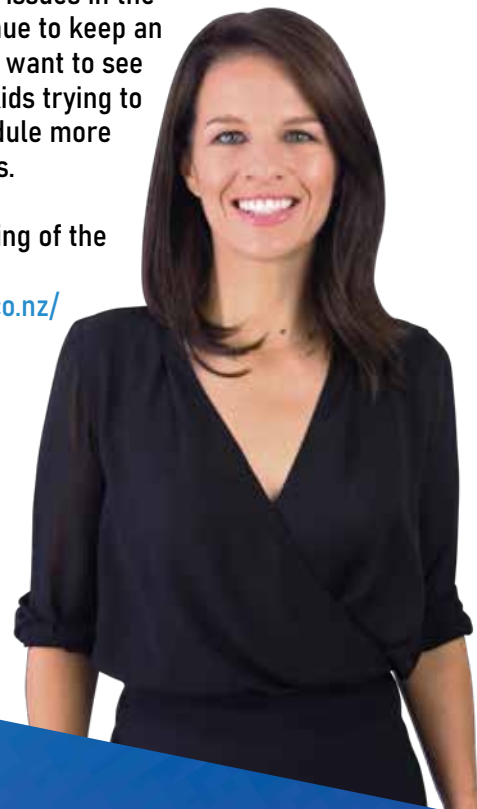
Through communications with Auckland Transport (AT) I was told the main issues is due to the lack of drivers, either through illness or recruitment. While I appreciate this is a real issue, I have two main concerns:

- **Consecutive bus services are cancelled at the last minute.** Last year AT said that they do all they can to avoid cancelling two or more services in a row. However, we have seen this happen consistently.
- **Buses are full** that they either don't stop at all, or if they do stop, school children are often still left stranded because they are not keen to push their way onboard.

You can watch a recording of the meeting on my website: www.EricaStanfordMP.co.nz/interviews

Take care,

Erica



✉ office@ecbelectorate.co.nz

☎ (09) 478 0207

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📍 1/8 Beach Front Lane, Browns Bay



Torbay Historical Society inc.

In 1995 Pat Bruce gave us some of her memories of Torbay / Long Bay. She remembered delivering 'Meals on Wheels' in Torbay in the early 1950's. She had to collect the meals from the Maternity Hospital in Castor Bay. You couldn't get out of Glamorgan Drive at the Deep Creek Road end so had to turn the last road on the left to get to Torbay. The roads were unsealed – only tracks, and Pat remembered getting stuck in the mud trying to turn around on one of the streets off Watea Road.

While living in Mairangi Bay, she recalled walking around to Long Bay to visit the campers there and to watch the films at the outdoor cinema. On the way back up the hill they often used to stop for an ice-cream at the shop at the corner of County and Beach Roads.

The photo shows the shop as it was in 1992. The house at the left is where Four Square is now. The other photo shows the signs that had been at the shop.



At the Vaughan Homestead we have photos of the campers at Long Bay.

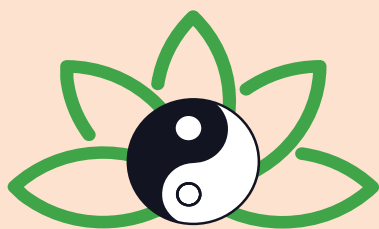
We have a good selection of photos, artefacts and articles of Torbay / Long Bay history. We would welcome groups from schools as they plan the new history syllabus.



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 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.

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



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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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You are invited to join us for a Princess Cruise event to learn about all things Princess, with a focus on their 2024/2025 cruise launch. North Shore location, with more details to be advised closer to this date, Thursday 22 June from 5.30pm.

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Celebrate Mum while Supporting Breast Cancer Cure this Mother's Day!

Mother's Day is just around the corner - Sunday May 14th - and as always, it gives us the chance to show Mum just how much she means to us! This year, we're also given the chance to support a cause that affects many families - while also making Mum feel extra special!



A FUNDRAISER WITH A FREE TREAT FOR MUM!

After breakfast in bed, when the family is ready to enjoy the day - perhaps meeting up with Nana or other mother figures - many Torbay families will be continuing the celebrations down at Waiake Beach this year.

Local residents and Real Estate Agents Ian and Diane Dodds will be once again sponsoring the Harcourts Cooper & Co Coffee and Cone Van in order to raise funds for Breast Cancer Cure on Mother's Day. It was a great hit last year!

Breast cancer is the most common cancer for Kiwi women and the third most common cancer overall - it's a cause that Ian and Diane say is close to their hearts.

This Mother's Day, bring the family down to Waiake Beach 10am - 12pm so that Mum can enjoy a FREE COFFEE or ICE CREAM and then show your support for Breast Cancer Cure by purchasing coffees, hot chocolates and ice creams for the rest of the family - with proceeds going direct to the charity.

Remind Mum to enter the draws for some Mumm Champagne and a basket of goodies while she is there!

Ian & Diane have been successful Real Estate Agents in Torbay for 30 years and have held various events over the years to support our local community, so bring the family down and show Mum - and Breast Cancer Cure - some love this Mother's Day!



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News from East Coast Bays Library

East Coast Bays Library run two book groups for adults that meet once a month. Sunday Book Chat meets on the first Sunday of the month from 2pm to 3.30pm and Wednesday Book Chat meets on the first Wednesday of the month from 10am to 11.30am. Both Book Chat groups have no set book to read. Participants can come along and discuss anything they have been reading and an ECB Library staff member takes

notes to combine reviews into a newsletter. ECB Library staff member Jo who facilitates the Wednesday Book Chat, says that “we have voracious readers as part of the group who welcome being able to discuss what they are reading.” If you are looking for a book group to join, come to the next Book Chat meeting at East Coast Bays Library, 8 Bute Rd, Browns Bay.

Book Reviews

Dusty the Digger: Nee-Naw and Friends

By Deano Yipadee with illustrations by Bruce Potter

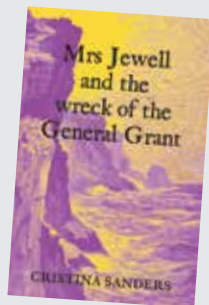
Do you love Nee Naw the Fire Engine, Stink-o-saurus and Ellie Copter? Its time to meet a new character - Dusty the Digger! Amazing Deano Yipadee aka Dean O'Brien has done it again with another fantastic sing-along book, this time featuring a perennial favourite with kids – a digger. When goats Plinky and Plonky snatch buckets of jelly powder and fall into a swimming pool, they become stuck in jiggly, wobbly jelly. Can Nee Naw's ladder or Grandma's spoon help them escape, or will Dusty the Digger save the day? Request it now and get ready to read/sing it over and over with loads of laughter – Reviewed by Emily, ECB Library staff member.



Mrs Jewell and the Wreck of The General Grant

By Cristina Sanders

Mrs Mary Jewell is the narrator. It is 1866 and the sailing ship The General Grant is leaving Melbourne with passengers returning home to the UK after successful work on the goldfields of Australia. As well as iron-bound boxes full



of bullion in the hold, untold amounts of gold nuggets are stitched into hems and seams and pockets – the passengers guarantee for prosperity in the future.

The route was sailing eastwards, past the south of New Zealand, across to Cape Horn and up the Atlantic to England, but horrendous stormy weather blew them towards the Auckland Islands, almost 500km south of New Zealand. Just massive rocky cliffs, totally inhospitable, and uninhabited apart from a prolific array of sea birds and sea mammals.

In a horrific disaster, the ship struck the towering cliffs that reared out of the sea at night, and was sucked into a cave, then smashed on to the rocks, and as it broke up it sank. All were drowned apart from fourteen men and one woman, Mrs Jewell. These fifteen souls struggled on to the island where they lived as castaways for eighteen months.

The story of their survival is drama indeed. It was extremely cold, and they had nothing, absolutely nothing. How they survived for so long is a miracle. Cristina Sanders has based her story on historical fact, but she has imagined just what it would have been like, she has portrayed the fifteen names on the official list of survivors both as individual characters and as an interacting group, whose incredible ingenuity and tenacity and cooperation kept them successfully alive for so long.

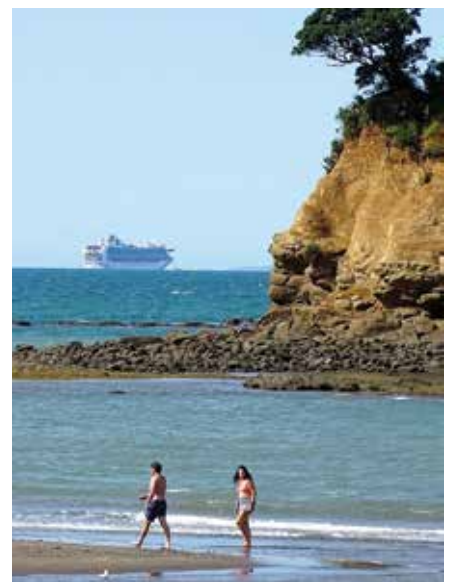
Despite numerous searches along that wild coast for over 150 years, the ship and her gold have to this day never been found – Reviewed by Barbara, Wednesday Book Chat member.

Easter sunshine at Waiake

There was some bright weather over the Easter holidays and locals made the most of it at the beach. The water temperature was still warm enough to encourage some to dip their toes in.

Chris and Casey, from Browns Bay, preferred to laze on the driftwood and enjoy and ice cream.

Photos by Bill Ellis



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at Long Bay



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Pork, Parsnip and Apple Hash

This is one of my favourite recipes, it is quick, easy and simply delicious!

Serves 4

Ingredients

- 2 cups water
- 4 tablespoons apple cider
- 2 tablespoon maple syrup
- 4 tablespoons olive oil
- 4 brown onions chopped
- 4 cloves garlic, chopped
- 4 cups diced parsnips.
- 4 cups diced apples.
- 400 grams pork mince.
- 4 tablespoons chopped fresh sage
- 4 tablespoons chopped fresh parsley
- Salt and pepper

Method

In a large frying pan heat ½ oil and saute onions and garlic for 5 minutes, add the parsnip and saute for another 5 minutes. Add the apple and cook for a further 5 minutes.

Set these ingredients to one side.

Using rest of the oil add the pork mince and fry for 5 minutes, until brown and cooked.



Return the other cooked ingredients back to the pan with the water and heat through for 5 minutes.

Add the cider and the maple syrup, the sage and the parsley and cook for a further 5 minutes.

Serve immediately.

Monthly Quiz

Answers Page 30
info@brownsbayrotary.co.nz



This month is a different type of quiz. The clue is there, it is visual.

1. COMPHDMONS
2. 9ALL5
3. comfort
 close comfort
 close comfort
 comfort
4. DOCSYLVESTERMARTENS
5. NO NO
 CORRECT
6. SURBMWANCE
7. DEA
8. WAETHER
9. ↑↑↑↑
 QOOOE2
10. GRA 12" VE
11. MAIL MALE
12. POLMUMICE

A tribute to Torbay Garden Club Congratulations on your Platinum Jubilee

Hauraki Floral Art Club salutes Torbay Garden Club with this platinum design. It's a great achievement to have reached seventy years as a community group, with a membership that continues to grow. The association between both clubs stretches back fifty years to the beginnings of Hauraki Floral Art Club. It has been a privilege for our members, past and present, to have been visiting speakers and demonstrators at the Garden Club's monthly meetings. Our members have been judges at the annual spring show, and have welcomed the Garden Club to our floral and fashion shows. Congratulations to all your members. We salute the work of your current and past committees and all your enthusiastic exhibitors. May you and your gardens continue to thrive.



This design was created by long-term Hauraki designer, national accredited judge and Torbay resident, Pauleen Burfoot-Postins. The picture is by our club photographer designer, Suzanne Bell.

Torbay Garden Club



Flower of the month for the April meeting of Torbay Garden Club was the lovely Vireya shrub, with the best bloom winning high praise from our Judge, Graham Milne. A variety of other specimens showed how colourful autumn can be in the home garden. A leafy hand of plump red guava won the fruit section with home-grown bananas as runner-up, examples of the sub-tropical nature of the Torbay - Long Bay climate. Our guest demonstrator was Ann Rose, whose professional expertise in floristry showed members what can be done to create pretty posies from whatever flowers and foliage are in the garden.



As part of the Club's Platinum Jubilee celebration, we held a very successful street stall of plants and produce on Easter Saturday. Our President and members extend a grateful thanks to Martin Harris of Torbay Pharmacy for the outdoor space.

At a time when home gardens have never been so important it is great to be welcoming new members. We meet on the first Wednesday of each month in the Torbay Community Hall between 12.30 and 2.45. There are always bargains to be had from our monthly trading table and an interesting speaker to pass on tips and ideas.



President/Secretary: Hilary Collins Phone: 478 1601

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Think And Be Me

Mid-April saw thirteen intrepid Rotarians from Browns Bay travel to Kerikeri, Kaeo and Opuā to assist with the delivery of the Te Tai Tokerau Tamaki Mental Health and Wellbeing Project. This programme was founded by Cat Levine and funded through a grant from Rotary International and aims to tackle the rise in children's mental illness by providing an Emotional Regulation programme, called 'Think and Be Me' to 60 schools across Te Tai Tokerau (Northland, NZ) during 2023-2024.

There are in-school sessions with the children, helping them understand their feelings, a comprehensive Professional Development programme for teachers and video content for home and school to reinforce the messages.



Using a strengths-based approach, students are equipped with the knowledge, understanding, skills and attitudes to manage their emotions in healthy ways, and develop resilience and coping skills.

A key part of the project are the 'Whanau Haoura Fun Days' where the children participate in a series of tabloid games, led by the teachers with the support of Rotarians who assist in running the games.

Rotarians work locally and internationally to improve people's lives while enjoying the friendship of like-minded people. Rotary Browns Bay meets on the first and third Tuesdays of the month at the Bays Club for breakfast and we welcome visitors. Contact Paul Mees 021 025 70993 if you would like to join us.



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AUTUMN

IS BETTER WITH Thérèse & Partners

So any Pink Floyd fans out there? Well even if you aren't you probably haven't missed the media coverage that their iconic album, *Dark Side of the Moon* is now 50.

Released on 1st March 1973 Therese was still at school, and Jiang and Scott not yet born! Some interesting facts from the archives for you from back in 1973:

- **Properties for sale in Auckland** were largely priced in a range between the early \$20,000s and the early \$50,000s.
- An **average income** at the time was about \$125 a week.
- A **one-bedroom house** in Hillsborough was advertised for \$17,000.
- A **Castor Bay mansion with a swimming pool and views** was advertised for \$140,000.
- All of the **properties listed for sale featured prices** but most were not listed with street addresses.

How things have changed!.. So unfortunately we can't bring you 1973 prices for our listings below but we can bring you solid and timeless classics.



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1st Saturday of the Month 12pm to 4pm
Albany Community Hub 575 Albany Highway, Albany
[@communitymarketalbany](#)

IT'S ALWAYS DUCK SEASON *worth*

Bren Duckworth
021 046 4496

North Shore Top Performer



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Leaving a written legacy for future generations

The Browns Bay Writing Group is a subsidiary of a women's group called Our Women's Network (OWN). OWN was formed 30 years ago.

It is a network that connects women through a variety of activities and events to enhance feelings of belonging and well-being, one of these being the Writing Group.

Our Writing Group meets on the second Saturday of each month at the Community Centre in Browns Bay. It is known as Writing for Future Generations. Our stories, which are about events and incidents in our lives, leave a record for our families and descendants.

The aim is to write a story no longer than an A4 typed page (or two handwritten pages) before the meeting. Each person has the opportunity to read their story to the group in a



safe and non-judgemental way. The story should be interesting to all who will hear or read it. There is much fun and hilarity when some of the stories containing humour are read.

OWN has a quarterly magazine "News and Views", which contains several of these stories. The Writing Group has had two books of our stories published. There is also an e-book.

To get an idea of the type of stories we write, check out our website at own.org.nz.

If you are interested in coming along to the Writing Group, please contact Judy or Patricia.

Judy Brocherie 021-0239-4270

Patricia Russell 021-064-9522

Torbay Theatre

THIS WEEK!! ON STAGE NOW!!

Here's a How-De-Do : 27 April – 7 May

Gilbert & Sullivan's Best Bits, served up with wit, style and comic chaos, in Lord Frederick Ffincham-Ffarquhar's Grand Drawing Room c. 1880, by a cast of professional singers and excellent comic actors.

Last few tickets available on our website (see below), or try for door sales.

* Jacqué Mandeno's *Love Drama* speech & drama classes, also operating out of our premises:

Every term we stage two Love Drama showcases – a performance for children 5 – 12, and later in the evening, a performance from our teenagers. We love to see the development in all our young performers, whatever their age. Every child grows in skills, confidence, and that all-important

team spirit. Many continue their love of theatre by getting involved in the Torbay Theatre productions.

This term the junior and intermediate students brought some delightful classics to life, from The Lion in the Meadow to The Bremen Musicians to The Mad Hatter's Tea Party. Then it was the turn of our Seniors – and don't they love to make us laugh! A Romeo & Juliet/ Twilight



Left: The Lord High Executioner's "Little List" (Graham Mandeno).
Right: One Little Maid from School – (Jessica Wells).



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

See information phone 073 1454

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

mashup, a Red Riding Hood spoof, and a commedia dell'arte romp (it's where we get slapstick from!) If you are interested in your child joining the fun, contact Jacqué to organise a trial class next term.

jacque@mandeno.com or 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.

35 Watea Rd, Torbay

Song For Our Mothers

Saturday 13 May - 7.30 pm – North Harbour Lounge
North Harbour Stadium Albany
Special guests – The Madeleines

Our annual celebration of Mothers will incorporate the highly acclaimed singing trio The Madeleines who are a vintage harmony trio that sing jazz and swing from the 1920s to the 1950 through to tunes from today. Shannon Evison, Hannah Kee and Jess Rogers have all sung internationally in many musicals and are excited to be performing together on home soil.

We also present the current D grade champion band of New Zealand and the recently promoted North Shore Brass Academy Band (Andrew Leech) who will open the show with some toe tapping music dedicated to our mothers and grandmothers.



Then we welcome Auckland's champion band North Shore Brass (Harmen Vanhoorne) who will take you on a musical journey from serious to swing.

The Madeleines will swing and sing throughout the evening to your delight. Don't miss out bookings highly recommended.

Audience is seated cabaret style with bar and food service available.

Songs For Our Mothers – Saturday 13 May 7.30 pm at North Harbour Lounge, North Harbour Stadium

Tables \$250, adults \$35, seniors and student \$30

Bookings: Eventfinda.co.nz

**Or John Sullivan Ph 021 736 832
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Seeing red

Whether you are just moving into a new home or wanting to spruce your home up ready to sell why not make a few bold changes?

If you want to make a dramatic statement in your home nothing says "daring" more than red.



Red can be used in any part of the home, from the front door to painting all the lounge walls.

Red can be the dominant theme or used as touches for effect.



In the bathroom it can be used as the splash back or the cupboard fronts. You can use red for the towels and an ornament if you just want a small splash in a small space)

In a lounge it can be used to make a statement by using red for the drapes and the rug or you can go bold and cover all the walls.



And in the kitchen the unit fronts in red make a bold statement about who uses this kitchen!



If you cannot afford to replace cabinetry then buy red utensils and tea towels to create the "pop"

Carole McMinn



Paul Adams
021 966 266
padams@barfoot.co.nz

Local like you

Okura has been my home for the past four decades. It's funny looking back and thinking a bare 10 acre block covered in gorse would set me back \$42,000. I had to sell my brand new home to scrape together the funds so the banks would lend. I love the elevated outlook over the rolling green hills to the Okura Estuary. I enjoy my morning walk down to the ever-expanding development in Long Bay to pick up my morning coffee at Little Local. **For local knowledge and in depth property expertise call Paul for a chat and he'll shout you a coffee at his local.**

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Long Bay 09 473 0712

The Challenge of Dyslexia

Dyslexia is a learning challenge that causes difficulties with reading, writing and spelling. There can be trouble identifying speech sounds and connecting them to letters. No two individuals with dyslexia are alike. Someone with mild dyslexia may just need to work harder while severe dyslexics may find reading and spelling near impossible.

Dyslexia is not a disability, rather it's a different way of processing language in the brain. It runs in families and has a genetic link.

Dyslexia is not a problem with intelligence and, in fact, comes with many positives, such as enhanced creativity, the ability to see the big picture, and a talent for bringing together material from different subject areas, thus, facilitating great problem solving.

Experts believe that about 10% of the population is dyslexic. This includes many extraordinary people: Albert Einstein, Leonardo da Vinci, Agatha Christie, Pablo Picasso, Steve Jobs, Stephen Hawking, Jamie Oliver, Richard Branson, and Walt Disney.

Unfortunately, dyslexia can be a frustrating condition. Students can lose confidence and give up on learning. They may wrongly believe that they are 'stupid'.

This is where the team at Extraordinary Kids comes in. We understand how to help students who learn differently. All our students are on individualised learning programmes.



They are able to practise, and repeat, material in an educational setting where they are not judged by peers and are able to learn at their own pace.

Where possible, we incorporate some physical movement into learning to help reinforce neural pathways. We use a 32 level phonics programme which starts at a non-readers level and takes students through High School.

Our instruction is not just for dyslexics but for any student who wants a quiet place with lots of teacher support where they can enhance their learning.

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

Long Bay Community Clean-Up

Over time the streets, rain gardens and surroundings in Long Bay accumulate rubbish. It is not necessarily the fault of careless discarding of rubbish, as in high winds bins blow over and their contents are strewn across the landscape.

A community initiative by the Long Bay Residents Association aimed to clear up these public areas. We live in a beautiful area and need to keep it beautiful.

Ming and her family were delighted to help with the organisation of this and were joined by other families for a one-hour clean-up session one Saturday morning last month. It also provided a lovely opportunity for the neighbours to catch up for a chat and a coffee once they had finished.

A great way of building community when people come together with a common purpose.

It is such a good idea that the Residents Association would like to make this a regular occurrence- so keep an eye on their Facebook page for details if you'd like to help next time.

Thank you Long Bay Resident's Association - Long Bay... what a great place to live!



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Quizzes

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NZ BANKNOTE IMAGES

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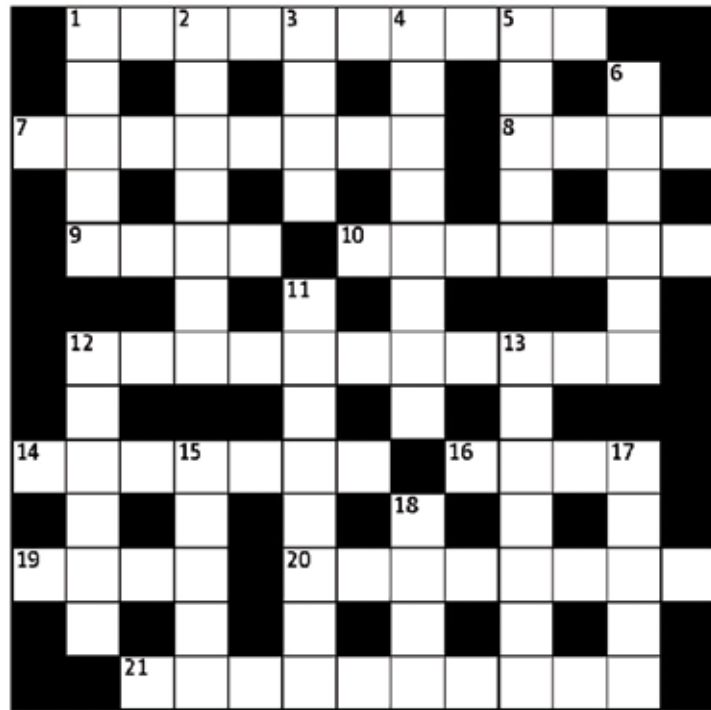
WORD PUZZLE

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

TORBAY

20 good, 25 very good, 30+ excellent

CROSSWORD



Across

- 1 Nevertheless (3,3,4)
- 7 Computer programs (8)
- 8 Certain (4)
- 9 Squirrel's nest (4)
- 10 Cut apart (7)
- 12 Naughty (11)
- 14 Impossible to persuade (7)
- 16 Hairless (4)
- 19 Daybreak (4)
- 20 Fleet of small warships (8)
- 21 Deadly nightshade (10)

Down

- 1 Keep away from (5)
- 2 Correspondence (7)
- 3 School principal (4)
- 4 Sample (8)
- 5 Jewish prophet and lawgiver
- 6 Spring flower (6)
- 11 Appreciative (8)
- 12 Noon (6)
- 13 Formal speech (7)
- 15 Church minister's residence (5)
- 17 Greek letter (5)
- 18 Detain (4)

SUDOKU

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

Preparing your property for sale

To obtain the best price for your biggest asset it is worth taking a good look at the presentation. Ask a friend to help you look at your home through a neutral set of eyes. What seems cosy and homely to you may look a cluttered mess to another eye.

Go through each room and make a snag list.

- Note down all those little jobs that you never quite managed to get around to.
- Decide to tackle at least one every day to complete the list.
- Are all lightbulbs working?
- Touch up paint pots are great to remove scuffs and scratches.
- Do the carpets need a shampoo?



Rooms look bigger when not crammed with furniture.

- It may be worth taking a storage unit to store unneeded furniture.
- At the same time declutter and put these boxes into storage too. While your things may be precious to you, they just look like clutter to other people.

Kerb appeal.

- This is so important as many prospective buyers will drive by a place first before deciding whether to view. That all important first view is the decider.
- Plants in pots around the front door look welcoming and a clean and tidy driveway to front entrance draws people in.

Garden.

- Make sure there are no overgrown trees stealing daylight from your rooms.
- Ensure grass is cut and beds weeded.
- Invest in some potted colour plants to just give splashes of interest.
- Pressure wash decks and make sure the windows are sparkling clean.



When a house is well presented it looks like it has been well cared for and gives prospective buyers confidence.



Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Local like you

Moving to Torbay in the 1980's. I never imagined I'd still be here decades later. Watching my children and grandchildren grow up in this safe community fills me with immense gratitude.

The close-knit community, and the pleasures of walks on the beach, fish'n'chips at Waiake beach and walks through the reserves are all part of this community that gives us a lifestyle.

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CERVICAL SCREENING

Almost all cervical cancer is caused by human papillomavirus (HPV). The virus is spread by sexual activity. Eighty percent of people who have been sexually active will have an HPV infection at some point in their lives. There are many types of HPV. Most HPV infections will clear up by themselves. Only a few types of HPV will lead to abnormal, precancerous cells that could progress to cancer.

Cervical cancer usually takes many years to develop. Any abnormal cells can be found and treated to stop them from becoming cancer. Having regular cervical screening every three years is the best way of finding and treating abnormal cell changes and preventing cervical cancer from developing.

Who should have cervical screening?

All women aged 25 until they turn 70 who have ever been sexually active should have regular cervical screening. Women who have had a hysterectomy (removal of the uterus) need to check with their health provider whether they still need to be screened.



Where do you go for cervical screening?

- Your doctor or practice nurse
- Family Planning clinics
- Community health centres, eg, Māori health centres, Pacific health centres, or women's health centres.

Most women are charged a fee for the test. Some Māori or Pacific providers or community or primary health organisations offer a free or low cost service.

How often do women need cervical screening?

Women are advised to have cervical screening every three years. Research shows very little extra benefit from having more frequent tests. If this is your first cervical screening test, or if you have not had a test for over five years, you will be advised to have a second test in a year's time. In some circumstances, you may be advised to have a test more often, eg, after an abnormal result.

More information:

Contact:

- Your doctor or practice nurse
- The National Cervical Screening Programme, freephone 0800 729 729

Cervical Screening Programme

- ✓ Women 25 to 69 can opt for cervical screening
- ✓ A pap smear test is quick & results are fast
- ✓ Detect the early signs of cervical cancer

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

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

The Menopause!

Excuse the exclamation mark after "The Menopause!" but it seems to be a very big issue to an important section of our population. The menopause commonly affects women in their early 50s (but can be earlier or later), causing a variety of symptoms that rob women of some of the joy of life. Symptoms like brain fog also rob society of the full benefits these wise matriarchs could be providing.

My approach to a smooth menopause involves a stepwise approach. First I like to suggest optimizing diet and lifestyle to reduce any underlying inflammation and stress on the body. The next step is to use some supplements to assist with specific disruptive symptoms. For example, sage can help immensely with hot flashes. Magnesium can help generally with tension that may disrupt mood or sleep. There are many products on the market now that contain a variety of nutrients to support a range of symptoms that are common during menopause. For example, Harmony or Clinicians Menopause balance can be a nice place to start.

The liver is important in hormone balance. So, some liver support would make sense. I wrote specifically about liver a few months ago.

If these steps don't give sufficient relief, then it is time to



look to support estrogen levels. This is because most menopausal symptoms are related to the decline of natural estrogen levels. Black cohosh is a herb that can support estrogen levels.

If you have exhausted all these steps, then the next step is to ask your doctor to prescribe hormone replacement therapy. Your doctor will discuss all the benefits and risks. For most women the benefits far outweigh the risks. But to minimize the risks, estrogen should be bio-identical and taken through the skin. Estrogen patches are a great way to do this. Estrogen should be supported with natural progesterone. We now have a great fully funded natural progesterone capsule that your doctor can prescribe called Utrogestan. Getting the balance of the dosage right takes a bit of trial and error for some women but the benefits are usually felt straight away.

Getting our wise women back to feeling their best will have huge benefits for all of us (even a mere male like me!). In recent years we have seen a world-wide shortage in the availability of hormone-replacement therapy. But bear with us as we do our best to keep our supplies flowing.

If you want to have a chat about natural hormone support for the menopause, then call in and chat to our health coaches at Torbay Unichem Pharmacy.

PERSONAL TRAINING

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Tax Considerations When Gifting, Loaning or Owning.

George and his partner, Sam wanted to buy a house. As it was their first home, they could use their KiwiSaver and they had each saved enough to have a reasonable deposit, especially now that prices had come down a bit. George's parents always said that they would help him out when he was looking to buy his first home in the same way they had helped his older sister, Eve, a few years' previously.



George knew his parents had a trust and that the help to Eve had come via the trust. His parents' lawyer was a trustee together with both his parents. George knew his parents owned their home and business through the trust and that the business had been doing well over the past few years. He also knew that he was able to ask for more exact financial information under the new Trusts Act. But he also respected his parents and didn't like to ask too many questions – even though Sam thought he should be asking more questions.

George's parents said they had talked to their co-trustee and the trust was prepared to invest in the property with George and Sam. They said that their co-trustee had recommended against making a gift directly to George as they wanted to ensure that any funds would ultimately be for the benefit of George only, if he and Sam split. But they said that while the business was doing well, there wasn't a lot of spare cash, and they did expect to get a return on investment. They couldn't afford to simply give some cash to George in any event.

The other options were to lend the funds to George and Sam. But to do that, the trust would have to sign a document to say to the bank that it wouldn't charge any interest to George and Sam. Without that document, the bank would treat the money from the trust as another loan that George and Sam had to pay and that would limit what they could borrow from the bank. George's parents thought they could have an unspoken agreement that if the house was sold, the trust would get its money back as well as a proportionate increase in value. However, the lawyer trustee pointed out that would be income to the trust and would be taxable in the hands of the trust.

The last option would be for the trust to own a share in the property. This came with its own complications. Firstly, the bank would require the trust to be a co-borrower on George and Sam's lending. The banking rules had changed over time, and it wasn't like the "old days" when banks could lend to only one owner without the other owner having to be a borrower too. Secondly their trustee said that as the house wasn't the trust's primary place of residence, the trust's share would be exposed to tax under the bright-line rules if the property was sold for a profit within ten years of the purchase.

It seemed that unless the trust was prepared to lend the funds without any interest payable, there was a possibility that tax would need to be paid on the increase in value.

The trustees decided to help on the basis that the title to the property would be in George and Sam's names only, but there would be a separate document stating that George and Sam would be holding a percentage of the property "on trust" for the trust. The trustees knew that this wouldn't get around any bright-line tax, but it would mean that they wouldn't need to be co-borrowers with the bank, and it would more accurately reflect the situation.

Even something as simple as helping a child into a property can have unintended tax consequences and it is always important to obtain tax advice.



TAMMY MCLEOD (BA LLB)
Managing Director, Davenports 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.

Quiz Answers

1. Doctor in the house
2. All in a day's work
3. Too(two) close for (four) comfort
4. Puss in Boots
5. Right under your nose
6. Car insurance
7. No idea
8. A bad spell of weather
9. 3 men in a boat
10. One foot in the grave
11. Mail Man
12. Mother-in-law

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.

Home and Garden

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

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

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

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

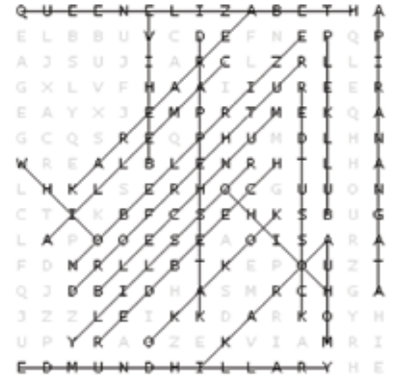
Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

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

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Puzzle Answers



Word Puzzle

abort, boar, boat, brat, bray, rota, arty, troy, tray, taro, tor, rat, yob, rob, rot, tab, try, tar, orb, boa, bay, bat, bar, toy, art, bot, boy, oar, ray, oat, bro, bra

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

focus

on community

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Tides May 2023 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Mon 01		03:37	2.6m	09:59	1.0m
Tue 02		04:26	2.6m	10:47	0.9m
Wed 03		05:13	2.7m	11:33	0.8m
Thu 04		05:57	2.8m	12:16	0.7m
Fri 05	00:36	0.7m	06:40	2.8m	12:59
Sat 06	01:19	0.6m	07:24	2.9m	13:42
Sun 07	02:02	0.6m	08:09	3.0m	14:26
Mon 08	02:47	0.5m	08:56	3.0m	15:10
Tue 09	03:34	0.5m	09:44	3.0m	15:56
Wed 10	04:25	0.6m	10:34	2.9m	16:44
Thu 11	05:19	0.6m	11:27	2.9m	17:36
Fri 12		00:01	3.0m	06:17	0.7m
Sat 13		01:00	2.9m	07:18	0.7m
Sun 14		02:01	2.9m	08:19	0.7m
Mon 15		03:02	2.9m	09:20	0.6m
Tue 16		04:01	3.0m	10:18	0.6m
Wed 17		04:56	3.0m	11:13	0.5m
Thu 18		05:49	3.0m	12:05	0.4m
Fri 19	00:32	0.6m	06:40	3.0m	12:55
Sat 20	01:20	0.6m	07:29	3.0m	13:41
Sun 21	02:05	0.6m	08:16	2.9m	14:26
Mon 22	02:50	0.6m	09:02	2.9m	15:08
Tue 23	03:34	0.7m	09:46	2.8m	15:49
Wed 24	04:19	0.8m	10:29	2.7m	16:30
Thu 25	05:04	0.8m	11:12	2.7m	17:12
Fri 26	05:51	0.9m	11:56	2.6m	17:57
Sat 27		00:18	2.7m	06:40	0.9m
Sun 28		01:07	2.6m	07:30	1.0m
Mon 29		01:57	2.6m	08:21	0.9m
Tue 30		02:47	2.6m	09:11	0.9m
Wed 31		03:36	2.6m	10:00	0.9m

Times adjusted for Daylight Saving.

OPENING DOORS

Closing deals



Alina Yang 021 608 219



Kim Jin 021 395 888



1 Top Salesperson Torbay Branch 2022*



8 NEW STANDALONE HOUSES

TORBAY

6 & 8 RINGWOOD STREET



barfoot.co.nz/846817

Stunning New Build with Sea Views in Old Torbay Neighborhood

Welcome to your dream home in the peaceful and picturesque neighbourhood of Old Torbay! These stunning, brand-new houses have a floor area of 195 sqm and sit on a land area of 217 sqm with breathtaking sea views.



Alina Yang
021 608 219
a.yang3@barfoot.co.nz



Kim Jin
021 395 888
k.jin@barfoot.co.nz



\$1,088,000

ALBANY

2/11 OTEHA VALLEY ROAD



barfoot.co.nz/834153

Last one, and must be sold now!

These homes all have a contemporary design that offers low-maintenance, relaxed living in light filled interiors while being in such an ideal location! They are within walking distance of Albany Mall, Albany Park & Ride so no more parking struggles!



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Kim Jin
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FOR SALE

HOBSONVILLE

14 TAHINGAMANU ROAD



barfoot.co.nz/841086

Prime Development Site - Prime Location

This generous 879m2 site is a blank canvas and a fabulous opportunity for developers to secure a prime development site in one of Auckland's fastest growing regions. With RC&BC&EPA in the pipeline for 8 terraced houses, it's an opportunity not to be missed.



Alina Yang
021 608 219
a.yang3@barfoot.co.nz



Kim Jin
021 395 888
k.jin@barfoot.co.nz

Award to Alina Yang *Year ending 30 September 2022

BARFOOT THOMPSON &
LTD

Browns Bay
09 478 5119



TORBAY
1086 BEACH ROAD



barfoot.co.nz/845543

Ignore the CV - Vendor has relocated and is Highly Motivated



Wendy Radcliffe
021 772 070
w.radcliffe@barfoot.co.nz



BEACH HAVEN
30 JAPONICA DRIVE



barfoot.co.nz/845021

Priced to sell - be in quick



Stephen Kattan
021 808 938
s.kattan@barfoot.co.nz



Yang Lin
021 0873 3492
y.lin2@barfoot.co.nz



BROWNS BAY
5/23 INVERNESS ROAD



barfoot.co.nz/843453

Browns Bays Best Buy
- Must be Sold



Andrea Tavae
022 476 7273
a.tavae@barfoot.co.nz



Kyra Perwick
027 311 7953
k.perwick@barfoot.co.nz



WAIAKE
23 TIRI VIEW PLACE



barfoot.co.nz/843845

Family Friendly - Waiake Winner



Wendy Radcliffe
021 772 070
w.radcliffe@barfoot.co.nz



LONG BAY
52 TE ONEROA WAY



barfoot.co.nz/844815

Dream Home, stunning, like new.



Stephen Kattan
021 808 938
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