

focus

Issue 16
June 2023

on community

Long Bay, Okura & Torbay



**Bill- the man behind
the camera** See pages 6 and 8

The Immune System- More than just Winter Wellness

The ability to ward off bugs like colds and flu is one of the major roles of the immune system. But it's not the only job. The immune system constantly surveys your body to protect you against any environmental forces that may overrun, destroy or gain control of any part of the body. I think you'll agree that this is an important job. But you also don't want an

overzealous immune system. The immune system needs to be kept in balance, because it is possible for an overactive immune system to damage the body. This can lead to autoimmune conditions such as thyroid disease and rheumatoid arthritis.

The immune system comprises physical barriers (such as the Skin and Mucous Membranes) that physically block the entry of bad guys into the body. Body temperature and acidity could also be considered aspects of the immune system as they can kill detrimental bugs. Of course, there are specific organs and cells that make up the immune system. It's a complex system under the overall coordination of the Hypothalamus and Pineal Gland.

Opening Hours

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

Saturday
9:00am to 4:00pm

So What?

Without understanding how complex the immune system is, you may think some of my recommendations for a healthy immune system are a little weird. For example, good gut bacteria, a healthy state of mind, and moderate sun exposure are all key strategies of mine. I have written previous articles on these areas before. But in a nutshell, if you want to achieve great gut health then ask about my Total Gut Restoration programme. See my second article in this magazine on a healthy mind. And think about getting sun exposure in the middle of the day in winter (when you are unlikely to get burnt). Sunlight has amazing health properties, not just vitamin D.

Superstar Immune Nutrients:

Of course, I have my favourite nutrients that I use to keep my immune system in great shape. These include Sulforaphane (from broccoli sprouts), fish oils, key minerals like zinc, and vitamins like A, D, and C.

Sulforaphane has been shown to have cancer protective properties and anti-viral actions. Some studies have shown that Sulforaphane may have benefits in protecting against the common cold, influenza, COVID, Dengue, and H. pylori. Quite an impressive list! That is why I take sulforaphane every day.



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.**



Martin Harris

Tim Bray Youth Theatre – Term Time Classes and Holiday Fun!

Tim Bray Youth Theatre offers young people ways to explore their creativity through weekly drama classes and holiday programs.

Weekly Drama Classes (for ages 5-16) engage students' imaginations and story telling, while building self-confidence and skills within a fun and supportive environment. Acting techniques and collaborative work give students tools to express themselves creatively with others.

Classes run in Browns Bay, Takapuna and Western Springs.

"My daughter is like a different child when she attends her weekly drama class. She suffers from anxiety, but she acts like a different child in this class. It's so good for her confidence." – Parent of TBYT student

Hit the Stage! is a 5-day holiday programme for ages 7-9 and 10-12 and runs each school holidays at the Rose Centre in Belmont. During five exciting days young actors devise, rehearse and perform their own unique theatrical creation, ready to '*Hit the Stage!*' at the end of the week with a performance for family and friends in the theatre.

"My son is never so motivated as he is around the Hit the Stage! performance, he absolutely loves it! Thank you to Tim and the team for supporting this fantastic work." – Terri C, parent



Extraordinarily Creative weekly drama classes on the North Shore and in East Auckland are for autistic and neurodivergent students, allowing them to grow and shine in their own time and space. The hierarchy of a conventional classroom is forgotten allowing tutors to connect with students in a meaningful way. They create inclusive learning spaces which foster care for each other, acceptance, and focus on process not product. Students are invited to collaborate and be their authentic selves.

"This initiative provides a hugely needed creative group that is safe, knowledgeable, accepting and understanding of the differences these children have and how to help bring out the best in them." – Karen A., EC parent

Mary Amoores *Gift a Seat™* scholarships are available in times of financial hardship providing a free term of classes or free enrolment in *Hit the Stage!* To help fund the Mary Amoores *Gift a Seat™* scholarship programme: <https://timbray.org.nz/gift-donation/>

For more information or to enrol: <https://timbray.org.nz/youth-theatre/>



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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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We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

Delivered to 7,000 homes and businesses in Okura, Long Bay, Torbay and Waiake monthly.

editor's letter

By now all the excitement over the coronation will have died down, and whether you are a royalist or not, it is still something to have witnessed- the first coronation in 70 years. There will be some of us, me included, who remembered the Queen's coronation, 70 years ago.

I was 7 years old at the time and Britain was gripped in Coronation fever.

Some people were able to rush out and buy a 9" black and white tv. These were set in huge boxes to give them substance and if you were lucky someone in your street had purchased one and everyone crammed in to watch.

Unfortunately, no one on our street was able to afford to purchase a tv so I remained in ignorance until the papers came out the following day. We followed it on the radio- but it isn't the same.

What I do remember of the day was the street party. Being England,

it was raining- even though it was "summer", and so all the tables were crammed into an area that one home had that was undercover. I remember cake and trifle- standard party fare- and then we were all given a tube of Rowntree's fruit gums and a Coronation mug.

There was bunting everywhere all in splendid red, white and blue.

The contrast to this coronation is huge. We witnessed a very young Queen ascend the throne. As this was not too long after the war people were very patriotic. For me it was seen through the photo lens and then reproduced in endless magazines and newspapers. I remember cutting them all out and gluing into scrap books. This coronation was filmed from every conceivable angle.

For many this will still be an event remembered for a long time.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Long Bay Author Writes Kid's Book Inspired by the Sea

Long Bay author Peter Millett has a new children's book out called 'A Kiwi Went To Sea, Sea, Sea'. Millett says that he received some inspiration for the book from the maritime exploits of his family members. His great-grandfather was a lighthouse keeper, and his grandfather was a boat builder.

'My grandfather was so obsessed with boats that he built a 12-foot Clinker craft inside his living room, and then he had to remove the bay windows to get the boat outside once it was finished!'

Millett's younger brother Tony has been a team member of several different America's Cup campaigns and both his parents were active sailors in their day. Millett says that the one thing that sticks out most to him about life on the sea is the raucous laughter that abounds and the terrific sense of humour that sailors have.

'A day on the sea usually involves some very funny moments and now and then some total mishaps. In my new book, I've chucked a bunch of kiwi birds onto motorboats, water skis, jet skis, knee boards and sailing craft and let them loose with a series of nautical hijinks guaranteed to take place.'

Millett's new book is a kiwi-ised version of the famous rhyme 'A Sailor Went to Sea, Sea, Sea' and he's worked hard with Invercargill-based illustrator Shaun Yeo to make

sure the story reflects many New Zealander's experiences both on and under the water.

In addition to the print version of the book he has collaborated with Christchurch-based musicians Loopy Tunes to produce an animated singalong music video inspired by the kiwi bird's fun and games out on the 'deep blue sea'. Video link: <https://youtu.be/EFYMLyPFTNO>

Millett has published approximately 100 books for children over the last few decades and all these books were authored while living in the Long Bay region. His most well-known title is The Anzac Puppy which is based on the real-life mascot dog of the NZ Rifle Brigade in WW1.

A Kiwi Went to Sea, Sea, Sea is published by Bateman Books and is available in Whitcoulls and Paper Plus stores plus online via Mighty Ape.

<https://www.batemanbooks.co.nz/product/kiwi-went-to-sea-sea-sea/>



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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

Sale prices in Torbay and Waiake during the month of April where predominately under \$1,300,000. The winter trend has come early however it is a great time for buyers to be looking. In spite of slow sales numbers new listings continued to reach the market giving buyers new options. With the competition of new listings, it is extremely important that the presentation of your property be at its best! If you would like a chat to discuss your options and a current market appraisal, I welcome your call,

Kind regards, Wendy

Torbay/Waiake *April 2023*



1086 Beach Road **Torbay**



967 East Coast Road **Torbay**

"Wendy we cannot thank you enough for everything."

Jenny & Andrew

Bill Ellis - the man and his photos

Photos can be a record of places and events, as Bill likes to say, but they can also invoke our memories of our association with places and people. This is the gift Bill gives those of us who remember the local area since the 1970's. It might be, as it is for me, how Spencer Road used to wind its way down to where Bush Road now meets the Albany Expressway. Or when Oteha Valley Rd was a country road with ditches on each side and when going from Torbay to Albany was like going to another village, not another suburb like it is now.

Local man Bill Ellis and his wife Barbara are stalwarts in many local organisations. You may have met them through the Torbay Historical Society (where Bill is currently president), or the Torbay Garden Club or the Friends of Browns Bay Library. But most likely you may have seen his photos in this magazine and before that the Torbay Newsletter.

Bill grew up in the Browns Bay area and the catalyst for his interest in photography was when his father gave him a Kodak 'Retina S' camera, which was an improvement on the 'Box Bownie' he used before then and that made photos very 'grainy', as he remembers.

Continued on page 8



Left: North Shore bus - first to cross the bridge after tolls came down. Centre: Browns Bay beach Front. Right: Victoria Street. Now Sky City.

ERICA STANFORD

MP for East Coast Bays



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09 478 0207 office@ecbelectorate.co.nz
EricaStanfordECB



Torbay Historical Society inc.

The name Cholmondeley-Smith has been one that has been well known in the history of Torbay. The family has just published a book with their story, 'The Legacy of a Pioneer Family – The Smiths and the Cholmondeley Smiths'.

On arrival in New Zealand with his mother in 1854 it seems Captain Cholmondeley-Smith was plain Smith, named Charles Ross Cholmondeley SMITH. A family member said that Cholmondeley was a relative who had no children, and his surname was taken on as a Christian name. Then it became the double-barreled surname, Cholmondeley Smith, and later, the even more classy, hyphenated Cholmondeley-Smith. The family owned various properties in Torbay, including the Glen Var winery in Glenvar Road, and land at Waiake.

Sadly, in April this year, Doug Cholmondeley passed away. Doug was the last grandchildren of Charles. Doug and his wife, the late Shirley, were members of our Society and regular attendees at events. When Doug was asked why he had dropped the "-Smith" he said that as a long-term Justice of the Peace witnessing documents, he had found it frustrating being unable to sign the full Cholmondeley-



Smith name on the back of smaller documents. He decided therefore to drop the "Cholmondeley-" in favour of a simple "Smith". However, a friend had persuaded him instead to move to "Cholmondeley", on the grounds that there were thousands of Smiths in the phone book but very few Cholmondeleys.

Doug served as Radio Officer on the Maui Pomare, a New Zealand Government supply vessel which voyaged between New Zealand and various Pacific Islands, including the Cook Islands and Samoa. Doug's long post-war career was working for the Broadcasting Corporation, in charge at various radio transmitting stations. He was a member of the North Shore Aero club and was also a Counsellor in the East Coast Bays City Council. He will be missed by many friends and family.

We offer our condolences to all of Doug's many family members.



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

Would you like to meet new people and enjoy a cup of tea or coffee?

Every Thursday morning at 10.15 until 12 noon we meet at 282 Glenvar Rd in the office block of Long Bay Baptist Church.

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Phone Carole 473 3259 for more details.



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James Bellamy 021 336 313

He was a foundation pupil at Westlake Boys High School after it split into the girls and boys high schools as we know them now. He considered Browns Bay at that time to be his 'stomping ground' where he indulged his interest in cars and



mechanical things. This led to him becoming a mechanic in a number of garages around the local area - Hensaw Motors, Browns Bay and Wairau Motors being two of the garages he worked at. This led to a 19 year career at the North Shore Bus Depot in Diana Drive. His memory (and photographs) of most buses the ARA, ARC, Yellow Bus and Stagecoach bus companies ran, from the Bedfords to the MAN to the Mercedes, is second to none.

Throughout his working career he never forgot photography and the weekends were a time he could indulge his passion, especially early in the morning 'when things weren't busy', as he remembers it now. He said to me that he got disturbed by landmarks disappearing so he was determined to record them before they did. This led to him ranging widely between Takapuna, Albany and the Bays (and into the city occasionally) which is a habit he holds even now as he showed me a notepad of places he wants to photograph now as he knows they are about to change, including rumoured changes to pedestrianise parts Victoria Street in the City.

As the local areas began to change he realised he had the ability to find among his collection photographs of places as they were and take a photo of how they are now and out of that was born the idea of 'I Remember That', a series of three booklets Bill produced during the early 2000s depicting local scenes before and after changes occurred. It was the photo of Spencer Road in 1981, with its rolling aspect and gravel road and the photo in 2006 from the same spot that first drew me

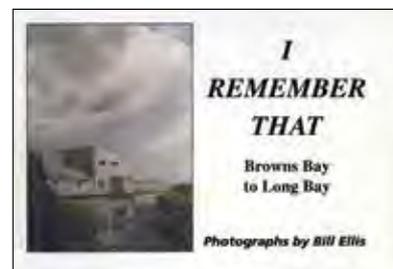
Left: Behind Henshaw Motors corner Inverness and Clyde Roads Browns Bay. Right: Mon Desir Lake Road Takapuna 1993. Above: Burns Ave. Takapuna 1980.

to these books. As I collected the three books over time I couldn't help but find myself murmuring under my breath 'I remember that'. Seldom was a series of books so aptly named.

These booklets can be purchased through the Historical Society which is always featured in this magazine. Bill estimates he has sixty albums of photos safely stored away and catalogued and he has plans for these photos to be safely preserved as a vital record of our local area that will continue to be available to all.

Bill's work continues to feature in this magazine as he photographs us going about our normal lives and following our interests that creates a record of who we are and where we live.

Warren McIver



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Long Bay Park 20 years ago

These photos were taken April 2001, shortly before the houses were taken down. They were on the roadside through the Regional park, with others.

Because for two decades we only see the Park as reserve it is easy to forget that people once stayed within the Park.

Photo's by Bill Ellis



Monthly Quiz

Answers Page 30

info@brownsbayrotary.co.nz



1. King's Birthday will be celebrated in NZ on June 5. When is it celebrated in England
2. Why is the monarch's birthday celebrated in June
3. Camilla has been crowned Queen Consort. Who last held that title
4. Which monarch was first crowned at Westminster Abbey
5. Who is the traditional cleric in coronation ceremonies
6. Zadok the Priest is traditionally sung at coronations. Who wrote it
7. 'June is Busting Out All Over' comes from which Rodgers and Hammerstein musical
8. Donald Trump was born on June 14 1946. What number president of the USA was he
9. June 19 is celebrated in America, commemorating the emancipation of enslaved African Americans. What is the day known as
10. June 21 is the winter solstice. What does this mean

Lunch Club

Almost a decade ago long Bay Baptist Church decided to run a monthly Lunch Club.

We were aware that there were many in the community who found getting out of their homes increasingly more difficult and were keen to have company.

On the last Friday of each month a team gather to cook a delicious roast meal and a yummy dessert. This is followed by tea or coffee and a quiz.

Some months we have some entertainment. At Easter everyone was presented with an Easter basket and at Christmas we had children in to sing for us the old traditional carols. We've had sing-a-longs and guest musicians.

The cost is \$10, so very affordable.

If you are over 65 years old and would like to know more then phone me on 09 473 3259.

Carole McMinn



Learning Sign Language

Are you interested in learning NZ Sign Language (NZSL)?
Are you intrigued by the NZSL interpreters you have seen on TV?

Did you know there are classes available to teach this beautiful official language of New Zealand?

The Auckland Deaf Society has been holding courses for the public for many years. These courses are at Beginner to Advanced levels and are run by experienced tutors who are also Deaf. Our students are at various ages and stages of life- here is what some of them have said about our classes:

"I've had an awesome time learning about basic NZSL, and it's been an absolute delight learning alongside the other students. I want to express my thanks to both teachers who were both marvellous tutors."

"I have thoroughly enjoyed your NZSL course. You are so funny but very kind and patient with me! I will work on the eyebrows!"

'Anya would like to thank you for your patience, humour, kindness, and grace with us this semester as we've stumbled through learning to sign. It has been a delight."

"Coming to class every week hasn't just been about learning – it's also become a place of laughter and friendship."



In semester 2, 2023, which begins at the end of July, there will be NZSL classes at Browns Bay and Bayview (as well as other parts of Auckland), and online. These courses are 15 weeks long (once a week in the evenings). They are usually run as an 8-week term, then a break, followed by a 7-week term.

If you would like more detail or to register for a course, please see our website <https://www.auckland-deaf.org.nz> or email nzsl@auckland-deaf.org.nz

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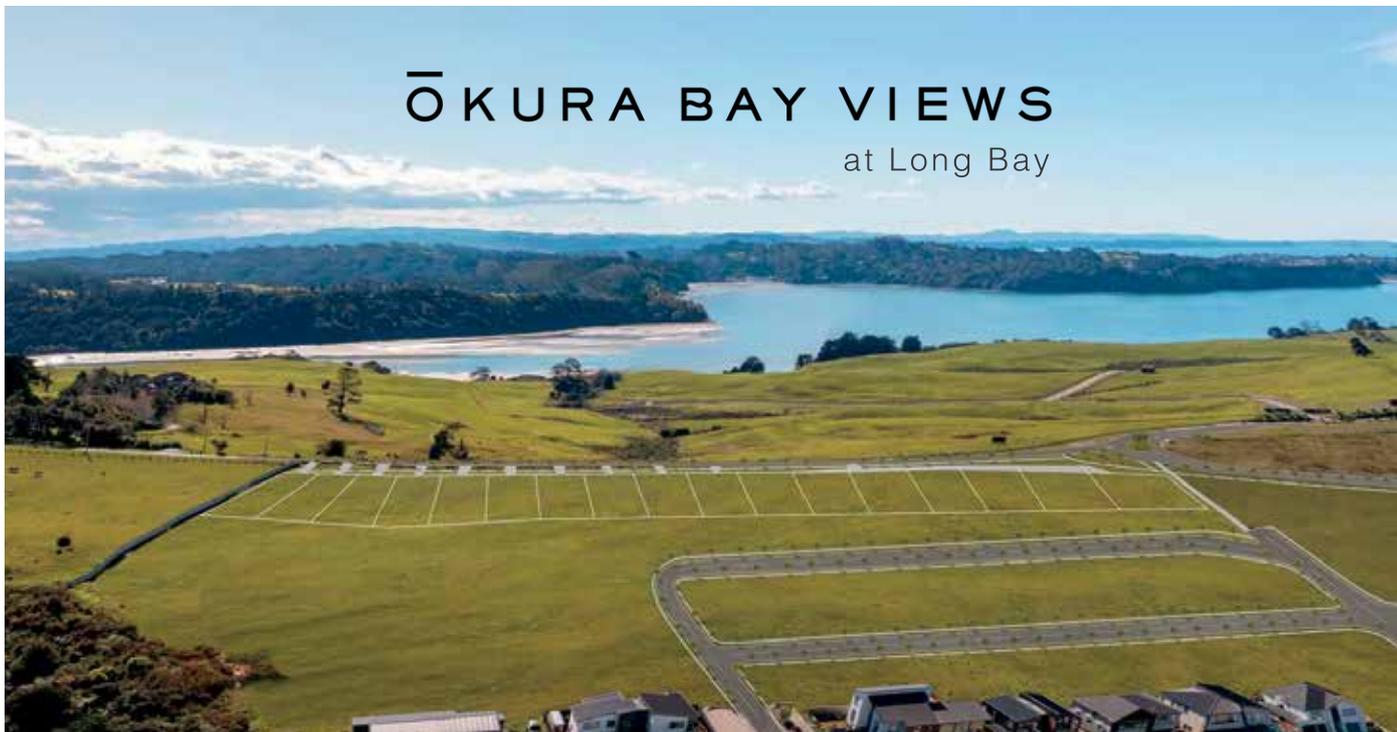
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Salmon with a tomato, tarragon, and cream sauce

This is a real favourite of mine and so easy and quick to make. I often use it when we have people around for a meal.

Ingredients

2 salmon fillets

Salt

Butter

Sauce

3 medium tomatoes, chopped

Salt

¼ cup cream

1 teaspoon French mustard

1 tablespoon fresh chopped tarragon

1 tablespoon chopped parsley

2 teaspoons brandy (optional)

1 teaspoon lemon juice.

Method

Fry off the tomatoes in a little butter and then put all sauce ingredients together and blitz. Can be made several hours ahead and just reheated.

In an airfryer place the fillets, lightly salt and place dab of butter. Cook for 12 minutes on the high bake.



Serve with potatoes and fresh veg.

Sure to become a firm favourite.

Carole McMinn

Food Trucks at Waiake

Last month the food truck collective turned up and put on an amazing event for local community. There were many different food trucks, with all different types of food and the crowds were in party mood with the nicer weather and the great food.

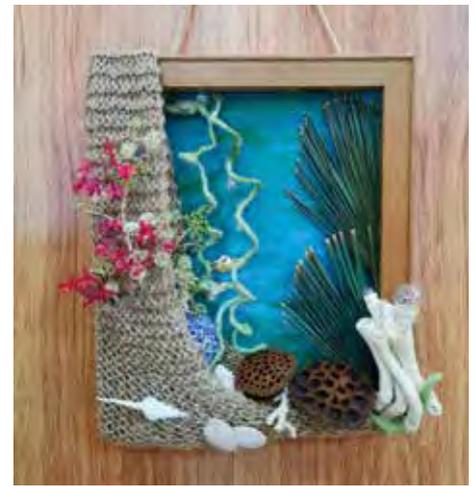
If you missed this one, keep your eye out in this magazine because we will let you know in advance when they are back- some time in the Spring. A treat to look forward to!

Carole McMinn



Hauraki Floral Art Club

Signs of the zodiac was the topic given members of the Hauraki Floral Art Club for their May meeting. Creativity was needed to interpret one of the zodiac signs in some way. Despite recent weather damage to foliage and flowers, members rose to the occasion, sourcing and using plant materials to represent six of the twelve months of the year. Pices was the main choice with four exhibits depicting different aspects of life in the sea. Aquarius, the water bearer, and the scales of Libra, also appeared each with two different interpretations. Other designs celebrated Sagittarius, Scorpio and Taurus. Our Judge was Sue Gardiner, the Auckland Area NZFASC Convener, who gave helpful critique of each design, followed by a demonstration using a range of materials to create abstract effects. We meet on the second Wednesday of each month at Outram Hall and new members are welcome. Phone President Jennifer - 4795691.



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Torbay Garden Club

Despite ongoing heavy rain and wind, the May meeting of the Torbay Garden Club was a triumph of colour.

Chrysanthemum was the flower of the month and the variety on display showed just what a hardy and versatile plant this can be. In both garden, and vase, the Chrysanthemum is cheerfully rewarding.

Although the range of flowers, shrubs, fruit and vegetables displayed was less than usual it still drew favourable comment from our judge, horticulturalist Graham Milne, who also noted the decorative floral arrangements celebrating Mother's Day.

In particular he praised Jo Bowler's prize-winning, simple but spectacular pink lily arrangement, the flowers in which at first glance he thought must be fake! Graham congratulated the club on its 70th anniversary, saying he knew of no other that had reached this milestone.

One of our members, Barbara Jenner, demonstrated how to repot a flagging moth orchid, while her husband Peter gave an onscreen presentation of general orchid care starting with the type of bark appropriate for different varieties. Many orchids are apparently killed with kindness, so fertiliser should be diluted and used sparingly.

Members gathered together for an historic group photograph to commemorate the Club's Platinum anniversary year. We thank our photographic team, Bill and Barbara Ellis, who have recorded the activities and achievements of the Torbay Garden club over many years. A stunning centerpiece of the day was the number "70" crafted in succulents by President, Hilary Collins and Barbara Dines. This will be a focal point in June also, when we continue our celebrations with a Platinum Jubilee-themed luncheon.



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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How did we do?

“ We recently had the pleasure of selling our home with Scott and Therese. We listed during a down market and during two huge weather events that would make anyone a bit nervous. Scott and Therese handled everything with care and consideration. They are both extremely professional and knowledgeable Individuals, we felt at ease knowing they truly had our best interest at heart. Their transparent, open and honest communication was a breath of fresh air. We would use Scott and Therese again in the future and would highly recommend them to family and friends. Thanks for such a great outcome.

Sophia and Lewis - Kaukapakapa **”**



HAVE A GREAT KING'S BIRTHDAY WEEKEND



A huge thank you from everyone at De Paul House! Therese recently delivered 93 bags of groceries collected from New World Long Bay's Family2Family Food-bank Appeal, to go to families in need.

De Paul House



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No.1

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ALTOGETHER SOLD

SOLD



Mairangi Bay 5A Jutland Street

SOLD! After a successful campaign 5A Jutland Street, Mairangi Bay sold under the hammer.

- 1970s weatherboard and block home.
- Vendor investment prior to market - painted inside and out, new carpets, repaired any outstanding items and fully staged.
- Over 100 groups through in 2 weeks.
- Auction brought forward after 2 weeks by acceptable offer of \$1,045,000 (8% under CV).
- 5 other bidders at auction and 13 bids.

Achieving an outstanding result in this market is possible.. Trust experience. If you'd like to know more just give us a call.

3 1 2

SOLD



Torbay, 22 Manuwai Road

SOLD



Long Bay, 25 Caldera Drive

SOLD



Torbay, 1 Flavia Close



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Study Smart!

For many high school students in New Zealand, Term 2 can be overshadowed by the daunting presence of mid-year exams. Although exams are typically stressful activities, students who are well-prepared and have studied efficiently need not worry. If your child is prone to last-minute cramming and panic studying, it may be time to help them develop a better approach.

'Cramming' involves trying to memorise information in one's short-term memory in a very limited time span. Whilst this method may help students to pass, the information is stored temporarily and not consolidated properly, and therefore, is not committed to long-term memory. Cramming does not facilitate understanding, nor does it promote revision, practice, and application of skills and knowledge. Unsurprisingly, cramming can be highly stressful, causing increased panic, which, combined with poor sleep, negatively affects one's ability to concentrate and recall information.

A more effective approach to studying is a method known as 'spacing' or the 'spacing effect'. This is a study technique that involves spreading out study sessions over a longer period of time, and focusing on smaller chunks of information or skills each session. Spacing allows information to enter the short-term memory, be utilised by one's working memory, and be better understood



and encoded in the long-term memory. 20-30 minute study sessions spread over multiple days, and weeks, are recommended for students. It is important for students to draw up a study schedule and stick to it, and to factor in sufficient time to test themselves and get help on topics they are struggling with.

Extraordinary Kids can help students with spacing and preparing for exams. We provide a quiet atmosphere, with teachers ready to help students, and have worksheets and materials available for revision. Attending weekly tutoring sessions is a perfect way to spread out learning and remain consistent with studying.

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 xxx 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, xxx'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 xxx 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

Torbay Theatre

AUDITIONS!! SCHOOL-HOLIDAY DRAMA OPPORTUNITY!!

Auditions: Sunday 11 June 2pm

We need Keen children and teens aged roughly 6-16 !! (and the odd adult - no upper age limit!).

Every July we entertain the very young with a play staged largely by teens and children, with a smattering of adults to add texture. This year's play is a magical tale of pirates and puzzles, by Torbay Theatre's resident author, Sophia Burton.

Rehearsals will occupy most of the first week of the school holidays, with some weekend (and possibly early-evening) rehearsals in June, with Performances 11th, 12th & 13th July at 2pm. Participants will not only sparkle on stage, but will also get good training in all aspects of stagecraft and backstage work. Solid commitment is essential.

Many of our past participants are now competent light operators, stage managers, and set builders, on-stage in our bigger productions or studying musical theatre in Australia.



Nettlerash, the stage-struck Butler (Tony Nettleton), finally gets to join in with "Sir Graham Carte"'s troupe of singers - Here's a How-De-Do.



The Enchanted Cave, our 2016 July School-Holiday show.

JUST FINISHED: *Here's a How-De-Do*

This largely sold-out show was a triumph, and we wish to thank the generosity of the cast of professional and semi-professional singers who gave their time for the pure enjoyment of it! Gilbert & Sullivan's best, with a twist.

CLUB NIGHT: Saturday 10th June 7:30pm

Come along and enjoy a variety of skits, songs, and more. Juice and nibbles provided, or BYO. To offer a performance (max 10 minutes long!), email clubnight@torbaytheatre.com

Later This Year

- * *The Importance of Being Earnest*: rehearsed reading.
- * End-of-year musical : auditions in August ; performances December 7th to 17th.
- * Jacqué Mandeno's Love Drama speech & drama classes: 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**

#3 TOP INDIVIDUAL SALES CONSULTANT AWARD

HARCOURTS NORTHERN REGION FOR 2022/23

#2 INDIVIDUAL SALES AWARD

HARCOURTS COOPER & CO FOR 2022/23

#22 OVERALL SALES AWARD

HARCOURTS COOPER & CO FOR 2022/23

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- Nutrition Support/Diet Advice

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Our team of qualified medical professionals offer individualised



nutrition support designed just for you. We offer a relaxed and comfortable clinic located in Takapuna where we work with you to get an understanding of your personal wellness needs.

Our registered team of professional staff will then formulate a Tailored Wellness

Plan that best suits you taking into account your goals, needs and your budget.

If you have further questions about what we do, give us a call for a friendly chat on 09 600 2759 or www.boostiv.co.nz

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Your Health is our Top Priority



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INTEGRATIVE HEALTH

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info@boostiv.co.nz or 09 600 2759
www.boostiv.co.nz

Keeping your home dry

- **Air your home regularly.** Open doors and windows for 10-15 minutes each morning, or use a ventilation system. Airing out a room when you turn off the heater also helps to avoid condensation.
- **Use energy efficient, low emissions heaters.** Heat every room being used by someone to at least 18°C. Don't use unflued or portable gas heaters.
- **Dry washing outside.** Use a washing line or rack under a covered verandah, garage or carport. Use a clothes dryer only to finish them off, or if it's raining.
- **Use extractor fans and rangehoods.** Make sure they're big enough to do the job, regularly cleaned and send air to the outside, not your ceiling space.
- **Turn on the bathroom fan before a shower or bath.** Shut the door and open the window an inch. Afterwards, leave the fan running until the moisture clears.
- **Use lids on pots when you cook.** This helps to stop the steam escaping.
- **Move furniture away from walls in winter.** A 10cm gap will discourage mould (especially on external walls).
- **Leave wardrobes slightly open.** A little air circulation discourages mould growing on fabric.
- **Use a dehumidifier on damp days.** This will help to reduce condensation, but it won't solve a dampness problem.

Torbay Friendship Club

We are a vibrant group of pensioners gathering every second Thursday of a month at the Torbay Community Hall. We would love you to visit next month and enjoy a cuppa and an interesting talk.

If you wish to join the Club, the fees are minimal and the offerings are generous. During the month we have splinter groups of members choosing from : Majhong, walking, Scrabble, morning tea, craft or Rummikub, or you may enjoy our monthly excursion at a subsidised cost.

Our April excursion was to the Puhoi Pub and the upcoming May outing is to Chelsea Sugar. Our organisers work tirelessly to arrange these outings and it has been wonderful to see how many members participate.

If you would like to hear more about our club, please contact:

Noreen McArthur 0272713524 or
Delphine Pearson 0220729813



Shane Anderson

027 482 7440

s.anderson@barfoot.co.nz

Local like you

I feel incredibly fortunate to have grown up in Long Bay & Torbay, attended local schools, and represented the area in various sports, including surf lifesaving, hockey, and tennis. After owning a successful local business, I pursued my passion in real estate, where I now serve as a trusted advisor, helping new friends and neighbors buy or sell with confidence. With my deep roots in the area, negotiation skills, and local expertise, I can easily help buyers appreciate the value of living in this beautiful place and integrate into our fabulous lifestyle. One place you're sure to find me is walking Long Bay each morning with my wife, Jen, greeting our friends and furry companions along the way. If you see us, coffee at your favorite local cafe is on me.

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Long Bay 09 473 0712

Reaching calm – a vital skill

Adults face situations that leave us frustrated, pushed to the limit, challenged, uncomfortable. It's an inevitable part of life. How do we cope with these stressors? Ideally, being able to think, lean on our relationships, process, formulate a logical plan. These start with reaching calm. Getting there is a skill.

Kathryn Berkett (Educational Psychologist and a certified Neurosequential Model of Therapeutics Practitioner) explains that reaching calm is one of the most important skills we need. These skills are learnt by introducing age-appropriate stress. For infants, the most basic game of peekaboo introduces stress as your face is hidden from



them. Hide and seek, catch and tiggly are progressions of stress and kids progress their skills accordingly.

As our community copes with anxiety such as that caused by recent extreme weather events, we need this skill and so do our tamariki. Kids pick up on the anxiety of adults, this is exacerbated by the same alert warnings going to the devices of adult and children alike.

Not only can adults model calm but also expose kids to stressors to develop their own skills. Outdoor recreation is an awesome way to introduce stressors to develop the skill of calm in young people.

Article & images by Yuin 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
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

Liquorland
Large range of wines, spirits and beers
7/88 Te Oneroa Rd 09 473 0065

Looking to the future at Long Bay

Templeton Group, the developers of Long Bay, recently hosted an event with Harcourts Cooper & Co to mark the opening of the new Long Bay Sales Suite.

Long Bay locals, builders, and developers were in attendance to hear Nigel McKenna's, Templeton Founder and CEO, informative talk about Long Bay and its future development plus the opportunities to come.

Martin Cooper, Managing Director of Harcourts Cooper & Co, gave a welcoming speech and spoke about the history of the area and the current real estate market.

Not only was it an information evening but a wonderful opportunity for neighbours to socialise together.



Harcourts Cooper & Co

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FRUIT

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

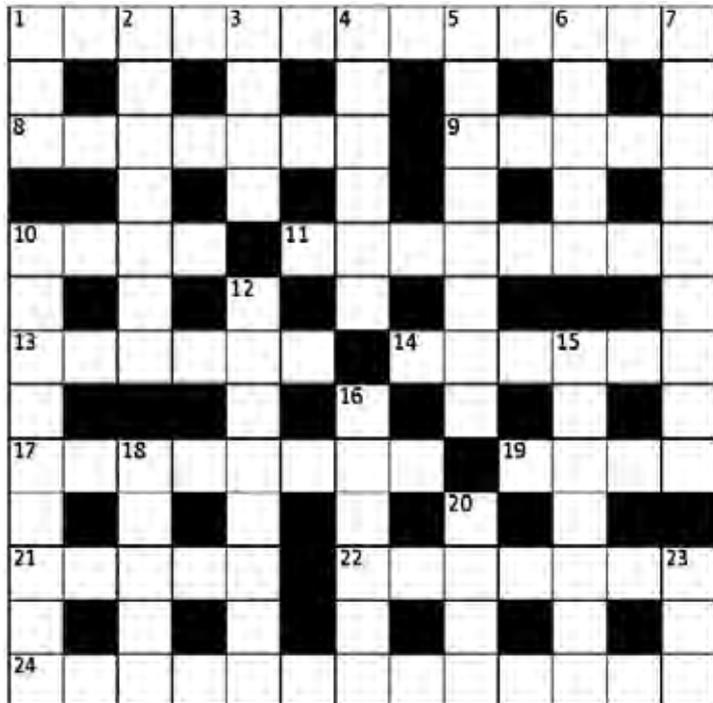
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| APPLE | APRICOT | AVOCADO |
| BLACKBERRY | CHERRY | CRANBERRY |
| GRAPE | GRAPEFRUIT | KIWIFRUIT |
| LEMON | MANDARIN | MANGO |
| NECTARINE | ORANGE | PEACH |
| PEAR | PINEAPPLE | PLUM |
| POMEGRANATE | RASPBERRY | RHUBARB |
| ROCKMELON | STRAWBERRY | TANGERINE |

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

MOTHER

19 good, 24 very good, 28+ excellent

CROSSWORD



Across

- 1 Having a good reputation (4,7,2)
- 8 Expel (4,3)
- 9 Skimpy underwear (5)
- 10 Foul substance (4)
- 11 Incorrectly written (8)
- 13 Vibration – shaking (6)
- 14 Ancient Greek sanctuary (with an Oracle) (6)
- 17 Biblical vessel (5,3)
- 19 Tender (4)
- 21 Imbibe (5)
- 22 Necessary (7)
- 24 Able to make plants grow well (5-8)

Down

- 1 Chinese cooking pan (3)
- 2 Educational talk (7)
- 3 Implement (4)
- 4 Get hold of (6)
- 5 Deteriorate through neglect (2,2,4)
- 6 Voter (anag) (5)
- 7,10 (Of two people) argue violently all the time (5,4,3,3,3)
- 12 Abandoned (8)
- 15 Tender (7)
- 16 Sultanate in Southeast Asia (6)
- 18 Nimble (5)
- 20 Large lump of ice (4)
- 23 Boy (3)

SUDOKU

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

News from East Coast Bays Library, Bute Rd, Browns Bay

East Coast Bays Library now has a Sunday group for creatives in the community. Staff member Sarah established Art Group which is aimed at young adults and adults who love to create art. This group was started to provide a space for creative people to meet, exchange, collaborate and support each other. Come along to our friendly fortnightly events and bring your own drawings or illustrations (they can be at any stage like sketching, colouring) created digitally or with traditional materials and enjoy being part of a creative group. You can share your process and get some feedback or just quietly enjoy the space and time to create. Join Sarah on the 1st and 3rd Sunday of the month from 10.00 to 11.30am.



On your next visit pick up our new ECB Library Monthly Brochure of upcoming library activities or talk to our friendly staff for more information. As always, you can also keep-up-to date by following our Facebook page.



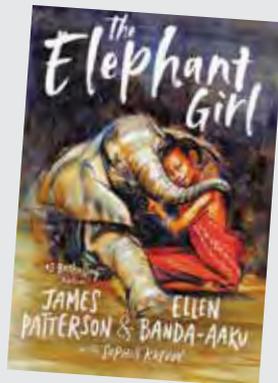
Stephen Kattan
021 808 938
s.kattan@barfoot.co.nz

Book Reviews

The Elephant Girl

By James Patterson & Ellen Banda-Aaku with Sophia Krevoy

Famous author James Patterson's book "The Elephant Girl" is unlike any of his other works. The main character, Jama, is a 12-year-old Maasai girl who shows resilience after experiencing a series of heart-breaking events including the death of her father. Jama is a big animal lover and finds her strength through protecting the elephants near her village. I highly recommend this book to other animal lovers or those looking for a happy ending to a sad story – Reviewed by Chrystal, ECB Library staff member.



When Fraser Met Billy

By Louise Booth

A mothers touching, true story of how a rescue cat called Billy helped her severely autistic son, Fraser, with the transformative power of animal connections – Reviewed by Margaret, Wednesday Book Chat member.



Local like you

My local café, Scout, holds a special place in my heart. It's not just because they make great coffee – although that certainly helps – it's also where I had my first date with my partner, Sue. I still remember the nervous excitement of that day, and how we spent hours talking over cups of warm, aromatic brew. Living in the area for a while, I've come to appreciate the convenience of having everything I need right on my doorstep. As someone passionate about property, I've made it my mission to help others find their perfect homes too. Whether you're a first-time buyer, an investor, or an empty nester, I'm here to guide you through the process and help you make informed decisions. So, if you're looking for your dream property or simply want to chat about your options, feel free to get in touch. I'd love to hear from you!

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Torbay 09 473 9190

Torbay & Long Bay Medical Centres

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BOWEL CANCER

New Zealand has one of the highest rates of bowel cancer in the world. More than 3,000 people are diagnosed with bowel cancer each year and over 1,200 will die from the disease.

Being aware of the symptoms is the first step you can take to prevent bowel cancer. Symptoms may come and go so don't wait if you have any of these concerns, no matter what age you are.

Symptoms may include:

- Bleeding from the bottom (rectal bleeding)
- Change of bowel motions/habits that come and go over several weeks
- Anaemia
- Severe persistent or periodic abdominal pain
- A lump or mass in the abdomen
- Tiredness and loss of weight for no obvious reason

If you have any of these symptoms, or you are concerned about your bowel health, see your GP right away.

Prevention:

While no cancer is completely preventable, you can lower your risk of bowel cancer by eating a healthy diet and exercising regularly.

A healthy diet and regular exercise can lower your risk of bowel cancer. Numerous studies have indicated that a diet too rich in red meat and processed foods can heighten the risk of bowel cancer.

So, what can we eat to help prevent bowel cancer?

- Enjoy a wide variety of nutritious foods, such as:
- Plenty of vegetables, legumes (dried beans, peas, lentils), fruits and cereals (breads, rice, pasta and noodles), preferably whole grain
- Lean meat, fish and poultry
- Milks, yoghurts and cheeses, choosing reduced fat varieties where possible
- Always drink plenty of water

Take care to:

- Limit saturated fat and moderate total fat intake
- Limit intake of red and processed meats
- Choose foods low in salt
- Limit alcohol intake if you choose to drink
- Consume moderate amounts of sugars and foods containing added sugars
- Quit smoking

Bowel Screening Saves Lives!

The National Bowel Screening Programme is a free programme to help detect bowel cancer at an early stage when it can often be successfully treated. It is being offered every two years to men and women aged 60 – 74 years who are eligible for publicly funded health care.

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

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

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



Remember to have your flu vaccine and covid booster to reduce serious illness this winter!

Call today to book your appointment 09 4779000

Human Connections: Add Years to Your Life and Life to Your Years

Loneliness is something that we all experience. It is surprising how loneliness impacts both mental and physical health. Good social connections will reduce the risk of heart disease, anxiety, high blood pressure, dementia, depression, and diabetes.

Fun Fact (or not so fun!): lack of social connections increases the risk of premature death to rates comparable with smoking (29% increase in risk of premature death).

We are “wired” for social connection but have become more isolated over time even though we mostly live in big cities.

But how do we connect more?

There are some simple strategies to improve social connection. For example, make a point of reaching out to friends or family. It doesn't even have to be in person. You can connect on-line. Online connection is best if it involves direct communication such as messaging or phoning. Scrolling through a friends Facebook page probably doesn't count. When you are communicating with friends, minimize distractions so you can be truly present.

Joining a community group can provide great connections. Last month, we hosted the Torbay Garden Community outside the Pharmacy on a sunny Saturday morning. I was delighted to see many people connecting with old friends

(and potentially new friends), and I got some nice plants.

I have recently started attending group fitness classes at BFT (Body Fit Training). I used to think that group fitness classes were dumb, but I have been amazed at the great supportive culture. I go to the BFT in Takapuna, and they organize community events designed to support mental health based around fitness. Go to www.Eventbrite.com and search for WAMWM (Walk A Mile With Me)

Reach out to others in the community to see how they are doing. You may both benefit from this connection. This can create a sense of purpose in your life-helpful for well-being.

Some people are too busy to be truly connected. They may interact with many people but it's superficial and rushed. If this is you, then practicing gratitude and having quiet time to reflect on the good things and people in your life can benefit your health.

My own personal strategies around loneliness include attending group fitness classes at BFT Takapuna several times a week. I make appointments in my diary to have a catch up with a friend or family member once a fortnight, hopefully over a coffee, or a beer, but even 15 minutes of messaging is mutually beneficial.

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Setting Up For Success.

Cathy had been working in the corporate jungle for a number of years and she and her husband, Dan, had really started to think about what their future might look like. They decided that they would like to own their own business.

Cathy had the people management skills from her corporate days and Dan had the practical skills. They also thought that owning their own business would give them the flexibility as their two sons moved through their teenage years. They started to investigate a number of businesses and settled on becoming a franchisee of a well-known international franchise.



They went to see their lawyer and their accountant to start the due diligence process. Both of them told Cathy and Dan that they should consider setting up a trust. Trusts are a great way of protecting assets (e.g. Cathy and Dan's family home) if you are in business for yourself or a company director and the best time to set up a trust is on a "blue sky day", when there are no threats on the horizon. Their lawyer told them that trusts and asset structuring has become very specialised over the last five to ten years. The law has become more complex and the potential issues greater and so he recommended that they go and see a speciality lawyer.

Their accountant told them that there was great tax flexibility in holding income producing assets (i.e. the shares in the business

which owned the franchise) in a trust. The trust tax rate is 33% (as opposed to the top personal marginal rate of 39%) and any income used to help their teenage boys could be allocated to them at their marginal tax rates.

Cathy and Dan went to the specialist lawyer keen to set up a trust. She told them that it would be important that she worked as part of the team with their other lawyer, their accountant and also their banker. One of the questions she had for their other lawyer was, were there any guarantees within the franchise agreement and also the lease that they had to enter into to secure the premises for the business. Their other lawyer confirmed that not only were Cathy and Dan giving personal guarantees, but the fine print of the franchise agreement stated that the shareholders of any company who was the franchisee would be guaranteeing the terms of the franchise agreement as well. What this meant was that if Cathy and Dan put all their assets into one trust, those assets (i.e. their family home) would be used to guarantee the obligations of the franchisee under the franchise agreements.

Cathy and Dan's lawyer advised them that in cases like this, it was advisable to set up two trusts - one for their family home and other lifestyle assets and one for the business. She said that is a common structure for many business owners - having their lifestyle assets (home, bach, boat etc.) in one trust and their business, more risky assets in another trust. It also could help with making sure that any banking arrangements for the business didn't impact the family home.

The trust lawyer also took them through updating their wills and also a document called a memorandum of wishes, which set out their wishes in relation to the trust. She said it was a bit like a will for the trust and would set out what would happen with the trust assets if one or both of them died or lost capacity. She also recommended enduring powers of attorney which would come into effect if one of them lost capacity.

Cathy and Dan were so grateful to have expert structuring advice at the outset of their business owning journey. They were also grateful to their lawyer for referring them to a lawyer who specialised in this area. Owning their own business was a massive step for them and to be properly set up, gave them peace of mind.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Asset Protection. *Do You Need a Trust?*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people. 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, not everyone needs a trust, so ensuring other forms of asset structuring including your will and enduring powers of attorney are up to date is important.

Contact Tammy McLeod or one of her team for specialist asset structuring and planning advice.

Quiz Answers

- 17 June
- To coincide with the Trooping of the Colour
- Queen Elizabeth the Queen Mother
- William the Conqueror (William 1) on Christmas Day, 1066
- The Archbishop of Canterbury
- George Frederick Handel
- Carousel
- 46th
- Juneteenth
- The sun is at its lowest point in the sky

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.

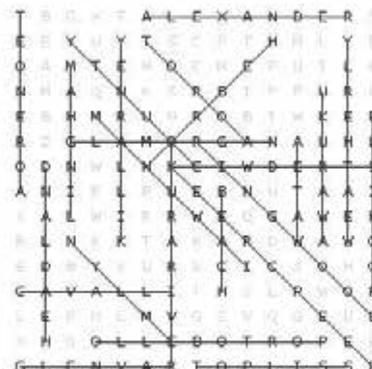
Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

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

Painter – Experienced local painter available for fine residential painting. For beautiful, lasting results phone James for a free estimate on 021336313

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

Puzzle Answers



Word Puzzle

her, hem, hero, hoe, hoer, home, hot, met, metro, mho, more, mote, moth, mother, ohm, ore, other, rho, roe, rot, rote, term, the, them, therm, throe, toe, tom, tome, tor, tore

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

focus

on community

09 473 3259

editor@focusoncommunity.co.nz

Tides June 2023 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Thu 01		04:25	2.7m	10:49	0.8m
Fri 02		05:13	2.8m	11:37	0.7m
Sat 03	00:01	0.7m	06:02	2.8m	12:25
Sun 04	00:49	0.6m	06:52	2.9m	13:13
Mon 05	01:37	0.5m	07:44	3.0m	14:01
Tue 06	02:26	0.5m	08:36	3.0m	14:50
Wed 07	03:18	0.5m	09:28	3.0m	15:39
Thu 08	04:12	0.5m	10:21	3.0m	16:30
Fri 09	05:08	0.5m	11:15	3.0m	17:24
Sat 10	06:05	0.5m	12:10	2.9m	18:21
Sun 11		00:45	3.1m	07:03	0.5m
Mon 12		01:43	3.0m	08:01	0.6m
Tue 13		02:40	3.0m	08:58	0.6m
Wed 14		03:36	2.9m	09:55	0.6m
Thu 15		04:31	2.9m	10:50	0.5m
Fri 16		05:25	2.9m	11:42	0.5m
Sat 17	00:11	0.7m	06:16	2.8m	12:31
Sun 18	00:58	0.7m	07:06	2.8m	13:18
Mon 19	01:44	0.7m	07:53	2.8m	14:01
Tue 20	02:28	0.7m	08:39	2.8m	14:43
Wed 21	03:11	0.8m	09:22	2.7m	15:23
Thu 22	03:53	0.8m	10:03	2.7m	16:02
Fri 23	04:36	0.8m	10:43	2.7m	16:42
Sat 24	05:19	0.8m	11:24	2.6m	17:24
Sun 25	06:02	0.8m	12:06	2.6m	18:09
Mon 26		00:26	2.7m	06:47	0.9m
Tue 27		01:12	2.7m	07:33	0.9m
Wed 28		01:59	2.6m	08:22	0.8m
Thu 29		02:48	2.6m	09:14	0.8m
Fri 30		03:39	2.7m	10:07	0.7m

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*



NEGOTIATION

LONG BAY

7 RUKU STREET



barfoot.co.nz/846865

Stylish and Spacious Home in Prime Location!

5-bedroom home in prime Long Bay area with 3.5 modern baths. Generous 456 sqm section, 275 sqm floor area, and all high-quality finishes. Great indoor/outdoor flow to fully fenced backyard, ample storage, natural light, and walking distance to local amenities.



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



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



\$1,880,000

LONG BAY

46 CALDERA DRIVE



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Size, Style & Sensational Views

Stunning Long Bay residence on full 563 sqm section with harbour and Rangitoto views. Perfect for large families, with 5 double bedrooms and 2.5 bathrooms. Gourmet kitchen and sprawling lounge with sea views. Ideal location near Long Bay Park and Beach, schools, and amenities.



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



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



8 NEW STANDALONE HOUSES

TORBAY

6 & 8 RINGWOOD STREET



barfoot.co.nz/846817

Stunning New Builds with Sea Views

These brand-new houses offer 4 double bedrooms, 2.5 bathrooms, and stunning sea views. The modern kitchen equipped with ASKO appliances opens to the living area and decking area in the backyard, perfect for indoor/outdoor entertaining. With a land area of 217 sqm and 195 sqm floor area, these freehold properties offer a perfect combination of style, comfort, and functionality.



Alina Yang
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Kim Jin
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Award to Alina Yang *Year ending 30 September 2022

Local like you

How's the market?

With temperatures falling and days are shortening, Torbay's real estate market is highly sought after. Currently, there are 70 homes available for sale, with plenty of buyers still hunting for the perfect property in our backyard. In April, we celebrated the successful sale of 473 homes, for owners who entrusted their properties with Barfoot and Thompson.

The average Auckland house price averaged \$1,086,866 experienced a slight 1.5 percent decline from March. The craving for quality homes continues and if you find yourself uncertain about where to begin your journey, please don't hesitate to reach out.

Whether you're looking for another investment property, looking to upgrade or simply want to know what development potential your property might have then please reach out, we are here to help.



Sharee Adams
BRANCH MANAGER
021 416 220 • sadams@barfoot.co.nz

Torbay & Long Bay

inc Waiake April 2023

Source: REINZ May 2023

Sales last month
35

Highest sale price
\$2,700,000

Median sale price
\$1,100,000

Lowest sale price
\$710,000

Torbay 09 473 9190
Long Bay 09 473 9190

**BARFOOT &
THOMPSON**

LICENSED REAA 2008