

focus

Issue 18
August 2023

on community

Long Bay, Okura & Torbay



Natalie - aspiring Paralympian

See page 3 for story

Free Stuff From Unichem Torbay Pharmacy

Minor Ailments Free Service

Did you know that Unichem Torbay Pharmacy offer a Minor Ailments Service? We can have a chat to you about minor ailments such as:

- Acute Diarrhoea, vomiting or dehydration
- Bacterial Eye Infections
- Eye Inflammation
- Pain or Fever
- Scabies
- Head Lice
- Eczema and Dermatitis
- Minor Skin Infections

Opening Hours

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

Saturday
9:00am to 4:00pm



Delivery Service now available from Torbay Pharmacy

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

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

If you have a child under the age of 14 then this service, and many of the products we may recommend to support your child are free. If anyone else in the family has the same condition then we can also supply these other family members with advice and products for free too. Other people who are eligible are all people with a Community Services Card and all Maori or Pasifika people.

This service will run through to the end of September this year. The goal is to use your pharmacist in the first instance to take pressure off GPs and hospitals during the busy winter months.

Unichem Torbay Pharmacy – the health professionals to see first.

Free Prescriptions:

Prescriptions are now free (from 1 July) for most people. This means that if you get a prescription from your normal GP that you are enrolled with, or from a hospital, you will not have to pay the \$5 government prescription tax. Please note that this does not include any prescription items that the Government does not fund, or those that have a part charge. It also doesn't include prescriptions from dentists or private specialists. But most prescriptions are included.

Sachet Rolls for Free

We also offer free sachet roll packaging. If you are on 3 or more medicines each day, sachet packaging will revolutionise your life! Okay, maybe not a complete revolution, but it will remove the day-to-day hassle of remembering what medicines to take and when to take them. Instead of having lots of separate boxes and bottles of medicines, we pack the exact right amount of medicines into a sachet for that dose time (e.g. breakfast today). These sachets are super cool, super convenient and super easy. Its also super FREE. We have invested in state-of-the-art robotic technology that allows us to do this very easily (so our job is easier too).

Plus we get your sachet roll ready for you the week before you need it, so you can just pop in and grab it.

No waiting through busy times (as we sometimes get in winter). This does rely on you getting us your prescription on time (we are not your mother after all!).

Love free stuff? We got it. Love a friendly chat – we have a great team to chat to. See you at Unichem Torbay Pharmacy.



Martin Harris

Natalie Brunzel- aspiring Paralympian

Natalie Brunzel has been working hard towards her goal of becoming a Paralympian. "There is still a long journey ahead", she smiles, and she speaks of her dream. In just a few short years she has gone from shooting air rifles socially to competing on the world stage.

"I love the challenge competitive shooting gives me, it's not just the technical knowledge but the mental emotional aspects that make the sport so much fun," she explains.

"Due to my impairment, I never thought that I would be able to do any sport let alone compete on an international level."

Natalie uses a power-chair for mobility and is reliant on others to help her with daily tasks. She reflects on how she first became involved with sports, "I grew up overseas, my mum is kiwi so whilst I wasn't born here, I class myself as kiwi. Our family has always been Tennis Crazy. Most of our holidays involved tennis in some way, the most memorable being when I watched Novak Djokovic win his first Grand Slam in Australia. My involvement with sports had always been on the side lines either being a spectator or umpire/ referee.

Hearing Novak talk about the mental challenges of playing tennis and what he had to do in order to enable him to win made me wonder if I was missing out by not playing sports?"



She took it upon herself to see whether there was a sport she could try. She never thought it would be anything to do with guns. However, from the moment she tried it she loved it.

She is working towards heading to the Paralympics in Paris next year. "However, it's going to take a lot of work to get there as I need to secure a slot for New Zealand which I hope to do when I travel to India in March next year."

Natalie has lived in Torbay such a teenager, attending Long Bay College and Massey University where she graduated with her Master's in Communication in 2015.

If you would like to support Natalie, you can do so by going to give a little and searching for Natalie Brunzel.

Here is a link to the Women's Weekly which came out on the 19 June 2023 - Natalie Brunzel's Olympic dream | New Zealand Woman's Weekly (nowtolove.co.nz)



Build financial freedom

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

09 415 0319 visionaccounting.co.nz

VISION ACCOUNTING
GIVING YOU CLARITY

...learning life with Jesus

shore presbyterian CHURCH

Meeting for friendship, worship and Bible teaching
Sundays at 10.00am

Long Bay Primary School, Ralph Eagles Pl.

Contact Pastor Peter Boyd
P 473 9390 M 021 0367 957

www.shorepres.org.nz

THE Mortgage SUPPLY CO. NEW ZEALAND

OWEN MELHUISH

P: 021 281 0405 E: owen@mortgagesupply.co.nz

Your local finance specialist
You relax, I take care of everything

Shane & Jen Anderson

Shane 0274 827 440
s.anderson3@barfoot.co.nz

Jen 0211 77 55 30
j.anderson@barfoot.co.nz

Award-winning Experience When It Counts

BARFOOT THOMPSON & CO.
LICENSED REAA 2008

Content of this magazine.

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

Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

9.2 cms x 4.2 cms box \$130 + gst

¼ page 10.5 cms x 14.75 cms \$215 +gst

1/3 page 9.2 cms x 21 cms \$245+gst

½ page 14.85 cms x 21 cms \$275+gst

1 page 29.7 cms x 21 cms \$495+gst

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

While I was driving my car, I had the radio on, and part of a discussion was around blood services in New Zealand.

The stocks were running low and there was speculation that we may have to look at paying people to donate their blood, as they do in the USA.

I contacted the NZ Blood services and they have written a report about this vital service and telling us about how we can save lives by donating our blood, which is featured on page 26.

This is such a vital service. Numerous lives have been saved by the kindness and generosity of strangers donating their blood.

Perhaps they should consider lifting the ban on immigrants from the UK giving blood, due to the mad cow disease outbreak decades ago?

Yet again we have pages of community news, all about the people you know, the places you can go and the things you can do locally.

There is a new walking group at Long Bay, read all about it on page 19.

For inspiration read all about Natalie, who lives in Torbay, and is a world class disabled athlete. This is an inspirational story of immense courage of a young woman who wanted to make something of her life, and she is featured on page 3.

For quirkiness read page 22 and see what local Martin has been using his talents to create.

Don't forget the Long Bay Market, which is always held on the fourth Sunday of each month.

There are many stalls showcasing all kinds of talents in arts and crafts and also food. It's a great place to meet up with people you don't regularly see and to purchase something a little bit different.

Have a great August!

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Meet the Pastor

The pastor of Shore Presbyterian Church is Russell Thomas. He is married with 5 kids and moved to the North Shore from America last year. He enjoys spending time with family, reading, the outdoors, and being active - particularly running, soccer, and basketball.

Shore Presbyterian Church is a part of the Grace Presbyterian Churches of New Zealand (GPCNZ) and seeks to "learn life with Jesus" by pursuing Gospel belief and Gospel culture. The Gospel literally means "good news," and can be summarized by the following: "God, through the perfect life, atoning death, and bodily resurrection of Jesus Christ, rescues all his people from the wrath of God into peace with God through faith, with a promise of the full restoration of his created order forever—all to the praise of His glory and grace."

This message of good news is central to all that we believe and is the central message of the Bible. As a church, we believe that the Bible is the Word of God and that it is where God speaks authoritatively. The Bible is the place to



find answers to the great questions of life. The Bible takes the central place in our worship, our gatherings and in our lives.

This same message of good news is also central to all that we desire to be and do; the culture that we seek to build inside and outside of our church. We seek to embody and model the very good news that we preach, but often fail to do so as we would like. We are a group of forgiven sinners, knowing that true bread, and true life is found in Jesus Christ. We daily need to be strengthened by the grace that is in Christ Jesus (2 Timothy 2:1). We desire that the grace we have each received from Christ would be the fabric of our church community, and we desire

to share this grace with our broken and needy world. We believe that God is bringing renewal to the whole earth through the message of the Gospel.

All are welcome to join us in worship on Sundays at 10am at Long Bay Primary School, and to become part of our church community, as we seek to learn life with Jesus. Our website is shorepres.org.nz

Updates at the Aickin Reserve

The Aickin family lived in the farmhouse on Ellangowan which is still there overlooking the park, and it was from this that the reserve got its name. Originally this was a substantial piece of land that was subdivided to accommodate development. It is believed one requirement for this to happen was that reserve land was left for public use.

Five years ago, one member of the Deep Creek Restoration Society pointed out that the reserve needed lighting. This suggestion was taken to Local Board as a safety issue for people using the pathway after sunset.



The park is used for access between two major roads, Deep Creek Rd and Beach Rd, and is serviced only on the Beach Rd side with bus service as there are no buses running between Glamorgan and Weatherly on Deep Creek Rd.


The idea for signage came because no one appeared



Photos by Bill Ellis


to know what this reserve was called- even longtime residents, and all other reserves in the area were named.

The lighting makes the path in the reserve safe now. Thanks to Local Board and Deep Creek restoration Society.



BARFOOT & THOMPSON

LICENSED REAA 2008



Wendy Radcliffe 021 772 070

E w.radcliffe@barfoot.co.nz
 W barfoot.co.nz/w.radcliffe

Service | Experience | Results

Wendy's update

Across Auckland it appears a sense of normality may have returned to the housing market with June property sales more in line with traditional pre-Covid sales patterns for the first month of Winter. In Torbay and Waiake the number of viewings at open homes is strong, predominately first home buyers.

With Spring just around the corner if you are thinking of selling now is a great time to start planning. Barfoot & Thompson Torbay is local and our team offers fantastic, cost-effective marketing strategies to maximise the sale of your home. If you are wanting a current market report and advice on your next move, I welcome your call.

Kind regards, Wendy

No. 8 Individual Salesperson North Shore Region 2023
 Year ending 31 March 2023

Torbay/Waiake June 2023



Extraordinary Kids is open for Registration for Term 3!



Hello Parents!

Are you concerned that your child may be struggling to achieve in Maths, spelling, reading or writing? This has been a challenging time in education as we have had so much disruption over the last couple of years due to lockdowns and sickness and now severe weather and strikes.

Our teachers at Extraordinary Kids are always available to give your child the extra boost that they need with our unique, classroom-style, individualised teaching approach. Each of our students is assessed to determine their learning needs and a programme is established to teach them and fill in any identified gaps in their learning, or challenge and extend their skills.

Extraordinary Kids will prioritise your child's learning. We have a low teacher to student ratio and our classroom is kept quiet, with all students on task so that productive learning can take place. Now is a great time to give your child the opportunity to catch up! You may have just received your child's mid-year report so you may be well-aware of their strengths and areas that need improvement.

Beat the winter blues in our bright and warm classroom. Students enjoy our welcoming and peaceful atmosphere and the friendly and helpful tutors who make learning a breeze.

We are available for assessments Monday to Friday and are flexible to fit into your busy schedule. Check out our recently revamped website and complete a booking form to book your assessment now.



Mention this advert for a free assessment, valued at \$70!



Registrations open for Term 3!

AFTER-SCHOOL TUITION CENTRE

Reading, Writing, Spelling, and Maths Programmes for students aged 6-16

	
14+ years of Education service	1000+ happy students

 **41 Clyde Road (Upstairs), Browns Bay, Auckland, 0630**

 **027 371 7219**  **office@extraordinarykids.co.nz**

30 years service to East Coast Bays community

Sally Cargill's involvement with Torbay/Long Bay started in 1990 as President of the North Shore Playcentre Association. It was a leadership weekend at MERC which then resulted in a long standing relationship with MERC catering for school camps and the "People to People" program.

Next came a public meeting organised by Pru Cruickshank from the Local Board called "Towards tomorrow in Torbay" and this resulted in the Torbay Newsletter, the restoration of the Vaughan

Homestead, the Long Bay Marine Reserve and several other local activities.

In the early nineties through to 2021 Summer Fun at Waiake, also included "Music in the Bays"

The early nineties saw Sally joining the Community Hall Association and this led to several Community Expos held in the car park. At this time she was involved in the organisation of the "Have a Go" days held at Long Bay in conjunction with Harbour Sports, and she also became a member of the Long Bay College Board of Trustees.

The mid nineties saw a slightly different direction when Sally was elected to the Local Board. While in this role she chaired the Waiake Beachcare Group which resulted in the diversion of the storm water discharge, replenishing the sand n the beach, the building of the toilet block and improved access to the beach from the reserve.

Local organisations Rotary, ECB Lions and the Wilson Homes received her help with the Uncle Eric's Picnic for children with disabilities, and she took over the bookings for the Torbay Community Hall.

In 2016 she facilitated the formation of the Hibiscus and Bays Restoration group which led to the "Save Deep Creek" group.

In the last few years Matariki at MERC started at sunrise and the following year 60 attended a sleep over.



Last year she organised the Long Bay Heritage Festival, which many of you will have attended, with the Long Bay Residents Assn, the Long Bay Chinese Group and the Torbay Historical Society.

Thank you Sally for all your hard work over the years and all the best in your new role.




Car For Rent .nz
LOW EMISSION CARS
FOR RENT TODAY

START FROM
\$45

-25% OFF



+64 22 102 1098
WWW.CARFORRENT.NZ



ADRIENNE DALLIMORE



Great experience
Great results

021 143 9589
www.dallimore.co.nz

BAYLEYS
Licensed REAA 2008



Unique Chance for a start up business

In the heart of Browns Bay, a double fronted shop

Half of the premises available for rent at \$370 per week

No ingoing charges. Available immediately.

Approx 18 square metres of space

Interested? Contact Tracey
littletracey14@hotmail.co.uk

Leek and Potato soup

Over the last few weeks I have really enjoyed making this recipe to warm us up at lunch time. It has also been helped by a bumper crop of leeks in my garden so I have been able to be quite lavish with the leeks.

It is so simple to make and tasty.

Ingredients

- 50g butter
- 2 leeks, washed and sliced.
- 4 medium potatoes (500g), peeled and diced.
- 3 cups liquid vegetable or chicken stock
- Salt and pepper.
- ¼ cup cream
- 2 rashers streaky bacon, chopped and cooked.

Method

Heat the butter in a large saucepan and sauté the leeks until soft. I use the whole leek not just the white stem as I like the colour it brings to the soup.

Add the potatoes and stock to the saucepan and simmer for 30-40 minutes.



Remove from heat and add salt and pepper and stir in the cream.

Sprinkle the crispy bacon over the surface and serve with crusty warmed in the oven rolls and butter.

Working on our local tracks

The walking tracks in our local reserves are a lovely feature of Torbay. They are a great way to enjoy our lovely environment while walking the dog, getting the exercise we need and investigating local fauna and flora in its native setting. If we encourage the kids and grandkids to come along we can help ensure their future - let's not forget it was only 50 years ago when some of these areas were at risk from development.

They became reserves due to a few strong willed and foresighted people who saw the risk of this happening and convinced the council to preserve these areas and created the tracks that we know today. Awaruku Bush Reserve is a good example of this and leading this effort was Hugh Willis and his team of volunteers.

But did you know that a group of volunteers continue to maintain these tracks to ensure they continue to be safe and usable? The council undertakes the major upgrades, as we



can currently see on the Fitzwilliam track, but a group of local volunteers assist with the maintenance on a voluntary basis.

As with all volunteer groups more hands are always needed, especially after the recent flooding events that severely damaged some of the tracks. Some of these tracks may be local to you in the Awaruku, Stredwick and Torbay Heights areas, and if you enjoy using these tracks on a regular basis and would like to help maintain them, and others in the Albany area, please contact Ian Stevenson on 021 478 109

The effort required is only a few hours a week and is not a binding commitment, as we all have other responsibilities in our lives. But if you think you would enjoy the outdoors, the camaraderie of like minded people and a catchup for coffee afterwards, Ian would love to hear from you.



Adventure Travel with your Family

Embarking on a travel adventure with your family is an incredible way to create lasting memories, strengthen bonds, and explore the world together. Here are a few highlights recommended by Shore Travel:

Africa Safari

Family adventure travel to Africa offers thrilling safaris, cultural immersion, and breathtaking landscapes. Witnessing majestic wildlife in their natural habitats, such as elephants, giraffes, and lions,



creates cherished memories for the whole family. Exploring ancient rainforests and trekking to see endangered mountain gorillas instils a sense of awe and conservation awareness in children. Engaging with local communities and learning about their traditions fosters empathy and appreciation for different cultures. Africa's diverse landscapes, from the vast savannahs to the stunning Victoria Falls, provide opportunities for exhilarating activities like white-water rafting and bungee jumping.

Tour Vietnam or Thailand

Discover the vibrant cities of Hanoi and Ho Chi Minh City in Vietnam, where you can explore bustling markets, taste delicious street food, and visit historical sites like the Cu Chi Tunnels. Cruise along the iconic Halong Bay, marvelling at the limestone karsts jutting out of the emerald waters. Immerse yourselves in the cultural heritage



of Thailand as you explore the bustling streets of Bangkok, visit ancient temples like Wat Arun, and savour the flavours of Thai cuisine. Unwind on the pristine beaches of Phuket or Krabi, where crystal-clear waters and soft sands await.

Ski Japan

Experience the ultimate family ski holiday in Japan! Discover world-class ski resorts like Niseko, Hakuba, and Nozawa Onsen, offering pristine slopes and superb snow conditions. Embrace adventure with ski lessons for all skill levels, ensuring everyone enjoys the thrill of gliding down the mountains. Indulge in cozy accommodations and warm Japanese hospitality, creating lasting memories for the whole family. Beyond skiing, explore traditional towns, savour delicious cuisine, and unwind in soothing hot springs. With a blend of exhilarating activities, cultural immersion, and unmatched natural beauty, Japan guarantees an unforgettable family ski getaway.

Le Boat France

Embark on an extraordinary family holiday in France with Le Boat and immerse yourself in a world of adventure and tranquillity. Set sail on the picturesque waterways, meandering through stunning



landscapes and enchanting villages. Choose from a diverse fleet of comfortable boats, specially designed to accommodate families of all sizes. Explore at your own pace, stopping to sample local cuisine, visit historic landmarks, and indulge in outdoor activities. Whether you're cruising along the majestic Canal du Midi or navigating the charming rivers of Brittany, Le Boat promises an unforgettable experience filled with quality time, tranquil scenery, and cherished memories for the whole family.

You're Invited:

FREE North Shore Travel Expo Event Thursday 24th August 2023

Plan Your Dream Holiday for 2024 and Beyond
with our selection of Travel Suppliers

World-wide destinations; Self-guided and
package holidays; Cruises; Tours and more.

Expo Booth Style, drop by anytime 4pm-6.30pm.

Venue: Pupuke Golf Club Rooms

Drinks, Nibbles & Door prizes. RSVP essential



Shore Travel

Cnr Kitchener & Milford Roads, Milford

(09) 489 2597

hello@shoretravel.co.nz

www.shoretravel.co.nz

shore
travel

News from Rotary

Over 46,000 Rotary Clubs worldwide have held their Changeovers over the past month. Changeover marks the end of the Rotary year when we celebrate achievements over the past twelve months and look forward to another year of serving our communities. Rotary Browns Bay's Changeover was held on Monday 26 June at the Bays Club, where the chains of office were passed from past president Alex Rodgers to incoming president Ian Clouston.

We have a lot to celebrate at Rotary Browns Bay this year. We held a Golf Tournament which raised \$25,000 for Starship Air Ambulance, helped launch the Te Tai Tokerau Mental Health Wellbeing Project for children in Northland, participated in a massive clean-up of the Bays and raised funds for the Cyclone Relief.

Members took part in the annual fundraiser and awareness-raiser for Polio eradication (\$29,000 was raised in Auckland), we supported the Salvation Army's Christmas appeal. Our sewing group made backpacks for children in need. We supported two major nation-wide Rotary programmes: the Summer Science Forum, which saw two young men from Long Bay College spend a fortnight at Auckland University checking out science careers, and the Rotary Youth Leadership Award, where our candidate Hanne Mellso, from MERC, participated in a week-long programme held at Muriwai Surf Club. We have continued our support of the Northcross Intermediate School kapa haka group with funding to purchase piupiu. Supporting



Sally Cargill and Julia Parfitt receiving the annual Paul Harris awards.

youth programmes is a big part of Rotary's commitment and we value the relationships we have with our schools and the young leaders at MERC.

Looking forward to the coming year, we have a busy programme of activities planned. When the rain stops we will be assisting students from Pinehill School to plant trees on a farm in Waitoki (the 'Trees for Survival' initiative), we have a couple of fundraising quizzes planned, collecting books to hold a giant book fair and our regular activities will continue.

Rotary Browns Bay meets on the first and third Tuesdays of the month at the Bays Club for breakfast and we welcome visitors and new members. If you are interested in checking us out, contact Ian Clouston on 027 494 7531. We'd love to meet you.

Monthly Quiz

info@brownsbayrotary.co.nz

Answers Page 30



This month's quiz is all about song titles

1. 50WTLYL
2. HBS16
3. 10GBHOAW
4. LBA40
5. HMB1MT
6. TNHA1000E
7. 24HFT
8. 7LGSITBS E1iLWF)
9. ILOA4LC
10. 3LMFSAW



Calling local crafters



are you interested in a

Christmas Market



on Saturday 25th November

10am to 2pm

at Long Bay Baptist Church

Glenvar Rd, Torbay

if you would like to have a table at a cost of \$10

Contact Carole McMinn 473 3259

or email chinese.ministry@longbaybaptist.co.nz

Torbay Theatre News

GREASE !!

AUDITIONS 20th August!!

Grease is the word this summer at Torbay Theatre: travel back to the look and sound of the 1950s in this rollicking musical. Relive the high romance of *Summer Nights*, thrill to *You're the One that I want* and *Greased Lightnin'*, and revel in the music of Buddy Holly, Little Richard and Elvis Presley, that became the soundtrack of a generation.

GREASE the musical premiered on Broadway in 1972 and played for 3388 performances, becoming the longest-running musical at the time, and has triumphed throughout the world ever since. In 1978 *Grease* went on to become a hugely successful film, starring John Travolta and Olivia Newton-John.

Email torbaytheatre grease2023@gmail.com for information on auditions at Torbay Theatre, 35 Watea Road, or text 027 283 3322 for information.

**The Importance of Being Earnest*, by Oscar Wilde
A rehearsed reading in two halves, **Fridays 4 and 11 August, 7:30pm**

NB: These readings are restricted to members.
Booking Essential.

You can join Torbay Theatre at torbaytheatre.com.

*We congratulate the young cast, author, composer and crew of the hugely successful and sold-out *The Great Piratical Treasure Hunt* last July Holidays. Well done all!! A huge cast aged from 6 to 16 spent the holidays rehearsing a splendid show, learning so much about stagecraft along the way, and many already asking about next year's one!

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

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

See also: [Facebook page](#), or ph 0210-294-0630.
35 Watea Rd, Torbay



Gung Ho and Jolly Jo follow the Treasure Map!



The Piratical Ensemble taking a bow.



The Missing Parrot keeps the audience calling out - "Behind you!"

SOLD!



98 HEBRON ROAD, WAIAKE

SOLD under the hammer on July 9th via on site Auction

7

OPEN
HOMES

55

VIEWINGS

3

BIDDERS

27

BIDS

We're your local specialists - call us today to sell!

Harcourts
Cooper & Co

Cooper & Co Real Estate Licensed Agent REAA 2008

Ian & Diane Dodds
M: 021 909 067 | P: 09 479 4762

Save lives, give blood

New Zealand Blood Service (NZBS) is marking a quarter of a century of lifesaving work this year.

Established in July 1998, it transformed what was then a disjointed blood transfusion sector into a single national organisation that is responsible for the collecting, processing, testing, storing and distributing all blood and blood products in New Zealand.

As NZBS celebrates 25 years, now is an opportune time to shine a light on the continuous need for blood in New Zealand.

Did you know?

- Less than four percent of the eligible population in New Zealand currently donates.
- Blood only lasts 35 days.
- One donation can save up to three lives.
- Demand for blood in New Zealand is increasing by four percent per year.
- Every week, New Zealand Blood Service needs to collect more than 5000 donations each week to meet demand for blood and blood products.

What blood types are needed?

All blood types are needed, although there is greater demand for the A and O blood groups. That's because more than 80 percent of the New Zealand population has those blood types.

What happens once blood is donated?

After each donation is tested, the components are separated into red blood cells, plasma and platelets and turned into various lifesaving blood products.

The processing of blood means more than one patient can benefit from a single donation.

Who needs blood?

Blood donors help 30,000 patients each year.



Patients include those undergoing treatment for cancer (26 percent), other medical conditions and surgery (26 percent), accident victims (21 percent), those with liver, kidney and heart disease (12 percent), pregnant women and babies (six percent), bone surgery (six percent), and children, including those with cancer (three percent).

Donors who use NZ Blood Service Donor App can turn on notifications so they are notified when their donation is used.

How do I find out if I'm eligible to donate?

People can find out if they're eligible by visiting nzblood.co.nz. If you have any questions about your eligibility, feel free to give NZBS a call on 0800 448 325 and ask to speak with a nurse.

Where can I donate?

There is a donor centre in Takapuna (441 Lake Road), or you can book into one of the mobile blood drives held across the Auckland region. Mobile locations and dates can be found easily by downloading the NZ Blood Service Donor App or by visiting NZBS' website.

Heart of the Bays celebrated community spirit at AGM

Heart of the Bays, your local community centre in Browns Bay, held its annual general meeting on 21 June, and it was a night to remember. The centre, which offers a range of activities for all ages, from health and fitness to arts and crafts, languages, special interest, support groups, dance and drama, welcomed 36 attendees from the local community, business association and the Hibiscus and Bays Local Board.

The AGM showcased the amazing talent and diversity of the centre's partners, with displays of arts and crafts from Raft Studios and the Families Growth and Thrive Charitable Trust. Martin Adlington and Bill and Barbara Ellis from the Torbay Historical Society exhibited photos from days gone by in the Bays, giving a glimpse into the rich history of the area.



Attendees had the opportunity to purchase the Heart of the Bays' community cook book 'Kai Connections' and Bill Ellis' "I Remember That", publications that celebrate the photos and recipes of the people who live in the Bays.

Torbay Historical Society inc.

The 'House of Salvation' second hand shop in Beach Road has an interesting history as written by Mrs. Short in the N.S.T Advertiser in 1987.

"My father, Mr. W.H. Morgan bought the property in 1946, when it was the only grocery shop in the district and was known as the Morgan's Four Square Post Office Store, and was conducted as such, until we were forced to close the business in 1977, for reasons that caused the demise of all the smaller Four Square shops, approximately 24, between here and Devonport, with the arrival of supermarkets.

I was postmistress for some years, and my father was a Justice of the Peace, and he died in 1962. My husband and I managed the shop on behalf of my mother at that time. To go back in history, Alex Lopes first owned the premises in 1938 and conducted a butchery



Fred Newton Chemist and Ron Short of Morgan's Store

there, then turned grocery when he shifted further up the street. It was consecutively owned by Messrs Walker, Curran, and Sainsbury, from whom my father purchased the business.



Morgan's 4 Square

The Post Office eventually shifted to Katavich's buildings in 1964 until the Government built its own premises about 1985."

The photo of the 'House of Salvation' (taken by Bill Ellis) has Fred Newton (chemist) with Ron Short standing in front.

As notified last month, we are working on changes to the Vaughan Homestead and will be ready to hire again in Spring.

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

The AGM elected the volunteer board for 2023, consisting of Pam Martin, Pam Ellison, Kathy Waugh, Wendy Greenough and Martin Adlington. The Board thanked Auckland Council, Hibiscus and Bays Local Board, Lotteries Commission, Hillside Automotive and the volunteers who support the Centre. Heart of the Bays could not have done it without them.

Heart of the Bays invites everyone to visit www.hotb.co.nz. or drop by their centre at 2 Glen Rd in Browns Bay, to find out more about their programme of activities and venue hire

options. Whether you want to learn a new skill, meet new friends, or have some fun, Heart of the Bays has something for you. This is a chance to join a vibrant and welcoming community centre making a difference in Browns Bay.

For venue or class information please contact:
Debbie – debbie@hotb.co.nz 09 478 4091

To find out more about how you can help Heart of the Bays as a volunteer or perhaps on our board. Please contact: Pam Martin – pam.martin@hotb.co.nz 021 034 0009



Photo by Bill Ellis

OUT & ABOUT IN ECB



MASSEY ALBANY PETITION



KIDSCAN CHARITY



COMMUNITY PATROL



HOCKEY GROUND OPENING



COUNTDOWN GREVILLE OPENING



CITIZENSHIP CELEBRATION



WOMEN IN BUSINESS



BUSES PUBLIC MEETING



THE STONED COW CAFE



ROBOTICS NATIONAL CHAMPS

MEET & GREET Erica Stanford MP

Wednesday 04 Oct, 1.00 - 3.00pm
Cafe e Cucina, 265 Albany Highway, Albany

Pop in and say hi
Nibbles provided, buy your own drinks

REGISTER: www.EricaStanfordMP.co.nz/events



"I'M PROUD TO
REPRESENT
THE EAST
COAST BAYS
SO AM ASKING
FOR YOUR VOTE
SO I MAY CONTINUE
AS YOUR LOCAL
MEMBER OF
PARLIAMENT"

Erica Stanford



 **ERICA STANFORD**

MP for East Coast Bays



 www.EricaStanfordMP.co.nz/vote

 office@ecbnational.org.nz

  @EricaStanfordECB  Erica Stanford MP



FREE Marketing

& Staging Package*

When you list and sell with Ray White Mairangi Bay
and Thérèse & Partners until Christmas 2023

*Terms & conditions apply

Sold with Prior Agency



3/14A Albert Road, Devonport

1 1

Sold with Prior Agency



4 Carex Way, Long Bay

5 3

Sold with Prior Agency



31B Amante Crescent, Mairangi Bay

4 2

RayWhite
MAIRANGI BAY

Therese.Leslie@raywhite.com | 021 022 66192

www.rwmairangibay.co.nz

CR Marketing North Shore Limited Licensed (REAA 2008)

Same Amazing Service Just With Extra Sunshine

RayWhite

#TrustExperience

Thérèse & Partners

ALAN WHITE
ELITE
PERFORMER

We are proud and thrilled to share the news that we have joined forces with Shane Coote and his exceptional team at Ray White Mairangi Bay.

What does this mean for you, our valued clients?

Our devoted team remains committed to providing outstanding service and continuing to deliver exceptional results. The best has just got better!

No. 1 for a reason

 **RayWhite**
MAIRANGI BAY



Therese.Leslie@raywhite.com

021 022 66192

CR Marketing North Shore Limited Licensed (REAA 2008)

Matariki

As an organisation we are committed to bringing to life the principles of the Te Tiriti o Waitangi/The Treaty of Waitangi. This is a conscious and deliberate choice we make. To do this, we are on a journey of learning. We are excited to go on this journey with our community.

Since 2019 an example of this has been celebrating Matariki. From our first event being a half day dawn korero, viewing and breakfast, 2023 was our third community overnight experience. Leaning into some of the learnings we have had, we aim to provide an environment that brings people together, puts some time aside to slow down, connect,



reflect and look forward to the new year. Each year we are delighted to see some familiar faces returning as part of the MERC whanau and meeting new people who we now invite to consider themselves part of our whanau. We value them as whanau and also that they have taken the time to join us in bringing to life the principles of Te Tiriti of Waitangi.

We are already looking forward to next year and looking forward to seeing our whanau again and meeting more of the community.

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

Torbay Friendship Group

Can you believe it, halfway through the year, cold, raining, miserable and home alone.

Torbay Friendship Club will welcome you into our warm group of lovely people. Our meetings are held every second Thursday of a month from 10 am to 12 noon. You will meet new folk, have a cup of tea/coffee and listen to an interesting talk. This makes time fly by and gets you out of the house.

Emma Caisley, gave an interesting talk on Peru, about her travels through the country with her Dad and twin sister. She spoke of their time in the Amazon, showed amazing pictures of weird and wonderful creatures they came across and excitedly told us that it took around 3 hours to cross the river in a speed boat. They went on to travel over the desert and hike up some incredibly high unusually shaped mountains.



Our July speaker will be from Age Concern speaking on "Steady Steps"

The June excursion was to the Bridgeway Cinema where we enjoyed a movie and lunch. In July we hold our midyear lunch and visit an Alpaca Farm in August. We also have our weekly groups so there is never a dull moment.

Remember, all semi retired and retired folk are welcome to visit a morning meeting and should you wish to join the Club the annual fees are minimal with a small once off joining fee. Once you have joined the Club you are welcome to participate in any of the weekly activities.

Should you wish to find out more about the Club we would welcome your call to either of the below members.

Noreen McArthur: 027 271 3524
Delphine Pearson: 022 072 9813

Long Bay Walking Group

What a fantastic way to greet the day!

Why not join the Long Bay Walking Group- we meet every Saturday morning -and get the feel-good benefit of exercise.

At this time of the year, you also get to watch the gorgeous sunrise.

Another benefit is that you get to know your Long Bay neighbours.

All are welcome and we meet at 7am outside the Long Bay Surf Club.



Harcourts Cooper & Co

Ming Liu

Sales and Marketing Consultant
Your Long Bay Local Expert

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

Cooper & Co Real Estate Ltd Licensed REAA 2008



WANT TO KNOW YOUR HOME'S WORTH?
WHY SCAN THE MARKET WHEN YOU CAN

SCAN HERE!



BREN DUCKWORTH
021 046 4496
b.duckworth@barfoot.co.nz



NICOLE PENNY
021 150 0569
n.penny@barfoot.co.nz

Torbay Garden Club Exhibit - in Browns Bay Library

In July East Coast Bays Library hosted a large 3-dimensional centerpiece from the Torbay Garden Club to celebrate its Platinum Jubilee year. The display was crafted from small succulents and took more than 100 plants in colours ranging from soft greys, through a green palette to pink. This design was the creation of Club President, Hilary Collins, assisted by long-term member Barbara Dines. Pictured here with the President, it was the focal point of an information display on 70 years of the Club's involvement with the North Shore community.

On Saturday, September 9th our annual Spring Show in the Torbay Community Hall will be open to the public. You are invited to come along and view the exhibits, purchase bargains from the trading table and participate in some great raffles. Please bring coins (no eftpos available). Entry is \$2.

This year there will be a special children's section in two age divisions – up to six years, and seven to 13 years. It is open to all local children, who are encouraged to enter a jar of flowers or vegetable animal design of their own creation and a sand saucer. Every kid's entry will receive a prize card. All entries also have a possibility of winning a prize. If you would like to exhibit your produce or flowers we have general entries open also to the public this year. More information on this can be found by emailing



torbaygardenclub@gmail.com, or the on the website at <https://torbaygardenclub.wixsite.com/torbaygardenclub>.

The Bays Club at Browns Bay, with its great views of the Waitemata, was the setting for members' annual winter lunch, with a tasty menu appreciated by all. Although the weather is still unpredictable we continue to work in our gardens and hope to welcome a lovely spring season.

Hauraki Floral Art Club

Creating a design from plant material incorporating a kitchen utensil was the recent challenge for members of the Hauraki Floral Art Club. Soup was a popular theme, with a range of vegetables bubbling away as ingredients, including one miniature display. Another exhibit presented coffee, from beans to cup, complete with steam. A bamboo steamer also featured, while others chose to work with spices and condiments. Our next challenge is to create a wall hanging

made from foliage only, with the theme of "Matariki"

Our judge of the month was Helen Potter, from the Warkworth Club, who also demonstrated different design styles and gave useful tips on how to prepare a self-watering posy as a gift presentation. Hauraki meets at the Outram Hall on the second Wednesday of each month. For more information contact the President, Jennifer Hartley, on 4795691.



Martin the woodworker

Martin Smallshaw is a longterm resident of Torbay who works with wood. A true artist and craftsman, he designs, and creates unique pieces of furniture. Martin's sunlit home among trees is a gallery for his work, furnished with functional and decorative styles, many crafted from native timbers.

For Martin the process begins with an idea. This leads to a challenge – to craft a one-off design, overcoming the practical problems in his workshop. Inspiration comes from nature's shapes and is transformed, through kauri, rewarewa, rimu or other from Martin's collection of seasoned woods, sourced over many years. Dressers, cabinets, tables, chairs, lamps, doors – no challenge is technically too difficult. Two particularly beautiful artworks are a lamp, curving upwards from the floor and a small occasional table with glass top that can be safely removed for cleaning. The satin finishes, soft edges and warm tones of all pieces have a tactile quality that is hard to resist touching - each a future heirloom.



Martin has lived most of his life of the North Shore. He attended Glenfield College and at sixteen began an apprenticeship in furniture-making. For many years he made custom-built furniture at the Wood Cellar in Browns Bay, which closed in 2022. In 2005 Martin won all the furniture awards in the only Auckland national woodworkers show ever held. His designs have also featured in the trade magazine "Joiners". Martin is available for private work in repairs, restorations and alterations – a one-man "Repair Shop". If you are interested in viewing his work he can be contacted on 0272021266.

Caring for the community 24/7

Make health your priority with our minor injury and urgent care specialists.

- \$39 after hours* medical visits for over 65's and CSC holders
*5pm-8am Mon-Fri, all weekend & public holidays
- 2 convenient locations
 - Smales Farm (24 hours)
 - Northcross (8am-8pm)



Winter Financial Wellness Series

Albany Village Library are hosting in August a Winter Financial Wellness Series of talks that. Experts from the ASB will be delivering the sessions, but they are open to everyone it is all very general financial advice that is useful for everybody in these difficult economic times.

Sunday 6 August 1:00pm - 2:00pm. **Everyday Banking, Better Ways to Bank and Frauds & Scams.**

Sunday 13 August 1:00pm - 2:00pm **Be Savvy with Savings, Borrow Smart & Pay Off Debt**

Everyone welcome to these free sessions. To book your place at either session please ring 09 484 7117 or email: Kathy.Bebb@aucklandcouncil.govt.nz

Have you ever wanted to learn Tai Chi?

Join our monthly Tai Chi Group with Master Yiming Wang. On the second Sunday of each month 11:00-12:00. Free sessions, everyone welcome. Each session begins with a bi-lingual talk about the philosophy behind Tai Chi and then an opportunity to practice the movements. Wear comfortable clothes.



The Reading Revolution is our friendly shared reading group on the first Sunday of each month 2:00-3:30. We read a short story and/or a poem and discuss it as we go.



Bestie Collection In August Auckland Libraries will be celebrating "We Read Auckland" with a new Bestie Collection. Each library will hold multiple copies of 10 of the most popular new titles that can be issued for just 2 weeks free of charge. These are the titles with very long waiting lists so you can either go on the waiting list for regular copies of the book or if you happen to visit when a Bestie edition is in stock you will be able to borrow it for 2 weeks free of charge, 2 per person with no renewals. This will create faster turnover of very popular titles and reduce the wait time for books. Look out for this new collection. August will be a trial period but if it proves popular then the Bestie Collection may stay.

Albany Village Library
30 Kell Drive, Albany



Team Anderson in Action



Shane Anderson
027 482 7440
s.anderson@barfoot.co.nz

Jen Anderson
021 177 5530
j.anderson@barfoot.co.nz

Local like you

I consider myself extremely fortunate to have lived in the local Long Bay / Torbay area for almost three decades, mostly with my hubby and business partner, Shane, plus our four amazing (of course) lads. The Long Bay Regional Park is an exceptional playground for us, as a family & friends, and I try to make the most of it every morning. Let's chat over a great coffee! I look forward to meeting you soon!

For exceptional, local, trusted advice, care and energy throughout your real estate journey, call Jen Anderson.

BARFOOT & THOMPSON
LICENSED REAA 2008

Long Bay 09 473 0712

Quizzes

sponsored by

BARFOOT & THOMPSON

LICENSED REAA 2008

WOMEN'S WORLD CUP TEAMS

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

ITALY
COLOMBIA
FRANCE
DENMARK
ENGLAND
BRAZIL
KOREA
SPAIN

SWEDEN
VIETNAM
JAPAN
NETHERLANDS
AUSTRALIA
PORTUGAL
JAMAICA
SWITZERLAND

USA
CHINA
ZAMBIA
NORWAY
GERMANY
CANADA

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

GARDEN

25 good, 32 very good, 40+ excellent

CROSSWORD

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

Across

- 1 Insufficient (6)
- 4 Large group of people (5)
- 7 Shock (6)
- 8 Behind (6)
- 9 Use needles (4)
- 10 Jock (8)
- 12 Tropical tree (7,4)
- 17 Detested person or thing (8)
- 19 Chinese ship (4)
- 20 Something of small importance (6)
- 21 From Mumbai, perhaps (6)
- 22 Obvious, boring (5)
- 23 Block (6)

Down

- 1 Mindless (7)
- 2 Living in water (7)
- 3 Driver's good judgment (4,5)
- 4 From Zagreb, perhaps (5)
- 5 Best (7)
- 6 Spotted piece used in a table game (6)
- 11 Banishment (9)
- 13 Speech (7)
- 14 Declare to be true (7)
- 15 Picture created from a number of images (7)
- 16 From Canterbury (6)
- 18 Describing meat butchered according to Islamic law (5)

SUDOKU

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

Triumphant Return for Multiple Champions

To help celebrate the band's centennial year, North Shore Brass chose to send over 70 musicians to Dunedin for the 144th NZ Brass Band Championships and came away with over nine prestigious trophies to adorn it's Taharoto Community Facility shelves in Takapuna.



"We can be encouraged that our young players all performed well in the solo and ensemble events over three days", said Band President Owen Melhuish. "One of our proudest moments was young Celine Wu, aged only eight, winning the Under 15 solo event for New Zealand. The very next evening Matt Donaldson was crowned the NZ Junior Champion of Champion playing sublimely on Bass Trombone and at only 15 years, one of the youngest on record, said Melhuish. "We have had the Junior Champion of Champion trophy in our band rooms since 2019, as Liam Wright had won it three times, so it was nice to retain this and from such a young promising star", says Melhuish.

Other winners were Emily Sullivan – Junior Flugelhorn, Jenny Howe – Junior Cornet and Harry Parker – for both Junior Soprano Cornet and Junior Slow Melody with many placings as well across other Junior and Senior solo events through the week.

The newly promoted North Shore Brass Academy Band performed admirably in the highly contested C grade stepping up with a band comprising of many students to win



the Sacred item (Hymn tune) taking home the Ron Fenton Memorial Trophy and were third overall in the grade.

Meanwhile the champion band of Auckland, North Shore Brass, went into the A grade contest, which is an elite competition that is at the top level of world banding. Director of Music Harmen Vanhoorne took the band to another level in their music making with two large Concertos that really made the adjudicator sit up and listen. He awarded the band a close second placing to reigning champions Wellington Brass, with the Bass/Tubas of North Shore Brass awarded the Jack McDonnell Memorial Trophy as best section.

"The wealth of silverware flown home is a real feat of achievement for the band as a whole and a testament to all our members individual hard work and dedication", said Melhuish.



Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Local like you

I am a steadfast believer in Torbay's vibrant community and the unique lifestyle we offer. As I reflect on the 43 years in this special suburb, I'm convinced that the strength of Torbay's community will remain. My children have chosen to live and own homes here, and I hoping my grandchildren will also call this home.

What makes Torbay so special? It is the perfect blend of a relaxed and fulfilling lifestyle, where simple pleasures are celebrated and cherished. One step outside your door, and your greeted with breathtaking walks, inviting beaches and coves, and charming friendly shops. Torbay's community spirit is tangible, friendly faces and warm greetings. The outstanding services provided are a testament to the caring nature of the people who call this place home.

**BARFOOT
THOMPSON &**
LICENSED REAA 2008

Torbay 09 473 9190

Torbay & Long Bay Medical Centres

f follow us on
facebook

Ask us about
Manage My Health

STAY WELL THIS WINTER

Keep up those healthy habits

- Wear a face-mask! We still need to wear face masks when visiting most healthcare services. It's also a good idea to wear a mask when on public transport, in taxis, in indoor settings like shops and supermarkets, in poorly ventilated spaces, or when it is hard to physically distance from other people.
- Maintain good hand hygiene by washing and drying your hands thoroughly or using alcohol-based hand sanitiser.
- Sneeze or cough into your elbow or a tissue. Avoid touching your face, dispose of tissues in a waste bin immediately and wash or sanitise your hands. This will prevent the risk of spreading COVID-19 and other viruses such as colds or flu.
- Keep your immune system strong. Be active, eat healthy food, be smoke-free and get plenty of sleep.

Stay home if you're unwell and get a COVID-19 test

The symptoms of flu can be the same as, or similar to, the symptoms of COVID-19. Both are highly contagious so if you feel sick, stay home and take a COVID-19 test.

People with COVID-19 must isolate for 7 days, It's recommended household contacts test daily for five days.

If someone in your whānau gets sick, it's a good idea for them to stay in one room or area until they are well. Wear a mask to care for them, and if possible, get them to wear a mask as well. Regularly ventilate or air your home by opening windows and doors. Be sure to wipe clean any surfaces around the house that are frequently touched such as door handles, benchtops, and tables

If your flu or COVID-19 symptoms get worse or you are concerned about someone you care for, seek help. Call Healthline on 0800611116. It's free and you can call 24 hours a day, 7 days a week.

Whooping cough and flu / respiratory illness in young children this winter

This winter we are seeing more respiratory (breathing) illnesses in children. If you have a sick child with breathing difficulties, seek medical care from your doctor immediately.

A baby that has difficulty breathing could have flu, whooping cough or another illness which can make them sick very quickly.

Vaccination saves lives

Vaccination is one of the most important ways we can protect ourselves, our whānau and our communities from many infectious diseases.

- Getting a flu vaccine is the best defence from the flu this winter. Its available now and are free for those most likely to get very sick.
- Make sure you have all doses of the COVID-19 vaccine – it will protect you from the worst effects of COVID-19.
- Check that your family are up to date with their routine vaccinations for measles, mumps and rubella (MMR). Some people missed their routine MMR immunisations due to COVID-19 and will not be protected from this highly contagious illness.

Look after your mental wellbeing

The change of seasons can also be hard on our mental health. As we head into the middle of winter, it is important to look after our wairua (spirit), hinengaro (mind), relationships and overall wellbeing.

There are a number of simple things you can do every day to support your mental wellbeing:

- Stay connected with friends and whānau.
- Stick to a schedule or routine as best you can.
- Move your body daily.
- Get outside and spend time in nature.
- Limit your time online and the amount of news you follow.
- Notice and appreciate small moments of joy.
- Avoid alcohol and drugs as these can make things worse.



Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Healthy Ageing: Hormone Replacement Therapy for the Menopause and the Man-o-Paus

I'm nearly 60 years old. So the subject of topping up your hormones is dear to my heart (literally because good hormones are good for heart health).

Women's Hormone Top-up Therapy (HTT) has really come out from behind the curtains in the last few years. While previously it was thought that the risks (such as cancer) far outweigh the benefits, nowadays most doctors would say the opposite. Plus, there are strategies to reduce the risk of hormone-dependent cancers including taking aromatase inhibitors like DIM which comes from broccoli.

The risks are lowest if body-identical hormones are used. In the past, we had to get these specially made and they were expensive. Nowadays, estrogen patches and Utrogestan (progesterone) capsules that are available at pharmacies are body-identical, and they are fully funded.

The benefits of topping up your hormones through the menopause include reduced menopausal symptoms like hot flushes, but also higher bone density, better heart health, clearer thinking and mood, and improved libido.

I have had some women who have asked me if progesterone causes weight gain. The answer seems to be no.

A systematic literature review has shown estrogens

combined with micronized progesterone (which is the most common form of HTT for women in NZ) either has no effect on weight or causes a slight reduction in weight.

What about the Blokes?

Men's HTT is a little less common. However, there is a condition called "Grumpy Old Man Syndrome" that is related to declining hormone levels in men. The low hormone levels can cause men to become grumpy, impotent, and to sweat a lot (not the kind of thing I aspire to!). Testosterone supplementation is either via oral capsules, creams to apply to the skin, or more commonly IM injections every 1 to 3 months.

Like women, men should take an aromatase inhibitor to stop their body turning testosterone into estrogen.

Lifestyle:

Hormones are very powerful and can mask all sorts of problems. A healthy lifestyle (diet, exercise and stress) should be optimized before stampeding to the hormones. Supplemental magnesium, fish oils and DIM would be on my list of healthy hormone recommendations. Pop in and chat to our team about healthy hormones. We even have some great suggestions to treat menopause and man-o-pause symptoms.

BTG THE BODY TONIC GROUP PERSONAL TRAINING

COMMITMENT | CONSISTENCY | CONNECTION OF MIND-TO-BODY
FOCUS ON YOUR HEALTH & WELLNESS!

Be shown corrective techniques. Build up at a pace suited to your needs!

Enjoy low impact exercises = positive results!

Relaxed environment. All ages and levels.

- ▶ Work with free body weight, toning balls, sticks, the barre, hand weights, balance boards, yoga blocks, Swiss Balls, resistance bands, light balls, steps, kettle bell, Bosu ball.
- ▶ Improve balance, flexibility, posture and range of motion.
- ▶ Release tight muscles; find solutions to reduce pain trigger points.
- ▶ Address musculoskeletal imbalances
- ▶ Get stronger, lose CM's, become more toned and fit.

Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.

Lynne Scott - 021 204 3280

Movement Specialist & Fitness Trainer

(Reps. Registered)

Pelvic Floor & Core Certified

Sports Advanced & Remedial Massage Certified

Author

lscott@thebodytonicgroup.com

www.thebodytonicgroup.com

[Facebook.com/thebodytonicgroup](https://www.facebook.com/thebodytonicgroup)



**WE ALSO OFFER ASSESSMENTS & EXERCISE CONSULTATIONS
AND MASSAGE THERAPY TO SUPPORT YOUR TRAINING!**

ENDURING POWERS OF ATTORNEY

Ageless Safeguard



Sarah and Josh are in their mid-thirties. Like most people their age, they had travelled extensively, living in London for a number of years, before returning home to New Zealand to start a family. Sarah had been in investment banking in the UK and Josh was a school teacher. The property market had shifted a bit in the years they had been away, but with the big money earned by Sarah in the UK, they were able to afford a large and spacious home only a couple of blocks away from the beach.

After taking advice from their lawyer, Sarah and Josh set up a trust to own their family home. Sarah was taking on some directorships of companies. They were also concerned that if one of them died, their assets would be protected both for the survivor and their children. At the same time they made wills appointing guardians of their children and stating that all their assets would go to the trust if one or both of them died. They prepared a memorandum of guidance for the trustees of their trust and also saw their insurance broker about putting in place some life insurance.

Basically, death was covered. If one of them died, the survivor would have a large sum of money and assets all nicely protected in a trust. Enduring powers of attorney were mentioned, but Sarah and Josh thought this was something they could do in the future. Sarah's grandma had just

appointed Sarah's father to act as her attorney – there was plenty of time for them to get enduring powers of attorney organised later.

Less than a year after returning to New Zealand, Josh woke one morning unable to speak or use the left side of his body. He had suffered a premature stroke. Sarah and Josh soon found out it is not uncommon for young people to suffer strokes and other ailments which mean that they are not able to function properly. Sarah and Josh had planned well for what happened if one of them died, but had not dealt with the situation where one of them might lose capacity.

Sarah now found herself in the position of not being able to deal with a number of things that Josh used to deal with. Everyone was asking her for a copy of an enduring power of attorney she didn't have. The costs of going to court to get property orders to manage Josh's affairs were expensive, but Sarah was left with few options. She quickly learned that not only old people needed to worry about enduring powers of attorney – they are for everyone.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do you have an *Enduring Power of Attorney?*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people.

If you have a will, but not assigned anyone to act as your Enduring Power of Attorney, you could inadvertently be putting your assets at risk.

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

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

Quiz Answers

- 50 ways to Leave Your Lover
- Happy Birthday Sweet Sixteen
- 10 Green Bottles Hanging on a Wall
- Life Begins at 40
- Hit Me Baby One More Time
- The Night Has a Thousand Eyes
- 24 Hours From Tulsa
- Seven Little Girls Sitting in the Back Seat (Every one in Love With Fred)
- I'm Looking Over a 4-Leafed Clover
- Three Little Maids From School Are We

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.

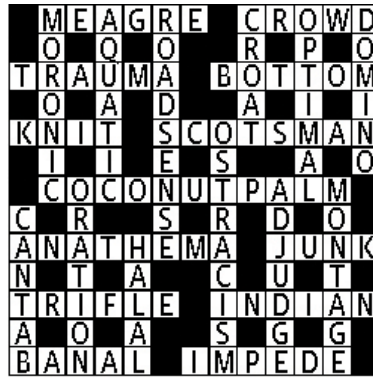
Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

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

age, aged, ager, and, anger, are, dang, danger, dare, darn, dean, dear, den, drag, dreg, ear, earn, end, era, erg, gander, gear, grade, gran, grand, nag, near, nerd, rad, rag, rage, raged, ran, rand, rang, range, ranged, read, red, rend

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

focus

on community

09 473 3259

editor@focusoncommunity.co.nz

Tides August 2023 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Tue 01	00:01 0.6m	06:07 2.9m	12:28 0.3m	18:48 3.1m	
Wed 02	00:57 0.4m	07:06 3.0m	13:22 0.2m	19:41 3.2m	
Thu 03	01:52 0.3m	08:03 3.1m	14:14 0.1m	20:33 3.3m	
Fri 04	02:45 0.2m	08:56 3.2m	15:05 0.1m	21:24 3.3m	-
Sat 05	03:38 0.2m	09:48 3.2m	15:56 0.1m	22:16 3.3m	
Sun 06	04:30 0.2m	10:39 3.1m	16:48 0.3m	23:07 3.2m	
Mon 07	05:22 0.2m	11:30 3.1m	17:41 0.4m	23:59 3.1m	
Tue 08	06:14 0.3m	12:23 2.9m	18:37 0.6m		
Wed 09		00:52 3.0m	07:06 0.5m	13:18 2.8m	19:36 0.7m
Thu 10		01:46 2.8m	08:01 0.6m	14:17 2.7m	20:38 0.8m
Fri 11		02:41 2.7m	08:59 0.7m	15:19 2.6m	21:39 0.9m
Sat 12		03:39 2.6m	09:59 0.7m	16:19 2.6m	22:36 0.9m
Sun 13		04:37 2.5m	10:56 0.7m	17:14 2.6m	23:29 0.9m
Mon 14		05:32 2.5m	11:48 0.7m	18:04 2.7m	
Tue 15	00:18 0.8m	06:24 2.6m	12:35 0.6m	18:49 2.7m	
Wed 16	01:02 0.8m	07:11 2.6m	13:17 0.6m	19:30 2.8m	
Thu 17	01:43 0.7m	07:53 2.7m	13:56 0.6m	20:09 2.8m	
Fri 18	02:22 0.7m	08:32 2.7m	14:32 0.5m	20:46 2.8m	-
Sat 19	02:59 0.6m	09:09 2.8m	15:08 0.5m	21:22 2.8m	
Sun 20	03:36 0.6m	09:45 2.8m	15:45 0.5m	21:58 2.8m	
Mon 21	04:13 0.6m	10:21 2.7m	16:22 0.6m	22:35 2.8m	
Tue 22	04:50 0.6m	10:58 2.7m	17:02 0.7m	23:14 2.8m	
Wed 23	05:29 0.6m	11:39 2.7m	17:45 0.7m	23:56 2.7m	
Thu 24	06:12 0.7m	12:25 2.6m	18:35 0.8m		
Fri 25		00:42 2.6m	07:00 0.7m	13:18 2.6m	19:32 0.8m
Sat 26		01:34 2.6m	07:56 0.7m	14:20 2.6m	20:35 0.8m
Sun 27		02:33 2.6m	09:00 0.7m	15:27 2.6m	21:40 0.8m
Mon 28		03:39 2.6m	10:08 0.6m	16:32 2.8m	22:43 0.7m
Tue 29		04:47 2.7m	11:12 0.5m	17:32 2.9m	23:42 0.5m
Wed 30		05:51 2.8m	12:10 0.3m	18:27 3.1m	
Thu 31	00:39 0.3m	06:50 3.0m	13:05 0.2m	19:20 3.2m	

Times adjusted for Daylight Saving.

Unleashing your property's valuable potential

Selling your home can be one of the biggest decisions you'll ever make. Entrusting someone with such a valuable asset requires confidence in their priorities, goals, and ability to achieve your objectives.

You need professionals who possess a deep understanding of the market and the experience to make informed decisions for optimal outcomes. That's where we come in!



Team Anderson in Action

Shane Anderson

0274 8274 40 | s.anderson@barfoot.co.nz

TORBAY

LONG BAY

Jen Anderson

0211 77 5530 | j.anderson@barfoot.co.nz

WAIAKE

OKURA

BARFOOT & THOMPSON

LICENSED REAA 2008

How's the *market?*

It appears a sense of normality may have returned to the Auckland housing market with June property sales more in line with traditional pre-Covid sales patterns for the first month of winter.

With 711 sales during the month, the market is once again comparable with the same month pre-pandemic and 3.9% higher than June 2022, as sales numbers continue to track back up following April's record low.

June's average sales price at \$1,097,896 was up 2.5% on the previous month's average and sat 1% higher when compared to the average price of the three months preceding. While the median price of \$995,000 increased by 4.2% when compared to May.

Now or later - when is the right time to buy?

I love the saying "*the best time to buy was yesterday, the next best time to buy is today*". If home ownership is what you dream of but simply don't know where to start, give us a call and we can help point you in the right direction to get you ready to step onto the property ladder.



Sharee Adams
Branch Manager
021 416 220

Market Snapshot

Last 6 Months - Torbay, Waiake, Long Bay, Okura

Lowest sales price

\$420,000

sold in Torbay



Highest sales price

\$6,490,000

sold in Okura



Days on market

1 to 310

days



Number of sales

170

sales



Local like you



FEATURED LISTING

BROWNS BAY
4 BUTE ROAD

Freehold apartments
starting from \$600,000



Ray Qu
021 190 0881
r.qu@barfoot.co.nz



Rental market Update

1 Nov 2022 - 30 Apr 2023

Torbay

BONDS	LOWER	MEDIAN	UPPER
1,251	\$538	\$673	\$793

Long Bay

BONDS	LOWER	MEDIAN	UPPER
192	\$791	\$900	\$1,173



SCAN THE QR CODE
TO VIEW OUR LATEST
RENTAL LISTINGS

