

focus

Issue 20
October 2023

on community

Long Bay, Okura & Torbay



Enjoying the Garden Club Show

See page 12

Photo by Bill Ellis

Health Testing

Have you been getting your health WOF recently?

Over the last few years, we have all been a bit preoccupied with the pandemic, and in particular vaccinations, isolations, anti-viral treatments etc. By "we" I mean pharmacists, other health professionals, and health authorities. It would be of no surprise to anyone that some basic health screening may have been overlooked.

So what tests should you do regularly?

Testing can help unearth serious health conditions that don't have any symptoms yet. Or it can help you to understand what you might need to do to fine-tune



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your health. The good thing about knowing you have something going wrong with your health is that it can help you correct the problem and change the course of illness. For example, because of a bad family history of heart disease, I went for a coronary artery calcium scan even though my cholesterol, blood pressure and blood sugar levels were all normal. The test showed that I had high calcium deposits in my arteries, meaning I was at high risk of having a heart attack or stroke. I have since started key supplements (like vitamin K2), and now I am even more committed to staying physically fit to avoid a premature death.

The tests that may be appropriate for you depends on your age, gender, lifestyle, and other environmental and nutritional factors.

There are an increasing number of tests that you can do yourself in the comfort of your own home. For example, we have test kits for sale for bowel health, vitamin D levels, and iron deficiency. You can buy blood pressure monitors to keep track of blood pressure.

You can even buy continuous glucose monitoring devices, which have revolutionized the management of diabetes, but can also be helpful for overall health and wellness.

We also have access to Integrative Laboratories in NZ and overseas that can test many different and interesting things (like stress hormones or nutrient status). Feel free to pop into the pharmacy and chat to Martin and the team about your health and wellness.



Martin Harris

Introducing eggspertly!

We are a small family business run by founder Carlo and his brothers Vincent, Friso, and Thomas. The business was started at the beginning of this year, and it grew quickly when posts on Facebook brought in many new customers.

The community's buy-in has been amazing, with many people supporting this budding entrepreneur. People in our neighbourhood find it valuable to encourage a local initiative that reduces the distance their food needs to travel and that has animal welfare at heart.

The eggs from eggspertly are produced by hens that can live their best lives. The chickens roam freely on the farm through sprawling pastures with a variety of grasses and clumps of trees. No wonder that free-range eggs taste better and provide more nutritional value!

So how does it work? The customers place an order for their desired number of trays every fortnight. This is a subscription-type service, and most customers have a

regular order. Of course, many start by trying it out once before becoming regulars.

The required number of trays are then sourced from a small free-range egg farm located about 90 minutes north, in the lovely Kaipara District. The farmer delivers the eggs every fortnight at the family's home near the bottom of Glamorgan Drive.

Customers then pick up the eggs every second Wednesday between 2 and 5pm. Vincent and Friso are



there to open the door with a smile and hand customers their trays.

The eggs cost \$23 per tray of 30 and are certified free-range. The eggs come in sturdy plastic trays, which are reused, to avoid unnecessary waste and minimise the impact on the environment. If you would like to place an order for these eggs, the best way would be to email.

eggspertly@outlook.com. Other ways to get in touch are via the website (eggspertly.com) or by checking it out on Facebook (facebook.com/eggspertly).



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

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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

During September we celebrated Chinese Language week, Tongan Language week and Maori Language week.

With a such a diversity of Nationalities living in our area it is good to celebrate these things.

I attend long Bay Baptist Church and part of our service is an open prayer time. During this time people pray in their mother tongue and it is quite usual to hear at least six or seven different languages. I find it a time of real blessing that although we are all different, we are also all the same.

I did spend a few years pre COVID learning Mandarin and I tell you it is really difficult, so I have great admiration for all of those who come to settle in New Zealand and learn to speak a different language.

Another person I have great admiration for is my husband, Keith. At the ripe age of 79 years, he is in training for his first half marathon.

Each day he goes out pounding the

sand at Long Bay, back and forward, or walking from Browns Bay, over the cliffs to Campbells Bay and back. He recently had a medical checkup, and his doctor was so pleased at his fitness level, which could put many younger people to shame.

It is good to be fit and after our long period of so much rain I am sure we are all looking forward to some good weather, when we can get out and about again.

Last Saturday I attended the Torbay Garden Club Annual Show, and it was so good. We have extended the coverage of it on page 13. This is one of the local clubs that is really thriving, and they meet on the first Wednesday of every month at 1pm.

If you have any interest in your garden and want to get some good tips and ideas then come along and join in, you will be made most welcome.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Meet the Pastor

The Senior Pastor of Northcross Church is Andrew Neville. Married to Yvonne they have three adult children and two grandchildren they adore. Andrew loves spending time with his family. He also loves actively sharing experiences and sporting activities with other people. He has especially enjoyed adventures like mountain bike riding with close friends.

Northcross Church is affiliated with CCCNZ (Christian Community Churches of NZ) a broad and eclectic network of churches through NZ which has open brethren heritage. Northcross Church is nondenominational, although historically is a merger between an independent Baptist Church and an open brethren community (2008).

Our church is attended by a diverse range of cultures, ages, generations, and families.

The growing together and unity of God's people from these different generations, cultures, family and church backgrounds is a vision and life we reach toward. (Eph 4:11-16).

Northcross Church cares about one thing more than anything else, Jesus Christ. We are a family of individuals who have found hope in the life, death and resurrection of Jesus Christ,

and we want as many people as possible to experience that exact same freedom (John 14:1-6; 1 Pet 1:3-5)

Our core values are focused on exalting God through solid biblical teaching, preaching, and vibrant worship, while doing life together as we live out what God calls us to be in this world.



Alongside engaging people, who call Northcross home, we also regularly seek to live missionally in our local and not-local communities, which over the years has included: our annual 'Come to Bethlehem' light drive through, International Festivals, Christmas and Winter Food Drives, a monthly focus on Mental Health, Christian Apologetics (both annually), nurturing healthy marriages and families, as well as supporting many international missions.

We have a wonderful church family and community life where we engage, connect, and support each other through various life stages and transitions. Come and check us out! You're welcome at Northcross Church. Our main service is 10am every Sunday morning. Young adults evening service and dinner at 5:30pm. Youth service Wednesdays at 7pm. For more info check our website: www.northcross.org.nz

Operation Cover up in New Zealand

Operation Cover Up in New Zealand are a friendly group of enthusiastic knitters who have a passion for all kinds of needlework. We meet regularly to turn our passion into creating warm blankets and winter clothing for those who need it the very most.

Do you like knitting? Would you like to join a friendly group making a difference in others' lives? It is always a good time to get your needles out, get knitting and join us to make beanies, scarves, children's' jumpers for all ages, for both boys and girls, babies and toddlers, and other warm winter clothing.

This knitting goes over to Eastern Europe; Bulgaria, Romania, Moldova, Lithuania, Estonia, Croatia, the Ukraine, all places where refugees are fleeing their homes to neighbouring countries where the temperature is often -20 degrees C and lower.

Orphanages in these countries are so grateful for blankets. These children have very little to call their own and these donations are much cherished.

Our group meets twice per year on the North Shore to catch up over tea and coffee, and to share a plate of baking. There is often spare wool available that can be shared around.



Mission Without Borders collect twice yearly, and ship overseas distributing to where it is needed the most. We aim for one to two shipping containers per year.

During our catch ups, a representative from Mission Without Borders will come and tell us about the latest delivery, and often photos are shared around. The recipients are so grateful for these gifts, and we hear lovely comments about what has been received.

If you would like more information about our group, we'd love to hear from you. Please call Joy 09 475 6440, Julie, or Jill.



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Wendy's update

Positive momentum has continued! August was the most positive sales month in the past 17 months – not only did sales increase significantly, but the median sales price was up 3.4 percent on that for July. Homes on the market in our area remain low – if you are thinking of selling now is a great time to make the plan. As a continued recognized top salesperson in the Torbay/Waiake area I offer in depth local knowledge of comparative homes sold and for sale, an overview of the current real estate climate, and, advice on the best way to present your home to maximise your sale. You are welcome to give me a call if you are wondering what your home is worth on the current market and to discuss your next move. I look forward to hearing from you.

Kind regards, Wendy

No. 8 Individual Salesperson North Shore Region 2023

Year ending 31 March 2023

Torbay/Waiake August 2023



The best roast potatoes ever

For the last eight years or so Long Bay Baptist Church has been running a Senior's Lunch Club,

Each month we fed up to 50 people and the only item that was on the menu every time was roast potatoes.

Everyone loves roast potatoes.

Here are some ideas for the perfect roast potato.

1. Always use Agria potatoes as they give the best result, crisp outside and fluffy inside.
2. These can be used with skin on or skin off. The best nutrients are in the skin.
3. Cut into pieces about 6 centimetres and place in cold water in a saucepan. Add salt and bring to the boil.
4. Place a pan in the oven with fat (pork dripping makes a lovely roast potato but you may want to use olive oil as a healthier option) and set at 200°C.
5. Allow potatoes to boil for just 1 minute and drain. Shake the pan hard to "bash" all the surfaces of the potato.
6. Remove sizzling fat from oven and put potatoes in.
7. Using a fork and spoon turn them so they are coated and replace in oven.
8. Roast for 1 hour 45 minutes or 45 minutes in an airfryer.
9. Options to add taste. Sprinkle with Tuscan seasoning or add garlic and sprigs of rosemary.
10. Serve with just about anything and they will melt in your mouth.



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Torbay Historical Society

In the Senior Citizens room we found a bed with a plaque saying 'Presented by Dr. P.A. Hunter 8 Toroa St. Torbay.' This got us thinking about different doctors etc. who had shifted over the years. We are grateful to Alf Fisher, Deborah Morris and Dr. David Gray for their memories.

'Mrs. Moore lived on the corner of Toroa Street and Beach Road. Her white house still stands today. She was the Local Land Agent and always wore a Burberry Raincoat and cloche hat.'

A Scotsman, Dr. Reid had his surgery in the Moores' Buildings

The chemist in the buildings was under the name Pauline Craig Pharmacy Ltd. although she apparently didn't practise there. The Hairdresser was Audrey Morris. Her salon was called 'Maison Andree'. She was there till 1961. The salon was moved to Beach Road in 1967. That might have been about the time the Chemist also moved to Beach Road because the other photo is of Fred Newton outside the pharmacy on Beach Road in 1968. The present Pharmacy is further along in the building.

There was also Dr. George, who had a small surgery opposite



the old Post Office. Dr. Kitchen took over from him.

We would appreciate any more memories you might have. Stories make history come alive.

We have begun our Public Open days on Saturday afternoons, with prebooked Devonshire Teas to begin in October. Look at our website or phone us to check when the Homestead will be open. It might depend on weather and also availability of helpers.

Look on-line or at the Libraries for details of The Auckland Heritage Festival 2023 (23 September to 8 October). The theme is Peace, Love and Protest.

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

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SOUTH PACIFIC: Never underestimate the beauty of our Pacific neighbours, enjoy island hopping from one palm fringed shore to another

Award winning North Shore Travel Agency

Shore Travel, a member of the World Travellers Group, scooped up five awards at their recent Annual Conference.

They were pleased to receive accolades for:

Top performing store for Intrepid Travel, The Travel Corporation (Trafalgar, Insight, Luxury Gold, Uniworld, AAT Kings etc), and Globus Travel Group (Avalon Waterways, Globus and Cosmos Tours). They also took out the Supplier's Choice Award. Team member Renee was named the Infinity Holidays' top individual consultant.



"I'm incredibly proud of my team! It was so wonderful to see them rewarded for their efforts," says Buckley. "Our favourite award is the Suppliers Choice, knowing that so many of our supply partners voted for us. Our suppliers have been so supportive of our business and offer a great range of quality products that suit our customers."



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Rotary Focus Column October

Rotary is an international organisation of over a million members from every corner of the world.

What started as a networking club for men has adapted to meet changing times. In 2023 we are a diverse group of men and women striving to make the world a better place. No longer are there rules such as only one member per 'classification' (i.e. only one plumber, only one accountant per club), no longer do you have to be invited to join Rotary (we welcome having you come and check us out) and of course, no longer is it a formal men-only club.

We focus our projects on seven areas of service: The Environment, Maternal & Child Health, Basic Education & Literacy, Water & Sanitation, Economic & Community Development, Disease Prevention & Treatment, Peace & Conflict Prevention.

Rotary Browns Bay is a team of thirty men and women from all walks of life committed to 'Doing Good in the World'. We meet fortnightly for breakfast at the Bays Club where we listen to an interesting speaker, we meet weekly for a casual coffee at the Stoned Cow and we get together regularly for a service project or a social outing. We enjoy pot-luck dinners, barbeques, movies, ten pin bowling and the theatre as well as volunteering in the community. Twenty of us attended MERC's September quiz night & in August our giant book fair raised \$6000 for community projects. One of our more intrepid members assisted with the Hawkes Bay



clean up and we tackled the rubbish in Long Bay as part of our 'Day of Action' in September.

You'll see us helping out at the Browns Bay Christmas Parade as well as the Mairangi Bay Christmas carnival and whenever some helping hands are needed.

At the moment we are organising a tour of Gibbs Farm Sculpture Park; tickets for this event on November 17 will be available soon. Check our Facebook if you are interested <https://www.facebook.com/RotaryClubBrownsBay/>

If you would like to visit us, please contact Ian Clouston our president on 027 494 7531; we would love to meet you.

Monthly Quiz

info@brownsbayrotary.co.nz

Answers Page 30



1. What is the date for the NZ Parliamentary elections this year
2. 24 October is World Polio Day. For every dollar That Rotary donates towards the 'End Polio Now' campaign, which philanthropical trust donates \$2
3. 31 October is celebrated in many cultures as Halloween. What was the name of the old Gaelic festival celebrated at this time
4. October is Breast Awareness month. What colour ribbon denotes support for Breast Cancer
5. The Hindu religion celebrates Diwali in October. What is Diwali
6. What does Labour Day commemorate
7. The flower for October is calendula. What other name is it known by
8. In which German City is Oktoberfest celebrated
9. We are now in daylight Saving Time. When does it end in 2024
10. John Lennon was born on October 9 1940. When did he die

Calling local crafters



are you interested in a



Christmas Market



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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

Creative Fibre Browns Bay

Known as *The Browns Bay Evening Spinners*, this group meets on the second and fourth Tuesday evening of every month from February to November in the Rothesay Room at Heart of the Bays in Browns Bay. This friendly group of fibre-craft enthusiasts - which has been meeting regularly ever since the 1980s - always welcomes visitors and new regular members.

Existing members have between them many decades of combined experience in a wide range of fibre and other kinds of handcrafts: spinning, knitting, crochet, weaving, dyeing, embroidery, pattern design, lacemaking, patchwork and quilting. Group meetings run for two hours, and everyone brings along their current fibre-craft projects to work on together, while chatting and sharing skills and expertise.

It's so rewarding to see completed pieces that the members have been working on - sometimes for months! Show-and-tell is one of the most enjoyable activities that the group gets to share, as the finished works are passed around to be discussed and admired.

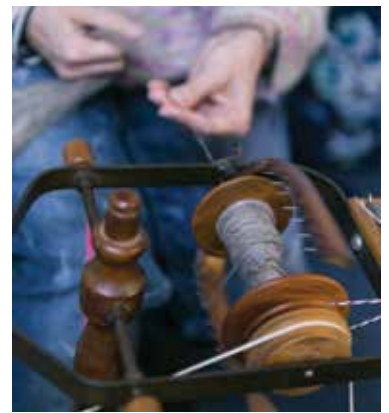


It's nice to have your results acknowledged by other people who understand exactly how much hard work has gone into it!

Another benefit of regularly meeting face-to-face with other fibre-crafters is the opportunity to ask for advice or help with a project that might be proving a little challenging. Usually there will be someone present with the



experience and willingness to assist. Even if such help is not required, the encouraging and supportive atmosphere of the group provides a much-needed confidence boost, or motivation to commit to finishing those long-term projects that it might otherwise be so tempting to set aside.



The group focus is on sharing skills and building friendships with people of shared interests in the fibre crafts. Whether you have many years' experience, or are just beginning your journey, you are welcome. A wide range of ages are represented among the membership, and the group is open to all genders. If this sounds like your kind of community, contact the current group organiser Nicole Grassmeyer on ngrassmeyer@hotmail.com for enquiries.

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Ian & Diane Dodds



Spring is celebrated in

The Torbay Garden Club opened the doors of its annual Spring Show to the public for the first time in several years. Public were also invited to exhibit their own garden produce, with a special creative section for children. Although the winter has been wet, sunshine favoured the day ahead and brought spring to life just in time. And spring it was, inside the Torbay Community Hall, with a gala display of flowers – daffodils, freesias, iris, orchid, camellia, ranunculus, polyanthus and more. Artistry was also on

show in the decorative floral section with interpretive designs celebrating the season. A recent addition is the floral cup-and-saucer display with colour, variety and imaginative themes. The vegetable section had sufficient produce on show to cook up a feast of many dishes. Carrots, swede, rhubarb, cabbage, silver beet and a golden cauliflower showed the triumph of growth over a dismal wet season. A display of various herbs was also on show to complete the “meal”, while juicy citrus featured in the fruit section.

Judges were horticulturalist, Graham Milne, and local floral art teacher, Pauleen Burfoot-Postins. Some excellent raffles were donated by our sponsors (listed below). President, Hilary Collins, Show Secretary, Ange Taft, and the Club committee worked hard behind the scenes to make the Show a success and were rewarded by a steady flow of visitors throughout the afternoon.

torbaygardenclub.wixsite.com

Torbay Garden Club thanks the following Sponsors

Torbay Butchery, Chemist Warehouse Browns Bay, Countdown Browns Bay, Torbay Pharmacy, New World Long Bay, Mitre 10 Mega Albany, Focus magazine.

Photos by Bill Ellis



Torbay - with Torbay Garden Club



Torbay Garden Club- Children's work on display

The Spring Show was also an invitation and opportunity for all children of the community to explore their creative skills in making animals and creatures from plants and vegetables. There was a delightful range on show, from penguins, mice, owl, octopus, one grumpy pear and other clever creatures. There were also decorated saucers hand-picked bunches of flowers. The display echoed a past era of school and country garden shows and the old tradition of the sand-saucer. *Photos by Bill Ellis*

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Active Ageing Expo



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activities, groups, clubs and
opportunities for seniors in our
community**



Rebecca Mathews, Artist

Rebecca Mathews grew up in Torbay and lived here for almost 20 years. Married to Carl and a Mum to Mila 2 and Jaden 7 she now lives in Papamoa.

However, East Coast Bays will always have a special place in her heart, as she spent many days at Long Bay beach and Waiake beach walking down to Waiake beach after a long hot day at school to cool off.

Rebecca is a self-taught artist, painting on canvas at her parents dining table in Torbay, originally she started painting to get over a break-up! Starting with a paint-by-number she loved it, but it didn't look real enough, so she taught herself how to paint - first in acrylics and then oils.

Six months after her second child was born Dec 2020, she decided to pick up the brush again for some 'me-time', then made the brave decision to pursue art as a career.

Her style is all about layering thin glazes of paint. As a result, light bounces through each layer producing rich colours and a realistic painting. She paints with water-mixable oils for a soft, smooth feel and her eye for detail enables her to encapsulate light, shadows and contours.

Rebecca has a huge passion for botanicals and love showcasing them and is inspired by the fascinating growth patterns and intricate details of flowers.

Having good work life balance is really important to her,



after being diagnosed with a rare condition called Fibromuscular dysplasia (FMD). Health and wellness is really important and being an artist allows her to have work life balance and manage her wellbeing.

Rebecca's mantra has become, whatever makes your soul happy do that, striving to connect with people through art and bringing joy to others through her work.

Learn More About Rebecca's Work

Website: www.rebeccamathewsartist.co.nz

FB & IG rebeccamathewsartist

An Emerging Artist Finalist at the Bay of Plenty Garden and Art Festival 2022



16 Egg Facts for World Egg Day

1. Eggs are good for your eyes. They contain lutein which prevents cataracts and muscle degeneration.
2. An egg shell can have as many as 17,000 pores.
3. Egg shell and yolk color can vary but have no effect on taste or quality.
4. Breed determines egg shell color. Commercial eggs are brown or white, but some breeds can also lay blue, green, or pink eggs.
5. Egg yolks are one of the few foods that naturally contain Vitamin D.
6. Brown eggs are more expensive because the hens that lay them are larger and require more feed.
7. Duck eggs are higher in fat and better for baking.
8. Eggs are rich in choline which promotes normal cell activity.
9. Eggs age more in one day at room temperature than in one week in the refrigerator.
10. An average hen lays 300 to 325 eggs per year.
11. It takes a chicken 24 to 26 hours to produce an egg.
12. As hens age, their eggs become larger.
13. A hen turns her egg nearly 50 times a day to keep the yolk from sticking to the side.
14. Kiwis lay the largest eggs in relation to their body size of any species of bird.
15. The word "yolk" derives from an Old English word for "yellow". Therefore, it is egg white and egg yellow..
16. There are many reasons we eat chicken eggs instead of duck or turkey eggs. They lay more and need less nesting space



AUCTION

17 Moki Place, Long Bay

4 2 2

This low maintenance, four bedroom home really is the first word in affordable luxury. Stylish and spacious, this desirable home is perfect for couples or downsizers.

- Quality NZ Build by Ten Nineteen Developments Limited plus 5 year builders warranty remaining.
- High spec modern kitchen with quality appliances.
- Generous lounge and living flow out to sunny garden.
- Footsteps to New World and Long Bay village.

Come see for yourself why the neighbours have chosen this lovely location to call home.



SOLD

15 Moorgreen Heights, Torbay 4 2



SOLD

25 Browns Bay Road, Browns Bay 5 2



SOLD

1/5 Dalmeny Close, Murrays Bay 3 2



**FREE Marketing
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When you list and sell with Ray White Mairangi Bay until Christmas 2023.

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www.rwmairangibay.co.nz

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The RayWhite logo is positioned in the top right corner of the page, set against a yellow rectangular background. It features the brand name 'RayWhite' in a bold, black, sans-serif font.A photograph of a man and a woman standing on a beach. The man, on the left, is wearing a dark blue pinstriped suit jacket, a light-colored shirt, and a tie. The woman, on the right, is wearing a dark blue double-breasted blazer with gold buttons and a matching skirt. They are both smiling and looking towards the camera. The background shows a clear blue sky, a calm ocean with a small boat, and a rocky coastline with greenery on the left.

To Sell or Not to Sell?

With the upcoming elections, there is a lot of uncertainty around the property market and whether to hold off selling until next year.

The prediction is that listing numbers are going to surge post-election. That coupled with the forecast El Niño weather system on the way, will bring a long hot summer this year, perfect for showcasing your property. So there is no better time than the present to get ahead of the competition!

With our *expertise of the local area* combined with *extensive market knowledge*, we can answer any questions you may have and guide you to make the best decision for you on your property journey.. just give us a call!

Thérèse Leslie
therese.leslie@raywhite.com
021 022 66192

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ELITE
PERFORMER 21-23

Jiang Kou 寇江
jiang.kou@raywhite.com
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MERC quiz night fund raiser

We love working with and in this community in various ways. One thing that has quickly become an annual highlight is our Quiz Night Fundraiser. Each year we're blown away by the generosity of donors and Quiz teams for their contribution. This can be donating prizes, donating time to participate and of course, donating funds.

We've been lucky to have several community businesses providing ongoing support for this event. Marcus and Alex from New World Long Bay generously donate prizes and dessert, Karen and her team from Corporate Cuisine donate



table platters for Quiz teams, Dave at Torbay Butchers and Gareth and Tammy from Torbay Service Station also donate prizes. Along with several other sponsors from our wider eco system, every contribution helps us raise funds for our ongoing work in the community.

This year we were very privileged that Long Bay College allowed us to use their staffroom to host Quiz Night. While it was different to run this event away from the Centre, this enabled us to host a greater number of Quiz teams on the night, including 3 from Rotary Browns Bay.

If you're interested in supporting MERC at future events, please contact office@merc.org.nz.

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

A Century of Brass

North Shore Brass has been a part of the fabric of music, entertainment, and education of the North Shore for 100 years. To commemorate this significant milestone, we invite you to an evening of an unforgettable experiences, combining performances by our own incredibly talented band members immersing yourself in a diverse repertoire spanning classical masterpieces, contemporary compositions, and timeless favourites.

Currently ranked second in New Zealand, North Shore Brass will dazzle you with their artistry and power under maestro Harmen Vanhoorne with several soloists sprinkled throughout the evening. Meanwhile our Academy Bands all combine to show case how they also entertain and support one of NZ's largest and most successful brass band programmes.

Our special guest is Kiwi music icon and friend of the band Don McGlashan. Best known for his APRA Scroll award winning song "Anchor Me" and "Bathe In The River" he is also lauded as the frontman for the internationally acclaimed Mutton Birds. He often performs on stage with a Tenor Horn or Euphonium having started playing in the East Coast Bays Brass Band with his father.

Don McGlashan will be inducted into the New Zealand Music Hall of Fame | Te Whare Taonga Puoro O Aotearoa in October and the band is delighted to be sharing the stage with such an acclaimed artist.



A Century of Brass
Featuring North Shore Brass and North Shore Brass Academy
Special guest – Don McGlashan
Saturday 21 October 7.30 pm
Bruce Mason Centre Takapuna
Book at Ticketmaster - a booking fee applies.
Adults \$35.00
Seniors \$30.00
Student \$10.00

Birds of a Feather - now open

What great news that Birds of a Feather are now open.

Team Ming enjoyed a wonderful lunch there a few weeks ago and the food and the location were most enjoyable.

It is good to welcome another business to the Long Bay Village and we wish them all success in their venture.

During September they opened for prebooked groups to try out the menu before opening. Open for both lunch and dinner it is Chinese Fusion at its best with yum cha lunches or delicious a la carte menu to share with family and friends. They take classic Chinese flavours and reimagine them in new and exciting ways that creates a dining experience that is both familiar and unique.

Situated at 1/56 Bounty Rd they are open from 11 am.



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News from East Coast Bays Library

East Coast Bays Library has been busier than ever with our regular programming and events. There are some featured events that you won't want to miss in October:

- Moon Festival performance - Sunday 1 Oct, 11.00-11.40am
- How to Write Your Memoir, Life Story or History with Charlotte Squires - Saturday 7 Oct, 10.30-11.30am*-bookings required.
- AI Talks by Teens - Saturday 14 Oct, 2.00-3.00pm
- Michelle Kelly: Author Talk and Book Launch - Saturday 21 Oct, 10.30-11.30am

Spotlight on ECB Library Staff:

Natasha Hallam has been the manager here at East Coast

Bays Library since 2019. Natasha manages a team of 17 part time and full timers. Aside from managing the team during COVID lockdowns, she was integral in the refurbishment of the library in 2021 while maintaining a temporary library - which was not a small feat! Natasha recently celebrated being with Auckland Libraries for over 10 years and stated that she is a lifelong learner, which has helped in finding better ways to manage a large team, and in providing for the community.

For more information about what is on, pick up a brochure, talk to library staff, follow our Facebook page, search for events at <https://www.aucklandlibraries.govt.nz>. If you would like an e-copy of version of our Monthly brochure, email us at ecblibraryevents@aucklandcouncil.govt.nz to add your name. Auckland Library, Bute Rd , Browns Bay.

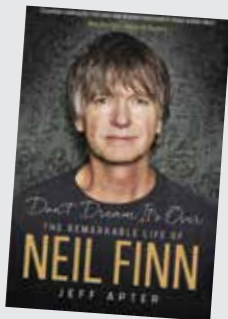
Book Reviews

Don't Dream It's Over:
The remarkable life of Neil Finn

By Jeff Apter

Jeff Apter delivers the first-ever Neil Finn biography, 'Don't Dream It's Over' giving insights into the Crowded House frontman. Neil has endured as a full-time musician over a 45-year timespan and this biography describes his incredible journey and the respect he has received from his peers. Fans of Neil Finn will not be disappointed in this informed work.

- Recommended by Eileen, ECB Library staff member.



Once Upon a Wickedness

By Fleur Beale

This fictional novel for kids provides an exciting adventure in a fairy-tale setting. With daring hero ten-year-old orphan Dance Violet, the story provides a message that you're never too young and powerless to stand up to tyrants. Award-winning New Zealand author, Fleur Beale once again writes in a captivating and engaging style.

- Reviewed by Mary, ECB Library staff member.



Torbay Friendship Club

The Torbay Friendship Club is delighted to be welcoming new members and visitors to our meetings and activity groups. Our speakers are varied and interesting. Our weekly groups are growing and everyone is becoming acquainted with new people and ideas.

We are looking forward to hearing from Rosie Green from NZ Travel Corporation who will be our speaker on the 14 September at 10am

For the August excursion, we travelled by bus to "The Perfect Alpaca Farm" in Warkworth. It was all rather exciting with much fun feeding the beautiful Alpacas, finishing the day with lunch in town at the hotel on the main road. This month we are off to visit the Maritime Museum with a boat trip on the Harbour should the weather be fine.

If you would like to find out more about the Club, you may either contact Noreen McArthur, mobile 027 271 3524 or Delphine Pearson 022 072 9813

Or: You can just arrive as a visitor to a meeting on the



second Thursday of a month at 10am where you will be welcomed. The meetings are held at the Torbay Community Centre

We look forward to you joining us for a cuppa and chat.

Grease – the musical

A group of superb operatic singers presented a delightful revue of Gilbert & Sullivan songs titled “Here’s A How-De-Do” in April. Our audiences loved this entertainment so much that we are planning a second one next year.

July saw the annual school holiday play performed by our younger members for appreciative audiences of very young children and their parents.

In August a rehearsed reading of Oscar Wilde’s classic comedy “The Importance of Being Earnest” was performed over two nights. With time for socialising over wine and cheese afterwards both actors and audience got to mingle and help plan our future theatrical ventures.

Now we present Grease (the musical) as our major production of the year.



Rehearsals are well under way. With an astonishing 74 people eager to audition, our directors are thrilled with their talented cast.

The theatre is alive with voices rehearsing the well-known songs, feet are jiving in time to the music, while our Set Design, Wardrobe and Lighting teams are busy designing and making in order to have everything ready for the performances.



“Grease” will be staged in the Torbay Community Hall.
December. Thursday 7th, Friday 8th, Saturday 9th at 7:30 pm.
Sunday 10th Matinee at 2:00 pm
Wednesday 13th, Thursday 14th Friday 15th, Saturday 16th at 7:30 pm.
Sunday 17th Matinee at 2:00 pm.

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

Jacqué Mandeno’s Love Drama speech & drama classes:
phone 027-522-7836.



Jun Olis
027 586 6547
j.olis@barfoot.co.nz

Local like you

Long Bay is a great place to be, with the amazing local beach close by. It’s a fabulous spot to meet the locals and clear your head after a busy day’s work. Less than a minute from our office, it’s also the perfect place to meet and chat with clients about their real estate needs.

Alternatively, just down the stairs from the office is our local café – if you’d like to pop in and have a chat, the coffee’s on me!

I would love to hear about your property goals, and promise you the very best level of professional service, along with a commitment to achieving great results.

Call me today!

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Quizzes

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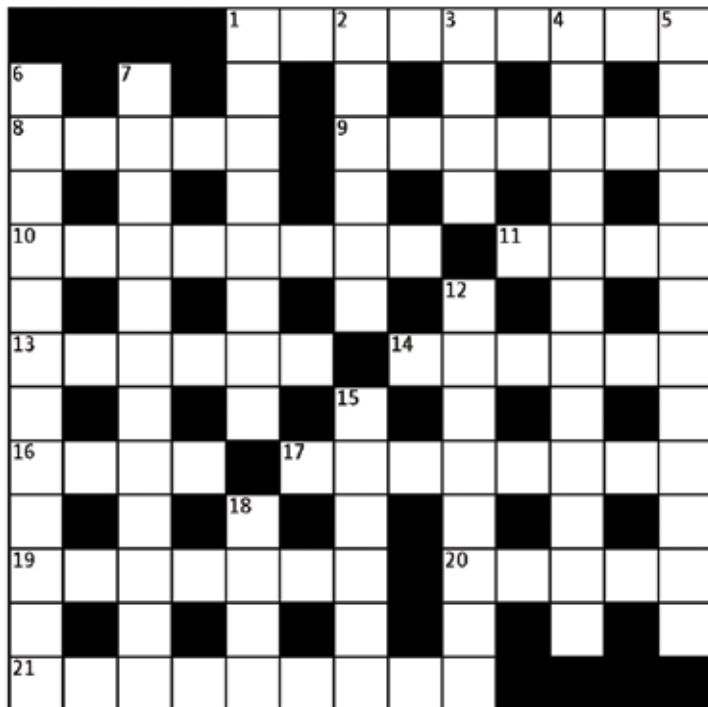
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| ENGLISH | HIPKINS | SHIPLEY |
| HALL JONES | MOORE | BELL |
| KEY | PALMER | MACKENZIE |
| FORBES | ARDERN | |

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

STAIRS

18 good, 23 very good, 28+ excellent

CROSSWORD



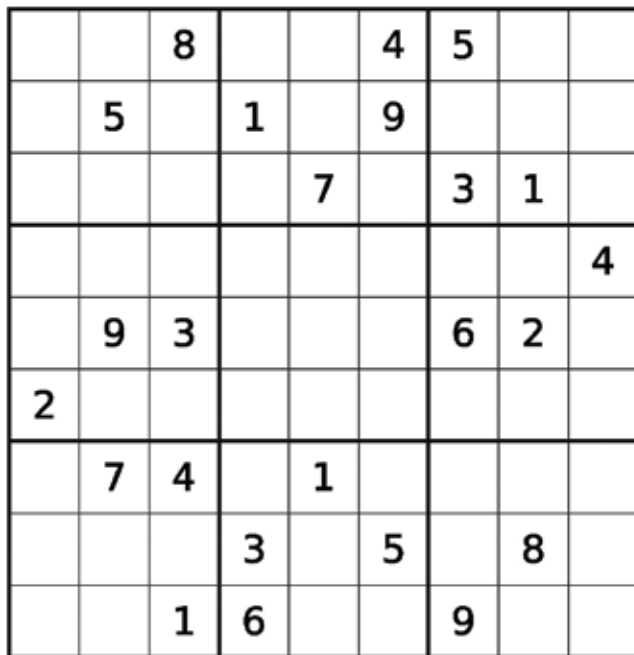
Across

- 1,11 Richard Adams novel (9,4)
- 8 Control for horses (5)
- 9 Plant with funnel-shaped flowers (7)
- 10 Diabolical (8)
- 11 See 1
- 13 British songbird (6)
- 14 Female name - Messenger of God (6)
- 16 The back (4)
- 17 Elegant (8)
- 19 Region in Northern Spain (7)
- 20 Buffalo Bill's prey (5)
- 21 Cause of limescale (4,5)

Down

- 1 Summary of desirable items or actions (4,4)
- 2 Keyboard operator (6)
- 3 Religious ceremony or act (4)
- 4 Gain money very quickly (4,4,4)
- 5 No problem (for boaties?) (5,7)
- 6 Financial crisis (6,6)
- 7 Expensive tray for carrying glasses (6,6)
- 12 Place to obtain light refreshments (5,3)
- 15 Seize by lawful authority (6)
- 18 Forehead (4)

SUDOKU



October at Albany Village Library

Albany Village Library are looking forward to springtime & the promise of some good weather.

We now have a weekly **Kōrero Mai te reo Māori conversation group** each Sunday morning 10-11. This friendly group is for anyone wanting to speak, enjoy, learn, practice & improve their te reo in a supportive setting. Maybe you have done a te reo course and don't want to lose what you learned. Perhaps you are new to te reo Māori but want to give it a go. Or maybe you are tangata whenua & just want to come for a chat. Everyone is welcome. There is free tea & coffee and games/crafts to amuse tamariki.



*Nau mai te hapa. Welcome your mistakes.
He wāhi haumarua tēnei. It is safe here.*

DIY Worm Tower Composter FREE Workshop

Pip from The Compost Collective will teach us how to use an in-situ DIY worm farm to directly feed our soil. Make a DIY system to take home with you. Thursday 19 October 11-12:30



Confirmed participants will receive a \$40.00 discount toward the purchase of a composting system that can be redeemed online.

This course is proudly supported by Auckland Council and delivered by the Compost Collective.

Register through The Compost Collective website:
<https://compostcollective.org.nz/events/diy-worm-tower-composter-albany/>

National Shakeout

The National Shakeout earthquake drill takes place at 9:30 on Thursday 19 October and we will be taking part. We will practice Drop, Hold, Cover at 9:30 and encourage everyone to join us. You can never be too prepared for an emergency.

'Like' Albany Village Library on Facebook to keep up to date with all our events, programmes and news.



Albany Village Library
30 Kell Drive, Albany, Auckland, 0632



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

Local like you

Torbay is thriving as we step into the spring season! I enjoy meeting different people and helping them find the right property. Being a good listener helps me to understand peoples' personal circumstances. I am an excellent planner and I always try to maximise the interests of my clients. Working for Barfoot & Thompson means no boundaries. The company is at the forefront of technology-led solutions and the support and training it provides for all its salespeople is a great incentive to work hard and succeed in the industry.

I've just moved to Torbay with my wonderful wife and our five-year-old son. We enjoy the peaceful beach life that the area offers. I go fishing when I can, I enjoy gardening and I play badminton every week. It helps me keep up with my very active boy.

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Torbay 09 473 9190

Torbay & Long Bay Medical Centres

f follow us on facebook

Ask us about Manage My Health

THE NEW CERVICAL SCREENING SELF-TEST: HUMAN PAPILLOMAVIRUS (HPV) TESTING

Cervical screening looks for the human papillomavirus (HPV) that causes most cervical cancers. You can do the test yourself, usually in a private area at your screening appointment, or you can ask for help to get it done.

By having regular screening (usually every 5 years) and being immunised against HPV, you can protect yourself against cervical cancer. This way you can stay healthy for yourself and your whānau.

How do I know if I'm eligible for cervical screening?

Cervical screening is recommended if you are:

- a woman or anyone with a cervix;
- aged between 25 and 69;
- sexually active or have ever been.

It makes no difference what your sexuality or gender identity is, or if you have not been sexually active for a long time. If you have a cervix, it's best to get tested.

If you've had a total hysterectomy (removal of the uterus and cervix) check with your healthcare provider to see if you still need to have screening.

If you're pregnant, it is safe to do the test.

If you've got your period, you can still have a screening test, as long as bleeding isn't too heavy because this could affect the test result.

Funding for screening

The National Cervical Screening Programme (NCSP) is not fully funded. However, screening is free for women and people with a cervix who:

- are aged 30 or over and have never had a screening test or are under-screened
- require follow-up testing
- hold a Community Services Card
- are Māori or Pacific.

HPV and cervical cancer

Almost all cervical cancer is caused by HPV. The virus is very common and spread intimate skin-to-skin contact or any sexual activity (not just penetrative sex).

Most adults, who have been sexually active, will have HPV at some time in their lives. The body usually clears the virus, but some types can persist and go on to cause cell changes that may, over time, turn into cancer.

Having HPV does not mean you have cancer.

Cervical cancer usually takes 10 or more years to develop.

There are many stages between getting the virus, cell changes and cancer. Regular screening can find cell changes early so they can be treated before they become cancer.

The HPV screening test

Cervical screening has never been easier. There are two ways to do the test:

A vaginal swab (a self test or with the assistance of a health professional). This will be suitable for most people. You will be advised if a different test is appropriate for you.

A cervical sample (taken by a health professional), previously called a smear test. This may be recommended for some people, and you can still choose this option if you prefer.

Getting your result

Most test results are normal. Around 90% of people screened won't have HPV found.

About 10% will have HPV found. This does NOT mean you have cancer. It may mean there is a risk of having or developing precancerous cell changes on the cervix, so further checks are important.

The HPV test is very sensitive and accurate at detecting the virus that causes most cervical cancers and it that is why it is so important to have regular screening.



Self-Collection Swab

If you have any further questions about the benefits of cervical screening and your options, ask your GP or nurse, or you can usually find the answers on the Time to Screen website: <https://www.timetoscreen.nz/cervical-screening>

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

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

Safe Pain Management- Get Your Life Back

I personally feel much happier after I go for a run, do a yoga class or a gym class. I'm not the only one who thinks the best "happy pill" is exercise. However, if you are in pain, then exercise might not be possible. If aches and pains are stopping you from doing what you love, then you need to chat to our team about strategies to safely manage your pain.

Conventional pain killers available in pharmacies include paracetamol and a group of medicines called NSAIDs (like Nurofen and Voltaren). Both have a place in uncomplicated short term pain relief. However, I would not rely on either for long-term pain management due to potential side effects, which for some people can be serious. Another concern is that some of these medicines can worsen the underlying disease processes that cause pain.

Preventing Pain:

My preference is to balance the body and improve the underlying metabolic disturbances that manifest as pain. For example, after being diagnosed with ankylosing spondylitis, I changed my diet, started yoga, and used key supplements to reduce my body's tendency to go into a state of painful inflammation. 20 years later, I don't need any pain relief.

One of the most important dietary changes I made was to incorporate good fats, and reduce inflammatory foods, such as refined carbohydrates. We can provide you with some written advice on what an anti-inflammatory diet looks like.

Natural Pain Relief:

There are some great herbs like boswellia, curcumin, devil's claw, and ginger that have proven ability to reduce pain. Combinations of these herbs often give the best results. We have a range of natural pain killers including very fast acting ones, through to ones you can safely take long term. The good news is that these pain killers don't have the potential side effects of conventional pain killers.

The best solution for you depends on your needs. For example, some people lack the ability to switch off their inflammatory cycle. In this instance, taking some SPMs (Specific Pro-Resolving Mediators of Inflammation) can flick the switch, turn off inflammation, and give you your life back.

Immune system disorders often respond well to high dose EPA (a component of fish oils) over a prolonged period. This can result in long term pain reduction.

I have previously written about the superstar nutrient in osteoarthritis (glucosamine). Taken appropriately, this could be the difference between ageing actively and gracefully, and being limited by pain and lack of mobility.

Some of these nutrients can interfere with medicines. So, bring your list of medicines in with you when you pop in for a chat about the best way to become pain-free.

Barney's Latest Listing BE QUICK



306D Glenvar Road, Torbay

4 bedrooms, master en-suite

One level brick & tile

with swimming pool

**Need to see inside the recent
renovations - kitchen and bathrooms**

done to a very high standard

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us today to secure your spot.

**Call Sharon on 0800 278 432 or
visit arvida.co.nz/ariabay to find out more.**

3-7 Woodlands Crescent, Browns Bay

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 **ARVIDA
Aria Bay**

North Shore Miniatures

“You must have a lot of patience” was a comment frequently heard at the North Shore Miniatures club show held at the Albany Hall, North Shore recently

Indeed, patience is a must when converting full sized objects down to 1/12th scale. And as if that is not challenging enough there are 1/2 scale and 1/4 scale for those who are running out of room to display their creations in their full size houses.

The biennial show gives the public a chance to see the incredible work that the members make both individually or as a group and subjects can range from a haunted house, to David Bowie and everything in between.

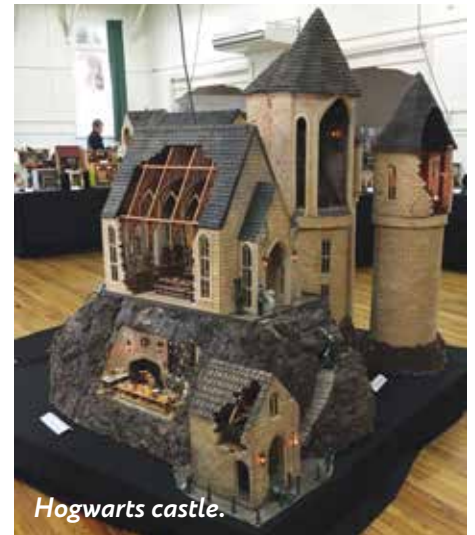
Hogwarts school for Wizards is a popular attraction with both young and old. It's still very much a work in progress as new items are revealed each time it is on display. It's a

real joy to see the young and the old discovering their favourite characters come to life in this incredible build.

The medieval castle also attracts a great deal of interest this is an amazing glimpse into the past. Showing not only the opulence of the time but comes with large kitchen complete with the pig on the spit and pheasants hanging in the scullery. And of course, no castle is complete without a blacksmith, prison and torture chamber

Founded over 40 years ago North Shore Miniatures is a vibrant and friendly club and is open to all ages and abilities. There is always something new to learn and the club is fortunate to have so many talented members who will happily share their knowledge with new comers.

Every two years the New Zealand Association of miniature enthusiasts (NZAME) runs a miniature convention for members from all over New Zealand and overseas. The next convention will



Hogwarts castle.

be held at labour weekend 2024 at Massey university Albany. There will be a display open to the public and it's definitely an event not to be missed

For further information about the club please email to Nsminisclub@gmail.com

The club meets on the second Saturday of the month at the Albany Hall. Visitors are always welcome.



Old Albany library 1/12 scale model on the step on the real one.



Art deco street / Street party.

Celebrating Long Bay community!



Teatowels \$18



Coasters \$5 ea

Cushion covers \$22.50 ea



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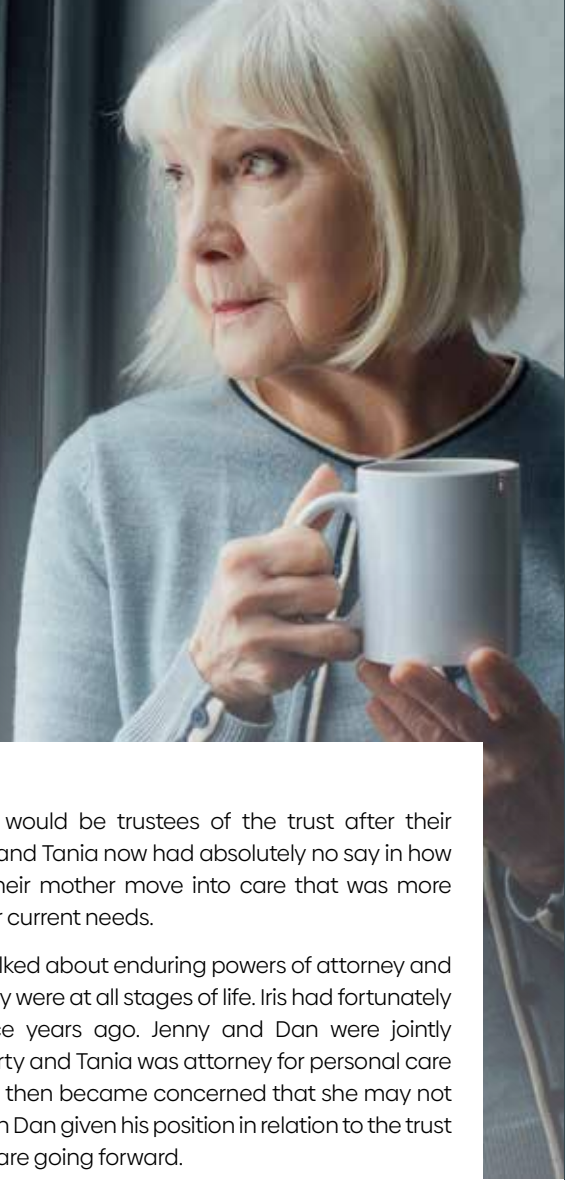
Phone 09 473 3259

Email sales@aotearoamemories.co.nz

Available from 61 Fitzwilliam Drive, Torbay, by appointment

TRUST LAW

The Effects of Diminishing Capacity.



Jenny, Dan and Tania's father had died five years ago. Their mother, Iris, was now in her late 70's and while she was physically well, they had really started to notice her mental capacity starting to decrease. Iris and her late husband had owned their home and investment portfolio in a trust they had set up in the 1990s. They also had an investment property they had purchased in their own names which had been passed to Iris by way of survivorship when her husband died. Iris' daughters could see their mother slipping and thought now was the time for her to move into a retirement village. Iris was fine with that decision, although her son, Dan, was reluctant. After many weeks of looking around various villages with her daughters, Iris paid a deposit on a unit in a village that was in the community that Iris had been living in for many years. They booked an appointment to see Iris' lawyer.

Iris' lawyer explained how the occupation license worked and that it was something that the trust couldn't purchase. It had to be purchased in Iris' name. The lawyer explained that the trust could lend the money to Iris for the purchase but that she would need the consent of the trustees of the trust to do that. The trustees of the trust were Iris and Dan, who had been appointed as a trustee after the death of his father. At that point, the girls were concerned. Dan hadn't been keen for Iris to go into a retirement village because of the costs over time. He thought she was well enough to continue in her own home. He was very keen to preserve all trust assets for the next generation.

The lawyer also mentioned Iris' diminishing capacity. She explained that under the new trust laws, people could not be trustees once they no longer had mental capacity. As Iris' trust deed was an old one, if she lost capacity, then Dan would be the remaining trustee with the power to appoint new trustees. Because of the way the trusts had been set up and decisions

made as to who would be trustees of the trust after their father died, Jenny and Tania now had absolutely no say in how they could help their mother move into care that was more appropriate for her current needs.

The lawyer then talked about enduring powers of attorney and how important they were at all stages of life. Iris had fortunately put those in place years ago. Jenny and Dan were jointly attorney for property and Tania was attorney for personal care and welfare. Jenny then became concerned that she may not be able to work with Dan given his position in relation to the trust and his mother's care going forward.

Iris and her husband had appointed Dan to come on as a trustee when Iris' husband had died, but perhaps had not appreciated the different view Dan might hold to his sisters. They had done everything right with having powers of attorney in place as well, but there may have been no thought given as to how that might impact the trust.

This scenario highlights the need to understand all the aspects of your asset planning. Sometimes the decisions you make around your powers of attorney will have an impact on who has the power to say who the trustees of your trust are if you lose capacity. In some trusts, that has no impact at all. In other cases, if you die, then the make up of the trustees will be different again. It is so important to take specialist advice to ensure that all facets work well together.

Diminishing capacity is becoming more of a talking point with an aging population. It is so important to continually review your affairs to ensure that you have a plan which works cohesively with all family members in all events - whether you are alive and functioning, alive with diminished capacity or deceased.



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. *Considering Everything Together.*

The protection of assets that we have worked so hard to acquire is an important consideration for most people. Trusts provide protection of those invaluable assets, which allow a person to hold property and assets on behalf of another - for the good of the beneficiaries.

It is just as important to ensure that other forms of asset structuring are up to date and considered in relation to your trusts structure. These include your will and enduring powers of attorney.

Contact Tammy McLeod or one of the Trust Team for specialist asset structuring and planning advice.

Quiz Answers

- 14 October
- The Bill & Melinda Gates Foundation
- Samhain
- Pink
- Victory of Light Over Darkness or Good Over Evil
- The 40-hour working week
- Marigold
- Munich
- 7 April
- 8 December 1980

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.jdpropertieservices.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.

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Puzzle Answers



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

Word Puzzle

air, airs, art, arts, ass, astir, its, rat, rats, sari, saris, sat, sir, sirs, sit, sitar, sitars, sits, stair, stairs, star, stars, stir, stirs, tar, tars, tsar, tsars

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

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Tides October 2023

(Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Sun 01	03:04	0.1m	09:17	3.2m	15:25	0.1m	21:39	3.3m		
Mon 02	03:52	0.0m	10:04	3.2m	16:13	0.2m	22:28	3.2m		
Tue 03	04:39	0.1m	10:51	3.2m	17:01	0.3m	23:16	3.1m		
Wed 04	05:25	0.2m	11:38	3.0m	17:50	0.4m			-	
Thu 05			00:04	2.9m	06:12	0.4m	12:26	2.9m	18:41	0.6m
Fri 06			00:53	2.7m	06:59	0.5m	13:17	2.7m	19:36	0.8m
Sat 07			01:44	2.6m	07:51	0.7m	14:12	2.6m	20:35	0.9m
Sun 08			02:38	2.5m	08:48	0.8m	15:12	2.5m	21:37	0.9m
Mon 09			03:36	2.4m	09:52	0.9m	16:12	2.5m	22:36	0.9m
Tue 10			04:37	2.4m	10:55	0.9m	17:08	2.5m	23:30	0.9m
Wed 11			05:35	2.4m	11:50	0.8m	17:59	2.6m		
Thu 12	00:19	0.8m	06:28	2.5m	12:38	0.7m	18:44	2.6m		
Fri 13	01:02	0.7m	07:14	2.6m	13:20	0.7m	19:25	2.7m		
Sat 14	01:42	0.6m	07:55	2.7m	13:58	0.6m	20:04	2.8m		
Sun 15	02:20	0.5m	08:34	2.8m	14:35	0.5m	20:42	2.8m		
Mon 16	02:58	0.5m	09:11	2.8m	15:13	0.5m	21:20	2.8m		
Tue 17	03:35	0.4m	09:49	2.9m	15:51	0.5m	21:59	2.8m		
Wed 18	04:14	0.4m	10:28	2.9m	16:32	0.5m	22:41	2.8m	-	
Thu 19	04:53	0.4m	11:09	2.9m	17:15	0.5m	23:24	2.8m		
Fri 20	05:35	0.4m	11:53	2.8m	18:03	0.6m				
Sat 21			00:11	2.7m	06:21	0.5m	12:43	2.8m	18:56	0.7m
Sun 22			01:02	2.7m	07:13	0.6m	13:40	2.7m	19:56	0.7m
Mon 23			01:59	2.6m	08:13	0.6m	14:42	2.7m	20:59	0.7m
Tue 24			03:02	2.6m	09:22	0.7m	15:47	2.7m	22:04	0.6m
Wed 25			04:09	2.6m	10:31	0.6m	16:50	2.8m	23:06	0.5m
Thu 26			05:16	2.7m	11:36	0.5m	17:48	2.9m		
Fri 27	00:04	0.4m	06:18	2.8m	12:34	0.4m	18:44	3.0m		
Sat 28	00:59	0.3m	07:15	3.0m	3:27	0.3m	19:36	3.1m		
Sun 29	01:51	0.2m	08:07	3.1m	14:16	0.3m	20:27	3.1m		
Mon 30	02:41	0.1m	08:56	3.2m	15:04	0.3m	21:16	3.1m		
Tue 31	03:28	0.1m	09:43	3.2m	15:51	0.3m	22:04	3.0m		

Times adjusted for Daylight Saving.

Ask Shane & Jen



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Jen Anderson

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How's the market?

Spring is well and truly here, and fresh optimism has hit the market. In fact, August was the most positive sales month in the past 17 months, with an average of 28 successful sales per day. Two local listings saw 45 and 50 groups through their open homes in the first few weeks. Good quality homes in this area are selling well, and owners are reaping the rewards. This is a great community, and people want to be a part of it.

Whether you're contemplating buying or selling a property, or if you simply seek guidance on your next move in the real estate market, we invite you to come and have a conversation with your trusted local experts. We're here to help you navigate the exciting opportunities that await you this spring.



Sharee Adams

Branch Manager
021 416 220

Market Update

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

Lowest sales price

\$710,000

property sold



Highest sales price

\$2,259,000

property sold



Days on market

25 to 31

days



Number of sales

34

sales



Rental Market Update

1 Nov 2022 - 30 Apr 2023

Torbay

BONDS

1,251

LOWER

\$538

MEDIAN

\$673

UPPER

\$793

Long Bay

BONDS

192

LOWER

\$791

MEDIAN

\$900

UPPER

\$1,173

Rental Success Story

- Viewing held on Tuesday
- Tenant Secured on Wednesday
- Moved in on Saturday

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