

focus

Issue 22
December 2023

on community

Long Bay, Okura & Torbay



**Michael leaps into his
new dance scholarship**

See page 20 under Torbay Theatre

Eczema Responds to Diet and Nutrition Changes:

An Example of the Power of Nutrition Medicine

I have seen several cases of patients with eczema (some very severe) who have responded well to nutrition medicine.

My most memorable case was of a 6-year-old boy who had eczema so bad that his skin was continuously weeping. His mum would have to wrap his skin in wet bandages each night. For this boy, we did food allergy and food sensitivity testing and changed his diet as indicated by the tests. We gave him nutrients to balance his immune system. We also provided him with a herbal cream that can alter the balance of immune cells on the skin and reduce infection and itching, and help restore normal skin balance. The results were sensational. For the first time in his life, this boy was able to swim in the ocean without his skin stinging. Now that is a great

example of the power of nutrition medicine.

Nutrition medicine interventions can work great for other conditions too. In fact, most modern diseases will improve with the right nutrition. I predict that implementing an anti-inflammatory diet will improve auto-immune diseases (like thyroid disease), arthritis, mental health, chronic pain, psoriasis, inflammatory bowel diseases, asthma, diabetes, and heart disease.

This is not rocket science when you understand how a standard modern diet affects your health. I know this personally having inherited a debilitating arthritic condition called ankylosing spondylitis from my dad. Unlike my dad, I have been fortunate to learn about the power of nutrition medicine and have turned off my ankylosing spondylitis. I am now fitter and healthier than most "normal" people my age.

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Time and Money

Many people are stretched for time and money currently. I will be honest with you that a nutrition medicine approach can involve significant time and money. But you can start with the basics and still get good results. For example, removing inflammatory foods from the diet can make huge improvements to overall health and well-being.

Inflammatory foods include processed carbohydrates, sugars, processed vegetable oils, fruit juices, soft drinks, alcohol, baked goods (like donuts and pastries), and many dairy products. Anti-inflammatory foods include wholegrains, fish, extra virgin olive oil, leafy greens, seasonal veges, raw nuts and seeds, green tea, and just to prove healthy is not boring, dark chocolate and organic freshly ground coffee.

Invest now for a health tomorrow

The last few years have certainly been a challenge for me in terms of increased workload and less personal time. I have had to dig deep in the last few years to maintain my healthy diet and exercise regime. I encourage you all to start to do just one thing towards a healthier future for you.

If you want an example of an Anti-Inflammatory Diet, just ask the team at Unichem Torbay Pharmacy who can provide you with your own guide.



Martin Harris



Advocating for Glenvar Road realignment and Vaughans Road projects

By Alexis Poppelbaum and Julia Parfitt, two of your Hibiscus and Bays Local Board members

Earlier this month the Hibiscus and Bays Local Board sent a strong message to Auckland Transport (AT) and Auckland Council about the need to urgently deliver the long overdue Glenvar Road realignment project and upgrade of Vaughans Road.

The closure of Glenvar Road for repairs this year showed how vulnerable the transport connections are in Long Bay, Torbay and Waiake. The Glenvar Road / East Coast Road realignment project has been in the Regional Land Transport Plan (RLTP) before, but has suffered budget and storm related delays.

Like Glenvar Road, Vaughans Road in Okura is another linkage to Long Bay that is required via the Long Bay Structure Plan and was also subject to an Environment Court ruling in 2008. Vaughans Road will link to Te Oneroa Way in Long Bay via a roundabout. However, it isn't up to normal urban road standards. It's a rural road riddled with potholes, not wide enough for two vehicles in most places, and has no lighting or footpaths. Its intersection with Okura



Vaughans Road, credit Kenneth McGrath



Alexis, Julia and Gregg Walden following the Local Board's presentation to the Transport and Infrastructure Committee.

River Road is also dangerous. It was an AT upgrade project with detailed, consulted on plans back in 2015. Fast track to 2023 and the developer has completed their requirements to build a roundabout linking the two roads, but AT has not fulfilled its commitment to upgrade the road and so the connection has been severed while they work on options.

In October, Julia presented to Auckland Council's Transport and Infrastructure Committee about the importance of Council, as the purse-string holders, to appropriately fund AT so essential projects like these can be progressed and not suffer further delays. Following that, Alexis led a presentation to AT's Board on the necessity for these projects to be funded and prioritised through the RLTP. Both presentations were supported by several of our fellow Local Board members.

The RLTP is the 10-year plan for Auckland's transport network and is currently being updated. In early 2024 we expect the draft RLTP to come out and we hope that both these projects will be named. We will be calling on your help again to submit to support these essential local projects when the consultation comes out.



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Courier Parcel Theft

Courier parcel theft is a crime of opportunity, meaning that a person takes advantage of a possibility that is presented to them. They also might do so because there is a chance the package contains valuable merchandise.

These thieves target unattended packages on people's doorsteps, stealing them if the resident isn't home to collect the parcel upon delivery, and sometimes even immediately upon delivery before a resident can get to the door.

To prevent being a victim of courier theft:

- Require a signature for delivery.
- Provide delivery instructions to the delivery service – e.g., if you work from home in a rear office, instruct the courier to leave the parcel at your back door or side door.
- Sign up for delivery alerts/tracking and a signature delivery so you know when the package is expected to be delivered.
- Arrange for your parcel to be delivered where someone can receive it - work address, relative or friend address or neighbour's address.
- Install visible CCTV cameras.
- Request your parcel is held for pick-up/collection at your local post office.
- The Christmas Holiday season means there will be an increase in courier parcel deliveries.



If you see someone acting suspiciously around people's letterboxes and homes, we want you to call 111 straight away.

To report a crime, call 105 or report online at <https://www.police.govt.nz/use-105>

Simon Fox





Deliverer wanted for monthly magazine in the Stredwick Rd area

Interested?

Contact:
Barbara 473 6482

editor's letter

Last issue of 2023 and the completion of two full years of publishing Focus on Community.

Starting a new project, while in a pandemic, is not the easiest of beginnings but it has been so enjoyable. I really would like to thank all those who have shared their stories and thank all the advertisers for their support.

December issue - Christmas. On page 15 I have an article about Flat pack Christmas nightmares. Everything comes packed flat.

I remember one Christmas, some 25 years ago, when our daughter was Barbie mad. She was 6 or 7 years old and she wanted Santa to bring a Barbie bedroom in return for being good all year.

We had purchased one and decided not to make it up as then she wouldn't be able to find it - we would just "put it together" on Christmas Eve after she had gone to bed, half an hour tops and then we

could hop into bed.

At 9pm we took out this box and emptied the 149 pieces onto the carpet. By 2.30 am we were nearly there, although we still had 7 pieces left over that didn't seem to belong anywhere..... We staggered to bed to be wakened at 5am by excited children desperate to see what Santa had brought them. Existing on a couple of hours sleep is not a good start to the festive season.

Page 14 has all the details of church services available should you wish to join in celebrating Christmas, and you would be most welcome at any of them. After all Jesus is the reason for the season and celebrating His birth is what it is all about.

May I wish you all the best Christmas ever and all good wishes for 2024.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

Wishing you a fabulous festive season with family and friends!

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Festive Christmas Trifle

Mince pies and trifle to me are synonymous with Christmas, and the more lavish the better!

Trifles are easy to make, spectacular to look at and delicious to eat, so what could be better?

Ingredients

2 packets raspberry jelly crystals

2 ½ cups boiling water

½ x 800g sponge cut into cubes

2 tbsp brandy (optional)

2 cups Vanilla custard

1 cup fresh raspberries or frozen raspberries

125g fresh strawberries, hulled, sliced

300ml thickened cream

1 tsp icing sugar mixture, sifted

50g white chocolate, grated, to decorate

Fresh raspberries, to decorate

Hulled, quartered strawberries, to decorate

Place jelly crystals in a heatproof bowl. Add boiling water. Stir to dissolve crystals. Stir in 400ml cold water. Refrigerate for 1 hour or until just starting to set (it should have a thick, syrupy consistency).



Arrange cake in a serving bowl. Drizzle with brandy, if using. Spoon half the jelly over top. Top with custard. Sprinkle with raspberries and strawberries. Spoon remaining jelly over top. Refrigerate, covered, overnight.

Using an electric mixer, beat cream and sugar in a bowl until soft peaks form. Fold through chocolate. Spoon mixture over trifle. Top with raspberries and strawberry quarters. Top trifle with grated chocolate. Serve.

You could use leftover fruit cake or pudding in this trifle. You could replace brandy with orange juice.



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Torbay Historical Society

Early entertainment in the local area

* Excerpts from the book put out by The Cholmondeley-Smith family.

'Initially the large barn type building was built for tobacco drying and later used for wine making, but also contained a top floor which they used especially for dancing and parties till they built the new hall in 1892.'

The opening concert and ball for the new hall took place on 4th. November 1892 at Glen Var in aid of funds for the St. Mary by the Sea church. People came by the Steamer 'Ruby' from Auckland to this grand event.

* 'The Club' was held every Friday night in the hall in Rock Isle Road., organized by Mr. and Mrs Allen Kilduff for 7-15 year olds. It cost 3d. It began in 1947 and ran for about 11 years. There was a Fancy Dress Ball at the end of the year.

* Long Bay campers who camped on Tommy Vaughan's beach side property (1950's) had plenty of entertainment including outside film shows, Beauty contest, Knobbly Knees contest and Surf lifesaving.

* In Torbay shopping centre there was 'Teenville' advertised as the 'Sensation of the Bays.' – Relax to the magic of TV



The Club - Rock Isle Road - photo Deborah Morris

and entertainment any night from seven to midnite. *nights for adults only *nights for teenagers only. One of the features was the 'black light'

*Films were also shown by Mr. Miller in the hall that is now part of the Torbay Medical Centre.

A good Christmas present

We have printed more copies of the book 'and then came the bridge' They will be sold for the same price as originally - \$35. The library will have them for sale till Christmas. Otherwise please contact us for copies.



Knobbly knees contest at Long Bay - Photo Jean Jones

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

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A journey through time

Browns Bay Bowling Club 1943-2023

The 25 November 1944 was a significant date in the history of Browns Bay Bowling Club as this was that day the fledgling greens were declared officially open for the first time.

It is important to note that the concept of establishing a bowling club at Browns Bay was first raised, one year earlier, at a public meeting held on 22 November 1943. This took place in the Progress Hall, which still exists underneath the present Bays Club today and was attended by 22 interested people. At this initial meeting it was agreed that a small sub-committee would meet for two purposes. Firstly to view and select a piece of land which might be suitable for bowling greens and secondly to contact and take advice from the Auckland Bowling Centre with regard to the establishment and development of a bowling club.

On 6 December 1943 a consequent meeting took place.

It was then that the Browns Bay Bowling Club was officially formed and the inaugural Officers and Executive Committee set up.

The honour of becoming the first President went to Mr Thomas Simpson which Mr Jack Wilcox, who had been largely responsible for previous negotiations assumed the role of Secretary/Treasurer.

This meeting also ratified the purchase of the land which forms part of our complex today. The Minutes of the Club record that four sections purchased from Mrs Wilson at a total cost of 480 pounds sterling.

So here were the very beginnings of what we are enjoying today. Much voluntary labour was needed.

Debentures, donations and subscriptions were sought and a great deal was accomplished during the months following that December meeting.

To this very day we have every single set of Minutes recorded and kept in safe storage for future generations of bowlers.

80 years on and we are still entrenched in the sport and as one of the premiere clubs in North Harbour Our players have earned many National and Centre titles through the years and continue to compete in all the major events.



We are a very active Club, catering for many of the North Harbour events, Club Championships, Roll-Up bowls and even indoor bowls. We still maintain 3 grass greens and one carpet green so play can continue all year round.

We operate a fully licensed bar caters for all those thirsty souls after a long days play. We also have a lounge area with a snooker table and 2 pool tables plus dart board.

A fully equipped kitchen means we can cater for functions of up to 200 people in the main building and up to 60 people in our smaller Pavilion venue.

We have a thriving business league competition in summer that is sponsored by Harcourts Cooper & Co. We cater for many Corporate functions throughout the year especially during the festive season.

We offer free coaching to new members that will assist you into the wonderful world of bowls, albeit casual or competitive bowls.

All enquiries are welcome.

Phone: 09 478 6952

Email: brownsbaybowling@outlook.com

Website: www.brownsbaybowls.org.nz





Our Passports Don't Lie

Like you, we love travel. This year the Shore Travel team have had the chance to discover some new and exciting places. Here are some highlights:

Anne-Marie – Dubai, Switzerland, Germany; Rhine Cruise with Avalon; Amsterdam, Paris, Jersey & London: Heidelberg & the castle ruins were a big highlight. Sailing the Rhine Gorge, a UNESCO world heritage site was spectacular. **Travel tips:** Bring comfortable walking shoes, as so many of the cities are very walkable! For this time of year take an umbrella at all times. It can go from sunny to torrential rain in the blink of an eye.



Renee – Kimberley cruise from Broome to Darwin cruise with Ponant: A truly awesome experience in the true sense of the world. The variety of animals and habitats was unexpected, and the absolute remoteness was good for the soul. **Travel Tip:** Definitely go earlier in the year – late May/early June – to avoid the worst of the heat and to see the King George thundering.



Collette - Singapore, England, London, Rome, Capri, & Florence: Travelling through Italy was a highlight, from views of Mt Vesuvius from the top of the cable car on Ana Capri, to seeing the statue of David at the Academia Florence and the Vatican in Rome was also an incredible experience.

Travel Tips: You may never get the opportunity to go back to the same places, so try to incorporate sightseeing with your transfers. Enroute from Naples to Sorrento I hired a driver and had lunch at a beautiful vineyard and then saw Pompei before catching our ferry to Capri – worth the extra expense. Always pre book your sightseeing and pay extra for smaller group tours with skip the line entry it saves you hours of standing in the hot sun!

Rinku – Auckland to Sydney Princess Cruise: First time cruising and amazing trip. There are lots of activities on the cruise. No hassle of packing and unpacking, with everything available under one roof. **Travel Tips:** To avoid sea sickness, medicines are available to ensure you have a great time. I highly recommend booking longer than 5 days cruising with so much entertainment onboard.



Mary - Antarctica Cruise with Silversea; Europe River Cruising with both Avalon & Uniworld; & Bali Vila Holiday with friends: The Antarctica highlights were our frequent Humpback whale encounters. Easily seen from the ship deck, but the best opportunities were when we came exhilaratingly close to them during our zodiac outings. These magnificent mammals frequent Antarctic waters at this time of the year due to the high levels of krill that they feed on.



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Thank you Auckland Council



Aroha Vietnam is an incorporated society established in 2022 to serve the needs of the Vietnamese community in Northshore and Auckland. We are grateful for Auckland Council's generous sponsorship of our events, the Mid-Autumn Festivals 2023 and the Vietnamese Senior Person Festival in 2023.

We would also like to thank members of the community who have put in a lot of time and resources to make these events the most enjoyable occasions for all.

Our activities and contact details are on our Facebook page: <https://www.facebook.com/rohavietnam> and Email address: rohavietnam@gmail.com for those interested in our society.



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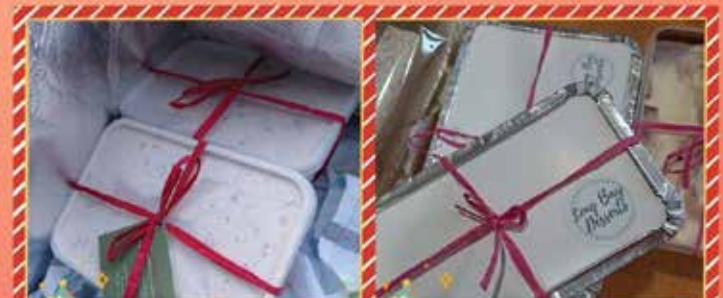
Monthly Quiz

info@brownsbayrotary.co.nz

Answers Page 30



1. What was the first song played in space
2. In the song 'Twelve Days of Christmas', how many gifts in total did my true love give to me
3. Who wrote 'Auld Land Syne'
4. Where does the Christmas tree in Trafalgar Square come from every year
5. If you were born on Christmas Day, what would your star sign be
6. The Wise Men brought gifts to Jesus: Gold, Frankincense and Myrrh. What is myrrh
7. Which country started the tradition of putting up a Christmas tree
8. Who sang 'White Christmas' in the film of the same name
9. How many ghosts turn up in 'A Christmas Carol'
10. Which Saint's Day is celebrated on 26 December



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Festive Desserts Delivered locally





Christmas @ Holy Trinity - North Shore Brass

We all love a little Christmas cheer and what better way than your favourite brass band - North Shore Brass - who will perform brass band and Christmas favourites in the enchanting Holy Trinity Cathedral Parnell on Saturday 2nd December.

Joining them will be the award-winning Cantare Choir from Westlake Girls High School under Fiona Wilson. This 80 voice choir were the joint winners of the Tour Time Trophy for Best Performance of a Choral Art Song for its performance of 'She Weeps Over Ragoon' by American Composer Eric Whitacre at the recent NZ Big Sing finals.



Pre-concert entertainment at 6.30 pm will come from North Shore Brass Academy Band under their conductor Billy Middleton. This band is a mix of students and adults and is a feeder band for the A grade North Shore Brass. The past two years it has won the national D grade championship and took the B section at the Auckland regional contest in 2022 and 2023.

Harmen Vanhoorne has led North Shore Brass since 2020 with multiple celebrated wins across New Zealand and locally. The band is currently the champion band of Auckland and this year the organisation celebrates 100 years of service, education and entertainment to its community.

We are sure you will enjoy this concert with lots of fine music celebrating the best of Christmas in voice and brass.

Christmas @ Holy Trinity

Saturday 2 December 7.30 pm (Pre-concert entertainment from 6.30pm) Tickets Adults \$35, Seniors \$30, Students \$15 Family \$80 Doors sales or via Eventfinda.co.nz

<https://www.eventfinda.co.nz/2023/christmas-at-holy-trinity/auckland/parnell>

As always, it has been a pleasure working with our community this year.

Wishing you all a wonderful holiday season!



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A note from

ERICA STANFORD

MP for East Coast Bays

Another year is drawing to a close...

Is it just me, or is time zooming past so much faster than ever?? It felt like it was only a few months ago that I was meeting with my team to plan the election campaign (we met in January!) and then the elections came and went.

It's been a big year. It started with the awful Auckland Anniversary weekend floods and ended with a general election. I hope, by the time you read this, the Government has been formed and Ministers have been announced.

I can't thank the East Coast Bays community enough for your support and votes. It has been truly humbling to receive the highest percentage of votes in the country. Your faith in me has given me such a boost.

Throughout the year I've held public 'meet and greet' events, visited a number of retirement villages and spoken at 26 public meetings around the country. It's been so fun meeting a lot of new faces, talking about what's important to our community and sharing stories.

A lot of advocacy work has also taken place. From visa application delays to numerous potholes, from ACC coverage to MSD support, my team and I have worked hard to help.

My office has received quite a few emails and calls recently from constituents from the UK, France and Ireland questioning why they still can't give blood or plasma in NZ. It's been due to a 23-year-old ban as mad cow disease can be spread through blood, and it's impossible to screen for. The great news is that this ban will be lifted very soon - MedSafe has approved a submission by NZBlood recommending the restriction be removed. I know for a fact that NZBlood desperately needs more donors, so if you haven't been able to give before, make sure you sign up! www.nzblood.co.nz

I have absolutely loved serving our community for the past six years as your Member of Parliament. I'm looking forward to continuing to advocate for you in 2024.

I hope you have an extra special Christmas and New Year and get to spend quality time with family and friends in the summer sun.

My office will be closed for a few weeks over Christmas, however emails will still be checked. Feel free to contact us if you need to: office@ecbelectorate.co.nz

Merry **CHRISTMAS**
See you in 2024!

Erica Stanford

ERICA STANFORD MP for East Coast Bays

www.EricaStanfordMP.co.nz

09 478 0207 office@ecbelectorate.co.nz [f](https://www.facebook.com/EricaStanfordECB) [i](https://www.instagram.com/EricaStanfordECB) EricaStanfordECB

Funded by the Parliamentary Services. Authorised by Erica Stanford, 1/8 Beach Front Lane, Browns Bay, Auckland 0630



Torbay Garden Club

The beautiful rose, symbol of love, hope and peace was star of Torbay Garden Club's November meeting. After months of rain, the weather finally turned towards summer with warmer conditions bringing a burst of buds and blooms. Colours ranged from softest pink through a range of yellow and peach shades to deepest crimson, with heritage specimens in shades of mauve.

The many types of rose were exhibited in specimen, floribunda and miniature forms. Just a single rose floating in a wine glass can add a touch of glamour to an occasion. Rose show Judges were Diane Duncan and Judy Firkins from the Auckland Rose Society. They gave tips on how to present roses for competition. Long straight stems show specimen blooms to their best advantage.

Spring was also evident in the regular class exhibits that included iris, poppies and candytuft, with new potatoes and silverbeet in the vegetable section.

The Club has also had a recent presence within the wider community, with information and plant stalls at recent events such as the Albany Mitre 10 Open Evening, the Positive Ageing Expo at Browns Bay Leisure Centre and the Long Bay Baptist Church Christmas market. Trips to members' gardens are planned prior to the Club's annual Christmas lunch and prizegiving. It has been a busy and worthwhile 75th Jubilee Year, with a number of new members welcomed.



In the garden over summer

There is still time to prepare containers for summer display. If you are going away, mulch pots thickly and move them into shade. Continue planting cosmos, petunias, chrysanthemums, daisies, marigolds, delphiniums, dianthus and gerbera. Regularly dead-head roses and remove dead vireya heads. Mow lawn by only one third of its length to prevent drying out. Cover strawberries, blueberries and raspberries with netting to outwit the birds. Plant leeks now, as well as asparagus, capsicum, broccoli, bok choi, aubergine, lettuce, tomatoes, sweet corn and peas. Different varieties of lettuce, along with radish and rocket will continue to supply salads. If you have onion weed intruding be assured that all parts are edible and the bulbs taste very similar to spring onions. Watering in the morning will reduce risk of fungal disease. Mulch tomatoes with compost or manure. Remove bottom leaves to reduce disease problems. Control white fly on tomato plants with pest dust. There may be water shortages ahead so plant wisely and save household water for use on the garden. Keep on mulching.





LONG BAY BAPTIST CHURCH

A family with open arms

Christmas and Summer holiday services

Sunday 24 Dec 10am

Christmas eve

Candlelight service 11.30pm

Christmas day

Family celebration 9.30am

Sunday 31 Dec

Online 10am

7-28 January

In person and online 10am

Trinity @ Waiake

Christmas Services

10am Sunday December 17

Choral Service

10am Sunday December 24

Christmastide Service

9am Sunday December 25

Christmas Day Service



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How does a weary world rejoice?

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17th December - 7pm Worship Service for the Weary

If you have had a difficult year, are weary from loss and grief, or want a break from a commercial Christmas, join us for a quiet, contemplative service

18th-23rd December - A Weary World Reflects

Take a moment out of the busy season for some reflection. A self-guided series of worship stations inspired by our theme "A weary world rejoices". Open from 10am - 7pm daily.

24th December - 5pm All Age Christingle Service

Join us for pizza and a short service where we will read the Christmas story and make a Christingle. Suitable for all ages. RSVP to dion@stmary.co.nz for catering.

24th December - 9pm Candlelight Service

Carols by Candlelight and Communion.
Carols from 9pm with, the service beginning at 9:30pm.

25th December - 9am Intergenerational Communion

A service for all ages that includes communion.



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168 Deep Creek Road | 09 473 8180 | contact@stmary.co.nz

The Christmas flat pack nightmare begins...

At this time of the year plans are made and you are having guests over Christmas.

This usually necessitates the purchase of furniture (although it could be a new BBQ!).

Have you noticed that when you go into stores and purchase your item the box never resembles what you have bought- this is because it is flatpack.

You take your box home and unpack the 150 screws and 87 pieces that will make up your new purchase.

I seriously believe that universities should have degrees in Flatpack.

According to the maker's instruction this simple assembly should take no more than 30 minutes, but it takes that long to identify all the pieces before you start.



And in my long history of flatpacks there is always something left over at the end that you cannot identify where it should go.

In the UK years ago, there was a Company called MFI. They pioneered the flatpack revolution. It was only years later I found out the initials stood for "Made for idiots".

In just over one year IKEA hits these shores, and they are ALL flatpack, so get practising now.

There are Companies now and all they do is assemble flatpacks. Companies called Kitset Assembly Services, Service King and Hire a Hubby.

All households should have their number alongside the emergency services numbers for when they need rescuing.

Carole McMinn



Giving Back this Christmas

**DE PAUL HOUSE
CHRISTMAS
APPEAL 2023**

Bless a family this Christmas!
Please donate via our website or online banking.
Website: depaulhouse.org.nz/donations
Please select 'Christmas'
Online banking: **BNZ 02-0278-0059429-02**
Reference 'Christmas'

New World Long Bay Supermarket Vouchers:
\$20
\$30
\$50

Christmas Treats:
Chocolates
Sweets
Chips
Popcorn
Biscuits

92-96 Onewa Road, Northcote Point 0627
Phone 09 480 5959
admin@depaulhouse.org.nz

De Paul House emergency housing for vulnerable families is never far from our hearts. With their main emergency housing centre on the North Shore, they have been helping local families get back on their feet for many years.

At Christmas particularly we always try and raise awareness of the families in need. We will again be supporting them and would like to share their Christmas appeal.

Maybe if you're wondering what to buy someone who has everything for Christmas make a donation to a local family in need and "pay it forward" with some Christmas cheer to those who need it most.





AUCTION

3/8 Auld Street, Torbay

4 2 1

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- Sunny front deck with seaviews.
- Clever floorplan over two levels.
- Stylish kitchen with quality appliances.
- Quality construction with nine years master builder warranty remaining.
- Zoning for some of the best schools.. walk to village and local beaches.

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Jiang Kou | 021 087 93257

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RayWhite.



*With 2023 nearly wrapped up
we'd like to wish all our clients
a very Happy Christmas and
health and happiness for 2024.*

Thérèse and Partners | 021 022 66192

www.rwmairangibay.co.nz

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ALAN WHITE
ELITE
PERFORMER 22-23



Keep yourself safe in this Christmas Season

As 2023 draws to a close, we want to say a massive ngā mihi nui/many thanks to the community. Much like you and your loved ones, the economic climate has been a challenge for us here at MERC. That the community has continued to engage with us, coming to events, sending you kids to holiday programmes, schools coming to us, schools allowing us to go to them means a lot to us. Every single choice means not only does the community have a MERC experience but also



allows us to continue what we do. Thank you so much. We have an amazing future planned out with different, evolved experience for young people and their communities (that's you!). We are excited to start introducing these things into what we do and can't wait to do so. We wish every single one of you a fantastic holiday season. Keep yourself safe with good outdoor practices, remain sun smart and know your limits. Ask your kids to be part of that thinking process. Between you and us, we'll give them the tools to have a safe and healthy lifelong relationship with the ocean we all share with the creatures who call it home.

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

Food Truck night

This was the week in November that the sun decided it would shine so when the food trucks pitched up everyone came out to enjoy the variety of foods on offer and enjoy some sunshine as well. Picnic blankets were strewn around, and families and friends sat together enjoying the food and each other's company.

There were more stalls in the Village Courtyard so there was something for everyone.

Carole McMinn





Celebrating the reopening of Glenvar Rd

New World decided to celebrate the re-opening of Glenvar Road last month. The road closure has sorely affected local motorists and businesses have been hard hit too.

With the theme of construction there were some great things on offer at New World.

For children there was face painting, balloon twisting and making things.

For adults there were tasting stations, a sausage sizzle, a celebration cake, deliciously baked in New World's bakery, a free raffle with hampers as prizes and spot prizes being given out.

With the road opening it is hoped that people will pick up their old shopping habits and visit all the businesses at Long Bay.



We are not just selling houses,
we are helping people find *homes*

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Ming Liu & Team
Your Long Bay Local Experts
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Torbay Theatre News: Awards, Prizes and Scholarships

Four young people from Torbay Theatre have been honoured this month, and look where they are now!!

Courtney Alloway-Gray was nominated for an award, and invited to compete, at this year's PACANZ National Youth Performer Awards (Musical Theatre) at Palmerston North's Globe Theatre. Courtney wasn't placed, but she did impress. And next? In February she represents NZ and Australia at the International Junior Theatre Festival workshops on Broadway and with Disney, and performs in a musical in Sacramento.

Millabeene Turnbull began in Jacqué Mandeno's drama classes, and aged seven played Tiny Tim in Torbay Theatre's "A Christmas Carol." Now living in Dunedin, she won this year's Louise Simpson Trophy for Excellence in Year 12 Drama at Logan Park High School.

Michael Read-Percival developed his passion for theatre through his involvement with Jacqué Mandeno's



Sophie stars as Gung Ho in "The Great Piratical Treasure Hunt"

VoiceWorks classes and performing at Torbay Theatre. This year, at 17, he moved to Australia with two scholarships in dance and Musical theatre at Melbourne's Dance World/APO Arts Academy. Michael has subsequently been offered an Emerging Talent scholarship with Altitude Dance in recognition of his Ballet potential.

Sophie Rowe has just won Auckland Live Showdown's award for 'Best Performer in a Lead Role in a Play 2023' (Auckland Secondary Schools).

She first got into acting when her parents signed her up for Jacqué's drama classes and has been in several of our children's shows.

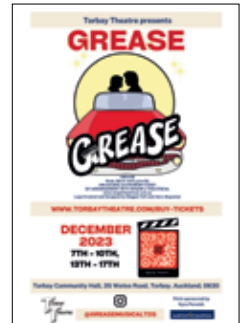
"Jacqué has actually taught me basically everything I know," she says, "and I am very thankful for her."

GREASE! 7th – 17th December
Tickets selling like Greased Lightnin'!!
Get them now before it's too late!
Door sales may be available but cannot be guaranteed.
To book, see our website below.

*For 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 027-547-2426.
 35 Watea Rd, Torbay



Obituary

Bill Grieve, former Chair and Trustee of the Hibiscus Hospice Trust, former trustee of the Harbour Hospice Trust and current member of the Hibiscus Advisory Board died suddenly and unexpectedly last month.

Bill was such an influential proponent and supporter of the merger of the three local hospices that became one organisation nearly five years ago with the formation of the Harbour Hospice Trust. Without Bill's clear vision and strategic mind, things could look very different right now.

In more recent times Bill has been a passionate advocate of services for Asian people and worked with the local community to raise awareness of hospice through an annual Asian Festival at Orewa Beach, fundraising dinners and just this year hosted a large group of Chinese elders at his home with Natalie He as guest speaker.

Bill was also a long serving Rotarian and through that organisation was heavily involved with KiwiHarvest, and



the repurposing of surplus supermarket food into supplies for communities in need.

He loved his garden and grew roses on an extraordinary scale and he was a vintage car enthusiast who was still taking his beloved vehicle to the South Island and other long excursions on a regular basis. But most of all Bill was a much loved and admired family man – and a wonderful friend.

the repurposing of surplus supermarket food into supplies for communities in need.

An Irish Blessing to remember Bill
May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face.
And the rains fall soft upon your fields.
Until we meet again
May God hold you in
the hollow of His hand.



STREAM VIEW RESIDENCES



Discover Quality and Embrace Lifestyle in Long Bay

Stream View Residences seamlessly blend contemporary architecture with the allure of beach life - making it the ideal choice for growing families or mature couples seeking a community-oriented coastal lifestyle.

Templeton Group has a strong track record for creating well designed, masterplanned communities and our partnership with Signature Homes means these brand new, free-standing, two storey architecturally designed homes are quality built, hassle free and future focused.

Nestled just off Te Oneroa Way, and just a 15 minute walk from the tranquil sandy shores of Long Bay, arguably Auckland's most beautiful beach, Stream View Residences will also enjoy the numerous shops, bars, restaurants and friendly community life that makes Long Bay Village a special place to live..

2-3 Bedroom Free-standing Homes
Starting from \$1,495,000



Limited release - get in touch today

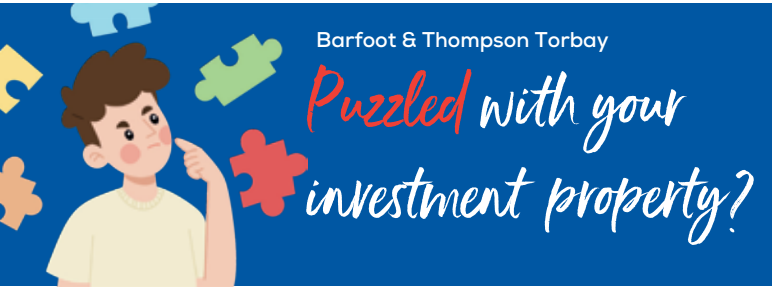
If quality and lifestyle are important to you, then enquire about Stream View Residences. Text "Long Bay" to 875 or contact:

Simon Wilson
simonw@signature.co.nz
027 646 2233

Tony McGirr
tony.mcgirr@harcourts.co.nz
021 376 001

Quizzes

sponsored by



CHRISTMAS

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

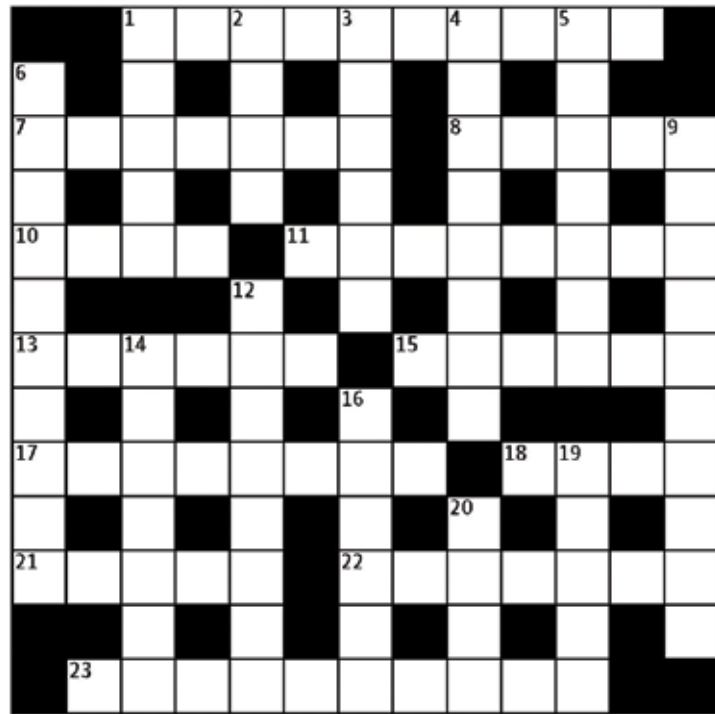
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|-------------|-------------|----------|
| ADVENT | CRACKERS | PRESENTS |
| ANGELS | DECORATIONS | PUDDING |
| BABY | FAMILY | SANTA |
| CARDS | HOLIDAY | STABLE |
| CAROLS | HOLLY | STAR |
| CELEBRATION | JESUS | STOCKING |
| CHILDREN | KINGS | TREE |
| CHURCH | MANGER | TURKEY |

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

PRESENT

40 good, 52 very good, 60+ excellent

CROSSWORD



Across

- 1 Shortcoming (10)
- 7 Break off meeting (7)
- 8 Faith with five pillars (6)
- 10 Despatch (4)
- 11 Most important (8)
- 13 Capsicum (6)
- 15 Nonsense (6)
- 17 Type of word puzzle (8)
- 18 "Ring of Fire" singer (4)
- 21 Largest people group in Zimbabwe (5)
- 22 Prison (slang) (7)
- 23 Permission to proceed (5,5)

Down

- 1 Traditional French mustard (5)
- 2 Bridge quorum (4)
- 3 Large gun (6)
- 4 Widespread outbreak of disease (8)
- 5 Cancel an event (4,3)
- 6 Wombat, kangaroo etc (10)
- 9 Mountain on the Swiss-Italian border (10)
- 12 Induce through reasoning (8)
- 14 Reception room (7)
- 16 Christmas decoration (6)
- 19 Allow entry (5)

SUDOKU

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



We are your local solution!

Chanelle Fenton

Head of Property Management Torbay Branch



Correction

Last month I featured an article about the Torbay Food Pantry and also about food parcels.

Under the pantry part I put a paragraph that said "It isn't just food it is toiletries too and anything that would be helpful to someone struggling to make ends meet." That sentence should have been in the food bank part.

The Torbay larder is for food only please.

New Year New Freedom



Chanelle Fenton

Head of Property Management

For less than the the cost of your daily cup of coffee leave your investment property in our very experienced hands.

We're local like you... give us a call we love to chat

Coffee is on us

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THOMPSON &**
PROPERTY MANAGEMENT

027 809 6687 c.fenton@barfoot.co.nz

Merry Christmas

FROM THE TEAM AT ALBANY VILLAGE LIBRARY

ALBANY COMMUNITY HUB CHRISTMAS MARKET
SEE US THERE WITH THE MOBILE LIBRARY BUS
SATURDAY 2 DEC 11-3

CHRISTMAS WRIGGLE & RHYME WED 13 DEC 10-10:30

DIY CHRISTMAS CRAFTS SATURDAY 16 DEC ALL DAY

SENDING LOVE CHRISTMAS CARDS MAKE CARDS TO DONATE FOR
RESIDENTS IN LOCAL RESTHOMES
SUNDAY 17 DEC 2-3

MAKE PINECONE HEDGEHOG ORNAMENTS TUES 19 DEC 11-12

FAMILY CHRISTMAS MOVIE FRIDAY 22 DEC 3-4:30

CHRISTMAS STORYTIME SATURDAY 23 DEC 10:30-11

FAMILY MOVIE FRIDAY 29 DEC 3-4:30

NEW YEAR STORYTIME SATURDAY 30 DECEMBER 10:30-11

READING PICNIC IN THE PARK FRIDAY 5 JAN 11-12

FUN WITH HONEY BEES SATURDAY 6 JAN 11-12

PLAY WITH ROBOTS TUESDAY 9 JAN 11-12

ESCAPE ROOM EVENTS - BOOKINGS REQUIRED
THURS 18 JAN 10-12
FRI 19 JAN 10-12

SUMMER READING PROGRAMME FINALE PARTY
THURS 23 JAN 11:30-12:30

Torbay & Long Bay Medical Centres

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facebook

Ask us about
Manage My Health

**THE TEAMS AT TORBAY AND LONG BAY MEDICAL
CENTRES WISH YOU A WONDERFUL, JOYFUL AND
RESTFUL CHRISTMAS/NEW YEAR BREAK**



CHRISTMAS/NEW YEAR HOURS

TORBAY MEDICAL CENTRE

Friday 22nd December 8am – 1pm
Monday 25th December CLOSED
Tuesday 26th December CLOSED
Wednesday 27th December 9am – 4pm
Thursday 28th December 9am – 4pm
Friday 29th December 9am – 1pm

Monday 1st January CLOSED
Tuesday 2nd January CLOSED
Wednesday 3rd January 9am – 4pm
Thursday 4th January 9am – 4pm
Friday 5th January 9am – 4pm

LONG BAY MEDICAL CENTRE

Friday 22nd December 9am – 1pm

CLOSED until Monday 8th January

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063



Torbay Unichem Pharmacy Your Most Accessible Health Advisors

Sunlight: An Essential Nutrient

Sun exposure has received a lot of attention over the last decade or two. Some health professionals advise against sun exposure to reduce the risk of skin cancer. But sunlight is classified as an essential nutrient. Like many essential nutrients, it needs to be taken in the right dose, at the right times, and with the right supporting nutrients. What can sunlight do for you? You may be surprised at the list of things that sunlight has been shown to do.

Sunlight and your Heart

Improvements in blood pressure and cholesterol profiles are associated with greater sunlight exposure. The thyroid gland can be stimulated by sunlight which may be associated with improvements in metabolic rate and potentially weight loss.

In the Brain:

Sunlight can help improve the quality of sleep (probably due to the UV-A content), reduce seasonal mood disorders, may help prevent Multiple Sclerosis (through Vit D content), influence the pituitary gland, and maintain your natural circadian rhythms.

Cancer and the Immune System:

The big risk of excessive sunlight exposure is melanoma. Some studies have shown that moderate exposure to sunlight reduces the risk of melanoma. Other types of cancer that may be helped by moderate sunlight exposure include ovarian cancer, prostate cancer, and non-Hodgkins's lymphoma. Many types of detrimental bacteria are killed by sunlight, while your protective white blood cells may receive a boost.

Your Skin and Lungs:

Sunlight has been associated with improvements in eczema. Furthermore, it is reported that up to 80% of patients with psoriasis get improvement from sunlight exposure. Asthma patients breathe easier after sunlight exposure. And of course, tuberculosis was traditionally treated by putting patients out in the sun.

Your Joints:

Osteoarthritis, osteoporosis, and osteomalacia may all respond to sunlight exposure.

The Negative Aspects of Sunlight:

Sunlight exposure does increase the aging of the skin. Damage to proteasomes and the p53 Tumor Suppressor Gene can increase the risk of skin cancers. The eyes are also prone to damage with an increased risk of age-related macular degeneration and cataracts.

Protective Nutrients:

There are some nutrients that can help to reduce the negative aspects of sun exposure leaving you to reap the benefits. The main protective oral supplements are niacinamide (a form of vitamin B3), astaxanthin, CoQ10 and melatonin. The use of sunscreens, and rubbing green tea on the skin may also provide protection from the damaging effects of the sun.

If you want to discuss if any of the protective nutrients are suitable for you and compatible with your medications, then pop in for a chat with the Unichem Torbay Pharmacy team.

News from East Coast Bays Library

2023 has been a great year at ECB Library which continues to provide activities for young and old alike. There have been more than 276,000* visitors through our doors, which is a 30% increase from last year.

A recognisable increase was seen during the September/October school holidays with 12,000*

visitors. This large number of visitors this year has also contributed to more than 370,000* physical items being checked out at East Coast Bays Library.

We will be closed on Christmas Day Monday 25 December 2023, Boxing Day Tuesday 26 December 2023, New Year's Day Monday 1 January 2024 and the Day after New Year's Day on Tuesday 2 January 2024.

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.

All the staff at East Coast Bays Library would like to wish the community a Merry Christmas and a Happy New Year.

*Approximate numbers taken from 1 January to 15 November.

Book Review

Keeping Mum

By James Gould-Bourn

Fourteen months ago, Danny's wife died in a car crash and their eleven-year-old son, Will, hasn't spoken a word since. To make matters worse, Danny lost his job and is late paying his rent. Struggling to find work and desperate for money, Danny decides to do what anyone in his position would do, he becomes a dancing panda.

– Reviewed by Anna, Wednesday Book Chat member



THE BEST OF BROWNS BAY ON YOUR DOORSTEP



With 70% of apartments already sold, they won't hang around for long!

Our close-knit community has a limited number of streamlined and architecturally-designed apartments available now.

We've recently completed the development of our boutique two and three-bedroom apartments at Arvida Aria Bay. Architecturally-designed, fully insulated and just a stone's throw from the beach, the shops and the hustle and bustle of beautiful Browns Bay.

For more info, call Sharon on 0800 20 22 20, or visit arvida.co.nz/ariabay

3 – 7 Woodlands Crescent, Browns Bay

LIVE THE AGE YOU FEEL





Fire Service Pop up Shop

Last month the local Fire Service had a pop up shop in Browns Bay to help local people be aware of the dangers of fires in their homes.

Many enjoyed climbing on the Fire Truck and inside there were exhibits of items that had been in fires.

The importance of having a fire plan was stressed and the regular changing of fire alarm batteries.



New information they were keen for the public to have, was about Lithium-ion Battery safety.

This has been in the news recently too about the dangers of lithium batteries.

These batteries supply power to many types of devices, including smart phones, laptops, e-bikes, cooters and power tools. Like any product, a small number of these batteries can be defective- they can overheat, catch fire, or explode.



Fire Safety Tips.

- Only use chargers that are supplied with the device.
- Avoid leaving batteries or devices charging for long periods of time. Disconnect once charged.
- Where possible, electric vehicles, such as e-scooters and e-bikes should be stored, and charged, outside, away from living spaces and escape routes.
- Smaller devices like tablets, laptops and phones do not charge these on soft surfaces, like beds or couches, as they can overheat and cause a fire.

Battery disposal.

- Do not put batteries in general rubbish.
- Recycle by contacting your local council for a location.

If you have concerns.

- If your device gets hot, swells or is smoking while charging turn off the power and move the device away from anything that can catch fire.
- If there is danger call 111.

Send early this Christmas

Whether you're sending overseas or closer to home, you'll want to send those gifts early to give them the best chance of arriving in time for the big day.

Sending cut-off dates

	Economy	Courier	Express
New Zealand	Monday 18 December	Wednesday 20 December	
Australia	Wednesday 29 November	Monday 11 December	Friday 18 December
Asia, Europe, North America, South Pacific, UK	Friday 24 November	Friday 8 December	Friday 15 December
Rest of the world	Monday 20 November	Wednesday 29 November	Wednesday 13 December

Cut-off dates are targets only. Sending by the Christmas cut-off dates gives you the best chance to get your item where it needs to be for Christmas and are correct as of 1 October 2023, but may change due to unforeseen service impacts.





New Relationships and Asset Implications.

Bev and Peter had been married for forty years and had two adult children. They had owned a very successful business which they had sold four years ago and were now enjoying retirement. They had had a family trust which had owned the shares in the business, their family home, bach and a couple of investment properties.

However, after selling the business, their accountant told them that there probably wasn't a lot of benefit in keeping the trust, so they decided to simplify their affairs and wound the trust up. Now all of their assets were in their personal names.

Bev and Peter had been on a cruise around the South Pacific when sadly, Bev had a massive stroke. She was air ambulated to Brisbane, but unfortunately died a few days later. Peter was beside himself with grief, and their children and grandchildren were devastated.

About six months after Bev's death, Peter met a lady at his local café, Jan. She was twenty odd years younger than Peter, but he very quickly became smitten and found himself going to the café every day in the hopes of seeing her there. He asked her out, found that the attraction was mutual and very quickly Peter found himself head over heels in love with Jan. Peter's children were shocked to say the least. They were still reeling from the grief of losing their mother and they thought that Peter was too. They were astounded to think that he was now in a new relationship.

Peter and Jan's relationship progressed rapidly. It wasn't long before she had moved in with him and they were planning renovations to the family home. They also spent a lot of time at the family bach and Peter was thinking about selling one of the rental properties and using the funds to help Jan with a business she was thinking about starting.

Peter's children didn't know what to do. One of their friends suggested they go and see a lawyer to see what the impact

of Peter and Jan's relationship might be on the assets that had been Bev and Peter's. The lawyer searched the titles to the properties that had been owned by the trust. She explained that as they had been transferred out of the trust to Peter and Bev's joint names, Peter now owned all of the properties due to the laws of survivorship.

Even though Peter had owned the properties before his relationship with Jan, if he and Jan stayed together for three years or more, Jan would be entitled to half of the family home and quite likely half of the family bach as it was now being used for relationship purposes.

The rental properties were different. It would be much harder for Jan to say that they were relationship property, but if Peter sold those and used the cash for relationship purposes then that was also at risk. The irony was that if Peter and Bev had retained the family trust, the value of the assets at the start of Jan and Peter's relationship would be protected. However, that was not the case.

The children were upset. The lawyer explained that Peter could enter into a contracting out agreement with Jan, but when the children suggested that to Peter, he was adamant that he didn't want to do that. He was confident that Jan would never make a claim on his assets and he didn't want to upset the fairytale nature of their relationship by talking about pre-nups with her.

The area of relationship property is fraught. While some of the protection's trusts have afforded in the past have been eroded by case law, they still play an important part in asset protection. Serious consideration should be made before they are wound up, depending on the extent of the assets in the trust.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Understanding *Relationship Property.*

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

Income, property, Kiwisaver, intermingled inheritances and gifts from third parties are all considered relationship property when in a de facto relationship – unless both parties have entered into a Contracting Out Agreement. Without one, relationship property would be shared equally upon separation, or even the death of one party, regardless of what anyone's will said.

Know when your relationship is considered a de facto relationship under New Zealand legislation and protect your assets with a Contracting Out Agreement. Contact Tammy McLeod or one of the Trust Team for specialist advice.



Quiz Answers

1. Jingle Bells
2. 364
3. Robert Burns
4. Oslo in Norway (a thank you for Britain's assistance in WWII)
5. Capricorn
6. It is a gum resin
7. Germany
8. Bing Crosby
9. Four
10. St Stephen

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

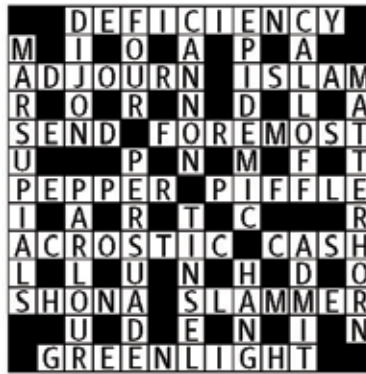
Handyman – Born and bred in Torbay Martin is a qualified cabinetmaker and experienced professional. Allsorts Property Services is available for property maintenance, odd jobs, decks, fences and garden services, Call Martin Bassett on 0274526515.

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.

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

enter, enters, ere, ester, nest, nester, net, nets, peen, peens, peer, peers, pen, pens, pent, per, pert, pest, pester, pet, peter, peters, pets, preen, preens, present, preset, rent, rents, rep, repent, repents, reps, resent, reset, rest, see, seen, seep, seer, sent, serpent, set, sneer, spent, spree, steep, steer, step, stern, tee, teen, teens, tees, ten, tens, tense, tenser, tern, terns, terse, tree, treen, trees

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

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Tides December 2023 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Fri 01	04:33	0.4m	10:50	2.9m	17:03	0.6m	23:13	2.7m		
Sat 02	05:14	0.5m	11:33	2.9m	17:49	0.7m	23:57	2.6m		
Sun 03	05:57	0.6m	12:16	2.8m	18:35	0.7m				
Mon 04			00:40	2.6m	06:41	0.7m	13:02	2.7m	19:23	0.8m
Tue 05			01:26	2.5m	07:29	0.8m	13:49	2.6m	20:12	0.8m
Wed 06			02:14	2.4m	08:21	0.9m	14:38	2.5m	21:02	0.9m
Thu 07			03:06	2.4m	09:18	0.9m	15:28	2.5m	21:53	0.9m
Fri 08			04:03	2.4m	10:16	0.9m	16:18	2.5m	22:44	0.8m
Sat 09			04:59	2.4m	11:10	0.9m	17:08	2.5m	23:34	0.8m
Sun 10			05:53	2.5m	11:59	0.8m	17:57	2.6m		
Mon 11	00:23	0.7m	06:43	2.6m	12:47	0.8m	18:46	2.6m		
Tue 12	01:10	0.6m	07:30	2.8m	13:33	0.7m	19:35	2.7m		
Wed 13	01:57	0.5m	08:16	2.9m	14:19	0.6m	20:25	2.8m		
Thu 14	02:43	0.4m	09:01	3.0m	15:07	0.5m	21:15	2.9m		
Fri 15	03:29	0.3m	09:48	3.1m	15:56	0.4m	22:05	2.9m		
Sat 16	04:16	0.2m	10:36	3.1m	16:47	0.4m	22:55	2.9m		
Sun 17	05:04	0.3m	11:26	3.1m	17:39	0.4m	23:46	2.9m		
Mon 18	05:54	0.3m	12:17	3.1m	18:33	0.4m				
Tue 19			00:38	2.9m	06:47	0.4m	13:11	3.0m	19:28	0.4m
Wed 20			01:33	2.8m	07:44	0.5m	14:07	3.0m	20:24	0.5m
Thu 21			02:31	2.8m	08:46	0.6m	15:04	2.9m	21:22	0.5m
Fri 22			03:32	2.7m	09:50	0.7m	16:02	2.9m	22:20	0.5m
Sat 23			04:36	2.7m	10:53	0.7m	16:59	2.8m	23:19	0.5m
Sun 24			05:37	2.8m	11:52	0.7m	17:56	2.8m		
Mon 25	00:15	0.5m	06:35	2.8m	12:46	0.6m	18:52	2.8m		
Tue 26	01:09	0.4m	07:28	2.9m	13:38	0.6m	19:45	2.8m		
Wed 27	01:59	0.4m	08:17	2.9m	14:26	0.6m	20:36	2.8m		
Thu 28	02:45	0.4m	09:02	2.9m	15:13	0.6m	21:23	2.8m		
Fri 29	03:29	0.4m	09:46	2.9m	15:58	0.6m	22:08	2.8m		
Sat 30	04:10	0.5m	10:27	2.9m	16:41	0.7m	22:50	2.7m		
Sun 31	04:49	0.5m	11:07	2.9m	17:23	0.7m	23:30	2.7m		

Times adjusted for Daylight Saving.



Wishing all our neighbours the best of family fun and festivities over the Christmas season, and a fresh start to 2024!!

Many thanks to those of you who have continued to trust us to achieve your best sale results!



Ask Shane & Jen



GET SOLD WITH OUR EXTENSIVE REACH PRE-CHRISTMAS MARKETING SPECIALS

Jen Anderson

Shane Anderson

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LOVE OUR NEIGHBOUR'S - Secret Santa Christmas Hampers

Do you know a local family who needs a little cheering up this Christmas?

Send us an email to let us know, confidentially which family you think deserves to go in the draw to win.

We will prepare three christmas hampers to deliver to nominated families prior to Christmas.

100% LOCAL



ALTOGETHER BETTER

LICENSED UNDER THE REA ACT 2008

Season's Greetings!

From our family to yours, we want to wish you a Merry Christmas and a Happy New Year.



Enter for a chance to win one of two mystery Santa sacks filled with goodies, valued at \$100 each!

- Children under the age of 12 are eligible to participate. Prizes are divided into two age groups: 5 years and under, and 6 years and older.
- Submit entries by **15 December 2023**, in person at our Torbay Branch (1054B Beach Road) or scan and email torbay@barfoot.co.nz. (Entries dropped off in person receive a treat!).
- Winners will be notified by phone on **19 December 2023** and must collect their prize by **22 December 2023**.



Your name: Age: Contact number:

Terms and conditions apply. The Barfoot & Thompson Torbay | Long Bay Christmas Colouring competition has two prize packs for the top spot in two age groups: 5 years and under, and 6 to 12 years. Gratuity and transportation costs are not included. Winners will be chosen on 19 December 2023, and notified by phone. If unreachable after four days, an alternate winner will be drawn. Barfoot & Thompson employees, salespeople, and staff are not eligible. Prizes are non-transferable and not exchangeable for cash. Barfoot & Thompson may use entries for marketing without compensation.

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