

focus

Issue 8
September 2022

on community

Long Bay, Okura & Torbay



**Rotarians assist at
recent planting day**

See page 10

Painless Periods: Just imagine That

Menstruation is dreaded by many women because of the associated pain and mood disturbances. It is estimated that 50 to 90% of women will experience muscle tension and discomfort in the pelvis and lower back during their monthly period. But it doesn't need to be that way.

Our modern diet puts us at risk of having inflammation, which increases the risk for painful periods. So, the first step in trying to make periods pain-free is to eat a diet rich in good nutrients (lots of vegetables, unrefined grains and good fats) and low in highly processed carbohydrates and some of the omega-6 containing fats. Eating an low-inflammatory diet can make a world of difference.



Helpful Supplements:

Supplements can also be beneficial. Essential fats like EPA in fish oil and GLA in evening primrose oil help to reduce pain and inflammation associated with periods. They also nourish the brain.

Minerals like magnesium can be helpful to relax muscle tension and calm the mind. When we are under stress our body excretes more magnesium. Plus our diet is often low in magnesium. For many women, a magnesium supplement can help make menstruation (and health in general) much better.

B Vitamins are known to make periods more comfortable. All the B-vitamins are helpful, but vitamin B6 has lots of research. The dose of B6 for period comfort is quite high (100mg every 2 hours). Vitamins D and E are also beneficial.

New Product: Clinicians Period Comfort

There is a new product that combines some great herbs into one product to give a fast and natural support for menstrual comfort. Clinicians Period Comfort contains cinnamon, cramp bark and ginger to reduce cramping in uterine areas, improve healthy blood flow and calm the digestive tract. This product is suitable for anyone over the age of 18 and is best taken for a few days starting a day or two before menstruation.

My personal recommendation is to also take fish oils for the first two weeks of the cycle and GLA combined with vitamin B6 for the last two weeks of the cycle. If you are still getting pain, then add in Clinicians Period Comfort. And of course, we always recommend eating a low inflammatory diet.

Martin Harris



Period Comfort By Clinicians

Immediate support for women who experience discomfort during their menstrual cycles.

Natural high potency blend of herbs for immediate support to ease periods, so you can get on with life.



Contains:

Cramp bark: used traditionally by North American Indians for uterine muscle relaxation and reproductive system comfort.

Cinnamon which supports healthy, warming circulation in reproductive organs. Research shows it supports period comfort and muscle relaxation.

Ginger: shown to support menstrual comfort and warming pelvic circulation. Also supports women who experience nausea during menstruation.

Take 1 or 2 days before menstruation for greatest comfort.

Take up to 3 times a day to immediately ease period discomfort.

Suitable for women 18 years and over.

Can be used alongside hormone-balancing formulas, oral contraceptives and pain medicines.

Not suitable during pregnancy or breastfeeding.

Kai Connections

There is a new cookbook out called Kai Connections.

With food being at the heart of any kiwi gathering, it is more than just another cookbook.

Masterminded by Sally Cargill and Debbie Russell of Heart of the Bays, it is truly a community collaboration.

With Covid restrictions Heart of the Bays was unable to host any events, so they decided that one of life's great levellers was food. So what better way to connect your community than a sharing of favourite recipes from the host of community groups.

Sally and Debbie began to contact all the many community groups, and the result is a beautiful book called Kai Connections.

Sally Cargill and Debbie Russell



Shirley Ebdale

Each recipe has a write up about where it has come from and whose recipe it is.

If you are interested in purchasing one, then contact Sally either on 478 4301 or sally@ECBCP.co.nz. They are available at the Heart of the Bays office in Glen Road Browns Bay. The cost is \$20.

One of the recipes is from Shirley Ebdale. For many years Shirley made her jams and preserves.

Originally, she sold them through her son's greengrocery store in Torbay, but her fame spread far and wide and you could see the lovely jars of produce in

many places. Her recipe is a real blast from the past.

With restrictions easing, Heart of the Bays will begin their community event work again- there will be a Christmas Parade in Browns Bay this year!

Every year they organise an event to recognise the International Day of Older People, as well as several special events for the community, often using cultural days for inspiration.

Debbie has 20 years serving the community and Sally 30 years. They do an amazing job as Kai Connections testifies.

Photos by Bill Ellis

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

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1 page 29.7 cms x 21 cms \$475+gst

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

editor's letter

Father's Day is a holiday honouring fatherhood and paternal bonds, as well as the influence of fathers in society. In Catholic countries of Europe, it has been celebrated on 19 March as Saint Joseph's Day since the Middle Ages. In the United States, Father's Day was founded by Sonora Smart Dodd, and celebrated on the third Sunday of June for the first time in 1910. The day is held on various dates across the world, and different regions maintain their own traditions of honouring fatherhood.

In New Zealand, Fathers' Day is celebrated on the first Sunday of September, and it is not a public holiday. Fathers' Day was first observed at St Matthew's Church, Auckland on 14 July 1929 and first appeared in commercial advertising the following year.

Like all special days, it has become highly commercialised with cards and gift ideas abounding.

However, it is a great opportunity to let your special Dad know how important he is to you.

It is also important to let you Dad know any day of the year how important he is to you and, like your Mother, it is important to keep in touch - something not always easy in our time poor lives.

This is the eighth edition of Focus on Community. Thank you for all of you who have taken the time to say how much you enjoy reading it every month.

You will notice that this month is a bumper 40 page edition. Things certainly seem to be starting to happen again and I love to hear about these things. If you hear of an interesting story please contact me on 473 3259 or email me on editor@focusoncommunity.co.nz.



Carole McMinn Editor

editor@focusoncommunity.co.nz | 09 473 3259

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Glamorgan gives back to local business



School (FOTS) committee is running the Glamorgan Gives Back fundraiser.

The concept: the school's Board of Trustees authorised the committee to spend up to \$5000 to purchase prizes from local businesses, as a way of saying thank you to them for their support over the years for the school. These prizes will then be raffled, ranging in value from \$100 to \$800. Tickets are on sale from 29

August until 23 September, for \$5 each.

"We're really aware of how tough the past two years has been for everyone, and we wanted to do something to say thank you to some of the businesses in the community who have supported Glamorgan School in the past," says Nicole Thompson, who organised the fundraiser with the FOTS Committee. "We have been very lucky to always have so much support from local businesses, so it's nice to be able to give back to them."

Tickets are available from the school office or email fots@glamorgan.school.nz


Glamorgan School is this month running a unique fundraiser, which supports local businesses while raising money for the school.

All around the country, schools, sports teams and other charitable initiatives rely on local business to support them, especially via the donation of prizes or goods which can be used to raise funds. After two tough years of lockdowns and amid a global cost of living crisis, Glamorgan's Friends of the

Torbay/Waiake July 2022

 **PROPERTIES FOR SALE** **59**

 **PROPERTIES SOLD** **12**

 **LOWEST VALUE SALE**
\$835,000

 **HIGHEST VALUE SALE**
\$1,850,000

Wendy's update

Spring is here and summer is fast approaching – have you been considering relocating or your next move on the property ladder within the Torbay/Waiake area?

When considering coming to the market the golden rule to remember is "presentation" – are you unsure where to start and wanting to eliminate over expenditure with presentation? I am happy to provide you with suggestions to maximise your return on your property and provide you with a current market appraisal on your home.

Over the last three months in Torbaby/Waiake we have seen minimal properties come to the market, residential properties sold in July fell significantly, the median sales price has retreated only slowly. Living within our local community and selling in our area for over 25 years, I offer owners and purchasers local knowledge, expertise and success.

Look forward to having a chat with you – 021 772 070,

Kind regards, Wendy



Wendy Radcliffe
021 772 070

Focus on September!

September comes from the Latin word septem, meaning "seven," because it was the seventh month of the early Roman calendar. In the ancient Roman calendar, October was the name of the eighth month of the year. Its name comes from octo, the Latin word for "eight." Later two more months were added in and September became the ninth month.

September Gemstone

Sapphire is the modern birthstone for September. Long before the gemstone became the modern September birthstone, sapphire was the planetary stone for Libra, while blue sapphire is a zodiac stone for Virgo, falling partly in the month of a gem that's been cherished. Although the term sapphire

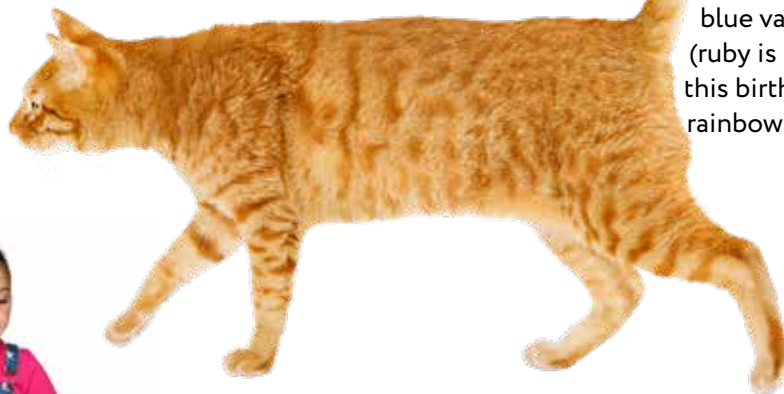


both zodiac signs September. Sapphire – for thousands of years. usually refers to the blue variety of corundum (ruby is the red variety), this birthstone comes in a rainbow of other colours.

Only in America!

These are nationally recognised days!

- 1 Ginger cat appreciation day.
- 3 Lazy mom's day.
- 6 Read a book day



- 9 Wonderful weirdo's day.
- 12 Day of encouragement.
- 15 Get healthy day.
- 18 Hug a greeting card writer day.
- 21 International day of peace.
- 24 Ghost haunting day.
- 27 Ancestor appreciation day.
- 30 German sandwich day.

Events that happened in September



2 Sept. 1666 - The Great Fire of London begins in Pudding Lane and rages for 5 days, but kills only 9 people.

3 Sept. 1939 - Britain and France declare war on Germany.

4 Sept. 1962 - The Beatles start their first recording session at EMI's Abbey Road Studios, London

6 Sept. 1620 - The Mayflower sets sail from Plymouth, Devon, carrying the Pilgrim Fathers to America.



23 Sept. 1848 - Harry Jackson becomes the first person in Britain to be convicted on fingerprint evidence.

25 Sept. 1818 - First transfusion of human blood is performed at Guy's Hospital, London.

28 Sept. 1745 - 'God Save the King' is sung for the first time at London's Drury Lane Theatre.

29 Sept. 1758 - Birth of Horatio Nelson.



Torbay Theatre

BACKSTAGE CLUB

The last two years have seen fewer staged productions, but one thing never stops – the Backstage Club!

Daphne is the king pin for this group, who meet every Wednesday (when gathering is legal!) to build, paint, create, repair, organise and clean everything theatre.

Recent tasks have included painting the magical backdrop for *The Stolen Crystal*, the more prosaic painting of the corridor leading to the Wardrobe, meeting the plumber at the theatre when the loos needed repair, performing the monthly safety check, liaising with Vaughan Homestead about costume hire, and vacuuming the Gate theatre.

Upcoming projects will include building and painting the set for *The Music Man*, locating and making dozens of

props, sourcing make-up, selecting some costumes from our extensive wardrobe for the large cast, and re-making or sewing from scratch the rest of them. There will also be gardening and cleaning duties.

If this sounds like your idea of fun, come join Daphne, Jill, Helen, Paul, Jan, and those who come when they can make it, Wednesdays 10-12 at Torbay (Gate) Theatre. Contact details on our website below.

IMMINENT EVENT:

Club Night: 3rd September 7:30pm

Email clubnight@torbaytheatre.com with any last-minute items (10 minutes maximum).

UPCOMING:

70th JUBILEE CELEBRATION

29th OCTOBER at 7:30pm

Shows from each decade!


THE MUSIC MAN

December Musical (how many trombones?)

**For more information, and to book, see our website: www.torbaytheatre.com
See also: our Facebook page, or ph 473-5454. 35 Watea Rd, Torbay.**



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Gregg WALDEN

Alexis POPPELBAUM

Julia PARFITT

Frank SUN

As a team, we have the experience and skills to deliver the very best for our community.



✓ Julia PARFITT

Julia has extensive experience in Local Government and is an effective leader for our community. Julia has a proven track record of delivering significant community projects in our area.



✓ Alexis POPPELBAUM

Alexis has achieved significant wins for our community in the last three years on the Local Board. She's experienced in policy and strategy, and is a volunteer for various local organisations.



✓ Gregg WALDEN

Gregg holds an MBA and has worked as a Marketing Manager for various international and national companies. He is a local business owner and is well-connected in the East Coast Bays as a passionate volunteer.



✓ Frank SUN

Frank is a business owner and dedicated community leader in organisations such as Rotary, Long Bay Residents' Association, Long Bay Chinese Association, Restore Hibiscus and Bays and Harbour Hospice.

What we've achieved

- ✓ Community recycling centre (funding earmarked).
- ✓ Tackled summer camping on beach reserves.
- ✓ Bylaw enforcement improvements are underway.
- ✓ A dog park is in planning.
- ✓ Glenvar Rd project on schedule and funded due to relentless advocacy.
- ✓ Lobbied Council to purchase the farm-houses at Long Bay Regional Park.
- ✓ Pump track for wheel sports delivered.

Our action plan

- ✓ Town centre improvements.
- ✓ Beach disability access mat.
- ✓ Ban set-netting at our beaches.
- ✓ Reduce sedimentation run-off by improving controls on building sites.
- ✓ Fight paid parking proposals in town centres and Park and Rides.
- ✓ Expand Long Bay Regional Park by acquiring land at Piripiri Point.
- ✓ Fund neighbourhood crime prevention initiatives.

VOTE 4  **for the Backing the Bays team**

Beautiful Baltic Experience

The most efficient way to explore the Baltics is on a cruise. Mary Buckley from Shore Travel has just returned from a European Oceania Cruises Medieval Baltic experience. This is a brief summary of the highlights:

Copenhagen, Denmark: The day before the cruise we enjoyed a day in this beautiful Danish City. Visiting, Rosenborg Castle and Amalienborg Palace Museum; the old Nyhaven harbour and Tivoli Gardens.

Berlin, Germany: The best way to see Berlin in one day is on a hop on, hop off bus. Visit the Victory Column, Brandenburg Gate, the Reichstag Building, Berlin Wall and Check Point Charlie, St Mary's Church and Charlottenburg Palace.

Ronne (Bornholm), Denmark: We visited Bornholm Museum which told the interesting story of war time and when the island was under German and then Soviet occupation.

Gdansk, Poland: Enjoy the old medieval quarter of this Baltic jewel and see the lovely Golden Gate, the 15th century Artus Court and beautiful St. Mary's Church as well as Oliwa Cathedral.

Klaipeda, Lithuania: An easy city to walk around straight off the ship. Highlights include: The Meridianas Sailing Ship, Theatre Square, and City Hall. We hired an electronic boat for an hour which was a nice way to see a section of the canal.

Riga, Latvia: We joined a 2-hour Free City Walking Tour which is a great way to learn a bit of local history and get orientated. We also went to the Museum of Occupation which told the story of what happened to the people of Latvia during the Soviet and German National Socialist regimes from 1940 to 1991.

Tallinn, Estonia: Highlights include: Toompea Castle, Cathedral of Saint Mary the Virgin, St Alexander Nevsky - Russian Orthodox dome church. We walked up the 200+ steps of St. Olav's Church for the great views, then went into the KGB Prison Cells.

Helsinki, Finland: We went inside the dominating Helsinki Cathedral on Senate Square and walked through the historical centre of town. A must-do is a canal cruise through the harbour and local waterways past forests, beaches, villas, the giant Ice-breaker ships and a ruined Suomenlinna fortress that spans five islands.

Stockholm, Sweden: One day was not enough time to explore this beautiful city. We visited the medieval Gamla Stan, the elegant royal palace, and the impressive Vasa (17th century warship that sank). We also went to the fun ABBA museum.

The full version of this Baltics travel blog can be found at www.shoretravel.co.nz or contact the team at Shore Travel to plan your own Europe experience.



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Rotarians assist with planting

Rotarians from Browns Bay-Torbay assisted with planting 500 native seedlings along the banks of the Taiaotea Stream recently.



The weather was far from pleasant and dirty hands and gumboots was the order of the day but the Guides enjoyed their sausage sizzle around lunchtime.

Hibiscus and Bays leader Ben Sheeran led the way ably assisted by Community Board member Alexis Poppelbaum. A very satisfactory outcome all round despite driving showers.



CRIME PUBLIC MEETING

Let's discuss what's happening in our community
with Hon Mark Mitchell MP for Whangaparāoa & Spokesperson for Police

Wed 7 Sept @ 7.00pm, Torbay Sailing Club

PLEASE REGISTER: www.EricaStanfordMP.co.nz/events

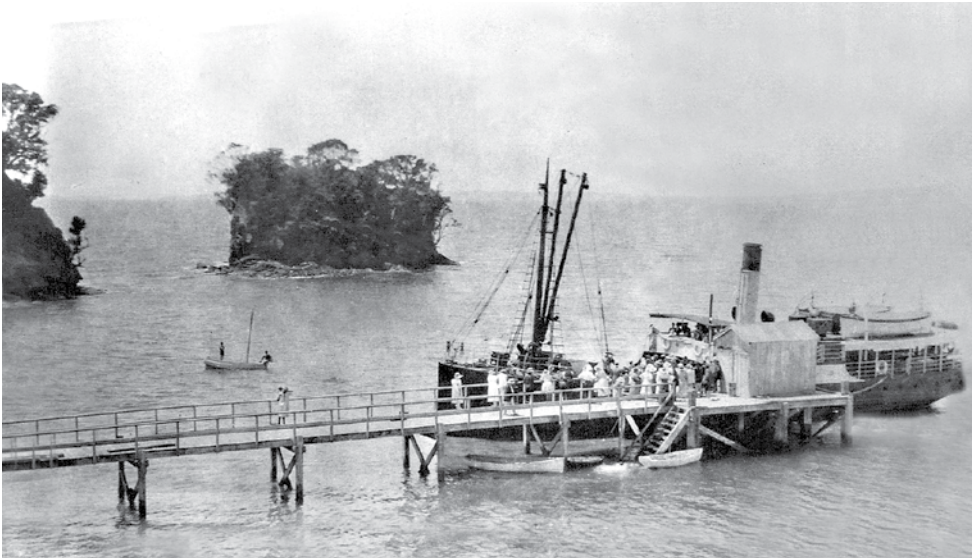
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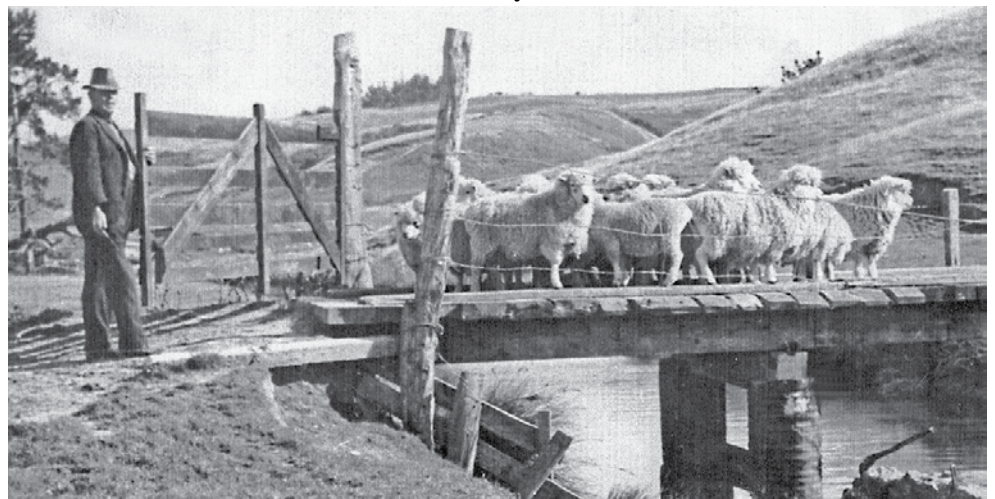
Torbay Historical Society



W.N Hutchinson used to travel to Long Bay in the early 1900's on the Northern Steamship Co's SS Orewa ... "There were very few houses on the cliffs, and I can remember none at the Castor Oil Bay (as it was then called), though castor oil trees seemed to cover completely the foreshore and background.....at Long Bay we were met by the Vaughan sons in a twelve-foot dinghy and we were rowed ashore along with our provisions and luggage. Visitors who came to see us at weekends took the ferry to Devonport then a horse bus to Milford and walked the rest of the way."

Writing of his stay at Long Bay Mr.

Hutchinson says "The big event however was rowing dressed sheep carcasses to the



boarding houses at Arkles Bay. The signal for meat requirements for the following day was by white flag. Of one flag was flown one sheep was required, while two flags meant two sheep. All this was in the days before outboard motors were in general use so that the dressed carcasses had to be rowed across the mouth of the river, with of course the long row home again."

These extracts have been taken from the book '*Takapuna people and places*' by Jean Bartlett.

New members are always welcome to join us. Come and help us to keep the Vaughan Homestead here to record the history of this area. Phone or email us if you want to visit.

President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email wjb2ellis@gmail.com

Spring IS HERE!

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Residents of the Albany ward are missing out. We offer an energised voice for positive change, and promise to stand up for our residents and ratepayers and move the dial from objection to creating the very best future for our residents.

Jake Law I grew up on the beautiful Hibiscus Coast. Like my grandfather, ex mayor of Rodney, I am highly motivated to get more for our communities. I am a fully qualified teacher with more than 7 years of experience, teaching locally and internationally. I am currently the Student President at Massey University in Albany, and can also communicate in Chinese.

What I have Achieved:

Leading a highly successful team of foreign teachers in international schools with a focus on improving student success

Dedicating time to community projects including planning and painting large scale murals in Orewa with a team of professional artists

Leading the process for all Massey University associations to become one association in 2023 that better empowers student voice

Successfully advocating for changes to improve the wellbeing and academic success of Albany Massey students

Sylvia Yang I have called Auckland home for nearly 30 years. As a mother with a young family, I am passionate about finding solutions and improving our communities. I am an experienced screen producer in local and international productions, the Youth Club President of the NZ China Friendship Society, and volunteer with NGOs. I'm fluent in Mandarin and Cantonese.

What I have Achieved:

Produced numerous large-scale international productions and provided jobs and business opportunities for many.

Produced the first web series in NZ and the first original Chinese musical in NZ.

Organised and led youth delegations overseas to promote friendship. Planned and organised youth conferences in New Zealand to inspire leadership.

Planned, organised and led many community events, performances, conferences, seminars, exchanges etc. to encourage and empower community engagement and diversity.

Vote ✓
Law & Yang

- ✓ Making it easier to get around
- ✓ Liveable Safe Communities
- ✓ Protecting and restoring green spaces
- ✓ Offering solutions and accountability

Get to know your vehicle a little better – Air and Cabin Filters

There are many components that make your vehicle work to the best of its ability. Sometimes it's the very small things you may not be aware of that have more of an impact on the performance of your vehicle than you realise. Has your mechanic mentioned at a service that your Cabin Filter or Air Filter need to be changed? Have you wondered what they are, what they do and why they need to be changed?

Cabin filter

The Cabin filter is commonly located behind your glovebox. It is designed to filter out dirt and contaminants from entering the cabin of your vehicle. It also helps filter out unpleasant odours. It filters the air as it is drawn in by the blower motor. If this isn't checked regularly, it can become blocked with leaves, small sticks, insects, and dirt.

Cabin Filter



Air Filter



Quite often, if you notice a smell in your vehicle when the Air Conditioning is turned on, there's a high chance the Cabin filter is dirty. This should be checked as part of your service and replaced when necessary. No one wants to be breathing in dirty air.

Air filter

What does the Air filter do?

The Air filter is what prevents dust and any abrasive particles from getting into the engine. If any contaminants were to get sucked into the engine with the combustion air, it would increase the rate of internal engine wear, reduce oil life, and increase problematic deposits on valves and spark plugs.

When the Air filter is dirty and filled with trapped particles, it reduces the air flow into the engine. This, in turn, then reduces the efficiency and increases fuel consumption. Something we certainly want to avoid with the current cost of fuel! The Air filter should also be checked at each service and replaced when necessary.

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Hauraki Floral Art Club

Floral Art For Walls

Floral artists enjoy a challenge. A recent winter challenge was to create a wall hanging using only foliage, without berries or flowers. One design celebrated our recent Matariki festival, with native plant material. Another was a simple eye-catching design featuring two plants against a backdrop of flax stalks.

Jaunty placement of leaves on a backdrop created an amusing young woman's profile, while an aloe and flax structure provided another creative wall design.

Membership of the Hauraki Floral Art Club is open to anyone, with free lessons offered to beginners. Come and visit us on the second Wednesday of any month at the Outram Hall. For more information phone Jo on 4738836 or 0276738836.



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Torbay Garden Club

The beautiful camellia was flower of the month at the August meeting of Torbay Garden Club. Camellias were cultivated in the gardens of China and Japan for centuries before they were seen in Europe where they were given the popular name of "the Japan rose". Like the rose, the camellia symbolizes 'love and longing'. Around 1830 the first cultivars were planted in England and France and its popularity spread world wide. There were many lovely camellias on display for our Judge, Graham Milne, who was also impressed by a large black lily, Arum Palaestinum, grown by Barbara Jenner and awarded Best in Show. The Bee Lady, Sara Russ, gave an informative and entertaining video presentation on our new club projector. We learned of different types of bees, their roles and behaviours,



with amazing close-up photos of their bodies. From the gathering of nectar, she explained how each part of their digestive system functions to eject honey when the bee returns to the hive. Our first Spring Show for two years will take place on 7th September. Although not open to the general public, family and friends of members are welcome.



In the garden in September

Start seed-raising for the flowers you want in your summer garden, including celosia, cosmos, dahlia, gazania, gerbera, impatiens, petunia and wallflower. Others such as calendula, delphinium, hollyhock, marigold and polyanthus can be planted in the ground. Seeds for carrot, beetroot, silver beet and peas can also be sown directly into the soil while lettuce, cabbage, tomato, capsicum, cucumber, courgette and eggplant can be raised in seed trays. Buy seed potatoes and put them in a sunny place to start sprouting before you plant. Dig in compost and prepare ground before planting. Feed berry vines, citrus and fruit trees. Prune passion fruit and feijoas to encourage new fruiting. Planting lavender, rosemary, bergamot, borage and thyme now will set your garden buzzing with bees through summer.

President/Secretary: Hilary Collins Phone: 478 1601

Do you have a good community story to share? I would love to hear from you.

Contact Carole

editor@focusoncommunity.co.nz



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Making a difference in my community

Why am I standing for Local Board?

My name is Frank Sun and I am a successful businessman from Taiwan. I feel really blessed to live in the Bays and I would like to use my skills and talents to help others living here, many of whom are currently experiencing hardships and difficulties.

One charity I am involved with is the OPEN HOME FOUNDATION which is supported by Rotary. Here we make and fill backpacks for children in need, so they know we care.



Their vision is that every young person grows up in a secure, loving family and receiving a depth of care which will bless them throughout their lives.

I feel I am passing the blessing I have been given on to others.

I am involved with many local community groups where I serve with passion to help others. They are Browns Bay Rotary, Harbour Hospice, Long Bay Residents Association, Long Bay Chinese Association, Restore Hibiscus and Bays, CAP budgeting services, North Shore Community Patrol and I am a Business Mentor, using my skills to help those in struggling businesses.



Frank SUN



HIBISCUS & BAYS LOCAL BOARD

VOTE 4  for the **Backing the Bays** team

 Frank Sun ECB

 www.BackingTheBays.co.nz

Fox Studio for everything dance

Sam Gibson returned to NZ after working overseas for 5yrs and decided to open his own dance studio and get back to his roots. The studio opened for term three in July and has been well received by the local community.

The Studio offers day and evening classes and cover a wide range of dance styles. The day classes include line dance, sassy hips, tea dances, over 60's open classes, pre-school and pre-grade classes along with adult open classes.

The after school and Saturday classes include junior and intermediate open and exam classes in jazz, hip hop fusion, contemporary, lyrical, ballet, musical theatre and stretch leaps and spins.



For the adults, evenings and Saturday classes include jazz, contemporary, lyrical, Latin, ballet, body conditioning and commercial open classes.

The Studio offers private lessons, including a wedding dance specialist, Georgia Kendelle, so you can brush up your skills for that important first dance on your special day. She also teaches hip hop fusion and Latin classes

The Studio is a Dancely licensed studio and work with an amazing program using Disney and Netflix music in all the preschool classes. Dancely provides exercise, education and entertainment through music and dance.



The popular line dance classes are called by Kirstin from Downtown country line dance and Sharon Running, both very experienced teachers.

The Studio also has an amazing team of experienced teachers at Fox Studios, including Margaret Hawke, Charlotte Scragg, Georgia Chandler, Sam Gibson, Paige Pote and our wonderful student teacher Ash Binns.



As the studio is very new it is using an evolving timetable and listening carefully to our community about the classes and styles of dance they would like and trying hard to meet everyone's needs.

For all current information about the studio and classes please check out the Facebook page on a regular basis for all upcoming classes and events or contact Sam at sam.gibson768@gmail.com , phone 021 0811 8523 or by PM on our FB page.

Photos by keertisiagphotography

Extraordinary Kids



Is your son or daughter struggling to keep up with their classroom learning?

Would you like them to get extra help in a quiet and purposeful learning environment?

Please consider us at Extraordinary Kids in Browns Bay.

We offer students aged 6 through to the end of HS help with Maths, Reading, Writing and other subjects.

Our teachers and tutors are well qualified and like to encourage students.

See our website for more details and to book an assessment.



Email office@extraordinarykids.co.nz
www.extraordinarykids.co.nz

News from East Coast Bays Library

The annual We Read Auckland festival returns to Auckland Libraries this August and East Coast Bays Library is taking part with a range of fantastic literary events. In early August we held an author talk with Vicky Adin, followed by a writing workshop for teens hosted by New York Times bestselling author Graci Kim. This was a sold out event that taught teens how to develop their ideas into a best selling novel.

On Saturday August 20th we host author, scientist, and conservation advocate Anne Rimmer who will speak about her experiences as a tour guide on Tiritiri Matangi island and the two books she has written about the island. The following week on Thursday August 25th we are hosting an Open Mic poetry event at 10am, followed by a creative writing workshop for all ages, Writer Sprints at 5:30pm. And finally, on Friday 26th August 10:30am we are pleased to host author Stephen Johnson who will be speaking about his new book *Boxed* and his new challenge, writing historical fiction. Book your spot online at [Eventbrite.co.nz](https://www.eventbrite.co.nz) or talk to library staff for more information.

Book Reviews

This month's book reviews. All are available from Browns Bay library.

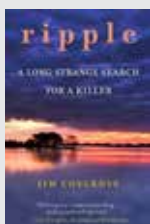


The Final Girl Support Group by Grady Hendrix

"We get subjected to sequels. That's what makes our guys different, that's what makes them monsters - they keep coming back."

Hendrix's well researched novel *The Final Girl Support Group* circles around a therapy group of women who have survived a bloody battle with a serial killer which then inspires a major horror franchise. When a string of attacks starts targeting fellow survivors, Lynnette Tarkington (antihero and survivor of the 1988 *Silent Night Slayings*), wonders if it's all part of a big scheme for a gory, grand finale.

This title is also available in all other formats at Auckland Libraries.



Ripple by Jim Cosgrove

Ripple is true-crime story by journalist and author Jim Cosgrove. It centres around the story of "the boy in the woods", an unidentified murder victim found in the South Carolina fishing village of Murrells Inlet in 1982. After nine years of searching for him, the family of Frank McGonigle were finally given some answers when that

body was identified as Frank McGonigle.

Ripple follows Cosgrove's investigation into the disappearance and murder of McGonigle and has a slight point of difference to the classic true-crime stories in that it also has an element of the supernatural involving startling evidence provided by a psychic. A great read for fans of true crime.

Vote **Gregg WALDEN** to represent *you* on the Local Board



I AM STANDING TO ADVOCATE FOR COMMUNITY SAFETY

The Bays used to be so safe. We were safe in our homes, on the streets, our kids were safe walking to school. I dream of that being a reality once again and will work hard on initiatives such as reinvigorating Neighbourhood Support and increasing volunteers for North Harbour Community Patrol.



YOU MIGHT RECOGNISE ME

During lockdown, I helped out at Browns Bay New World with security. It was a great opportunity to bring a little joy and laughter to people going through a difficult time while providing a safe environment for both staff and patrons.

Along with my Backing the Bays teammates, we are your best choice to represent our community and make a real difference.



4 Backing the Bays

Long Bay Heritage Festival Sunday 25 September 10am – 2pm



A significant community event is planned for Sunday 25th September, 10am to 2pm. It is the Long Bay Heritage Event to be held in front of the historic Vaughan Homestead at Long Bay Regional Park.

The purpose of this event is to connect the Long Bay community together after a prolonged period of Covid lockdowns and restrictions. Also to educate residents, especially children and new immigrants, about early pioneer life and Kiwi culture.



Activities will include:

- Tours of Vaughan Homestead
- Food and coffee trucks
- Pony and train rides
- Pioneer costume photo booth
- Kapa Haka, country music and multi-cultural dances
- Vintage Cars

This free event is a collaboration between Long Bay Residents'



Association, Hibiscus Coast and Bays Local Board, Rotary, Heart of the Bays, Harcourts Cooper & Co, Long Bay Chinese Association, and Long Bay Regional Park. (Food, tours and rides will incur a charge).

No parking available on site, please park below the bridge.



Do You Wonder What the *Difference* is Between Real Estate Agents?..

We are the Bayleys East Coast Bays and Albany experts, we live and work in your area and love this area for all the same reasons that you do.

We aim to provide as much *up-to-date market information* as we can. We publish regular info through:



www.facebook.com/thereseandjiangbayleys

Our weekly newsletter—you can subscribe.. Text your email address to 021 022 66192 with #subscribe# and we'll engage digitally—you can also unsubscribe at any time if you wish.

Bayleys View Magazine in New World at Long Bay.. free to collect!



If you are interested in understanding what's happening in your local market and what information you should focus on to plan for life events like weddings, college fees, remortgaging as well as selling and buying.. or perhaps you have a specific area you'd like to discuss like the new zoning changes (Resource Management Act) that are being implemented shortly?

With our **knowledge of the local area** combined with **extensive market knowledge**, feel free to get in touch if you have any questions.

Some kind words from our vendors..

“

Therese and her team of professional Real Estate agents are the pinnacle of communication, either by text, phone or email. The communication is outstanding and one thing a Real Estate Agent needs to be is a fantastic communicator. Her team understand this is most paramount. Scott and Jiang are a pleasure to deal with too. Highly recommend. Chris - Browns Bay

”

No.1 Bayleys Sales Team

Long Bay/Torbay Office

2019 - 2022
NO.1 BAYLEYS LONG BAY

2019 - 2022
TOP 10% ALL BAYLEYS

NEW LISTING



Torbay, 56A Stredwick Drive



Murrays Bay, 2/5 Dalmeny Close



Browns Bay, 504/4 Bute Road



Browns Bay, 904A East Coast Rd



Dairy Flat, 224E Bawden Road



SOLD
Torbay, 1007 Beach Road



SOLD
Albany, 55 Fairview Avenue



SOLD

Jiang | Thérèse | Scott



Meet our checkout team

Nicola manages both checkouts and online. She has a wealth of store experience including 7 years working in supermarkets in an array of different roles - produce, deli, seafood, bakery, buyer and HR.



Long Bay

We have 25 checkout staff – 10 full time and 15 part time.



Our checkout team have all worked so hard during the last few years during the pandemic. They were our real frontline staff. They never complained and went over and above to provide outstanding customer service during such uncertain times!

Our checkout team are always up for a bit of fun – dress ups and getting involved in our store events and theme days.

This year we had one of our team members compete in the Foodies “Checker of the Year” competition which was lots of fun. Hopefully we will have more of our team compete next year.



We often get amazing feedback from our customers on our checkout team:

“I want to say thank you to the very friendly cashiers in Long Bay New World this morning. Your friendliness made my day”

“I just wanted to say your staff there are amazing”

“Big shout out to your team, so friendly. Gave me a great start to my day”

“Seriously top notch customer service”

SUPER GOLD CARD TUESDAYS

show our checkout team your gold card and you will receive 5% off your total grocery bill.

T&Cs apply.



Getting Ready for Summer

At this time of year at MERC we are looking to get summer ready.

This includes building a seasonal team of Leaders who are trained or ready to be trained in the provision of marine educational and recreational experiences. Finding the right people to keep kids safe and provide a learning rich experience is key to our success. We look for a mix of people fitting broadly into three categories.

Firstly, experienced people who have working experience in a similar field to ours. Given the breadth of what we do, this could be someone who's worked in marine education as much as someone who is an outdoor instructor.

Secondly, those who are working through or recently graduated from tertiary learning and looking for an opportunity apply their knowledge. Similar to the first group, their learning could be marine science much as an outdoor recreation.



Finally, people who are interested in getting into tertiary education similar to the second category.

Above all, a passion for learning about, caring and recreating in the ocean is a must!

If you or anyone you know think they could make a MERC leader and fit into our team of Leaders please get in touch.



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

Celebrating Long Bay community!



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Coasters \$5 ea

Cushion covers \$22.50 ea



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ARE YOU A NEW MUM, OR A MUM OF PRESCHOOLERS? WOULD YOU LIKE TO CONNECT WITH OTHER LONG BAY MUMS IN OUR COMMUNITY?

**Come along to Obella, 1st and/or 29th September
10am, for a coffee and chat
about how you can connect for support and
friendship.**



Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

Domino Pizza OPENING SOON
55a Ridge Rd

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

Long Bay Fisheries
Order online and then just collect
Shop 3 88 Te Oneroa Rd 09 212 9816

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

Obella Stories shared, memories made
1/56 Te Oneroa Rd 021 076 2843

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Clothing

LongDayz For surf, skate & streetwear.
Village Centre 027 521 4894

Uniform Shop

Uniforms for Long Bay College.
Village Centre 027 303 8087

Hair Care

Barbers www.longbaybarbershop.co.nz
3/88 Te Oneroa Rd 09 214 3967

Health and Beauty

Bloom For beauty and wellness
55a Glenvar Ridge Rd 021 217 4047

Dynamic Physio For all physio needs
55a Glenvar Ridge Rd 09 553 8501

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Unichem Long Bay Pharmacy
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

Elementum For resort style living
Village Centre www.elementum.co.nz

Harcourts For community living
mingliu.co.nz 027 519 6826

Supermarket

NewWorld
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

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

Tree Planting Day

Restore Hibiscus & Bays is an umbrella community-led initiative that aims to bring together, support and grow the network of bush groups, projects, neighbourhoods, individuals, schools, businesses and other organisations working to eradicate pests, restore native habitats and improve water quality across the Hibiscus & Bays Local Board area.



At the Planting Day held recently at Stredwick Reserve Ming and her family were there helping. It was great fun working alongside the local community to help get more native plants in the ground - a very satisfying morning's work. This is valuable work to keep our surroundings in a good state so that we can all enjoy these places.



Harcourts Cooper & Co

Ming Liu

Sales and Marketing Consultant
Your Long Bay Local Expert





HOW'S THE MARKET?

Prices are holding but volumes are down. If we look back at Torbay sales for the first 6 months of 2021 we saw 214 homes sell with a value range of \$495,000 - \$3,540,000. Fast forward to 2022 and we saw 95 less homes sell in the same period of time. The value range of these homes ranged from \$530,000 - \$3,800,000.

Yes the market has changed, there is more choice and days on the market are slightly longer. We are so humbled that more people in our community engage Barfoot and Thompson. In fact 55.6% of homeowners in our area decide to get the full benefit of using our services.

If you are thinking of selling or simply want to have a chat about your property options please reach out. We are here to help.

Sharee
Branch Manager

Sharee Adams 021 416 220
sadams@barfoot.co.nz



SOLD

5 PROPERTIES EVERY DAY

We **SOLD** 5 properties on the North Shore every day for the past 12 months. **Thats more than any other agency.***



OUTSTANDING SERVICE AWARD



ANDREA TAVAE AND KYRA PERWICK

Outstanding service was provided to this family as they sold their family estate. Well done team - outstanding result.



SHANE AND JEN ANDERSON

The dynamic duo of Shane and Jen Anderson gives you twice the knowledge and twice the support. Delivering outstanding service time and time again. Well done guys!



MOVING TIP!

NEVER BE THE PERSON WALKING BACKWARDS



HOUSES SOLD YEAR TO DATE

BARFOOT & THOMPSON
LICENSED REAA 2008



STRESS FREE PROPERTY MANAGEMENT

Leave the management of your investment property to our dedicated team of property managers. We take the hassle out of managing your rental property, delivering outstanding service and taking care of all the details. Contact Mon Tu if you live local Mon will be more than happy to shout the coffee and have a chat. Get your property managed by locals. We provide:

- 110% focus on you and your rental property
- Open and honest communication
- Track record of delivering outstanding customer service

If managing your property has become too much let us manage your coffee order and start with a chat. Looking forward to connecting with you.

Mon



Mon Tu 027 809 6687
m.tu@barfoot.co.nz



Rental values in our area

TORBAY



PER WEEK
\$660 - \$750



AVERAGE
\$660

39 homes for rent

LONG BAY



PER WEEK
\$700-\$1150



AVERAGE
\$980

14 homes for rent

WAIAKE



PER WEEK
\$445-\$645



AVERAGE
\$550

8 homes for rent



Put your investment property in experienced local hands!



RIDDLE OF THE MONTH

What is neither inside the house nor outside the house but a necessity for any home?

Answer: Back page

Your local real estate professionals.

We have you covered Torbay, Long Bay, Okura and Waiake

09 473 9190

LICENSED REAA 2008
BARFOOT THOMPSON &
PROPERTY MANAGEMENT

Quizzes sponsored by BARFOOT & THOMPSON

LICENSED REAA 2008

CAPE

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

- | | | |
|-------------|-------------|-------------|
| AFGHAN | DUFFEL COAT | RAINCOAT |
| ANORAK | DUR COAT | REEFER |
| BLAZER | GREATCOAT | TAIL COAT |
| BLOUSON | JACKET | TRENCH COAT |
| BODY-WARMER | JERKIN | TUXEDO |
| CAGOULE | OVERCOAT | WINDCHEATER |
| CAPE | PARKA | |
| CLOAK | PONCHO | |

CROSSWORD

1		2		3			4	5		6		7
							8					
9									10			
11							12					
		13	14						15			
16												17
18					19				20		21	
22							23					
24								25				

- | | |
|---|---------------------------------|
| Across | Down |
| 1 Tumult (6) | 1 Sustained (6) |
| 4 Bungle (4,2) | 2 Roamed (5) |
| 9 Try (4,1,2) | 3 Finished (2,2,3) |
| 10 Composer of the incidental music for Ibsen's Peer Gynt (5) | 5 Rowing crew (5) |
| 11 Gatehouse (5) | 6 Move like a snake (7) |
| 12 Got rid of (7) | 7 Temple – a GPO ad (anag) (6) |
| 13 Little, if any, consolation (4,7) | 8 Handsome (4-7) |
| 18 Rampage (3,4) | 14 Collected edition (7) |
| 20 Tonsorial tool (5) | 15 Eternally (7) |
| 22 Negative entry in the accounts (5) | 16 Swaps – winds (6) |
| 23 Something new (7) | 17 Paternoster, for example (6) |
| 24 Organisation (6) | 19 Bishop's headdress (5) |
| 25 Toxophilite (6) | 21 Diddly-squat (5) |

WORD PUZZLE

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

ETRDA

16 good, 20 very good, 26+ excellent

SUDOKU

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

Potato Croquettes

Crunchy potato croquettes, a great way to use up leftover mashed potatoes.

Ingredients

- 2 cups mashed potato
- 2 teaspoons of chopped parsley
- Salt and pepper
- cup all purpose flour
- 1 egg
- 1 cup cheese grated
- 6 rashers of bacon fried and roughly chopped
- 1 ½ cups fresh breadcrumbs
- Vegetable oil

Method

In a large bowl, stir together mashed potatoes and parsley, cheese and bacon. Season with salt and pepper. In a shallow bowl, place flour; season with salt and pepper. In another shallow bowl, whisk egg with 1 tablespoon water. In a third shallow bowl, place breadcrumbs.

Form potato mixture into balls. Roll in flour, shaking off excess, dip in egg wash, then roll in breadcrumbs to coat. In a heavy medium saucepan, heat vegetable oil over medium-high until hot. In batches, fry croquettes until golden brown on all sides, about 2 minutes per batch, turning as needed. Drain on paper towels.

Can be served as a snack or as part of a meal.



Monthly Quiz Answers Page 30 brownsbayrotary.co.nz



COURTESY OF ROTARY BROWNS BAY

1. Which sport has the highest net?
2. Ragtime music is usually associated with what instrument?
3. What country has the longest coastline entirely in Europe?
4. What is the chemical symbol for tin?
5. What is a vuvuzela?
6. What birds reside in the Tower of London?
7. What city became the United States 50th capital in 1959?
8. What part of BLT is not consumed by vegetarians?
9. The phrase 'winning hands down' originated in what sport?
10. Which island is regarded as the cradle of Christianity in Scotland?

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INTRODUCING HEATHER MANN

Torbay Medical Centre is pleased to announce a free Health Coaching service for their patients. The health coach supports people make changes towards better health and wellbeing including managing long-term conditions. Typical conditions that the coach might help people with include stress, diabetes, high blood pressure, high cholesterol, weight management, stopping smoking, sleep, gout, asthma, chronic pain, low mood, and anxiety. Any adult patient who wants help with their lifestyle goals can ask for it. Coaching sessions are about 30 minutes duration and can be in person and by phone. There is no limit set on the number of coaching sessions rather, duration and frequency are determined according to each person's wishes.



Our Health Coach, Heather Mann, feels privileged to be part of the hardworking team at Torbay Medical. She enjoys supporting patients as a professional, empathetic enabler and encourager. She brings extensive interest in people's wellbeing as well as skills as a life coach to the role. If you are interested and are an adult patient of Torbay Medical, feel free to call 09 477 9000 for more information and to book your free coach appointment.



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

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

Health “Down Under”

Everything you needed to know but were too afraid to ask. Hopefully genitourinary health is something you take for granted. Because itching and pain “down there” is not fun. As a pharmacist, I see many people with a range of genitourinary problems including vaginal thrush, urinary tract infections and bladder irritability. I thought it might be a good idea to let everyone know about what conditions a pharmacist can help with.

Vaginal Thrush:

Conventional treatments like antifungal creams and tablets are designed to kill off the yeasts. This should be supported with treatments to increase the levels of protective good bacteria. This can be done with probiotics. The magic of the human body is that taking specific strains of probiotics by mouth can improve the balance of bacteria in the reproductive system. Plus there are now probiotics that have been formulated to be inserted vaginally to get directly to the site. Getting this balance right can help to prevent future episodes of thrush.

Bacterial Vaginosis (BV):

Less commonly known than thrush, BV is a bacterial infection in the vagina caused by an imbalance of good and bad bacteria. Taking acid-forming probiotics like lactobacillus can help keep the vagina at a healthy pH and

prevent BV. However, if you have BV, then gels are available from the pharmacy that disrupt the attachment of BV-causing bacteria to the lining of the vagina. They just slip out instead.

Urinary Tract Infections (UTIs):

Most UTIs are caused by E. coli bacteria. You can disrupt these bacteria from clinging to the lining of the urinary tract with D-Mannose. Taking this regularly can reduce the recurrence of UTIs. D-Mannose can be used in women (safe in pregnancy), men and in children above the age of 4. Combine D-mannose with vitamin C and cranberry extracts and it can also be helpful to treat existing UTIs. Some women are also eligible to get a simple antibiotic from pharmacists to treat UTIs.

A Common Thread:

The balance of normal bacteria in the body is a common thread in all these conditions. Combining a healthy diet (rich in vegetable fibre) with regular probiotics would be a great strategy to prevent their occurrence. Finding ways to manage stress in our lives would also help to prevent trouble “down under”. Come and chat to the team at Torbay Unichem Pharmacy about the best probiotics to maintain your health and well-being.



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FREE BOOKLET TO KEEP TRACK!
PRACTICAL TOOLS SHARED!

- Improve your daily exercise techniques.
- Learn exercises that take minimal time, which give flexibility and strength.
- Easy to learn, improve, understand your body.
- Identify underlying imbalances and address muscle dysfunction.
- Learn how to correct muscle and soft tissue limitations.
- Effective techniques that guarantee long term wellness.

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



Monkeypox



We are increasingly hearing more and more about monkeypox, with some New Zealanders contracting the disease.

What is monkeypox?

It is classed as an infectious disease with symptoms of fever, headache, muscle pain, shivering, blistering rash and swollen lymph nodes. It can last up to 4 weeks.

Preventative measures recommended is smallpox vaccination, frequent hand washing and keeping away from infected persons. It occurs in both humans and animals.

It may spread from infected animals by handling infected meat or via bites or scratches. Human-to-human transmission can occur through exposure to infected body fluids or contaminated objects, by small droplets, and possibly through the airborne route.

There is no known cure and in a few percent of cases can lead to death.



Supermoon at Waiake

Very recently we saw a super moon. A supermoon is a full moon or a new moon that nearly coincides with perigee—the closest that the Moon comes to the Earth in its elliptic orbit—resulting in a slightly larger-than-usual apparent size of the lunar disk as viewed from Earth.

The Moon (or Luna) is the Earth's only natural satellite and was formed 4.6 billion years ago around some 30–50 million years after the formation of the solar system. The Moon is in synchronous rotation with Earth meaning the same side is always facing the Earth.

Facts about the Moon

The dark side of the moon is a myth.

In reality both sides of the Moon see the same amount of sunlight however only one face of the Moon is ever seen from Earth. This is because the Moon rotates around on its own axis in exactly the same time it takes to orbit the Earth, meaning the same side is always facing the Earth. The side facing away from Earth has only been seen by the human eye from spacecraft.

A person would weigh much less on the Moon.

The Moon has much weaker gravity than Earth, due to its smaller mass, so you would weigh about one sixth (16.5%) of your weight on Earth. This is why the lunar astronauts could leap and bound so high in the air.

The Moon has no atmosphere.

This means that the surface of the Moon is unprotected from cosmic rays, meteorites and solar winds, and has huge temperature variations. The lack of atmosphere means no sound can be heard on the Moon, and the sky always appears black.

The Moon has quakes.

These are caused by the gravitational pull of the Earth. Lunar astronauts used seismographs on their visits to the Moon, and found that small moonquakes occurred several kilometres beneath the surface, causing ruptures and cracks. Scientists think the Moon has a molten core, just like Earth.

Photo by Bill Ellis

Shore⁺care
Urgent Care Clinic

MAKE HEALTH YOUR PRIORITY
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What Torbay Village shops used to look like

Here are 5 photos taken in the Torbay Shopping area 1987 - 2001.

Photos by Bill Ellis

Now the Doctors' Rooms - May 1999



The right of way to the Hall - April 1987



December 1994



Dr. Paul Hunter's rooms 2001



See-gals (now Salvation Army Op. Shop) Nov.2001



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Build a firm foundation.

Thomas and Jess had been together for six years and had one young child. Thomas was a school teacher and Jess was an accountant. They owned their home, which due to the rising property market, they now had quite a bit of equity in. After spending two weeks holidaying in a gorgeous little bay on the Coromandel, they decided they had enjoyed it so much that they wanted to look at buying a section on which they would eventually build.

Jess was also making her way up the ranks in her accounting firm and had been offered an opportunity to purchase shares in the business and become a director. The other directors in the firm all had their shares in family trusts and recommended that Jess talk to her lawyer regarding whether she should also set up a trust to purchase her shares.

Jess and Thomas spoke to a friend who explained that trusts had become quite a specialised area, especially since the new Act came in at the end of January 2021 and they really needed to talk to someone who was an expert in the area. Their current lawyer who they had used to buy the house, was lovely, but did a bit of everything, so they decided to go to the trust specialist lawyer recommended by their friend.

Their first question to the lawyer was - did they actually need a trust. Her answer was definitely yes. Becoming a director of any business brought with it an element of risk and it was all about layering up the protection. A trust was an important



TAMMY MCLEOD (BA LLB) leads the Davenports Law Trust Team. She is a trust and asset structuring specialist providing clients with advice and assistance on a broad range of issues involving the structuring and establishment of asset plans, interpretation of trust deeds, the management and administration of trust funds, trust disputes and Relationship Property.



part of that asset protection and the lawyer recommended that not just the shares went into the trust, but also their family home. This would also wrap protection around the family home.

As Jess was an accountant, she already knew about the potential tax efficiencies that can come with a properly structured trust, particularly with the increase in the top personal tax rate which the government was introducing. Their new lawyer said that she would usually recommend taking tax advice, but Jess was able to handle that part of it. She explained that it was always important that the lawyer and accountant worked together to get the best outcome for the client.

If Jess and Thomas did go ahead with purchasing the section, then it would be best to also put that into the trust. A trust is a perfect vehicle to hold assets that you may want to keep for future generations, and Jess and Thomas were sure that the holiday home they would eventually build on the section would become a very special place for their family that they would want to pass down to future generations.

The lawyer explained that now was the perfect time to be setting up a trust - it was early on in their careers and lives and they would be able to show a history of protection in the event that they ever needed to rely on the protection that the trust would afford them. She said it was a bit like taking out medical insurance when you were younger before any "pre-existing conditions" could negate the benefit of protection. She also said with the recent changes to the Trusts Act, it was a perfect opportunity to set up a structure that was well suited to the requirements of the new Act and would hold itself in good stead for the future. She said that all people who already had trusts should be reviewing their existing trusts to make sure that they were correct in terms of the new Act. Jess and Thomas both made mental notes to let their respective parents, who both had trusts, know this.

The other important elements the lawyer talked about was their wills and making sure that they tied in with the trust. She also said that they would need to think about their wishes for the trust after they died - she said it was called a memorandum of guidance or letter of wishes and it was a bit like a will for a trust. She said that she could provide examples to give them some ideas as to the kinds of things people liked to include.

Jess and Thomas left the meeting feeling immensely relieved and confident that they were not only doing the right thing, but that they were dealing with a lawyer who was really knowledgeable and that they were getting exactly the kind of structure that they needed for their family and their future.



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Asset protection. *Do you need a trust?*

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

However, not everyone needs a trust, so ensuring other forms of asset structuring including your will and enduring powers of attorney are up to date is important.

Contact Tammy McLeod or one of her team for more information about asset structuring.

John Watson and Wayne Walker run for re-election to Council

Local, experienced and determined

John Watson and Wayne Walker have lived, worked and raised their families in this ward. They are the ward's local candidates with a track record of standing up for the community.

They care about what happens to people in the East Coast Bays and Albany Ward. They've shown time and again they're not afraid to take on bureaucrats, vested interests or mayor on behalf of these communities. **Their number one priority is to the people they represent. They 'walk the talk' through action not just words.**

"We're proud to represent this ward. We view it as both a privilege and a responsibility."

Councillors who make a difference - for Albany and Auckland

In council meetings our Albany councillor team stands out - they make a difference! They're tough and they're experienced - totally committed to delivering for the communities they represent and holding the council (bureaucracy and mayor) to account.

They've also been part of a very small group of councillors willing to take on the Government over its Three Waters reforms and flawed Housing Intensification plans. They stand up for Auckland while others remain mute, compromised by their party-political allegiances. Auckland needs strong, independent leadership that stands up to the government when required, not just roll over as happened under this last mayor.

"In council John and Wayne have not been frightened to take on the mayor and the corporates. They'll do what's right and what's fair for communities no matter where they are." Sir John Walker

Much achieved with more on the way

This term of Council has seen significant Council investment in the Bays. Big budget projects that Wayne and John have backed include:

- Medallion Drive new road link
- East Coast Bays Library improvements
- Glenvar Road improvements committed, detailed design and consenting underway
- \$130 million water and wastewater upgrades for the Bays
- Upper North Shore bus network transformation starts 2023 including new Rosedale Station
- \$700 million Northern Motorway improvements with associated recreational upgrades including the BMX, Hockey and Equestrian upgrades, cycleway and walkways
- More park land at Long Bay.



John Watson and Wayne Walker

Backing the Bays

The John/Wayne team have battled for the Bays: to keep free parking at the Albany Park and Ride, organized public meetings against the unneeded and harmful housing intensification (most recently at Windsor Park and St Mathews in the City), safeguarding the Albany Stadium, saving local Council Reserves and Golf Courses from possible sale like Pupuke and Takapuna, opposed wasteful spending including executive salaries and business class travel, supporting sporting and recreational groups, CABs, Youth Centres, retaining public control of Regional Parks and the Hauraki Gulf, working with groups like Forest and Bird and Long Bay/Okura to prevent sedimentation, save and restore bush – and much more.

"Putting People First" means honest, open and fair leadership with community and family values for the Bays.

To contact John and Wayne with suggestions, questions, help with their campaign, please:
Phone: Wayne 021 882 861, John 021 287 5999
Email: wayne@waynewalker.co.nz
www.puttingpeoplefirst.nz

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Wayne Walker & John Watson



for AUCKLAND COUNCIL Albany Ward

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Where are these places??

(clue they are in Okura, Long Bay and Torbay.)

Answers on page 38.



Classifieds

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Quiz Answers

1. The highest net in sport belongs to volleyball at 2.43 metres (8 feet) for men.
2. Ragtime music is usually associated with a piano.
3. Norway has the longest coastline entirely in Europe.
4. The chemical symbol for tin is Sn.
5. A vuvuzela is a horn, around 65cm long with a sound typically around B flat.
6. The Tower of London is inundated by ravens.
7. The United States 50th state capital is Honolulu.
8. In BLT it's the bacon which is not eaten by vegetarians.
9. 'Winning hands down' originated in horse racing.
10. The island regarded as the cradle of Christianity in Scotland is Iona.

Puzzle Answers



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



Word Puzzle

are, art, ate, dare, date, dater, dart, dear, drat, ear, eat, era, eta, rad, rat, rate, rated, read, red, tad, tar, tare, tared, tea, tear, trad, trade, tread

Where are these places??

1. Okura, 2. St Mary's Church Community pantry Deep Creek Rd, 3. Outside Surf Club at Long Bay, 4. Okura at start of Deborah Reserve, 5. St Marys Community Garden, 6. Bridge over stream in Awaruku Reserve, 8. Pioneer cemetery in Deep Creek Rd, 9. Toilet block wall at Waiake.

Tides Sept 2022 (Murrays Bay)

		LOW		HIGH		LOW		HIGH		LOW	
Thu	01	04:21	0.4m	10:31	2.9m	16:36	0.5m	22:49	2.9m		
Fri	02	05:04	0.4m	11:15	2.8m	17:22	0.5m	23:34	2.9m		
Sat	03	05:49	0.5m	12:03	2.8m	18:13	0.6m				
Sun	04			00:23	2.8m	06:39	0.5m	12:58	2.7m	19:12	0.7m
Mon	05			01:18	2.7m	07:37	0.6m	14:01	2.7m	20:16	0.7m
Tue	06			02:19	2.7m	08:43	0.6m	15:09	2.7m	21:23	0.7m
Wed	07			03:26	2.7m	09:52	0.6m	16:16	2.8m	22:28	0.6m
Thu	08			04:34	2.7m	10:57	0.5m	17:17	2.9m	23:28	0.5m
Fri	09			05:39	2.8m	11:57	0.4m	18:13	3.1m		
Sat	10	00:25	0.4m	06:37	2.9m	12:51	0.3m	19:05	3.2m		
Sun	11	01:18	0.3m	07:31	3.1m	13:41	0.2m	19:55	3.2m		
Mon	12	02:08	0.2m	08:21	3.1m	14:29	0.2m	20:43	3.2m		
Tue	13	02:56	0.2m	09:07	3.1m	15:15	0.2m	21:30	3.1m		
Wed	14	03:42	0.2m	09:52	3.1m	15:59	0.3m	22:15	3.0m		
Thu	15	04:25	0.3m	10:36	3.0m	16:44	0.5m	23:00	2.9m		
Fri	16	05:09	0.4m	11:19	2.8m	17:30	0.6m	23:45	2.8m		
Sat	17	05:52	0.5m	12:05	2.7m	18:20	0.8m				
Sun	18			00:31	2.6m	06:39	0.7m	12:55	2.6m	19:14	0.9m
Mon	19			01:20	2.5m	07:31	0.8m	13:51	2.5m	20:13	1.0m
Tue	20			02:14	2.4m	08:29	0.9m	14:52	2.4m	21:14	1.0m
Wed	21			03:13	2.4m	09:32	0.9m	15:51	2.5m	22:11	1.0m
Thu	22			04:12	2.4m	10:31	0.8m	16:45	2.5m	23:02	0.9m
Fri	23			05:08	2.4m	11:22	0.8m	17:33	2.6m	23:48	0.8m
Sat	24			05:58	2.5m	12:07	0.7m	18:16	2.7m		
Sun	25	00:31	0.7m	07:43	2.7m	13:48	0.5m	19:56	2.8m		
Mon	26	02:12	0.6m	08:24	2.8m	14:28	0.4m	20:36	2.9m		
Tue	27	02:52	0.4m	09:05	2.9m	15:08	0.4m	21:17	3.0m		
Wed	28	03:32	0.4m	09:45	3.0m	15:48	0.3m	21:58	3.0m		
Thu	29	04:13	0.3m	10:26	3.0m	16:30	0.3m	22:41	3.0m		
Fri	30	04:56	0.3m	11:09	3.0m	17:15	0.4m	23:27	2.9m		

Times adjusted for Daylight Saving.

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