

focus

Issue 9
October 2022

on community

Long Bay, Okura & Torbay



Northcross Intermediate School
Learning about sustainability

See page 9

Changing the Course of Osteoarthritis Is Now Possible Using Biomaterials

Sore joints are more than just a pain in the knee. It can stop you doing the fun things that bring meaning to your life. Plus it can reduce the amount of exercise you do, which we know is good for your heart health, your metabolic health and your mental well-being. If you are over the age of 50, then you likely have osteoarthritis in your joints.

Osteoarthritis is a breakdown in the structure of joints based on changes in your extra-cellular matrix (ECM). Your ECM contains lots of collagen and other materials that you need to make healthy joints and other tissues. From the age of 40, you lose about 1% of your collagen each year. So by the time you are 80 you only have about 25% of the collagen you had in your prime, which is not enough for proper joint function.

Biomaterials to the Rescue:

Biomaterials are natural substances that can truly modify all the functions of joints. We now know that biomaterials switch on the production of tissues within joints such as cartilage, synovial membranes, and osteoblasts (bone building cells). They also switch off osteoclasts (bone destroying cells), reduce inflammation, and act on cells in the immune system. The combination of all these actions results in improved joint function and comfort. So you can enjoy your active leisure activities and exercise for better health and well-being. So what are these biomaterials?

Glucosamine, glycosaminoglycans (like Chondroitin), and collagen are now known to be biomaterials and therefore to improve joint function. However, there are tricks to the successful use of these biomaterials.

Glucosamine needs to be in a sulfate form. The cheaper hydrochloride



form is not as effective. It also needs to be taken on an empty stomach as the presence of other big molecules will compete for absorption. This also means that you should not take a combined glucosamine and chondroitin formula, as the combination will reduce the absorption of glucosamine by 58%. Glucosamine sulfate is also best taken at nighttime.

Collagen is best taken in a hydrolyzed supplement form. Dietary sources of collagen tend to be unhealthy foods. Plus, natural collagen is broken down by the digestive tract and is not as effective as supplemental collagen.

We once thought collagen and glucosamine were simple building blocks the body could use to build key tissues like cartilage. However, we now understand that they are biomaterials which means they

signal other cells to improve joint health, reduce the expression of enzymes such as MMP and CTX which break down connective tissue, modify the immune system, and reduce inflammation.

The sooner you start the better, but it's never too late to modify osteoarthritis. Call in to Torbay Unichem Pharmacy for a chat about joint health.

Martin Harris,
Torbay Pharmacy



Update on Glenvar Road Project

The East Coast Rd/Glenvar Road upgrade project is expected to be delayed by approximately one year, as signalled in the latest budget approved in June.

The table below shows Glenvar amongst other projects that were deferred, some more substantially than others.

This delay needs to be viewed within the context of the operating environment that is continuing to be impacted by COVID-19 where supply chain, human resources capacity constraints and planning related delays are resulting in higher-than-normal inflationary pressures.

The revised investment profile is set out in the bottom line below. The top line shows the budget allocations by year as contained in the Regional Land Transfer Plan (2021-2031).



The completion date has dropped behind by just one year. In light of the budget pressures we are under, this is a very good outcome for the communities of Long Bay and Torbay. The project has not been lost as some other projects were.

	2021/22	2022/23	2023/24	2024/25	2025/26	2026/27	Totals
RLTP Budget Allocation	2.8	14.3	21.1	19.1	0.0	0.0	57.3
Revised Budget Allocation	0.4 (actual)	3.5	2.06	36.42	20.12		62.5



Photos from the office of Erica Stanford

You will note the total budget has been adjusted upwards too, growing from \$57.3m to \$62.5m. Of this \$20m is from the Regional Fuel Tax. Without the RFT this project could not proceed. Something to be mindful of considering there are a number of candidates seeking election for mayor, councillor and local board roles that seek the removal of the RFT.

If that were to happen it would be back to the drawing board for the Glenvar Rd project. I'm sure that's not remotely an outcome the people of Long Bay and Torbay want to see happen. As council's Planning Committee chair and Auckland Transport liaison councillor I've batted hard to keep the Glenvar Rd project above water. I'm confident it's in good shape for advancing through to delivery. Locals deserve this certainty.

Cllr Chris Darby

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Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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editor's letter

Lighter nights and we can feel that summer is just around the corner. I love this time of the year as I am a gardener and have a large greenhouse in which I grow all my plants from seeds. I find it very therapeutic to work in the greenhouse, where it is so warm and light. This is my happy place where it feels like the world doesn't intrude and it's just me without all the stresses and strains of life.

There is a satisfying rhythm to planting the seeds and labelling them up. Over the next few weeks, it is such a joy to see the shoots coming through. There used to be an old poem written on rocks in the garden that said that you were nearer God's heart in a garden, than anywhere else on earth. This is true for me.

The most satisfying feeling for me is when I stand in the veg patch at 5pm and decide what veggies we will have for dinner that day. To eat them when they are freshly picked is amazing!

This is the month when we will hear the results of the elections.

My lead story on page 3 is an update on the work needed on Glenvar Rd. This upgrade will affect so many of those living in Torbay and Long Bay. We need to know our representatives are behind this scheme going ahead. It has already been put back a year.

For those who use Glenvar Rd regularly know the misery of trying to get out onto East Coast Rd at peak times. The queue can be seen way down Glenvar Rd as they creep forward. One major problem is that right before the junction, only say two cars back, the road has a bend which means only one lane and, if that has a larger vehicle waiting to



turn right, then all of those wanting to turn left are held up.

It is unacceptable- we need action.

Carole McMinn, Editor

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The toy library has been in Mairangi Bay has been around for 25 years and offers over 1,500 great educational toys, games and puzzles. You can borrow from the library on one of the 4 days a week that it's open, including school holidays (except Easter weekend and Christmas).

Being a member of the library gives access to hundreds of educational toys for young children, so you can try toys before you buy them or borrow toys that match your child's age and stage, without the financial outlay of buying toys that won't be used for long. It reduces waste, and we buy high quality toys that avoid the use of cheap and, possibly, toxic plastic, which can harm young children.

If you like to join us, you can either just walk in during our opening hours or sign up online at www.thetoylibrary.co.nz - if you mention the Promotion Code 'TOYSFORLIFE23' you will be eligible for one free use of a party pack



item (conditions apply). We welcome your queries through our Facebook page, 021 0286 3072 or on librarian.nsctl@gmail.com. See you down at the library soon!

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Torbay/Waiake August 2022



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FOR SALE

54



PROPERTIES
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Wendy's update

Are you considering selling or buying in Torbay/Waiake? I live in our local community and have specialised in selling in our area for over 25 years - working with your local experienced sales expert offers you local knowledge, experience, service and success.

Auckland house prices plateau in August - overall the monthly downward slide in house prices came to a halt in August, with the median sales price for the month remaining constant with that for July while the average price increased.

In the Torbay/Waiake area properties available for sale are low, however, buyers are in the market and looking! We are into the Real Estate's busiest time of year, this is a great time to maximise the return on your property.

Give me a call to discuss some great market specials and the advantages we can offer,

Kind regards, Wendy

E w.radcliffe@barfoot.co.nz
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Torbay Theatre

70th JUBILEE EXTRAVAGANZA!

* 29th OCTOBER at 7:30pm *

We celebrated with the Queen as her 70th Jubilee coincided with 70 years of Torbay Theatre. We now mourn her passing, and remember her life-long devotion to service, and sincere attempt to do her duty and to do good. A mighty tree has fallen in the forest; the rare white kotuku has flown.

But Torbay Theatre goes on, and this month we bring to the stage a celebration of our long life, with excerpts from a show from each decade we've been around.

SUPPER PROVIDED, BYO Drinks.

See website below for more information and to book.

BOOK NOW TO AVOID DISAPPOINTMENT!

JILL REID REMEMBERS

"In the early years of the 21st century, the club was in the doldrums rather, after the productive earlier times, when there was a large membership and three or four productions a year were mounted in the Community Centre. The club



The "Manburno" Family/ies treated us to a Finnemore skit: what happens when cats are in charge of navigation in wartime?



One of our older, very active members: Jill Reid, who writes this month of her first years with Torbay Theatre, when she was one of the key members who got the club back on its feet.

could barely support itself, with expensive maintenance and outgoing expenses, dwindling membership, a committee of six performing most of the tasks. Mercifully, our much-loved Jim led us to victory in the local quiz on a regular basis as the first prize was \$1000, and this kept us afloat, along with the committee members' donations of several thousand dollars.

"The turning point was "A Christmas Carol" in 2013 – no royalties and adapted directly from Dickens by Wendy Dodds. A musical maestro appeared and led a talented a cappella group to sing in the production. Many were members of the NZ Opera Chorus. From this magical performance, audiences were won back, and it led to our annual Christmas musical – now nine years old and going strong. Daphne's dream of a backstage crew has been realised, with a hugely successful team now established. We now present each year a big Christmas musical, a straight play in the Gate and a children's production - by children and for children, as well as regular Club Nights. We have audiences who support us, and are frequently sold out."

THE MUSIC MAN

Our big end-of-year musical is well into rehearsals, with a fine cast and crew. We are still looking for a few musicians, and technical / lighting crew.

8-17 December (how many trombones?)

BACKSTAGE CLUB

Wednesdays 10-12 at Torbay (Gate) Theatre. Contact details on our website below.

**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.**



Girls' football grows in popularity in the Bays

Less than a year out from the FIFA Women's World Cup kicking off in New Zealand and Australia, the growth in girls' football has taken off at the East Coast Bays. The club is actively creating opportunities to entice more girls into the game by focusing on making the game fun and introducing Friday football to make it more accessible for girls who play other sport on Saturdays.

East Coast Bays AFC's Football Director, Joe Hall, says he's proud to see more than 100 girls participating in Friday night football and hopes to grow participation further with the aim to, one day, have a talent development programme and women's premier team.

"Rather than competing with other sports like netball on Saturdays, our Friday girls' football is about introducing girls between the ages of five and 12 to the game through fun activities and building fundamental skills; and for those

aged 10 to 12 they can get a 'game day' experience without having to give up their Saturday sport," he says.

"We've got a fantastic community here and our volunteers are at the heart of it. We then have professional coaches running the development programmes and providing support on Friday nights too and, of course, we are lucky to have some great sponsors supporting our club community."

"Some big news for our club is that we've been selected as a training venue for the FIFA Women's World Cup next year. What this ultimately means is a significant investment in our facilities which will provide our community with some of the best facilities in New Zealand," says Joe.

Term four kicks off at the club on the second week of the term. More information about Friday girls' football and other ECB teams can be found on the ECB AFC website here: ecbafc.nz

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Diwali is celebrated in October

Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains, Sikhs, and some Buddhists.

The festival usually lasts five days and is celebrated during the Hindu lunisolar month Kartika (between mid-October and mid-November). One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

The festival is widely associated with Lakshmi, goddess of prosperity and Ganesha, god of wisdom and the remover of obstacles. Furthermore, it is a celebration of the day Rama returned to his kingdom in Ayodhya with his wife Sita and his brother Lakshmana after defeating the demon Ravana in Lanka and serving 14 years of exile.

In the lead-up to Deepavali, celebrants will prepare by cleaning, renovating, and decorating their homes and workplaces with diyas (oil lamps) and rangolis (colorful art circle patterns). During Diwali, people wear their finest clothes, illuminate the interior and exterior of their homes with diyas and rangoli, perform worship ceremonies of Lakshmi, the goddess of prosperity and wealth, light



fireworks, and partake in family feasts, where mithai (sweets) and gifts are shared.

The five-day long festival originated in the Indian subcontinent and is mentioned in early Sanskrit texts. Diwali is usually celebrated twenty days after the Vijayadashami (Dussehra, Dasara, Dasain) festival, with Dhanteras, or the regional equivalent, marking the first day of the festival when celebrants prepare by cleaning their homes and making decorations on the floor, such as rangolis.

The second day is Naraka Chaturdashi.

The third day is the day of Lakshmi Puja and the darkest night of the traditional month.

In some parts of India, the day after Lakshmi Puja is marked with the Govardhan Puja and Balipratipada (Padwa). Some Hindu communities mark the last day as Bhai Dooj or the regional equivalent, which is dedicated to the bond between sister and brother, while other Hindu and Sikh craftsmen communities mark this day as Vishwakarma Puja and observe it by performing maintenance in their work spaces and offering prayers.



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Northcross Intermediate School- Learning about Sustainability

Last month 72 pupils from Northcross Intermediate School, with amazing assistance from Sarah Sheeran from Sustainable Schools, Auckland Council and the local Hibiscus and Bays Board, met for 3 days to study environmental issues. While many at school were away participating in the NZAIMS sports event, this group were centred nearer to home. The idea of teacher Kel Hartell, Sustainable Schools was to give a three day experience on sustainability.

Due to terrible weather Day 1 was held at the school and included four activities.

Whitebait Connection, supported by Sustainable Schools, where they learned about water quality and marine life

Restore Hibiscus and Bays, also supported by Sustainable Schools, where they learnt about tracking and



trapping, predator pests, and weed control

Barefooted NZ with Harry Scott, who showed them some Maori stick games and weaving techniques

Mel and Rosanna Whaanga explored local history and Maori place names.

Day 2 was held at Long Bay Regional Park at the Northern end of the beach.

The plan was to walk along the cliff top track to the estuary at Okura. They would incorporate features from the talks yesterday about the Maori names and what they mean. For example, Whangaparaoa means Bay of Whales and, originally, this Bay was the home to many whales. They would see how the Maori names reflected the nature of the place.



Back to Site 5 at Long Bay and experimenting with outdoor cooking for lunch. This was followed by beach art and games.

Day 3 was held at the MERC Centre. Here, they were able to try outdoor activities, like standup paddle boarding and canoeing, and also learning about the reef they were above. This reef teems with marine life, especially as it is part of the Marine Reserve, that those of us above water do not appreciate. Other activities included team building with a sustainable theme.

This group is determined to continue with the idea of sustainability and hopes to link up with similar groups in other schools.

Next month we will hear of other work that they are doing.



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A note from

ERICA STANFORD

MP for East Coast Bays

CRIME PUBLIC MEETING

Wednesday 7 September I held a Crime Public meeting with guest speaker, Mark Mitchell MP. We had an amazing turnout of over 100 people at the Torbay Sailing Club in Waiake.



The purpose of the meeting was to talk about what's happening in our community and greater Auckland. We just don't feel as safe as we used to. The latest data from the Police show that the highest crime increases in our area have been with items being stolen from parked cars and building sites. We are also seeing an increase in gang presence, and ram raids on shops on an almost nightly basis.

Something needs to change. New Zealanders deserve to feel safe in their homes, in the small businesses they work so hard in, and in every community.

Mark shared the four new measures that a National Government would implement to help frontline Police tackle gangs. These powers would keep not just New Zealand's streets safer, but New Zealanders' homes too.

One: We will ban gang patches and insignia in public.

We already do this in government buildings like hospitals and courts. National will extend these rules to every public space. Patches are about intimidation, and you only get one after you've committed a violent crime to show you're loyal to a gang.

Two: Police will have the power to stop gang members gathering in public.

They will have the power to issue dispersal notices to anyone they reasonably suspect of being a gang member or gang prospect. Once issued, gang members would be required to immediately leave a public area and not associate in public with one another for seven days.

Three: Police will have the power to stop gang offenders associating with each other.

Gang crimes don't just happen; they are co-ordinated and planned. Often, Police know exactly who the criminals are, but can't stop them preparing to commit a crime. Police will be able to issue Consorting Prohibition Notices if they need to in order to stop known gang offenders committing serious offences. Once issued, those gang members won't be allowed to associate or communicate with one another for up to three years.

Four: Police will have the power to stop gang members accessing guns.

National will give Police the power to issue Firearms Prohibition Orders. These could be issued against any gang member who in the last 10 years has been convicted of a serious offence and would make it illegal for that person to access firearms or enter certain premises where firearms are present. Police would have the power to search people who are subject to a Firearms Prohibition Order and search their premises or vehicles for firearms - at any time.

While Police do their very best to keep us safe, it's clear they don't have the backing they need from the Government to confront the growing threat and increased sophistication of organised criminal gangs. If we want to prevent the current level of violence from becoming a permanent feature of New Zealand society, we need to give Police the tools they need to go after the criminal gangs who only exist to inflict fear and misery on our communities.

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Take care

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Erica
STANFORD
MP East Coast Bays

National
N



Torbay Historical Society



Council elections are coming up. We are in the Albany ward. However Torbay/Long Bay connections with Albany go back to the 19th. Century. Alexander Pannill bought 700 acres of land at Long Bay from Alfred Long, the original settler in Long Bay, and built a small two-roomed house ' the red house' there in 1962. The house was the same plan as the Vaughan's original building. Alexander was a hot-tempered man and in a continual state of warfare with the Vaughans mainly over broken fences and straying sheep. Pannill was responsible for constructing the ditch and bank fencing on his land. He left Long Bay in the 1870's to farm on his land in Albany – Lucas Creek.

In 1876 a new school was opened at Lucas Creek. Children from Greenhithe, Long Bay and Browns Bay attended the school – the teacher being Capt. Charles Cholmondeley-Smith from Long Bay. Until the mid 1880's this was the only educational facility in the district, the nearest being located

in Takapuna. In 1888 the Long Bay School was opened in St. Mary by the Sea church.

More recent connections with the Albany area were the visits being made by locals on the East Coast Bays to go to the strawberry farms and the orchards for fresh fruit and vegetables. Paul Matthews had a strawberry farm at Long Bay, but later moved to Albany – Paul's Strawberry farm on Bush Road.

The Torbay Historical Society is 40 years old having been formed on 10th. October 1982. We hope to celebrate this

milestone later this year. We also want to have open days as the summer comes. We can now have bookings for Devonshire Teas for groups of 10 or more.

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 to make bookings.



Pannill House (Aston House 1934)



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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.



Okura Estuary

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.

"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

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.

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

To contact John and Wayne:

Wayne 021 882 861

John 021 287 5999

wayne@puttingpeoplefirst.nz

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cruise from Auckland to Sydney on Majestic Princess from NZ\$1,286pp.

P&O Cruises - Offering themed Shortbreaks, or cruises to South Pacific, Australia and New Zealand. 5 nights Tasmania on Pacific Explorer from \$521pp; 9 night Kiwi Explorer cruise from NZ\$1,726pp

Regent Seven Seas - Explore local delights then return each night to the comfortable embrace of your all-inclusive elegant and spacious home on the high seas. 14 night cruise from Sydney to Auckland from NZ\$19,710pp on Seven Seas Explorer

Royal Caribbean - Lace up your hiking boots and explore New Zealand's natural beauty. 10 nights from Sydney return to New Zealand on Ovation of the Seas from US\$1,052pp

Silversea - With an almost 1:1 crew to guest ratio and bespoke shore excursions this ultra-luxury small ship experience is the ultimate way to cruise Australia and New Zealand. 12 nights Auckland to Melbourne from AU\$10,050pp.

Book your Close to home cruise with Shore Travel.
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When it comes to cruising we have some of the world's best destinations right in our own backyard.

Think of the beauty of Milford Sound & Fiordland, or the wonders of the Great Barrier Reef & Tasmania, or the idyllic pearls of the South Pacific.

Now is the perfect time to lock in a local cruise getaway with the fantastic offers available from all the major cruise brands.

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Hauraki Floral Art Club



Modern art uses a minimum of elements to convey the set theme and should present a unified design when viewed from any angle. Paper, cardboard and wood are acceptable materials and plants are selected for their potential to interpret the idea.

The challenge? To express the title 'Electricity' in Modern Abstract art style. This was a recent task facing members of the Hauraki Floral Art Club. A range of creative responses represented aspects of human inventiveness and weather - lightning, wind, and one design reminiscent of an old gramophone speaker.



We welcome new members and provide support and guidance to beginners. Meetings, with lunch, workshops and speakers are on the second Wednesday of the month at Outram Hall Murray's Bay. Contact Jennifer on 4795691 or Jo on 0276738836.

SAHAJA YOGA MEDITATION FREE MEDITATION CLASS

WHEN: Friday's - Start time: 5:00 pm— 6:00 pm
WHERE: Torbay Community Hall, 35 Watea Road, Torbay, 0630

Awaken Peace Within
Discover your Inner Powers
Experience Self-realization



Shree Mataji Nirmla Devi
Founder of Sahaja Yoga



True Meditation is a state of deep peace which occurs when the mind is calm and silent, yet completely alert. During the class we use technique called Sahaja Yoga and it is used by thousands of people worldwide as a practical means to achieve a balanced state and enjoy improved mental, physical, emotional and spiritual wellbeing.

The word Sahaja means 'inborn' because the purifying and healing energy that is gently awakened lies waiting within every human being from birth. Sahaja Yoga is a genuine, solid experience: an actual physical reality verifiable on one's own nervous system. It leads to spontaneous improvements on one's interactions and relationships with the world.

The new state transcends religious, ethnic, economic and political differences and clearly manifests the oneness of mankind. This meditation is freely available to anyone with a genuine desire to know the true self with a quest to evolve to a higher level of awareness, understanding and enjoyment.

Torbay Garden Club

Torbay Garden Club celebrated the arrival of Spring in early September with its first Spring Show for three years. There was a beautiful display of spring flowers, bulbs and produce on display...

Photos by Bill Ellis & Hilary Collins



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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VOTE FOR ME

Why am I standing for the Local Board election?

For almost a decade, my wife Amy and our 2 youngest children who attend local schools, have lived in Long Bay. As a successful businessman I wanted to give something back to my community.

The Local Board is community focused and I believe I can help by extending what I am currently doing and engaging with a diverse range of people and groups to get the best community outcomes possible for our Local Board.

Since joining Long Bay Baptist Church and Browns Bay Rotary I was inundated with requests to help local people.

As leader of the Long Bay Chinese Association I have connected with many local initiatives that Local Board supports and feel that working with the team I can bring real value.

Why I will make a good elected representative

I believe I will make a good elected representative because I am inclusive and care about the Bays community that I want to serve.

Over a number of years I have established strong community links with a range of local Bays groups .

Amongst other things I have been a business mentor for BMNZ, organised successful fundraising events for Harbour Hospice , serve on the board of the Long Bay Residents Association, advise the Browns Bay Business Association and help North Harbour Community Patrol recruit Chinese volunteers .

I am a doer not a talker!

I believe that with my strong business background and professional skills, coupled with my strong community development mindset, I will bring essential perspectives to our Local Board.

MY TOP THREE PRIORITIES

First priority

Support the expansion, and initiatives, of North Harbour Community Patrol to address crime prevention and improve safety in our communities. Crime has exploded in our area in the last couple of years and our residents need solutions.

Second priority

Fund programmes to promote school walking buses, particularly to families where English isn't their first language. This is a small but practical way the Local Board can help to ease congestion, limit car emissions and support students' health and wellbeing.

Third priority

Work to establish a location and funding for a Long Bay community hall. Long bay subdivision area has over 3000 houses coming in the next couple years, but there is no community hub to support events, classes and to promote a sense of connection for residents.



Frank SUN



HIBISCUS & BAYS LOCAL BOARD

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

 Frank Sun ECB

 www.BackingTheBays.co.nz

Long Bay Chinese Association celebrates Moon Festival



On 4th September at Long Bay College auditorium many people attended the AGM and Moon Festival.

The Long Bay Chinese association was established one and half years ago, by Frank Sun, with 190 members and provides many regular activities including, table tennis, folk dancing, Zumba and Scottish country dancing.

They also organise three English classes in the week and have occasional activities like seminars, visiting Maraes to understand Maori culture, and bus tours.

Frank Sun is the chairman of this organization with 10 directors on



board and they have a big vision going forward.

The vision is intergenerational and integrated into the local culture, environment and community.

Frank Sun is passionate about his local community.

Apology

Last month I ran an advert and in it I featured the Open Home Foundation scheme of filling back packs for children in need.

I would like to clarify that Shirley Smith, of Browns Bay Rotary, is organising this initiative and I am merely a supporter.

I would like to apologise for any misunderstanding.

Frank Sun.



Fresh New Look For Spring!

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We are excited to reveal our refreshed new look just in time for spring!

Keep an eye out for it where we support local..

The Community Noticeboards at New World Long Bay and Pak N Save Albany, and also our local Torbay Dairy.

Market Snapshot

Sellers are somewhat energised after a long winter and we are starting to see new listing numbers pick up as we head into spring.

Now might be the best time to make a move!

If you're thinking about selling, just give us a call we are your local real estate experts and are here to help.



Some kind words from our vendors..

“ I had the pleasure of purchasing a home through Therese. The experience was very professional and Therese communicated well at all times. Michael—Torbay ”

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NEW LISTING



Murrays Bay 1/5 Dalmeny Close



Okura, 266 Okura River Road



Torbay, 56A Stredwick Drive



Browns Bay, 904A East Coast Rd



Browns Bay, 504/4 Bute Road



Murrays Bay, 2/5 Dalmeny Close

SOLD



Torbay, 1007 Beach Road



SOLD

Scott | Thérèse | Jiang

Meet our New World Long Bay Online team



Long Bay

Have you seen Paul our fulltime delivery driver who drives our Electric Vehicle nicknamed "Evie" out and about in the community!?

Or India and Juanita picking online orders instore. Our staff are trained to pick the best quality produce and always go the extra mile to make sure your order is perfect.



If you want to keep your shopping as stress free as possible order through NEW WORLD ONLINE now! Simply go to www.newworld.co.nz/shop - select New World Long Bay, do your shopping, select desired pick up date and time. How easy! Plus did you know that we offer ongoing FREE CLICK AND COLLECT when you spend over \$50* And check out our extra special deal for October below.

FREE DELIVERY



and Click and Collect



When you spend \$50 or more online between 4th & 31st of OCTOBER.

*No service fees charged for Click & Collect or delivery orders when you spend \$50 or more on qualifying purchases at New World's online shop. North Island only. See newworld.co.nz for T&Cs.

MERC Steps for Change



There are many things we can do in everyday that can change our natural environment and ourselves. "MERC steps for change" is an initiative to get people taking steps of activity for conservation initiatives making a change for the health and wellbeing of our environment and along the way taking steps of recreation making a change

for the health and wellbeing of ourselves.

All people were invited to register entries in steps or kilometers while making environmental change. This was anything to do with conservation, beach clean ups, walking to do 5-minute bird counts, clearing trap lines, planting, looking for and dealing to pest plants. It was satisfying watching the increasing numbers of steps and kilometers



covered knowing ultimately the health of our taiao/nature and our tangata/people benefited.

Additionally, sponsors provided prizes for a number of different categories as well as spot prizes. In fact, a Torbay resident won a spot prize for recording the number of steps taken to take out the recycling.

Steps will be run again this November. If you'd like to get involved as a sponsor, please contact Sam (sam@merc.org.nz). If you'd like to participate, keep an eye on our Facebook page for announcements.



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



Are you a new Mum?

Being a new mum, or being the mum of a pre-schooler, doesn't come without challenges.

Would you like to connect with other Long Bay Mums in our community?

If you would then come along to Obella Restaurant at Long Bay Village.

Next catch up is Wednesday 26th October and anyone is welcome to just come along.

If you are interested then join the Facebook page "Long Bay Mums", currently there are 24 members.

When many families do not have wider family support these support networks are so helpful.

What the area around Long Bay College used to look like



Steps from Clensmore Place

photos by Bill Ellis



Looking east from the music room



Library on the right with fields to the left



Building the technical block



Looking east from the pathway

Long Bay Business Directory

Cafes and Restaurants

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

Domino Pizza
55a Ridge Rd 09 9544 939

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

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

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

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

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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

Lovely local walks

Have you tried any of the local walks yet? Long Bay Regional Park offers explorers a range of walks from 30 minutes up to 3 hours, all of which are highly rated. Be sure to check out Vaughn Homestead which represents a typical farmhouse of early NZ. George Vaughn and his descendants made the homestead their home for approximately 100 years.

2022-2023 Calendar

JULY							AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6				1	2	3		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31	25	26	27	28	29	30				
31																				

School Holidays *Source Ministry of Education
 Week and Public Holidays

Team Ming - Your Long Bay Local Experts
 M: 027 519 6826
 E: ming.liu@harcourts.co.nz
 W: mingliu.co.nz

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Feature tracks and trails

Note: colours correspond to painted marker posts on each track.

Coastal Track --- 3 hours return, 6km
 The track starts just north of the northern-most car parks, leading off the service road. The track leads you through the wetland before heading up through coastal bush. Continue along the track towards Granny's Bay, taking in the panoramic views of the Hauraki Gulf from the cliff tops on the way. Follow the track past Pōhutukawa Bay to the Okura River. Nude bathers have been known to use Pōhutukawa Bay however it is not a designated nudist beach. You can return along the coastline at low tide but be aware of rock falls and slippery rocks.

Nature Trail --- 30 minutes return, 0.8km
 Start below the Vaughn Homestead and follow the yellow markers on this loop trail, which takes you away from the beach through wetland and native forest.

100 Acre Track --- 50 minutes, 7.6km
 This mown loop track takes you up behind Granny's Bay, through native re-vegetation and offering stunning scenes of the Hauraki Gulf. Start from either the cliff top before Granny's Bay or from Granny's Bay itself.

Te Araroa - New Zealand's Trail ---
 Te Araroa - New Zealand's Trail is a 3000km trail that links tramping and walking tracks from Cape Reinga in the north to Bluff in the south. It connects with Whangaparaoa and the East Coast Bays at Long Bay. For more information visit teararoa.org.nz

Other tracks ---

Be safe in regional parks

The water safety code

1. Be prepared
2. Watch out for yourself and others
3. Be aware of the dangers
4. Know your limits

Outdoor safety code

1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

Source: Auckland Council



Ming recently delivered a handy magnetic fridge calendar to local letterboxes in Long Bay and on the reverse of it was this useful map.

Now that spring has arrived it's the perfect time for families to explore the local area.

Harcourts Cooper & Co

Ming Liu

Sales and Marketing Consultant
 Your Long Bay Local Expert



Quizzes

sponsored by

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ALL THE FUN OF THE FAIR

Y	E	X	E	I	S	Z	L	P	G	X	M	N
Z	F	Z	T	G	N	O	O	A	C	A	N	R
A	A	U	N	I	N	P	E	H	E	W	I	O
M	G	I	N	G	Y	D	A	R	T	S	A	C
O	W	L	B	Z	J	M	C	D	F	N	R	P
S	H	O	Z	J	B	E	C	H	V	E	T	O
B	A	I	T	U	C	O	S	S	P	M	T	P
T	F	I	R	I	C	I	M	P	S	R	S	R
X	H	G	Q	O	F	E	I	A	L	I	O	E
A	E	K	N	D	G	D	G	Z	I	D	H	T
R	L	U	L	D	G	M	G	H	D	E	G	H
T	T	O	O	I	P	R	I	Z	E	S	P	G
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H	O	O	P	L	A	G	O	D	T	O	H	A
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- | | | |
|-------------|-------------|---------|
| BIG DIPPER | HAMBURGER | POPCORN |
| COCOUNTS | HOOP-LA | PRIZES |
| DARTS | HOT DOG | RIDES |
| DODGEMS | ICE CREAM | SLIDE |
| FIZZY POP | LAUGHTER | SWINGS |
| FUN | LONGBOAT | WALTZER |
| GHOST TRAIN | MAZE | |
| GOLDFISH | PIRATE SHIP | |

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

DMEAN

13 good, 16 very good, 19+ excellent

CROSSWORD

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

Across

- 1 It runs from the Place de la Concorde to the Arc de Triomphe (6,7)
- 8 Still – force 0 on the Beaufort scale (4)
- 9 Finally (2,3,3)
- 10 Personal effects (10)
- 12 Vehicle for travelling over snow (6)
- 14 Lead singer of the Seekers (6)
- 15 Onerous (10)
- 19 Lab vessel (4,4)
- 20 Well ventilated (4)
- 21 Attired so as to attract and impress others (7,2,4)

Down

- 2 Celestial (8)
- 3 Latin American dance of Haitian origin (5)
- 4 English (anag) (7)
- 5 Allowed to enter (3,2)
- 6 The Faerie Queene poet (7)
- 7 Nose (anag) (4)
- 11 Royal residence in Scotland (8)
- 13 Formal discussions (7)
- 14 Most profound (7)
- 16 Reddening cosmetic (5)
- 17 Light meal (5)
- 18 Grizzly or Polar (4)

SUDOKU

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

Put your property in **experienced local hands!**



Thinking of selling?

Can you believe that not too many years ago you could get a waterfront section in Okura for less than \$1000 pounds. For nearly 100 years Barfoot and Thompson has been selling this neighbourhood time and time again. If you are thinking of buying or selling or simply just want to know what your property could be worth please contact the company that is **selling a home every 40 minutes**.

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m.tu@barfoot.co.nz

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- FACT** - We sell a home every 40 minutes
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for a confidential coffee and chat!
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Long Bay**

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What's on at Albany Village Library



Auckland Heritage Festival takes place from 1-16 October & Albany Village Library has planned some really good free local history talks.

Hard Graft: The Story of the Dairy Flat Community

Hear local author Lynnette Third talk about the pioneering characters & personalities who shaped the Dairy Flat community from the earliest settlers to today. Lynnette has had connections to Dairy Flat for over 30 years and her research records the written and oral histories of many local characters who were old, wise, witty and wonderful.

Copies of her book will be available to purchase on the day. Sunday 9 October, 2.00-3.00pm

WW1 Remembering the Albany Men

Local historian & volunteer custodian of the Albany War Memorial Library Lesley Dixon will talk about her pilgrimage in 2018 to Egypt, France, Belgium & Turkey in search of the

soldiers remembered in the Memorial Library ahead of its centenary in December 2022. Monday 10 October, 2.00-3.00pm

Albany War Memorial Library

The Albany War Memorial Library on the Dairy Flat Highway celebrates its centenary this year. It is one of the oldest remaining buildings on the North Shore.

On Peace Day 19 July 1919 a group of Albany residents decided to build a library as a fitting war memorial for the district. Architect Sholto Smith of Mullins & Smith was commissioned to design the building. Governor-General Lord Jellicoe & his wife opened the cottage-style stucco-and-brick structure on 21 December 1922. The east window of the library commemorates the Great War 1914 to 1918.

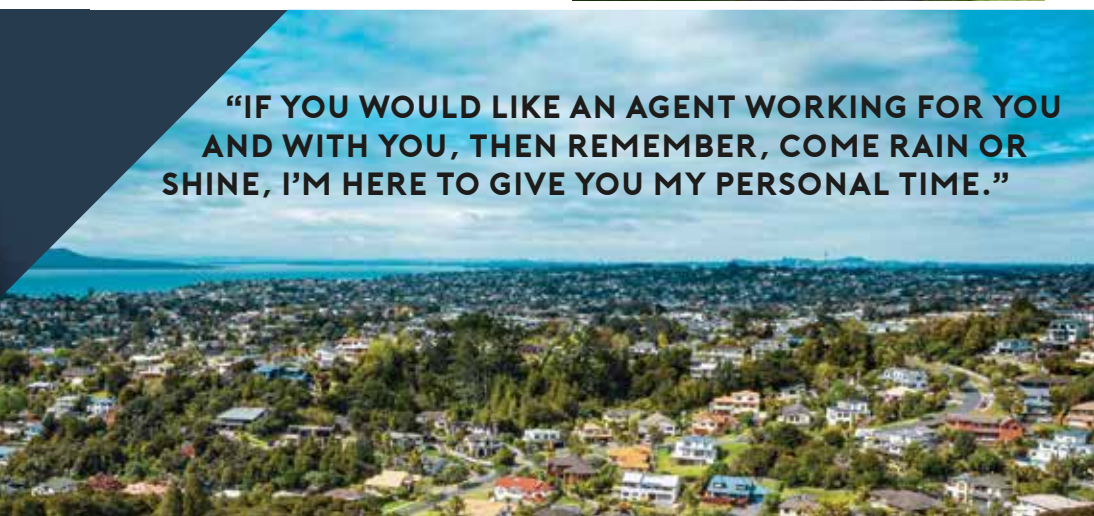
October School Holidays

Heritage Festival coincides with the October School Holidays. Albany

Village Library has a fun programme of free activities for school aged children on the regional theme of Unbelievable! We will have magic, an escape room challenge, a Heritage Walk for families around Albany, Halloween make up and a celebration of the centenary of the discovery of one of the greatest ever archaeological finds - the Tomb of Tutankhamun in 1922. Check with the library or Albany Village Library Facebook page for dates & times of events.



“IF YOU WOULD LIKE AN AGENT WORKING FOR YOU AND WITH YOU, THEN REMEMBER, COME RAIN OR SHINE, I’M HERE TO GIVE YOU MY PERSONAL TIME.”



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There are over 70 Justices of the Peace in the Albany and Bays area who are able to help, free of charge, with these and other official transactions. They work from their own homes or from Service Desks in public places. In the greater Auckland area there are more than 1300 members of the Auckland Justices of the Peace Association which was formed in October 1922 to promote consistency in their duties, provide group training and coordinate services to the community. Centennial celebrations, being held over several months, have included a function at Government

House which is appropriate because the Governor-General signs off the appointment of each Justice of the Peace. (Photo Government House l to r Gerald Hunt, Patricia Kay, Elaine Utting, Linda Butler)

In the Long Bay/Torbay area there are 12 accredited Justices of the Peace who can be contacted by phone or txt for appointments. There are also three Service Desks: Albany Library, East Coast Bays Library and North Shore District Court which offer walk-in services. East Coast Bays Library times are Monday, Tuesday, Wednesday and Thursday 10.30 am - 12.30 pm and Friday 12 - 2 pm. The spacious, attractive new foyer at the Library is our location and although you may have to wait your turn, you can be guaranteed friendly and efficient service there.

*(Photos East Coast Bays Library
Graham Creahan JP)*



Monthly Quiz Answers Page 34 brownsbayrotary.co.nz



COURTESY OF ROTARY BROWNS BAY

1. What type of instrument is often abbreviated to Strad?
2. In what country would you spend a dong?
3. What nationality is the founder of the Nobel prize?
4. The 300th day of the year falls in what month?
5. Who was the sporting Super Brat?
6. Which TV character said the answers to life's problems aren't at the bottom of a bottle they're on TV?
7. Where do Dala horses come from?
- 8 What is a Wasgij ?
9. What is the capital of Sicily?
10. What was the nickname of the Indian cricketer Sachin Tendulkar?

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Torbay & Long Bay Medical Centres

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FAREWELL LYNDA THWAITES

Dr Lynda Thwaites has been one of our Partners here at Torbay Medical Centre for well over 20 years. We are saddened to say that Dr Lynda has decided that the time has come for a new adventure to begin.

We would like to thank Lynda for the wonderful service she has provided to her patients. We will certainly miss her greatly as a valued member of our team and management and would like to wish her all the best as she begins an exciting new chapter.

We are aware that many of our patients would have seen Dr Lynda over the years and would like to reassure those patients that Dr Padmaja Rayudu will be available to continue to provide you with an excellent quality of care.

It is with a lot of emotion that I write this article.

I am writing to inform you that I will be leaving Torbay Medical Centre at the end of September.

The Torbay Medical Partners have bought my share of the practice and they will ensure that ongoing care will be provided to all of the patients.

It's hard to believe that many of you have been my patients for 20 years and I thank you deeply for your loyalty, support, and friendship over the years.

Some time ago, my husband and I purchased a property in Cromwell, Central Otago with the view that we would one-day retire there - the Covid



pandemic has accelerated that decision for us.

In the future, I may provide short-term locum cover at Torbay Medical Centre - if so, I hope to see you again.

Kind regards
Lynda



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

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

Novel Pain Strategies

Conventional pain medicines are great for an occasional headache. But they often don't "cut the mustard" for some pain types such as nerve pain. For long-term conditions like osteoarthritis, the anti-inflammatory drugs like ibuprofen and diclofenac are effective but can speed up the deterioration in joint structure. For these reasons I thought you should know about some of the natural alternative pain options.

Safer Anti-inflammatories for Long-Term Use:

If you have a long-term inflammatory condition that is causing you pain, I recommend specific combinations of Boswellia and turmeric to give you relief. We have recently added a new combination of these nutrients called Inflagesic. It is formulated with SPEEDTECH to give fast relief. Studies have shown that the speed of pain relief is very similar to paracetamol.

We also have products geared towards a more prolonged relief of pain and inflammation. These products are helpful for keeping the pain of inflammation away, enabling you to live an active life. The great advantage of these natural pain relievers is that they enhance underlying joint health rather than depleting it. Makes me wonder why you would ever use a conventional anti-inflammatory medicine.

Nerve Pain:

Nerve pain often doesn't respond to conventional pain killers. Anti-depressant and anti-epileptic medicines are



often used instead. There are some natural options for nerve pain too.

PEA (palmitoylethanolamide) is interesting in that it activates Cannabinoid receptors which live in nerve cells and immune cells. Taking PEA has been shown to reduce pain perception. It has shown promise in many neural pain syndromes.

Alpha lipoic acid is a nutrient that is used as the primary treatment for nerve pain in other countries but is less well known in NZ. I have seen patients get significant relieve from diabetes nerve pain, multiple sclerosis nerve pain, and even nerve pain following a shingles infection.

A Holistic Approach:

My preferred approach to treating pain is to get to the cause of the problem. This may involve changes in diet and lifestyle designed to return the body back to a state of harmony. If you need some pain relief in the meantime, come and chat to the team at Torbay Unichem Pharmacy about the best options for you (natural or conventional).



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Lynne Scott

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Remedial Massage Certified

Specialised & Certified in Pelvic Floor & Core
Author

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- Find solutions to pain trigger points
- Maintain correct alignment

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Have fun.

Simply Soy- beautiful candles

Five years ago, making candles stopped being a hobby and became a passion for Debra. She uses soy as the base for her candles as it doesn't have any of the "nasties"

Currently Debs works with 100 different fragrances, experimenting to find the best combinations. Her candles

traditional cotton wicks and also the wooden wicks.

When these are put into the attractive containers, they make fabulous gifts for others or to burn in your own home. Facebook simplysoycandlesnz.



Amigurumi & Papercrafts Delights

We are a mother and daughter duo. My name is Louisa and a keen paper crafter. All my products are handmade and I only use rubber stamped images together with Designer Series Paper (scrapbook papers) of various designs and colours. Each image is stamped, coloured and cut out. The designs range from very quirky to formal and cover most categories - birthdays, kids/babies, milestone and special occasion cards. I love making interactive cards with moving parts as

well as 3-D projects like fancy gift boxes, advent calendars and pop up cards.

Daniella, my daughter is the hand-crocheted plushy toy guru! She started her craft during lockdown two years ago and is self-taught. She uses only premium baby soft wool together with a mix of acrylic/cotton wool. All her toys use safety-eyes which makes her plushy toys safe for little children. Her toys are quirky, cute and appeals to most age groups.



Vivien Davimes Printmaker



I am a fine art printmaker, working from my studio at Waiake. My art school training was in the UK where I specialised in textile design, and although I still enjoy a variety of art media, the majority of my works today involve printmaking.

Intaglio etchings, linocuts/woodcuts with screen prints, monoprints, drypoint with chine-collé and collagraphs, are produced on my etching press in my studio; I love the whole process and techniques involved in printmaking - it is a fascinating, ever changing art form, and I am constantly educating myself on new practices. The lockdowns saw me collecting leaves, plants, feathers and seaweed which I print, and making plates out of cardboard as there was nothing else available to me at the time.

And my inspiration is nature in all its forms - I am passionate about our native birds, seabirds, our oceans, the seashore with its flora and fauna, and all the events that play out upon our water.

As well as my original artworks, I have produced a selection of gift items using my designs - art cards/tea towels/ calendars/coasters/tote bags/cushion covers - all of which will be available from the Browns Bay store.

For more information or to contact me please visit:- viviendavimes.com

[instagram.com/vivien.davimes.art](https://www.instagram.com/vivien.davimes.art)

[facebook.com/VivienDavimesPrintmakerNZ](https://www.facebook.com/VivienDavimesPrintmakerNZ)

Aotearoa Memories

Some 6 years ago Carole and Keith McMinn began creating and making a range of giftware that reflected the area in which we live. These gifts were ideal for people travelling abroad to take as gifts or for visitors to take back as a memento of their time in Aotearoa.

The range developed with the highly popular wine range and that was followed by a chocolate range.

The range includes tea towels, cushions, coasters, wheat bags, food covers, calendars and jewellery.

We also do cushions or tea towels with your own design if wanted.



Trusts, Tax and Australian Beneficiaries.

Mark and Jane had three children. Their eldest daughter had settled on the North Shore where Mark and Jane had brought up their family, one had married a South Islander and was now farming near Methven and their youngest daughter, Kate, had moved to Sydney five years ago, purchased property and looked likely to settle there long term.



Over the years Mark and Jane had built up a very successful property portfolio. They had heeded the advice of their accountant many years ago and all the properties were in a trust. Mark and Jane were the trustees, together with their accountant. The trust had recently sold one of its commercial properties and the trustees had agreed to distribute some of the capital to the three children. Their trustee accountant also suggested that it was timely to review the trust, its purpose and documents. She also mentioned that she would be retiring in the next couple of years and wasn't keen to remain on as a trustee and that part of the review should be considering a succession plan for trustees. Mark and Jane were going to go and see their lawyer, but their accountant said that trusts have become very specialised and she recommended a lawyer who was an expert in the area.

Mark and Jane set up a meeting and went to see the trust lawyer. She reviewed the trust deed and made some recommendations of some minor changes to bring the trust deed up to date. They told her that their accountant was going to be retiring as a trustee in the next couple of years and said that they would be keen for their children to become trustees at that time. The lawyer gave them good advice around retaining a professional trustee because as she said "you don't want your children telling you what to do with the trust assets".

The lawyer then asked some questions about the children and their circumstances. Mark and Jane told her about the distribution they were about to make to each of them to help

them reduce their mortgages. The lawyer gave some really good advice around making sure that any gift or distribution would be structured in a way to ensure that the money would be protected from the children's partners. This wasn't a major concern for Mark and Jane as they really liked all of their children's partners, but they did recognise that things could change in the future.

More alarming was what the lawyer said about Kate in Australia. She explained that Australia doesn't love trusts the way we do in New Zealand and that if an Australian tax resident receives a distribution from a trust - even a New Zealand trust, that distribution will be taxable in Australia. This was of concern, not just with the funds that Mark and Jane wanted to give to Kate from the sale of the commercial property, but if they died, they didn't want Kate's share of her inheritance to be taxable. The lawyer went through some restructuring they would need to do to ensure that anything Kate might receive from them now, or in the future, would be via them or their estate rather than the trust.

She also mentioned that it would be really important, regardless of what they decided to do with their trustee succession plan, that Kate not be appointed as a trustee. If a New Zealand trust has an Australian tax resident trustee, this will pull all the assets of that trust into the Australian tax net, which can be an unintended consequence of using a family member as a trustee.

Even though Australia is our closest neighbour, and the country which is arguably the most like New Zealand, their laws around trusts and tax are vastly different.

There needs to be very careful planning if a trust has Australian beneficiaries and it is important that Australian tax residents are not trustees (nor have the control of the trustees) of a New Zealand trust.

Mark and Jane were fortunate that they took advice before doing anything. This gave them an opportunity to carefully structure their affairs. Others aren't so lucky. If you have any questions at all, seek specialised advice.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

New Zealand Trusts and *Overseas Tax Implications.*

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, if you have beneficiaries or trustees that are tax residents overseas, there needs to be careful planning and structuring to avoid unintended tax consequences. Laws around trusts and tax are not the same overseas as they are in New Zealand.

Contact Tammy McLeod or one of her team if you would like your trust reviewed.

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

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.jdpropertyervices.co.nz

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

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

Lawnmowing & Hedges – Contact Ian for a free quote on 473 2004 or 021 764 426. Mowing, garden tidy ups, Hedge trimming. Email: ian@grassrootsmowing.co.nz

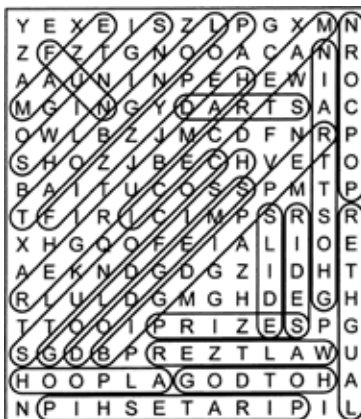
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Quiz Answers

1. The Strad was a Stradivari violin worth millions of dollars
2. A dong would be spent in Vietnam
3. The founder of the Nobel prize originate in Sweden
4. The 300th day of the years is in October (27th)
5. Super Brat American tennis player John McEnroe
6. The TV character who said the answers to life's problems aren't at the bottom of a bottle they're on TV was Homer Simpson.
7. Dala horses come from Sweden .
8. A wasgij is a jigsaw.
9. The capital of Sicily is Palermo.
10. The nickname of the Indian cricketing superstar Sachin Tendulkar was Little Master.

Puzzle Answers



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

Word Puzzle

amend, named, amen, dame, damn, dean, made, mane, mead, mean, mend, name, and, dam, den, end, mad, man, men

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Tides Oct 2022 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Sat 01	05:40 0.3m	11:56 2.9m	18:04 0.5m		
Sun 02		00:15 2.9m	06:28 0.4m	12:46 2.9m	18:58 0.6m
Mon 03		01:07 2.8m	07:20 0.5m	13:44 2.8m	19:59 0.6m
Tue 04		02:04 2.7m	08:20 0.6m	14:48 2.7m	21:04 0.7m
Wed 05		03:08 2.6m	09:28 0.6m	15:55 2.7m	22:10 0.7m
Thu 06		04:16 2.6m	10:39 0.6m	16:59 2.8m	23:14 0.6m
Fri 07		05:23 2.7m	11:44 0.5m	17:59 2.9m	
Sat 08	00:13 0.5m	06:26 2.8m	12:42 0.4m	18:54 3.0m	
Sun 09	01:08 0.4m	07:22 2.9m	13:34 0.4m	19:45 3.1m	
Mon 10	01:59 0.3m	08:13 3.0m	14:22 0.3m	20:33 3.1m	
Tue 11	02:46 0.2m	08:59 3.1m	15:07 0.3m	21:19 3.1m	
Wed 12	03:31 0.2m	09:43 3.1m	15:50 0.3m	22:03 3.0m	
Thu 13	04:13 0.3m	10:25 3.0m	16:33 0.4m	22:46 2.9m	
Fri 14	04:54 0.3m	11:06 2.9m	17:15 0.5m	23:29 2.8m	
Sat 15	05:34 0.4m	11:47 2.8m	17:58 0.7m		
Sun 16		00:11 2.7m	06:15 0.6m	12:30 2.7m	18:45 0.8m
Mon 17		00:55 2.6m	06:59 0.7m	13:16 2.6m	19:36 0.9m
Tue 18		01:42 2.4m	07:48 0.8m	14:09 2.5m	20:32 0.9m
Wed 19		02:33 2.4m	08:44 0.9m	15:06 2.4m	21:31 1.0m
Thu 20		03:31 2.3m	09:47 0.9m	16:05 2.4m	22:28 0.9m
Fri 21		04:31 2.4m	10:48 0.9m	17:00 2.5m	23:20 0.9m
Sat 22		05:29 2.4m	11:42 0.8m	17:49 2.6m	
Sun 23	00:08 0.8m	06:21 2.5m	12:30 0.7m	18:35 2.7m	
Mon 24	00:54 0.6m	07:08 2.7m	13:14 0.6m	19:19 2.8m	
Tue 25	01:37 0.5m	07:53 2.8m	13:57 0.5m	20:03 2.9m	
Wed 26	02:21 0.4m	08:36 3.0m	14:40 0.4m	20:47 3.0m	
Thu 27	03:04 0.3m	09:19 3.0m	15:24 0.3m	21:33 3.0m	
Fri 28	03:49 0.2m	10:04 3.1m	16:10 0.3m	22:20 3.0m	
Sat 29	04:34 0.2m	10:51 3.1m	16:59 0.3m	23:09 3.0m	
Sun 30	05:21 0.2m	11:40 3.1m	17:51 0.4m		
Mon 31		00:01 2.9m	06:11 0.3m	12:33 3.0m	18:47 0.5m

Times adjusted for Daylight Saving.



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