

# focus

Issue 17  
July 2023

on community

Long Bay, Okura & Torbay

## Making the most of winter sunshine At Long Bay Park

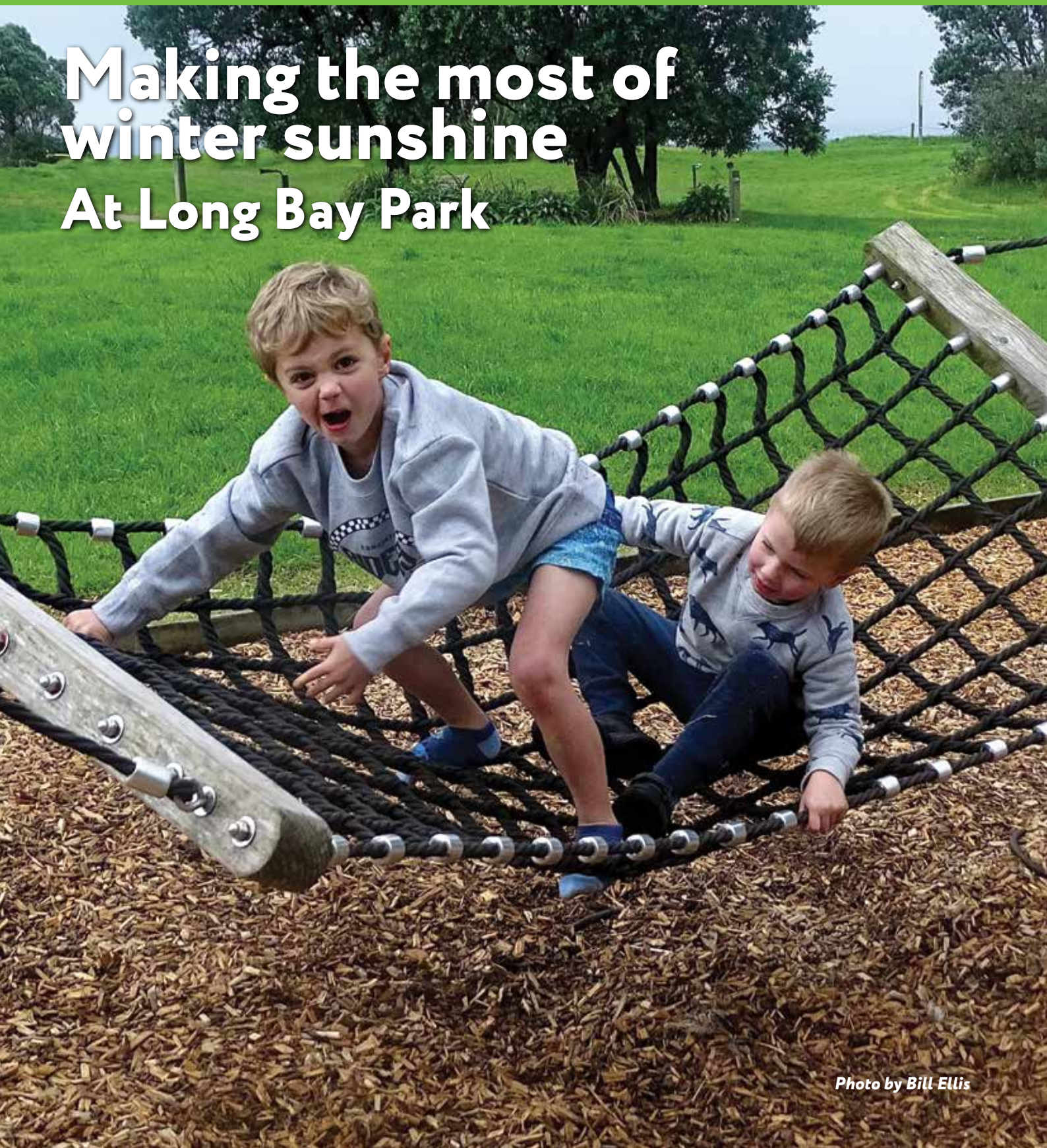


Photo by Bill Ellis



## Free Stuff From Unichem Torbay Pharmacy

### Minor Ailments Free Service

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

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

### Opening Hours

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

Saturday  
9:00am to 4:00pm



### Delivery Service now available from Torbay Pharmacy

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

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

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

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

Unichem Torbay Pharmacy – the health professionals to see first.

### Free Prescriptions:

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

### Sachet Rolls for Free

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

Plus we get your sachet roll ready for you the week before you need it, so you can just pop in and grab it. No waiting through busy times (as we sometimes get in winter). This does rely on you getting us your prescription on time (we are not your mother after all!).

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



**Martin Harris**

# Ballroom Fitness Fun with FitSteps - Helena & The Dance Haven

FitSteps® is a ballroom dance based fitness class, based around twelve of the most popular Latin and Ballroom dances.

The distinction between the plethora of dance classes that exist, and FitSteps®, is that it is a fitness class. This is delivered through dance with an emphasis on helping people towards fitness; structuring the classes to deliver real, measurable, fitness results.

Steps are delivered in varying degrees of intensity, adjusting the level of effort needed to accommodate the varying levels of fitness that can be found in any mixed ability class. Classes are suitable and achievable for everyone, no matter what age, gender or previous experience.



Currently offerings are for the aging community due to specifically focusing on helping maintain cognition and keeping active to help stay healthy across all areas including mental health. Many are also looking for connection through community.

Helena has an extensive background in ballet, many dance styles, and teaching dance fitness since 2006.

Bringing back the love of classic dance and social connection is a passion of hers. The classes are both relaxed and welcoming with an emphasis on fun and laughter!



A variety of classes will be increasing across age groups as Helena grows the FitSteps® community in Auckland New Zealand. Be the first to experience these fabulous new classes!

*Since going to Helena's dance program, I have regained my stamina without considering it exercise. It's so much fun. Helena is a fun teacher and makes the sessions so enjoyable – Rose*

*Great fun and excellent exercise. Thoroughly recommend it – Gail*

*I have thoroughly enjoyed Helena's dance classes. She has managed to create a friendly and relaxed atmosphere whilst teaching so many different styles of dance - to great music – Pat*

*Thank you Helena for introducing me to your amazing dance work out you are a super talented lady. It is so much fun and great for all levels of fitness. I recommend this work out for all ages and fitness levels – Melissa*

Browns Bay St Anne's Hall 756 Beach Road  
Tuesdays 9am

Tuesdays 10.15am (coming soon)

Contact: 022 09 DANCE = 022 09 32623

Email: info@dancehaven.nz

Facebook:



Instagram:



## Build financial freedom

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

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## Content of this magazine.

If you have any editorial ideas or unusual photos please send to [editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

### Cost of advertising.

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

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We offer a free design service.

Please contact Carole on

473 3259 or email

[editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

Delivered to 7,000 homes and businesses in Okura, Long Bay, Torbay and Waiake monthly.

## editor's letter

We are so lucky to be living in Torbay.

Last month was a real treat.

At the start of the month, we visited the little Theatre to hear the Torbay Theatre Group with Here's a Howdy Do.

It was a medley of Gilbert and Sullivan songs put together in an imaginative way and had the feet tapping.

Having been a big fan of Gilbert and Sullivan when younger and having taken part in several productions the words and melodies just flowed back.

I also found for two weeks I was humming or singing many of the songs we had heard and in fact I have two that are still stuck in my brain!

Then towards the end of the month we went to the Let's Twist Again concert in the Community Hall. The Twist are 9 dedicated musicians and singers, many living locally too, who put on 6 performances to raise money for breast cancer.

In fact, Tor, the leader told me they had raised an amazing \$4000 for Breast Cancer so not only did we have a great evening we also helped with some funding towards helping those suffering from this terrible disease.

They have also set up a givealittlepage too to continue raising funds and are already planning their next concert.

It was another foot tapping evening of songs of the 60's, 70's and 80's.

It was great to see many people up and dancing too.

Everyone was having a great time, so thank you The Twist and the Torbay Theatre Group.

Another thoroughly enjoyable evening, right on our doorstep.

This month we celebrate Matariki and Albany Library has many events you can attend. See page 25 for all the details.

**Carole McMinn, Editor**



[editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz) | 09 473 3259

# Torbay resident is first Kiwi Laos refugee to write a personal account of their escape

Torbay can celebrate World Refugee Day on June 20 with a remarkable literary achievement. The first New Zealand book by a former Laos refugee, in their own words, has been written by a Torbay resident.

"A Different Kind of Kiwi" is the captivating true story beginning in a re-education camp where the author was born, deep in the Laos jungle. Re-education camps were part of the atrocities committed by the Communist Pathet Lao regime after its defeat of the Royal Lao government during the Secret War. In what became known as the Killing Fields of Laos, the Pathet Lao killed over 300,000 civilians.

At the age of five, his parents woke him and urged him to run. Displaying an exceptional memory, the author vividly recalls the key moments of his escape. Through evocative storytelling, he engages all five senses, inviting readers to connect with his experience. Most of the book is told from his five-year-old perspective, fostering empathy for the young boy navigating the jungle with his family.

This powerful tale emphasises resilience and hope,



reminding us of the profound impact of kindness on children fleeing war, as they settle in a new home.

To ensure accessibility for children and teenagers, the author intentionally kept the book to just 50 pages. Its release coincides with the implementation of the Histories Curriculum in New Zealand schools. An important part of New Zealand history, between 1979 and 1982 we welcomed 239 refugees from Laos. The population in New Zealand is now around 1600 people.

Writing under the pseudonym Xangda Duonghsavanh, the author says, "I wanted

to honour my parents, who brought seven children to a safer life in Aotearoa New Zealand. Also, to share our story with other Kiwis - most of my friends in Torbay won't know much about what happened".

Individuals can purchase "A Different Kind of Kiwi: Escape from the Secret War in Laos to refuge in New Zealand" in paperback or e-book from Amazon. Schools can obtain copies through library supplier Wheelers.



# Torbay Friendship Club

Hello to all those retired community members that need some warm company and somewhere to meet new friends. We at Torbay Friendship Club will welcome you with open arms. All you need to do is call either Noreen or Delphine, on one of the numbers below, for a friendly chat and more information.

The convenors of the Excursion group, arranged a tour of Chelsea Sugar Factory which turned out to be an unplanned adventure as well. We all had a good laugh when leaving after lunch. Our bus wouldn't start, so, with a great team of organisers we drove home in style, by taxi at no extra expense.

Our June Speaker, Craig Bidois, who works with the United Nations gave an insight to working in Iraq and Sudan - rather scary, but he obviously enjoyed his stints and survived to tell us all about it. We, with our luxuries, have no idea




what life is like in these war torn countries with so many people not fortunate enough to ever know what living in peaceful surrounding is like.

Just a reminder, once you have visited us and joined the club there are weekly/ monthly groups to join in as well, such as Scrabble, Craft Rummi Coffee Morning & Mahjong. The walking group is having a break until Spring.

We await your friendly call and look forward to meeting you.


Noreen McArthur 027 271 3524

Delphine Pearson 022 072 9813



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# Wendy Radcliffe 021 772 070

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## Wendy's update

Eager buyers have returned, property sales have been their best in a month since May last year. May sales are a sign that the Auckland property market has either hit the bottom of the current cycle or is close to it. If you are thinking of selling, it is time to 'make the plan', give me a call as I am happy to help with the process for you to make this move! Well-presented homes are in high demand and the winter months are a great time to get organised, and/or beat the competition that will come through in spring! Barfoot & Thompson Torbay and I offer fantastic, cost-effective marketing strategies with a continued and supportive network – selling locally exposes your home, a number one advantage!

*Kind regards, Wendy*

**No. 8 Individual Salesperson North Shore Region 2023**

Year ending 31 March 2023

## Torbay/Waiake May 2023

 <p style="text-align: center; font-size: 2em; font-weight: bold; color: yellow;">64</p> <p style="text-align: center; font-weight: bold;">PROPERTIES FOR SALE</p>	 <p style="text-align: center; font-size: 2em; font-weight: bold; color: yellow;">23</p> <p style="text-align: center; font-weight: bold;">PROPERTIES SOLD</p>
 <p style="text-align: center; font-size: 1.5em; font-weight: bold; color: yellow;">\$600,000</p> <p style="text-align: center; font-weight: bold;">LOWEST VALUE SALE</p>	 <p style="text-align: center; font-size: 1.5em; font-weight: bold; color: yellow;">\$1,800,000</p> <p style="text-align: center; font-weight: bold;">HIGHEST VALUE SALE</p>



# News from East Coast Bays Library

Jo Emenev and Ros Ali will be bringing their Saturday Writing Workshops back in July, with two Saturday classes and a sharing session for anyone with an interest in memoir, short fiction and poetry. They have enjoyed holding many workshops in Browns Bay and Takapuna, and they are delighted to be setting up at East Coast Bays Library, 8 Bute Rd, Browns Bay: Saturday 22 July, Saturday 29 July 10am-12.30pm & Saturday 5 August 10-11am. To register for a place, email Jo and Ros with your name, address, and confirmation of availability on all three days to [rosandjo@gmail.com](mailto:rosandjo@gmail.com). Registrations close July 10 or when places are filled.

There are fun, free activities to learn about and celebrate Matariki during the July school holidays. Children can

attend events we have scheduled, pop in any time to do a scavenger hunt, contribute to our Matariki displays and borrow books. School children can also sign up for the online Beanstack Challenge and win some great prizes.

For more information about what is on talk to library staff, pick up a brochure on your next visit, follow our Facebook page or search for Events at <https://www.aucklandlibraries.govt.nz>



## Book Reviews

### Everyone in My Family Has Killed Someone

By Benjamin Stevenson

“Everyone in my family has killed someone. Some of us, the high achievers, have killed more than once.”

A whodunnit, where the riddle is the body count in each chapter. Set on a snowy mountain ski field in Australia, a Cunningham family reunion takes



place. There’s a staunch matriarch; a Rolex-hugging stepfather; a control-freak aunt and a convicted brother. When a body turns up on the mountain, our reliable narrator Ernest (Ern) Cunningham guides us through a complex web of multiple suspects including a serial killer who could be someone among them.

For people who like ‘Golden Age’ Agatha Christie mysteries with a splash of Netflix’s Knives Out.

– Reviewed by Anya, ECB Library staff member.

*continued on page 19*

# Our Food Scraps Bins

Last month we had our food scraps bins delivered.

Here is some useful information from Auckland Council on how to use them most effectively. It is part of the move to 0% waste.

### What you can put in your food scraps bin

- Fruit and vegetable scraps, including peelings, cores, stalks and skin.
- Bread, pasta and rice.
- Dairy products.
- Meat bones and scraps, including fat trimmings.
- Fish bones and scraps, including shellfish shells.
- Egg shells.
- Coffee grounds and tea bags.
- Indoor cut flowers.
- Paper towels and tissues
- Any type of certified home compostable bin liner.

### What you can't put in your food scraps bin

- Plastic bags.
- Disposable food containers (including compostable items).
- Food wrapping, including cling film, waxed paper or aluminium foil.
- Cloth and clothing.
- Nappies and sanitary products.
- Pet waste.
- Liquids or chemicals.
- Cigarette butts.
- Soil or rocks.
- Garden waste like weeds, lawn clippings or hedge trimmings.
- Any containing metal.



# Bays Patchwork Group

This is a group of 20+ ladies who meet fortnightly to share and learn about patchwork and quilting. The group comprises a wide range of ages and abilities and has a welcoming and sharing atmosphere. We meet in the Heart of the Bays building every 2nd Thursday evening of the month when we share our projects, give demonstrations and catch up with others. We also have a Saturday sewing bee on the first Saturday of the month, sometimes working on our own projects and sometimes attending a more formal class.

The club has a focus on education and holds regular demonstrations in our meetings as well as more formal classes.

We bring in outside tutors as well as making the most of the experience and talent of some of our members. Classes focus on a range of skills for beginners through to more advanced and include construction and techniques.

Each year, the club runs an annual challenge. These are carefully chosen so that all participants will be



able to achieve success at their own level. Club night demonstrations teach any skills and techniques that are needed. Quilts are presented at our Christmas meeting and there are some great prizes for those taking part.

As a club we like to support our local charities and we know from experience that our quilts are welcomed and valued by the recipients from reports and letters we receive. We donate many quilts (over 80 per year) to children's charities, church charities, disaster relief and the hospital. Community quilts are a great way for members to try out new skills and designs for a good cause.

Social occasions make up a good part of our Club as well with dinners out, our annual Christmas party, road trips for shopping and shows and a yearly retreat at Long Bay.

Our monthly newsletter and Facebook page keep our members well informed of what is happening.

We are happy for you to visit before you decide to join us. Please call Marilyn Denton-Giles 021 174 4440 ,or 09 214 4873, for information on our next meeting.

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at Long Bay



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At Okura Bay Views, you'll have everything you need right at your doorstep. Enjoy the stunning rural outlook while still having the convenience of a village centre just moments away. It's the perfect place to raise a family or create your own private oasis away from the hustle and bustle of everyday life.



The masterfully planned community is designed to enhance your quality of life. With wide streets, a little through traffic, acres of walking trails, cycleways, and the white sand beach of Long Bay Regional Park to explore, you'll have access to everything you need for a healthy and active lifestyle. Established waterways and green spaces create a calming environment that encourages a sense of community and belonging.

Each of the 16 sections at Okura Bay Views is thoughtfully designed (By Templeton Group) to offer the best possible views. Following the natural flow of Vaughan Road, the sections offer unlimited views of the surrounding areas.

Whether you're looking out over Okura Bay, the Hauraki Gulf, Long Bay Regional Park, or Auckland City, you'll always be able to enjoy a stunning vista.

The sections vary in size from 500 – 630m<sup>2</sup>, with each one following the gentle contour of the ridge line. With so much space and natural beauty surrounding you, the possibilities are endless. You'll have the perfect canvas to create the dream home you've always wanted.

Don't miss out on the opportunity to live in one of Auckland's best-kept secrets.

Contact us today to learn more about Okura Bay Views and secure your own slice of paradise.



Viewing: By Appointment  
Website: <https://harcourts.co.nz/MAB33749>





# Cruise into the Future

Try something new with one of these beautiful ocean cruise offerings. From small to mid-ships, unique itineraries, immersive excursions, luxurious decor and delicious cuisine there is something suitable for any discerning traveller. Through a personalised service and dedicated planning, the Shore Travel cruise specialists will remove the guesswork, inspiring new possibilities in your travel before tailoring an experience that's just for you.

**Azamara:** Small ship luxury with destination immersion being their specialty. Longer stays in ports with night tours. Highlights include Scotland intensive, Perry Golf partnership, Croatia Intensive, Ancient pathways and West Africa.

**Crystal:** The new Crystal reborn (with new owners) claims to be exceptional at sea with a six-star service, unrivalled guest to space ration and all-inclusive offering. The inaugural cruise from Athens to Istanbul on Crystal Symphony launches 1 September 2023. She heads down under this summer.

**Explora Journeys:** A brand new luxury cruise offering for the discerning traveller. Launching their first ship in July 2023 in Northern Europe and the second in August 2024 in the Mediterranean. Swiss cosmopolitan boutique hotel feel.

**Oceania:** Country Club Casual with no formal nights. Exquisitely crafted cuisine. All made to order meals with fresh food shopped for at each port. Curated travel experiences with new itineraries each year. Featuring new Go local and wellness tour options. Great value for money.

**Paul Gauguin:** An economical and unique way to experience Tahiti. Exclusive small ship access to Bora Bora and private islands. Dive masters gear on board. Both honeymoon and family packages available. Starting from AU\$4,200 per person for 7 nights.

**Ponant:** The Gucci of the cruise industry. Suits those with a thirst for adventure and discovery. Experience the Two Poles itinerary or the new Japan expeditions, plus the exclusive Smithsonian partnership.



**Regent Seven Seas:** Destination immersion with unlimited excursions in each port. Concierge and penthouse butler service included with transfers and pre cruise accommodation. Cuisine is Epicurean perfection. Spotlight voyages include partnerships with Faberge and Formula 1.

**Seabourn:** Ultra luxury with guest experience being at forefront of mind, ie the Seabourn moment. One to one passenger versus crew ratio. Try the 32 day reposition Los Angeles via Hawaii and South Pacific to Auckland departing 21 October 2023.

**Silversea:** This all-inclusive, ultra-luxury cruise line features both ocean and expedition options with Port to Port or Door to Door packages.

**Windstar:** Captivating private yacht style cruising providing an authentic and distinctive experience. Understated elegance best describes this product. Every voyage includes more value. The wind class are classic sailing yachts made for adventure and features unique Mediterranean and Middle East itineraries.

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# The times they are a changing.....

Many local people are really concerned at the moment, at the numbers of reports of thefts and damage to property.

I know that in the space of 2 weeks, it was reported on facebook, that three times the road in which I live was named as a road where car damage and theft had occurred.

At the end of May New World had a window smashed and 7 young people aged between 15 and 17 years entered the premises. They were later caught by Police when they tried to ram raid an empty shop on Beach Rd.

When we first moved here 20 years ago, I remember reading the North Shore Times "Crime List" for the month.

I remember laughing because in one month all the crime committed in Torbay was the theft of a wheelbarrow from someone's shed and a bicycle. I also remember driving around and seeing bicycles lying on the berm, with the owner confident that when they returned their bike would still be there.

Not now.

We see on the community facebook of the East Coast Bays



photos of intruders caught on cctv looking for things to steal.

Cars parked on the road seem to be a favourite, especially if there are tools in the van.

How often do we hear the Police helicopter overhead tracking people of interest?

Many of these offenders are young people and one has to wonder how parents allow teenagers to roam freely in the middle of the night?

What can we do to change this?

If possible, park locked cars and vans on drives rather than the road.

Never leave your property unlocked, and check accessible windows are secure. Keep garages locked. Install, if possible, lockable side gates to prevent entry to rear of property. Don't leave ladders lying around in clear sight.

Report all incidents to the Police. It is only when they get the reports, they realise there is a problem in that area.

Look out for unfamiliar people hanging around and if concerned report to the Police.

**Carole McMinn**

## Monthly Quiz

Answers Page 30

[info@brownsbayrotary.co.nz](mailto:info@brownsbayrotary.co.nz)



1. 'And Then Came the Bridge' tells the story of Torbay. Who wrote it
2. What is the most-sold book
3. What is the fear of running out of something to read
4. What is Tsundoku
5. What is the most-banned book in the USA
6. Who wrote the 'Hunger Games' series
7. Who is Dr Seuss
8. 'And the Band Played On' tells the story of which disaster
9. 'Hairy McLary from Donaldson's Dairy' marks its 40th anniversary this year. How is this being celebrated
10. What are the first names of the three Bronte sisters

## Our News

It's all about books this month at Rotary Browns Bay. Following a donation of books made to us some months ago, the decision was made to hold a second-hand book sale.

We have been receiving so many donations we have had to take on a storage unit to house them.

## Rotary Browns Bay

A big thanks to Eileen at East Coast Bays Library who has organised space for a donations box in the foyer. So successful has that been that we are having to empty it every day. It seems many people are keen to offload excess books from their houses; I managed to fill nine banana boxes and still can't see gaps on my shelves.

If you have books you'd like to donate, they can be dropped off at the library, or give me a ring on 021 137 3385 and I will be happy to pick them up. If your book shelves are looking a bit depleted, come to our giant book fair in August and you can fill them up again. No date confirmed yet as we are looking for a venue big enough to hold it.

Proceeds from the sale will go towards our many Rotary projects; we support many local and international organisations.

Recently we have supported the Starship Air Ambulance, the 24/7 programme at Long Bay College, Trees for Survival at Pinehill School and the Mental Health Wellbeing programme for children in Northland Schools. We have purchased piupiu for Northcross Intermediate School's kapa haka group.

Internationally, the focus for Rotary is the elimination of polio and we make an annual donation to support this.

Interested in finding out more about Rotary? Please phone me or come along to a breakfast meeting, 7am at the Bays Club on the first and third Tuesdays of the month. We'd love to see you.



# Torbay Historical Society inc.

Early settlers to Torbay included the Kozenof family who emigrated from Russia when Nicholas was a pre-schooler. In 1960 Nick bought a 'paddock' which stretched from the corner of Beach Road and Waiake St. on the cliff side up to number 11, formerly the tennis court of Dr. Parsons, Torbay's first doctor. Jack and his wife, Jean lived at number 13. Below their house ran Deep Creek. A boat shed sat against the cliff. This shed was originally on the beach below Rock Isle Road, but to Kozenof's surprise, it came floating down below their property early one morning. To stabilise it into position against the cliff must have been quite a feat because the land was steep. The shed was well positioned on piles, which held it fast until the end of its useful life. It is a mystery as to who sent the shed by sea instead of land, but certain yachties in the area had their ideas.

Kozy had no children of her own, but became a wonderful caregiver. Godmother, friend and counsellor to many neighbourhood children, who kept in touch with her until her death in 2003, aged 96.

The Black and White photo is of the Kozenof paddock taken by Barbara Johnston. The coloured photo is the boat shed at Waiake. (Taken by Bill Ellis - 1996)

Our committee members and other helpers are in the process of doing a big clean-up inside the Vaughan Homestead and rearranging furniture and artifacts. All help would be appreciated. We are not having open days for the public at the moment. We are also arranging for more copies of 'and the came the bridge' books to be printed. The books can be borrowed from the public library.



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

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# IT'S BEEN A BUSY 3 YEARS

From COVID to Cyclones, it's been a tough three years for so many. On the flip side though, it's been amazing to witness our community coming together to support those in need. There are so many amazing people out there.

It's also been an absolute privilege to serve and support the East Coast Bays.

During COVID I gathered over 200 volunteers and we called everyone in our electorate over 60 to see if they were okay. From there we collected prescriptions and grocery shopped for many in the community.

After the terrible flooding we experienced this year, a bunch of volunteers and I delivered over 500 single-serve meals to those affected, emptied houses and cleaned up businesses.

I've continued to lobby Council about roading issues, supported constituents through their dealings with Government departments, and attended some fantastic local events and openings.

Parliament has also been incredibly busy. From putting pressure on the Minister to sort our immigration settings to calling others to account for our appalling education statistics.

I'd love your vote to have another three years as your local MP to continue representing our community.



## COMING EVENTS



**National SuperBlues** EAST COAST BAYS

**Morning tea with Hon Mark Mitchell**

Monday 03 July @ 10.00am  
Mairangi Bay Bowling Club  
\$10 per person (including GST)

**REGISTER: [www.EricaStanfordMP.co.nz/events](http://www.EricaStanfordMP.co.nz/events)**



**MEET & GREET Erica Stanford MP**

**Monday 17 July**  
**5.00 - 7.00pm**  
The Stoned Cow, Browns Bay

**Pop in and say hi**  
Free event, nibbles provided

**REGISTER: [www.EricaStanfordMP.co.nz/events](http://www.EricaStanfordMP.co.nz/events)**





# ERICA STANFORD

MP for East Coast Bays

## ELECTION2023

Now is the time to check you are enrolled to vote  
or that your details are correct

**GO TO: [www.vote.nz](http://www.vote.nz)**

 [www.EricaStanfordMP.co.nz](http://www.EricaStanfordMP.co.nz)

 [office@ecbnational.org.nz](mailto:office@ecbnational.org.nz)

  [@EricaStanfordECB](https://www.instagram.com/EricaStanfordECB)

 [Erica Stanford MP](https://www.linkedin.com/company/EricaStanfordMP)



# Torbay Garden Club

The 70th Jubilee luncheon of the Torbay Garden Club was a Platinum occasion held at the Community Hall. The theme was accented by touches of silver - from tablecloths, plates and grand floral tributes to the silver bows, tops, scarves and hats worn by members. Special guests included the Editor of Focus on Community, Carole McMinn, her husband Keith, and our expert judge, Graham Milne. Other guests who have supported the Club's efforts over the years were Diane Griffin, President Auckland Horticultural Council, and Diane Duncan and Judy Firkins from the Auckland Rose Society.



## Meet the pastor

St Mary by the Sea is an Intentionally Intergenerational Anglican Community on the corner of Deep Creek and Beach Roads in Torbay. Their Vicar, Revd Dion Blundell's passions are family, running the track between Long Bay Regional Park and Okura River, creating community and nurturing creativity. When Dion and Angela arrived in Torbay with their family, St Mary by the Sea went through a time of transition, where the faith community became intentionally intergenerational. This means that we live the belief that faith can best be nurtured when all the generations are together for worship and faith formation.

We don't split into separate age groups. Our belief is that each generation can learn from the next: "One generation commends your works to another; they tell of your mighty acts." - Psalm 145:4.

God has created each of us with the ability to co-create. To out-work this, we are becoming more creative.

St Mary by the Sea offered hospitality to Raft Studios, and over the last three years Raft have grown as they authentically Connect the Community through Creativity. Raft say: "You are welcome to come along, get creative, and share their work. Raft Studios are named after the raft at Waiake beach, a symbol of our home and a metaphor for art acting as a life raft for our community."

The next step for creativity for St Mary by the Sea is the



setting up of a studio to nurture Science, Technology, Engineering, Arts and Maths, amongst school age children. This will involve a purpose built space, a video editing suite and a scholarship space. It can be hard for creatives to get their business ventures off the ground, so St Mary by the Sea is offering a scholarship space to a creative for 2 – 6 months, to help them incubate.

We see part of our faith journey as being about nurturing the creativity that God has gifted each of us.

We would welcome you to explore faith, life and creativity with us.



There were also three members of the Hauraki Floral Art Club, some of whose members have belonged to both clubs over the years. Members raised their glasses in a toast to the continued success of the club before feasting on a sumptuous array of shared delights. Another toast was proposed to our new nonagenarian member, Beryl Fickling.

President, Hilary Collins, outlined the history of the Club from its beginnings and invited senior members of the club to share entertaining memories. A

centerpiece of the occasion was a stunning "70", crafted from succulents - along with an informative display of documents and photographs of past club activities and achievements over the years. Also on stage were the highly polished silver cups and trophies that continue to be awarded annually, and two large floral arrangements made by members Barbara Dines and Jo Price.

Once again there was a competitive display of flowers, foliage and fruits. "Best in Show" was a delicate Vireya bloom while the decorative section echoed the mood of the platinum milestone.

Torbay Garden Club looks forward to welcoming members of the public to the annual Spring Show which will be held on Saturday September 9th in the Community Hall.



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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# WARM UP THIS WINTER WITH A SOLID MARKET STRATEGY

After a horribly wet autumn we are enjoying dry and sunny winter days, perfect for getting your house ready for sale.

Buyer activity is strong and migration from areas outside Auckland including international expats is increasing. The market really does seem to be improving.

*If you are considering selling get ahead of the rush and plan for spring!*



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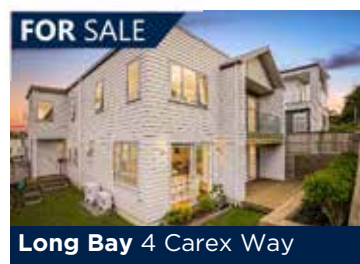
FOR SALE  
Glenfield 48 Bayview Road



FOR SALE  
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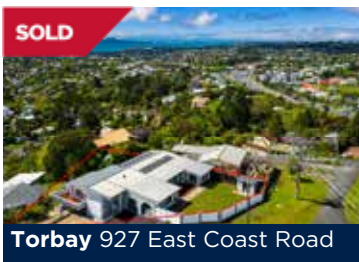
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SOLD  
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SOLD  
Mairangi Bay 31B Amante Cres



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# Torbay Theatre

**JULY SCHOOL HOLIDAY PLAY**  
for the very young (aimed at age 2ish to 8ish)

Bring your littlest ones to see **THE GREAT PIRATICAL TREASURE HUNT** at Torbay Theatre this July Tuesday 11th, Wednesday 12th, Thursday 13th at 2pm, \$5 All Ages.

Help the best pirates work out the puzzle and solve problems along the way. Can they read the treasure map, or will they be tricked? Look out for the colourful parrot!  
**BOOKING ADVISED:** these shows sell out fast.

For more information, and to book,

See our website: [www.torbaytheatre.com](http://www.torbaytheatre.com)

See also our Facebook page.

35 Watea Rd, Torbay.

Phone 02102940630

**AUDITIONS! 20th AUGUST 2pm - save the date!**

Big end-of-year musical, performances December 7-17.

More information on our website and Facebook when available.

*Above right: Pirates (and Creatures!) in rehearsal.*

*Right: Some of Torbay Theatre's resident pirates: 'I am a Pirate King' (Dylan Webb and his motley crew).*



## Further Book Reviews

**Crookhaven: The School for Thieves**  
By J.J. Arcanjo

Gabriel is thirteen, so he already has plenty of issues. Top of the list? Moving house and school so often he feels like he never fits in anywhere, and never having enough to eat. So, to fill his time and his empty stomach, Gabriel steals. He picks pockets, pilfers pies and purloins very nice hats. Until he picks the wrong pocket and finds that his target has stolen his most prized possession. To get it back, he must travel to a school on an island he's never heard of: a school for crooks. And he's been invited to stay. He hates leaving his Grandma behind... but will this be the place Gabe finally fits in? And could he learn why his parents left him behind?

– Reviewed by Jess, ECB Library staff member.



**B.F.F. : A Memoir of Friendship Lost and Found**

By Christie Tate

"For many of us friendship had been almost as tricky to navigate as romance. In some ways, more so". With these words the author takes us through her memoir of overcoming her lifelong inability to maintain healthy female relationships. Funny, emotionally satisfying, and insightful, Tate explores what happens when we finally break the habits that weaken our ability to connect with others, and the ways that one lifecan change another.

– Recommended by Mary, ECB Library customer.



# Interview with Richard Monks of Acquire

## Tell us about your background?

I have been working within Financial Services for just over 12 years after moving from the United Kingdom. I have worked for with Westpac before moving into Financial Planning providing individual financial advice. For the past 3 1/2 years I have been running my own financial planning practice based in Torbay helping clients achieve their financial goals and love what I do.

## How can I help?

Acquire Financials' vision is to help as many New Zealanders as possible to achieve their financial goals. At Acquire Financial we like to build long lasting relationships by helping clients in all aspects of their financial life. We understand that everyone's financial situation is different and tailor financial advice to each individual, couples and family's situation, ensuring that they can achieve their financial goal whilst living the life they want to leave.

## Mortgages

Getting into a home is one of the biggest goals for a lot of people, but how your mortgage is structured can allow you to save tens of thousands off your mortgage in interest and allow you to be mortgage free sooner. Whether you are looking at buying your first home, second home, buying an investment property or are



looking at refinancing to get a better deal we can help and we work with all of the major lenders. In a time where interest rates have been rising is there a better time than now to review what you have in place?

## The Importance of Personal Insurance

We never want to think about getting sick or losing a loved one but that is why personal Life and Health Insurance is important. Whether it is Life Insurance to provide for the loved ones that are left behind or protecting your biggest asset which is your income if you get sick meaning you can't work, Trauma

Cover if you are diagnosed with a critical illness or Health Insurance. we have cover that can provide you with that protection. It isn't a one size fits all and is something that should be regularly reviewed.

## KiwiSaver & Retirement Planning

When we think about retirement, we always think that is a long way away and KiwiSaver will be NZ Superannuation will be enough bit what lifestyle will that allow you? KiwiSaver has been a great additional to the retirement landscape in New Zealand but being in the right fund can make big difference to the end balance. A regular review is important, and we work with all the major providers to help you get to where you want to be.

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# Community Notice Board at Long Bay



In the heart of Long Bay in the Village Centre there is now a notice board for community to be able to share all their news.

It is in the side window of Barfoot and Thompson so if you have any news of events you would like to share take your poster into Barfoot and Thompson and they will display it for you.

If you are a small group that meets and would like to grow, then put a poster in. You can contact me [editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz). and I will help promote you too. We have a great community to share.

## Torbay Tai Chi

Torbay Tai Chi offers a gentle exercise programme suited to Seniors who wish to maintain fitness and flexibility. The class is held in the Senior Citizen's Hall on Tuesdays 9.30 to 10.30 during school terms. Newcomers are welcome to visit and try movements with 'fun' names such as 'unfolding the peacocks tail' and 'playing with the waves'. Here participants are performing 'cloud hands'. Phone Jo on 0276738836 or 4638836 for more information.



**Andrea Tavae**  
022 476 7273  
[a.tavae@barfoot.co.nz](mailto:a.tavae@barfoot.co.nz)

# Local like you

**Blessed to live in the beautiful bays!**

My all time favourite beach has to be Waiake, it's so picturesque and adventurous - My boys love jumping off the rope swing at full tide and exploring The Tor at low tide. Our rescue dog Xander loves exploring the creek and fetching sticks from the ocean. Awaruku Bush Walk is a hidden gem we love exploring too! Torbay is a wonderful place to raise a family, there is so much to enjoy in our local hood! Hope to see you around enjoying our local spots too.

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**Torbay 09 473 9190**

# Adventure activity operators

In an effort to develop life skills in participants, experiences at MERC inherently involve some form of risk. This risk is carefully managed to safeguard participants with our safety system, including our skilled team.

Since the introduction of the Health and Safety at Work (Adventure Activities) Regulations 2016, Worksafe has had oversight of registered Adventure Activity Operators (AAO). This includes an audit process, meaning AAO's safety systems are reviewed by Worksafe NZ approved auditors. Audit looks at systems to ensure they meet the standards set by Worksafe NZ. This includes governance oversight, staff training, hazard mitigation, equipment, safety procedures and emergency response plans. Auditors can suspend, withdraw



or limit the scope of certification based on the outcome of surveillance activity. If they find serious issues, they will advise WorkSafe NZ and the Registrar may suspend or cancel registration.

MERC has invested in becoming an AAO since 2016 in an effort to provide guests with additional assurance that we do provide safe, fun, high quality marine environmental education and recreation experiences for young New Zealanders. We are pleased to have again passed our surveillance audit in 2023 and trust that the community take confidence and see value in this Worksafe endorsement.



Article & images by Yuin Khai Foong for Sir Peter Blake Marine Education and Recreation Centre, Long Bay. [merc.org.nz](http://merc.org.nz)

## Millionaire's Shortbread

I decided to give my pantry a turn out and found I had several tins of condensed milk and there is really only one thing to make with this.

### Ingredients

#### Shortbread

- 170 grams unsalted butter at room temperature
- 100 grams granulated sugar
- 190 grams all-purpose flour
- ½ teaspoon salt

#### Caramel

- 1 can condensed milk
- 55 grams unsalted butter
- ½ teaspoon salt

#### Chocolate Topping

- 226 grams semisweet chocolate, chopped.

Make the shortbread layer: Heat oven to 325 degrees. Line an 8-inch square baking pan with parchment paper. In a large bowl, beat together butter and sugar with an electric mixer on medium until fluffy, about 2 minutes. Add flour and salt, and beat on low just until the mixture is evenly combined and the texture of coarse sand.

Tip mixture into prepared pan, and press down firmly into an even layer. Bake until top is dry and light golden brown, 30 to 35 minutes. Transfer to a rack to cool.



Make the caramel layer: In a medium saucepan, combine condensed milk, butter and salt. Cook mixture over medium heat, stirring constantly with a heatproof spatula, until it has thickened and changed to the colour of butterscotch, about 5 minutes. Adjust the heat as necessary to keep the bottom from scorching. Immediately pour the caramel over the baked crust and spread it into an even layer.

To melt the chocolate, you can either use a microwave or a double boiler. While easier in the microwave it gives a much better effect when melted in a double boiler. Spread over the caramel and place in fridge.

When solid cut into squares – so moreish.



# Neighbours Mix and Mingle

What a lovely evening, on Thursday June 15th, at the Mix and Mingle event organised by the Long Bay Residents' Association.

It was such a wonderful opportunity to meet and socialise with fellow Long Bay neighbours, to be able to learn about the future plans of the association, and share our thoughts on what we would like to see from it.

This is how community is built with these events and groups.

If you would like to keep in touch with what is happening at Long Bay why not join the Long Bay Community Facebook page and this will keep you up to date with all community events.



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# Quizzes

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 D L C M H O H J L H P A H N C  
 L T R A C D N A E S R O H I A  
 E U X K Y S R L C Y V B R L B  
 S J E T S K I X A E S Y E E R  
 T T L X L C S C R E N R D S A  
 E A P Q O B H C M F I R I I C  
 A N B P X T R W O N A E L U R  
 M D T A T A O B W O R F G R O  
 E E Q Y F M D L I T T O W C T  
 R M O T O R C Y C L E E R D O  
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| MOTORCAR     | PADDLESTEAMER | MOTORCYCLE |
| ROCKET       | SCOOTER       | ROWBOAT    |
| SKATEBOARD   | TANDEM        | SPEEDBOAT  |
| TAXICAB      | YACHT         | TRAIN      |

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

**WINTER**

20 good, 25 very good, 33+ excellent

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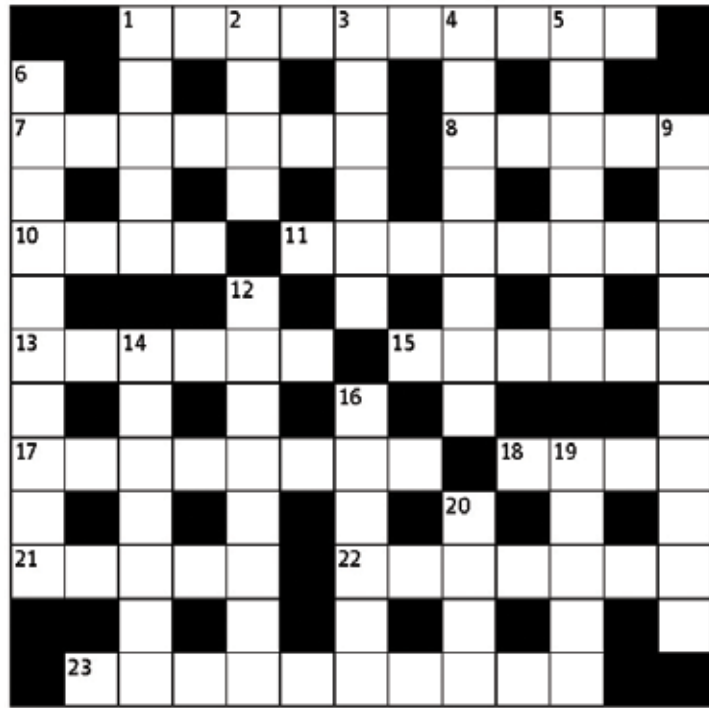
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### CROSSWORD



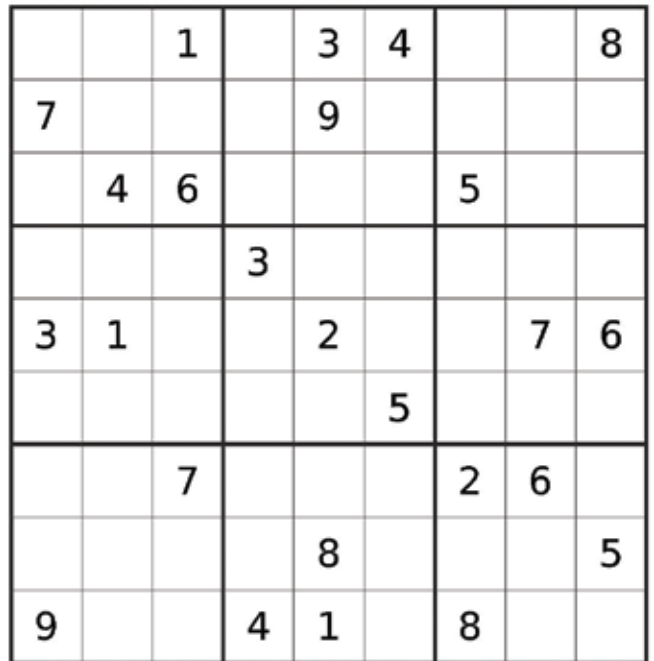
**Across**

- 1 Remarkably forceful person (10)
- 7 Attack, verbally or physically (4,3)
- 8 Unattractive – flat (5)
- 10 Wheedle (4)
- 11 Interrogate (8)
- 13 Hindus' most sacred river (6)
- 15 Stationary (2,4)
- 17 Graceful ruminant – one leapt (anag) (8)
- 18 See 9
- 21 Captain of the Golden Hind, d. 1596 (5)
- 22 Between (7)
- 23 Distribution of resources (10)

**Down**

- 1 Staple food of Italian origin (5)
- 2 Fleece (4)
- 3 Busy rush-hour side road (3,3)
- 4 Facing (8)
- 5 Shore – disease (anag) (7)
- 6 Scoundrel (10)
- 9,18 Golf club's bar (10,4)
- 12 Helter-skelter (4-4)
- 14 Crackpot (7)
- 16 Bee house (6)
- 19 Should (5)
- 20 To a greater extent (4)

### SUDOKU

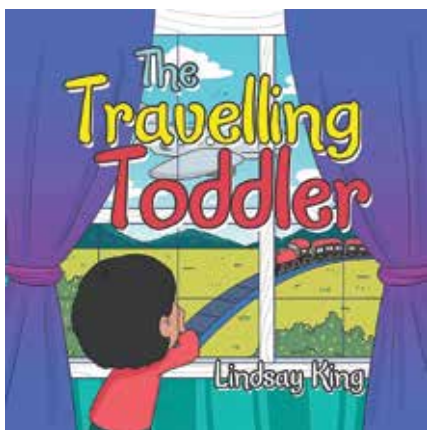




# Celebrating Matariki

Monday 3 July 11:00-11:30 **Visit by NZ Children's Author Lindsay King**

Join NZ children's author Lindsay King for songs, reading, questions and a book signing for *The Travelling Toddler*.



Tuesday 4 July 5:30-8:00 **Star Gazing with the Auckland Astronomical Society**

Wrap up warm and prepare for an unforgettable night of star gazing for the whole family. We will meet in the library. Astronomers will talk to us about what we can expect to see in the night sky then we will head outside and take turns looking through the telescopes.

Friday 7 July 3:00-4:30 **Movie Time**

Saturday 8 July 10:30-11:30 **Birds of New Zealand**

Hear stories about native New Zealand birds then make a bird mask.

Sunday 9 July 2:00-3:00 **Matariki Mindfulness Art Session**

Join us in an art session inspired by the Matariki stars. Either colour in our Matariki resource or draw your own pictures. All ages welcome.

Tuesday 11 July 11:00-12:00 **Star Weaving**

Listen to stories about Matariki then make your own woven star.

Wednesday 12 July 11:00-12:00 **Flax Weaving Workshop**

The whole family is welcome to try flax weaving.

Saturday 15 July 10:30-11:30 **Matariki Storytime & Māori Stick Game**

Listen to a Matariki story then play a traditional Māori stick game.

All events are free, wheelchair accessible & suitable for all ages.

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



**Karin de Leeuw**  
027 270 2700  
k.deleeuw@barfoot.co.nz

## Local like you

**Our Mum Karin has sold a lot of houses around here for nearly three decades. She knows this place like the back of our paw.**

We are Paris and Coco and we love this neighbourhood. Paris was here first while Coco is an import from Palmerston North. Our favourite activities are walking on the beach and visiting our local cafe. Sometimes Mum leaves us home alone while she goes and helps out at the hospice shop.

If you are thinking of selling then give our Mum a call. But remember one thing that is for sure...we are not for sale!

**BARFOOT & THOMPSON**  
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**Long Bay 09 473 0712**

# Torbay & Long Bay Medical Centres

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## SLEEP

Sleep is such an important part of our lives, yet it is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. The exact role and function of sleep is debated by researchers, but most agree that sleep serves a restorative purpose, both psychologically and physiologically.

Research tells us that there are two types of sleep:

### REM (rapid-eye-movement) sleep:

this type of sleep occurs for about 25% of the night, and is characterised by electrical activation of the brain, very relaxed muscles and body becoming immobile, and rapid eye movements as the eyes dart back and forth under closed eyelids. REM sleep provides energy to the brain and body and supports daytime performance. Dreams often occur during REM sleep, although they can occur at any stage.

### NREM (non-rapid-eye-movement) sleep:

this type of sleep occurs during the other 75% of the time, and can be further broken down into 4 stages:

**Stage 1:** this is light sleep, between being awake and falling asleep

**Stage 2:** this is the onset of sleep, when the person begins to become disengaged from their surroundings. Body temperature drops and breathing and heart rate become regular.

**Stages 3 & 4:** These stages are the deepest and most restorative sleep, known as 'delta sleep' - Stage 3 is a transition into Stage 4, or 'true delta.' During these stages, blood pressure drops, breathing becomes slower, muscles are relaxed and receiving more blood supply, tissue growth and repair occurs, and hormones are released (including growth hormone, which is why growing teenagers need to sleep more).

It is thought that delta sleep (stages 3 & 4) is most involved with restoring the body and physical energy, while REM sleep is most important for restoring mental function such as memory and concentration.

Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

People vary in terms of how much sleep they need - while the average sleep duration for adults is 6-8 hours per night, some people function well with a little less sleep and others with a little more.

Good sleepers usually take less than 30 minutes to fall asleep at the beginning of the night and will wake up once or twice during the night. In other words, it is unrealistic to expect to fall asleep immediately on getting into bed or to never wake up at all during the night. Even the best sleepers in the world don't achieve this! Also, everybody, even the best sleepers, will have a night now and then when it takes them a long time to get to sleep. This is often triggered by a stressful event and will usually pass after a night or two. Similarly, everybody will have a night now and then when they find it difficult to get back to sleep after waking in the middle of the night.

Whatever your individual needs, lack of sleep or poor sleep quality can have effects including:

- Poor attention, concentration and memory
- Irritability and other mood disturbances
- Impaired judgement and reaction time
- Poor physical coordination (dangerous for driving)

The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night's poor sleep vs. chronic problems) and the tasks and responsibilities of the day. If you have ongoing problems with sleep, **it is important to seek help.**



### Torbay Medical Centre

1042 Beach Road, Torbay, 0630  
09 477 9000

### Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay  
09 473 0063



# Vitamin B12: Boost Your Life

Vitamin B12 deficiency is often discovered because people experience low energy. The good news is that low B12 levels can be increased easily giving you a real boost in energy and vitality. In fact, it is very common for people with chronic fatigue syndrome to have low vitamin B12 levels.

For some people, this can be achieved through your diet. Animal meats are the best sources. Vegetarians often become deficient in vitamin B12 over time. Supplements can also be useful. Tablets are available, but some people lack the enzymes necessary to absorb B12 from food or tablets.

The absorption of vitamin B12 decreases with age. For this reason, supplementation of vitamin B12 is recommended for most people over the age of 60. For people over the age of 60 and those younger ones who cannot absorb B12, we need to use a form of vitamin B12 that bypasses normal digestion. This can involve drops or tablets that dissolve in the mouth which get absorbed straight into the blood stream. Some people may need injections of vitamin B12. These injections can be given by a pharmacist.

While energy and vitality are the best-known role of vitamin B12, it also has lots of other uses. For example, B12 lowers homocysteine levels which protects against heart disease. Vitamin B12 may also protect against age-related hearing loss (tinnitus or ringing in the ears can be due to low B12)

and helps to protect the eyes from glaucoma and cataracts.

In the immune system, B12 is involved in the production of antibodies which protect you from viruses and bacteria. It also helps protect cells, and accordingly might be useful in protection against some cancers.

Patients with fibromyalgia often have very low levels of B12. A deficiency in vitamin B12 may also contribute to osteoarthritis, psoriatic arthritis, and rheumatoid arthritis.

The potential benefits of vitamin B12 in the nervous system are vast. Areas that you might see improvements include alertness, learning, sleep, Bell's Palsy, migraine, depression, multiple sclerosis, numbness, OCD, and vertigo.

I should also make mention of areas like asthma, infertility, and skin health, which can all be influenced by vitamin B12 levels.

A vitamin B12 blood test is not always a completely accurate level of vitamin B12 status. False high and low levels have been demonstrated in scientific medical literature. The best test is to measure a metabolite of B12 called MMA through overseas labs. For this reason, and the fact that vitamin B12 is incredibly safe, I often recommend patients don't bother testing and simply try supplementing and see how they feel.

If you want to discuss getting a B12 supplement or a "shot" come chat to the team at Unichem Torbay Pharmacy.

## BTG THE BODY TONIC GROUP PERSONAL TRAINING

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

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

Enjoy low impact exercises = positive results!

Relaxed environment. All ages and levels.

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

*Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.*

**Lynne Scott - 021 204 3280**

Movement Specialist & Fitness Trainer

(Reps. Registered)

Pelvic Floor & Core Certified

Sports Advanced & Remedial Massage Certified

Author

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

# Time To Review Your Asset Structure.

*Joan and Tom had three trusts. One owned their family home, one owned their holiday home in the Bay of Islands and one had owned their business. Now that the business had been sold, that trust held a share portfolio into which the proceeds of the sale of the business had been invested. Joan and Tom's accountant was their professional trustee. However, he was getting close to retirement and had indicated that he no longer wished to be a trustee.*



Joan and Tom thought it would be good to take the opportunity to completely review their trust structure. They talked to a friend who recommended that they seek advice from a trust specialist. He explained that trust law had become very complex and was firmly out of the domain of general practice lawyers. So, Joan and Tom made a time with the specialist trust lawyer he recommended and took the large folders with all of their trust documents inside, along.

The lawyer said she would be very happy to review the trust documents but questioned in the first instance why they had so many trusts. Joan and Tom didn't really know, other than they thought that was what their accountant had recommended at the time. The lawyer advised that when they had their business it was probably a good idea to have had their business in a separate trust. However, now that it had been sold, there was no need to continue to hold the proceeds in a separate trust.

The lawyer also said there was no good reason why the bach was in a separate trust and said it could easily be in the same trust as their family home. She recommended that she review the trust deeds for all three trusts to see which one was most up-to-date in its terms. If there was one that was on

modern and flexible terms, she said they could resettle – or transfer the assets from the other trusts into that one. Much had changed since Joan and Tom had set their trusts up and it was important that they were reviewed in light of the new Trusts Act 2019.

If none of the trust deeds were suitable then Joan and Tom could establish a new, modern, flexible trust and transfer all of the assets of the other trusts onto the new trust. Joan was a bit alarmed by this. She had heard that if you moved properties that weren't your family home out of trusts, then the bright-line test would be re-set. Their new lawyer confirmed that yes, that had been true, until very recently when new legislation introduced roll-over relief. What this meant was that residential properties could now be transferred in certain circumstances from trust to trust with no tax consequences. This was only a recent development in the law, but one that Joan and Tom could take advantage of.

The restructuring of Joan and Tom's affairs also included reviewing their wills and their memorandum of wishes for the trust. It had been some time since this had been looked at. The lawyer said it was important to review these documents regularly, either when there was a change in circumstances, or ideally no less than every three years. She also reviewed their enduring powers of attorney to make sure these were still appropriate, and Joan and Tom identified an important change they wanted to make.

Review of your asset structuring is something that needs to be done on a regular basis. It is not only your circumstances that might change, but there can be important changes in the law that may enable you to more easily simplify your affairs, or it may be something that could render your existing documents out of date and not fit for purpose.

It is also important to see a specialist. Asset structuring has become complex. Modern lives are more complicated and the documents that govern our affairs are also less straightforward than they used to be. It is always better to document well upfront, rather than have to deal with a messy situation, due to lack of planning, in the future.



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





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 the Trust Team for specialist asset structuring and planning advice.

## Quiz Answers

1. Marie Gray and Jennifer Sturm
2. The Bible
3. Abibliophobia
4. It's Japanese for 'to let reading materials pile up in the home and never read them'
5. The Harry Potter series
6. Suzanne Collins
7. Theodor Seuss Geisel
8. The sinking of the Titanic
9. A look-alike contest for dogs
10. Charlotte, Emily and Anne

## Classifieds

### Accounting

**Vision Accounting Solutions Ltd** – www.visionaccounting.co.nz 09 415 0319 Need assistance with financial accounting and taxation matters? We aim to help you understand your numbers, build financial freedom, protect your assets, manage your financials without stress and make informed decisions when you need to. Virginia Stallard and team.

### Health & Wellbeing

**Jasmine's Thai Massage For Ladies Only** – 7 Babington Place, Torbay. By Appointment only. Ph 0222474753 or 0224739419

**TORBAY TAI CHI** – Tai Chi is gentle exercise to maintain balance, co-ordination and wellbeing. Benefit for all levels of mobility. Join a friendly group of Seniors at the Torbay Senior Citizens' Hall on Tuesdays, 9.30 to 10.30. Come along for a sampler class or phone Jo on 0276738836.

### Home and Garden

**Carpet and Upholstery Cleaning** – stain removal, free deodorising. Fly and insect control. Phone Michael 473 1422 or 0275739112

**Floor Cleaning and Polishing** – Phone Michael 473 1422 or 027 573 9112

**Garden Bags and Bins** – Prompt and professional service, competitively priced. Call John 0508262626 or 021745992, www.jdpropertyservices.co.nz

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

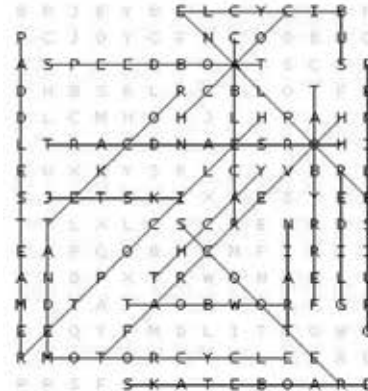
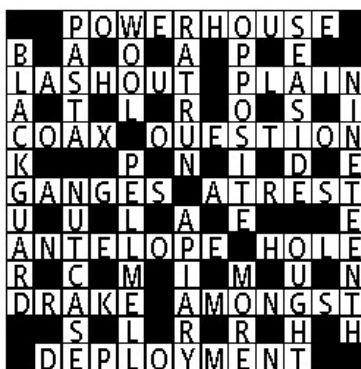
**Landscaping** – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt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

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

**Painter** – Experienced local painter available for fine residential painting. For beautiful, lasting results phone James for a free estimate on 021336313

**IF YOU WOULD LIKE TO ADVERTISE YOUR BUSINESS IN CLASSIFIEDS IT COSTS \$5 FOR 7 WORDS. CALL CAROLE 473 3259 OR EMAIL editor@focusoncommunity.co.nz**

## Puzzle Answers



### Word Puzzle

inert, inter, ire, net, new, newt, nit, nitre, rein, rent, rewin, rite, ten, tern, tie, tier, tin, tine, tire, twin, twine, weir, went, wert, wet, win, wine, winter, wire, wit, wren, writ, write.

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

## focus

on community

09 473 3259

editor@focusoncommunity.co.nz

## Tides July 2023

(Murrays Bay)

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

Times adjusted for Daylight Saving.



# Award-Winning Excellence

# Exceptional Results

1

**Top Salesperson**

Long Bay Branch 2022

6 months ending 30 September 2022

10

**Individual Salesperson**

North Shore Region 2021

Year ending 31 March 2021

1

**Top Salesperson**

Coatesville Branch 2021

Year ending 31 March 2021

9

**Individual Salesperson**

Rodney Region 2020

Year ending 31 March 2020

1

**Top Salesperson**

Long Bay Branch 2020

6 months ending 30 September 2020

7

**Individual Salesperson**

North Shore Region 2020

6 months ending 30 September 2020

1

**Top Salesperson**

Coatesville Branch 2019

Year ending 31 March 2019

6

**Individual Salesperson**

Rodney Region 2019

6 months ending 30 September 2019



## Your Top Local Team

**Shane Anderson**

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TORBAY

LONG BAY

**Jen Anderson**

0211 77 5530 | [j.anderson@barfoot.co.nz](mailto:j.anderson@barfoot.co.nz)

WAIAKE

OKURA

**BARFOOT & THOMPSON**

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# Local like you

To us, 'Local like you' doesn't just mean that we're in your area, it means that most of our salespeople live, work and play in Torbay, and love every minute! There are so many things that make this suburb so great. The village atmosphere, the superb schools, the lovely homes, the beautiful parks and beaches, and most of all, the wonderful, close-knit community.

**We are here for you Torbay!** With a neighbourly wave, local knowledge and in-depth property expertise. Call in for a chat any time.

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& THOMPSON**  
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**Torbay**

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