

focus

Issue 19
September 2023

on community

Long Bay, Okura & Torbay

MERC Encourages Young People

See page 20



Heart and Energy Boost from Vitamin K2

What is Vitamin K

Vitamin K was discovered in 1929 as an essential nutrient for blood coagulation, which is the scientific term for blood clotting.

There are two main forms of vitamin K:

- Vitamin K1 (phylloquinone): found in plant foods like leafy greens
- Vitamin K2 (menaquinone): found in animal foods and fermented foods, also produced by gut bacteria

Vitamin K2 can be further divided into several different subtypes. The most important ones are MK-4 and MK-7.



Cardiac Output

Aerobic athletic performance declines with age as the body becomes less effective at utilizing oxygen. The maximal ability to utilize oxygen can be measured by VO₂max, an assessment of how much oxygen your body can use per kilogram of body weight.

Unfortunately, after the age of 30, VO₂max will begin to decline. For non-athletes, VO₂max tends to decline by about 10% every decade. The main reason that VO₂max declines with age is because the maximal heart rate (max HR) decreases as well.

Cardiac output is defined as the volume of blood pumped, per minute, by each ventricle of the heart. Of all the measures of cardiovascular performance, cardiac output likely has the biggest impact. It is a direct measure of the body's ability to deliver oxygen to starving muscles. An increase in cardiac output without an increase in heart rate is favoured as this demonstrates increased capacity of the ventricles and the vascular system and not just on the frequency of the heartbeat.

Vitamin K2 appears to improve cardiac output by maintaining healthy mitochondrial function.

Myomax

MyoMax[®] is a high-dose, 100% soy-free vitamin K2 (MK-7) supplement formulated to support healthy mitochondrial function. This formula includes 300 mcg of vitamin K2 with calcium pyruvate to support ATP production.

Benefits

Boosts Energy, Improves Heart Health, Improves Bone Health

- 40 – 50% increase in energy production in your mitochondria
- 12% increase in cardiac output
- Extends duration of peak fitness
- Reduces calcium deposits in arteries meaning less chance of cardiovascular disease
- Improves calcium levels in bones meaning better bone health.

Opening Hours

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

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9:00am to 4:00pm



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Martin Harris

Have a go day @ the Browns Bay Lawn Bowling Club

Dating back to the 12th century, Lawn Bowling became famous in Britain where it was enjoyed as a sport with minimal stress. To many observers, lawn bowling appeared to be an easy game. However, the game is challenging and fun. The player's goal is to position the ball close to the target - Jack (often called Kitty) but this is no mean feat.

The game is played with a certain number of bowls (depending whether you play singles, pairs, triples or fours). 4 bowls make up a set – each set of bowls has its own icons which ensures no two sets are the same, they are unique.

The Jack is sent down a centre line on the green and becomes the target during gameplay. Thereafter, test your skill to see how close you can get. Sounds easy? Not at first but the more practice, the better you'll be.

Before assuming lawn bowls is a sport only taken seriously



by a mature-aged crowd, know that this humble game is still capable of getting your heart pumping. It is misconceived as an older person's sport but until you try it, you don't know how addictive and enjoyable it can be.

It doesn't take long to grasp the basics of the game and it's a game for people of all ages, abilities and fitness levels.

Joining a bowls club brings a host of social benefits and members – Browns Bay Bowling Club is known as a friendly, welcoming club. We have great members, excellent social activities with our club night every Thursday from 5pm.

Our Have A Go Days will be held

- Wed 27th Sept
- Sat 30 Sept
- Wed 4th Oct – all starting at 10am.

These mornings run from 10am to approx 12 noon. If you can't make these mornings, give us a call to organise another time. We will make sure there are always people to help you. All you need is flat soled shoes. Bowls and equipment supplied.

Ph 478 6952 or email us at brownsbaybowling@outlook.com Lin, Andrea or Pauline will help you.

BRING ALONG YOUR FAMILY AND FRIENDS

Don't rule bowls out until you try it !

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Content of this magazine.

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

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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

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

editor's letter

On Sunday 10th September it is World Suicide Prevention Day.

Since COVID we have seen a huge rise in mental health problems in people of all ages and walks of life.

Life is just tough for many. There was so much uncertainty when we were battling COVID. There were the lockdowns that when lifted still caused issues for some on leaving the safety of their homes to go out to do even the simplest of tasks.

Business owners battled with lack of productivity, cancelled orders, and welfare of staff.

Many schools are still struggling with student attendance.

In the first lockdown I was involved with someone whose only child, a 16 year old, had committed suicide.

The effect on the Mum was horrendous and even now everyday life is still a struggle for her. It is something she will never recover from.

I cannot imagine how desperate you

much be to reach that point.

We need to be alert, to changes in behaviour in our loved ones and those we come into contact with, and move alongside those we see struggling. Never think "It's not my business", your intervention could save a life. Let's all try to help reduce the numbers of these desperate people who take their own lives.

On a lighter note, Sunday September 3rd is Father's Day. It's that special one day where we can all make a real fuss of our Fathers. It can be as simple as a card and a visit or something more elaborate that requires planning. We often find it hard to tell those near to us what they mean to us and this is your chance. It is also good to tell them throughout the year too! See page 14 for some ideas of how you can spoil your Dad, on his special day.



Carole McMinn, Editor

editor@focusoncommunity.co.nz | 09 473 3259

Meet the Pastor

My name is James McBurney, and I am Senior Pastor at Long Bay Baptist Church.

I am married and have 4 children ranging in age from 14 to 22. I have been here for 11 years, but the church has been part of this community since 1975.

Photos, from when the church was built, reveal no surrounding houses at all!

How things have changed.

Although we have been around a long time, our buildings are tucked away down a hill and not very visible. We hope our actions have a little more impact.

This church serves our community in a number of ways.

If you have had a baby and Plunket provided some meals, that was us.

If you have a child at Long Bay College and they have benefited from the youth workers there, that is in partnership with us.

We provide housing for those in need, a food bank for those



who need food, and help pay the doctors' bills for those who need care but cannot always afford it.

We have ministries for children, and intermediates, and youth.

Some of you may have been part of our Mainly Music or been through our kindergarten which is now a full-time Early Childhood centre.

We host a seniors' lunch club, and community coffee groups for women and for men, who meet at Mitre 10 (how very manly).

We preach the good news about Jesus, and run Alpha courses to

introduce him to those who are seeking answers.

We are a faith community of all ages and many nationalities, and we feel the richer for it.

I say this not to brag but just to tell you that these are ways this local church tries to be the hands and feet of Jesus in our local community and, through this, to show you the love God has for each and every one.

A box of Ex's in my garage - Michelle Kelly's latest novel

Local author, Michelle Kelly has been living in Torbay for forty plus years. Although Michelle works full time as an Administration Manager, writing is her passion. In the cottage that she affectionately calls 'The Writery' she has penned six novels and writes every night until around 11pm.

Her sons Paul, and Mike inspired Michelle's first novel, Payback. Scholastic New Zealand sent her manuscript to New Zealand's top children's author, Joy Cowley to assess. Joy gave Michelle valuable advice helping her improve the story. Not only was Payback published by Scholastic, but it competed against Joy Cowley's Chicken Feathers in the Junior Fiction Category of what was then called the NZ Post Book Awards. Michelle was delighted her debut novel Payback was a finalist and honoured to be in such respected company.

Michelle's Historical novel, Riverstones came to her in a dream. Set in the Otago gold rush in the 1860's, Riverstones is based Skippers Canyon. Michelle was fascinated by the research but when she visited the notorious Skippers



Road, she found herself cringing in fear and desperately hanging onto the jeep's door handle. Riverstones is a family saga, and one book was not enough, Scattered Stones and Sticks and Stones soon followed, and a fourth book is on the way. Michelle hopes that one day Riverstones will become a TV series.

Set in the Bays, her latest novel is a Chick Lit called, A Box of Exs in my Garage. She was writing a screenplay at the time, so the book was an unintentional two for the price of one surprise. The main character, Sally, is a commitment phobe looking for lasting love. Sally works in a rest home, it is a nice, safe environment; the men there are not fast enough to catch her, and they pose no threat. Being a commitment-phobe, that suits her,

but she is also a hopeless romantic searching for forever love.

Michelle plans to launch A Box of Exs in my Garage at the East Coast Bays Library in October.

Find out more by visiting [www. http://michellekellyauthor@gmail.com](http://www.michellekellyauthor@gmail.com) or email michellekelly@thewritery.nz or order books at bookorders@thewritery.nz



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Wendy's update

Signs of positivity are emerging in the market! Buyer enquiry is strong – listed homes on the market are at a low in our area – if you have been thinking of selling it is a great time now to make the most of the low competition.

Being a continued Local Top Salesperson in the Torbay/Waiake area I offer in depth local knowledge of comparative homes sold and for sale, an overview of the current real estate climate in our area, and, advice on the best way to present your home to maximise your sale. You are welcome to give me a call if you are wondering what your home is worth on the current market and to discuss your next move. I look forward to hearing from you,

Kind regards, Wendy

No. 8 Individual Salesperson North Shore Region 2023

Year ending 31 March 2023

Torbay/Waiake July 2023



How it used to look - Bill Ellis shares his amazing photos



12th. Feb 1994 at dawn on Long Bay Beach - a rahui placed on the local area.



April 1994 - Beach Road from near Long Bay Drive (note cattle under the trees)



Feb. 1994 - Towards Northern end Long Bay. Trees and buildings now gone.



The same area Jan. 2002



Jan. 2001 - In the park looking South towards the baches (Now gone)



Midwinter swim Long Bay June 2000



The beach mid winter swim June 2000

Torbay Rotarian sees excitement in the Malvern Hills

After spending some hours drifting through the massive Hyundai factory in South Korea a few years ago I recently came across a totally different manufacturing process in the factory of Morgan cars in the hills of Malvern, which spans the English Counties of Worcestershire, Herefordshire and a small area of Gloucestershire.

I'm no real petrol head but the process is quite dramatic. These handmade beauties are an antidote to mass produced manufacturing. For over 110 years and established in 1909 this factory produces approximately 18 vehicles personally ordered totally hand made, each week.

In Korea the Hyundai produces a vehicle every few minutes. In 1936 the 4/4 Morgan was the first car with 4 wheels and with a steel chassis, now after 15 years away these are being produced as well in the USA – they are also creating the true iconic 3 wheeler in the Malvern factory. Each model is hand crafted using 3 core elements, ash, aluminium and leather, and choose any colour you like. Today Morgan builds around 800 cars each year. There are 3 models – the 3 wheeler, the Plus 4 and the Plus 6 and each week there emerges the true DNA of what a sports car should be.

Murray Allinson



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James Bellamy 021 336 313

Vegan spaghetti and 'meatballs'

Whether you are a vegan or not this is one tasty dish that serves 4 people.

Ingredients

- 1 packet of dried spaghetti
- 1 cup rolled oats
- 1 400ml can of black beans, strained and drained
- 2 tbsp oil plus some for cooking
- 2 tbsp tomato paste
- 2 tbsp soy sauce
- ½ tsp pepper
- 1 tsp salt
- 3 cloves of garlic, minced
- ¼ cup white onion, roughly chopped
- 2 tbsp flax seeds soaked in 4 tbsp water for at least 15 minutes (this forms an egg-like binding mixture)
- 1 tsp smoked paprika

Pasta sauce:

- 2 x 400g cans of tomatoes (chopped or whole)
- 1 tbsp balsamic vinegar
- 1 tbsp maple syrup or brown sugar
- ½ white onion thinly sliced
- 2 cloves of garlic roughly chopped
- 2 tbsp soy sauce
- 2 tbsp tomato paste
- Salt to taste



Method

Preheat the oven to 200°C

Blend all your 'meatball' ingredients in a food processor until combined. Scoop out about a tablespoon of the mixture into balls. Fry these off in a pan turning to ensure cooked all through and cook your pasta according to the packet instructions.

To prepare the pasta sauce sauté your sliced onions until softened. Add the minced garlic, soy sauce, tomato paste, maple syrup, and balsamic vinegar and stir through. When the liquid has reduced slightly, add the canned tomatoes and stir. Add salt to taste and turn the heat down to let it simmer for 5-10 minutes.

Put "meatballs" into the pan with the pasta sauce and stir through. Drain your pasta and plate it up.



A recent short supply of listings has seen prices increase. My recent sale of 1A Tanui St. Torbay SOLD in just three weeks for an excellent result. Happy vendor, happy purchaser. My point of

difference is that Home Real Estate is a licensed boutique sized Real Estate company providing a bespoke, professional, personalised service.



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Plan Ahead for your Ultimate Winter Escape

It's never too early to start dreaming and planning your escape from the chilly monotony of winter. By looking ahead and making preparations, you can secure the best deals, ensure availability at sought-after destinations, and allow time to craft an itinerary that caters to your desires. Here are a few Shore Travel favourite sun-drenched destinations we can book ahead for 2024:

Bali: Simply magical and rich with culture, Bali is famous for never-ending beaches, stunning sunsets, terraced rice paddy fields and ancient temples. Steeped in spirituality, with warm, welcoming people, Bali will leave you captivated by its beauty and charm.



Cook Islands: There is no place quite like the Cook Islands. The locals are friendly, the beaches, lagoons, mountains and forests are pristine and there's countless dining and outdoor adventure experiences. It's not hard to love this little paradise in the heart of the Pacific Islands!



Fiji: Famous for its sun-drenched islands, palm fringed white sand beaches, turquoise blue waters, lush rainforests and rugged volcanic peaks, Fiji offers something for everyone. Stay in luxury resorts, indulge in spa treatments or discover a slice of traditional village life. Be assured you'll always receive a friendly 'bula' welcome!

Queensland: Endless golden beaches and sun-filled days welcome you to the Gold and Sunshine Coasts. Soak up the laidback coastal vibe or enjoy an action-packed day at the theme parks. Or, discover tropical Queensland islands surrounded by crystal clear waters. Snorkel with colourful reef fish, cruise to stunning Whitehaven Beach or discover the hidden gems on the Great Barrier Reef. Tropical North Queensland has many stunning beaches catering to all tastes and budgets. With a reputation for day spas, delicious cuisine and beaches to rival the best in the world.

Thailand: Discover beautiful beaches surrounded by azure waters. Tempt your taste buds with authentic, aromatic Thai Food. Shop in the many colourful markets and admire the magnificent Buddhist temples. The 'land of Smiles' is renowned for its friendly people and unique culture.



Vietnam: From breath-taking landscapes and bustling cities to stunning beaches and quiet villages, Vietnam is a land of contrasts. A journey through Vietnam is an unforgettable experience. Venture from Siagon (Ho Chi Minh City) and the Mekong Delta in the south along the coastlines of central Vietnam to the historic capital of Hanoi in the north.

Your future self will thank you for the foresight when you book ahead your 2024 Winter Escape, as you bask in the sunshine and create memories that will last a lifetime.

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News from Rotary

Rotary Browns Bay will be joining clubs from all over New Zealand on Saturday September 23 in our annual 'Day of Action'.



Watch out for us in a reserve, park or stream near you as we do our bit to clean up the environment.

Last year we joined forces with the Long Bay Residents' Association and cleared out trailer-loads of rubbish from around Long Bay.

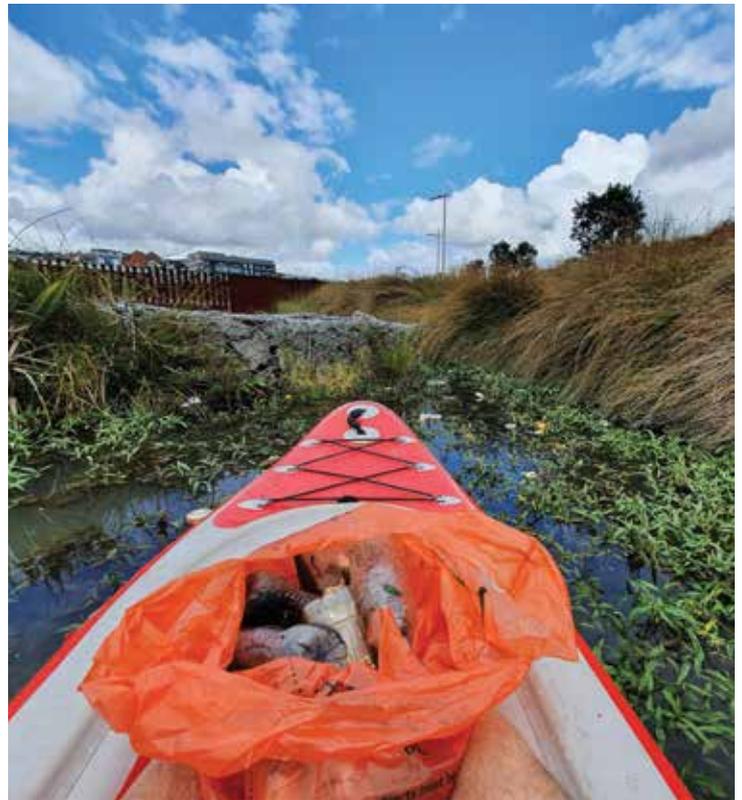
This initiative was spearheaded by four locals, Colin Pawson, Gareth Roberts, Frank Sun and John Armstrong. Gareth paddled his kayak up the Awaruku Stream and was pretty horrified at what he found.

Our members will also be working throughout the Bays; in Browns Bay, Rothesay Bay and Murrays Bay, playing our part to clean up the environment.

Would you like to join us?

Please give me a ring on 021 137 3385 if you can spare a couple of hours from 10am on September 23 and we'll give you some gloves and a bag.

Our environment is so important to look after, and the more rubbish that we can prevent from entering the Hauraki Gulf (which is where it all ends up), the healthier



our wonderful Gulf will be.

Rotary Browns Bay welcomes new members; if you would like to join us for breakfast at the Bays Club on the first and third Tuesdays of the month, we would love to see you.

Come and find out what we do; you'll be impressed!

Monthly Quiz

info@brownsbayrotary.co.nz

Answers Page 34



1. On September 17 1787 the US Constitution was signed. How many signatories
2. On September 1 Hitler invaded Poland; how many days later did Britain and France declare war on Germany
3. At the Olympic Games in Munich in 1972 terrorists killed eleven members of which team
4. We all remember that date that will be forever referred to as '911'. Who was the American president at the time
5. September 15 is Rosh Hashanah; what is it
6. What is the birth stone for September
7. What starts to happen after the Spring Equinox on September 21
8. If you were born in September, what would your star sign be
9. 'It might as well rain until September' was a hit for whom in 1962
10. 21 September is Armenia's Independence Day. Where is Armenia



Living with or supporting someone with glaucoma can be daunting.

Glaucoma NZ is a charitable trust running groups to provide peer support for others living with the reality that glaucoma management is a lifelong activity.

Our groups are for all stages, ages and types of glaucoma. Family and friends are always welcome.

Auckland North Glaucoma group meetings are held monthly from February to November on a Saturday 10-11.30 am.

It is held at the Glenfield Community Centre corner of Bentley and Glenfield Roads.

For more details contact info@glaucoma.org.nz or phone 0800 452 826.

Play Readings at Torbay Theatre

Last year, still reeling from Covid, and having suffered some major financial losses, we tried as an experiment, doing a low-budget reading of Act I of Noel Coward's bitingly funny 'Blithe Spirit'. When this was well-received we performed Act II a few weeks later. The short one-hour reading time gave time for the cast, crew, and audience to socialise afterwards, and was a resounding success.



Jess Wells as, Gwendolen Fairfax and Henrietta Reid, as Cecily Cardew

This year, when seasoned director Anne Rimmer suggested she do Oscar Wilde's 'The Importance of Being Earnest' using the same format we agreed with enthusiasm. It was again staged in two parts but performed on two consecutive Friday evenings.

The two young men were played by actors who had been in the 'Music Man' last year, while the two young women had joined Torbay Theatre to sing in 'Here's a How-De-Do' earlier this year.

Wardrobe mistress Therie Bearsley borrowed and cobbled together some suitably Edwardian costumes, while Anne, who loves producing colourful sets, went to town with some lavish curtains for the interiors and used screens for the garden scene, even adding a 'tree' of blossom furnished from an old umbrella.

For a rehearsed reading, the actors are usually seated, but this time they chose to move round more which made for a more natural production. Again, learning from Covid, we had recruited several understudies and were glad of them in both rehearsals and performances.

The challenge now is to find another comedy for us to read and delight an audience with next year.

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

See also: facebook page, or ph 0210-294-0630
35 Watea Rd, Torbay



Dylan Webb, as Algernon Moncreiff and Michael Boyle, as Jack Worthing

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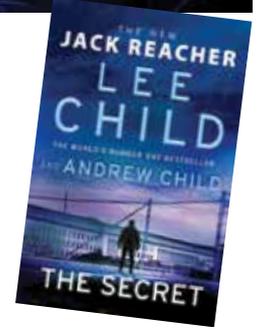
Bring your spare change!

Make your Dad feel special this Father's Day!

September means Father's Day and rather than just buy a gift voucher or a bottle of wine why not think about something more imaginative?

If he likes reading why not consider buying him a Lee Child book? Jack Reacher is not your usual "hero" and the books are entertaining.

If he likes films, why not treat him to a gold class ticket at the Event Cinema at Albany? The gold class tickets give you a comfortable reclining seat and a meal and drinks served to you why you are watching the film (booking Barbie is probably not a good idea).....



There is usually some sort of rugby match on, why not book two tickets and go with him to cheer our National team on?
 Why not invite him to go a walk with you along Long Bay beach and come back to the Surf Club at Long Bay Village for an alcoholic winter warmer?
 Doesn't matter what you do, just make him feel special.

Camelia month at the Torbay Garden Club

The beautiful camelia was flower of the month at Torbay Garden Club's August meeting. This plant originated in mountain and shore areas of the Himalayas and China and was later introduced to Japan where it became known by 18th century botanists as the Japanese rose. The camelia has adapted well to New Zealand conditions, flowering in winter when there is little else in bloom. The beautiful varieties displayed by Club members were the highlight of a very wet season. The Camelia symbolizes devotion and admiration. It thrives in well-drained but damp earth, with an acid soil rich in organic matter.

Our guest speaker for the day was organic soil specialist from West Auckland, Ben Cheah. He discussed strategies for propagating plants - an interesting and informative speaker with a wealth of knowledge for the home gardener.

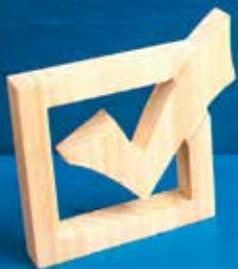
September is the month to prepare the ground, digging in compost and planning for the season ahead. Start seed-raising for your summer flowers and your salad greens. Seeds for carrot, beetroot, silverbeet and peas can be sown directly into the soil. Sprout seed potatoes in an egg carton. Feed all fruit trees and vines and plant borage and other herbs to encourage the bees.

Not to be missed - our 70th Jubilee Spring Show is on Saturday September 9th in the Torbay Community Hall. Parking is via the Watea Street entrance, or on foot from the shopping area. Visitors are welcome from 12 to 3.30 p.m. There will be a range of gorgeous exhibits, raffles and a well-stocked trading table for those who love a bargain. Please bring cash. Entry is \$2. This is the first time we have opened the Spring Show to the public for several years. New members are always welcome.

Contact President Hilary Collins on 0210468778



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Ian & Diane Dodds



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with Nicola Willis & Erica Stanford

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Go to my website
for full details and
to register.



Mon 04 Sept

DAVID FARRAR Pollster & Researcher

MEET & GREET

Erica Stanford MP

Thursday 14 Sept, 5.30pm - 8.30pm
Long Bay Surf Club, 4/56 Bounty Road, Long Bay

Light nibbles provided
REGISTRATION ESSENTIAL



FOR FULL EVENT DETAILS AND TO REGISTER
www.EricaStanfordMP.co.nz/events

Authorised by E Stanford, 1/8 Beach Front Lane, Browns Bay, Auckland 0630

"I'm proud to represent the East Coast Bays as your local Member of Parliament. I'm asking for your vote so I may continue to serve this wonderful community."

Erica Stanford

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Client TESTIMONIALS

"Ming and her team have shown the utmost professionalism throughout our sale process. At the same time she provides realistic expectations of the market, as well as giving us personal care and guidance through one of the hardest times to sell in the current market. Her team knows the Long Bay area extremely well and provide great tips and information on how best to sell our house. They provide regular updates on how the marketing process is going, and what the buyer feedback is at every time. We are super thankful that we picked Ming and her team to market our home, and we got the best result we could have hoped for. Thanks Ming and team!"

Mei
17 Bounty Road, Long Bay

"I would like to thank Ming and her team for selling my property. They were professional, courteous and kept me informed and updated throughout the whole process. I would definitely engage Ming and her team in the future and highly recommend them to anyone looking for an agent."

Jo
3 Eastreef Court, Long Bay

"I am delighted to provide a testimonial for Ming Liu and her team. They made selling our property effortless and achieved excellent results. Their teamwork, honest advice, and ability to reach potential buyers were remarkable. They negotiated the best price for us, and we highly recommend their exceptional service. Thank you Team Ming for a fantastic experience!"

Ilya
31 Bight Road, Long Bay

"Our huge thanks to Ming and the team who have been with us over the past few months supporting us to both buy and sell. A special mention to Harry, who has been truly amazing, worked so hard and was ever so patient! Ming and Harry have supported us to buy our new home, and also take our current home to market. Their knowledge and guidance has been amazing and truly valued during this process!"

From the marketing plan, the regular communication and updates and generally working their butts off, these guys are truly superstars. I would not hesitate to go with Ming and the team again, and I highly recommend them to others. My heartfelt thanks."

Maree
25A Law Street, Torbay

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



Ming Liu & Team

Your Long Bay Local Experts
027 519 6826 | ming.liu@harcourts.co.nz
www.mingliu.co.nz



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Torbay Historical Society

Sean and Judy Powers and their daughter Julia aged 3, arrived in Torbay on Easter Sunday 1958 – the same weekend that the Waiake Post office was officially opened. Many of Judy's memories are in our book. 'and then came the bridge' We include some of those memories here.

'Mayor Kendall's Tea Rooms, opposite Waiake Beach, were officially closed because the 'Permit Tearooms' were operating on the beach front opposite Ellangowan Road, selling amazing TT2s! Between the creek and the Permit were some baches mostly owned by a group of university professors who shared a tennis court and came to 'Waiake to 'hide'. There were flounder in the creek and old railway sleepers prevented erosion before the breakwater and concrete retaining wall were built.

Deep Creek road ended at Ellangowan Road – a track led to a footbridge over the creek to Bridge Road (now part of Deep Creek Road). This was before sealed roads and footpaths, piped water and sewerage, townhouses, coffee bars and super markets. – before Holt Ave., Weatherley Road and Glamorgan Drive.'



Photos show Waiake Beach with the buildings on the beach and the Deep Creek Footbridge

We have old maps showing the roads as they were then. We also have aerial photos of the area 1950 and 1988.

'We are still working on changes to the Vaughan Homestead and hope to begin our Public Open days on Saturday afternoons in September with prebooked Devonshire Teas in October. Look at our website or phone us to check when the Homestead will be open.

We would like to acknowledge a kind donation to our Society from the Torbay Unichem Pharmacy.

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

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

Fancy a good read?

Both Torbay and Long Bay are blessed with a free library. Books are expensive to buy new and most people only ever read a book once. This is a great opportunity to read some cracking books for free.

The Torbay library is situated outside of Barfoot and Thompson and to help you select your reading there is a bench right next to it under a shady tree.

A great way to while away some time while your significant other is in for a Physio appointment?

If you have enjoyed a good book and would like to share it with someone else, then bring it along and then have a browse to see if there is anything you would like to read.

The Long Bay free library is situated outside of 19 Headland Drive and has a good selection of children's books too. There is a parking bay right next to it.





AUCTION

25 Browns Bay Road, Browns Bay

5 3.5 2

Discover the unparalleled coastal lifestyle in this exceptional property set in a secluded and private location, yet so close to all Browns Bay has to offer.

The heart of the home lies in its modern kitchen, where sleek design meets ultimate functionality. Spacious open plan layout with separate downstairs living perfect for teenagers/extended family.

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1 1



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4 2

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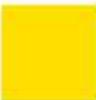
Now's the perfect time to get ahead of the pre-christmas rush and take advantage of our **free marketing and staging package*** when you list and sell with us. (*T's & C's apply)

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jiang.kou@raywhite.com
021 087 93257

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MAIRANGI BAY



ALAN WHITE
ELITE
PERFORMER 22-23

The natural environment is a rich learning opportunity

One thing we lean on at MERC is the interconnectedness of creatures in the marine environment. Whether it's in the rockpools or thousands of meters deep, the ocean connects all species within, including our own. This in part drives why we focus very much teamwork when we deliver at MERC.

Marine species have evolved to live together in native ecosystems. Their actions impact other individuals or other species in these shared ecosystems. The health of themselves, their species, their community and their shared environment, their ecosystem, is intrinsically intertwined.



Through outdoor recreation we provide examples of how the choices participants make impact their ecosystem. At MERC it's the team participants are on. The choices individual participants make about how they lead, follow, and behave, the attitude they bring all impact the experience of others. Even where they put their roots down and stand on their shared board or vessel impacts the balance and progress of the team.

We encourage kids to think about this can apply to their own ecosystem, their family, friends, school and community. We hope this helps them become more community aware and stewards of the ecosystem we share.

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

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

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

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

Clothing

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

Uniform Shop
Uniforms for Long Bay College.
Village Centre 027 303 8087

Hair Care

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

Health and Beauty

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

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

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

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

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

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

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

Real Estate

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

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

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

Supermarket

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

Wine Shop

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

Long Bay Resident's Association

Thanks to all who attended the recent Long Bay Residents' Association AGM. And a special thanks to our speakers Nigel McKenna, Gregg Walden and Julia Parfitt, Alexis Poppelbaum and Victoria Short from the Hibiscus and Bays Local Board. Aside from the formalities, which included fantastic news with three nominees being accepted to the LBRA board, the evening was full of insightful information, debate, and valuable discussions around Long Bay community focused items.

A number of calls to action were provided during the meeting to the LBRA Board and to the community to get involved and engaged, and the LBRA Board will be taking those on in due course.

The LBRA Board would also like to say a huge thank you to Jo Anslow and Colin Sandford who have stepped down from the board after a number



of years dedicated service to the Long Bay community through their involvement on the board and as Long Bay Residents' Association members!

Long Bay residents are invited to join the Long Bay Community Facebook group to keep up to date with all the local community news.



We are not just selling houses,
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THE TEAM AT BAYLEYS LONG BAY IS GROWING



**We are delighted to welcome three new agents to our office in Long Bay
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Shane and Jen Anderson

When Jen and her husband Shane decided to make a career change to real estate, they had one burning desire: to be the agents people could trust. Years later this is still at the heart of everything they do as they work in partnership to help people to reach their property goals. Bayleys are delighted to have them onboard!

Contact Jen or Shane for a coffee and a chat about your property today.

Shane Anderson 0274 8274 40
shane.anderson@bayleys.co.nz

Jen Anderson 021 177 5530
jen.anderson@bayleys.co.nz

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Tonia Kingi

With a career spanning 14 years, Tonia is not just a real estate agent but a seasoned professional who embodies integrity, dedication, and a profound commitment to delivering exceptional service.

If you're thinking property, give Tonia a call today.

Tonia Kingi 021 108 4500
tonia.kingi@bayleys.co.nz

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News from East Coast Bays Library

East Coast Bays Library will be providing some great workshops during September to help discover your family history using digital resources.

Thursday 7th September "Ancestry Library edition"

Thursday 14th September "Cemeteries and Cenotaph Database"

Thursday 21st September "Newspapers & Papers Past"

Thursday 28th September "Find My Past"

On Saturday 7th October, Tākaka-based writer Charlotte Squires will be running a "How to write your memoir, life story or history workshop". This one hour free video workshop will teach you how to get all that information out of your



head and into a basic framework for your book, what to do with your photos, how to publish your story and more.

There are limited spaces for the family history digital classes and the "How to write your memoir, life story or history workshop". All workshops have a start time of 10.30am. Book your place through Eventbrite www.eventbrite.com (search for East Coast Bays Library) or sign up at the library with a staff member.

Treasure Hunters is the September/October school holiday theme. There will be fun, free activities in the library as well as our online Beanstack challenges for both tamariki (aged 5-12) and rangatahi (aged 13-18).

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

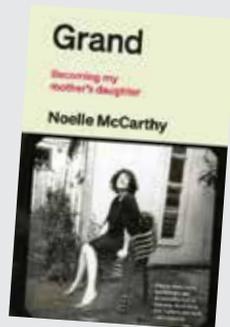
Browns Bay Library, Bute Rd, Browns Bay.

Book Reviews

Someone Grand: becoming my mother's daughter

By Noelle McCarthy

The astonishing debut memoir about mothers and daughters, drinking, birth and loss, running away and homecoming from prize-winning writer and broadcaster Noelle McCarthy.



Funny, charismatic and generous; angry, vicious and hurt; in pub lounges all over Cork City, Noelle McCarthy's mother Carol rages against her life and everything she's lost. As soon as she can, Noelle runs away. All the way to New Zealand, to make a new, different kind of life. But then Mammy gets sick, and it's time to face everything that's waiting back home.

From Catholic Ireland in the '70s, '80s and '90s to sparkling Auckland in the first years of the new millennium, Grand is a story of the invisible ties that bind us, of bitter legacies handed down through the generations, and of the leap of faith it takes to change them.

– Reviewed by Sarah, ECB Library staff member.

The Do-Over

By Lynn Painter

The Do-Over by Lynn Painter is a young adult romance. The story starts off with perfectionist high schooler Emilie, planning out her perfect Valentine's Day. When she



wakes up on February the 14th, she experiences a series of unfortunate events causing her to have the worst Valentine's Day ever. However, it isn't over once the day ends. She wakes up the next day to discover that it is still Valentines Day, and the same events are repeating themselves. Read this lighthearted story to follow Emilie's journey as she goes from trying to fix everything to finally accepting her fate.

– Recommended by Chrystal, ECB Library staff member

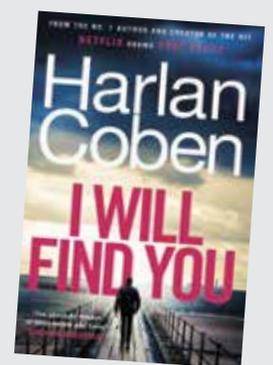
I Will Find You

By Harlan Coben

David and Cheryl Burroughs are married and living in the suburbs with three-year-old son Matthew. One night David awakes to find himself covered in blood, not his own - his son's. And while he knows he did not murder his son, the overwhelming evidence against him puts him behind bars indefinitely.

After five years in prison Cheryl's sister arrives for a prison visit and shows David a photograph that a friend took on vacation at a theme park. The boy in the background seems very familiar - and even though David realizes it can't be, he knows it is Matthew, who is still alive. David plans an escape from prison, determined to find his son, clear his own name and discover the real story of what happened that devastating night.

– Reviewed by Louise, ECB Library staff member.



Events at Albany Village Library for September

Howling in the Wilderness - Diana Harris Author Talk

Sunday 3 September 2:00-3:00

It is 1823 and Henry & Marianne Williams are on their way to Aotearoa, full of optimism in their quest to bring the Gospel of Peace to the Māori people. But the Māori, in particular Hongi Hika, are preoccupied with obeying the laws of utu and are in no mood for peacemaking. And the white settlers are even less impressed with the missionaries presence.....

This historical novel is a dramatised account of the people, events and forces behind one of the most important moments in the history of our country – the signing of the Treaty of Waitangi.

It has received very positive reviews:

Diana Harris is the author of the classic NZ children’s picture book ‘Guardian of the Bridge’ as well as ‘Māori Proverbs’, ‘Māori Place Names’ and ‘Māori Legends’. She has worked as an editor with Heinemann Educational Books as well as a freelance book editor. Hear her talk about her writing & inspiration.

Auckland Heritage Festival runs from 23 September – 8 October. This years theme is “Peace, Love & Protest”



Heritage Festival Family Walking Tour to the 100 year old Albany Memorial Library

Wednesday 27 September 10:30-12:00

A rubbish plan?

The Hibiscus and Bays Local Board were informed recently that Auckland Council’s Parks and Community Facilities are proposing, as a cost cutting exercise, to remove 166 of the Council public rubbish bins, over the next few months.

Over the last few years, we have seen an increase in rubbish being tossed in our communities.

Surely if public bins are removed, we will see an increase in the problem?

Not all people will hold onto it and take it home for disposal.

Our clean, green New Zealand could end up not so clean.

We know Council has to cut costs, unless



See inside the public library that was planned by the local community on Peace Celebration Day, 19th July 1919. Meet at Albany Village Library, Kell Drive, Albany.



The school holidays coincide with the Heritage Festival so we will have lots of free events and activities for children:

Stu Duval cartoon workshop for 8-13 year olds

Thursday 28 September 2:00-3:00

Moon Festival Storytime & Craft

Friday 29 September 11:00-11:30

Family Movie

Friday 29 September 3:00-4:30

‘Making a Difference’ Storytime & craft session making a Peace Dove

Saturday 30 September 10:30-11:00

Worm Farms for Families with The Compost Collective

Monday 2 October 11:00-12:00

The Power of a Symbol talk and craft session

Tuesday 3 October 11:00-12:00

Escape Room event

Thursday 5 October.

Contact the Library for more information and to book your place.

Family Movie

Friday 6 October 3:00-4:30

Albany Village Library

30 Kell Drive, Albany, Auckland, 0632

Ph 09 484 7117

we are all prepared to tolerate huge rates hikes. It is the start of some of the economies proposed.

166 bins less is going to be a fact of our new lives.

We just have to get used to taking our rubbish home for disposal.

We have many wonderful people who daily walk our beaches picking up and disposing of the rubbish brought in on the tide.

This may be the start of people doing patrols through centres, where currently the bins are situated. This would be disappointing if this was the case as people should be personally responsible for their rubbish disposal.

Torbay Friendship Club



What an amazing Community we live in, where people mingle, chat over tea and become part of the friendliest club in the area, The Torbay Friendship Club.

We reach out to all those retired and semi retired folk, welcome them and introduce them to others who may be like minded. A big happy family.

Instead of an excursion in July, we held our midyear lunch which was a roaring success. The Bays Club in Browns Bay put on an amazing buffet, decorated the tables and made us feel right at home.

Our July speaker was Katie Tom from Age Concern whose focus was on a Step by Step process of taking care of oneself. She clearly related that it is not because one's age that they fall, and if



anyone indicates that to the elderly it is entirely incorrect as people from 1 -101 are falling every day and hurting themselves. Falling is not part of the ageing process and can often be prevented by being aware and ensuring that, in our homes, we stack items safely and not too high. Also various easy exercises will keep our muscles from diminishing and therefore protect us from a potential fall.

This month saw a number of new visitors and potential members all due to the magazine inserts, so we also wish to thank Focus on Community for the inserts.

We really encourage you to give us a call and come for tea in September and make your decision as to whether you would like to join. Of course once you have joined up, you can also join with any of the groups throughout the month. There is scrabble, walking, tea mornings, mahjong, craft and rummy to choose from, or do them all.

If you would like to learn more about us, please give us a call. We look forward to welcoming you.

Noreen McArthur 027 271 3524
Delphine Pearson 022 072 9813



Anna Lin
021 043 7690
a.lin@barfoot.co.nz

Local like you

Discover Torbay with Anna at Barfoot & Thompson! Fluent in English, Mandarin, and Cantonese, I'm proud to be part of a diverse team reflecting Auckland City's international community. With 20+ years in New Zealand and a café background, I understand client service and effective communication.

With an innate passion for real estate, I'm excited to join you on your journey to realise your goals and dreams. Whether it's finding that perfect home or strategically selling your property, I'm here to guide you every step of the way. Your aspirations are my top priority, and I'm dedicated to achieving the very best results for you. Let's embark on this exciting path together! Give me a call at Barfoot & Thompson Torbay, and let's kick-start your personalised plan.

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Quizzes sponsored by

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NZ BIRDS

U	W	A	R	S	T	K	P	E	N	G	U	I	N
I	B	L	E	L	A	O	K	R	A	A	S	O	S
Y	U	B	K	G	K	T	E	H	S	A	Y	C	O
E	R	A	C	A	A	A	A	K	T	A	E	R	R
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- | | | |
|-----------|------------|------------|
| ALBATROSS | PENGUIN | WEKA |
| FANTAIL | PERERU | WHIO |
| KAKAPO | SADDLEBACK | WHITEHEAD |
| KEA | SILVEREYE | WRYBILL |
| KERERU | STITCHBIRD | YELLOWHEAD |
| KIWI | TAKAHE | |
| KOTARE | TUI | |

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

SPRING

20 good, 25 very good, 30+ excellent

CROSSWORD

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

Across

- 1 Tasmanian capital (6)
- 4 Not open (6)
- 9 Sink ship deliberately (7)
- 10 Legally acceptable (5)
- 11 River in Hades (5)
- 12 Dashing style (7)
- 13 Produce feline offspring (4,7)
- 18 Popular nightclub (3,4)
- 20 Snap (5)
- 22 Branch of Islam (5)
- 23 Disease caused by vitamin D deficiency (7)
- 24 Tool for widening drilled holes (6)
- 25 Overjoyed (6)

Down

- 1 Put pressure on – sleuth (anag) (6)
- 2 Utter impulsively (5)
- 3 Stuffed with food (7)
- 5 Vitalise (5)
- 6 Semiconducting element (7)
- 7 Fairground car (6)
- 8 Protected by a trade name (11)
- 14 Device to send and receive radio waves (7)
- 15 Representative (7)
- 16 Shaun Wallace, Ann Hegerty etc. (6)
- 17 Ready to act (6)
- 19 Best quality (5)
- 21 Not hidden (5)

SUDOKU

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



Tai Chi

Tai Chi, also known as Shadow Boxing, is one of the major branches of the traditional Chinese martial arts. Its name is derived from the philosophical term, "Tai Chi,"

The essential principles of Tai Chi are based on the ancient Chinese philosophy of Taoism, which stresses the natural balance in all things and the need for living in spiritual and physical accord with the patterns of nature. According to this philosophy, everything is composed of two opposite, but entirely complementary, elements of yin and yang, working in a relationship which is in perpetual balance. Tai Chi consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective.

There is a local group, which meets in the Village area of Long Bay, outside New World Monday to Thursday from 7.30 am until 9am.

On Saturday and Sunday, the group meet at Albany Premier School in the square in front of the school from 8am until 9am.

If you want more information email Grant on 1526420461@qq.com



Craig Zhu
021 800 280
c.zhu2@barfoot.co.nz

Local like you

Long Bay is the most beautiful north suburb of the North Shore along the east coast of the Hauraki Gulf. It has the amazing Long Bay regional park which has plenty of room to throw a ball, fly a kite or just simply relax under the sun. A great living community that is suitable for all lifestyles. Long Bay Village has various retail and hospitality businesses with a big local New World supermarket. Top-ranking local education facility Long Bay College and Long Bay Primary has a world-class of expert teachers offering excellent in Academia, Art, Sport and Culture. A huge apartment building currently under construction that will provide hundreds of homes join the local community. I love the community, beach, and park and enjoy my lifestyle at Long Bay!

BARFOOT & THOMPSON
LICENSED REAA 2008

Long Bay 09 473 0712

Torbay & Long Bay Medical Centres

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Ask us about
Manage My Health

Torbay Travel Clinic +

Don't Wing It

Travelling can be a great experience, but being away from the people and services that support us at home can create difficulties. The standard of health-care varies greatly depending on where you are travelling, and the health services available to you in New Zealand free of charge won't usually be available overseas. Whether you're normally in good health, or if you have a physical or mental health condition, being well-prepared is essential.

Torbay Medical Centre have re-opened for Travel consultation appointments. Dr Jesse Joung specialises in Travel Health & Vaccinations and will endeavour to help keep you and your family safe and healthy during your overseas travel.

Your comprehensive pre-travel consultation will include reviewing and updating your age-appropriate New Zealand vaccine recommendations and prepare you for your trip. The advice we give you is specifically tailored to you, your health, your trip and your concerns: to be protected in New Zealand and travel safely and wisely within one's own tolerance risk. You will only get the vaccinations and medications you really need for your trip.



Taking precautions during travel can make all the difference between a trip to remember and one you prefer to forget. Education is an essential 'ingredient' in the practice of travel medicine and vaccinology; we do just that. There is a lot more to travel and vaccinology than just 'jabs'.

Prior to Travel Clinic appointments, the Pre-Travel Questionnaire (available to download from our website or pick up a hard copy from our clinic) must be completed. Once our team have received this you will be contacted within 1 – 2 business days for an appointment. Your appointment will NOT be booked until this has been received.

For more information call 09 4779000 or email admin@torbaymedical.co.nz



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

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

Always Tired?

Want to have abundant energy and zest for life? Believe it or not, some people do achieve this. I don't want to skite, but this is me (most of the time).

We all have times when we feel tired. But if you always feel tired, something is not right with your lifestyle, nutrition, medicines, or health. The tricky thing is finding the cause. It could be as simple as a lack of quality sleep due to having a young child, or a stressful job. Or it could be as complicated as multiple nutrient deficiencies, caused by your medicines.

You make energy in your mitochondria. The harder working cells in your body (like muscle cells) have lots of mitochondria, while less active cells (like bone cells) have fewer. Makes sense!

To produce energy in your body, you need lots of mitochondria, and lots of fuel to drive them. If you have low energy then the most likely nutrient culprits would include iron, vitamin B12, folic acid, nitric oxide, vitamins B2 and B3, protein, magnesium, CoQ10, ribose, and the essential fatty acid EPA. I warned you it could be complicated.

Exercise increases the number and the efficiency of mitochondria. So the more you exercise, the more energy you have. But that only works if you are well rested and well fueled. Otherwise, exercise may just make you more tired.

Some medicines can make you tired directly (like some

anxiety and pain medicines). Others can make you tired by causing nutrient deficiencies (like omeprazole or antacids). Some medical conditions can make you tired. An example of this is heart disease or thyroid disease.

My Recommendations:

Get checked out for serious causes of tiredness (like heart disease).

Check your diet for optimal protein levels. Too much sugar or carbohydrate can make you tired. Sugar does convert to energy, but too much sugar can damage your mitochondria.

Remove stress in your life. Easy I know!

Get a blood test for iron and B12 levels (these tests aren't always accurate), and take supplements if needed. Just a note that high doses of iron are often unhelpful.

Take a nutrient supplement designed to support your mitochondrial function. One of my favourites is Myomax which has been shown to increase energy (ATP) production in mitochondria by 40%, and increase cardiac output by 12%.

Talk to the health coaches at Unichem Torbay Pharmacy about what nutrient support would be best for you, and compatible with your medicines.

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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World Suicide Prevention Day 2022 - Creating Hope Through Action

An estimated 703,000 people a year take their life around the world. For every suicide, there are likely 20 other people making a suicide attempt and many more have serious thoughts of suicide. Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviours.

Each suicidal death is a public health concern with a profound impact on those around them. By raising awareness, reducing the stigma around suicide, and encouraging well-informed action, we can reduce instances of suicide around the world.

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10th of September each year focuses attention on the issue, reduces stigma and raises awareness among organizations, government, and the public, giving a singular message that suicide can be prevented.

“Creating hope through action” is the triennial theme for the World Suicide Prevention Day from 2021 - 2023. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

By creating hope through action, we can signal to people

experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling. Lastly, it highlights the importance of setting suicide

prevention as a priority public health agenda by countries, particularly where access to mental health services and availability of evidence-based interventions are already low. Building on this theme and spreading this message over the three years, a world can be envisioned where suicides are not so prevalent.

We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide whether as a member of society, as a child, as a parent, as a friend, as a colleague or as a person with lived experience. We can all encourage understanding about the issue, reach people who are struggling, and share our experiences.

We can all create hope through action and be the light.



Why register your dog?

They've been your constant companion through what has been a few rough years. Loyal and faithful, staunch, and fun; now it's your turn to reciprocate. Auckland Council is reminding dog owners to show love for their dog by registering them. You can renew online using your dog reference number. New yellow dog tags will be sent out by post within 10 working days of payment.

Use our online portal on myAUCKLAND to renew your registrations and update yours or your dog(s) information.

With myAUCKLAND you can:

- update your personal details
- update your dog's details
- change your dog's ownership
- view your dog's registration fees and status
- renew your dog's registration



Why register your dog?

Registering your pooch is an important part of being a responsible dog owner, this helps us reunite lost dogs with their owners and keep dogs safe.

Registration is a legal requirement under the Dog Control Act 1996 and helps to locate and identify owners in the case of wandering, lost or stolen dogs.

Dog registration fees help us:

- ensure all dogs are registered
- respond to reports of dog attacks and complaints about barking and stray animals
- provide shelter services: impoundment, care for strays and reuniting dogs with their owners
- rehome dogs through our adoption programmes
- provide dog safety education for dog owners, schools and the public
- enforce compliance, issue infringements and patrol beaches and parks prosecute serious dog-related offences (under the Dog Control Act).

Funding from dog registrations provides vital animal management services, including a 24-hour a day response to dog incidents and attacks, patrols, animal shelters and adoptions, dog-safety education and reuniting lost dogs with their owners.

Microchipping

Dog owners must also microchip their dogs within two months of registration. Ultimately, all of Auckland's 130,000 dogs should be microchipped. It's a simple, lifelong way to identify dogs and link them to their owner, and results in the speedier return of lost, stolen, or injured pooches. For only \$30, Aucklanders can have their dogs microchipped at one of Auckland Council's animal shelters; details are then entered into the National Dog Database.

To register your dog visit aucklandcouncil.govt.nz



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

ENDURING POWERS OF ATTORNEY

Unexpected Crisis.

Rob and Jill had been together for ten years. They each had adult children from previous marriages and also had assets from those relationships which they had agreed would be their own separate property. They had seen their own lawyers and signed a relationship property agreement (or pre-nuptial agreement) agreeing on that. They lived in a house which Rob owned 40% of and Jill owned 60% of and they both owned shares in a business that they had started together five years ago.

Rob and Jill were looking forward to the next few years when they would sell their business and enjoy their well-earned retirement. They each had grandchildren living overseas and they were keen to spend as much time with them as they could. In fact, they also had their house on the market, intending to downsize and buy a “lock and leave”.

However, one morning after walking their dog along the beach, Jill complained to Rob that she had a terrible headache. The next thing, Jill had collapsed on the floor and Rob rang for an ambulance. It transpired that Jill had had a cerebral stroke.

Rob was at a loss. The first thing the doctors asked was, who has power of attorney. Rob and Jill hadn't got around to completing powers of attorney – they had done them for Rob's mum who was in a rest home, but hadn't thought that they would need them as they were only in their 50's. It wasn't just Jill's healthcare that Rob was unable to make decisions about. He soon found out that as Jill hadn't appointed an attorney in relation to property, he couldn't access her bank accounts to help with household expenses. There were also transactions with the company that he couldn't deal with as Jill was a 50% shareholder. But what was also concerning at this stage was that he couldn't negotiate on the sale of their property as Jill owned her share of the property in her own name.

The only option was for Rob to hire a barrister to make an application to the Court to appoint him as Jill's attorney. This was a very costly and frustrating experience as the consent of Jill's adult children had to be obtained before Rob could be appointed as attorney. The time delays only added to Rob's stress.

If only Rob and Jill had instructed their lawyer to prepare enduring powers of attorney for them. An enduring power of attorney is a legal document that everyone should set up to give peace of mind for the future.





CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do you have an *Enduring Power of Attorney?*

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

If you have a will, but not assigned anyone to act as your Enduring Power of Attorney, you could inadvertently be putting your assets at risk.

An Enduring Power of Attorney will look after both your property and personal care and welfare should you become incapacitated to make your own decisions while you're still alive.

If you have not put in place an Enduring Power of Attorney, contact Tammy McLeod or one of the Trust Team for specialist advice.

Quiz Answers

1. 39
2. 2 days later; on September 3
3. The Israeli team
4. George W Bush
5. The beginning of the Jewish New Year
6. Sapphire
7. The days get longer
8. Virgo or Libra
9. Carole King
10. In the Caucasus region between Asia and Europe.

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.

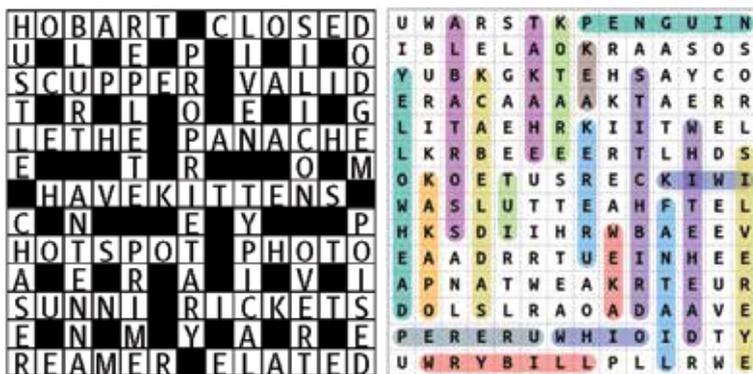
Landscaping – Format Landscapes, local with over 20 years experience. Diploma in landscape design. We undertake all aspects of hard and soft landscaping, including decks, paving, fencing, retaining walls, planting etc. Small to large projects. Free quotes. www.formatlandscapes.co.nz or call Matt 021599107.

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

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Puzzle Answers



Word Puzzle

gin, gins, grin, grins, grip, grips, ins, nip, nips, pig, pigs, pin, ping, pings, pins, prig, prigs, psi, rig, rigs, ring, rings, rip, rips, sign, sing, sip, sir, snip, spin, sprig, spring

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

focus

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09 473 3259

editor@focusoncommunity.co.nz

Tides September 2023 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Fri 01	01:33	0.2m	07:45	3.1m	13:56
Sat 02	02:25	0.1m	08:37	3.2m	14:46
Sun 03	03:16	0.1m	09:27	3.2m	15:35
Mon 04	04:05	0.1m	10:16	3.2m	16:25
Tue 05	04:54	0.2m	11:04	3.1m	17:16
Wed 06	05:43	0.3m	11:55	2.9m	18:09
Thu 07			00:23	2.9m	06:33
Fri 08			01:15	2.7m	07:27
Sat 09			02:11	2.6m	08:26
Sun 10			03:10	2.5m	09:29
Mon 11			04:10	2.4m	10:29
Tue 12			05:07	2.5m	11:23
Wed 13			05:59	2.5m	12:10
Thu 14	00:36	0.7m	06:45	2.6m	12:51
Fri 15	01:16	0.7m	07:26	2.7m	13:29
Sat 16	01:53	0.6m	08:04	2.8m	14:05
Sun 17	02:29	0.5m	08:40	2.8m	14:41
Mon 18	03:05	0.5m	09:16	2.8m	15:17
Tue 19	03:41	0.5m	09:52	2.8m	15:55
Wed 20	04:19	0.5m	10:31	2.8m	16:35
Thu 21	04:59	0.5m	11:12	2.7m	17:20
Fri 22	05:42	0.6m	12:00	2.7m	18:11
Sat 23			00:18	2.6m	06:32
Sun 24			01:12	2.6m	08:30
Mon 25			03:15	2.6m	09:38
Tue 26			04:23	2.6m	10:49
Wed 27			05:32	2.7m	11:54
Thu 28	00:24	0.4m	06:36	2.9m	12:53
Fri 29	01:20	0.3m	07:33	3.0m	13:46
Sat 30	02:13	0.1m	08:27	3.1m	14:37

Times adjusted for Daylight Saving.

Unleashing your property's valuable potential

Selling your home can be one of the biggest decisions you'll ever make. Entrusting someone with such a valuable asset requires confidence in their priorities, goals, and ability to achieve your objectives.

You need professionals who possess a deep understanding of the market and the experience to make informed decisions for optimal outcomes. That's where we come in!



Shane, Jen & Partners

Shane Anderson

0274 827 440 | shane.anderson@bayleys.co.nz

Jen Anderson

0211 77 55 30 | Jen.anderson@bayleys.co.nz

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Local like you

How's the market?

Green shoots are appearing as we head into spring.

While New Zealand as a whole remains in a buyer's market, an interesting contrast emerges in Auckland, where the real estate landscape leans heavily towards a seller's market. With around 7-8% of real estate agents indicating stronger negotiating power for sellers.

The latest statistics highlight the vibrancy of the market. During the recent month of July, a notable 727 homes were successfully sold, marking an impressive 19% increase compared to the same month in the previous year, which was July 2022. This surge in sales activity reflects the high demand for properties, indicating that buyers are actively seeking homes in various segments.

If you are considering making a move please give us a call, we are here to help!



Sharee Adams
Branch Manager
021 416 220

Market Snapshot

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

Lowest sales price

\$420,000

sold in Torbay



Highest sales price

\$6,490,000

sold in Okura



Days on market

1 to 310

days



Number of sales

170

sales



Rental market Update

1 Nov 2022 - 30 Apr 2023

Torbay

BONDS	LOWER	MEDIAN	UPPER
1,251	\$538	\$673	\$793

Long Bay

BONDS	LOWER	MEDIAN	UPPER
192	\$791	\$900	\$1,173

Introducing Chanelle Fenton

We are delighted to introduce Chanelle as our new Head of Property Management. Hailing from a family with deep-rooted connections to real estate, one might even say that this industry runs in her veins!

Should you be interested in exploring the management of your investment property, we encourage you to connect with Chanelle. She is more than willing to engage in a conversation about the services she can extend to you.

Chanelle Fenton 027 809 6687
Head of Property Management

