

focus

Issue 24
March 2024

on community

Long Bay, Okura & Torbay



Local Matthew Schaw in his kart

See full story on page 7

Optimal Iron Supplementation: More is Not More

Do NOT take an iron supplement unless you have a documented deficiency of iron. If you do have low iron, you will feel a lot more energetic, and will probably think much clearer once you boost your levels up to optimal. But if you do not have low levels of iron, taking extra iron will create havoc.

Tricks to Boosting Iron Using Supplements: Optimal Dose

Iron supplements contain iron in various forms and in various strengths. Iron supplements and prescription

medicines range in strength from 1mg up to over 100mg per dose. This means some are too low, and some are too high.

The optimal dose is 24mg per dose given only once a day. Any more than this will trigger a protective mechanism in the body mediated via hepcidin. This will turn off iron absorption for approximately 3 days. Any iron taken in these 3 days will likely create damage in the body.

Optimal Forms:

Every iron supplement is joined (chelated) to another molecule. Amino acid chelated forms are smaller in structure and are easier to absorb than other heavier forms like sulphates.

Iron absorption is also influenced by the presence of other co-factors. Small amounts of vitamin C can increase iron absorption (mega doses are not recommended). The production of red blood cells that transport iron requires vitamin B12 and folic acid. Many good supplements will include these nutrients. Adequate vitamin A, B2 and B6 are helpful.

Caffeine will reduce iron absorption. So washing your iron pill down with a cup of tea or coffee (or an energy drink) is a bad idea. Tannins (in tea) can reduce iron absorption. Iron absorption can be reduced by the presence of other minerals like zinc, calcium and potassium if taken at the same time. So space iron away from other minerals by at least 2 hours.

I find I get best results for patients using Eagle Haemo-Red Plus. It contains the well absorbed glycinate form of iron, at the optimal dose of 24mg. Plus it contains cofactors like vitamin C, Vitamin B2, Vitamin B6, as well as activated folic acid and vitamin B12. Please chat to our team at Unichem Torbay Pharmacy about Eagle Haemo-Red Plus.



Opening Hours

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

Saturday
9:00am to 4:00pm



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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.**



Martin Harris

Tennis Club celebrates 69 years!

The Torbay Tennis Club, celebrating its 69th year, has just received a facelift and looks more vibrant than ever. Club members collaborated to paint the building a cheerful blue, while Janette Everiss of Inner Vision Interiors revamped the interior with a modern look and fresh colours. Additionally, thanks to support from a council grant, three courts were replaced with new turf, making the courts spick-and-span and ready for action.

“We’ve revitalised the old club – it was long overdue, and we owe it to our members,” says club president Christian Nicolson. Last year,



Torbay Tennis Club won the award for the greatest increase in membership in the northern region, a testament to a club that’s striving to move ahead. Membership has doubled since COVID, offering women’s nights, men’s nights, a mixed social night, a men’s morning coffee group, and now a special junior-only evening on Fridays. “The kids just don’t want to leave,” Christian adds, which is a great thing.

Thanks to a nurturing environment and Jason Hart, our excellent coach, the juniors are thriving in ever-growing numbers, with many winning their competition leagues. Harry Nei, one of the junior members, received a special award for outstanding sportsmanship at the recent Aims Games. “This makes the club very proud,” notes Christian. “We want everyone to have fun on the court. It’s not just about winning; it’s about how you play the game.”

Experience the club’s fun atmosphere and friendly environment for yourself. Your first three visits are free, allowing you to see if it’s the right fit for you. Visit our website (torbaytennis.org.nz) for information on club nights and special deals, including Social Mixed Wednesday for only \$99. First-time women can join for \$100, and juniors for only \$130. There’s a lot on offer at our small but vibrant club. Come and join the fun! Go get stuck in.




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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

The month of March celebrates many special days.

A little known fact I unearthed was that, for some reason, men have more vasectomies in March than any other month!

March 8th is International Women's Day. In many countries women are not valued as human beings and have no rights. This is the day when women remember those whose lives are hard. March 13th Good Samaritan Day. I like this one. On this day why not take an opportunity to do something good for someone else? Imagine what a great day this could be for many who are struggling.

March 17th St Patrick's Day. St Patrick is the patron saint of Ireland. He was a 5th century bishop in Ireland. The Irish all around the world celebrate this day and many a pint is downed in his memory. Shamrocks and the wearing of green clothes are also part of this day.

March 20th International happiness

day. Another one I like. On this day let's try and spread a little happiness. March 28th Black Forest Day. There had to be a day that indulged us, and black forest gateau has long been a real favourite. It has now been 3 months since you overindulged at Christmas so why not?

March 29th Good Friday. This day alters every year as it, and Easter Day, are set by the new moon (as are all Jewish festivals). It is the day Christians remember what Jesus did by dying on the cross.

March 31st Easter Sunday. This is a day of celebration for all Christians, the day when we believe Jesus rose from the grave and conquered death. If you would like to attend a church on either of these days, see page 14 for the local churches Easter service times.

Enjoy your month of March.

Carole McMinn, Editor



editor@focusoncommunity.co.nz | 09 473 3259

New Build and Construction Site Burglaries

Recently in the North Shore area there has been an increase in burglaries of construction sites where new appliances, plumbing equipment (kitchen or bathroom units, tapware, heat pumps, etc) and building supplies have been stolen.

Police would like the public's help in reporting any suspicious behaviour around building sites such as torches seen at night, persons or vehicles with trailers entering a site outside work hours when the construction site is not operating.

Good security around construction sites is essential; fencing, good lighting, CCTV and quality locks are all important to deter would-be thieves.

Companies with valuable tools and equipment need to ensure the building site is completely packed up at the end of each day, and all desirable items secured.

Do not leave anything valuable in unattended vehicles that aren't kept in secure premises overnight and at weekends.

Contractors should record the serial numbers of all tools, mark them in a specific way, and take photos, so they



have a record of all their belongings. Police encourage tradespeople to engrave their personal tools with their driver's licence number. This will assist Police with enquires in the event your property is stolen and increase the chance of items being recovered and returned.

If you see any suspicious activity around a construction site, immediately call 111.

Police will be able to attend

and ascertain if the activity has been permitted by the property owner or not.

If you notice any suspicious items being sold for what appears to be too cheap for what it is, please report it through our 105 phone-line or website <https://www.police.govt.nz/use-105>

Information can also be provided anonymously via Crime Stoppers on 0800 555 111.



Welcoming in the new Lunar Year

On Saturday 17th February the Chinese Congregation at Long Bay Baptist Church decided to celebrate the new Lunar Year- which is the year of the dragon.

They organised a 2 course meal with entertainment for 110 guests.

It was an absolutely amazing night.

All afternoon a team had sweated in the kitchen to produce the food and it was delicious, offering five different main course dishes and a dessert.

Continued p8



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Wendy's update

Enjoying outstanding weather and holidays during January we have had a slow start to sales in the Torbay/Waiake area. Traditionally at this time of year we see a surge in homes coming to the market and this year is no exception, owners are confident that the market has found its feet and are strongly re-entering the market – buyers are being offered a wide range of options.

If you are thinking of selling I offer in-depth knowledge, experience and service. I welcome your call to complete an up-to-date market appraisal and to discuss maximizing the sale of your home.

Scan the QR code here to request an appraisal for your home.



Kind regards, Wendy

Torbay/Waiake *January 2024*

<p style="text-align: center;">FOR SALE</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">72</p> <p style="text-align: center;">PROPERTIES FOR SALE</p>	<p style="text-align: center;">SOLD</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">10</p> <p style="text-align: center;">PROPERTIES SOLD</p>
<p style="text-align: center;">\$850,000</p> <p style="text-align: center;">LOWEST VALUE SALE</p>	<p style="text-align: center;">\$2,000,000</p> <p style="text-align: center;">HIGHEST VALUE SALE</p>

Biscuits-All from one basic dough

Basic dough makes about 30 biscuits.

Ingredients

225 gms butter

140 gms castor sugar

1 egg yolk, beaten

2 tsp vanilla essence

280 gms plain flour well sieved

Pinch salt

Method

Preheat oven to 180°C. Cream butter and sugar together, add egg yolk and vanilla. Beat well. Fold in flour. This is really easily made if you have a food processor. Cut to shape and bake for 10-12 minutes.

Variations

1. Rum and raisin. Add 100 gms raisins and dash of rum essence.
2. Hazelnut. Add 55gms chopped hazelnuts.
3. Blueberry and orange. 100 gms dried blueberries and tablespoon orange juice.
4. Coconut and cranberry. 60 gms cranberries, 40g gms coconut.
5. Cinnamon and Orange. Rind grated 1 orange, 4 teasp orange juice, 2 tsp cinnamon.
6. Cranberry and white choc. 60gms cranberries 60 gms chopped white chocolate.



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Motor Sport Champion

Matthew Schaw is an 11-year-old boy who is lucky to be able to follow his passion for motorsport.

Matthew's love of cars and Motorsport goes all the way back. From the four wheels in his pram to the four wheels of his go-kart he has continued to live and breathe Motorsport.

He first tried go-karting in 2019 at Game Over Auckland and absolutely loved it.

His first try of a petrol go kart was in December 2020 at a have-a-go day in Hamilton. A petrol go-kart was much faster than an electric one. Matthew still remembers that feeling of extreme excitement and the thrill of speed. He could not wait to get back on track and drive more.

A track day was the best way for Matthew to get a feel for driving and a way to make sure motorsport is definitely for you before moving onto the pricier stages of the process.



Matthew commenced competitive karting motorsport at the end of 2022 at the age 10 in the Vortex Mini Rok class for age group 9-13 year olds.

This was not an easy decision for the family. We realise that he will be racing with drivers with years of experience and established sponsorship, but we took a risk, and his racing career began. (typically kids start karting between 5 and 7 year old in the Cadet class on less powerful kart).

However Matthew successfully passed all required licences in a short period of time, and that allowed him to participate in the top competitions.

Last year was Matthew's first year in karting and he showed great progress,

In November 2023 Matthew won the Auckland Championship for 9-13 year olds, followed by another championship win in Tokoroa (December 2023).

Matthew won these events as a 10 year old after less than a year of racing experience which stunned the karting community!

He was also awarded with the Most Improved Vortex Mini ROC Racer for 2023.



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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TORBAY TAI CHI FOR BEGINNERS

A new class will be starting for beginners who have not done Tai Chi before, if there is sufficient interest. Have fun, meet others and maintain balance, mobility and wellbeing with this gentle form of exercise that can also be done seated.

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Continued from p5

Dominic's band played during the meal and afterwards we had a concert.

There was a blend of old and new with traditional dance, in beautiful costumes and instruments we had never seen before. There was a teen group doing hip hop and a catchy modern chorus.

We ran a silent auction to raise a gift for our church plant in China and there were very generous bids for the restaurant voucher, the massage voucher and a beautiful painting gifted by John, a very talented artist.

It certainly was a night to remember.



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Taking the North Shore to the World

When it comes to travel, possibilities are endless. An escorted tour provides the chance to discover new, exciting places, and create memories with other like-minded travellers.

The variety of tour options extend from luxury to cost efficient, suit the mature traveller or the under 35s, for travellers who prefer every detail planned or those who enjoy plenty of free time to explore. Choose from the following selection of Shore Travel preferred escorted tour styles:

Adventure World: Actively harness the positive power of travel. All trips allow you to experience the lifeblood of a destination. Celebrating culture, protecting wildlife and creating authentic travel opportunities.

Backroads: The small group touring experts that take you off-the-beaten-track to see each destination through the eyes of the locals. Expect a personalized touring experience, avoiding large crowds



and overpopulated tourist destinations.

Contiki: The world's leading youth Travel Company. A right of passage for all young Kiwis, Contiki is a must-do for young graduates, or any youthful traveller. Welcome to social travel for 18 to 35 year olds.

Cosmos: Turn dream trips into reality with expertise and affordability. Enjoy comfortable, clean and attractive hotels, a professional Tour Director; guided sightseeing of must-see sights; and a seamless transportation that makes getting there half the fun!

Cost Saver: Gives you the power to travel how you choose. The ultimate unpackaged holiday, an experience that you can make your own, giving you the power to travel how you choose.

Globus: Take it all in slowly or pack in as much as you possibly can, Globus will take care of every detail so you can live it up just the way you want.

Insight Vacations: Incredible travel is more than visiting amazing destinations, it's about the connections you make

and how you spend every moment, from authentic experiences that enrich the mind to stylish hotels that rest the soul. Discover what makes Insight Vacations different.

Intrepid Travel: Creating positive change through the joy of travel. People and planet-friendly adventures. Walking and trekking or cycling tours. Family, Food, wildlife or Polar tours.

Luxury Gold: Enjoy the finest end to end experience on the world's leading limited edition small group tours. Every journey is filled with exceptional moments.

Moa Tours: All-inclusive New Zealand Tours designed for mature travellers. Get to know locals, enjoy leisurely paced itineraries focusing on specific regions.

With each new journey, we will assist you to explore and discover your own world of possibility. Enquire with the team at Shore Travel to help you explore the world, your way.



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Rotary Browns Bay

Rotary Browns Bay celebrates 40 years of service to our community this year and we are excited about what's in store for us.

We will continue with our usual fundraising activities and to support local, national and international organisations that need assistance.

Look out for us at Summer Spectacular in March where we'll be back on the bbq.

Our new initiative for 2024 is to instal an AED in Phoenix Plaza that will be easily accessible to the public in case of an emergency.

Rotary is an international organisation that is over 100 years old and has over a million members.

In the old days it was very much a businessmen's association, but over the years it has adapted to embrace men and women from all walks of life who want to make a difference in the world. Amongst the 28 members of our club we have a real estate agent, two travel agents, a fashion designer, a former school principal, a retired pharmacist, a pastor, a couple of engineers, a caregiver, an ex-policeman, people from the insurance industry... and as well as working to help our community, we are friends who enjoy each



other's company with a variety of social events.

The only criteria for becoming a Rotarian is a commitment to helping others and to serve your community.

If you are interested in finding out more about Rotary, please contact Ian Clouston on 027 494 7531.

We would also love to welcome you to a breakfast meeting, 7am at the Bays Club on the first and third Tuesday of the month.

Would you like to win a tray of free-range eggs?

At eggspertly we're giving away one tray of 30 eggs every week for the next few weeks.

To enter, scan the QR code! If you prefer typing, go to <https://www.eggspertly.com/be-in-to-win>

The eggs are certified free-range and come from a farm less than 90 minutes away.

If you don't win a tray, you can still get a fortnightly egg subscription by emailing eggspertly@outlook.com!

Customers set up an automatic bank payment and pick up their eggs every

second Wednesday from 2 to 5 pm and 7 to 8 pm. Pickup is at the bottom of Glamorgan Drive. Here's what one customer said: "So glad I found this egg business - piece of mind to get genuine free range eggs at a good price. Good communicator, & lovely lads to give you the eggs at pick up." If you would like to support this local initiative or learn more, don't hesitate to get in touch. Thanks, Carlo, Thomas, Vincent and Friso.



Monthly Quiz

Answers Page 30

info@brownsbayrotary.co.nz



1. ever
ever Thursday
ever
ever
2. CCRREEAAMM
3. **MOTHER**
4. SO WE'RE UP
5. Dust Dust
Dust
6. Henry
Bored
7. EACK
8. CHESS
9. LOUNGE
10. BUS
BUS

Torbay Historical Society

'In 1952 an Anglican minister, the Reverend Frank Willis came to Torbay to retire. He bought a section on the corner of Ellangowan and Deep Creek Roads and had an old fibrolite house shifted on to it. After 8 years he sold the house to his son, Hugh. A growing family forced Hugh and his wife, Di, to enlarge the house, but the Council refused permission and they had no option but to build a new dwelling. Help came from unexpected sources, and even though it was the first 'wheel-chair friendly house' the architect and builder had tackled, they were willing to give it a go, and also keep the costs down.'

Hugh unfortunately passed away in January this year after an illness. (See the Obituary in the last newsletter). The large number of people at his funeral showed how much he had touched many people. He was a Maths teacher at Westlake Bays' High School for 32 years. Hugh and Di worked over 30 years as foundation members of the Christian Ministry

with the Disabled Trust. Many Torbay Residents will have walked along the many walkways through the Awaruku Bush and other bush areas in the district. These were constructed by Hugh and his team of helpers in his retirement years. Some of these walks can be accessed by wheelchairs. There are books in the library with details of the walks.



One of the many Awaruku walks which Hugh was responsible for.



The opening of the Emlyn place walkway in 2020 - (Hugh with a Parks official)

More about the Willis family can be read in our book 'and then came the bridge'

We are opening the Vaughan Homestead (our present home) on Saturday afternoons during the summer, when the weather is favourable and when we have enough helpers. If you want to come at other times or wish to hire the venue please phone us. We always welcome new members.

Garden Working Bee

Saturday 16th. March 9 – 11 am.

Morning Tea provided. All welcome

Turn up even if you can just give us an hour. Please bring your own gear but we have spare gloves and spades if needed, and we'll show you what to do.

Let us know by phoning or emailing, if you are able to come.

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



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Torbay Theatre thanks Hibiscus and Bays Local Board for grant

We are so lucky to be able to apply for Council grants to assist with the very high costs involved in producing a big musical show. All involved are amateurs, most with full-time jobs or study, from the director to the chorus to the set builders to the stars to the "fascinating witches who put the scintillating stitches in the britches of the ..." well, of everyone on stage. This year we received a grant from Auckland Council - Hibiscus and Bays Local Board - to go towards lighting, and it made our technical budget go so much further, so the costumes and Greased Lightnin' and all really popped, helping to elevate the quality of the whole show. We are deeply grateful for this grant, and we would like to acknowledge their assistance once again.

HERE'S A HOW-DE-DO TOO! 18th to 28th April

Come for another dose of the Best of Gilbert & Sullivan in April, as the smaller Gate Theatre transforms into Fechem Hall, country seat of Lord Frederick Ffincham-Ffarquhar. Rehearsals have just begun, as this top-notch group of professional singers who are also dazzling comic actors take you back in time and bring alive another batch of brilliant wordplay and wonderful music. Tickets are on sale now - see Website below.

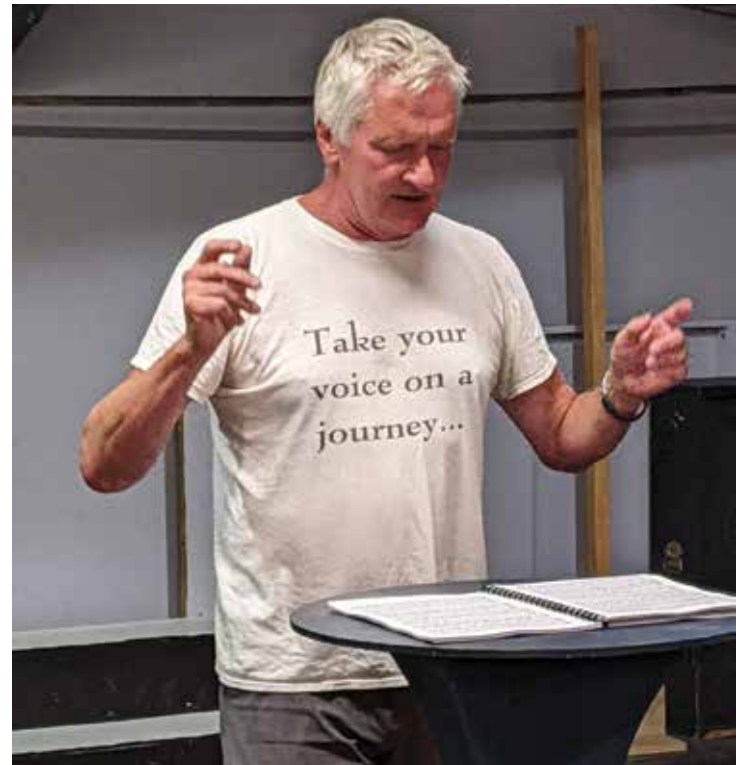
Next Club Night: 16th March at 7:30pm

Join in or sit back and watch a fun evening of short performances of all kinds. BYO drinks - nibbles and juice provided. To offer an item or to take part in an item, please email clubnight@tobaytheatre.com.

Torbay Theatre AGM

27th March 7:30pm

Notice is hereby given that Torbay Theatre's Annual General Meeting will be held in the Gate Theatre, Torbay Community Hall, 35 Watea Road, Torbay, on the 27th March 2024, at 7:30pm. All welcome. See our website for more information: torbaytheatre.com



"Take your voice on a journey" – Graham gets the vocal warm-ups for *Here's a How-De-Do Too* started with his favourite catchphrase.

Love Drama speech & drama classes, where children and teens have fun with drama, while learning all aspects of stagecraft, with a show every term. Phone Jacqué on 027-522-7836.

For more information, to join, and to book for shows, see our website:

www.torbaytheatre.com

See also: Facebook page, or ph 027-547-2426

35 Watea Rd, Torbay



Hon. Erica Stanford


MP for East Coast Bays
Minister of Education
Minister of Immigration

My Electorate Office team are here to help and have a new email address!

 ECBoffice@parliament.govt.nz

 www.EricaStanfordMP.co.nz

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 1/8 Beach Front Lane, Browns Bay



Events at Albany Village Library for March

Chip Packet Project Demonstration

Sunday 3 March

11am-12pm

Want to see some foil fusion magic?

What would a Kiwi summer be without chips & dip?

But those foil chip packets can take up to 80 years to decompose in landfill.

Come along to watch & join in as we turn foil chip packets into survival blankets useful for homeless people, disasters & civil emergencies!! Learn about the volunteers creating these blankets to help people & the environment.

Suitable for children, families & all ages.

World of Cultures

takes place from 21

March - 14 April. A

regional celebration

of the many rich & varied cultures that make Auckland home.

Albany Village Library will host a Photographic Exhibition featuring images from the countries members of our community originate from.



NZ Baiyun Beijing Opera

Sunday 24 March 2pm-3pm

The NZ Baiyun Beijing Opera will share their UNESCO listed culturally significant performance style with the community at Albany Village Library.



Beijing Opera is a performance art featuring striking face make up, masks, songs, acting, reciting, puppetry, dance & music using saxophone, violin, electric blowpipe & the bamboo flute. NZ Baiyun Beijing Opera Society will perform authentic and original Chinese Opera songs as well as more popular songs known around the world. Discover this classical Chinese art form & see the facial masks up close. Volunteers from the audience will have the opportunity to be selected to have traditional face make up applied. The session is suitable for all ages. Everyone is welcome.

Albany Village Library

30 Kell Drive, Albany, Auckland, 0632

Ph 09 484 7117 I

Visit our website: www.aucklandlibraries.govt.nz

Like us on Facebook: <https://www.facebook.com/albanyvillagelibrary/>



Nada's story

Sometimes things happen that really restore your faith in human nature.

Nada, who lives in Torbay, went to the Browns Bay Sunday market a few weeks ago.

As she approached her car and began to look in her bag for her keys she realised, to her horror, that she had lost them.

It wasn't just that she couldn't access her car, she would not be able to get into her house!

She then noticed a piece of paper under the wiper and saw the note that said "I have found your keys, please phone me and I will bring them to you" and a lovely smiley face.

Someone had found them and taken the trouble to locate the car and leave the note.

One grateful phone call and Nada had her keys back, and was able to drive home.

Thank you to the Good Samaritan!



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Good Friday

with The Northern Bays Churches



JOIN US AT NORTHCROSS CHURCH
FRIDAY MARCH 29 AT 10AM

Long Bay Baptist, Browns Bay Presbyterian, St Mary by the Sea,
The Afrikaans Christian Church, Salvation Army,
Shore Presbyterian, St Francis de Sales & Northcross Church.

Trinity Waiake

Holy Week Services

- March 24, 10 am: Palm Sunday celebration
- March 28, 7.30 pm: Maundy Thursday – Tenebrae Service with Holy Communion
- March 29, 10 am: Good Friday – reflective service
- March 31, 10 am: Easter Sunday Celebration (Holy Communion)

East Coast Bays Methodist Parish
864 Beach Rd, Waiake, Auckland 0630
ph. 09 478 5107
www.trinitymethodist.org.nz



LONG BAY BAPTIST CHURCH

EASTER SERVICE TIMES

8pm Thur 28 March
Maundy Thursday Service
with Communion

10am Fri 29 March
Good Friday Service
@Northcross Community
Church

10am Sun 31 March
Easter celebration

282 Glenvar Road, Torbay
www.longbaybaptist.co.nz



Wandering Heart

Figuring out faith with Peter

25th-28th March - Wandering Heart

10am - 7pm Holy Week stations

28th March - Streams of Mercy

7pm - Maundy Thursday reflective service
including footwashing

29th March - Prone to Leave the God I Love

3pm - Holy Friday through the perspective of
Peter

31st March - Easter Sunday

6:30am Sunrise communion at Waiake
8am and 10am Services at St Mary by the Sea



Navigating the waves
of life together

168 Deep Creek Road, Torbay
www.stmary.co.nz | (09) 473 8180

Torbay Garden Club

Summer has been a mix of heat and showers, which did not deter 22 members from attending the Torbay Garden Club's annual Long Bay picnic. It was a time to share good food and company, under a shade cover, with a gentle breeze. A highlight was the show-and-tell of interesting plants from several members' gardens, each with a tale to tell about their specimen. They included the deep blue aster from Lorraine Blennerhassett's garden which she says has lovely long stems and is great for picking.

The colourful dahlia epitomises the flowering season of late summer, and is 'flower of the month' for the Club's March meeting. Its meanings include beauty, love, resilience and kindness and we anticipate a lovely display from our members' gardens. Despite the clay throughout this area dahlias can often cope with drier weather.



This month....

Autumn is nature's planting time as the ground is still warm. It's also time to plan and prepare your winter garden. Top up flower beds with compost and fertilizer. Cut back perennials and plant new ones. Feed ornamental trees and shrubs. This is a good time to sow or repair lawn to rejuvenate over autumn. Dig over vegetable beds again, using fertiliser. Plant seedlings of cabbage, cauliflower, broccoli, beetroot, brussels sprouts, spinach, silverbeet and winter herbs. They will also need protection against slugs

and snails. Feed citrus well to maintain growth and fruiting. Daffodils can be planted in full sun with well-drained soil any time between mid March and the end of May. This makes little difference to flowering time which is mainly dependent on winter cold and spring warmth. Anemones and Ranunculus will benefit if the bulbs are chilled for 5-6 weeks in the fridge then soaked for 6-7 hours before planting. Harvest pumpkins in late summer and leave them in an open sunny position to dry out before storing.



FOR SALE

204/585 Beach Rd, Rothesay Bay

3  3  2 

Penthouse Panorama at 585 Beach Road

- Designer kitchen + scullery, fitted out with Marble bench tops + Gaggenau appliances
- Spectacular views, floor to ceiling windows with ranch slides to 2 outdoor areas
- Basement offers two secure car parks + double lock up-unit
- Large media room

Whether you are looking for a low maintenance home, an executive lockup and leave, or a perfect downsize alternative this is sure to be a quick seller. Give us a call to view today.

FOR SALE



29 Bushlands Park Dr, Albany

4  3 

- Freehold section of 650sqm (more or less)
- Two spacious living areas
- Double garage plus ample parking
- Close proximity to top schools and local amenities



Thérèse Leslie | 021 022 66192

Jiang Kou | 021 087 93257

www.rwmairangibay.co.nz

The RayWhite logo is positioned in the top right corner of the advertisement. It consists of the brand name "RayWhite" in a bold, black, sans-serif font, set against a bright yellow rectangular background.A photograph of two real estate professionals, Thérèse Leslie and Jiang Kou, standing outdoors by a body of water. Thérèse is on the right, wearing a dark blue, double-breasted blazer with gold buttons and a heart-shaped necklace. Jiang is on the left, wearing a dark blue pinstriped suit jacket, a white shirt, and a grey tie. They are both smiling at the camera. The background shows a blue sea, a small boat, and a rocky coastline under a clear sky.

Experience The Expertise

Thérèse and Jiang are multi award winning local property experts. If you are looking to sell, buy or maybe just review your property plans they would be happy to help. Give them a call.

AWARD-WINNING for a reason.

Thérèse Leslie
therese.leslie@raywhite.com
021 022 66192

Jiang Kou 寇江
jiang.kou@raywhite.com
021 087 93257

Thérèse and Partners | 021 022 66192

www.rwmairangibay.co.nz

CR Group Limited (Licensed REA 2008)



ALAN WHITE
ELITE
PERFORMER 22-23

Create meaningful change

Movement as medicine

Interested in a free event that could change your life?

Lynne, from The Body Tonic Group, and Ming, from Harcourts Cooper & Co. want to help you achieve that by doing a free event on Saturday 6th April at 6.30 until 8pm.

It will be held at the Templeton rooms in the Village Square at Long Bay (next door to Long Dayz).

Lynne will show you how you can say goodbye to pain and hello to a new, fitter you! With wellness tips and a demonstration of simple, easy to follow exercises, your health journey begins here!

If you value your mobility, this is a great opportunity to ensure you maintain this level, and if the last bus has gone on that one, then all is not lost – join us, come long for a night of fun, bring a friend and see for yourself.



To register interest in this free event please email lscott@thebodytonicgroup.co.nz
www.thebodytonicgroup.com

Free drinks will be provided. Receive a free gift and written material.

Wear trainers and easy to move in, comfortable clothes.

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

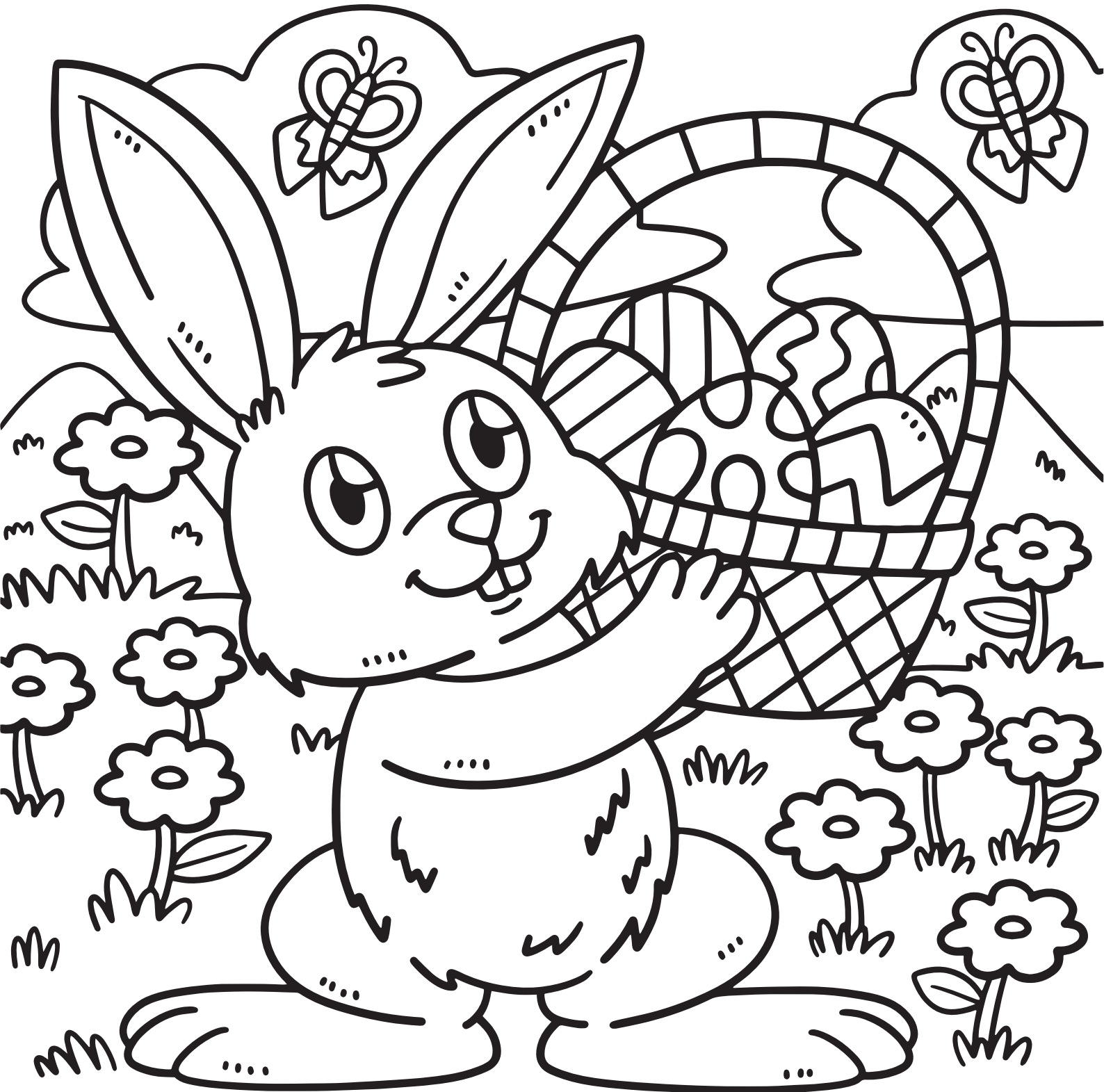
Supermarket

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

HAPPY EASTER



Name:

Age: Phone:

Drop your completed picture on to the desk inside the Long Bay Showroom or in the Long Bay Community Library at 19 Headland Drive by 5pm Tuesday 26 March 2024

Harcourts Cooper & Co
Cooper & Co Real Estate Licensed REAA 2008

TEAM MING
027 519 6826

Food scraps turned into energy and fertiliser

One of the largest service rollouts in Australasia saw Auckland Council deliver more than 440,000 food scraps bins to homes in mainland urban Auckland in 2023.

The first collections of food scraps began in Waitākere in April with the last urban areas of Rodney and Franklin having their collections start in November.

Chair of the Planning, Environment and Parks Committee Richard Hills says Aucklanders are redefining food scraps from what was once considered waste into a valuable resource.

“Our aspiration for Auckland to become a zero-waste city by 2040 is much closer with most residents now able to access the food scrap collection service. Weekly amounts collected right now suggest we’re on track to collect over 35,000 tonnes in the first full year, well on the way to our yearly target of 40,000 tonnes. Food scraps that once created only harmful greenhouse gases in landfill are now contributing to a circular economy solution. We’re grateful for how well Aucklanders have embraced the new service and are choosing to see their food scraps put to good use.”

Some areas have seen reductions in the weight of total refuse in kerbside rubbish bins by up to 20 per cent.

Auckland’s food scraps are processed at New Zealand’s only anaerobic digestion facility run by locally owned company Ecogas, which converts the food scraps into renewable energy and liquid fertiliser.



Deputy Chair of the Planning, Environment and Parks Committee Angela Dalton says the food scraps collection service rollout has been a collaborative effort.

“The success of the rollout is testament to the many local community organisations, collectors and contractors, who have worked with the council team – and to residents who have championed the food scraps collection in their neighbourhood. A special thank you to everyone who puts out their food scraps bins every week.”

All areas of mainland urban Auckland have had food scraps bins delivered where possible. Some residents are yet to receive their bins because, for example, their properties were still under construction when deliveries were done in their area, or they live in multi-unit developments that need a tailored solution.

All multi-unit developments, like apartments, retirement villages, and gated communities will be assessed as to whether a food scraps collection service can be delivered either as normal or as a non-standard service.

Property managers or body corporates can register with Auckland Council for a site assessment to design a food scraps service that works for the residents and the property. Watch a video of the journey of food scraps from kerbside collection to liquid fertiliser: https://www.youtube.com/watch?v=O7Y_E9XOZaM

Boat trailer stolen

The Deep Creek Restoration Group has had its boat trailer stolen from a locked position adjacent the Torbay Boating Club.

The dinghy was pushed off the trailer on to the grass and the trailer taken under the security camera on the Club in the early hours of 30th January.

The Marine Education Trust donated the unit to the Creek Group for ongoing maintenance over coming years.

If anyone has information on a stray trailer, please inform Browns Bay Police.

The Torbay Yacht Club had footage of the event, but it looks like the vehicle used had stolen plates, making it difficult to trace.

Murray Allison



Coming soon

TORBAY

1/22 SALEM PLACE



First time on market in 3 decades!

It's no wonder the current owner has held on tightly to this property for so long. Located in a quiet cul-de-sac with an elevated deck that captures the stunning sea view, this property offers a laid back lifestyle in the heart of gorgeous Torbay.

Call me today to find out more about this exciting opportunity.



Michele Bensley
 021 270 7410
 m.bensley@barfoot.co.nz

barfoot.co.nz/862009



SOLD

barfoot.co.nz/859076



Michele Bensley
 021 270 7410
 m.bensley@barfoot.co.nz

Listing local

TORBAY

124 AWARUKU ROAD

It is always a privilege to market one of our neighbour's properties who has lived in our community since 1986! A competitive marketing campaign saw multiple bidders fight it out to secure this home above reserve. We have buyers who want to secure homes in this area. If you are thinking of selling contact me for a confidential chat and a coffee.

Looking forward to being of service.

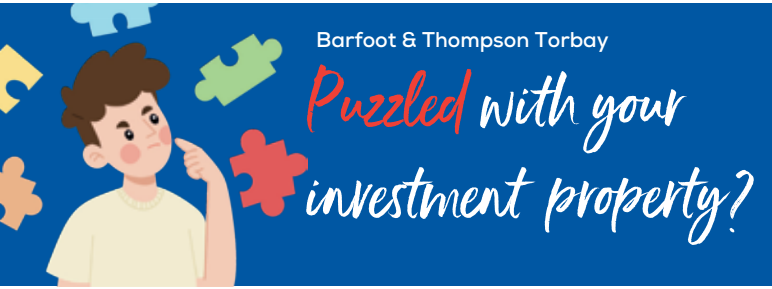
Michele

**SUCCESSFULLY SOLD BY
 BARFOOT & THOMPSON IN AWARUKU RD**

132a Awaruku Road
 49 Awaruku Road
 124 Awaruku Road
 132 Awaruku Road
 (Prices ranged in value \$798,000 - \$1,060,000)

Quizzes

sponsored by



AUSTRALIAN CITIES

Y T Y F A R R E B N A C J B G
 B E N D I G O P J Q Z B M A E
 N E N R U O B L E M O R G L R
 K O W D H J A K E B R I T L A
 L C T S Y T H I B I W S O A L
 P Q R S T S R U H T A B W R D
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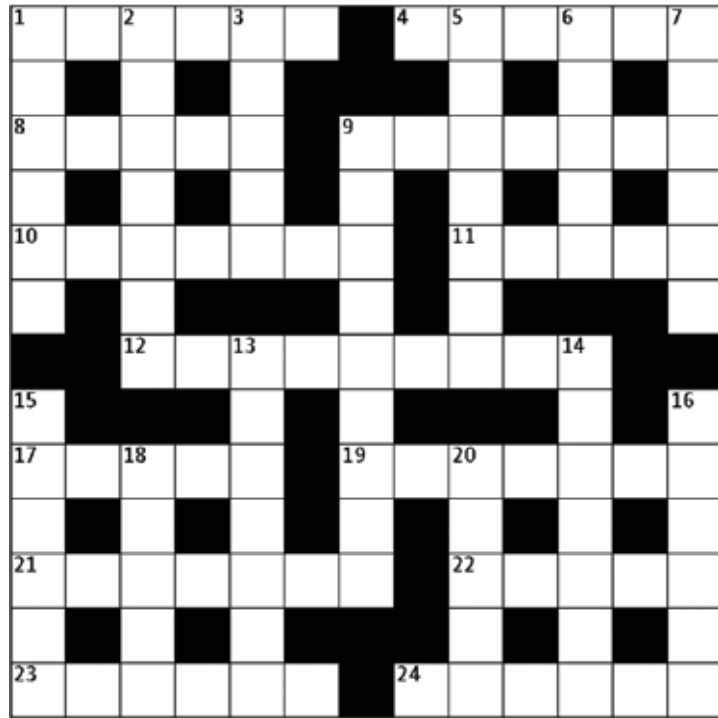
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| ADELAIDE | BALLARAT | CAIRNS |
| BENDIGO | BRISBANE | DUBBO |
| CANBERRA | DARWIN | HOBART |
| GEELONG | GERALDTON | MELBOURNE |
| LAUNCESTON | MACKAY | PERTH |
| NEWCASTLE | PENRITH | TAMWORTH |
| PORTPIRIE | SYDNEY | |
| TOWNSVILLE | BATHURST | |

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

SUNSHINE

25 good, 30 very good, 36+ excellent

CROSSWORD



Across

- 1 Hot beverage (6)
- 4 Middle East market – fundraising event (6)
- 8 Poetry (5)
- 9 Certain to succeed? (4,3)
- 10 Pilot (7)
- 11 Purchaser (5)
- 12 Unfeeling (9)
- 17 Edible fish (5)
- 19 Become enraged (2,5)
- 21 Type of crossword (7)
- 22 Foul-smelling (5)
- 23 Ridicule, scorn (6)
- 24 Tolerably (6)

Down

- 1 Warning (6)
- 2 Fit out home (7)
- 3 Put up (5)
- 5 Amiable (7)
- 6 Forced to turn and face the attackers (2,3)
- 7 Give back (6)
- 9 Forming part of a long-term plan (9)
- 13 Instrument to measure electric current (7)
- 14 First course (7)
- 15 Simple calculating device (6)
- 16 Peak of perfection (6)
- 18 Land of the Pharaohs (5)
- 20 Capital of Bulgaria (5)

SUDOKU

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



We are your local solution!

Chanelle Fenton

Head of Property Management Torbay Branch

Torbay Friendship Club

It's only February and I am on a roll with mistakes, no excuse at all, so I apologise that I had the incorrect starting time for our last meeting. However, we welcomed a number of new friends and I am certain they all enjoyed their visit.

Vanessa McBain gave a 10 minute talk on her introduction to pottery and kindly gave everyone a personally made heart for Valentines Day.

After tea, Jen & Lorraine from RAFT Studio, a local community based charity, gave a most interesting talk on their position of recycling through art. Their motto being "connecting our community through creativity". They are avid recyclers of many different materials and teach a wide range of artistic art & craft utilising items that most folk throw away.

One particular item that intrigued me was a purse. It felt like dyed wool or felt but amazingly had been created from wet wipes (or baby wipes like some like to call them) dried, dyed and crafted into spectacular purse.



Our weekly groups of Rummy, Mahjong, Scrabble, Morning Tea and Craft are up and running and we are off to a good, happy start to the year.

We are a friendly group wishing to encourage all retired and semi -community members to join in and meet new people, join some group if they so wish and enjoy once a month excursions planned by our lovely ladies, Vanessa & Janine.

Our next meeting will be held on the 14th March 2024 at 10am in the Torbay Community Hall and although the AGM will be part of the formalities, this will be before tea and we will be able to relax and enjoy another interesting speaker.

Should you wish to find out more about the Club before the meeting please contact Delphine Pearson 022 072 9813 or Noreen McArthur 027 271 3524 or just arrive at the door where you will be welcomed.

Looking forward to meeting you.



\$895,000

HELENSVILLE

15 RIVERBOAT LANE



Scan for details and viewing times

Relocation Forces Quick Sale

Warm and inviting this single level, brick and tile home is designed for both comfort and functionality. Featuring 4 bedrooms, 1.5 bathrooms with spacious open-plan living zones seamlessly integrating with a stylish, well appointed kitchen.



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



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

barfoot.co.nz/859360

Torbay & Long Bay Medical Centres

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facebook

Ask us about
Manage My Health

INTRODUCING TWO NEW DOCTORS

It is with great pleasure that we would like to introduce Dr Jared Mitchell and Dr Kristy Usher who have joined the team at Torbay Medical Centre

Dr Jared Mitchell

I am originally from the North Shore and graduated from Medical School at Auckland University in 2018. I have gained valuable experience working in a wide range of medical and surgical specialties across all of the hospitals in the Auckland region. I have a post-graduate diploma in Surgical Anatomy from Otago University.

In my spare time I enjoy the outdoors and I am currently learning how to Wing Surf.



Dr Kristy Usher

My family are originally from the UK, though I have lived across various countries and have been in NZ since 2017. I trained at Manchester University and graduated in 2013. Since then, my time has been spent in hospitals in a range of specialties however most of this time was in Internal Medicine. I am now enjoying general practice with the variety of people I get to see each day as well as the ever-changing nature of what we deal with and discuss each day. I have a particular interest in the extremes of age- the younger and older generations of the community. I am also passionate about wellbeing and teaching/sharing of knowledge.

Outside of work I love travelling, reading, comedy and keeping fit with yoga and kayaking.

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Iron, Goldilocks, and the Three Bears

You are probably familiar with the Story of Goldilocks and the Three Bears (porridge that is too cold, too hot, or just right). The iron story is very similar: you need to get your levels just right. Not too low, not too high. But wait, it gets more complicated. If you do have low iron levels, you need to choose a supplement that provides just the right amount of iron in the right form. Not too much, not too little.

The Benefits and the Dangers of Iron:

Iron is essential for transporting oxygen around the body to provide energy and vitality. If you have too little iron you will be tired, and possibly grumpy. This is because iron is also important for brain function. In fact, iron deficiency may be a factor in aggressiveness, poor concentration, ADHD, sleep problems, and restless legs syndrome. Low iron can also be associated with lack of appetite, hair loss, and heavy menstrual bleeding. Of course heavy menstrual bleeding can in turn reduce iron levels further.

Too much iron can cause heart disease and increases the risk of heart attacks. It can exacerbate ulcerative colitis, increase the risk of macular degeneration, osteoporosis, and type II diabetes. High iron levels can contribute to the development of Parkinson's disease and Alzheimer's disease. There is a strong association between

excessive iron intake and cancer.

There is no need to panic as there is quite a wide safety zone with iron, but I am concerned that I still see people requesting high-dose iron (available to purchase on pharmacy shelves and on prescriptions).

Boosting Low Iron: Goldilocks Strikes Again

Your body regulates the absorption of iron to protect itself from getting levels that are too high. However, it's a basic level of control. Let me explain. If you are very low in iron you would think that your digestive system would allow high levels of iron to be absorbed to fix the problem. But iron absorption can't be scaled up. What this means is that if you take a high dose iron supplement, only a small amount will get absorbed and the rest stays in the digestive tract potentially causing immediate problems like cramping and constipation, but also longer-term problems like cancer. Plus, to protect you, if high iron levels are detected in your gut, your absorption of iron shuts down for about 3 days. So any iron you take for the next 3 days is destined for evil rather than good.

To discuss the safest and most effective way to get your iron into the "mummy bear" just right range, come have a chat the team at Unichem Torbay Pharmacy.

Stars of Brass

North Shore Brass Band are delighted to host a fine musician and a serving serviceman in Kevin Hickman of the NZ Army Band. He will play new repertoire as well as many of the favourite written for Flugel horn. This concert is for the brass band aficionados and general music lovers.'

Kevin joined the New Zealand Army Band as a fulltime musician in 2010 and currently holds the position of Drum Major after a successful career in the printing industry.

As a cornet soloist Kevin has won the New Zealand Junior Champion of Champions, the Australian Junior Cornet Championship, New Zealand Amateur Cornet, and New Zealand Championship Cornet. He has twice been runner up in the Australian Cornet Championship. Kevin has also won the New Zealand Open Flugel. Kevin has won the New Zealand Champion of Champions and been runner up twice. He has also won the Federation of Australasian Brass Bands Aria contest and the New Zealand Invitation Slow Melody contest twice. Kevin has also been a part of many New Zealand Duet and Ensemble titles.

The concert will be held on Sunday 10th March at 2.00pm at St Peters Killarney Street, Takaapuna.



NORTH SHORE BRASS PRESENTS

STARS OF BRASS

featuring **Kevin Hickman** (NZ Army Band)

**SUNDAY 10 MARCH,
2:00pm**

**St Peter's
Anglican Church
Killarney St, Takapuna**

Tickets:

\$20 Seniors - students are free

\$25 Adults

Door sales

or owen@mortgagesupply.co.nz

ph 021 281 0405



THE BEST OF BROWNS BAY ON YOUR DOORSTEP



With 75% of apartments already sold, they won't hang around for long!

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

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

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

3 – 7 Woodlands Crescent, Browns Bay

LIVE THE AGE YOU FEEL

 **ARVIDA
Aria Bay**

East Coast Bays Library

East Coast Bays Library has a variety of events in the month of March for young and old and everyone in between!

"Wonderful World of Marine Food Webs"

Thursday 7 March 5.30pm-7.00pm

Celebrating *Seaweek 2024*, the MERC (Sir Peter Blake Marine Education & Recreation

Centre) team will provide a session in an immersive marine adventure where we will dive into learning about food webs and how even the most different of animals are connected. No bookings required. Family-friendly, ideal for ages 7 & up but open to all. More information here: <https://seaweek.org.nz/events/marine-food-webs>



"Tim Bray Storytime - The Great Piratical Rumbustification by Margaret Mahy"

Saturday 9 March 11.00am-12.00pm

A great storytime session for families presented by the Tim Bray Theatre Company.

"Tiny Seeds to Tasty Feasts: A Salad Growing Workshop"

Saturday 16 March 10.30am-12.30pm

Hosted by Love Food Hate Waste tutor Pip and proudly brought to you by EcoMatters this interactive workshop

will show how to practice sustainable living by reducing your food waste, loving your leftovers etc. Pip will also be doing a demo on growing your own salad greens at home.

This event is part of *EcoFest 2024*, a month-long celebration of our unique environment to inspire sustainable living across Tāmaki Makaurau. Bookings essential. Register for your ticket here: <https://events.humanitix.com/from-tiny-seeds-to-tasty-feasts>



"Family History at Auckland Libraries and Beyond"

Friday 22 March 10.30am-12pm

Join Seonaid Harvey to hear how resources and services at Auckland Libraries can integrate with your traditional genealogical resources to assist you with your family history research. Audience: All (beginners to intermediate particularly). No bookings required.

"Growing Together"

Thursday 21 March 6.30pm-8.30pm

A special after-hours gathering celebrating *Neighbours Aotearoa*.

Guest speakers at this panel talk use this year's theme "Growing Together", to provide insights into local community organisations and champions in the area. Doors open at 6pm. Light refreshments available. Spaces are limited. Bookings essential. Register for your ticket here: <https://events.humanitix.com/growing-together-neighbours-aotearoa-community-talk-event>



"When Western Meets Eastern"

Saturday 23 March 10.30am-11.30am

The Auckland region-wide *World of Cultures* will be celebrated with a special musical performance for the whole family.

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



Book Reviews

Lessons

By Ian McEwan

The narrator, one Roland Baines, while recounting his journey through adulthood, also switches back to his childhood: Roland is the sensitive son of a British Army officer, born post WWII and brought up largely in Libya. He is sent to an unusual boarding school in England where he is, in his early teens, seduced by his piano teacher.

His later struggles to find a fulfilling path through life is seen through the filter of many major world events: Chernobyl, the Suez Crisis, Bay of Pigs ...

This is a story told with McEwan's usual precision and flair

- Reviewed by Rachel, Wednesday Book Chat member.



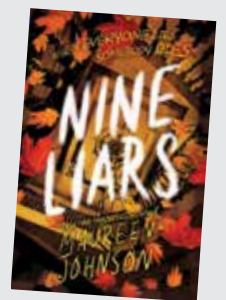
Nine Liars

by Maureen Johnson

The fifth book in the Truly Devious series is here, and it is another hit! Stevie Bell is what you could call an accomplished teen detective. She's already solved the case of the century, and another besides.

But now she's trying to finish out her final year at Ellingham Academy with nothing to hold her in place. Her friends have college applications to do (so does she), her boyfriend is halfway across the world, and she has no mystery to work on. Until a trip to London is quickly arranged, and what Stevie thinks is going to be a fantastic opportunity to spend time with David quickly turns into another murder mystery in the quaint English countryside. Way back in the good old days of 1995, nine friends played a game of hide and seek. Only seven came back. And they're still dying. Stevie has to wrap this one up quickly before she's dragged back home and she has to face her ever-crumbling life.

- Reviewed by Jess, ECB Library staff member.



Strategic Trust And Tax Planning.

Albert and Mae had owned a successful business for many years. It had started out small, but now had a number of staff and locations throughout the country. They enjoyed a great lifestyle on the North Shore and had a holiday home in Omaha.



Both their family home and their bach were in their family trust. Their accountant, who is also the independent trustee on their trust, had recommended that many years ago to protect from business risk in the early days.

Albert and Mae owned the shares in their business in their personal names. One of their children worked in the business and they hoped that at some stage in the future she might want to take over when they were ready for retirement. But they were quite a few years from that. It had been quite some time since they had reviewed the trust deed, wishes for the trust, and revisited their wills. They also couldn't remember if they had enduring powers of attorney.

They went to see the lawyer they had used for many years for the business and any personal matters that arose. He advised them that Trust Law had become very specialised over the last few years and given the potential complexities of their affairs, they should go and see a specialist trust lawyer. He gave them a recommendation and they made an appointment to see her.

The lawyer reviewed their documents and gave them lots of practical advice around their trust, wills and wishes (including updating the enduring power of attorneys that they did have, to include alternates in case one of them had died or they both lost capacity). They hadn't realised that the spouses and partners of their children were beneficiaries of their trust. While they loved their in-laws and didn't expect any issues in the future, they really did want to make sure that what they passed onto their children would not be divided in two in the event of a separation. The lawyer suggested ways in which they could fix the trust to prevent that from happening.

She also questioned why the shares in the business weren't in a trust. The value of the company had increased significantly over the years and she explained from an asset protection perspective, it was important to have all their valuable assets in a trust.

She also said that there were potential tax benefits to having the shares in the trust. Despite the negative publicity around the trust tax rate increasing to 39%, trusts still offered a very flexible vehicle to be able to provide greater tax efficiency. Albert and Mae had been paying their grandchildren's private school fees for a number of years, and she said that even those could be more effectively paid through a trust. The lawyer said she would liaise with their accountant, and bring in specialist tax advice if required, to create greater efficiencies.

Albert and Mae were thrilled. They came away feeling confident, and even if they hadn't fully understood some of the detail around the tax piece, they knew they were in good hands.

With the change in the trust tax rate to 39% from 1 April 2024, it is the perfect time to review your affairs to ensure that you are getting the most from your structuring. Even if your income producing assets are already in a trust, there may be opportunities to re-structure for commercial reasons that will give you greater tax efficiency. It is the perfect time to be getting legal and tax advice. If you have your company shares held in a trust, talk to your accountant and lawyer about the feasibility of declaring a dividend before 31 March 2024 and whether that is the most efficient thing for you to do.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Trusts, Assets and *Tax Implications.*

Trusts are invaluable asset protection mechanisms, which allow a person to hold property and assets on behalf of another for the good of the beneficiaries.

However, when you're dealing with transferring assets in or out of a trust, it is important to consider the tax consequences. There needs to be careful planning and structuring, often with your accountant and lawyer working together.

To get specialty advice for your situation contact Tammy McLeod or one of the Trust Team today.

Quiz Answers

- Forever and a day
- Double cream
- Maximum
- We're in the soup
- Dust to Dust
- Man Overboard
- Cake mix
- The game is up
- Room at the top
- Double decker bus

Classifieds

Accounting

Bookkeeper – available on hourly contract basis. Xero Adviser. Phone Anthea Evans on 0210 240 8632 or email anthea.j.evans@gmail.com

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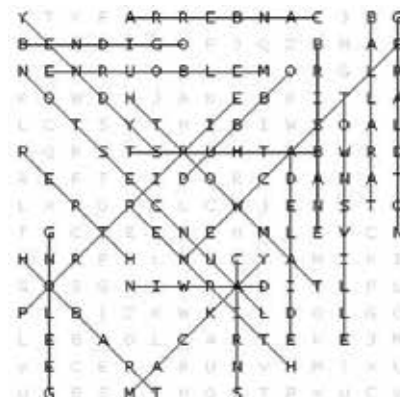
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Puzzle Answers



Word Puzzle

ennui, ennuis, ens, hen, hens, his, hiss, hue, hues, inn, inns, ins, issue, ness, nine, ninaes, nun, nuns, she, shies, shin, shine, shines, shins, shun, shuns, sin, sine, sines, sins, sinus, sue, sues, sun, suns, sushi, use, uses

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

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Tides March 2024 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Fri 01	05:46	0.7m	11:57	2.8m	18:11	0.7m				
Sat 02			00:21	2.7m	06:26	0.8m	12:36	2.7m	18:50	0.7m
Sun 03			01:02	2.7m	07:11	0.9m	13:18	2.7m	19:33	0.8m
Mon 04			01:50	2.6m	08:03	0.9m	14:05	2.6m	20:24	0.8m
Tue 05			02:47	2.6m	09:03	1.0m	15:00	2.6m	21:24	0.8m
Wed 06			03:52	2.6m	10:07	0.9m	16:03	2.6m	22:33	0.8m
Thu 07			04:59	2.7m	11:11	0.8m	17:12	2.6m	23:40	0.7m
Fri 08			06:01	2.8m	12:12	0.7m	18:20	2.8m		
Sat 09	00:41	0.5m	06:59	3.0m	13:10	0.5m	19:22	2.9m		
Sun 10	01:37	0.4m	07:52	3.2m	14:05	0.4m	20:18	3.1m		
Mon 11	02:30	0.2m	08:44	3.3m	14:58	0.2m	21:11	3.2m		
Tue 12	03:20	0.2m	09:35	3.4m	15:49	0.1m	22:01	3.3m		
Wed 13	04:10	0.2m	10:26	3.4m	16:39	0.1m	22:50	3.3m		
Thu 14	04:59	0.2m	11:16	3.3m	17:28	0.2m	23:39	3.2m		
Fri 15	05:50	0.4m	12:06	3.2m	18:17	0.3m				
Sat 16			00:29	3.1m	06:43	0.5m	12:57	3.0m	19:07	0.5m
Sun 17			01:21	2.9m	07:39	0.7m	13:49	2.8m	19:59	0.6m
Mon 18			02:18	2.8m	08:39	0.8m	14:44	2.7m	20:57	0.8m
Tue 19			03:19	2.7m	09:42	0.9m	15:43	2.6m	22:00	0.9m
Wed 20			04:21	2.6m	10:44	1.0m	16:44	2.5m	23:03	0.9m
Thu 21			05:21	2.6m	11:41	1.0m	17:45	2.5m		
Fri 22	00:01	0.9m	06:14	2.7m	12:33	0.9m	18:40	2.6m		
Sat 23	00:52	0.8m	07:01	2.7m	13:19	0.9m	19:29	2.6m		
Sun 24	01:35	0.8m	07:44	2.8m	14:01	0.8m	20:12	2.7m		
Mon 25	02:15	0.7m	08:24	2.8m	14:39	0.7m	20:51	2.8m		
Tue 26	02:52	0.7m	09:01	2.8m	15:16	0.7m	21:28	2.8m		
Wed 27	03:27	0.6m	09:37	2.9m	15:51	0.6m	22:03	2.9m		
Thu 28	04:03	0.6m	10:13	2.9m	16:27	0.6m	22:38	2.9m		
Fri 29	04:40	0.7m	10:50	2.8m	17:03	0.6m	23:15	2.8m		
Sat 30	05:19	0.7m	11:28	2.8m	17:40	0.6m	23:54	2.8m		
Sun 31	06:01	0.8m	12:09	2.7m	18:20	0.7m				

Times adjusted for Daylight Saving.

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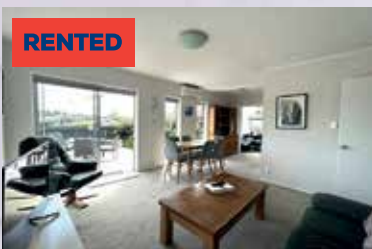
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Chanelle Fenton
Head of Property Management
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