

# focus

Issue 28  
July 2024

on community

Long Bay, Okura & Torbay

**You don't want to see these men at your house!**

See full story on page 13



## Calming the Farm

A calm mind can be a very productive and creative mind. On the flip side, times of high stress can lead to bad decisions, or even the inability to make any decisions like a possum in the headlights.

Daily practices to cultivate calmness and mindfulness can stand us in good stead for when we encounter high levels of stress. Consider a daily practice as training the mind. Most of us understand the concept of training the body. If you want to be a marathon runner, you start off running short distances and gradually increase your stamina and ability to run over longer distances. Eventually you will likely be able to run 42km. While being able to run a marathon may amaze people, it won't come as any surprise to those that know how much training you've done. Training the mind should be similar and involve daily practices that gradually help you to build up resilience to life's challenges.

### Opening Hours

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

Saturday

### Delivery Service now available from Torbay Pharmacy

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

**Call us on (09) 473 9629**

### A Helping Hand

Sometimes life throws stressful events at you before you have had time to train for them. There are a couple of great supplements that I wanted to highlight that can help support you to a calm and effective mind during such times.

### L-Theanine

Theanine is a relatively uncommon amino acid that blocks excitatory nervous system receptors such as AMPA, Kainate and NMDA receptors, while boosting the calming GABA receptors. The result is reduced anxiety, depression and stress, yet increased attention, alertness and ability to learn. Studies have also shown an ability to alleviate premenstrual syndrome (PMS) symptoms.

Theanine does not cause drowsiness (but by reducing stress can improve your ability to sleep) or addiction (has been shown to reduce withdrawal effects from morphine).

Theanine works quite quickly with peak plasma levels occurring about 30 minutes after taking an oral dose. However, the effects do wear off within a few hours. For this reason, I like to recommend lower doses (about 50 to 150mg) which can be repeated regularly as needed. Some supplements are packed with high doses (400mg) which seems unnecessary as it is no more effective and will also wear off in a few hours.

### Chamomile for Kids

One very much overlooked supplement is chamomile for overactive kids or kids who struggle to get to sleep. The reason it is overlooked may be that unlike theanine, chamomile doesn't work instantly but needs to build up before it works. With Chamomile, you need to take it four times a day for a few days before you see some improvement in sleep. If you have kids that have difficulty sleeping, I recommend using chamomile four times a day for a few days and watching the results. It's life-changing when you get your young ones to sleep!

Pop into Torbay Unichem Pharmacy to chat about stress and sleep support.



**Martin Harris**



# Muddy Kids NZ: Free to play!

Play is often underestimated in its importance and can be lost in busy lives. Play is how children process events, build friendships and develop a sense of self. It continues right through to adolescence and is the antidote to anxiety and isolation.

Muddy Kids advocates for the critical role of play in learning and development. The rise in anxiety and social skill challenges among children, exacerbated by our digital lives, shows the need for spaces where kids can just be kids. We hold this space at Muddy Kids.

Playing in Long Bay Regional Park, Muddy Kids offers One Day



Programmes during school, Holiday Play Days on term breaks, and overnight Muddy Camps around Auckland, all designed to give kids the childhood we remember.

At Muddy Kids, the children plan their day and make their own fun without dictation by adults. We are there to ensure safety and support them through disagreements and decisions but aim to remain as hands off as possible. Low ratios and experienced staff mean we can let them be as independent and creative as possible. When trusted, children are more capable than we can imagine. When the choices they make may not be optimal, we let them learn through experiencing the consequences of their choices, building their resilience and self-confidence.

With unstructured days, encouraging fidgety bodies to move, Muddy Kids aims



to address the needs of our tamariki. Being outdoors in all weather, builds resilience, a connection with nature, physical fitness and a calmer mind. We emphasize community, the freedom to make mistakes, take risks and create lifelong friendships.

At Muddy Kids play is not an activity, but a foundation for a well-rounded childhood and a resilient adult.

Through our programs, we aim to counter excessive screen time and increased anxiety, promoting a healthier, happier future for children. Muddy Kids is a place where children can discover who they are, before they are told who to be.

Find out more at:  
[www.muddykidsnz.co.nz](http://www.muddykidsnz.co.nz)




**Deliverers wanted for monthly magazine**

**Interested?**

**Contact:**  
**Barbara 473 6482**

THE Mortgage SUPPLY CO. NEW ZEALAND

**Owen Melhuish**

Your Local Mortgage Adviser



📞 021 281 0405  
✉️ [owen@mortgagesupply.co.nz](mailto:owen@mortgagesupply.co.nz)  
🌐 [www.mortgagesupply.co.nz](http://www.mortgagesupply.co.nz)



**Shane & Jen**  
Residential & Lifestyle Property Consultants

Shane | M: 0274 8274 40 | E: [shane.anderson@bayleys.co.nz](mailto:shane.anderson@bayleys.co.nz)  
Jen | M: 0211 77 5530 | E: [jen.anderson@bayleys.co.nz](mailto:jen.anderson@bayleys.co.nz)

Bayleys Real Estate, 1060 Beach Road, Torbay, Auckland 0630  
[www.bayleys.co.nz](http://www.bayleys.co.nz)

BAYLEYS REAL ESTATE, LICENSED UNDER THE REA ACT 2008



## Content of this magazine.

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

### Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

9.2 cms x 4.2 cms box \$130 + gst

¼ page 10.5 cms x 14.75 cms \$215 +gst

1/3 page 9.2 cms x 21 cms \$245+gst

½ page 14.85 cms x 21 cms \$275+gst

1 page 29.7 cms x 21 cms \$495+gst

We offer a free design service.

Please contact Carole on

473 3259 or email

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

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

## editor's letter

Here is something to celebrate in July. According to Wikipedia in Māori culture, Matariki is the Pleiades star cluster and a celebration of its first rising in late June or early July. (This year it is celebrated between 29th June and 6th July).

The rising marks the beginning of the new year in the Māori lunar calendar.

We will also have a Public Holiday for Matariki.

This is our last Public Holiday until 28th October - Labour Day.

I was really touched this month by the comments sent to me by three people.

- "Thanks so much Carole, you do such a great job with this magazine, it's always so interesting" Kathy Bebb
- "Thank you, Carole, the magazine looks great" Debbie Russell
- "Another great Focus" Jo Bowler.

I am so grateful to all of those who send in contributions and the wonderful advertisers that make the

delivery of this magazine possible.

I had great fun this month.

I wanted to write something about smoke alarms but knew if I just did an article with a boring photo of a smoke alarm, no one would read it.

I mean, smoke alarms, ho hum.

So, I decided to visit the local fire station and get a photo of the crew.

They loved the idea of being used as a "you don't want these guys visiting you" article, even though they are sure they will get lots of ribbing from other members.

But they are passionate about our safety, and they hope they can get the message across this way.

If it means only one house fire less, one life saved, it will be worthwhile.

So while it is in your mind, check them now and be safe.

**Carole McMinn,**  
**Editor**



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

# Children's Ark Early Childhood Centre

282 Glenvar Road  
(Long Bay Baptist Church)

## Our points of difference

- Experienced and stable staff team of fully qualified teachers
- Natural play areas for children with no plastic grass! Real grass only at Children's Ark, experiencing nature is so important for children.
- Renewable, recyclable, reusable, open-ended natural resources.
- Formula milk included (up to age 2 years)
- Eco Nappies included (up to age 3 years)
- Won a Zero Waste award, sustainability is important to us.
- All food included: breakfast before 8.00am, morning tea, afternoon tea, lunch and late snack. Our cook has a degree in nutrition who provides a healthy balanced diet for the children.
- Competitive fees structure:
  - ◊ We do not charge for public holidays
  - ◊ 4 weeks holiday per year (can be used if your child is sick)
  - ◊ We do not charge for our closed period over Christmas



Currently we have limited vacancies for 2 year olds and a small number for 3-5 year olds

More information on our website: [www.childrensark.co.nz](http://www.childrensark.co.nz)



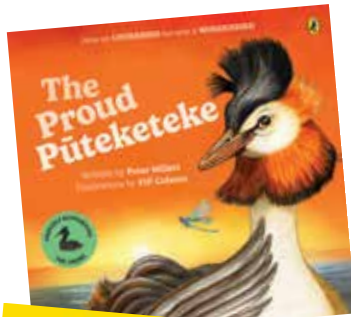
# Celebrating 25 years as an Author

Long Bay author Peter Millett has two new books to mark his 25th anniversary as a children's author. Millett started writing stories for his wife Ruth, a teacher at Glamorgan Primary School, in the late 1990s and has published over 100 children's books. Every book he has published has been test-read in a classroom and only submitted to publishers if young listeners give it an enthusiastic thumbs-up.



Scholastic published one of Millett's most test-read ideas nearly two decades after it was first written. 'My story Spotty the Zebra was the longest-gestating project of my career. It took a long time to get it right, but now I'm ready to share it after multiple rewrites and classroom readings.'

Millett's other new release, The Proud Pūteketeke, published by Penguin Books, was the opposite of the previous publishing experience. 'That's the fastest book project I've been involved with. It has arrived in bookshops only six months after I wrote my first draft.'



The zany viral videos released by US comedian John Oliver created worldwide interest in the now-famous puking, weird-dancing and feather-swallowing waterbird. Millett found himself with a manuscript in high demand and under pressure to get it out to readers as quickly as possible. While creating that book, he worked closely with acclaimed conservationist John Darby to help balance the irreverent humour with important endangered bird awareness messaging. Millett stated that while the bird is now synonymous with mullet memes, the truth is that its bright feather patterns are closer to 'mutton chop sideburns'. With the main characters in his book named Pukey Sukey and the Chunder Wonder, his story will hit the funny bone of many Kiwi book fans. Millett sent a copy to John Oliver in New York and was curious about how it would be received by the comedian.



*Spotty the Zebra* (Scholastic), illustrated by Raymond McGrath, and *The Proud Puteketeke* (Penguin), illustrated by Fifi Colston, are out now in all good bookshops.

## Top Salesperson 1 Torbay Branch 2024\*



Service | Experience | Results



### Wendy's update

During May the Auckland market experienced a late Autumn boost – the highest number of homes sold in the month of May for three years, consolidating prices around those prevailing over the previous three months.

Currently we have less properties for sale in the Torbay/Waiake area – with strong buyer interest in the market place now would a great time to have a chat to consider your options and arrange for a Free Market Appraisal on your property.

I am local working consistently in our area for a number of years – I can apply my experience, knowledge and insights to the different market trends to maximise your sale. Just scan the QR code for further details, or give me a call direct on 021 772070

Kind regards, Wendy

### Torbay/Waiake *May 2024*

<p><b>78</b> PROPERTIES FOR SALE</p>	<p><b>18</b> PROPERTIES SOLD</p>
<p><b>\$750,000</b> LOWEST VALUE SALE</p>	<p><b>\$3,600,000</b> HIGHEST VALUE SALE</p>

**Wendy Radcliffe**  
**021 772 070**

w.radcliffe@barfoot.co.nz

# Are you contemplating any DIY on a Saturday?

If so, East Coast Bays Lions will be at Bunnings in Constellation Road collecting and raising funds, once a month and every month rain or shine. We usually have a resident lion (very tame) and of course a delicious sausage sizzle.

My name is Chris Naylor and I am a Lion. A Lion "Empowers Volunteers to serve communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs". Our motto is, "We Serve".

If you have not stopped reading this by now, where are you? There are many good people in this area but very few Lions.

I know many serve the community in a number of ways and many have other commitments but being a Lion will initially take one evening just two hours per month.

The rest will be up to you.

Globally, Lions clubs have helped hundreds of millions (Saving sight, 30 million people, teaching life skills 13 million youth in 85 countries, improving health with measles vaccinations for more than 200 million children, giving disaster relief-5 million annually, providing grants to needy causes, etc.)

Locally we are not so grand.

But it is us (East Coast Bays Lions) that have helped supply an extra bed in the children's ICU at Starship, we have walked many k's for Diabetes NZ, raised money for Pink Ribbon, the



Red Cross, Children's Cancer and many others. We are still operating a free fire wood service.

We collect spectacles from the local opticians for reprocessing and sending to the Pacific Isles. We collect wine bottle tops and old and foreign coins to help fund various youth projects.

If you have a heart for the community and you would like to find out more please join us. You can call me 0220473266 or email me [chris.naylor886@Hotmail.com](mailto:chris.naylor886@Hotmail.com) for further details. (Call me after 3.15 pm as I may be in school).

## Parallel 23 Bar & Eatery



"What a gem!

Four of us enjoyed a latish Friday evening's dinner and were delighted with the service, the food and the overall ambience that Parallel 23 offered.

I'd say that this is not only one of the best meals I have enjoyed in Torbay but one of the tastiest in the whole of the North East Coast Bays."

Highly recommend

Gary Le Petit.

**Come and visit us if you're looking for a date night, want to bring your family out, or wish to meet up with friends. We are the perfect choice.**

We are a contemporary eatery offering brunch, pizza, global mains, and a selection of wine and beer.

Starting in July, we will extend our brunch hours. Our new opening hours are:

Monday - Tuesday: Closed

Wednesday - Thursday: 3 pm to late

Friday - Sunday: 10 am to late



1054a Beach Road, Torbay, Auckland 0630

09 214 7931 Email: [chefkimmyltd@gmail.com](mailto:chefkimmyltd@gmail.com) Website: [Parallel23.co.nz](http://Parallel23.co.nz)



# Torbay Historical Society Inc.

We had a very successful AGM with our guest speaker Sir Don McKinnon who had farmed at Long Bay. He told us about his experiences with Tom Vaughan. There was some discussion as to the car that Tom had. Lane Smytheman has enlightened us about Tom's vehicles as follows:-

'As far as I know Tom never had a driver's licence, and I never recall him driving any vehicle. After his ex army WW1 housekeeper /cook Percy Tasker had died in 1960, he employed a married couple as caretaker / handyman and cook. They owned a pre WW2 American car called a



Lincoln Zephyr ( V12 4.4 Litre ) that they used to get provisions for the Homestead. As Tom was ageing it was occasionally used to take him where he needed to go. Up until that time, Tom walked nearly everywhere or got his nephews Robbie, George or David Vaughan to drive him.

So after a few years, about 1964/65, he decided to purchase a car for use by the homestead personnel. It was a Vanden Plas Princess - 4 litre R, made by BMC, as an upgrade to the Austin A105 Vanden Plas Princess. The R designates that it was fitted with a Rolls Royce engine. Also it was the only mass produced civilian vehicle by another manufacturer to ever use a Roll Royce engine. About 7000 total

were made but I do not think many came to NZ.'

In 1993 our Society began the restoration of the Vaughan Homestead which included putting back the Verandah and the Dormer Windows that Tom had taken out about 1940. See the photo of what was there in 1992, the Homestead with a building nearer the beach. (very thick walls)

We have new members on our committee. We are going to continue with Devonshire Teas (booked in) and have added 'High Tea' which would be a variety of small eats. For both of these the numbers need to be 10 - 15. Phone or email us.



**North side of the Homestead before restoration. Note the chimney still there**

President – Bill Ellis Secretary: Barbara Ellis - 473 6482 Email: thsinc22@gmail.com Website: torbayhistoricalsociety.n8.nz

**Do you have a story worth sharing?**

**Have you done something out of the ordinary and would like to share in these pages?**



**Do you have any unusual photos that could interest others?**

**Contact Carole**  
editor@focusoncommunity.co.nz



T H E  
*Hair*DESIGNERS

*Mention this Ad and receive  
10% off your service*

52D OTEHA VALLEY RD. ALBANY  
478 0415  
WWW.THEHAIRDESIGNERS.CO.NZ



## 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!

09 415 0319 [visionaccounting.co.nz](http://visionaccounting.co.nz)



## Frosted passionfruit cake

Everyone loves the unique taste of passionfruit. If you are lucky enough to have them in your garden you only need three for this recipe, or you can buy jars of it in the cake making aisle at the supermarket.

### Ingredients

200gms softened butter

¼ cup sugar

1 teaspoon vanilla

3 eggs

1 ¾ cups SR flour

½ cup full milk

¼ cup passionfruit pulp

### Frosting

2 cups icing sugar

50gms softened butter 2 tablespoons milk.

### Method

Grease 20cms round cake tin.

Beat butter, sugar and vanilla together until light and fluffy

Beat in eggs one at a time.

Stir in sifted flour, milk and passionfruit.

Stir until smooth and put in tin.



Bake at 160°C for about 50 minutes.

Remove and leave in pan until cool.

Make the frosting by combining in a small bowl and beating until smooth.

Spread frosting over cake and decorate with a tablespoon of Passionfruit pulp.

## News from East Coast Bays Library

The month of June saw the “100 Reasons Why” city-wide promotion for Auckland Libraries, highlighting the many benefits of having a library card.

We are looking forward to new interest in library memberships, programmes and online services from this campaign.

In July we have a number of “Reasons Why” you should visit and enjoy our cosy and friendly space.

The Community Garden is taking shape in our courtyard. Have a look and keep your eye out for upcoming monthly events coming soon.

As well as regular programming we have the following FREE events on offer in July:

**Special Workshops for Adults. These have limited spaces, so bookings are required:**

- Money Talks – Budgeting Workshop for Seniors and Retirees. Full of practical tips to help you manage your pension and more. Thursday 4 July from 10 am – 12pm. Presented by NH Budgeting
- Money Talks – Budgeting Workshop for Students and Workers. Learn to budget and plan your future finances. Thursday 25 July from 4pm – 6pm. Presented by NH Budgeting
- Food for Thought - An informative and enlightening presentation on nutrition and how to eat to be

well. Saturday 13th July from 2 – 3pm. Presented by Ali Wilford, from Invoke Wellness.

- Harakeke Weaving – A talk about the whakapapa of the Harakeke plant, followed a demonstration and “have a go” at weaving. Friday 5 July from 10am – 11:30am. Presented by Kendra Barr

**The Matariki School Holiday Programme is packed full of exciting activities for Tamariki including:**

- Sunday Matariki storytimes and movies
- Mindful photography workshop
- Te reo games to share
- Matariki Crafts
- Pyjama evening storytime (Teddies welcome)
- STEAM drop-in session with Sphero robots
- Matariki talk and harakeke weaving with Kendra Barr (bookings required)
- Plastic-Free July zero-waste workshop with Bays in Action
- Peter Millet Author visit and story-reading of his 2 new books “The Proud Pūteketeke” and “Spotty the Zebra” see page 5 for more on Peter and his books.

**East Coast Bays Library** 8 Bute Road, Browns Bay, Auckland 0630

Visit our website: [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)



# Create Memories that Last a Lifetime

Shore Travel is here to help you explore the world, your way. Our dedicated travel advisors are hosting the annual FREE Travel Expo on Thursday 8th August.

Join us for an unforgettable exploration of destinations, cultures, and adventures from around the globe. Whether you're a seasoned traveller or dreaming of your first adventure, this event promises to ignite your wanderlust and inspire your next getaway.

At our Travel Expo, you'll have the opportunity to connect with experts from leading cruise lines, tour operators, and holiday planners who will be on hand to offer insider tips, exclusive deals, and personalised recommendations to craft your perfect itinerary.

Immerse yourself in this inspirational evening that will showcase the beauty and diversity of destinations near and far. From serene beaches



and majestic mountains to bustling cities and ancient ruins, there's something for every type of traveller to discover and explore.

Plus, don't miss your chance to win exciting door prizes, enjoy a drink and some nibbles with other like-minded travellers.

Mark your calendar and invite your friends and family to join us for an evening filled with inspiration, excitement, and the promise of new



horizons. Let's make memories together that will last a lifetime!

When it comes to travel, possibilities are endless. Shore Travel's gift is curating experiences that unlock yours.

By understanding your preferences, we narrow the world of possibility each trip presents, to one shaped by you. Each aspect of your trip is tailored to fit your own world, ready to explore and be enjoyed.



## shore travel

**FREE NORTH SHORE TRAVEL EXPO**  
Thursday 8 August 2024, 5pm until 7pm

Explore the world & discover new, exciting places at our FREE Travel and Cruise EXPO

Featuring a variety of products & destinations  
Drinks & nibbles provided, plus door prizes

Registration essential: Ph (09) 489 2597  
or email: [hello@shoretravel.co.nz](mailto:hello@shoretravel.co.nz)

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



# Creating Hope in the World

In June Gordon McNally, the world president of Rotary International, visited our little corner of the world and we showed off a couple of our recent projects to him.

Since coming into office in July last year, Gordon has closely followed our district's Te Tai Tokerau Tamariki

Wellbeing project, a cause very close to his heart. This mouthful of a title describes our commitment to improving the mental wellbeing of children from the northern-most part of New Zealand by helping them identify and address their feelings.

At our recent conference we heard from a couple of teachers from the far north who reported on some wonderful results they are seeing from this project, delivered by Cat Levine through the 'I am Hope' foundation. Rotary Browns Bay is proud to be associated with Cat and her amazing work.

Gordon also visited the site of the Healing Garden at the new block at North Shore Hospital.

All of the Rotary clubs in the North Shore hospital catchment have contributed to the establishment of this garden, which is shortly to get underway. Imagine sitting in a lush green garden while recovering from surgery rather than in a curtained-off cubicle in a hospital ward. Wouldn't that make you heal faster? The concept design is stunning and we can't wait to see it completed.

Rotary Browns Bay meets on the first and third Tuesdays of the month for breakfast and we welcome visitors. Contact Ian Clouston on 027 494 7531 if you would like to know more about Rotary or if you have some time to commit to making the world a better place...our theme this year is 'Creating Hope in the World' and there are so many ways of achieving that.



## Monthly Quiz

Answers Page 30 [info@brownsbayrotary.co.nz](mailto:info@brownsbayrotary.co.nz)

- 14 July is Bastille Day, France's National Holiday. What are the three values celebrated by the French on this day
- What year was the French revolution
- Who was the king at the time
- When were the Olympic games last held in Paris
- Three sports that debuted at the 2020 Olympics return this year and there is one new sport. What are they
- The Eiffel Tower was the tallest building in the world until 1930. What surpassed it
- Notre Dame Cathedral was built in the 12th century. When was it destroyed by fire
- The 2nd oldest university in the world is in Paris. What is its name
- The birthplace of Paris was on an island in the Seine called...
- How many arrondissements (municipal districts) are there in Paris



## Want to learn Sign Language?

Did you know there are classes available to teach New Zealand Sign Language (NZSL) at various locations in Auckland?

The Auckland Deaf Society has been holding courses for the public for many years. These courses are at Beginner to

Advanced levels and are run by experienced tutors who are also Deaf. Our students are at various ages and stages of life, and enjoy learning this beautiful language in a supportive setting.

In semester 2, 2024, which begins at the end of July, there will be NZSL classes at Browns Bay (Beginner 1) and Bayview (Beginner 2), as well as other parts of Auckland, and online. These courses are 15 weeks long (once a week in the evenings). They are usually run as an 8-week term, then a break, followed by a 7-week term.

If you would like more detail or to register for a course, please see our website <https://www.auckland-deaf.org.nz> or email [nzsl@auckland-deaf.org.nz](mailto:nzsl@auckland-deaf.org.nz)





# Native Tree Planting at Aickin Reserve



**Photo: Murray Allison**

New Zealand is home to a large number of unique plants and animals that are found nowhere else on earth. However, some of these unique plants and animals are under threat.

The burning of forests and tussock grasslands, the introduction of pests, the draining of wetlands, and loss of habitat through development are just some of the major factors that have contributed to seeing some species in danger of extinction.

This is something we have seen locally at Long Bay with the massive development that has taken place there.

Our native plants and animals are continuing to decline across the country, with over 80% of our land-based birds, bats, reptiles and frogs in trouble.

We have several local initiatives to try and restore native trees and plants so that they are no longer under threat.

There was a recent native tree planting at Aickin Reserve at Waiake. With willing helpers, it is possible to see these natives thrive.

If you plant natives in your garden, it will attract the birds and then you can have countless hours of pleasure watching them and listening to their unique songs.

There can be nothing more pleasurable than listening to, and watching, Tuis in your garden.

A local organisation helping with replanting is the Kaipatiki Project and if you want to know more look at [www.kaipatiku.org.nz](http://www.kaipatiku.org.nz).

**BARFOOT & THOMPSON**  
LICENSED REAA 2008

**SOLD**

[barfoot.co.nz/891387](http://barfoot.co.nz/891387)

87 Deep Creek Road **Torbay**

**SOLD**

[barfoot.co.nz/862009](http://barfoot.co.nz/862009)

1/22 Salem Place **Torbay**

## Listing Local

It has been a privilege to market properties for two of our neighbours, one who has lived in our community for over 30 years and the other held by one family for three generations.

Torbay is a highly desirable location, and I have met a lot of buyers who are looking to move into this area. If you are thinking of selling, contact me for a confidential chat. I look forward to being of service.



**Michele Bensley**

021 270 7410

[m.bensley@barfoot.co.nz](mailto:m.bensley@barfoot.co.nz)



# Torbay Theatre

June's Club Night was, as always, a joy, with items ranging from serious and comic songs from some of our professional opera singers, through a comic skit and some improv, to a very young piano prodigy, to some audience-participation Irish jig music.

**The Last Five Years** by Jason Robert Brown

Show dates 21-24 and 28-31 August, in our intimate Gate Theatre

Rehearsal is now underway for our next play – the critically acclaimed musical *The Last 5 Years*, exploring the rise and fall of a relationship over five years, between Jamie Wellerstein,



*Dragan and Madison improvised an operatic duet to lyrics written by the audience during the first half, with a little help from AI, under Dylan's direction.*



*Wilbur Burton sang and played "I Don't Care Much," from Cabaret.*

a rising novelist, and Cathy Hiatt, a struggling actress. This poignant story is uniquely told in opposite order by the two characters. Don't miss this intimate and powerful theatrical experience!

For more information, contact [last5years@torbaytheatre](mailto:last5years@torbaytheatre).

We regret to announce that our annual JULY SCHOOL HOLIDAYS PLAY for the very young will NOT take place this year. We realise that our young performers and our very young audiences will be disappointed, and all we can do is to look forward to next year, when we expect to be back with a vengeance.

**Backstage Club:** drop in on Wednesday mornings, 10:15-12 noon, or text Daphne on 027 673 7494. Give your creative side an outlet building and painting sets, making props, sewing and altering costumes, and generally having a fun social time.

**Love Drama speech & drama classes:** Phone Jacqué on 027-522-7836.

**For more information, to join, and to book for shows, see our website:** [www.torbaytheatre.com](http://www.torbaytheatre.com)  
See also: Facebook page, or ph 027-547-2426.  
35 Watea Rd, Torbay



## HON ERICA STANFORD

Member of Parliament for East Coast Bays



@ [ECBOffice@parliament.govt.nz](mailto:ECBOffice@parliament.govt.nz)

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

09 478 0207 EricaStanfordECB

1/8 Beach Front Lane, Browns Bay







**You don't want these men coming to your house!**

The photo shows our wonderful fire crew at the East Coast Rd depot.

Often, we will hear the siren going as they speed out to incidents locally. It is usually never good news.

One way you can avoid a visit from these firemen is to have a routine about checking your smoke alarms.

Did you know:

- That you are four times more likely to survive a house fire if you have smoke alarms installed?
- That smoke from a house fire can kill in less than three minutes?
- That 33% of house fires did not have smoke alarms installed?

Don't be caught out.

Check your alarms today.

**Carole McMinn**

**How to maintain and check some alarms regularly**

**Once a month**

Press the test button to sound the alarm. (Use a broom handle if you can't reach the button).

**Every six months**

Vacuum or dust your smoke alarms to help avoid false alarms.

**Every year**

Check the expiry date, usually located on the bottom or side of the alarm. If there's no expiry date, it's best to replace the alarm.

**Every 10 years**

Replace all smoke alarms with new long-life photoelectric smoke alarms.

**For hard-wired smoke alarms**

Follow the testing and maintenance schedule provided by the installer.

We've been **SUCCESSFULLY** selling in winter for over 30 years!



**Is your home dry and warm?**

It's the perfect time to show it.



**Buyers out viewing in the rain**

are seriously motivated to buy.



**Fewer listings in winter -**

make the most of low competition.



**Ian & Diane Dodds**

P: 09 477 4240 | M: 021 909 067

E: [iananddiane.dodds@harcourts.co.nz](mailto:iananddiane.dodds@harcourts.co.nz)

W: [www.ExperienceDoesCount.co.nz](http://www.ExperienceDoesCount.co.nz)

**Harcourts**  
**Cooper & Co**

Cooper & Co Real Estate Licensed Agent REAA 2008

# Ray Qu

## Residential + Rural expert



Barfoot & Thompson

**Individual  
Salesperson**

Long Bay Branch 2023\*



When it's time for your next move, give Ray a call – your local Rural and Residential expert. With plenty of experience, I provide top-tier, all-encompassing real estate services, ensuring seamless transactions for both buyers and sellers. Specialising in both residential and rural properties, I tailor my approach to meet your needs, guiding you through every stage with dedication and expertise. Whether you're selling a farm or buying a rural retreat, I have the know-how to navigate these transactions, ensuring positive outcomes.

Choose me as your real estate partner for personalised support and outstanding results in the residential and rural market.

**Call me today, for a chat.**

**Ray Qu** Residential/Rural Sales – Long Bay branch  
021 190 0881 | [r.qu@barfoot.co.nz](mailto:r.qu@barfoot.co.nz)

[barfoot.co.nz/r.qu](https://barfoot.co.nz/r.qu)

LICENSED REAA 2008

**BARFOOT  
THOMPSON &**  
RURAL AND LIFESTYLE

\*Year ending 31 March 2023



# Torbay Garden Club

For our first meeting of winter, it was an exciting opportunity for club members to celebrate Matariki, the Maori New Year. The meeting started with a karakia to bring everyone together to celebrate with a fun and relaxed atmosphere throughout the afternoon.

Given the time of year, it was an understandably smaller Club Show than normal, but judge Graham Milne commented on the quality of the exhibits that were entered. The Flower of the Month was an open category with a "Best in your garden" title. This went to a beautiful *Zygopetalum* orchid from Barbara Dines, which enticed members with a heady fragrance. The Floral Arrangement category was "Matariki Celebrations", with plenty of entries. The Best Floral Arrangement was won by Hilary Collins with a creation full of flaxes and natives.

In celebration of Matariki the guest speaker this month was Rob Small, the designer and curator of the Ngāti Whātua Ōrākei Pourewa community gardens. These gardens are a developing venture which includes a mara kai (food garden) that produces a around 2000kg of produce each year for the local community. As well as this, Pourewa has a nursery that grows around 300,000 native trees and plants each year, with plans on developing extensive māra rongoā gardens for traditional Maori medicinal benefits, and a mara tipuna (ancestor garden). Rob has a very long and interesting relationship with gardening, and the big focus of the Pourewa gardens is alignment with Maori gardening practices, with a special focus on how Matariki plays such a big part. Rob sees the Maori historically as gardeners first and gave a fantastic talk about how gardening has always been an everyday aspect of Maori life.

The club also enjoyed a shared lunch with homemade soups and rolls provided by several of the Committee members. This gave everyone a lovely opportunity to chat and catch up and enjoy the exhibits on display. The afternoon wrapped up with the show prizegiving and some great raffle prizes being won.

Next month the Torbay Garden Club celebrates our 71st birthday with a lunch planned at the Bays Club in Browns Bay.

If you are interested to know more about Torbay Garden Club or would like to arrange a free visit to our next club meeting, please email us at [torbaygardenclub@gmail.com](mailto:torbaygardenclub@gmail.com) or you can check out our website: <http://www.torbaygardenclub.co.nz>.



## In the Garden

Now that winter has arrived, be sure to take care of your plants over the coming months. Make sure your plants are well-mulched, dead-head any old flowers that aren't producing seeds that you want, and start preparing for winter pruning. Veges you can plant now include broccoli, cabbage, carrots, lettuce, onions, parsnip, peas, radish, rhubarb, silverbeet and spinach. Strawberries can be planted now, to give higher yields when they fruit in summer, and keep an eye out in stores as new season roses start to come in. June has the shortest day of the year, traditionally when you plant garlic, so compost those garden beds now in preparation. Happy Gardening!



Photos by Bill Ellis



**FOR SALE**



**1/35 Channel View Road, Campbells Bay**

4  2  2 

- Double garage plus plenty of off-street parking
- Expansive decks perfect for entertaining
- Perfectly positioned with ocean views
- North-facing for all-day sun
- In Zone: Double Westlake and Campbells Bay, as well as close proximity to public transport

**FOR SALE**



**65/92 Bush Road, Albany**

1  1 

- New kitchen and renovated bathroom
- Open-plan living flows to a large deck and garden
- Rental income: \$530 - \$550 per week
- Ample parking

**RayWhite**  
MAIRANGI BAY

CR Group Limited (Licensed REA 2008)

Thérèse Leslie | 021 022 66192

Jiang Kou | 021 087 93257

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



The RayWhite logo is positioned in the top right corner of the image. It consists of the word "RayWhite" in a bold, black, sans-serif font, set against a bright yellow rectangular background.

# Experience The Expertise

We are a small specialist team that pride ourselves on delivering outstanding service. 80% of our business comes from repeat clients or referrals. If you are looking to sell, buy or maybe just review your property plans we would be happy to help. Thérèse and Jiang are multi award winning local property experts.

Call us and find out why.

**Thérèse Leslie**

[therese.leslie@raywhite.com](mailto:therese.leslie@raywhite.com)

021 022 66192

**PREMIER**  
MEMBER 23-24

**Jiang Kou 寇江**

[jiang.kou@raywhite.com](mailto:jiang.kou@raywhite.com)

021 087 93257

**Thérèse and Partners | 021 022 66192**

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

CR Group Limited (Licensed REA 2008)

ALAN WHITE  
**ELITE**  
PERFORMER 22-23



## U3A learns about NATO

At our June Open Meeting the speaker was Colonel (Retired) Graeme Wilson. From his vast experience of part time service with the NZ Army and 43 years as a pilot for Air New Zealand, he spoke to us about NATO - [North Atlantic Treaty Organisation] or OTAN [ *Organisation du traité de l'Atlantique nord*]. His talk was detailed and comprehensive, outlining the history, structure and evolving function of this organisation. At present NATO is made up of 32 sovereign states – an impressive array determined to uphold peace.

At U3A Browns Bay our members each belong to one or more of the 20 Special Interest Groups each of which runs its own independent learning program and activities.

At the Open Meeting each month, one of these groups gives us a 20-minute presentation.

It was the turn of the “Active Travellers” group to report this month.

Individually, their members have ranged worldwide,



Graeme Wilson



Evidence of continental rift, Iceland

including Iceland [glaciers, geysers, waterfalls and the continental rift], U.A.E.[camel raising and racing] Australia [listening to the digeridoo in a limestone caves] and the Panama Canal [locks and lakes] – Fay Weatherly [Publicity Officer for u3aBB]

For more details go to our website <https://www.u3abb.nz/>  
Or phone our Information Officers:  
Anne Gough: 027 3210729  
Gloria Ward: 021 2353113

## Torbay Friendship Club - where we enjoy each others company!

Hello to all you wonderful folk out there. I know you are already waiting for “Winter” to be over. Aren’t we lucky we live in the north where most of us really have no idea what winter in the south is really like – how we homo sapiens adjust to our surroundings is quite remarkable.

Remember, the weather is miserable doesn’t mean to say we have to feel alone during winter, just come and join our meetings once a month and make friends over a nice cup of tea and listen to an interesting talk once a month. Just think the shortest day of the year is around the corner.

The meetings are held at the Torbay Community Centre at 10am every 2nd Thursday of a month.

Each one of us feel a little uncomfortable at our first encounter with the unknown, however once we’ve broken down a few walls we realise that we all have been there once. We are welcoming and if you need a hug, I have plenty to give. We each have a history and a story to tell and that makes each one of us unique. We would love to hear yours.

We had a great group of 26 that visited “Ryders” in Avondale where we got to see a “Dirty Rotten Scoundrels”, starring Michael Cain, (when he was that gorgeous young hunk, and we were 21). Light hearted and funny. Of course, Ryders make the most delicious roast meal on the coal stove, so after the film we sat down to a scrumptious lunch.



Coffee mornings are becoming more and more popular, this is held every 1st Wednesday of a month where we all gather at a cafe, arranged and booked by Rita, our lovely convenor. Of course this is not the only group get together, and if you decide to join the Club all activities during the month are open for you to join in.

Our midyear lunch will take the place of an excursion this month but there are some exciting outings being arranged for the next few months.

To find out more about the Club, please call Noreen McArthur 027 271 3524 or Delphine Pearson 022 072 9813 we look forward to hearing from you.





Team Ming lives and works in and around Long Bay.  
We are committed to supporting our community and preserving the environment.

To help us achieve this, we use our Team Ming tote bag. It's perfect for work, shopping, and keeping in the car for whenever it's needed.

Let's work together to keep Long Bay a great place to live.

Clients Words.....

**“Service was outstanding. Team Ming displayed total professionalism, 100% commitment, dedication, enthusiasm and belief they would achieve a desired outcome. We were so impressed with the work ethics of both Ming and Harry, flexibility from Tim and efficiency of Robyn’s backup.”**

Elizabeth, Robert & James



Your Long Bay Local Experts

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

*Ming* LIU

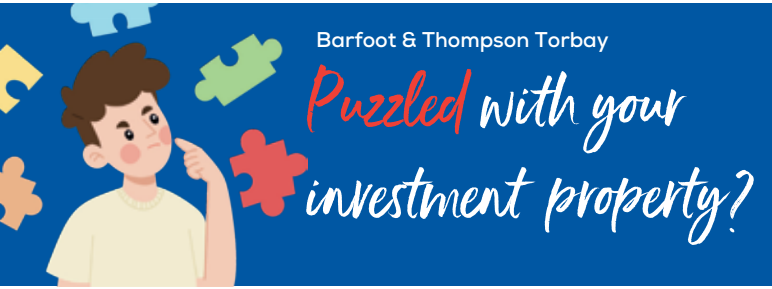
**Ming Liu & Team**  
Your Long Bay Local Experts  
027 519 6826 | [ming.liu@harcourts.co.nz](mailto:ming.liu@harcourts.co.nz) | [www.mingliu.co.nz](http://www.mingliu.co.nz)



# Quizzes

sponsored by

Answers Page 30



## DOG BREEDS

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

- |               |              |           |
|---------------|--------------|-----------|
| POODLE        | FOXHOUND     | RETRIEVER |
| DACHSHUND     | JACK RUSSELL | CHOW CHOW |
| BORDER COLLIE | LABRADOR     | CORGI     |
| SHIH TZU      | BULLDOG      | WHIPPET   |
| AIREDALE      | ROTTWEILER   | SALUKI    |
| GREYHOUND     | DOBERMANN    | BEAGLE    |
| POINTER       | MASTIFF      | BOXER     |

## WORD PUZZLE

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

**GLENVAR**

35 good, 50 very good, 60+ excellent

---

---

---

---

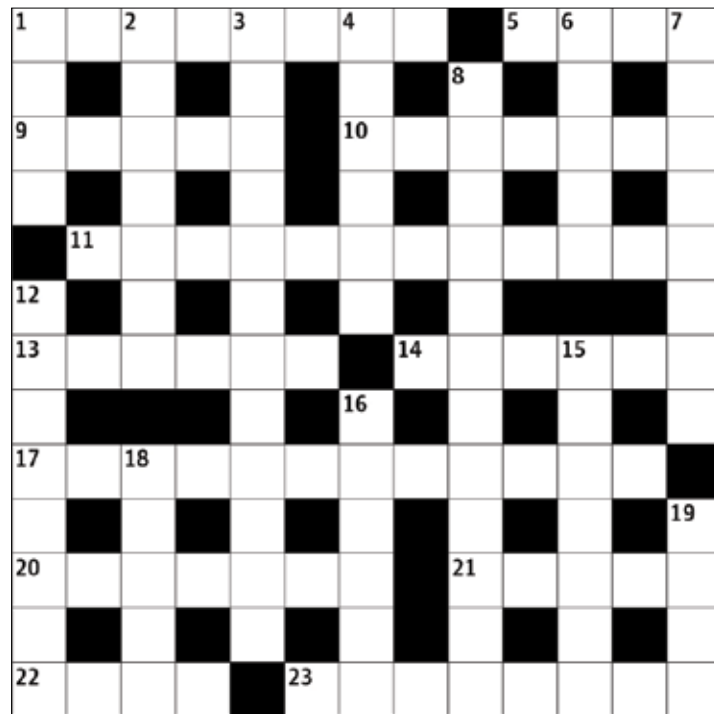
---

---

---

---

## CROSSWORD



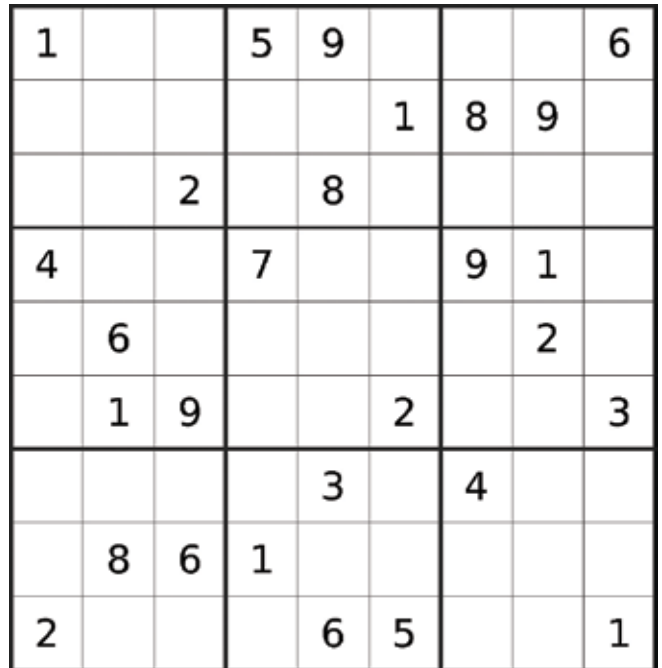
### Across

- 1 Loud and harsh, grating (8)
- 5 Practice boxing (4)
- 9 Largest bird of the crow family (5)
- 10 Of or relating to romantic love (7)
- 11 A continuing business (5,7)
- 13 Already (2,2,2)
- 14 Careful use of money (6)
- 17 Able to make key decisions (4,3,5)
- 20 Start of play in ice hockey (4-3)
- 21 Short interruption in war (5)
- 22 Piece of solid substance (4)
- 23 Finally (2,3,3)

### Down

- 1 Arrange (4)
- 2 Square pasta cases with savoury filling (7)
- 3 Public criticism of someone or something (12)
- 4 Very slight difference in meaning (6)
- 6 Lying face down (5)
- 7 Produce clear, continuing sound (8)
- 8 Said before swallowing alcoholic drink (4,3,5)
- 12 Unlikely to happen in a real world (8)
- 15 Enter when not invited (7)
- 16 Make temporarily unable to hear (6)
- 18 Temporary replacement doctor (5)
- 19 Repair (4)

## SUDOKU



We are your local solution!

**Chanelle Fenton**

Head of Property Management Torbay Branch



# Matariki July School Holidays at Albany Village Library

## Bilingual Storytime

Saturday 6 July, 10:30-11:00

## Chess Club

Sunday 7 July, 2:00-3:00

Bring your family and friends and have a game of chess, or maybe even a tournament!

## Backyard Trapping Workshop for Families

Tuesday 9 July, 11:00-12:00

Join Louis the Pest Free Co-ordinator with Upper Waitemata Ecology

Network for a family friendly session explaining about pest species, why they are pests and how to get rid of them to help our native species.



Image: UWEN

## Warhammer Miniatures Painting Workshops with Nova Games

Wednesday 10 July, two 1 hour sessions at 1:00pm and 2:00pm

Learn the art of miniatures painting with the team from Nova Games. Free sessions for ages 8 years and over.

Bookings essential as spaces limited. email: [avlwrk@aucklandcouncil.govt.nz](mailto:avlwrk@aucklandcouncil.govt.nz) giving the child's name, age and contact details.



## Family Friendly Movie

Friday 12 July, 3:00-4:30

## Bilingual Storytime

Saturday 13 July, 10:30-11:00

## Chess Club

Sunday 14 July, 2:00-3:00

## Auckland Emergency Management Team "What to do in an emergency"

Tuesday 16 July, 11:00-12:00

Stories, games and fun alongside important civil defence information.

## Family Friendly Movie

Friday 19 July, 3:00-4:30

## Bilingual Storytime

Saturday 20 July, 10:30-11:00

## Chess Club

Sunday 21 July, 2:00-3:00

## Adults

## Money Talks - FREE budgeting advice with North Harbour Budgeting

Thursday 25 July, 11:00-12:30

Trustworthy, impartial advice to help everyone navigate these difficult financial times.

Albany Village Library

30 Kell Drive, Albany, Auckland, 0632

Ph 09 484 7117

[www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)



# Thinking of selling?

## Then give us a call



**Craig Zhu**

021 800 280

[c.zhu2@barfoot.co.nz](mailto:c.zhu2@barfoot.co.nz)

Torbay 09 473 9190



**Karin de Leeuw**

027 270 2700 / 09 473 7832

[k.deleeuw@barfoot.co.nz](mailto:k.deleeuw@barfoot.co.nz)

Long Bay 09 473 0712

**BARFOOT & THOMPSON**  
Licensed Real Estate

# Torbay Indoor Bowling Club

We are halfway through the year and the Bowling Club is enjoying good friendly activity.

If you are looking for a new activity or are new to the area then come and join us, it's a great way to make new friends and to keep fit.



We meet on Monday Evenings 7.00pm at the Torbay Community Hall located off Watea Road, Torbay.

You will be most welcome and don't worry if you haven't tried Indoor Bowls before as we will teach you.

The first 3 weeks are free, and coaching

will be given along with refreshments.

We are a friendly social club enjoying laughter and competition with many games often only being won by just one or two points.

For more details Phone Janet 4731621 or Helen 4739019

## Is your house watertight?

If last years weather events left you with wet walls, soggy smelly carpets & water in places it does not belong, it's time to think about waterproofing solutions for your home. Stay dry & cozy this winter.

We can help with with

- Basements for storage
- Basements as living areas
- Any areas below ground level
- Block retaining walls
- Decks
- Balconies
- Garages
- Bathrooms & wet rooms
- Sleepouts
- Flat roofs



Call us today for a no obligation quote  
0212 SAHARA (724272)  
[www.saharawaterproofing.nz](http://www.saharawaterproofing.nz)





# Yin Yoga: What You Need To Know

Yin Yoga is a slow-paced, meditative practice that targets the deep connective tissues of the body through long-held poses, typically lasting 3-5 minutes. By promoting flexibility, stress reduction, and mindfulness, it offers a holistic approach to physical and mental well-being, complementing more dynamic forms of yoga and exercise. Here are the key benefits:

- 1. Improved Flexibility:** Holding poses for extended periods allows the muscles, ligaments, and connective tissues to stretch and release tension, gradually increasing flexibility.
- 2. Stress Reduction:** Yin yoga promotes relaxation and can help reduce stress and anxiety levels. Deep breathing techniques used during practice also contribute to stress relief.
- 3. Joint Health:** Yin yoga targets the deep connective tissues around the joints, promoting mobility and joint health. This can be particularly beneficial for individuals with joint stiffness or conditions like arthritis.
- 4. Enhanced Circulation:** Gentle stretching and compression in yin yoga poses can improve blood circulation throughout the body, promoting better nutrient and oxygen delivery to tissues and organs.
- 5. Balanced Energy Flow:** According to traditional Chinese medicine and the concept of meridians, yin yoga helps balance the flow of energy (qi or chi) through the body's energetic pathways, promoting overall well-being.
- 6. Mindfulness and Presence:** Yin yoga encourages practitioners to cultivate mindfulness and present-moment awareness as they hold poses for longer durations, fostering a deeper connection between mind and body.
- 7. Stimulates the Parasympathetic Nervous System:** The slow, gentle nature of yin yoga activates the parasympathetic nervous system, promoting relaxation, digestion, and restorative processes in the body.
- 8. Emotional Release:** Holding poses in yin yoga can sometimes lead to the release of stored emotions or tension held within the body, offering a cathartic experience and promoting emotional well-being.
- 9. Complements Vinyasa Practices:** Yin yoga complements more dynamic forms of yoga, such as vinyasa, by providing a balance of gentle, passive stretching and mindfulness practices.
- 10. Improved Posture and Alignment:** Regular practice of yin yoga can help correct postural imbalances, relieve tension in muscles, and promote proper alignment, leading to improved posture and reduced risk of injury.



Yoga Sanctuary's Yin Yoga classes are designed to reduce tightness, increase flexibility & change your body's mobility. A relaxing class with no standing poses.

Our Yin Yoga classes are designed to reduce tightness, increase flexibility & improve mobility.

Mondays 9.30am

Tuesday 6.30pm

Wednesday 6pm

Saturday 9am

visit [yogasanctuary.co.nz](http://yogasanctuary.co.nz) for intro deals



yogasanctuary  
the studio with soul

# Torbay & Long Bay Medical Centres

## WINTER ILLNESSES!

f follow us on  
facebook

Ask us about  
Manage My Health

### What's the difference between a cold and the flu?

A cold is a mild illness lasting 1 to 2 weeks, although some symptoms can last longer, eg, a cough.

- Early symptoms can include a sore throat, sneezing, runny nose, mild fever.
- After a few days, snot usually becomes thicker and may turn a greenish or yellowish colour.
- It doesn't usually involve muscle pain.
- It can include a mild headache (congested sinuses). It can include a cough.
- Complications can include sinus congestion and ear infection.

The flu (influenza) is a moderate to severe illness with sudden onset of symptoms lasting 7 to 10 days.

- There can be sudden onset of:
  - fever (temperature of 38°C or higher)
  - shivering
  - muscle aches
  - extreme tiredness
  - headache, sometimes severe
- It can include a dry cough that can become moist
- Bed rest is needed.
- The cough and tiredness can last for weeks after the rest of the illness is over.

Possible complications are bronchitis and pneumonia.

### Looking after yourself with a cold or the flu

- Rest at home.
- Drink plenty of fluids to stay hydrated.
- If you have a sore throat, suck a teaspoon of honey or gargle with salt water. Adults can also try using a gargle, throat spray or pain-relief (anaesthetic) lozenges. Don't give honey to children under 12 months old.
- For a blocked or runny nose ask your pharmacist about decongestants and saline nasal sprays.
- For a cough sip a lemon and honey drink or ask your pharmacist about cough lozenges or medicines that may be suitable for you. Cough medicine doesn't cure a cough but may give you some relief.
- For aches and pains try paracetamol OR cold and flu medicines (check doses carefully and ask your doctor or pharmacist what is safe for you).

### When to seek advice for colds or the flu

You can treat most colds and flu-like illnesses with rest and self-care at home, but you need to know when to seek medical help.

- Phone your medical clinic for advice if you:
  - are not getting better
  - are pregnant
  - have diabetes or a health condition affecting your breathing, heart or immune system
  - are aged 65 or older
  - have a sore throat and are Māori or Pasifika aged 3–35 years
  - are concerned or not sure what to do.

If you are unsure what to do phone Healthline free on 0800 611 116 or your doctor 09 4779000 for advice.

### When to seek immediate medical help

If you have any of the following signs you may be seriously unwell and need emergency care:

- difficult or painful breathing
- bluish lips or tongue
- chest pain
- coughing up blood
- severe shaking, rigors
- confusion or difficult to wake
- stiff neck
- rash with purple or red spots or bruises
- clammy skin
- not urinating or dark coloured pee
- feeling faint or passing out (fainting).

**Phone 111 or go to the hospital emergency department right now. Do not delay.**

### How to prevent flu and COVID

- Vaccination is the best way to avoid getting COVID-19 and the flu.
- Other things you can do to stop the spread:
  - Wash your hands for 20 seconds and dry them well.
  - Cover your coughs and sneezes.
  - Avoid touching your face.
  - Don't share toothbrushes, cups, food utensils or towels.
  - Clean and disinfect surfaces, like doorknobs, often.
  - Stay home if you're sick and avoid close contact with others.

**Torbay Medical Centre**

1042 Beach Road, Torbay, 0630  
09 477 9000

**Long Bay Medical Centre**

55a Glenvar Ridge Rd, Long Bay  
09 473 0063



# Calm and Alert: Increase attention span while reducing anxiety

It is a common misperception that calmness and alertness are opposite ends of the spectrum. You are either calm and peaceful or you are actively chasing some goal with a high level of attention and excitement. The reality is that these states can exist side-by-side. Most of the greatest discoveries have happened when people are calm and relaxed. In this calm state, we can access very creative areas of our brain. Think of the discovery of gravity while Issac Newton was resting under an apple tree. Einstein's Theory of Relativity came to him while he was dreaming.

Many of us like to ponder on big decisions by "sleeping on it". We know that we shouldn't respond to emotional stimuli immediately but should pause and let our emotions mature before responding.

Taking time to rest and to ponder life is not considered a superpower in our current world. Perhaps it should be. Zen Master Thich Nhat Han wrote: "Don't just do something, sit there". Being busy is over-rated!

We are exposed to many stimuli in our lives that can make sitting still and relaxing seem impossible. Sometimes a change of perception can help instill a sense of calm. Enjoying our tasks or being mindful of the tasks we are doing and why we are doing them can help us stay calm and help us to enjoy being active without being "busy".

Running is one of my best times to "rest". One of my favourite runs is the pathway over the hills at the northern end of Long Bay. The scenery is so beautiful that my brain can really be in neutral even while my legs are active. In fact, my brain is more than just in neutral it goes into a happy peaceful state. You could say that my running is like meditation: very balancing and very calming, even if I'm not sitting still on a cushion with my eyes closed.

There are lots of activities that can be meditative. My father-in-law used to find ironing a peaceful and meditative activity. For others it may be gardening or reading.

Of course, there are times when our minds get out of balance and run wild. Finding our meditation in these times is a lot more difficult. But the more you practice your meditation, the easier it becomes to come home to your quiet mind.

We do have some natural remedies that can help you to take the "edge" off a racing mind. Special mention must go to L-Theanine. This is a fairly uncommon amino acid that can create a state of calmness yet enhance attention and alertness. Some call it meditation in a bottle. Pop into Torbay Unichem Pharmacy to talk to the team about the best sources of theanine. Beware that some common brands have inappropriately high doses of theanine. Martin Harris.

## EXERCISES THAT WORK! Stretch | Flex | Strengthen

Reduce pain trigger points, enjoy increased balance, strength and flexibility.

### Ladies Small Group Classes

Due to popular demand, new ladies group opening up!

Days: Tuesday & Thursday evenings 7 to 8pm  
Bookings essential to hold your place. Don't miss out  
4 ladies in a group. All ages welcome

### Relaxed Environment | Non-Commercial | Home Studio

We also offer personal training, exercise assessments and consultations and massage therapy.

Movement Specialist & Fitness Trainer (Reps. Registered) | Pelvic Floor & Core Certified | Author  
The Biometrics Method Corrective Exercise Specialist | Sports Advanced & Remedial Massage Certified



✉ [lscott@thebodytonicgroup.com](mailto:lscott@thebodytonicgroup.com) [f thebodytonicgroup](https://www.facebook.com/thebodytonicgroup) [thebodytonicgroup.com](https://www.thebodytonicgroup.com)

Lynne Scott - 021 204 3280

# THE BEST OF BROWNS BAY ON YOUR DOORSTEP



With 85% of apartments already sold, they won't hang around for long!

**Our close-knit community has a limited number of 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](http://arvida.co.nz/ariabay)**

**3 – 7 Woodlands Crescent, Browns Bay**

**LIVE THE AGE YOU FEEL**

 **ARVIDA  
Aria Bay**



# New World celebrates 5 years!



Owners Marcus and Ally celebrate with their community.



New World owners Marcus and Ally shared their 5th birthday with their local community. There was colouring and face painting, and many samples of delicious food to sample. We all shared the delicious cake. Congratulations New World!







# Complex Family Dynamics.

*Sarah's parents had had a trust for as long as she could remember. It owned their family home, holiday house and various commercial property and managed fund investments. Sarah's parents had worked hard. Her Mum had died just before the covid pandemic and her Dad, earlier this year. While Sarah had a rough idea of what the assets were, she didn't know what the total value of the trust was or what assets she would be receiving. She had been asked by her parents' lawyer to go to a meeting to talk about the trust.*

Sarah wasn't sure what to expect at the meeting. She knew that a "reading of the will" was something that really only happened on TV, but she was looking forward to finding out how things would progress going forward. Sarah's two older brothers were also attending the meeting. The three children mostly got on, but there was sometimes friction between the three, that in Sarah's view, was mostly caused by the strong opinions of her eldest brother, Matt's, wife. Sarah's parents really had no idea that their children's relationship could sometimes be quite strained.

At the meeting with the lawyer, Sarah was shocked to discover that Matt and her other brother, John, were appointed as trustees of the trust together with her parents' accountant. Sarah didn't feature at all. All three children were to receive an income from the trust assets and the family bach was to be retained in the trust for the use of all three children and their families.

Sarah was so upset. She and her husband had a large mortgage and she was hoping for some funds to be able to relieve that pressure. Also, they hardly ever went to the family bach. They had gone most Christmases and Easter breaks when her parents were alive, but that was only to visit her parents.

Sarah approached her brothers to try and explain her circumstances and try to work through a result which would be more helpful to her current financial position. However, Matt in particular was adamant that their parents' wishes would be abided by and that there would be no additional support for Sarah beyond the income that she would receive from the trust assets.

Sarah decided to go and get her own legal advice. Her lawyer advised her that she was able to ask for extensive financial information relating to the trust and that while her parents' wishes were legally persuasive, they were not legally binding, and the trustees had an over riding obligation to consider the needs of the beneficiaries of the trust. After many months of communication between Sarah's lawyer and her brother's lawyers, and Sarah's lawyer threatening to make an application to remove both of her brothers as trustees, the family agreed to go to mediation.

This situation is sadly typical of families of who set up structures, but don't consider what those structures might look like in the future. It is extremely important not to have a "set and forget" approach to asset planning. Asset values increase all the time and have done so in particular over the last few years with property prices increasing exponentially. People also need to consider the needs of all their children. Unless there are vast sums of money, it is not always a good idea to try and retain assets in the same trust beyond your death. Children have varying needs. One might use the family bach every second weekend. Another might have no interest at all or may not even be able to afford the petrol to get there. Some children may have large debt that they need to pay down whereas others might be happier to have some extra income coming in.

Ultimately, Sarah and her brothers reached a compromise, but the process took an emotional toll on everyone involved. It's important to put thought into who will be managing your affairs if you die (or if you lose capacity). In this case, there may have been good reasons why Sarah was not included, but families should strive for transparency and communication around the trust arrangements, so they remain fair and relevant. That way they can help mitigate potential conflicts and ensure that assets are managed in a way that respects any wishes, while addressing the evolving needs of all beneficiaries.



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





CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

# Asset Protection. *Considering Everything Together.*

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

It is just as important to ensure that other forms of asset structuring are up to date and considered in relation to your trusts structure. These include your will and enduring powers of attorney.

Contact our Trusts and Wealth Protection Team for specialist asset structuring and planning advice.

## Quiz Answers

- Liberty, Equality, Fraternity
- 1789
- Louis XVI
- 1924.
- Skateboarding, sport climbing and surfing return and breaking (breakdancing) makes its debut
- The Chrysler Building in New York
- 2019
- The Sorbonne
- Ile de la Cite
- 20

## Puzzle Answers



### Word Puzzle

angle, angler, age, ale, angel, anger, are, ave, aver, ear, earl, earn, elan, era, erg, gal, gale, gave, gavel, gear, gel, gen, glare, glean, glen, gnarl, grave, gravel, graven, lag, lager, lane, large, lea, lean, learn, leg, nag, nave, navel, near, rag, rage, ran, rang, range, rave, ravel, raven, real, regal, renal, rev, vale, van, vane, veal, vegan, venal, vernal

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

## focus

on community

09 473 3259

editor@focusoncommunity.co.nz

## Tides

July 2024

(Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW				
Mon 01		02:26	2.9m	08:44	0.5m	14:57	2.8m	21:15	0.7m
Tue 02		03:23	2.9m	09:42	0.5m	16:00	2.8m	22:15	0.7m
Wed 03		04:20	2.9m	10:40	0.5m	17:00	2.9m	23:13	0.7m
Thu 04		05:18	2.8m	11:36	0.5m	17:57	2.9m		
Fri 05	00:07	0.7m	06:15	2.8m	12:30	0.4m	18:49	3.0m	
Sat 06	00:59	0.6m	07:09	2.8m	13:20	0.4m	19:38	3.0m	
Sun 07	01:49	0.6m	08:00	2.8m	14:07	0.4m	20:24	3.0m	
Mon 08	02:37	0.6m	08:48	2.8m	14:51	0.5m	21:08	3.0m	
Tue 09	03:23	0.6m	09:32	2.8m	15:33	0.5m	21:51	2.9m	
Wed 10	04:07	0.7m	10:15	2.8m	16:14	0.6m	22:32	2.9m	
Thu 11	04:50	0.7m	10:56	2.7m	16:55	0.7m	23:13	2.8m	
Fri 12	05:31	0.7m	11:37	2.6m	17:38	0.7m	23:55	2.7m	
Sat 13	06:14	0.8m	12:19	2.6m	18:23	0.8m			
Sun 14		00:37	2.7m	06:57	0.8m	13:04	2.5m	19:13	0.9m
Mon 15		01:21	2.6m	07:43	0.8m	13:54	2.5m	20:06	1.0m
Tue 16		02:08	2.6m	08:33	0.9m	14:50	2.5m	21:02	1.0m
Wed 17		02:57	2.5m	09:26	0.8m	15:48	2.5m	21:57	1.0m
Thu 18		03:50	2.5m	10:21	0.8m	16:44	2.6m	22:50	0.9m
Fri 19		04:46	2.6m	11:15	0.7m	17:37	2.7m	23:42	0.8m
Sat 20		05:42	2.6m	12:07	0.6m	18:27	2.8m		
Sun 21	00:33	0.7m	06:38	2.7m	12:57	0.5m	19:16	3.0m	
Mon 22	01:23	0.6m	07:31	2.8m	13:45	0.4m	20:03	3.1m	
Tue 23	02:13	0.5m	08:22	3.0m	14:33	0.3m	20:52	3.2m	
Wed 24	03:04	0.4m	09:13	3.0m	15:21	0.2m	21:41	3.2m	
Thu 25	03:54	0.3m	10:02	3.1m	16:10	0.3m	22:30	3.2m	
Fri 26	04:45	0.3m	10:52	3.1m	17:00	0.3m	23:21	3.2m	
Sat 27	05:36	0.3m	11:43	3.0m	17:54	0.4m			
Sun 28		00:13	3.1m	06:28	0.4m	12:37	2.9m	18:51	0.6m
Mon 29		01:07	3.0m	07:23	0.4m	13:35	2.8m	19:52	0.7m
Tue 30		02:03	2.9m	08:20	0.5m	14:37	2.8m	20:56	0.7m
Wed 31		03:01	2.8m	09:21	0.6m	15:41	2.7m	21:58	0.8m

Times adjusted for Daylight Saving.

## Classifieds

### Accounting

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

### Health & Wellbeing

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

### Home and Garden

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

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

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

**Gardener** – Experienced, reliable and hard-working. We listen to what you want. Now available in the Torbay-Long Bay area. Contact Kim on 021-187-0495, or email plusgardening@gmail.com

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

**Lindsay Painting** – Interior Exterior. Phone Clive 0274812231

### INTERESTED IN ADVERTISING?

Classified are 7 words for \$5+gst.

9.2 cms x 6.2 cms \$135+gst

1/3 page \$245+gst

1/2 page \$275+gst

Full page \$495+gst.

Contact Carole 09 473 3259 or

Email editor@focusoncommunity.co.nz



# GET SOLD

## THREE FABULOUS PROPERTIES FOR SALE



21 Salem Place



24 Salem Place



92 Awaruku Road



ASK  
**SHANE  
ANDJEN**



\*April 2024 Bayleys

**Shane Anderson**

0274 827 440

shane.anderson@bayleys.co.nz

**Jen Anderson**

0211 77 55 30

Jen.anderson@bayleys.co.nz

100% LOCAL

**BAYLEYS**

ALTOGETHER BETTER

LICENSED UNDER THE REA ACT 2008

# CELEBRATING OUR AWARD WINNERS



**Wendy Radcliffe**

021 772 070



**Top Salesperson**  
Torbay Branch 2024\*



**Ray Qu**

021 190 0881



**Top Salesperson**  
Long Bay Branch 2024\*

\*Year ending 31 March 2024



**AUCTION**



**\$888,000**

**BROWNS BAY** 37 BEECHWOOD ROAD



[barfoot.co.nz/892976](https://barfoot.co.nz/892976)



**Andrea Tavae**

022 476 7273

[a.tavae@barfoot.co.nz](mailto:a.tavae@barfoot.co.nz)

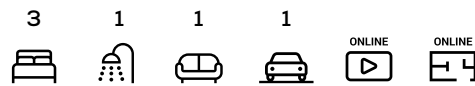


**Kyra Perwick**

027 311 7953

[k.perwick@barfoot.co.nz](mailto:k.perwick@barfoot.co.nz)

**OTEHA** 18/22 NORTH CROSS DRIVE



[barfoot.co.nz/892860](https://barfoot.co.nz/892860)



**Wendy Radcliffe**

021 772 070

[w.radcliffe@barfoot.co.nz](mailto:w.radcliffe@barfoot.co.nz)

## PRIVATE LANDLORDS

Did you know - If you are overseas for more than 21 days this could cost you? Please call Chanelle for more information.

**YOUR LOCAL PROPERTY MANAGEMENT EXPERT**

**Chanelle Fenton** Head of Property Management Torbay Branch

027 809 6687



**Torbay 09 473 9190**  
**Long Bay 09 473 0712**

**BARFOOT & THOMPSON**

LICENSED REAA 2008