

focus

Issue 29
August 2024

on community

Long Bay, Okura and Torbay

A photograph of an elderly man, Bernard, sitting in a colorful striped armchair. He is wearing a light-colored striped short-sleeved shirt and grey trousers. He has his right hand raised in a gesture, and he is smiling. The background shows a room with wood-paneled walls, a wicker basket, and wooden chairs.

Bernard celebrates 100 years!

Sporebiotics: Supporting your Kidneys

Your kidneys are vital to your health. Chronic kidney disease is a lot more common now than it was a generation ago, possibly due to changes in our diets and our environments. The good news is that declining kidney function can be reversed with careful attention to these factors.

Your gut microbiome (the good bacteria in your intestines) is important for supporting the work of the kidneys both directly and indirectly. This is not a surprise as research is demonstrating the critical importance of the gut microbiome in many body areas including brain health, gut health and your immune system. The immune system benefits include improving your defense against the bad bugs, but also keeping your immune system in check to avoid auto-immune

diseases like Lupus, diabetes, and rheumatoid arthritis.

The bottom line is that with a healthy gut microbiome you are healthier in almost every way.

Sporebiotics have been shown to improve the diversity of the microbiome, which is a key factor in many facets of health, including the kidneys. The research shows that the levels of keystone strains like Akkermansia and Faecalibacterium prausnitzii increase following the supplementation of sporebiotics.



Total Gut Restoration Programme

Sporebiotics are step one of our Total Gut Restoration programme. Step two incorporates prebiotics to help feed the microbiome. While step three involves the addition of polyphenols and immunoglobulins to nourish the cells and the mucous membranes that protect them.

Following this three-month programme can support and strengthen your gut health and also your kidneys naturally. To really give your microbiome the best chance of flourishing, the Total Gut Restoration programme should be accompanied by a high fibre diet including a wide variety of vegetables. Which is perfect as the non-starchy vegetables are a great way to alkalise the body to directly take the pressure off your kidneys.

Check out your kidney function on your health records. If you think it needs improving, then pop into Torbay Unichem Pharmacy to talk to our team about Sporebiotics and our Total Gut Restoration Programme. Plus get a copy of our kidney-friendly food list.



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



Martin Harris

This month we celebrate a local man's 100th birthday!

Bernard George Stanley was born in Christchurch in 1924, descended from English and Irish grandparents who emigrated to New Zealand in the 1870s. Bernard's father worked in the Post Office, and his mother was a telephone operator.

The family moved several times for his father's job. Bernard has clear memories of infancy in Christchurch - especially the 1929 Murchison earthquake - before relocating to Thames.

Growing up in Thames during the Great Depression proved formative. Children simply got out and did their own thing, including roaming the hills, where he developed his deep love for the environment.

Fortunately, his father had a permanent job, though Bernard remembers him sustaining two cuts in salary. His mother was a wonderful manager and they wanted for nothing despite the tough times. He believes he owes much of his character to his mother, who was a very calm person.

The family then shifted to Hamilton, and in 1942 Bernard was the Head Boy of Hamilton High School. From there, he attended Otago University, attaining an MSc Honours in Chemistry.

His working career spanned 39 years from 1947-1986, starting with Shell in Technical Services and ending as Manager of Dunlop's Latex division.

Bernard married Barbara Mary Sumpter in 1952 and together they had eight children. They were married until 2004, when Barbara died suddenly. She was a nurse and became Chair of Raeburn House. She was also an avid painter and writer.

Family is of utmost importance and Bernard believes that in the act of having a child, one undertakes a life-long duty of care.

Sport has always been in Bernard's blood. Tennis and rugby were early passions and he was also a keen distance runner - he was NZ University Cross Country Champion



1945-47. In his late 50s, Bernard began running again and was one of the country's top marathon runners for his age. At 58, he ran the Hamilton Marathon in 2 hours 48 minutes.

He has been a keen trout fisherman since high school days, when he was taught the art by his older brother, Joe. The best fish Bernard has landed is a 5.9kg brown trout. His Nirvana is the family holiday home at Te Rangiita, near Turangi, where he has fished, gardened, and planted a large array of native trees.

Bernard was a foundation member of the Long Bay Okura Great Park Society - he is a life member and remains an active part of the executive.

In advancing years, he has found gardening



an excellent form of exercise and source of healthy, homegrown produce. On the downward slippery slope of the ageing process, he has not become a couch potato, being his view that you "use it or lose it". A poem by Arthur Hugh Clough he first heard during WW2 has stayed with him and become something of a mantra in difficult times:

"Say not the struggle naught availeth
The labour and the wounds are vain..."

THE
Mortgage
SUPPLY CO. NEW ZEALAND

Owen Melhuish

**Your Local
Mortgage Adviser**

021 281 0405

owen@mortgagesupply.co.nz

www.mortgagesupply.co.nz





Shane & Jen

Residential & Lifestyle Property Consultants

Shane | M: 0274 8274 40 | E: shane.anderson@bayleys.co.nz

Jen | M: 0211 77 5530 | E: jen.anderson@bayleys.co.nz

Bayleys Real Estate, 1060 Beach Road,
Torbay, Auckland 0630

www.bayleys.co.nz

BAYLEYS REAL ESTATE, LICENSED UNDER THE REA ACT 2008

BAYLEYS

Content of this magazine.

If you have any editorial ideas or unusual photos please send to 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

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

editor's letter

I found real enjoyment this month in putting the story together of Bernard Stanley, who will be celebrating his 100th birthday this month.

How different the world must seem to him from that of when he was a child.

His home wouldn't have had TV, a phone, a car, none of the things we all take for granted as part of modern life. Life would have been simpler, and you can read his story on page three.

The Citizens Advice Bureau celebrate 50 years of service in New Zealand. This amazing, free service has been a life saver for many people when they needed advice to help them with a particular situation. There are also JPs there regularly too.

Their story is on page 19. The idea started in the UK, as the war ended to help people with all the rules and regulations that abounded at that time. It could easily have become a redundant service when the nation got used to living in peace again, but they have firmly claimed a niche in our communities.

I love hearing these wonderful community stories, so don't forget to get in touch if you know of someone celebrating a significant event.

If you feel the magazine feels a little thicker - that's because it is!

We are a bumper 36 pages this time, so thank you to all the advertisers who made this possible.

Most of the advertisers are locals. It is really good to support local business, especially when times are hard. Don't be put off by the empty shops at Long Bay there are still some amazing businesses there and well worth a visit, and Chris in the Little Café makes amazing coffee. I still think the butchery, bakery and deli in New World are the best on the Shore and the staff are so friendly and helpful. It's also great that you can have such convenient parking.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259

Celebrating 5 years of amazing coffee

**Save time
TEXT order
available
0224112304**

Photos: Harry Pearce Photography
@harrypearcephotography

Chris, owner of Little Local, would like to thank everyone for their great support through the ups and downs of the last 5 years !

Little Local 167 Glenvar Ridge Rd. Long Bay

Mon-Sun 7am - 2pm (closed public holidays) We make good coffee great !

Matariki at Children's Ark

Each year we gain a little more understanding as a Nation, what the Matariki celebration is all about. We have been learning about this in our Centre, and each year our celebrations become a little more meaningful as we gain that understanding. At Children's Ark last week we had a family Matariki party, incorporating lots of traditional Māori crafts.

Heru - decorative combs were made by the children with help from their parents. A person's head is considered tapu (sacred) in Māori culture. These heru would have traditionally been treasured and handed down through generations. Originally, they were made from wood or whalebone.

Children and parents worked on a collaborative project, experiencing how to construct a Manu Tukutuku (kite). Traditionally these were used for play, as well as flown for ceremonial purposes, especially at Matariki. Ours did not make it into the air, but was a great project to work on, giving families an opportunity to get to know each other. Whanaungatanga, building relationships is a key part of our curriculum at Children's Ark, increasing a child's and a family's sense of belonging. Our Manu Tukutuku was made in the traditional way, with all natural, light weight plant components.

We did some harakeke (flax) weaving and with instructions the children and their parents made fish and piwakawaka (fantails). This was tricky, but the parents enjoyed the challenge.

Our Bee Room teachers constructed a beautiful sculpture using flax sticks, from which the children hung the stars they had decorated. This was a very popular activity with all the children. Some children had their faces painted with the Matariki stars.



Aside from all this celebrating with families, the children have been learning songs and enjoying Matariki focused stories and food. At our party we shared hot chocolate and baked kumara.



Top Salesperson 
Torbay Branch 2024*



Service | Experience | Results



Wendy's update

Overall higher sales numbers and prices remaining constant as the market remains in recovery mode rather than going backward. The median and average sales prices are now sitting above the bottom of the price cycle which was experienced in June and July last year.

We have continued strong buyer interest in our area – with Spring around the corner now is a great time for us to have a chat about your options and arrange for a confidential market appraisal on your home or investment – having worked in the area for a number of years I can apply my experience, knowledge and insights to the different trends to maximise your sale.

Kind regards, Wendy

Torbay/Waiake June 2024



PROPERTIES FOR SALE

74



PROPERTIES SOLD

14



\$762,000

LOWEST VALUE SALE



\$1,545,000

HIGHEST VALUE SALE

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

What's Happening at East Coast Bays Library

The library is as busy as ever, which we love. The frosty days have not kept people away and we have enjoyed the buzz of happy visitors to programmes, events, and services, and customers making the most of games for families in the children's area, quiet study spaces and our amazing book collection and friendly, helpful staff.



Successful events ran through July for adults and children including Matariki School Holiday activities, "Coffee and Kōrero With a Cop" and the Harakeke Flax Weaving sessions which filled the space with the fine aroma of flax.

Events in August:

August is Family History Month.

We are hosting 2 workshops which will be presented by The New Zealand Society of Genealogists

Saturday 24th Aug 10:00am – 11:30am Getting the best from Ancestry Family History - Library Edition.

Saturday 31st Aug 10:00am – 11:30am Creating Family Trees with online software.

Anyone is welcome to attend. Sign up with a friend and learn together.

Bookings are required and you will need to bring a laptop or tablet with you.

The society will also be popping up in the library foyer to chat about what they do, research, and library resources to help during the month of August.

There are also great free resources you can access yourself on Auckland Libraries website to start your family history journey.

We Read Auckland.

Auckland Council Libraries proudly presents We Read Auckland | Ka Pānui Tātou i Tāmaki Makaurau, a month-long celebration of Auckland's readers and writers returning this August!

Dive into an incredible series of author talks, writing workshops for young people, and a fresh selection of local bestsellers added to our ever-growing Bestie Collection.



All We Read Auckland events are FREE but ticketed. For more detail visit: aucklandlibraries.govt.nz/WeReadAKL.

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

East Coast Bays Library, 8 Bute Rd, Browns Bay.

Monday's are for Mums & Dads!



Every Monday until 4pm

FREE COFFEE
for anyone shopping with kids



Only at



NEW WORLD
Long Bay

1x free coffee per shopper with kids, not redeemable for cash. Valid Mondays until 4pm only at New World Long Bay

Book review

The Four Winds by Kristin Hannah

Review supplied by the Wednesday Bookchat group

Texas, 1934, Elsa Martinelli had finally found the life she yearned for. A family, a home and livelihood on a farm on the Great Plains. But drought arrives and Elsa's world is shattered to the winds.

Elsa then wakes to find her husband has fled the home. She is forced to make the most agonising decision of her life. Fight for the land she loves, or go west to California with her children in search of a better life.

Elsa's incredible journey is a story of survival, hope and what we do for the ones we love.

Also brilliant is her new novel out "The Women"



Manuscripts, Mysteries and Mayhem

Manuscripts, Mysteries and Mayhem. Chapter eight of our book 'and then came the bridge' is entitled 'Manuscripts, Mysteries and Mayhem. This month we are looking at 'The Mysterious Tunnel'. In 1997 locals were intrigued by the sudden interest in a heavily protected door which suddenly appeared in the cliff-face at the southern end of Waiake Beach. After articles appeared in the North Shore Times Advertiser and the N.Z. Herald a wild speculation ran riot among the people of the district.

Dr. John Ross remembered playing in exploratory copper mine shafts back in the 1930's which he heard had been owned by the pioneer Sir John Logan Campbell in the 1880's. Some people believe there was another man with the same name who owned that land.

Another resident said two of his friends visited the site before the stainless door was put in and saw piles of recent issue US Army uniforms and a store of canned food. When he came back with this camera a padlock had been put on the door.



One resident said he remembers talking to a man in the mid to late 1930's who lived above the tunnel. He was paranoid about atomic bombs and an invasion by the Japanese and the Germans.

In 1997 the Herald revealed the truth behind the door. Mr. Wallace who built the door and who was in his 80's then, warned people to keep away because the cliff is unstable and is private property to the high tide mark. – a good word of warning around the cliffs now.

For more about this and other mysteries read our book which is available from the library

Weekly openings of the Vaughan Homestead will begin again in the spring. If you want to visit in the meantime please phone us to arrange a time.

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.



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



**Deliverers wanted
for monthly
magazine
Interested?**

**Contact:
Barbara 473 6482**



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



Vegan Biryani

You don't have to be a Vegan to enjoy this recipe as the flavours are sure to please.

Ingredients

- 240g brown rice
- 1½ tbsp oil
- 1 large onion (220g), finely chopped
- 1 teaspoon cinnamon
- 1 red chilli, deseeded and finely chopped
- 3 large garlic cloves, finely chopped
- 20g fresh ginger, peeled and finely chopped
- 1½ tsp cumin seeds
- 1 large red pepper, deseeded and roughly chopped
- 1 large aubergine (320g), cut into cubes
- 2 tbsp curry powder
- 400g can chopped tomatoes
- 2 tsp vegan bouillon powder
- 320g small cauliflower florets
- 1 teaspoon coriander
- 40g raisins
- 50g unsalted cashew nuts.

Method

Rinse the rice until the water runs clear, then cook in a pan of boiling water for about 20 mins, or until almost tender. Heat the oil in a large, deep, frying pan over a medium heat



and stir in the onion, cinnamon stick, chilli, garlic and ginger so they're coated in the oil. Scatter over the cumin seeds, cover and cook for 5 mins.

Stir well, then add the pepper and aubergine, and cook, stirring for 3-5 mins, until the veg is starting to soften. Stir in the curry powder, tomatoes and bouillon. Add cauliflower florets, coriander stems and raisins, cover and simmer for 10 mins over a medium-low heat.

Drain the rice, add into the veg mixture and gently toss to combine. Cover and cook over a low heat for 8 mins until the rice and cauliflower are tender. Remove from the heat and gently toss through the cashews and coriander leaves. Serve.

Eat, Play, Laugh

This group, which meets on the first Monday of the month, is aptly named.

When I visited it was a celebration for mid-winter Christmas and the tables were festooned with red, gold and glitter.

It is a group that was started 6 years ago by Wendy Greenough, and two of those present, Olive, aged 97 years, and Lana are original members.

They have games and bingo before the meal and, on my visit, they had a "snowball" fight, which is a tradition for them. They use scrunched up paper as the snowballs.

The meal was a roast chicken with all the trimmings, and trifle.

There was a lovely atmosphere.

Held in the Council Offices in Glen Rd this is a Heart of the Bays activity.

Contact Wendy if you would like details. 478 4091



Snowball fight



Olive



Wendy

We Walk Before We Talk

Rinku recently went to Bali with friends. Here is a glimpse of her holiday:

I have recently been to Bali to celebrate my milestone birthday with friends and Bali just amazed us with its beauty and activities.

We all had a fantastic time as every day we used to explore something exciting. From beautiful beaches of all types to green mountains, rice field terraces, and cool villages, Bali has much more to offer.

We split our accommodation into two areas – Seminyak, where most of the beautiful beaches, sunset points, and night clubs are. Then we went to Ubud, which is famous for its culture, rice fields, rainforest & temples.



Weather was favourable - It was bearable hot during the day and the evening was pleasant with a cool breeze. We relaxed at Seminyak beach followed by massage and a refreshing fresh Coconut drink to beat the heat.

It was a very relaxing time in Seminyak. With plenty of shopping and massage options available to balance out the crazy fun we had.

There are lot of sunset points, but my favourite –The Rock Bar which is just stunning. It's a 30-45 minute by drive from Seminyak depending on the traffic.

Ubud on the other side of Bali is wetter than the coasts. Expect cloudy days and a downpour here and there. It is a jungle

after all.

Uluwatu, Jimbaran, Nusa Dua and the south in general are your best bet for a sunny vacation.

We did lot of activities like Jet Skis and Quad Bike, which was my favourite adventurous activity around the jungle and water fall. We also got the chance to glam ourselves with a beautiful outfit at the most thrilling adventure, The famous "Bali Swing" which is a must do activity especially for a girls trip with friends - we had so much fun.

Overall, my Bali experience was just great and I would love to go again as there is lot to explore.

shore travel

We walk before we talk

Trusted travel advisors who've seen the world.

Like you, we love travel. The chance to discover new, exciting places, and create memories that last a lifetime. Shore Travel is here to help you explore the world, your way.

Cnr Kitchener & Milford Roads, Milford
hello@shoretravel.co.nz (09) 489 2597
www.shoretravel.co.nz



Girls' Football Flourishes at East Coast Bays

Increasing female participation is a strategic priority for East Coast Bays Football Club. Our dedicated efforts over the past three years have led to significant growth in the number of female players and teams. Initiatives like Girls Friday Night Football have provided girls with opportunities to try football at non-traditional times, minimizing conflicts with other sports.

A Winning Formula for All Ages

ECB, in collaboration with New Zealand Football, run a MILOFantails Hub aimed at girls aged 4–8 years old. This program is designed with new, young female players in mind and is guaranteed to grow their love for the game. These sessions focus on friendships, life lessons, football skills and a whole lot of fun!!

Alongside MILOFantails, ECB Flamingos is an integral part of our Friday Night Girls offering. This initiative caters to girls aged 9–12 years, focusing on the fundamentals of football and confidence building, and allowing every girl to



Monthly Quiz

Answers Page 30 info@brownsbayrotary.co.nz



1. Which group was responsible for the restoration of the Vaughan Homestead in the 1990s
2. What was the group that formed to save Long Bay from developers
3. What was on the roof of Alan Ebdale's car when he owned the Torbay Fruit Shop
4. Who is the General Manager of MERC
5. When are the Long Bay Markets held
6. Who was the first principal of Long Bay College
7. Where does Shore Presbyterian Church hold its Sunday services
8. When did MERC become Sir Peter Blake Marine Education and Recreation Centre
9. Who compiled '...and then came the bridge', a history of Long Bay and Torbay
10. Who was responsible for creating the walkways through the Torbay Heights bush

Rotary Browns Bay

So, you're in North Shore Hospital recovering from a hip replacement, stuck in your curtained-off cubicle in a room with three others for a week or so. Your family pulls up chairs around your bed and you try to have a private conversation...How would it feel instead to be sitting in a corner of a garden full of beautiful plants, indoors, out of the elements?

Tōtara Haumarū (under the shade of the Tōtara tree), the new 4-storey block at North Shore Hospital is now operating.

On the ground floor is The Healing Garden, consisting of a series of large-scale organic shaped planters, some up to 40 metres long, filled with lush living plants suited to thriving indoors. There are over 20 different plant species, some reaching two metres tall, nestled into a beautiful living moss.

When this garden was in its planning stages, the WELL Foundation, the hospital's charity, approached North Shore Rotary clubs to assist with fundraising the \$100,000 needed to establish the garden. Rotary Browns Bay, along with 15 other clubs from the district set to work to raise the funds.



continue playing football throughout the year.

Nurturing Skills, Passion, and Community

2024 has seen an increase in girls-only program registrations, with over 60 girls participating in our Friday Night Girls sessions. We will continue to nurture the growth of female participation with the goal of developing their skills, fostering a love for the game, and building a strong, supportive community. Our tailored opportunities encourage participation at all levels.

Gratitude to Our Supporters

We extend our heartfelt thanks to our strategic partner, New World Albany, for their ongoing support in helping us grow girls' football at East Coast Bays. Their support is vital to the success of our programs and initiatives. With continued efforts and community support, the future of girls' football looks brighter than ever.

Girls' Football Registrations Open for Term 3

Registration for Term 3 is now open, 'give-it-a-go' sessions available before you commit. Bring your friends and join the growing number of girls discovering the joy of football at East Coast Bays. Register your interest in give-it-a-go sessions by scanning the QR code or head over to www.ecbafc.co.nz.

For further information you can contact our Women and Girls Operations Manager, Gail Hanekom gail@ecbafc.co.nz MILOFantails & Flamingos – Term 3, starting 26 July @ Bay City Park.

SEE YOU ON THE FIELD!!



We are delighted that this dream is now a reality, thanks largely to Rotary.

If you have a passion for 'doing good in the world', Rotary might just be the place where you can get involved in these sorts of projects.

Contact Ian on 027 494 7531 for more information, or join us for breakfast at the Bays Club in Browns Bay at 7am on the first or third Tuesday of the month. We'd love to meet you.

Thinking of selling?

Then give us a call



Craig Zhu

021 800 280

c.zhu2@barfoot.co.nz

Torbay 09 473 9190



Karin de Leeuw

027 270 2700 / 09 473 7832

k.deleeuw@barfoot.co.nz

Long Bay 09 473 0712

BARFOOT & THOMPSON
LICENSED REALTOR

ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

East Coast Bays Update

It's been a super busy couple of months, not just in Wellington, but also around the East Coast Bays. My team in the Browns Bay office have been working hard to support those that need it, and get some projects underway/completed. Here's some updates for you:

Browns Bay

It's great to see work happening to replace the boat ramp outside the Coastguard. It's proven to be a massive job, but the team want to ensure the new ramp is fit for purpose and lasts for years to come. The first obstacle was putting in a big enough barrier to lessen the volume of water on the site, and now they are digging holes to lay the footings and foundations. Thanks to Gregg Walden from the Hibiscus and Bays Local Board for the photo!



And the new sea wall is being extended further south. Part of the original wall has crumbled, so it's been agreed that boulders will replace the damaged portion.

Hooten Reserve

Most of the footpath along the river was destroyed in the Auckland Anniversary floods. My office has been liaising with Auckland Council to get this repaired and I'm pleased to say that work has now begun to put a new footpath in. It should be completed very soon.

Valley Road

Residents at The Sands Retirement Village contacted me about the cars that speed down Valley Road and then slam on their brakes to get around the tight corner at the bottom of the hill. We contacted Auckland Transport and requested a traffic and speed count to get a clear idea of the issue. AT agreed with the concerns and will install a 30kph speed reduction, and added signage to warn drivers of the pending tight turn. They are also requesting targeted law enforcement on that stretch of road.

It's always a pleasure to help our community where I can. Please don't hesitate to reach out if you need assistance.

Take care,



@ ecboffice@parliament.govt.nz

(09) 478 0207

www.EricaStanfordMP.co.nz

1/8 Beach Front Lane, Browns Bay



A Post-Covid New Zealand: the population changes keep coming

Our guest speaker at our July meeting was Distinguished Professor Dr Paul Spoonley, an energetic and engaging speaker who entertained us for an hour on a topic that could have been a tad tedious. But instead, we learned about the changing face of New Zealand over the next 10-20 years.

Since March 2023 New Zealand has changed significantly. The highest ever inward immigration, a big drop in birth rates and Auckland's ongoing growth. Our changing population is impacted by - our ageing population, declining fertility, ongoing urbanisation and immigration of non-New Zealanders.

Paul told us that in many schools, because of changing cohorts that rugby is no longer the top sport - instead table tennis is gaining popularity as is golf, netball and tennis.

So, what to expect in the 'new' New Zealand by 2030?

25% of population will be over 65 years of age.

75% of the population will live in the top half of North Island.

Asians will comprise 20%+ of population as will Maori.

30% of the population will be immigrants.

"In 2030 there may be six million of us, one and a half million of us living overseas. We will be clustered in Auckland, dependent on migration and worried about a shortage of



Sir John Reynolds



Dr Paul Spoonley

workers. We have not planned for this. We need to!"

It was then 'The Film appreciation groups' turn to present. We watched an old movie made in 1973 by Sir John Reynolds. The title "The Good, the Bad and the Unlikely" was filmed at Mokai, a ghost town near Taupo that had been built for the families of timber workers, but when the timber ran out, people left the town virtually uninhabited.



The budget was about \$200.00 as the 50 members cast and crew were all volunteers. Most drove from Auckland and stayed for the weekend when the film was shot.

The film was written up in the NZ Herald. It's an indication of the small amount of filmmaking that was being done in NZ at that time. Four years later Roger Donaldson's film Sleeping Dogs was released, and the NZ film industry took off.

For more information: Anne Gough 0273210729 or Gloria Ward 0212353113 or www.u3abb.nz





LOOKING TO SELL?

Having lived and worked locally for over 30 years, we are the team with the knowledge and expertise for selling in today's market.

Experience Does Count!

Ilan & Diane Dodds

P: 09 477 4240 | M: 021 909 067

E: iananddiane.dodds@harcourts.co.nz | W: 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

barfoot.co.nz/r.qu

LICENSED REAA 2008
**BARFOOT
& THOMPSON**
RURAL AND LIFESTYLE

*Year ending 31 March 2023

Torbay Garden Club celebrated its 71st birthday!

Instead of the monthly meeting and club show, we held a lunch for club members at the Bays Club in Browns Bay. There was a great turn out and we enjoyed a sumptuous buffet lunch of warming pumpkin soup, roast beef carvery and a chicken main, accompanied by some tasty salads and sides. There was plenty of catching up and a great party atmosphere while enjoying the stunning view of the Hauraki Gulf. We finished with a tasty cheesecake and some fruit salad. Heartfelt thanks to Corrine and the team at the Bays Club for a wonderful birthday celebration.

Looking ahead the club is eagerly awaiting the annual Spring Show. This year the show will be open to the public once again and will be held at the Torbay Community Hall from 12pm on Wednesday 11th September. This is always a fabulous event, and great fun for the whole community. Entry is only \$2 per person, with a raffle and a sales table, as well as the gorgeous displays of flowers and floral arrangements. It's well worth coming along. There is also a children's section for preschoolers, with some great prizes. Check out the Torbay Garden Club's website for more information:

<http://www.torbaygardenclub.co.nz>



This month in the garden...

It is time to plant some new season rhododendrons, camellias and daphne for some great structure in the garden. Remember to feed spring bulbs, and make sure they're not getting flooded. Towards the end of the month plant gladioli, tuberous begonias, and lilies for summer flowering. In late July you can also start to prune roses, for best results use clean sharp tools and prune on a clear warm day. Make all cuts on a 45° angle, just above an outward facing bud, and when pruning remove all dead and diseased stems. For the vegetable garden you can plant cauliflower, lettuce, onions, potatoes, rhubarb, silver beet and cabbage. Just remember that your seed potatoes need to be stored in a cool, well-lit spot until they have 1-2cm shoots. Strawberries planted now will produce more fruit in spring and summer. If you didn't manage to plant garlic on the winter solstice you can still get it in the ground for harvesting in summer. Happy gardening!

OUR GOAL IS TO HELP MEN LOOK AND FEEL GREAT ABOUT THEMSELVES

Local, Mustafa, the owner of the Long Bay Barber Shop. He and his staff have many years of experience.

He, and his team, offer top quality haircuts, skin fade, razor/foils, shaving, men's facial wax and kid's haircuts. Everything to make you feel great!

There is a walk in service and the shop is open 7 days - for your convenience, and with 3 barbers there is no waiting.

Our Hours

Mon-Sat 9:00AM - 6.30PM
Sunday 9:00AM - 5.00PM

G06/88 Te Oneroa Way, Long Bay
longbaybarbershop.co.nz
021 705 671 [f@longbaybarbershop](https://www.facebook.com/longbaybarbershop)





Air Mc Ltd

AIR CONDITIONING AND REFRIGERATION

Crafting Comfort: Your HVAC Pioneers Discover Unmatched Air Comfort with Air Mc Ltd

In the heart of the North Shore, Air Mc Ltd stands out with a dynamic team of HVAC experts. Fueled by passion, we blend a century of collective experience with innovative solutions, we deliver top-tier air comfort tailored to your needs.

At Air Mc, we prize clear communication and customer-centric service, ensuring that every interaction is as refreshing as the climates we craft.

Did you know we specialise in designing, installing, servicing, and maintaining HVAC systems, including ventilation and hot water solutions?

We partner with you to create breathable, livable spaces.

Experience the future of air comfort with Air Mc.

Because your comfort is our passion.

Contact Us Today!
09 393 6301 / admin@airmc.co.nz

Air Mc – Where Innovation Meets Comfort

Embrace the Season: Stay Warm and Win Big!

As the mornings grow darker and the chill sets in, it's a clear reminder of the need to keep your home warm and cozy.

Purchase a heat pump or ducted system before August 31st, and you'll be entered to win our incredible home bundle!

Our Prize Bundle Includes:

- A 43" Panasonic TV for perfect winter binge-watching
- A stylish Panasonic Bluetooth speaker to enjoy your favorite tunes
- A Panasonic vacuum designed to keep your home spotless
- A Panasonic microwave to warm up those heartening meals

Don't let the cold catch you off guard!

Contact our team today for a free quote and ensure your home stays warm all winter long.

Terms and Conditions apply

Winter Offer for Focus Customers

Book your heat pump maintenance during August and get our special winter offer – 20% off!
\$150 including GST for x1 Heat Pump maintenance

Mention FOCUS20-08 when you contact our team

09 393 6301
admin@airmc.co.nz
www.airmc.co.nz
1P Henry Rose Place, Rosedale, 0632

Panasonic
AIR CONDITIONING

DAIKIN



Celebrating 50 years of Citizens Advice Bureau in Browns Bay



Our origins

The origin of the Citizens Advice Bureau (CAB) is set in wartime England. Established just before World War Two, CABs assisted individuals living with war. In peacetime CAB evolved into a community resource, providing guidance on rights, responsibilities, and strategies for favourable outcomes.

Following the establishment of the CAB in New Zealand in October 1970 a public meeting showed a service would be advantageous for the East Coast Bays area. This first meeting was on February 9th 1974 at St Anne's Hall, with 76 people attending and a committee was set up.

Premises were offered in St Anne's Hall, Lions members did alterations, the community donated furniture and fittings.

The bureau opened on 29th April 1974 and provided services daily Mon-Sat by 23 interviewers. Legal advice was available on Friday evenings.

The bureau moved to the recreation centre in July 1978, and, 24 years ago, CAB Browns Bay moved into the current location

Long service volunteers

Elizabeth Wall has been volunteering at CAB Browns Bay for 42 years. She has been supervisor of this branch and chairperson of the board. She also worked as a JP for such a long time.

"I was, in 1982, a housewife. I was involved with volunteering in the community and felt that the CAB sounded interesting. The CAB has had a large influence on my life. I feel privileged to work for them for so



long and to serve the community in a useful way".

Our current situation

We have 34 volunteers providing over 3500 services annually to local and national clients.

At the CAB, Browns Bay, our trained volunteers receive questions from a range of clients, relating to tenancy issues, consumer rights, employment, migrant information, budgeting, family and personal issues or where you can find a social event? Our advice is given free and is confidential.

Need any help or interested in volunteering, please contact us
Phone: (09) 479 2222

Website: cab.org.nz/location/cab-browns-bay

Address: 2 Glen Road, Browns Bay
Opening hours: Monday to Friday,
9.00 am-3.00 pm

Our services reflecting the ethnicity change in the community

We have five Mandarin speakers, one Cantonese speaker and one Korean speaker on our team, which reflects over 20% Asian population in our local community. Language Support Services help anybody to communicate in their own language. We help with things like:

1. Immigration processes and forms.
2. Legal rights and responsibilities here.
3. Employment options, help with writing your CV.
4. Housing, tenancy rights and help settling into the community
5. Connection to community organisations, education and services.

Youth community engagement 2024

Two new CAB youth-focused projects have been launched, the Youth Tool Kete website, with information about legal rights and responsibilities and key issues raised by CAB's youth clients. Youth Engagement with CAB is the second and is a report on the 'Issues Facing Young People in Aotearoa'.

The website contains information on 'firsts' in adult life – tertiary study, getting a job, flatting, buying a car, getting ID. The site is helping young people know their rights and responsibilities <https://youth.cab.org.nz/>.



FOR SALE



111/25 Bute Road, Browns Bay

2 1 1

- Modern, open-plan kitchen, dining & lounge area
- Spacious sun-drenched balcony
- Convenient location: close to shops & the beach
- Secure parking: under-cover, ground level carpark
- Additional Storage: Multiple storage & lockers

FOR SALE



25 Kauri Road, Stanmore Bay

5 3 4

- Fully rebuilt modern home with income potential
- Flexible floor plan spanning 320m2 more or less
- Ample space for boat, campervan, & beach toys
- Extensive decks & expansive views
- Fully fenced with a large flat lawn

RayWhite
MAIRANGI BAY

CR Group Limited (Licensed REA 2008)

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 page, set against a yellow rectangular background. The text 'RayWhite' is written in a bold, black, sans-serif font.A photograph of two real estate professionals, Thérèse Leslie and Jiang Kou, standing outdoors on a beach. Thérèse is on the right, wearing a dark blue double-breasted blazer with gold buttons and a heart-shaped pendant. Jiang is on the left, wearing a dark blue pinstriped suit jacket, a white shirt, and a light-colored tie. They are both smiling at the camera. The background shows the ocean and a small island in the distance.

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
021 022 66192

PREMIER
MEMBER 23-24

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



Heart of the Bays hold their AGM

In late June Heart of the Bays held their AGM. It wasn't just a time for reflection back but also a celebration of the present and a look to the future.



The highlight was Debbie cutting the ribbon to the new offices for Heart of the Bays. This gives so much more space and opportunity for activities.

Pam Martin welcomed everyone, as Chair, and thanked everyone for attending.



Heart of the Bays had gone away from organising larger events, instead having smaller events. The Active Ageing Expo, held last November, had been a resounding success with over 350 people attending in the four hours it was open.

Debbie had been joined this year by Jesse to help with the digital presence, and much more. Martin is the part time caretaker who ensures tables and chairs are set out for usage.

Pam is stepping down as Chair. She has done an amazing job and built a good strong team.

Well done Heart of the Bays.

August at Albany Village Library

We are looking forward to a busy August at Albany Village Library.

The ReCreators

The ReCreators are a collective of artisans who deliver upcycle DIY skills-based workshops sustainably.



They have kindly offered us two free sessions, one for children on Saturday 27 July, 2-4pm "Sporty Puppets" perfectly timed for the Olympics.

Then a Canvas and painting workshop for adults on Saturday 3 August, 2-4.

Spaces are limited so contact the library or The Recreators website to book your place. <https://therecreators.co.nz/pages/workshops>

Joy in every Season with the KonMari Method

Join Celine Sumic, a certified KonMari Consultant, in this FREE workshop as she discusses how you can achieve more joy in your life by creating a harmonious home.

Release the past and usher in a new season with joy and grace.

Whether it be the arrival of a new child, a change in relationship or the loss of a loved one, practicing the KonMari method can support you to live your best life in the moment regardless of challenging circumstances.

Sunday 4 August, 11-12

We Read Auckland

This is a free reading festival that takes place throughout August.



We have been selected to host a very special feature event – a Creative Writing Workshop for Rangatahi, with local author Eileen Merriman.

Creating compelling characters with Eileen Merriman

Sunday 25 August, 2-3

There will be kai provided after the session. Spaces are limited so contact the library for booking details.

Free Budgeting Advice

Free budgeting workshops with North Harbour Budgeting Services Inc. The workshops are conducted autonomously, free from any organisational influence, non-judgemental and foster a safe environment.



Thursday 29 August, 11-12:30

Albany Village Library
30 Kell Drive, Albany, Auckland, 0632
Ph 09 484 7117 |

Visit our website: www.aucklandlibraries.govt.nz
Like us on Facebook: <https://www.facebook.com/albanyvillagelibrary/>

MATARIKI 2024

Best Start Long Bay DISCO

LOVE OUR COMMUNITY



**WE ARE NOT JUST SELLING HOUSES
WE ARE HELPING PEOPLE FIND HOMES**

Long Bay Primary School
Tree Planting



Precise, Professional, and Efficient.

We greatly appreciated your approach of utilizing resources from the Long Bay community, which aligns with our belief in fostering community collaboration for mutual benefit. We look forward to many more successful partnerships in the near future. Together with Team Ming, we can bring more excellent services to the Long Bay community. Thanks again for your outstanding professional support and hard work. Team Ming, NO1 option to work with.

Yue & Jason

Vendors of 41 Windlass Street Long Bay



Harcourts Cooper & Co
Licensed REAA 2008

Welcome to our glorious winter

The days are beautiful, the nights and early mornings – well, I'll leave that up to you to give your opinion. What I will tell you, is the Torbay Friendship Club always has spring in our step and have been having a wonderful few weeks.

The midyear lunch in June was a great success. A number of members won hampers and the lunch put on by the Bays Club in Browns Bay was excellent. Not only do they serve

the most delicious lunch, but they go the extra mile by decorating the tables and making it such a pleasure.

Catherin Meyer gave us an insight into the whale population in and around the New Zealand waters and the work that goes into investigating where and how far these enormous sea creatures travel, and their population size and communication. She studied at Auckland University and has her Masters in Marine Science. She is now studying toward her doctorate. It is interesting to know that the DNA of whales determines just what size pod they are in and who the relatives are – much like the human links. Catherine belongs to the Marine Mammal and Ecology Group and will work on the pilot whales, false killer whales and bottlenose dolphins, which tend to stay together during the autumn.

We have also had the author, Pat Bakley, give us an interesting and fun filled talk, she is an inspiration to all us oldies.

Our weekly groups continue to grow, and we encourage all members to join in a



group to get to know their new friends. I will be in the UK for the next 3 weeks. Should you wish to find out more about the club, Noreen McArthur would be thrilled to hear from you. Contact no. 027 271 3524



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



Torbay Theatre

The Last Five Years - 21-24 and 28-31 August, in our intimate Gate Theatre.

This award-winning musical by Jason Robert Brown has been a huge success in London and America, amongst other countries. It is a love story told in two directions at once, with only two characters, played by Drew Young and Maria Morris. Jamie begins at the hopeful beginning, whereas Cathy starts her tale at the ending of their love, the two meeting only in the middle at their wedding.

For more information, contact last5years@torbaytheatre, and see our website below to book.

The Last Five Years is directed by Emily Clarkson, a dedicated performer, who has a rich background in musical theatre and acting, having

studied these disciplines extensively. Currently represented by an agency in Auckland, Emily's journey in the arts began with community theatre, which she juggled alongside full-time work. Over the past two years, she transitioned to working full-time as a model and actor. Recently, she returned from a two-week overseas trip where she filmed a new Qantas TV commercial. A year ago, an injury forced Emily to step away from dancing, prompting her to explore directing. During her education in musical theatre, she studied *The Last Five Years*, a piece that had a profound impact on her. With her newfound perspective behind the camera and her experience on stage, Emily is eager to direct *The Last Five Years*. She aims to leverage the tools and techniques she has acquired to create a performance that is both



beautiful and emotionally complex, reflecting her deep understanding of the material and her passion for storytelling.

For more information / to book: www.torbaytheatre.com

See also: Facebook/Insta, or ph 027-547-2426.

35 Watea Rd, Torbay

Regreening Long Bay Workshops

On 18th of June, the Long Bay community met for an inspiring event dedicated to regreening the neighbourhood. Held at Long Bay College, the workshop, organized by the Long Bay Residents' Association in collaboration with Friends of Long Bay, Restore Hibiscus & Bays, and Untangled Landscapes, attracted a diverse group of residents eager to transform their gardens into sanctuaries for native wildlife. The same workshop was held on the 25th of June with the Long Bay Chinese Association, where presentations were translated into Mandarin.

Matt, from Untangled Landscapes, shared insightful knowledge and tips about soil health, highlighting the differences between conventional and regenerative gardening methods. He explained how to break down compacted soil, balance minerals, and introduce user-friendly pioneer



species to create a more resilient garden.

Mary Stewart, of Friends of Long Bay and Restore Hibiscus and Bays, emphasized the role each backyard plays in supporting the wider ecosystem. Attendees learned about the types of native plants that thrive in local conditions and how to choose the right plants for different spaces. By creating layered plantings—incorporating groundcovers, shrubs, trees, and climbers—we can enhance biodiversity and create a more vibrant and sustainable garden. One of the key takeaways was the importance of planting native species to support local wildlife and plants in Long Bay Park.



There were some lucky winners drawn, receiving a garden tool and a native plant thanks to the generous sponsoring of Awa Nursery and Mitre10 NZ.

The Workshop was a call to action, being a step towards achieving the community's environmental goals, proving that together, we can make a meaningful impact.

For more information, visit the Long Bay Residents' Association website <https://longbay.nz> or the Facebook group Long Bay Community. Let's continue to grow together!

References:

Restore Hibiscus and Bays:

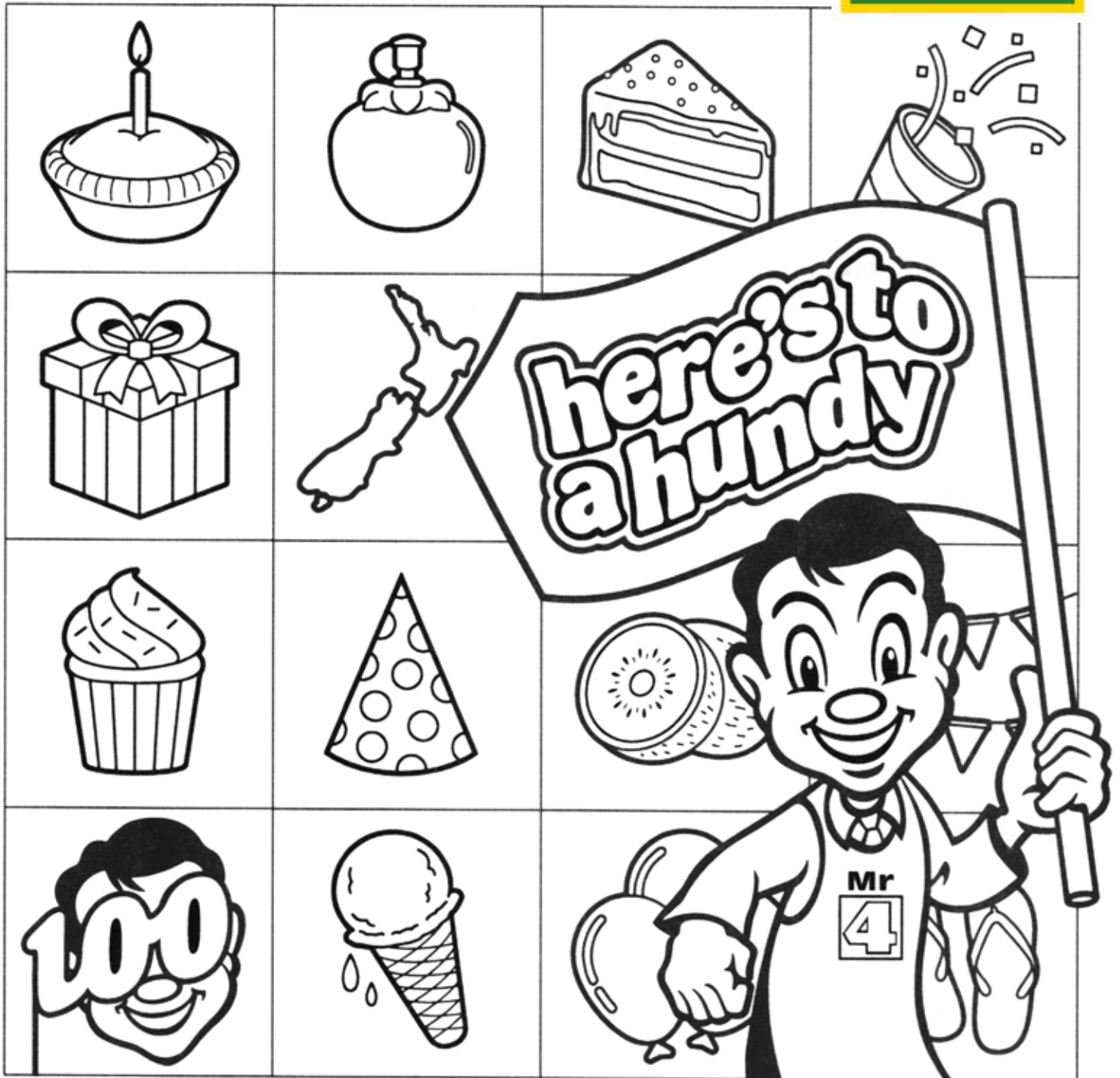
<https://restorehb.org.nz>

Untangled Landscapes:

<https://untangled.nz>



CELEBRATING 100 YEARS.



Name.....

Age..... Phone.....

Colouring Competition - Take into store by 20 August 2024
to be in with a chance to win a goodie bag.

4 SQUARE - 1058 Beach Road, Torbay

Embracing Community at Long Bay Chinese Association

The Long Bay Chinese Community offers a lively mix of activities held at Long Bay Primary and Long Bay College every weekend, bringing people together in a community of shared interests.

A Morning of Table Tennis. It's a sunny Saturday, and the sound of paddles hitting ping pong balls fills the air. In the amateur table tennis court, the largest on the North Shore, you'll find Stan a 80 year-old table tennis enthusiast, exchanging volleys with friends. The recent table tennis tournament was well-attended, showcasing players of all ages and their shared passion for the game.



Basketball for Young Athletes. Nearby, at the basketball court, kids learning new skills. Junior players dribble and shoot, while parents cheer from the sidelines. The coaches focus on creating a supportive environment where young athletes can develop their skills and enjoy the game.

We also have Zumba group, a finding balance group, artistic expression and a choir. These will feature next month.

The atmosphere is light and friendly, and the activities are low cost- \$0-15- making it easy for anyone to join. Its about than activities, it's about feeling connected. You don't have to be Chinese to give it a go please contact 45629832@qq.com.



Long Bay Chinese Association Activities

Long Bay College

Saturday

14.00-16.30

Adult table tennis.

16.30 -18.00

Youth table tennis.

Sunday

15.00-17.00.

Adult table tennis.

Long Bay Primary School

Saturday

14.45-15.45

Basketball Junior class
(children)

15.45-17.00

Basketball senior class
(children)

Super Gold Card TUESDAYS



Receive 5% off your
total grocery bill
when you shop in-store*

Exclusive to



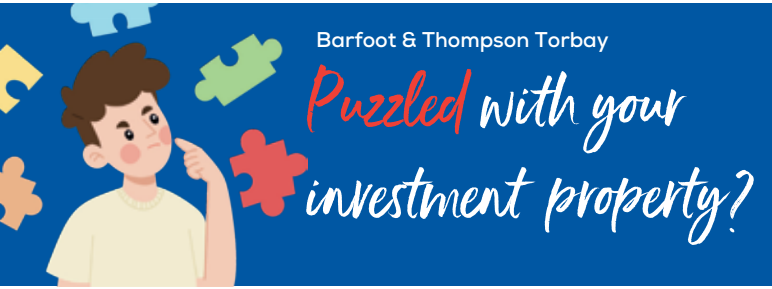
Long Bay

*Offer valid Tuesdays only upon presentation of gold card. Excludes discounts on lotto, tobacco and service purchases. T+Cs apply, exclusive to New World Long Bay.

Quizzes

sponsored by

Answers Page 34



PARIS OLYMPIC SPORTS

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

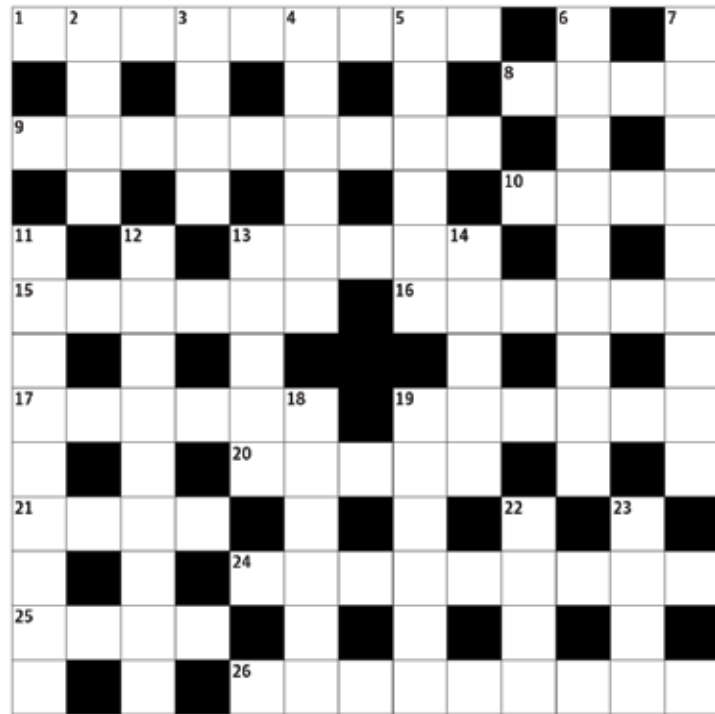
- | | | |
|------------|-------------|-----------|
| ARCHERY | ATHLETICS | BADMINTON |
| BASKETBALL | BOXING | CYCLING |
| DIVING | EQUESTRIAN | FENCING |
| FOOTBALL | GOLF | HOCKEY |
| ROWING | RUGBYSEVENS | SAILING |
| SHOOTING | SURFING | SWIMMING |
| TENNIS | TRIATHLON | WATERPOLO |

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

MARKET

25 good, 33 very good, 40+ excellent

CROSSWORD



Across

- 1,9 Author of the Tarzan stories (5,4,9)
- 8 Toy that flies (4)
- 9 See 1
- 10 Hit by a bullet (4)
- 13 Sensed by the ear (5)
- 15 Foliage (6)
- 16 Make something less strong (6)
- 17 Has the same opinion (6)
- 19 Deep, narrow gorge (6)
- 20 Move down under water (5)
- 21 Military force (4)
- 24,26 Act inappropriately (6,3,5,4)
- 25 Skin disease (4)
- 26 See 24

Down

- 2 Medication (4)
- 3 Not as intended (4)
- 4 Awakens someone (6)
- 5 Roman military unit (6)
- 6 Episcopate (9)
- 7 Worried (9)
- 11 Make tidy by removing items (5,4)
- 12 Important Christian ceremony (9)
- 13 Cut with blows (5)
- 14 French impressionist artist (5)
- 18 Artist's model (6)
- 19 Particular area or part of the world (6)
- 22 Iconic NZ native plant (4)
- 23 Close (4)

SUDOKU

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



We are your local solution!

Chanelle Fenton

Head of Property Management Torbay Branch

New Laundromat opens at Long Bay



- Plenty of free parking around the store
- Brand new, efficient, powerful machines
- Professionally cleaned every day
- Dedicated pet washer & dryer

**Simple, clean, spacious
couldn't be easier**

Opening Specials

- * Get your laundry card free (usually \$3)
- * Accumulate \$50 on your laundry card and get a credit of \$2.50



Simple cashless operation



Co-owner Maraiya



**Spin Fresh Laundromat 89 Te Oneroa Way, Long Bay Village
(next to the Uniform Shop)**

Store hours - 7am to 10pm last wash in by 9pm

Torbay & Long Bay Medical Centres

f follow us on
facebook

Ask us about
Manage My Health

WHAT IS SHINGLES?

Shingles, also known as herpes zoster, is a painful skin rash caused by reactivation of the varicella zoster virus (the same virus that causes chickenpox).

1 IN 3 PEOPLE WILL GET SHINGLES IN THEIR LIFETIME, AND THE RISK INCREASES WITH AGE.

Shingles is most common in people 50 years and older, and those with a compromised immune system. It is possible to get shingles more than once.

A weakened immune system due to factors such as increasing age or immunocompromising conditions can increase your risk of infections including shingles. If you're one of the approximately 99% of adults over 50 years old who have had chickenpox, the virus that causes shingles is inside your body but lies dormant. Your immune system naturally weakens over time as you age, which can allow the usually inactive virus to reactivate and cause shingles – despite how healthy you may feel

SHINGLES SYMPTOMS

Shingles typically produces a painful rash that blisters and scabs over in 7 to 10 days; it will usually clear up within 2 to 4 weeks. Many people who get shingles describe the pain as burning, stabbing, or shock-like. Shingles can cause pain that lasts for weeks and can be disruptive.

In addition, some people experience complications that can lead to long-term health problems. The most common complication is postherpetic neuralgia (PHN), severe pain that can last for months or even years in the area of the healed rash. Other possible complications include scarring, complications with vision (if the rash appears around the eye), and partial weakness/paralysis of the areas served by affected nerves.



What is SHINGRIX?

Shingrix is a vaccine approved for the prevention of herpes zoster (shingles) and its associated complications. Two doses of Shingrix given two to six months apart are **funded at the age of 65 years.**

From 1 July 2024, two doses are also **funded for people 18 years of age or older with any of the following:**

- People who are pre- and post- haematopoietic stem cell transplant or cellular therapy
- People who are pre- or post- a solid organ transplant
- People with haematological malignancies
- People living with poorly controlled HIV infection
- People who are planned to or are receiving disease modifying anti-rheumatic drugs (DMARDs - targeted synthetic, biologic or conventional synthetic) for:
 - polymyalgia rheumatica
 - systemic lupus erythematosus
 - rheumatoid arthritis
- People with end stage kidney disease (CKD 4 or 5)
- People with primary immunodeficiency

Two doses of Shingrix are recommended but **NOT funded** for all individuals from 50 years, including those aged 66 years or older; and for individuals aged from 18 years who are at increased risk of zoster, including:

- Prior to planned, receiving or post immunosuppressive therapy
- Living with HIV infection
- With immune-mediated inflammatory disease receiving immunomodulatory agents (eg, inflammatory bowel disease, Crohn's disease, ulcerative colitis).

Other conditions that can increase risk of zoster in older adults, include:

- Diabetes
- Chronic obstructive pulmonary disease
- Chronic inflammatory skin diseases
- Splenectomy
- Chronic pancreatitis
- Psychiatric disorders, including depression and anxiety
- Sleep disorders

If you would like to find out more, or have questions about whether Shingrix is right for you, please contact our team (09 477 9000), or discuss with your doctor at your next visit.

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Chronic Kidney Disease: Its Common, Its Harmful, Its Treatable, and Its Overlooked

Lets start with some scary facts: Chronic Kidney Disease (CKD) is twice as common as diabetes. It affects 1 in 3 people over the age of 65. You can lose up to 90% of your kidney function before you develop symptoms. Despite being harmful and common, CKD is treatable.

What Causes Kidney Function to Decline:

Traditionally, we have thought that high blood pressure, diabetes, obesity, smoking and increasing age cause reduced kidney function. Iron overload, and sleep apnoea are also causes we can add to the list. But this doesn't explain why there has been a significant increase in CKD in one generation. There has to be an environmental factor.

The modern diet is a very likely cause of CKD. Our modern diet tends to be high in sodium, low in potassium, and cause our bodies to become acidic. Deficiency of calcium (and vitamins D and K2) increase the risk of hyperparathyroidism and therefore CKD.

Many drugs increase the risk of CKD. This includes anti-inflammatory pain medicines like ibuprofen, and proton pump inhibitors used to protect the stomach like omeprazole. The risks of kidney problems increases with the dose and duration of these medicines. Interestingly, these two medicines are often prescribed together, especially if you need the anti-inflammatories for long term.

The gut microbiome is critically important to kidney health and visa versa. The kidneys and the gut work to support each other to remove urea from the body to maintain wellness. I've mentioned anti-inflammatory drugs directly harm kidneys, but they also harm the gut, which can in turn put pressure on kidney function.

Conditions like Coeliac disease and Inflammatory Bowel Disease can be a primary cause of CKD, which confirms the link between the gut and kidneys. In patients with IgA nephropathy (a form of kidney disease), which are half of all nephropathies in NZ, excluding gluten from the diet can improve kidney function.

What can we do to improve kidney function?

My recommendations to improve kidney function include eating a diet that reduces acidity in the body, excludes gluten, incorporates plenty of fibre, and has a high diversity of colourful foods and polyphenols. The earlier you start the better, but its never too late.

Sporebiotics have been shown to improve the integrity of the lining of the intestines, including the mucous barrier and the enterocyte cells that line the gut.

If you would like more information on a kidney-friendly diet, or the best form of Sporebiotics, call in and speak to the health coaches at Unichem Torbay Pharmacy.

EXERCISES THAT WORK! Stretch | Flex | Strengthen

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

Ladies Small Group Classes

Low impact exercises

Days: Friday mornings 9.30am

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



THE BODY TONIC GROUP
Fitness | Mind | Health

✉ 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 90% 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

3 – 7 Woodlands Crescent, Browns Bay

Life your way

 ARVIDA
Aria Bay

Embracing Winter: Nourishing Your Yoga Practice

As the crisp chill of winter settles in, our bodies and minds naturally seek warmth, stillness, and introspection. In the practice of yoga, this season offers a unique opportunity to align our movements and intentions with the rhythms of nature. Here are ten enriching themes to infuse into your winter yoga practice, each inviting a deeper connection to self and surroundings.

Connecting with Stillness and Quietness: Winter invites us to embrace moments of calm and reflection. Incorporate gentle poses like Child's Pose or seated meditation to cultivate inner peace and stillness.

Grounding and Stability: Amidst winter's uncertainties, find stability through grounding poses like Tree Pose and Warrior poses. These postures anchor us to the present moment, fostering resilience and balance.

Warmth and Energy Flow: Energize your body with dynamic sequences such as Sun Salutations. These movements generate internal heat, enhancing circulation and vitality during colder months.

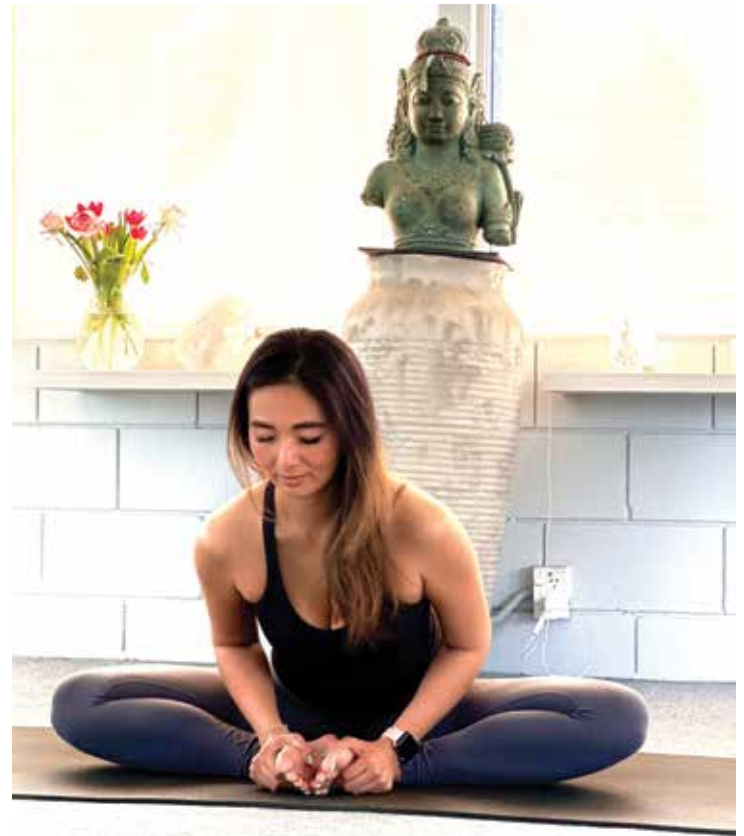
Embracing Change and Letting Go: Use twisting poses to detoxify and release stagnant energy, symbolically letting go of what no longer serves you as you prepare for renewal.

Nurturing Self-Care: Treat yourself to restorative yoga, supported by blankets and bolsters. These poses soothe the body and mind, promoting relaxation and rejuvenation.

Honouring Darkness and Light: Reflect on the interplay of light and darkness within yourself. Practice by candlelight to evoke a sense of inner warmth and gratitude for the season's lessons.

Connecting with Nature: Venture outdoors if possible, and allow the winter landscape to inspire your practice. Breathing in crisp air and feeling grounded on the earth can deepen your connection to the natural world.

Gratitude and Reflection: Cultivate gratitude through mindful journaling or meditation. Take time to acknowledge blessings and lessons learned, fostering a sense of abundance and appreciation.



Hygge-Inspired Yoga: Create a cozy yoga sanctuary with soft blankets and gentle lighting. Embrace the Danish concept of hygge (pronounced "hooga") to nurture comfort and contentment during your practice.

Winter Solstice Celebration: Commemorate the Winter Solstice with intention-setting and gentle yoga flows. Welcome the return of light and set positive intentions for the coming season.

Embrace the season's invitation to slow down, reflect, and nourish yourself from within. Winter, with its quiet beauty and transformative energy, offers a profound opportunity to deepen your yoga practice and connect more deeply with yourself and the world around you.

Yoga Sanctuary Introduction Offers:

Sign up to receive our newsletters and get your first class FREE.

New members: 3 classes for \$30*

*Join during August and receive bonus class (4 for \$30)

sign up at www.yogasanctuary.co.nz
or email: hello@yogasanctuary.co.nz

yogasanctuary
the studio with soul



Tailored Trusts *for Diverse Family Needs.*

Richard and Julie always marvelled to each other how their three children, all brought up in the same environment could be so different. Their eldest son was a scientist, very bright but without a practical bone in his body. The middle son was an investment advisor and their youngest was a stay at home Dad with a very successful and ambitious partner.

Richard and Julie had established a trust many years ago on the advice of their lawyer. Overtime they built up quite a sizeable commercial property portfolio. As they were heading into their mid 70s, they thought it would be a good time to review their structuring to see if the trust was still the best vehicle for them. They also had been talking to friends who had recently updated their wills. They thought that theirs were ok however, it had been many years since they had completed them.

Instead of going to their usual lawyer, Richard and Julie made a time to see a lawyer recommended by a friend, who specialised in asset structuring. They felt that they really needed some robust advice and analysis of their current structure. They sent copies of all their documents ahead of time so that the lawyer would be prepared when they met.

The first thing the lawyer asked them was if they had ever heard of a document called a memorandum of guidance or letter of wishes. Richard and Julie had heard that terminology before but were unsure whether they had one or not. The lawyer likened it to a will but said that it dealt with the trust assets rather than their personal assets. Richard and Julie's wills dealt with all their assets with no distinction between personal and trust assets. The lawyer said this was incorrect as they couldn't deal with trust assets in their will.

She asked them what they wanted to happen with the trust assets if they both died. They said that they would really like the trust to continue, as the commercial property assets would provide a healthy income for their three boys and their families. They thought that their youngest two children might be good trustees, but their eldest son, while clever, might not be able to grapple with the practical elements of commercial property and the trust.

The lawyer began to ask more questions, drilling down into the family dynamic. The more they talked, the more Richard and



Julia realised that it was likely to be unworkable for the three boys to be bound together in the same trust going forward. They had very different needs and requirements and it could cause some major family disputes if they had to keep the assets together. The income of the commercial property would be of benefit to their eldest son, but the middle son had an interest in the share market and would rather have the opportunity to look for financial growth there. Whereas their youngest son had a large mortgage and so debt reduction would be important to him.

The lawyer explained that they could still put in place mechanisms that would ensure that whatever the boys received from Richard and Julie's trust could be within a trust structure to protect each of them from relationship property and other "threats". But that it could be done in a bespoke way which gave each of their son's flexibility to manage their affairs in a way that was appropriate for them.

It is so important to review your affairs regularly to ensure that they still cater to the changing needs of your family. When children are young it may be appropriate to hold assets together in the event that Mum and Dad have both died, but as they get older and end up in very differing circumstances, it is important to keep evaluating what is the best structure for them and their changing interests.



TAMMY MCLEOD (BA LLB)
Managing Director, Davenport's 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

- Torbay Historical Society
- Long Bay Okura Great Park Society
- A big yellow banana
- Yuin Khai Foong
- On the 4th Sunday of the month
- Ian Sage
- At Long Bay Primary School
- 2002
- Marie Gray and Jennifer Sturm
- Hugh Willis

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

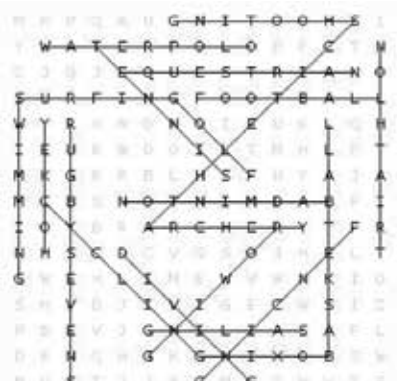
½ page \$275+gst

Full page \$495+gst.

Contact Carole 09 473 3259 or

Email editor@focusoncommunity.co.nz

Puzzle Answers



Word Puzzle

are, ark, arm, art, ate, ear, eat, era, eta, kart, kea, make, maker, mar, mare, mark, market, mart, mat, mate, mater, meat, met, rake, ram, rat, rate, ream, take, taker, tame, tamer, tar, tare, tea, teak, team, tear, term, tram, trek

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

focus

on community

09 473 3259

editor@focusoncommunity.co.nz

Tides August 2024 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Thu 01			04:02	2.7m	10:22	0.6m	16:42	2.8m	22:57	0.8m
Fri 02			05:01	2.7m	11:20	0.6m	17:39	2.8m	23:53	0.7m
Sat 03			05:59	2.7m	12:14	0.5m	18:31	2.9m		
Sun 04	00:44	0.7m	06:53	2.7m	13:03	0.5m	19:18	2.9m		
Mon 05	01:32	0.7m	07:42	2.7m	13:47	0.5m	20:02	2.9m		
Tue 06	02:16	0.6m	08:26	2.8m	14:28	0.5m	20:43	2.9m		
Wed 07	02:58	0.6m	09:07	2.8m	15:07	0.5m	21:22	2.9m		
Thu 08	03:37	0.6m	09:46	2.8m	15:45	0.5m	22:00	2.8m		
Fri 09	04:15	0.6m	10:23	2.7m	16:22	0.6m	22:37	2.8m		
Sat 10	04:53	0.6m	11:00	2.7m	17:02	0.7m	23:15	2.7m		
Sun 11	05:31	0.7m	11:39	2.6m	17:43	0.8m	23:55	2.7m		
Mon 12	06:11	0.7m	12:21	2.5m	18:29	0.9m				
Tue 13			00:37	2.6m	06:55	0.8m	13:09	2.5m	19:21	0.9m
Wed 14			01:23	2.5m	07:44	0.8m	14:04	2.4m	20:18	1.0m
Thu 15			02:14	2.5m	08:41	0.8m	15:06	2.5m	21:18	1.0m
Fri 16			03:12	2.5m	09:42	0.8m	16:08	2.5m	22:17	0.9m
Sat 17			04:14	2.5m	10:44	0.7m	17:06	2.7m	23:14	0.8m
Sun 18			05:17	2.6m	11:41	0.6m	18:00	2.8m		
Mon 19	00:08	0.6m	06:16	2.8m	12:34	0.4m	18:50	3.0m		
Tue 20	01:01	0.4m	07:11	2.9m	13:24	0.3m	19:40	3.2m		
Wed 21	01:52	0.3m	08:03	3.1m	14:13	0.2m	20:29	3.3m		
Thu 22	02:43	0.2m	08:53	3.2m	15:01	0.1m	21:18	3.3m		
Fri 23	03:32	0.1m	09:42	3.2m	15:50	0.1m	22:08	3.3m		
Sat 24	04:22	0.1m	10:31	3.2m	16:41	0.2m	22:59	3.2m		
Sun 25	05:12	0.2m	11:22	3.1m	17:34	0.4m	23:51	3.1m		
Mon 26	06:03	0.3m	12:15	3.0m	18:31	0.5m				
Tue 27			00:44	2.9m	06:58	0.4m	13:13	2.8m	19:32	0.7m
Wed 28			01:41	2.8m	07:56	0.6m	14:16	2.7m	20:37	0.8m
Thu 29			02:41	2.6m	08:59	0.7m	15:21	2.7m	21:42	0.8m
Fri 30			03:43	2.6m	10:03	0.7m	16:23	2.7m	22:42	0.8m
Sat 31			04:45	2.6m	11:04	0.7m	17:20	2.7m	23:37	0.8m

Times adjusted for Daylight Saving.

Don't settle for silver.

Achieve **GOLD** with Wanly



This Olympics season, don't settle for silver when selling your home.

Achieve the gold standard in real estate with Wanly! Let us help you secure top value and a winning sale.



**Top-Tier
Service**



**Winning
Strategies**



**Gold-Medal
Results**

Ready to achieve gold? Contact us today and let Wanly guide you to a successful sale of your home!

Wanly Tsang

027 473 2468 | wanly.co.nz

wanly.tsang@harcourts.co.nz

Harcourts Cooper & Co

Harcourts Cooper and Co Real Estate Ltd MREINZ Licensed Agent REAA 2008

Are you a
landlord?

All private
landlords must
comply with **healthy
home standards**



- ✓ Heating
- ✓ Insulation
- ✓ Ventilation
- ✓ Moisture ingress/
drainage
- ✓ Draught stopping

Healthy homes
checklist



*Scan the QR code and Chanelle will
send you a FREE healthy homes checklist



Landlords,
you have less
than 335 days

Avoid fines of up to
\$7,200
for non-compliance

Fun fact

Around

600,000

households rent in NZ



Let us help
you meet the
standard

We are here to help

Chanelle Fenton

Head of Property Management
Torbay & Long Bay Branch

027 809 6687



Torbay 09 473 0372
Long Bay 09 473 0472

LICENSED REAA 2008
**BARFOOT
THOMPSON &**
PROPERTY MANAGEMENT