

focus

Issue 30
September 2024

on community

Long Bay, Okura and Torbay



Long Bay Primary plant their legacy

See page 3 for story

Which Magnesium is Best for Children?

I can't tell you here because it's top secret!

We have sourced a great tasting magnesium product that is ideal to give to children, especially those with ADHD. You won't find this magnesium on our shelves (or on the shelves of any other pharmacy). It's hidden out the back in our "practitioner-only" range. So, I can't show you it in this column, but I can explain why it can help reduce the symptoms of ADHD.

Magnesium is certainly the hero ingredient of this practitioner-only product. It has been shown to improve hyperactivity, aggressiveness, and agitation in children

with ADHD. Magnesium is a mineral that is deficient in NZ soil and therefore our food chain. Plus, if you are under any stress (like in agitation states) then you excrete higher amounts of magnesium, leaving you deficient.

There are also other ingredients in our magnesium that also help improve mental health.

This includes vitamin B6 which supports nerve health and magnesium effectiveness. Taurine is

also included in this formulation. Taurine is an amino acid that can reduce hyperactivity and anxiety. Many people feel they sleep better when they increase their magnesium levels. No wonder it can help people with ADHD.

This special magnesium has a great taste. This is an important consideration in products for children. If your kid refused to take it, it can't help them right?

It is well absorbed. This means that it is highly effective and has minimal side effects. Poorly absorbed or heavy forms of magnesium don't get into cells to provide benefits and can irritate the gut lining causing diarrhoea.

This product is one of my main recommendations to improve your child's behaviour, concentration, sleep, and anxiety.

Remember to also get a good quality fish oil to really nourish the brain of your little one.

Come and have a chat to our team at Unichem Torbay Pharmacy to see if our "practitioner-only" magnesium is right for your child. If so, we can dispense it for you.



Opening Hours

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

Saturday
9:30am to 4:00pm



Delivery Service now available from Torbay Pharmacy

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

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



Martin Harris

Leaving a Legacy

There is nothing like leaving your mark where you have spent a lot of your time to make you feel good. At Long Bay Primary we focus on our students not only learning but having fun and enjoying their time here as well. Commencing a legacy project for all of our new 5 year old students is just one way that we are helping them to leave that mark.

This year we started planting native trees for each student who is beginning school for the first time. Without the very generous donations of trees from Kings Plant Barn Silverdale this project would not be possible, we cannot thank them enough. They are providing us with a tree for each of our students.

With gumboots (or very muddy shoes), spades, large quantities of



mulch and muscle our students and their whanau are not only enhancing our school environment but giving them somewhere to come back to in the years ahead to measure the growth of their tree and remember their first day at school.

While it is great to look to the future, we wanted to give the opportunity for our current (and past) students and families to be able to leave something of themselves behind as well. To this end, 110 native trees were planted in the same area to help kick start our 'Rebushing' of Long Bay programme. We are working with Restore HB on a planting plan and with their assistance we planted another 250 native trees.

With our first group of trees planted by Jeremy, Emily, Huxley and Haiyu we look



forward to taking the same photo in December 2029 to see how much the trees (and students) have grown before they move on to Intermediate School. With our 50th anniversary the same year, this project will just be starting to bear fruit while our celebrations are in full swing.

Rob Hutton, Principal.



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Content of this magazine.

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

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

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We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

On the 1st of September we celebrate Father's day.

This is their special day and one that can be celebrated.

My father died 21 years ago and so Father's Day for me holds poignant memories of some of the good times we shared.

I always feel that Mother's Day is so easy to think of things to buy for gifts and things to do to celebrate whereas Father's Day is harder. So, if you were very organised and have had a fun T shirt printed up-then well done!

We know Dads come in all shapes and circumstances but a Dad is the person who was always there for you, regardless of blood.

So, if you have a special man, called Dad, in your life, let him know how much he means to you this day.

10th September is Grandparents Day.

I know that locally many families rely on grandparents to help them out with childcare, whether just

meeting grandchildren from school or actually looking after them while their parents are at work.

I have loved being a grandparent.

With 10 grandchildren we have always been kept busy when they were younger.

I loved having them because we got to do all the fun bits, without all the work that goes with raising children. Although they are all now older, and some have families of their own, they still remember the wonderful times we had when they were young.

There is such a special bond between grandparents and their grandchildren.

Now we are in September we can begin to look for the lighter evenings and hopefully the better weather.

Keep safe and well.

Carole McMinn,
Editor



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

Tree Planting Day at Stredwick Reserve

On Saturday 3rd August, between 10 o'clock and 1 pm members of the Long Bay Chinese Association met up at Stredwick Reserve to plant trees. The Association loves to get involved with its community and to help where needed.



Organised by Restore HB the workers turned up to plant trees.

With the planting of natives, it will encourage birds to the area.

Well done the Long Bay Chinese Association!



Details and photos from Frank Sun.

Top Salesperson 1 Torbay Branch 2024*



Service | Experience | Results



Wendy's update

SPRING IS HERE! A great feeling and time to catch up on those outside chores. If you are thinking of moving and would like to know the advantages of listing locally give me a call – living and working in our area for a number of years I offer experience, knowledge and insights into different market trends to maximise your sale.

Mortgage interest rate cuts led to a surge in buyer confidence and activity during the month of July – the shifting tides signal a great start to the spring selling season – fantastic opportunities for both buyers and vendors.

Ready to capitalise on the increased buyer activity and selling in spring? Look forward to your call.

Kind regards, Wendy

Torbay/Waiake July 2024

 57 PROPERTIES FOR SALE	 18 PROPERTIES SOLD
 \$760,000 LOWEST VALUE SALE	 \$1,652,000 HIGHEST VALUE SALE

Wendy Radcliffe
 021 772 070

w.radcliffe@barfoot.co.nz

*Year ending 31 March 2024

Cheese Straws

Cheese straws are easy to make and delicious to eat. The mustard adds a "bite" to the straws. You can also add ½ teaspoon of cayenne pepper if desired. I advise you to make a double quantity as one batch is not enough!

Ingredients

- 1 ¾ cups self-raising flour, plus more for work surface
- 1 ¼ teaspoons dry mustard
- 1 teaspoon salt
- 2 ½ cups extra-sharp cheddar cheese, coarsely grated
- ½ cup butter, softened
- 2 tablespoons water (chilled)

Method

1. Preheat oven to temp 220°C. Sift together flour, mustard, and salt in a medium bowl; set aside. Beat cheese and butter until well blended and mixture becomes a spreadable consistency. Gradually beat in flour mixture until completely incorporated. Add 2 tablespoons water, and mix until dough comes

2. together.
2. Turn dough out onto a lightly floured work surface. Place dough on a large sheet of wax paper or parchment paper and roll into a 30 x 23cm rectangle (about 6mm thick). Slide dough and paper onto a baking sheet, and refrigerate until cold, about 15 minutes.
3. Grease a baking sheet. Cut dough into strips. Transfer dough strips to prepared baking sheets, spacing at least 12mm apart.
4. Bake in preheated oven until cheese straws are golden brown and crisp, 12 to 14 minutes. Let cool on baking sheet 10 minutes; transfer to a wire rack to let cool completely, about 15 minutes.



Newpoint Landscapes is a newly established company with over 15 years experience. Providing hard and soft landscaping in the North shore and Rodney district.

For your FREE quote email call us on
newpointlandscapes@gmail.com 022527486

Embracing Community at Long Bay Chinese Association Part 2

Last issue we showed The Long Bay Chinese Association 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. Here are some more of their activities.

Dance to Your Heart's Content

Fridays see Zumba enthusiasts moving to rhythms. On Saturdays, is the family street dance, while later, adults participate in ballroom dance.

Long Bay Chinese Association 2024 Activity Notice

Fridays 12-1pm Zumba

Torbay Community Hall

Saturdays Long Bay College

9:30-10:30 Taekwondo Junior Class (Children)

10:30-11:30 Taekwondo Senior Class (Children)

11:40-12:40 Yoga (Adults)

12:50-13:50 Street Dance (Parents and Children)

Long Bay Primary School Saturdays

13:00-14:45 Ballroom Dance (Adults)

Long Bay College Sundays

12:30-14:00 Folk Dance (Adults)

14:00-15:00 Modeling Team (Adults)

15:00-16:30 Choir (F1 Classroom) (Adults)

Long Bay Primary School

13:20-14:20 Painting Class Junior Class (Children)

14:30-15:30 Painting class (children)

15:40-16:40 Youth physical fitness basic class

PS: college activities at dance studio and primary at auditorium.

Contact 021-0600315



Finding Balance

Yoga sessions offer a calm, relaxing environment where participants move through poses with mindfulness. Youth physical fitness classes keep the youngest community members active, promoting healthy habits in a supportive setting.



Artistic Expressions

Sundays bring painting classes for children, where little artists express their creativity with brushes and palettes and Adults enjoy folk dance.

You don't have to be Chinese to join in, if you'd like to give it a go, please contact Chinese Association at' 45629832@qq.com.



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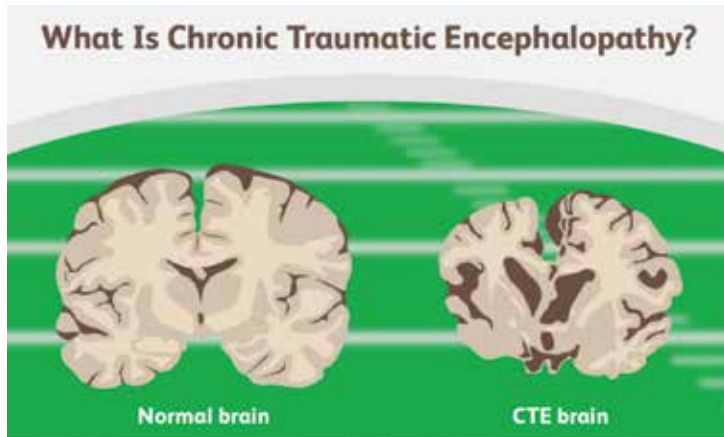
How to successfully plan your estate

How to successfully plan your estate was the topic covered by Wendy Hampton, BA, LLB at the August Open meeting of u3a Browns Bay. From her considerable experience in law, sorting out difficult estates left in a mess by the deceased, Wendy gave us great practical knowledge and advice. By law, we cannot disinherit one/any of our children. If [when] the others contest this intention, the resulting battle can only result in resentment and heavy costs. To deal with what can be a very complex situation, Wendy has written a book, "The Estate Planner" which covers every aspect of planning our departure from this life which could make everything clearer and straight forward for our executors. Wendy's book, "The Estate Planner" is a series of checklists of every aspect that they will have to deal with. One client who sailed often with his nephew [Jim] intended to leave his boat to Jim but did not record this fact anywhere. The resulting legal struggle between Jim and the uncle's three children amounted to the value of the boat.



Wendy Hampton-
"The Estate Planner"

The "Medical History and Science" group's topic was "CTE



- Brain damage caused by frequent head knocks". Recently in the News, and only recently observed in the pathology of the brain, these knocks can cause symptoms similar to Alzheimer's disease. Many people so affected have used suicide to escape. It is hard to discourage such sports as football [of all codes] and boxing when so much kudos, cash and returns from gambling result from participation. We are not talking, necessarily, about concussion. Many small knocks can add up in a sinister manner to an abiding problem.

Check out our website www.u3abb.nz/ Or phone our Information Officers: Anne Gough: 027 3210729 or Gloria Ward: 021 2353113



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Long Bay



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"The bomb so good!"
"Taste tested 10/10!"
"Hi, I tried your new lemon meringue tart today. I was surprised and amazed that I could get a restaurant quality item from my local supermarket and at such a low price. Your bakery team is awesome"

Monthly Quiz

Answers Page 34 info@brownsbayrotary.co.nz



- On September 12 1990 a treaty was signed to reunite East and West Germany. In what year were they divided
- New Zealand women were the first in the world to vote on September 19 1893. Who was the woman who led the movement
- Mother Teresa died in September 1997. Where did she live
- Freddie Mercury was born on September 5; where
- On 2 September 1960 Peter Snell won the 800m at the Olympics in Rome. Who won the 5000m a few minutes later
- NZ celebrates Te Wiki o Reo Maori 16-23 September. When did Maori become an official language of NZ
- The Beatles started their first recording session at Abbey Rd Studios in London on September 4 1962. How many Beatles are still alive
- On September 12 1981 a rugby game was brought to a halt by a flour bomb. Who was playing
- September 19 is 'Talk Like a Pirate day'. Who wrote the musical 'Pirates of Penzance'
- The first open-heart surgery in New Zealand took place in September 1958. Who was the surgeon
- When does daylight saving start in NZ this year
- On September 30 1955 James Dean was killed in a car crash. In what movie did he make his name

Embrace Freedom by joining a Solo Traveller Tour

Traveling solo can be one of the most rewarding experiences, offering a unique blend of freedom, adventure, and self-discovery. For solo travellers, tours designed specifically for individuals who prefer to explore on their own but enjoy the structure and camaraderie of a group setting provide the perfect balance.

Shore Travel can offer a selection of tours that cater to the needs and desires of solo adventurers, allowing them to immerse themselves in new cultures, meet like-minded travellers, and explore destinations with the guidance and support of expert tour leaders. Whether you're seeking to connect with fellow travellers or simply want the peace of mind that comes with an organised itinerary, solo travel tours offer a safe and enriching way to see the world on your own terms.

Solo Travel Tour Highlights:

Innovative Travel have tours for women to both Egypt and India. Their tours place great importance on ensuring your time exploring destinations is memorable.

Wendy Wu Tours have a variety of options for solo travellers on a wide range of Asia tours: opt for their dedicated solo departures, enjoy a single room on their entire collection of tours, or explore their "happy to share" option.

Intrepid Tours have Women's Expeditions that are all about breaking down barriers, fostering discussion and creating immersive local experiences for women that are ordinarily off limits on our regular group departures.

2025 Escorted French Tailor-made Tour for Women, departs June 2025

We are so pleased to announce Shore Travel's inaugural Solo Traveller tour designed and led by our very own Collette Dumont. This tour to France is especially for females who would like to experience the



French culture and cuisine with a group of like-minded women.

Travel from Auckland via Singapore to France. Experience the best of Champagne, Avignon, Cannes, Monaco and Paris. Optional extension to Florence and Rome, then own arrangements.

This exclusive tour takes in the best of France, with 3 nights in Paris, including an Alone Mona Lisa Louve Tour and Versaille Skip the Line Tour; 2 nights Reims with visits to 2 Champagne houses; Travel by train to Avignon and stay for 2 nights; the last 3 nights are spent in Cannes with a day trip to Monte Carlo.

Email hello@shoretravel.co.nz or phone (09) 489 2597 to learn more about Collette's French tour or any other solo traveller tour or cruise options.

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How Rotary serves in our Society today

Rotary is an international organisation with 1,200,000 members in every corner of the world. Established in 1924, the object of Rotary was 'to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster the development of acquaintance as an opportunity for service'.

These days Rotary is much more... we still maintain high ethical standards in business and professions and recognise the ability of individual Rotarian's occupations as an opportunity to serve society, but it is no longer an organisation based on occupations.

Rotarians serve the community in many ways, in seven areas:

- The Environment
- Maternal and child health
- Basic education and literacy
- Disease prevention and treatment
- Peace and conflict prevention
- Economic and community development
- Water and sanitation.

This year Rotary Browns Bay celebrates forty years of 'doing good in the world' and as we look back to our many achievements, we are satisfied that we can 'tick off' every one of Rotary's avenues of service.

- We have planted trees with Pinehurst School as part of the 'Trees for Survival' programme
- We have donated a maternity chair to North Shore Hospital



- We have supported May Rd Primary School with their literacy programme, and are about to start work with Swanson School
- We have been part of the 'Give Every Child a Future' programme, funding a child vaccination programme in the Pacific
- We have supported the Youth Exchange programme which assists in fostering international understanding
- We have worked with locals in Vanuatu to develop their construction skills while building rainwater harvesting systems
- And of course, we have continued to support Rotary's flagship programme, the eradication of polio from the world.

If you would like to find out more about Rotary, you are welcome to join us for breakfast at 7am at the Bays Club on the first and third Tuesdays of the month. Contact president Ian Clouston on 027 494 7531.



Long Bay

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Book review

Adult Fiction:

Return to Blood by Michael Bennett

**Book review supplied by staff
Member Sarah**



Set in New Zealand this is the gripping second novel featuring Hana Westerman, who we met in 'Better the Blood'. Following the traumatic events of that book, Hana has left the police force and has moved from Auckland to the quieter hometown of Tata Bay where her father Eru still lives.

There Hana's daughter, Addison discovers a young woman's skeleton on the beach and Hana finds herself in the middle of an investigation. There are similarities to the murder of a classmate, more than twenty years ago. A local man with a previous record was convicted of the crime, although her father never believed he was guilty. The more Hana looks into the case the more she doubts his guilt and feels that the murderer is still out there and has maybe struck again. I liked the family and community aspect and enjoyed it more than his first novel which was rather blood thirsty, though still a good read.

Featured in the We Read Auckland campaign

What's Happening at East Coast Bays Library

Spring is set to be a super busy season in the library and there is something for everyone in September.

Our community garden is taking shape in the courtyard, with plants springing to life and there's a suspected baby boom with the big numbers attending our Babies and Bubbles sessions.

Container Gardening Workshop for Retirees and Seniors

Friday 6 September 10:00am – 12:00pm

Learn how to grow vegetables in containers with Trash Free Taiāotea. Bring some seeds from your garden for the seed swap table.

Bookings are required for this event.

AI Teen Talk

Sunday 8 September 2:00pm – 3:00pm

The first of a series of 4 talks given by local Year 6-12 students on how Artificial Intelligence (AI) can help to change the world and serve our community. Open to all.

Essential Oils For Health Talk

Saturday 14 September 10:30 – 12:00pm

A free session leading into Mental Health Awareness Week, where you can discover how to soothe your mind and uplift your spirit with aromatherapy.

Pyjama Storytime

Thursday 19 September 6:30pm – 7:00pm

Wear your PJs and get cosy with a special evening Pyjama Storytime. Teddies are welcome too!

Celebrate Mahuru Māori

Mahuru Māori is a month-long challenge of speaking a little (or a lot!) of Te reo Māori every day. You'll hear more waiata (songs) and māori kupu (words) at our pre-school programmes.

After school, tamariki can look for opportunities to show what they know about te ao māori to our friendly librarians. Ka pai!

Chinese Language Week

2 special events to immerse yourself in Chinese language and culture

Chinese Ink Painting Demonstration

Saturday 21 Sept 1:00 – 2:00pm

Watch the demo, then have a go yourself. Bookings are required.

Baiyun Beijing Opera Performance

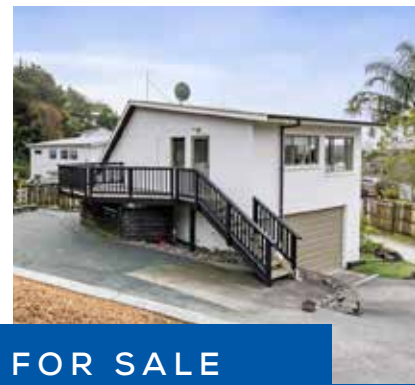
Saturday 28 Sept 10:30 – 12:00pm

Experience traditional singing, instruments and opera makeup.

Come in and browse the Māori and Chinese language collections and displays and activities in the library.

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.

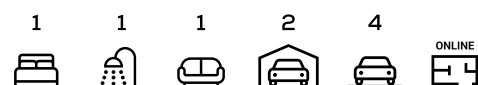
East Coast Bays Library. Bute Rd, Browns Bay.



FOR SALE

TORBAY

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LISTING LOCAL

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 assistance.



Michele Bensley

021 270 7410

m.bensley@barfoot.co.nz

barfoot.co.nz/895644

Torbay Theatre farewells Love Drama classes

This month, sadly, we farewell Jacqué Mandeno's Love Drama classes.

Jacqué has been teaching Drama and Voice to a large number of children and teens, and a few adults, over the last 14 years, at the Gate Theatre in Torbay.

Children and teens have had fun and developed confidence while learning stagecraft, as you would expect, but Jacqué has also seen to it that they come away with a thorough knowledge and hands-on experience of all the backstage work, and the discipline and teamwork necessary to a good show. As well as after-school classes, home-schoolers have had a vital group activity, and whole families have gone through one after the other.

Her students have been a valued part of Torbay Theatre, both on-stage, and as well-trained young adults once grown up – as stage managers and lighting assistants, as well as actors, singers and dancers. Recently interviewed for this magazine, current teen participants had only praise



for the skills they had developed, as well as the fun of being on stage and backstage every term. Several of Jacqué's recent past students are now engaged in full-time theatrical careers or tertiary training, crediting Jacqué as a springboard to their success.

We will miss your classes, Jacqué, we wish you well on your lifestyle block, and we hope you will stay involved in Torbay Theatre.

Club Night this Saturday 7th September 7:30pm

Larks, fun and serious theatre and music. Come one, come all!

To offer an item or get involved, please contact us on clubnight@torbaytheatre.com.

For more information:
www.torbaytheatre.com

See also: Facebook/Inst, or ph 027-547-2426.
35 Watea Rd, Torbay



HON ERICA STANFORD

Member of Parliament for East Coast Bays


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W www.EricaStanfordMP.co.nz

09 478 0207   [EricaStanfordECB](#)

 1/8 Beach Front Lane, Browns Bay



An Early Sailing Cutter

Lane Smytheman has told us about a sailing cutter that Tom Vaughan had. Here are some extracts from his memories.

'Tom had a clinker built motorised sailing cutter. It was about 15ft long maximum and was at some stage, fitted with a small engine. It was there sometime before the 1940's. I would estimate that it dates back to the 1920's. It had a single mast with a Gaff rigged sail and was coloured a dark red / brown, as many older pre WW2 boats were.

It was a bit heavy, and the beach trailer was not quite up to the task, so several of our family were needed to retrieve the cutter.

It was not used very much and was just kept in the boat shed close to our cottage. So once a year we would launch it and leave it in the stream / lagoon for the clinker built hull to swell up and fix any leaks.

That could take a few days or more and eventually we could use it to sail to Okura and back or thereabouts .

Some years beforehand as I understand it, Tom possibly sailed it to Rakino, to look for a wrecked scow called the



Rangi - built in 1905. Actually it had capsized in a bad storm and eventually the hull drifted over the harbour, towards Torbay. That was in 1937.

He salvaged a large anchor chain which was then hung on the Pohutukawa tree beside the stream outside our cottage. It slowly rusted away after many decades in the salt air by the seaside.'

There is a model of a scow in the main room of the Vaughan Homestead with a copy of the newspaper of the day recording the event.

Thank you Lane for all your memories. He has many photos and we are in the process of getting more for our records. (Some are already on the photoboard at the Homestead.)

Please phone us to arrange a time if you want to visit the Homestead

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. We often have a small bus of visitors from Retirement Villages. We are wheelchair friendly.

Phone or email us.



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



INTEREST RATES ARE DROPPING BUYERS ARE RESPONDING

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

*Year ending 31 March 2023

Torbay Garden Club

Coming into the last month of Winter, we have been treated to some lovely pre-spring days with warm weather and beautiful sunshine, which has confused the plants in the garden a little bit. This has resulted in a few spring flowers coming quite early, but with any luck this will mean a good spring flourish in the garden.

The August club meeting was very well attended, with a large and colourful Club Show. Pride of place was the flower of the month, Camellias, attracting many competitive exhibits. The Best in Show this month was a gorgeous daffodil, with judge Graham Milne sharing some tips on what to look for in a winning bloom.

Graham also brought along some yacon tubers that he had grown. These unusual tubers are native to Columbia and Ecuador and look a lot like a kumara, however under their skin they are completely different. They are also called “underground pears” as they have a texture very similar to a crisp pear, and a delicate sweet taste to match. On top of this, they are purported to have amazing health properties. Club members were treated to a tasting of Graham’s yacon with plates being handed around, the consensus being that they are delicious and worthy of growing in the vege garden.

Bruce Andrew, a well-renowned breeder and grower of African Violets, Begonias and Streptocarpus was the monthly speaker for August. Bruce has a wealth of information about these gesneriads (a family of tropical houseplants) and his engaging talk was enjoyed by all. He had a variety of examples that he talked about which were handed around for members to look at, from fantasy african violets to stunning rex begonias.

Coming up next month, Torbay Garden Club will be holding the annual Spring Show on Wednesday 11th September from 12pm – 2pm. This show is open to the public and is always incredibly popular. Exhibiting is open to the public as well, with a special children’s section for preschoolers that is always so much fun.

For more details, check out the club website: <http://www.torbaygardenclub.co.nz/events>.



In the garden for August:

Planting in the garden at the end of winter will give everything time to grow and mature for harvesting in plenty of time for Christmas. For veggies, plant beetroot, cauliflower, cabbage, peas, silverbeet and spinach. Early-season lettuces and other salad veggies can be planted as well, and it’s a great time to start sprouting any seed potatoes. These will take about three months to mature, so if you’re planning on harvesting them for Christmas, they will need to go in the ground in late August. Another crop to plant now is strawberries, to ensure a good summer crop they actually benefit from a good winter chill.

It’s also a good idea to prune the garden through August, which will help to promote new spring growth. A good general rule of thumb is to prune after flowering.

Lastly, to control sooty mould, mites, aphids and white fly on fruit and citrus trees, spray away with a Bug Oil spray, readily available in any garden centre.



Four Square supports local Lunch Club to celebrate 100 years!

Raj and Loveleen are the lovely owners of the Four Square in Torbay.

Wanting to give back into their community they looked around for a local initiative to support and decided that the monthly Wider Horizon Lunch Club was ideal.

The lunch club was started many years ago for a place for older people to meet, enjoy a home cooked meal, have a quiz and a good chat.

Currently, if everyone comes, we have about 45 people attending.

There is a lovely big team of willing helpers for this.

The meal always has to be a roast. When living on your own no one cooks roast for themselves and we always do an "old fashioned" dessert. There is also tea and coffee served after the meal.

Raj and Loveleen offered the food for this month's meal. Everyone enjoyed the chicken and apple hotpot with, of course, roast potatoes, cabbage, carrots and peas and a lemon self saucing pudding with cream followed.

The meal is organised by Long Bay Baptist Church, in Glenvar Rd and if you like to know more contact Elizabeth on 473 2498.



Kitchen helpers preparing the meal.

Make Christmas in Lights happen this year

Christmas Lights is a fantastic tradition held in the East Coast Bays.

It is organised by Northcross Community Church, on East Coast Rd, for the community.

This year it will be open for 3 nights 6-8th December.

People get to drive through a Christmas themed light show with live actors and even stop for a free hot drink at the end.

For a lot of local people it's the start of them feeling Christmassy - but people travel from all over Auckland to see it.

This is why we now need to have



a professional company run our Traffic Management Plan for the safety of the public. This is going to cost \$15000 total (\$5k per night).

If you would like to make this event

happen go to <https://givealittle.co.nz/cause/christmas-in-lights-drive-through>

Funds raised by this are ONLY going pay for the Traffic Management Plan!



celebrates 5 years!



Five years ago, the Op Shop transferred to Browns Bay from its site in Torbay, under the hall in Deep Creek Rd.

Initially it was staffed by volunteers from the congregation but, over time, others from the Torbay community have volunteered too.

The staff work really hard sorting, pricing, displaying and selling the donations that have been brought into the shop, and the prices are very keen.

Unfortunately, they also have to spend a lot of time dealing with rubbish that is left.



Because space is limited, they are not able to sell furniture and do not accept electrical goods, as these have to be officially tested, which is expensive.

Over the years the money raised has been used to assist several groups that needed some help.

We donate vouchers to schools to distribute to needy families.

We have a limited supply of food vouchers to distribute.

Several people, having worked as volunteers, were able to obtain permanent employment.

Some of our volunteers are unable to work because of special needs. Working at the shop gives them a purpose and a chance to socialise.

After the eruption and tsunami in Tonga we sent much needed clothing and other items through a contact.

We are sending baby clothing to needy families in Taumarunui through their Plunket nurse.

We donate spare stationary items to make



into packs for children at one of our less well-off schools.

If you have good quality donations to make, bring it to our Op Shop in Inverness Rd, Browns Bay.

So please support St Marys Community Shop by either making donations of good quality goods or popping in and getting yourself a bargain.

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PREMIER
MEMBER 23 - 24



ALAN WHITE
ELITE
PERFORMER 22-23

The importance of making informed interactions with Marine Mammals

In Long Bay/Okura Marine Reserve we typically see 3 types of Cetacea: Orca, Bottlenose and Common Dolphins.

Recently, a pod of Orca came to our shores to feed. After observing them for



few minutes from the beach, we were confident they were going to hang around undeterred and cautiously launched some paddle craft into the water.

We continued to observe them making sure our presence did not alarm them or disturb their natural behaviours. More people joined us, and the orca continued to feed around us for 2 hours.

As per DOC legislation, we made sure not to exceed 18 kayaks or 3 boats within 300m of the pod, maintained a 50m distance and did not swim with them. DOC is the legislative authority to manage and interact with marine mammals. They have a lot of information available to inform safe interactions for yourself and marine mammals.



We cannot stress enough the importance of prioritising the needs of the animals before undertaking any interaction with marine mammals.

MERC - Sir Peter Blake Marine Education and recreation Centre - Long Bay.

Why not come along to the Torbay Friendship Club?

Good day to you all. What entices you to jump out of bed on a cold winter's day?

Venturing out of a cosy, warm bed, looking for your slippers, while almost falling out of bed, before putting your feet onto the cold floor and thinking "Should I just snuggle up for a few more minutes" knowing full well the answer is "NO" as you've already overstayed the wake-up call.



Well, every second Thursday of a month there is good reason to jump up so you can join us at 10 am at the Torbay Community Hall for a hot cuppa, made by our lovely ladies looking after the kitchen and with welcoming club members in a warm room, listening to a speaker on various topics. What more does one need? Remember, by 9.30, the sun is up, and you've almost forgotten how cold it was earlier in the morning.

Of course, there are a number of other days during the month that you could join in the friendship offered



by becoming involved in a group, be it Mahjong, Scrabble, Rummikub, Tea morning and Excursions.

Janine Taylor and Vanessa McBain are the organisers of our excursions/outings, whether it is lunch at a restaurant, visiting a museum or something different.

In July, Janine Taylor, a creative artist, and her husband David, opened their home to Club members and set out an Art Exhibition. There was a lucky draw, where the winning number could choose a painting from a stack that were set aside for that purpose. Vanessa is also a potter and had displayed some unique pieces. What a resounding success, thank you for the lovely afternoon.

We look forward to welcoming you, put aside your anxiety and shyness and give it a try. Reserve 12th September in your diary. See you there.

Contact Noreen McArthur on 027 271 3524 for more details.

Disney · PIXAR
INCREDIBLES 2



**PROUDLY
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BY TEAM MING**

LONG BAY FAMILY MOVIE NIGHT

SAVE THE DATE

When: Friday 21st September, 6:30pm

Where: Long Bay College

Tickets \$8 and includes free popcorn



BEST START LONG BAY GARDEN SPONSORSHIP

Team Ming are helping further Children's early education by providing Best Start Long Bay with soil, raised garden beds and arches.

These were dropped off this week for installation and will be used to teach the children about gardening. We look forward to seeing their progress!



CLIENT TESTIMONIAL

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"I am incredibly pleased with the service I received from Team Ming. Home selling process can be frustrating but her entire team was amazing every step of the way. Ming kept me informed at all times on the progress of the sale and she knows how to deal with negotiations professionally.

I am also impressed with her contributions to the Long Bay community. I really appreciate all her hard work and I would highly recommend her to anyone looking for a real estate agent to handle a sale and purchase."

David & Katie
Vendors of 3 Tuangi Street, Long Bay



Ming Liu
P: 027 5196826
E: Ming.liu@harcourts.co.nz

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Pest Control Survey

Are you keen to help bring more native birds and fauna into the Long Bay neighbourhood?

Let's make Long Bay Predator Free!

Long Bay residents are invited to complete this survey which should take approximately 3-5 minutes. Click the following link: <http://bit.ly/lbrapest>

Restore Hibiscus and Bays have 9 traps deployed in the bush around Long Bay and in 5 months have caught 127 rats and 33 possums!!

We have seen a number of posts on our Long Bay Community Facebook Group and reports from residents about rats and mice invading residents' properties in their roof,



garden or sheds, plus the occasional mention of a possum. We'd like to get rid of predator pests so the local birds, fauna and native bush can restore and grow.

The Long Bay Residents' Association (LBRA) is working in collaboration with Restore Hibiscus and Bays towards making NZ predator free by 2050. We are hoping to get funding towards a Predator Free Long Bay.

Various organisations and community groups are working closely with residents across many suburbs, streets, parks and rural areas of New Zealand. A prime example is the Miramar Peninsula in Wellington where target pests have been eradicated, and the amazing recovery of natives birds is the result.

We are reaching out to local Long Bay residents to find those willing to host a trap on their property to help keep Long Bay free of predators such as rats, mice, possums and mustelids (stoats, ferrets, weasels). As well as protecting residential areas, this is to put in place a "predator halo" – an area that protects the Long Bay



Regional Park such that predators do not get through a given buffer to the park. We are especially interested to connect with properties adjacent to the Regional Park.

To register your interest please complete this survey so we record and communicate with you as appropriate.

Your feedback assists the LBRA to enhance and improve Long Bay for the benefit of all residents. Please join or donate the Long Bay Residents' Association



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.

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Events at Albany Village Library

As we head into Spring and the promise of better weather, it's a good time to get our homes and finances in order.

Spring Clean with Joy

Sunday 22 September, 11-12

Following on from her popular Living with Joy workshop, Celine from Lumen Living will return to present a spring-cleaning workshop using the KonMari method. KonMari strategies can do the impossible and make spring cleaning a joyful experience. If you need any help with decluttering or organising your living space, then this is a FREE session you won't want to miss.

Money Talks: Budgeting Workshop with North Harbour Budgeting Services Inc.

Thursday 26 September, 11-12:30

FREE impartial budgeting advice.

Discover practical tips for increasing revenue and cutting costs.

Empower yourself with insights to enhance your financial wellbeing. Get a grip on your finances and make room for all the fun things!



Auckland Heritage Festival

An annual citywide event celebrating the city's diverse heritage. It coincides with the September/October school holidays.

The 2024 theme is Pacific Connections: Te Moana-nui-ā-Kiwa, 'the great connector' and Albany Village Library have several events for children & families.

Pasifika Stories & Stick Weaving

Tuesday 1 October, 11-12

Listen to stories from our Pacific neighbours and try your hand at traditional stick weaving.

Suitable for families and primary school aged children.

Island Living Storytime

Saturday 5 October, 10:30-11

Come along to a delightful Pacific storytelling event for young families with tales from Samoa and Fiji.

Pasifika Dance: How to Siva Samoa

Friday 11 October, 11-11:30

In celebration of the music and dance of Samoa, this Heritage Festival join us at Albany Village Library to learn a Samoan dance.

This is your 'how to' Siva Samoa session! Come along and have some fun learning a traditional Samoan dance.

Everyone welcome.

The theme for the September/October school holidays is Timewarp. Check the Auckland Libraries website or Albany Village Library Facebook page nearer the time for our full programme of events & activities.

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

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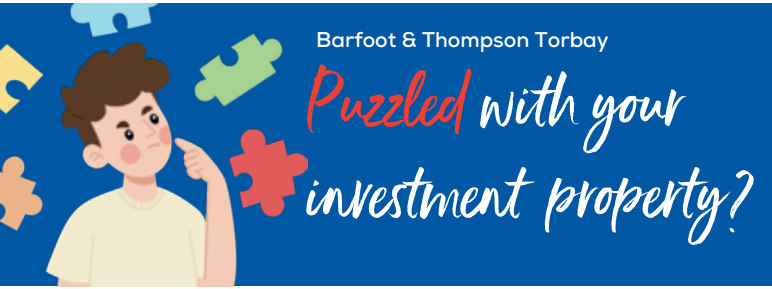
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Quizzes

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 C L U I C A S T A N E T I S R
 T E O L A D K C N D H Q L U I
 R I L C F L I M O O V D O G N
 U A D L C N A U A J F R O E E
 M O X X O I B L N N G G N N T
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 E T R T E G U J N B H O S I C
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 A S P L C J O X A Q J E R B N
 S S I T A R A B N I L O I V U
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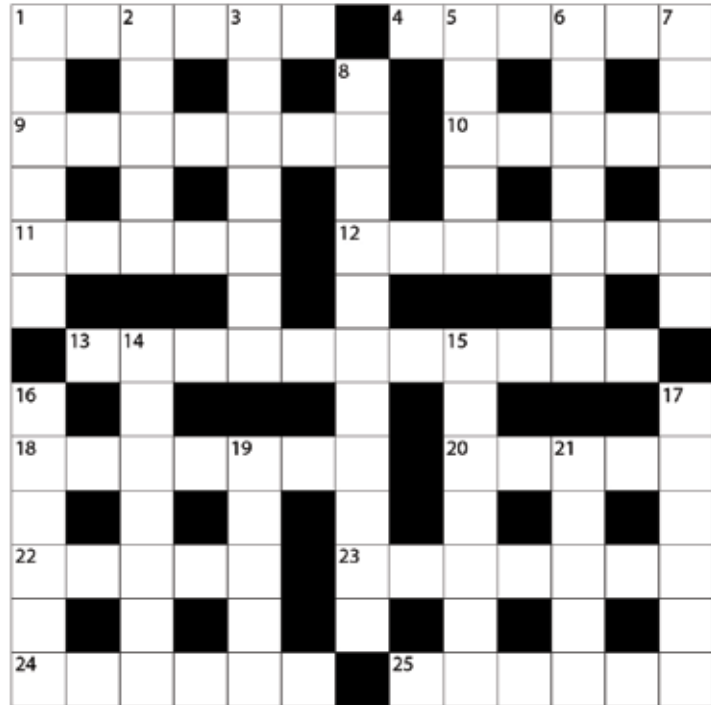
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| ACCORDION | BALALAIKA | BANJO |
| BASSOON | CASTANETS | CELLO |
| CLARINET | DOUBLEBASS | EUPHONIUM |
| FLUTE LYRE | GUITAR | HARMONICA |
| ORGAN | MANDOLIN | OBOE |
| SAXOPHONE | PIANO | PICCOLO |
| TROMBONE | SITAR | TAMBOURINE |
| VIOLIN | TRUMPET | TUBA |

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

SMALED

33 good, 42 very good, 50+ excellent

CROSSWORD



Across

- 1 Snoopy (6)
- 4 Charwoman (3,3)
- 9 Tuesday to Thursday? (7)
- 10 Queen Elizabeth's dog (5)
- 11 Carmen for example (5)
- 12 Crossbred dog like a greyhound (7)
- 13 Small working terrier (4,7)
- 18 Fierce dog with flat nose (7)
- 20 Stereotypically male (5)
- 22 Stones piled up on peak (5)
- 23 Archetypal name for a fox (7)
- 24 Enrol (4,2)
- 25 Stick to (6)

Down

- 1 Fastest growing land plant (6)
- 2 Confuse (5)
- 3 Recline (3,4)
- 5 Happen many times (5)
- 6 Official at a public event (7)
- 7 Tool for removing nails etc. (6)
- 8 Secret or dishonest behaviour (11)
- 14 Collaborating (7)
- 15 White dog from Siberia (7)
- 16 Simple calculating tool (6)
- 17 Dog with dense curly coat (6)
- 19 Australian wild dog (5)
- 21 Stop (5)

SUDOKU

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



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Chanelle Fenton

Head of Property Management Torbay Branch

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Torbay & Long Bay Medical Centres

ANXIETY

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Manage My Health**

What is anxiety?

Anxiety is a very common experience. We all get anxious or fearful from time to time in stressful situations, and that's completely normal. As humans we are 'hardwired' to experience fear so that we can act instinctively (quickly and without thought) when we are threatened or in danger. This survival response focuses the mind and prepares the body for action (to fight, run away, or freeze). It is our brain's way of protecting us. But when those feelings come when there is no danger present, or when they are overwhelming or go on for a long time, you may be experiencing an anxiety disorder.



How can anxiety affect you?

The feelings associated with anxiety can range from being a bit uneasy to a deep sense of dread or feeling panicky and frightened. They affect both the body and the mind or our thoughts. When you are anxious, you may:

- feel wound up, restless, nervous or worried
- have a racing heart, feel tight in the chest or sick to your stomach, breathless or exhausted
- have trouble sleeping
- be unable to think clearly or concentrate
- worry a lot about money, your health, whānau/family or work, even when there are no signs of trouble
- be unable to relax, enjoy quiet time, or be by yourself
- avoid activities like meeting friends & whānau, or travel

If your anxiety impacts your quality of life, or you feel unable to cope, you should speak to a health professional. There is help available for you.

Anxiety disorders:

Anxiety disorders are very common: about one in every seven adults in New Zealand is affected by this condition (2021/22). There are a number of diagnoses of anxiety disorders, including:

- generalised anxiety
- specific phobia
- separation anxiety
- social phobia
- selective mutism
- panic disorder
- agoraphobia

Managing anxiety

There are things you can do that help. With support, you can come to a place where your anxiety is manageable, and you can live well.

- Breathe. When you feel anxious, breathe slowly and deeply. Try belly breathing - place one hand on your upper chest and the other just below your rib cage. When you breathe in your stomach should push out, not your ribs. Make this style of breathing a habit.
- Talk to friends and whānau about how you are feeling and share your thoughts with them.
- Stay active - walk, cycle, run, play sports, dance, garden or do regular exercise that you enjoy.
- Relax regularly. Try a relaxation CD or app, meditation or yoga. Go for a walk in the park and watch the birds.
- Sleep is the most important form of relaxation, so try to establish a regular sleep routine.
- Self-help books, apps and websites are usually based on cognitive techniques, which can be helpful. Read what has helped others with their anxiety.
- Avoid substances that make anxiety and panic worse, such as caffeine, alcohol and cannabis.

**If anxiety is impacting your daily life, reach out and seek help.
Talk to your GP or contact our Health Improvement Practitioner.
Torbay Medical Centre 09 477 9000**

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

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

Magnesium for Mental Resilience

I love the term mental resilience. It implies we can be in a state where we can deal with all the stresses in life and recover quickly to carry on enjoying all the good things in life. The goal is to be like a Zebra. Zebras have high stress responses (to get away from the lion), but as soon as the danger has passed, they go straight back to their non-stressed state. They don't stand around grumping about the lion for days. Unfortunately, the stresses that we are faced with are often constant (like Auckland traffic or work stresses). So, we never get to turn off our stress. Because our stress is constant, we need to be resilient to it.

Magnesium is a key nutrient that is protective for our brains. I recommend most people take a good quality magnesium as protection against stress. In times of stress, our magnesium levels drop, especially in the brain. High alcohol consumption also lowers magnesium levels. For this reason, it is not a good idea to use alcohol as a coping mechanism for stress.

Once your levels of magnesium drop, then your brain is more sensitive to stress or injury. In fact, there is evidence that trauma to the brain is much more severe if you have low magnesium levels. Your brain neurons actually shrink when it doesn't have enough magnesium. Supplemental



magnesium has been shown to help many patients including those with migraines (especially menstrual migraines) and is a great option for children.

Magnesium deficiency puts you at risk of low serotonin levels, further upsetting the balance of the brain. It may also lead to inflammation in neurones. Magnesium deficiency is commonly seen in patients with Parkinson's disease, Alzheimer's disease, and seizures.

I normally encourage people to get their nutrients from food in the first instance. Magnesium rich foods include beans, nuts, and brown rice. Given our soil is deficient in magnesium, it would seem prudent to take a good magnesium supplement. The great news is that taking supplements of magnesium can raise the levels of magnesium in your cells and increase the resilience of your brain. It is important to get the right type of magnesium. Some types do not get absorbed very well and can cause diarrhoea.

There is a lot more to mental resilience than just magnesium, but it is a great place to start since many of us are low in this essential macro-mineral. Give it a try or talk to one of our team at Torbay Unichem Pharmacy about which magnesium is right for you.

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Torbay's Pioneer Cemetery

How often have you driven passed the Pioneer Cemetery in Deep Creek Rd without ever having been into it?

Situated next to St Marys By The Sea Church the cemetery was established in 1928, so almost 100 years ago! Originally the site of the cemetery and the church was on a site of 5 acres, which was deeded to the church by Alfred Long, of Long Bay.

The site was chosen by Capt. Charles Chomondeley-Smith, a local tobacco farmer.

Together they arranged the deeding of the site.

Many of the headstones are inscribed with the names of the old identities, including ten Chmondeley-Smiths, and also other local parishoners who had previously worshiped at the adjacent Anglican Church.

In 1972 the cemetery was closed to new burials, because of drainage problems, although existing family plots could be added to. In 1977 the Council changed this ruling to no more burials.

In 1977 the old church was re-sited to Awaruku Reserve and a new church was built.

In 1982 the General Trust Board of Auckland (current owners of the land) were granted a clearance order. This allowed them to remove all the headstones and the deceased from

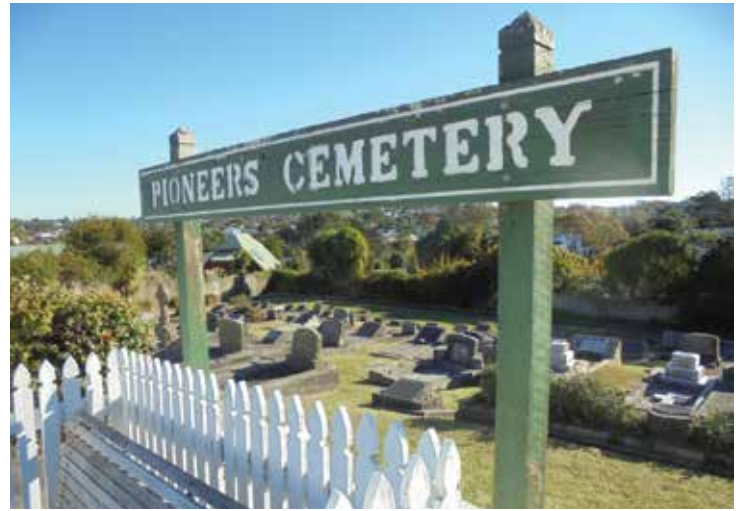


Photo by Bill Ellis

the site, however this never took place because there was such strong public opinion, especially from families with graves there.

It is a sunny tranquil spot and to walk around the graves and read the names os those who lived here so long ago, really connects us to the past.

Information taken from a paper written by Elizabeth Milne, Jo McMahon and Elizabeth Clarke.

Classifieds

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Food

Long Bay Desserts – Bespoke artisan ice cream and desserts locally made.

We specialise in traditional Battenberg, Simnel and Christmas cakes. Contact longbaydesserts@gmail.com or check out our menu on facebook.

UK Grocer – Missing the taste of real Marmite, British chocolate and other UK products? Look online for full product range or call in our store in Bute Rd Browns Bay.

Design

Graphic Designer – Experienced local designer with extensive industry experience looking to help local community at competitive rates. Ph 021 202 0359, email kevin@sidekickcreative.co.nz

Health and Wellbeing

Jasmine's Thai Massage – for ladies only. 7 Babbington Place Torbay. By appointment only. Phone 0222474753 or 0224739419.

Home and Garden

Carpet and Upholstery cleaning – stain removal, free deodorising. Fly and insect control. Phone Michael 4731422 or 0275379112.

Electrician – Ben Lord Electrical: Experienced local electrician with great reviews. Quality workmanship and reliable service. Call Ben on 0210432235

Floor cleaning and polishing – phone Michael 472 1422 or 0275379112.

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

Handyman. Born and bred in Torbay. Martin is a qualified cabinet maker and experienced professional. Allsorts Property Maintenance 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 0211870495, or email plusgardening@gmail.com.

Heat Pumps. AirMc Ltd specialise in designing, installing, servicing and maintaining HVAC systems, including ventilation and hot water systems. Want to know more? Phone 09 393 6301 or email admin@airmc.co.nz.

Landscaper – Newpoint Landscapes providing hard and soft landscaping in the North shore and Rodney district. Call us for a free quote 0225274862

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

Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

Waterproofing. Ask us about our waterproofing solutions for your home. Call for no obligation quote 0212SAHARA(724272) www.saharawaterproofing.nz

Printing

Printing- Studio Q: Your one-stop print shop for flyers, signs, cards, packaging, t-shirts, art prints, CDs and more. Call Liesl (09) 3361096, liesl@studioq.co.nz studioq.co.nz.

Want to advertise your business in classifieds? Phone Carole 473 3259.

Long Bay Market 4th Sunday every month



The benefits of Yoga Workshops

Yoga workshops offer an opportunity for focused learning. An opportunity to dive deeper into specific aspects of yoga. Learn about the connection between yoga, mindfulness, meditation, and overall wellness. The immersive nature of workshops encourages self-reflection and personal growth, helping you connect with your inner self. You are invited to join our upcoming workshops:

Women's Rest & Restore
Friday evenings 7pm-8.30pm, 6th September, 4th October or 1st November 2024, \$50pp

This monthly retreat is a nurturing session with Ange Gervan – for women that intend to relax deeply and revive their energy. The session will start with relaxation, breathing and flow on to a sequence of qi gong then restorative yoga; a gentle practice which facilitates exploration into breath awareness and mindful movement and leave you feeling relaxed and revived!

Day Workshop: Goddess Gathering

Saturday 28th September 2024, 11am-6pm, \$115pp

Spend a sacred day with Sarah Hon - for women to connect, uplift and



celebrate each other. Gather together in a ritual space to practise yoga, somatic movement and meditation; to share and celebrate each other; and to cultivate an overflowing cup of nourishment, joy and peace to take back to your families and communities.

Taste of Mana with Christina McGrath
Saturday 19th October, 11am-2pm, \$145pp

This fitness and wellness extraordinaire has extensive experience as a Yoga teacher and athlete with a background in psychology. This workshop will give you a taste of our upcoming Mana retreat. Learnings will include Yoga to benefit your mind and body, optimal nutrition to reach your goals, and mindset techniques essential to healing and growth.

Day Workshop: Unlock the Divine Secret

Saturday 16th November 2024, 11am-6pm, \$115pp

Together with Sarah Hon you will explore this core teaching – in satsang, in meditation, in embodied movement, in a juicy yoga flow practise, and in self-enquiry. This is a wonderful way to dive into the philosophy of yoga in an embodied way, and to level-up your yoga practice so that it can truly nourish and inspire you in every aspect of your life.

Spaces are limited on our workshops. More details and bookings can be made via our website www.yogasanctuary.co.nz or email us hello@yogasanctuary.co.nz.



Yoga Sanctuary

Attending a Yoga Sanctuary workshop can be a transformative experience, providing tools and insights that enhance both your practice and your overall well-being.

yogasanctuary.co.nz
hello@yogasanctuary.co.nz





Circumstances That Can Nullify Your Will.

Max and Fiona had both been married before and had children from previous marriages. They had been together for several years but had never bothered to get married. They owned their family home and beach bach together, but in different shares, reflecting the different financial contributions that each of them had made to these assets. Max also had some savings from his previous marriage and Fiona has a large KiwiSaver as she had been making 10% contributions for the last ten years, saving hard for retirement.

Max got on well with his two daughters, but unfortunately Fiona didn't get on at all with one of her children. Her middle son had made some questionable lifestyle choices and had slowly distanced himself over time from the family. He had made it clear that he wanted nothing to do with Fiona, or his siblings for that matter. While Fiona found this upsetting, she did amend her will so that she left a life interest to Max in her share in the house and bach, with her KiwiSaver going to her other two children. They would also receive Fiona's share in the house and bach when Max died, if Fiona died first. On the advice of her lawyer, she had left her estranged son 10% of her total assets to try and prevent him making any claim against her estate.

Last year, on a whim, Max and Fiona decided to get married. They were going to Rarotonga for a holiday and Max asked Fiona if she would like to get married while they were there. She said yes and they organised the marriage certificate and a very low-key affair with only the witnesses provided by the wedding planner. They decided that they had been together long enough that they were the only ones who needed to be there, and they would tell everyone when they got home. They were secretly excited to be in their 60's and eloping. They had a wonderful time in Rarotonga and then a party with friends and family a few weeks after their marriage, surprising them by telling them that they had already married while on holiday.

After only six weeks of wedded bliss, Fiona tragically had a terrible accident – she was hit on her bike while riding to the

gym early one morning and sustained a head injury, from which she never recovered. Max had been appointed her attorney under an enduring power of attorney some time ago and while he had to consult with two of her three children, he was able to make the difficult decision to switch off Fiona's life support. He knew she would not have wanted to live with the brain damage she had sustained, and her heart would not keep going without the life support.

A few weeks later Max went to the lawyer's office to attend to Fiona's estate. He knew that he had been appointed executor of her will together with the lawyer. However, when Max told their lawyer that they had recently been married in Rarotonga, she told him that that changed a lot of things. In particular, the will that Fiona had carefully crafted was now null and void. Marriage is one of the few things that invalidates a current will. As Fiona hadn't updated her will after getting married, or made a will in contemplation of marriage, it meant she didn't have a will.

That meant that her estate would be dealt with under the Administration Act. Max would receive the first \$155,000 and 1/3 of the balance, outright. The remaining 2/3 would be divided equally between her three children, including her estranged son. This was vastly different to what Fiona had wanted. It also meant that, even though Max was receiving a portion of her estate, as Max did not have a life interest in their bach and the family home, he had to sell the bach to pay Fiona's children out. It also meant that Fiona's estranged son received a much larger portion of the estate than what Fiona had wanted him to.

It is so important to review your will whenever your personal circumstances change, especially when some changes in circumstances mean that your will is invalid, and your wishes won't be adhered to.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do You Have *A Valid Will?*

It is recommended to review your will every five years, or whenever your circumstances change.

When you make a will you are creating a lasting legacy for your loved ones, with the opportunity to have your say.

Significant milestones such as marriage, separation, death, a change in your assets, or expanding your family can affect your assets being distributed in the way you want them to be.

Ensure your final wishes are respected and get advice that reflects your personal situation. Contact our Trust and Wealth Protection team to review your will.

Working with the Salvation Army to help locals in need

Wanly Tsang has, for many years, been working with the Salvation Army to meet the needs of those less fortunate in our local area. Living locally she wanted to give back into her community.

She has been involved with three important initiatives:-

- The Blanket Drive
- Christmas Gift baskets
- Children's Friday night meals.

The blanket drive

This campaign raises blankets prior to and during the winter months, running from early May to the end of July each year. Wanly always orders the lovely blankets early so they can be ready for when they are first needed. Being warm at night is so important to a good night's rest.

Christmas Gift Baskets

These baskets are so well received



by local families struggling to make Christmas a festive occasion in their homes. The baskets, or parcels, contain everyday essentials and then some extra goodies to make it feel like Christmas, like chocolates, fancy biscuits and mince pies.

Friday Night Meal for Children

The Salvation Army run a Friday night program for children.

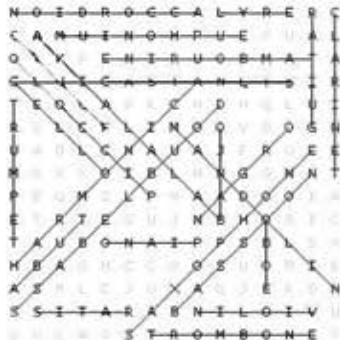
Typically, it would begin with children

colouring in or using sports equipment to run off steam.

Team games are also part of the fun of the evening, and these are followed by a shared meal. This meal, each week, is provided by Wanly and enjoyed by the children and the helpers.

The meal is usually followed by a value-based video, making it a great night for the children.

Puzzle Answers



Word Puzzle

ads, ale, ales, alms, dale, dales, dam, dame, dames, dams, damsel, deal, deals, eld, elds, elm, elms, ems, lad, lade, lades, lads, lam, lame, lamed, lames, lams, lea, lead, leads, leas, led, mad, made, male, males, mead, meads, meal, meals, medal, medals, meld, melds, sad, sale, same, sea, seal, seam, sel, slam, sled

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

Quiz Answers

- 1949
- Kate Sheppard
- Calcutta
- Zanzibar
- Murray Halberg
- 1977
- Two: Paul McCartney and Ringo Starr
- All Blacks and Springboks
- Gilbert & Sullivan
- Brian Barratt-Boyes
- The last Saturday in September
- Rebel Without a Cause

Tides September 2024 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW
Sun 01			05:43	2.6m	11:57	0.6m	18:10	2.8m	
Mon 02	00:26	0.7m	06:35	2.6m	12:44	0.6m	18:55	2.8m	
Tue 03	01:11	0.7m	07:21	2.7m	13:25	0.5m	19:37	2.8m	
Wed 04	01:52	0.6m	08:02	2.8m	14:04	0.5m	20:15	2.8m	
Thu 05	02:30	0.6m	08:40	2.8m	14:40	0.5m	20:52	2.8m	
Fri 06	03:06	0.5m	09:16	2.8m	15:16	0.5m	21:27	2.8m	
Sat 07	03:41	0.5m	09:51	2.8m	15:52	0.6m	22:03	2.8m	
Sun 08	04:17	0.6m	10:26	2.7m	16:29	0.6m	22:39	2.7m	
Mon 09	04:53	0.6m	11:04	2.7m	17:09	0.7m	23:18	2.6m	
Tue 10	05:32	0.7m	11:45	2.6m	17:54	0.8m			
Wed 11			00:00	2.6m	06:14	0.7m	12:32	2.5m	18:45 0.9m
Thu 12			00:47	2.5m	07:03	0.8m	13:27	2.5m	19:43 0.9m
Fri 13			01:40	2.5m	08:02	0.8m	14:30	2.5m	20:46 0.9m
Sat 14			02:41	2.5m	09:09	0.8m	15:35	2.6m	21:48 0.8m
Sun 15			03:48	2.5m	10:15	0.7m	16:36	2.7m	22:48 0.7m
Mon 16			04:53	2.6m	11:16	0.5m	17:32	2.9m	23:44 0.5m
Tue 17			05:54	2.8m	12:11	0.4m	18:24	3.1m	
Wed 18	00:37	0.3m	06:49	3.0m	13:02	0.2m	19:15	3.2m	
Thu 19	01:29	0.1m	07:41	3.2m	13:51	0.1m	20:05	3.3m	
Fri 20	02:19	0m	08:31	3.3m	14:40	0.1m	20:55	3.3m	
Sat 21	03:09	0m	09:21	3.3m	15:30	0.1m	21:45	3.3m	
Sun 22	03:58	0m	10:10	3.2m	16:20	0.2m	22:36	3.2m	
Mon 23	04:47	0.1m	11:00	3.1m	17:13	0.4m	23:28	3.0m	
Tue 24	05:38	0.3m	11:53	3.0m	18:10	0.5m			
Wed 25			00:22	2.8m	06:32	0.5m	12:51	2.8m	19:12 0.7m
Thu 26			01:19	2.7m	07:30	0.6m	13:53	2.7m	20:17 0.8m
Fri 27			02:19	2.5m	08:35	0.7m	14:57	2.6m	21:21 0.8m
Sat 28			03:22	2.5m	09:41	0.8m	15:58	2.6m	22:21 0.8m
Sun 29			05:24	2.5m	11:42	0.8m	17:53	2.6m	
Mon 30	00:14	0.8m	06:21	2.5m	12:34	0.7m	18:42	2.7m	

Times adjusted for Daylight Saving.

Let your property

BLOSSOM

this spring



With expert guidance and unmatched local knowledge. Contact **Wanly Tsang.**

It's the **perfect time** to showcase your home in its best light this spring.



Top-Tier Service



Tailored Strategies



Blossoming Results

Wanly is dedicated to helping you achieve exceptional results. Don't miss the opportunity to let your property truly shine - contact Wanly Tsang today.

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Wanly Tsang & Team



- ✓ Get **SOLD** before Christmas
- ✓ Longer days
- ✓ Green grass
- ✓ Fresh flowers



180
properties
have **SOLD**
this year*

*Torbay, Long Bay and Waiake branches



Fun fact
\$3.6M
highest price

Let us help you get ready to sell this **Spring**

 Wendy Radcliffe 021 772 070	 Michele Bensley 021 270 7410	 Andrea Tavae 022 476 7273	 Craig Zhu 021 800 280	 Ray Qu 021 190 0881
 Kyra Perwick 027 311 7953	 Karin de Leeuw 027 270 2700	 Yang Lin 021 0873 3492	 Isabel Han 021 800 093	 Tiki Jiang 021 775 217

Torbay 09 473 9190
Long Bay 09 473 0712

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