

# focus

Issue 31  
October 2024

on community

Long Bay, Okura and Torbay



## Gino - the winner of Four Square colouring competition

Celebrating Four Square's 100th anniversary

**40**  
big pages!



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Spring  
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# Island Breeze – free event

## October 20th 5pm at Long Bay Baptist Church

Island Breeze International was birthed in American Samoa in 1979 and nurtured in Hawaii. Island Breeze is a cultural performing arts and entertainment team.

They use cultural expressions to share the true essence of (aloha) life - through dance, song, language, and forms of celebration. Their heart is to share the beauty of all cultures as they take you on a journey through different islands and nations to represent them with dignity and purpose. Through their program you will gain a new appreciation for those who are different from you and learn to celebrate them.

From the beginning of Island Breeze have partnered with individuals, local businesses, non-profit organisations, community events, governments,



schools and many more, using the sphere of Arts and Entertainment to share the beauty of culture in all different locations. The Island Breeze team has operated as a mobile performing arts team that has toured throughout Asia, Europe, Africa, Pacific Islands, Caribbean, South and North America and Oceania.

Island Breeze utilizes cultural expressions to reflect the nature and character of who God is. Their faith is rooted in God's Word to GO and proclaim the Gospel. They have been privileged to mobilize nations towards who God is and to make Him known. (Matthew 28: 18 -20).

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## Content of this magazine.

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

### Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

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We offer a free design service.

Please contact Carole on 473 3259 or email [editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

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

## editor's letter

When Sally Cargill sent in her submission for the October issue I was interested to read it. A few months ago, we featured the work that Rotary was doing by making back packs for low decile schools, a really valuable contribution to these schools.

Sally reports that after reading the article three people volunteered to help with the sewing. This is amazing news and means that the backpack output will increase to meet this need.

Because the magazine is so well read it is great to hear of others getting involved in helping out. Focus is really connecting local community.

October 10th is World Mental Health Day. This is an international day for global mental health education, awareness and advocacy against social stigma. It is also a day to highlight that suicide is still a major problem in these times.

Many people suffer mental health issues. This is a tough old world we

live in, and many people struggle. Often these are people we would never associate with suicide and their deaths leave a huge problem for us as a society.

Many business owners are really struggling out there, many workers trying to cope with redundancy, construction people laid aside while we wait for the economy to improve. School children are often affected, Covid isolation has left its mark on many of them. Mums with new babies, with families not living close by for support, are vulnerable and also the elderly, feeling their usefulness has ended.

We need to be aware of those in our families and friendship circles who could be struggling and move alongside to support in whatever way we are able.

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



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

# Children's Ark Early Childhood Centre

## 282 Glenvar Road (Long Bay Baptist Church)

### Our points of difference

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

### Parent Endorsement

*It is the best kindy around! Honestly all the teachers are so caring and invested in our kids. I feel like they are very loved and nurtured. I like how structured the days are...They just thrive there.*

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

# September's Club Night

Torbay Theatre's Club night began with a five-minute Special General Meeting to officially change our name from Torbay Dramatic Society to Torbay Theatre.

The club night was the usual mixed bag, with some fine singing: Dragan Atanasov and Graham Mandeno were well-warmed up after a full day's rehearsal of NZ Opera's Rigoletto, and Christina Ellison's voice blew us away, as always. Iona McDonald played almost non-stop as accompanist for everyone and as solo violinist, with Dylan on guitar, and young Joseph He, aged 8, was on the piano, as was Wilbur Burton with a song from Cabaret.



Jacqué Mandeno's senior students performed a well-rehearsed skit and presented her with a large bouquet of flowers.

Jacqué Mandeno seemed to be caught totally unawares by our tribute, thanks and gifts to her upon her retirement as drama teacher - quite a triumph considering how many had to keep the secret! A large number of her pupils, led by Sophie Rowe, performed a skit, then called Jacqué up on stage, handing her flowers with thanks. Dylan had assembled a short tribute video of pupils and parents, and the Club presented her with a puriri sapling and a nursery voucher for more trees for her and husband Graham's haven up North. She was delighted by it all.

One of the highlights of the evening was Graham and Jacqué, aided and impeded by a large tiger rug, performing Dinner for One, a classic English skit from about the 1940s, which is strangely popular in Germany, played every year at Christmas time. The evening was rounded out by two short skits largely written by AI, involving outstanding moustaches, and perhaps underlining the continued need for some human editing!!

For more information / to book: [www.torbaytheatre.com](http://www.torbaytheatre.com)

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



Sophia Burton and Philippa Mandeno performed extempore, with the help of some very important moustaches.

## Top Salesperson 1

Torbay Branch 2024\*



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### Wendy's update

With a renewed sense of optimism in the Auckland housing market, sales and listings continue to outperform seasonal expectations - a great time to embrace the season with confidence, an ideal time to buy or sell.

For buyers - multiple banks have been reducing their advertised rates. For sellers - Spring/Summer is a great time to showcase your property, make the call and get ahead of your competition!

Living locally, working and selling locally for a number of years I offer experience, knowledge and insights into the different market trends to maximise your sale.

If you are THINKING OF SELLING give me a call for a chat.

*Kind regards, Wendy*

### Torbay/Waiake August 2024

 <p><b>55</b></p> <p>PROPERTIES FOR SALE</p>	 <p><b>22</b></p> <p>PROPERTIES SOLD</p>
 <p><b>\$750,000</b></p> <p>LOWEST VALUE SALE</p>	 <p><b>\$1,750,000</b></p> <p>HIGHEST VALUE SALE</p>

## Wendy Radcliffe

021 772 070

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



# Little Local celebrates 5 years!

Chris and his team are celebrating their 5 years of making good coffee-great! Little Local is a great place to stop and pick up your choice of beverage and also a snack to go with



it. With outstanding coffee and friendly service it is a pleasure to visit.

To celebrate during October Chris is giving FREE Oat milk upgrades.

The reason for this is to help people support NZ made Oat Milk and help lower our carbon footprint.

Otis Oat Milk is New Zealand made, with wheat grown right here in New Zealand.

There are 200 cups going free so come on down and try it while the stocks last.



## Celebrating 5 years of amazing coffee

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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 !**



# The experience of a Lifetime

Luxury cruising offers a sophisticated blend of relaxation, exploration, and world-class service, providing travellers with an extraordinary way to explore the world. Shore Travel's Owner, Mary Buckley, returned last month from a European trip that included a Regent Seven Seas cruise around the Mediterranean and a private Luxury small ship charter cruise in Croatia.

Unlike standard cruises, luxury lines prioritise personalised service, often maintaining a high staff-to-guest ratio to ensure each traveller is pampered from the moment they board.

Accommodations are elegant and spacious, with many suites offering private balconies, marble bathrooms, and luxurious amenities that rival top hotels.

Dining is a major highlight, with gourmet meals crafted by renowned chefs, offering culinary experiences that range from fine dining to wine



pairings. The smaller, more intimate ships used in luxury cruising allow access to exclusive destinations that larger vessels cannot reach, providing a more peaceful atmosphere and opportunities to explore off-the-beaten-path locations.

Many luxury cruises operate on an all-inclusive basis, which can cover not only meals and beverages but also shore excursions, gratuities, and sometimes even airfare. This creates a seamless, stress-free experience for guests.

Shore excursions are carefully curated, providing immersive cultural experiences and private tours led by expert guides. Privacy is also a key feature of luxury cruising, with fewer passengers on board, ensuring more personal space and an intimate, crowd-free environment.

Mary's Europe trip experienced two different luxury cruises. Firstly, on Seven

Seas Voyager cruising from Istanbul to Trieste (Venice) via a scattering of Greek Islands. Featuring only 650 passengers, delicious restaurant options (that include Prime 7 and Chartreuse French Bistro) and a huge array of FREE shore excursions, this was a perfect way to enjoy key Mediterranean destinations in between relaxing on this well-appointed cruise ship.

This cruise was followed by private charter of a luxury small ship in Croatia with 32 like-minded travellers. This was a highlight of Mary's European trip. There is nothing like spending each morning swimming off the ship in the beautiful clear Adriatic Sea within a sheltered bay, before exploring a historic Croatian Village during the afternoon. The meals on board this well-appointed ship were delicious and plentiful and the crew were friendly and attentive. This charter is surprisingly affordable with a variety of ships and itineraries available to choose from.

For those seeking a refined travel experience that combines comfort, adventure, and VIP treatment, luxury cruising is a perfect choice. Whether visiting iconic landmarks or discovering hidden gems, luxury cruises offer a unique, unforgettable way to experience the world in style.

Enquire with Mary and her team at Shore Travel to learn more about the variety of Luxury Cruise options on offer.



## shore travel

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## Berry Muffins

Easy to make and delicious to eat, these muffins are sure to become a firm family favourite.

### Ingredients

300 gms frozen mixed berries, thawed  
250 grams butter  
300 gms sugar  
2 eggs  
350 gms self raising flour  
Pinch salt

### Topping

50 gms thawed mixed berries  
100 gms butter  
150 gms icing sugar

### Method

Heat the oven up to 180°C.

Beat the softened butter until smooth and then beat in the sugar.

Whisk the two eggs together until well mixed and add to the mixture.

Slowly fold in the flour and salt.

When the mixture is completed then “blitz” the berries in a blender and add to the mixture.



Spoon into muffin tins and bake for 18 minutes.

Leave to cool and turn out of moulds.

### Topping

Beat the sugar and butter together until smooth and then add the “blitzed” berries.

When muffins are cool pipe on to the muffin tops.

Makes 16.

## U3A exploding myths and misinformation

Allan Blackman of AUT spoke about Chemistry at the Open Meeting of u3a Browns Bay on Tuesday September 3rd. He is dedicated to informing us about science and trying to explode the many existing myths and misinformation. Many of us who know very little about science are prey to this kind of thing, especially online.

1. “Anything Natural” is good for you.” Every atom in existence is ‘natural’ – part of nature. Some ‘natural’ elements such as cyanide are NOT good for us, in fact, lethal.  
‘Natural’ substances in New Zealand are low in iodine. For years we used iodized salt to compensate for this. It is now easy to buy salt that is not iodised and is likely for that reason, that one third of our children are low in iodine exposing them to goitre and brain damage.
2. “Chemicals” are bad!” We cannot escape “chemicals” as we and the whole world are made of them. Check out the website DHMO.org. You will find many “facts” about this alarming chemical which we should be aware of. Some of these facts are true. But the whole thing zooms into focus when it is revealed that DHMO is another name for – water.

Of course, there are dangerous chemicals such as DDT and carbon monoxide. Making sweeping generalisations is not helpful. We need to inform ourselves as much as possible.

Special Interest Groups:

U3A Browns Bay has over 20 of these groups, with more coming including “Historic Buildings” and “Geology”.

The “Art Pot Pouri” group described several outings they had been on. At the Auckland Art Gallery, they viewed the gorgeous gowns and accessories by Guo Pei featuring startling colours and fabulous embroidery. The Hunderwasser art Gallery at Whangerei was where they saw the artist’s work in the building and the exhibits.

Check us out. We would love to hear from you.

Fay Weatherly. U3a Browns Bay publicity officer

<https://www.u3abb.nz/> or phone Anne Gough: 027 3210729 or Gloria Ward: 021 2353113



Hunderwasser art Gallery



# Vivien Davimes - fine art printmaker

Viv works from her studio at Waiake, on Auckland's North Shore.

Training in textile design she is well known for her beautiful etchings, linocuts/ screen prints, monoprints, drypoints, chine-collé and collagraphs; Vivien's artworks are all original small, limited editions, if not one-off monoprints, produced in her home studio.

Vivien's printmaking practice is constantly evolving as she tries new methods, and it is her proximity to the Hauraki Gulf that feeds her creativity. She is passionate about our native birds, seabirds, our oceans, the flora and fauna



of the seashore and the threats to all of these. Being a member of various printmakers groups sees her exhibiting across the region.

Saturday 19 October - Saturday 2 November 2024, Vivien will have her first **solo exhibition** - A Printmaker's Journey at Next Door Gallery Space, 132 Hinemoa St, Birkenhead,

This exhibition celebrates her 10 years in printmaking, from her participation in her first etching class until today.

On Saturday 9 November, she will hold her annual summer - **Open Studio** at 35 Ellangowan Road, Waiake, Torbay,

Here, in her home studio, visitors can see her working environment together with a selection of her artworks and the gift items produced from them.

To finish off another busy year, Vivien's long relationship with a beautiful local gift shop will see her working in store from 1 December at **Bath Boutique**, 92B Clyde Court, Browns Bay, ( between Ike's and LaTrobezienne)

For updates check out [www.viviendavimes.com](http://www.viviendavimes.com).  
[www.facebook.com/VivienDavimesPrintmakerNZ](https://www.facebook.com/VivienDavimesPrintmakerNZ).  
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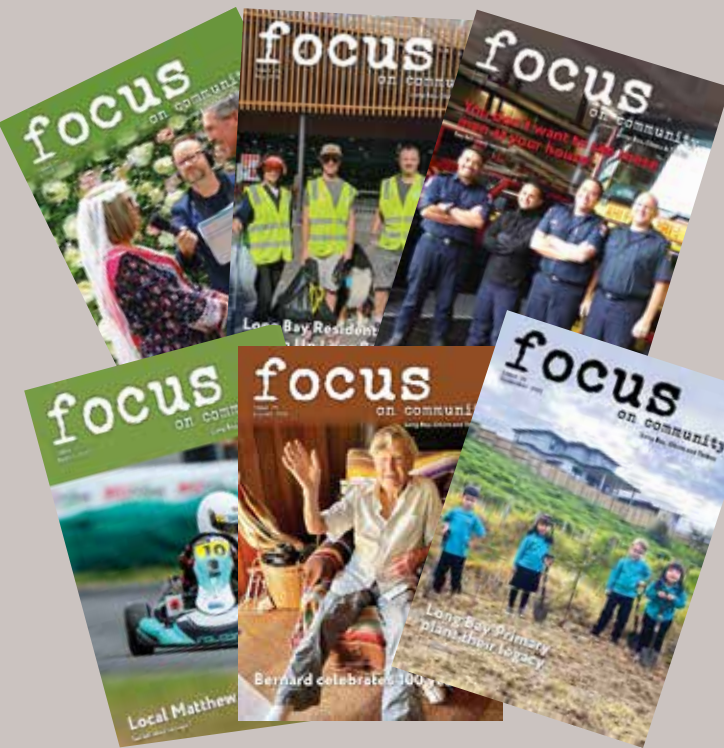
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# Rotary Browns Bay sewing back pack group

In February I reported on the wonderful initiative of Shirley Smith, a member of Rotary Browns Bay, sewing backpacks for children at low-decile May Road Primary School in Mt Roskill. As a result of this story, three Long Bay locals have joined her sewing group.

With almost 500 backpacks completed over the past two years, Shirley contacted the principal of Swanson School,



also a low-decile school. I went along with Shirley to deliver 100 backpacks and the reception from the staff was wonderful.

Do you have time on a Thursday afternoon to join this happy bunch of ladies at Shirley's home in Long Bay? She would love to hear from you; her phone number is 022 018 0752.

If you would like to find out more about Rotary in your community, or help with our many projects, contact Ian Clouston on 027 494 7531, or come along to the Bays Club at 7am on the first or third Tuesday of the month. We'd love to see you.

*Sally Cargill*

## Monthly Quiz

Answers Page 38

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



1. On October 12 1492, Christopher Columbus arrived in the Americas. Where did he land?
2. The Battle of Hastings took place on October 14, 1066. What work of art tells the story?
3. On October 13 1792 the cornerstone of the White House was laid by George Washington. What is the address of the White House?
4. On October 3 1863 President Abraham Lincoln proclaimed the last Thursday in November to be what?
5. The Peoples Republic of China was founded on October 1 1949. Who was the Chairman of the Republic?
6. Oscar Wilde was born on October 16 1854. From 'The Importance of Being Ernest': 'All women become like their mothers - that is their tragedy'. What is man's?
7. Prohibition began in the United States on October 28 1919. How long did it last?
8. The United Nations was founded on October 24 1945. Who was the longest-serving Secretary-General?
9. The Channel Tunnel opened on October 30 1990. From where does it depart in England?
10. On October 8 1993, what happened that caused the UN General Assembly to lift economic sanctions against South Africa

## Book review

**Sweet Nightmare – Tracy Wolff (eAudiobook) 2024**

Sweet Nightmare follows a mismatched group of magical teenagers as they fight for their life over and over against enemies unknown. Set in a school full of every magical and mythical creature you could imagine,

Sweet Nightmare is jampacked with twists and turns, barely allowing the reader to catch their breath before the next hurdle the characters must figure out how to overcome. Tracy Wolff manages to keep the reader on their toes and allow space for sweet moments within the nightmare. Something to listen to or play aloud for Halloween night.

Perfect for adult, young adult, and teen fans of fairy tales, folklore, myths, legends, and history readers with Polynesian heritage or interested in Polynesian culture.





# East Coast Bays Library News:

In September the Community Garden in our courtyard was officially opened with a warm welcome, karakia and kapa haka performance courtesy of Bays Work in Progress, East Coast Bays Community Creche, Heart of the Bays and Hibiscus and Bays Local Board. A heart of Aroha created by the creche now hangs in prominence.

On Friday 1 November 8:30am - 9:30am drop and swap your crops including seeds, seedlings, and fresh home-grown fruit and veges outside the garden.

Recently we hosted students from Youngpa Girls' Middle School in Korea. Librarian Lynn Tao treated them to a library tour and afternoon tea.

They were then interviewed by Happy World TV. Thanks to North Asia Centre of Asia-Pacific Excellence and Korean Education Centre who made this possible.

The library now has a special space to display our adult Pacific Collection and the magazines have been rearranged alphabetically by categories with new signage.

## October Events:

**Auckland Heritage Festival "Moana Oceania – the great connector" 28 September – 13 October**

We will have historic photos and artefacts on display.

Pick up a festival brochure from the library or visit the Our Auckland website to find out what's on across Tamaki Makaurau.

**New Hebrides to Vanuatu  
Friday 11 October 2pm-3pm**

Barbara Ellis presents an entertaining and informative talk with stories of life as a teacher in Melanesia in the 1960s and her return in the 2000s.

## Death Café

**Saturday 12 October 2pm – 3:30pm**

A friendly, safe space to chat over a cuppa and cake about death and dying.

## AI Teen Talk

**Sunday 20 October 2pm - 3pm**

Waste Classification System - AI's Role in a Green Future for NZ with Claire Huang from Northcross Intermediate.

## Halloween Haunted Wonderland

**Thursday 31 October 5:30pm – 7:00pm**

A Twisted Tales Halloween Showcase! The library transforms into a sweet-free haunted wonderland. Costumes are encouraged.

For ages 5 and over.

**Regular library services will be unavailable during the event.**

## Time Warp School Holiday Programme

**Photography and STEAM workshops, crafts, storytimes, movies and worm farm talk.**

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

Email us at [ecblibraryevents@aucklandcouncil.govt.nz](mailto:ecblibraryevents@aucklandcouncil.govt.nz) to receive an e-copy of our monthly brochure.



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# Living on the edge? Cameron Leslie

Some people’s hobbies may be relaxing, such as Golf, Fishing and Stamp Collecting but for thrill seekers, like local man Cameron, there’s only one thing on his mind: Motorcycle Racing.

Cameron comes from a family of motorcyclists, so it was only a matter of time before he took a keen interest.

At 16 years, Cameron began practicing in his local church car park with his father after school. “Figuring out the clutch was the hardest part, it took hours before I started to get the hang of it”

When Cameron had his full license, his parents got him into track riding by buying him a track day voucher for his 18th birthday.

“My mum trusted me with her 1999 Honda Fireblade, which I’d ridden a couple times before on the road. I lasted all of about 10 corners at Hampton Downs before crashing the bike at over 200kph!” Not deterred by such a high-speed accident, Cameron was hooked into track riding.

Spotted by instructor Ferg, who ran a small one man team called FMR, he had his first go on a race prepped bike entering his first race in the Hyosung Cup”

Cameron won his first race followed by many others!



“We were all surprised at how quickly I found speed and developed race craft, I absolutely loved it!”

Cameron was talent spotted by Double Six Motorsport, a team racing in the Supersport 300 Class of New Zealand Superbike and Cameron was thrust into National level competition, racing against the fastest riders in the country.



The intense competition and faster race pace forced him to dig deeper than he ever had before. Cameron had a few crashes and top 10 finishes in the first season.

In 2023, Cameron improved greatly, winning multiple races and consistently finishing on the Podium.

Cameron is now ready to go for glory for the top spot in the Championship “It’s going to be tough, but I’ve got a strong team, lots of support and a deep hunger to fight for that top spot!”

Time will tell if he can live up to his expectations!

Follow Cameron and his team on Facebook  
@Cameron Leslie Racing @Double Six Motor Sport



## HON ERICA STANFORD

Member of Parliament for East Coast Bays

**Are you having issues dealing with a government department?**  
My office is here to help and can advocate on your behalf with agencies such as MSD, Auckland Council, Auckland Transport, Ministry of Health, Chorus or Inland Revenue.

@ ECBOffice@parliament.govt.nz

W www.EricaStanfordMP.co.nz

09 478 0207 EricaStanfordECB

1/8 Beach Front Lane, Browns Bay





# Auckland Heritage Festival

This 2024 Heritage festival runs from 28 September - 13 October.

The festival brings together 160 free or low-cost events throughout Auckland.

This year's theme is Moana Oceania – the great connector – links the Pacific nations to Tāmaki Makaurau. However, we do not have any direct links with the Pacific, so will concentrate with local history as we remember what was happening in Long Bay, Torbay years ago. You can go on the Council Website to research other events in the city or visit the local library to see what they are doing and get a booklet with some of the events.

We will have the Vaughan Homestead open to the public on the Saturdays 2-4 pm. during the festival.

Do you remember when we used to travel to Albany to purchase fruit, vegetables etc. from the orchards? As part of the Festival there is a Heritage Orchard family fun day at Clemows Orchard, 31 and 35 Clemows Lane, (Bushlands Park Reserve – entrance.) Albany, Saturday 5 October 10am-12pm. Learn how to care for fruit trees.



*Long Bay*

Do you remember Long Bay before any of the developments? See the photos.

### **Have you thought about joining our society?**

We would like to increase the numbers of members of our Torbay Historical Society. You can become a member as a supporter (Single \$15 Double \$25) but will not be required to commit to any tasks. You will receive free admission to the Homestead and be invited to members' get-togethers. No responsibility but show an interest in the history of the area. Email or phone us for a copy of the Membership Form.



*Clemows Orchard*

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



## **INTEREST RATES ARE DROPPING** **BUYERS ARE RESPONDING**

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# Ray Qu

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RURAL AND LIFESTYLE

\*Year ending 31 March 2023



# Celebrating our annual Spring Show

To welcome the start of Spring, the Torbay Garden Club celebrated our annual Spring Show. This year there were over 250 exhibits in the Show, with many wonderful displays of floral art, exquisite flower displays and a vibrant flower-filled Children's Section.

It was a fun-filled and busy day that started with club members setting up their exhibits throughout the morning. There were a range of different sections to be entered; Floral Art, Cut Flowers, Fruit/Vegetable/Herbs and a Children's section for preschoolers.

The Children's section was a special part of the show with many children taking part. Torbay Kindergarten had lots of fun with donations from Torbay Four Square and Village Blooms in Long Bay helping to supplement flowers from the children's own gardens, resulting in over 25 stunning entries into the Jar of Flowers class.

Torbay Playcentre put together a number of beautiful entries from their children, including a couple of entries in the fruit/vege animal class. The quality of all of the exhibits in the Children's section presented our Floral Art judge Pauleen Burfoot-Postins a real challenge to pick a winner.

Floral judge Graham Milne also had a difficult job with many outstanding and beautiful floral exhibits including a variety of spring bulbs, orchids, shrubs, and many others besides. The Champion Exhibit was awarded after much deliberation to a stunning iris presented by Jo Price. The Carlyle Tankard rounded out the prizegiving for the day, being awarded to Ange Taft for Most Points in Show.

All round it was a fantastic show, and we thank the many volunteers who contributed to making it a special day. For more photos of the day, check out the website <http://www.torbaygardenclub.co.nz/Gallery> for photos of the day.

We would also like to thank our sponsors for their support; Bunnings Warehouse Constellation Drive, Woolworths Browns Bay, Wendy Radcliffe (Barfoot & Thompson), Long Bay New World, Flavell's Florist Browns Bay, Mitre10 Mega Albany and Torbay Village Butchery.

We look forward to seeing you at the Spring Show next year!



## In the garden for October:

Blend compost and sheep pellets into garden beds to replenish their nutrients. Pick the last of any citrus fruit left on the trees and plant new season citrus trees for fresh fruit. If you haven't already, get your strawberry plants in the ground to make sure you have beautiful, sweet juicy strawberries to enjoy this summer.

Protect any young seedlings from slugs and snails with pellets. There's a great range of plants that you can fill the garden with in September, including asparagus, beans, cabbage, capsicum, carrots, cauliflower, celery, courgettes and cucumber. Lettuce, peas, potatoes, pumpkin, rhubarb, silverbeet, spinach, spring onions, sweetcorn and tomatoes round out a wide range of veges that can be planted. Also many spring flowers can be planted, including alyssum, dahlias, cosmos, forget-me-nots, fuchsias, gerberas, roses and sweet peas.

Photos by Bill Ellis

More pictures on page 29



Torbay Garden Club  
<http://www.torbaygardenclub.co.nz>  
 Mob: 020 4198 3906

# Molly the Wonder Puppy

At Longlegs creations we write and illustrate books – mainly for children. We have published twelve books to date. Our original character, “Boris the Spider” lived in a web with brother Noris and sister Doris. He was very brave and often rescued people from the sea, the top of a crane and when Doris’ parachute wouldn’t open!

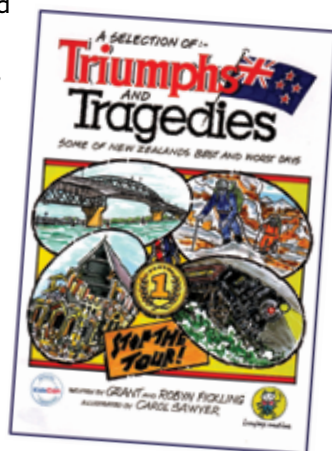
Other Longlegs stories include “Sundance”, featuring a Kaimanawa horse, and “The Friends for Life” featuring Chunk, a huge gorilla, who, with friends protect the jungle. Carol, our illustrator, has written a series of books “Littlest Hedgehog,” “I wonder who lives at the zoo” and “Who lives in the Sea.” Her latest “Who lives on the Farm” is due out in a few weeks.

The latest book we have written, “Molly the wonder Puppy” tells the story of an abandoned dog, rescued by a loving family. Molly has a secret, when she twitches her nose wonderful things happen! She only tells her brother and sister Ollie and Emma. Mollie assists a lady struggling to get her wheel chair over the kerb, stops a truck from losing its load and falling on a motor cyclist and more...



Author Robyn Frickling the inspiration for “Mollie.”

For our older readers we released “New Zealand Triumphs and Tragedies.” “T and T” summarises many of our triumphant days – Americas Cup, Gold Medallists etc as well as our darkest days – Taniwhai disaster, Christchurch Earthquakes, White Island etc. etc. This book is read by all of the family and is “a must” for those that enjoy our countries modern history!



For five years now we have been supporting KidsCan – that wonderful organisation that feeds and clothes children throughout New Zealand. All our profits are donated to KidsCan.

To receive a catalogue, or talk to us you can call Robyn on 021 116 1231, Grant 02750 11304 or email longlegsc creations@gmail.com



NEW WORLD  
Long Bay

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\*Scan the QR code or visit [newworld.co.nz/who-we-are/surveys](https://newworld.co.nz/who-we-are/surveys) for entry details & full terms and conditions.

## What should you do if you trying to scam you?

Citizens Advice Bureau (CAB) says, DO NOT open suspicious texts, pop-up windows or emails – delete them.

If you receive a suspicious email, letter, text or phone call, try contacting the organisation directly that the communication claims to be from, and ask them to confirm it is genuine.

### Did you give them money or your personal details?

If you paid money to the scammer, stop any further payments. Contact your bank as soon as possible. They can stop further unauthorised transfers.

Stop all contact with the scammer. Block them from contacting you online, and do not reply to their emails or letters.

Read about what you can do if you are a victim of identity theft on (<https://www.cab.org.nz/article/KB00001923>)

### Check whether someone has reported it as a scam

You can check online whether the suspicious text, email etc, is a known scam.

Find reported scams on:

Consumer Protection’s Scamwatch Facebook page

the Department of Internal Affairs website (for alerts about online scams)



# 1954 – 2024 The NZ Dolphin Underwater and Adventure Club turns 70

In early 1953 a group of North Shore spear fishermen formed a Club with scuba diving emerging later in the year. From this group The Dolphin Underwater Club was formed in 1954 and is now the oldest Scuba Club in New Zealand. Over the years the Club has some members excelling in underwater photography, winning major photographic awards. Club Members, Jenny and Tony Enderby are freelance photojournalists contributing to over 70 magazines in 10 different countries.



*Margaret Howard and Allan Dixon looking at the large grey frog fish*

Today the Club is known as the NZ Dolphin Underwater and Adventure Club to include activities to cater for the non-diving associates of the members. These include tramping, camping, mountain biking, kayaking, sailing, overseas holidays, dining out and many other activities with a wide range of organised dives. Members also take on environmental issues with regular cleanups of rivers, reefs, harbours and Lake Pupuke and volunteer on a regular basis to assist with Experiencing Marine Reserves.



*Clear water up to 30m viz*

The Club is proud of its' safety record and encourage divers to continue their education to at least the Rescue Diver, to keep themselves out of trouble and to help others.

Kayaking trips venture from local to the Bay of Islands and also include exciting South Island kayaking trips. Mountain biking is a much-enjoyed part of our Club with regular trips to Woodhill State Forest and recent Club tramping trips have been to the Pinnacles in Coromandel.

We are based at the Club Rooms Lake Pupuke, Northcote Road Ext. Takapuna, meeting every second Wednesday of the month at 7.00pm and have regular guest speakers, new members are always welcome.

The NZ Dolphin Underwater & Adventure Club will be celebrating their 70th Anniversary at the Milford Cruising Club on the 19th October. For further details check out our website [www.dolphinunderwater.co.nz](http://www.dolphinunderwater.co.nz)

## suspect that someone is

the website of the business or organisation which the scammer wants you to believe they are representing (for example, Inland Revenue).

You can also try:

contacting the Police on 105 (they have a list of possible and confirmed scams)

doing an Internet search on the name of the organisation supposedly contacting you, followed by the word "scam".

### Report a scam

You can report a scam to NetSafe. and can report a cyber-security issue to CERT NZ.

If you have lost money in a scam report it to the Police (call 105 or complete an online report).

Report an investment scam to the Financial Markets Authority.

You can report spam texts and emails to [scam@reportspam.co.nz](mailto:scam@reportspam.co.nz), or the text to 7726).

Call the CAB free nationwide on 0800 367 222, send us a message online via our website [www.cab.org.nz](http://www.cab.org.nz) or hop on the live chat, or visit a CAB near you. Not sure? Ask us!

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# Learn to Sail Program

30 Sep - 3 Oct 2024 and 7 Oct - 10 Oct 2024

LTS is Torbay Sailing Club's 'Learn To Sail' programme for young sailors aged approximately 9 to 13 years. Over four full days your child will learn the basic skills of sailing needed to progress as young sailors. Children's programmes are sailed in plastic Optimist boats which are provided by Torbay Sailing Club. Each course is limited to a very small class of just ten sailors at a time. This meets club requirements for low instructor pupil ratios and fits the number of LTS boat available. Torbay Sailing Club uses indestructible plastic boats which are stored and used exclusively by the club for LTS training, these are clearly visible from the shore for parents' peace-of-mind. There is no need for parents to buy a boat before starting the course! We allow you try the sport and then buy if it's right for you.



The cost is \$400 in total for the learn to sail course and includes boat hire, club membership for the season, friendly coaches, and small personal groups. The 4-day block courses run from 9am to 3pm each day. There is only one prerequisite: Children are required to be able to swim 50 metres. Bring a fitting lifejacket/buoyancy aid if your child has one, otherwise the club can provide one. A wetsuit or warm clothing is highly recommended. If you require advice on equipment, talk to the LTS co-ordinator at time of booking.

More Kids LTS dates for the Summer holidays are due to be published soon and an exciting new Adult LTS and Adult Learn to Race programme is being put together, so, as the saying goes: Watch this space, or rather watch: [www.torbaysailing.club](http://www.torbaysailing.club).

We have an Open Day on Saturday 19th October.



# Protecting the Jewel

Many of us living in the new subdivision in Long Bay feel privileged to live next to the taonga (treasure) that is the Long Bay Regional Park and Marine Reserve. But what might be the role of our community in helping to protect it?!

Led by the Long Bay Residents Association (LBRA), this was one of the questions a group of interested individuals, and nature focussed community organisations, have been considering. Coming together across two workshops, the group have been imagining what the future could look like for our natural environment in Te Oneroa ō Kahu, Long Bay.

Those involved see a vital role for those of us surrounding the regional park, to protect it with a buffer zone by removing pest plants and animals, which if left untamed will continue to invade this unique and very special place. Additionally, a focus on activities and spaces aims to improve the sense of community, and progress further towards an attractive clean eco-friendly environment.

Four initial projects have been identified to support this vision of "Protecting the Jewel" These are:

Pest Plant/Animal activities – including on private properties



Public/Developer land - activities on specific sites

Vaughans Stream corridor – protection and restoration

Community Spaces activation and feasibility

The process was facilitated by Ben Sheeran and was enabled by financial support from Restore Hibiscus & Bays. Alongside local residents, those participating in the latest workshop

included representatives from Friends of Long Bay, Long Bay-Okura Great Park Society, Long Bay Chinese Association, Torbay Historical Society, Hibiscus & Bays Local Board, Auckland Council, MERC, Long Bay Primary & College, Kaipātiki Project, Untangled Landscapes and others.

Speaking after the most recent workshop, Gareth Roberts, Chair of LBRA said 'It's incredible to see how motivated this growing movement is to take action for nature. The next stage is to start to mobilise the community in supporting these initial projects'.

If you live in Long Bay and you want to know how you can get involved, get in touch with the group by emailing [longbayra@gmail.com](mailto:longbayra@gmail.com) or look out for further information on Facebook, in your mailbox or in the local magazines.

# Torbay Kindergarten

Torbay Kindergarten is nestled in the heart of Torbay. As the oldest public Kindergarten in the East Coast Bays, we offer an amazing space for children to learn and grow. We are proud to have a teaching team of fully qualified teachers who offer high quality education for 3-5 year olds.

Part of the Kaitiaki Kindergartens, we work hard to create a welcoming, caring and fun community where tamariki, whānau and families develop a strong sense of belonging.

Our hope is for our tamariki to become self-assured, resilient, curious individuals who are seen, heard and valued members of the wider world.



Torbay Kindergarten session times:  
Monday – Friday 8.30am – 2.30pm

We offer 20 ECE hours and a donation request of \$1.00/hour or if you use your hours elsewhere we have a fee of \$7/hour.

We would love to hear from you. Give us a call or email (09 4739340 or [torbay@kaitiakikindergartens.org.nz](mailto:torbay@kaitiakikindergartens.org.nz)) to organise a time to visit.

Give us a like on Facebook to keep up with what is happening in our Kindergarten community.



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FOR SALE



19 Deep Creek Road, Waiake

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FOR SALE



9 Montclair Rise, Browns Bay

5 2

FOR SALE



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2 1

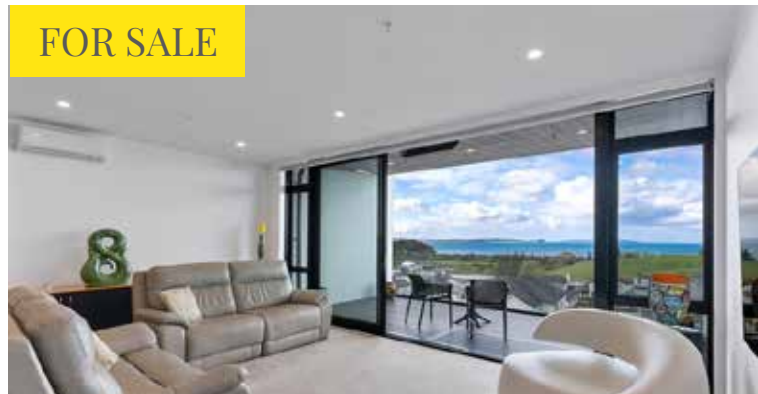
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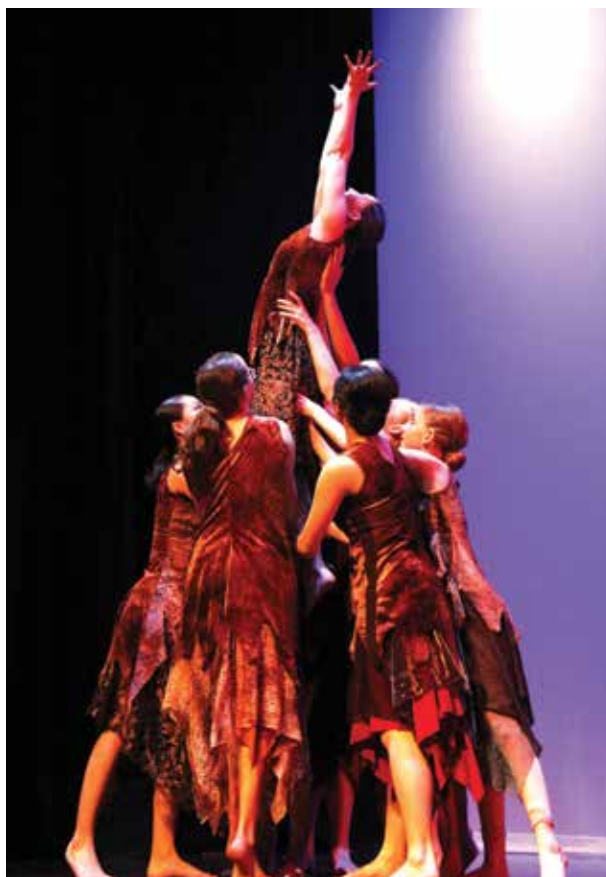
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PERFORMER 22-23



# Step Beyond Studios brings the Enchanted Forest

Nestled in the heart of Torbay, Step Beyond Studios has been a vibrant hub for dance for over 25 years. The studio offers a range of classes in ballet, contemporary, and jazz, welcoming dancers of all ages and levels. Whether you're just starting your dance journey or looking to refine your skills, our friendly and supportive environment helps you explore your passion for movement.

Our team of highly regarded professionals are dedicated to helping every student reach their goals. We provide personalised guidance to ensure dancers grow in confidence, technique and creativity. Step Beyond Studios fosters a sense of community where dancers uplift and support one



another, building not just their dance skills but also lifelong friendships in an encouraging atmosphere.

This year, we are proud to present our annual show, Enchanted Forest: Sunrise to Starlight, on Sunday, 3 November. This performance will transport the audience into a magical woodland, showcasing our students' talents. It's a celebration

of the dedication, hard work, and creativity our dancers have put in throughout the year, and we can't wait to share it with our community.

We are thrilled to announce that we are accepting new enrolments starting from 4 November. If you're looking for a welcoming, positive space to start or continue your dance journey, Step Beyond Studios is the place for you. Our classes cater to all levels, whether you're a beginner or an experienced dancer seeking further growth.

For more information, visit our website or contact us directly. We can't wait to dance with you and welcome you into our community!



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# Amazing News!

The Long Bay Residents' Association in collaboration with Restore Hibiscus and Bays have won funding from Predator Free NZ to engage homeowners and roll out traps in residential areas to further protect the jewels of Long Bay - the Regional Park and Marine Reserve, encouraging native birdlife to flourish.

The media release can be found here: <https://bit.ly/lbrapfnz>

We'll be working with Restore



**Pest Control Survey**  
<http://bit.ly/lbrapest>



Hibiscus and Bays moving forward, with further communications to follow. In the meantime, Long Bay residents are invited to complete this survey which should take approximately 3-5 minutes. Click the following link:  
<http://bit.ly/lbrapest>

We'll be using responses from this

survey to 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 to the Long Bay Residents' Association at <https://longbay.nz>.

## And the winner is....

Last month Four Square in Torbay ran a colouring in competition as part of the 100 year birthday celebrations. The winner was Gino, who was very pleased to receive his goody bag prize.



## Annual General Meeting

Wednesday 16<sup>th</sup> October 2024

7.00 – 8.30 pm

Long Bay College Staffroom  
30 Ashley Avenue, Long Bay

**Come and join our 10<sup>th</sup> Anniversary AGM**

Guest speakers from:

- Hibiscus and Bays Local Board
- Viranda (Long Bay Village)
- Local interest community groups

Tea/coffee will be provided  
RSVP for catering purposes by email to [longbayra@gmail.com](mailto:longbayra@gmail.com)

**Complete our LBRA 2024 Survey & win a \$50 NW Gift Card**  
<http://bit.ly/lbrasurvey>



[www.longbay.nz](http://www.longbay.nz)



Join/donate today!



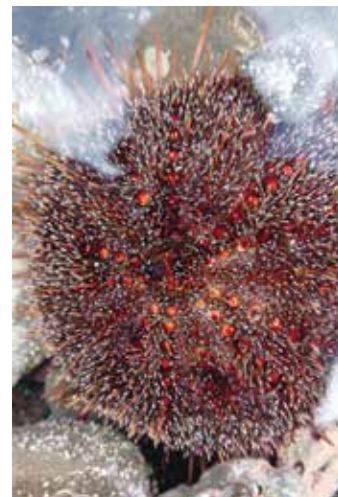
## Speaking for Kina

Objective, bring awareness to ecological role and importance

Relative of the starfish and sea cucumbers, Kina are an endemic sea urchin, which means they are found nowhere else in the world. These spikey, nocturnal, herbivores are what we call an



“indicator species”. This means the density of their population alludes to the health of our reef ecosystem. Like any hungry herbivore, Kina helps to control the growth of photosynthetic organisms, such as kelp and algae, to maintain the balance of reef ecosystems. However, if their natural predators, such as crayfish and snapper, are not present to help control the growth of kina, the kina will continue



to eat and reproduce, overpopulating the area and creating what is called a “kina barren”, where all algal species have been consumed. Crayfish and snapper, especially the large ones, are experts at eating kina sustainably. Without kina, our reef ecosystems would experience algal blooms and an overgrowth of kelp that would push a lot of other reef species out of the ecosystem. Thus, there is a balance to be kept. The key to this balance is protecting the “keystone predators”, species whose presence is crucial to the balance of the whole ecosystem... crayfish and snapper.

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

## Torbay Friendship Group

Having recently had the luxury of visiting the UK and exploring the 1066 Battle fields in Hastings and surrounding areas, I returned to reality and left the history behind. The weather was in the upper 20's so returning to chilly NZ, I couldn't wait to meet up with the warm, friendly folk at the Torbay Friendship Club.

I had missed out on a couple of meetings and with trepidation, two days later, I joined the lunch excursion at Parallel 23 in Torbay. Yes, even I have anxiety at times, one never knows how things have changed, but believe me, if you grit your teeth and just “DO IT” some amazing things can happen. The welcome and warmth of the group was wonderful.

Parallel 23 is situated in the Torbay Shopping centre and agreed to open especially for TFC to have lunch. We thank them for that and compliment them on a lovely lunch. If you haven't tried them I would recommend you look them up and visit one evening.



Alan Mc Culloch



Parallel 23 Lunch

During the next General meeting I encountered a number of new faces and was delighted to meet with these people. Of course, there is never enough time to get to know new comers during tea, so we encourage everyone to come to some of our extra activities. Our morning tea was organised at Woodlands Cafe in Browns Bay. This is the restaurant at Aria Bay which is open to the public. 24 members attended and what a great morning we had.

Of course, there are a number of other activities during the month which are open to all members.

If you haven't popped in to visit us, please don't hesitate to come and try us out, If you don't you may never know what you are missing.

For more information please contact either, Noreen McArthur 027 271 3524 or Delphine Pearson 022 072 9813





# TEAM

# Ming

## About Us

Providing great service with honest, straightforward advice is the mantra of Team Ming. Working closely together, their customer first approach combined with a wealth of local knowledge and expertise will ensure a seamless sales and marketing process.

## Long Bay Community

Ming considers it a privilege to be able to live and work amongst the Long Bay community and is always looking for ways to repay them for the support and hospitality they have shown her. Whether it's through supporting local businesses, sponsorship at Long Bay College, establishing a community library, tidy-up days, joining the Long Bay Residents Association Board or planting trees with the Restore Hibiscus and Bays group

## Testimonial

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

Jo



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## Lisa's Story

*"When I received the call a sense of peace came over me, something was telling me that everything was going to be all right. Then all I could think of was the family of my donor and the courageous, selfless decision they had just made at a time of such loss and devastation. Words cannot describe the level of eternal gratitude I will always have for this life saving gift".*

Lisa was the recipient of a lung transplant in 2013. Read more about her experience below.

In 2013 I underwent a bilateral lung transplant. Basically, during this life saving operation, I got a gorgeous healthy new set of lungs to replace those that had been slowly deteriorating for over three years.

I suffered from an extremely rare condition called Pulmonary Veno Occlusive Disease (PVOD). In the years leading up to the transplant, I was treated for Idiopathic Pulmonary Arterial Hypertension (PAH).

So why did any of this happen? I was relatively healthy all my life, it may have been the result of a childhood illness but there is a possibility that we will never know... After the complicated premature birth of my daughter in 2008 my health deteriorated. I became increasingly breathless, I put this down to lack of fitness, asthma symptoms, iron deficiency and anything else I could think of that could possibly be the cause!

Slowly, over the course of the following months and years, the breathlessness worsened to the point where I felt faint most of the time. I couldn't carry out basic daily tasks or hold a conversation without becoming short of breath. After visits to the GP over the course of a year, I was sent to a cardiac specialist. After tests I was sent directly to the Emergency Department at Christchurch Public hospital... and the rest is history.

The next few years were filled with long hospital stays, home oxygen, trials of medication, right heart catheterisation and lung function tests. Anyone suffering from PAH will understand the daily chore that is keeping yourself alive.



Every day was a battle of mind and body. The oxygen helped, but I would have given anything to have just one minute where I was free from the struggle. Yes, this took strength and determination, but little did I know that I was not the brave one in all of this and that there would be a family who would soon bless me with the most precious gift anyone can ever give – the gift of life.

In the three years after diagnosis in 2010, the regular treatment for PAH was not effective in improving my quality of life. Unless I was completely still, I was breathless and when you are raising a toddler, completely still is just not an option!

This changed with a trip to Auckland to see NZ Heart and Lung Transplant Team at the incredible facility that is Hearty Towers. Here, I meet the extraordinary team of professionals who would save my life. I met other transplant recipients and for the first time in years I was surrounded with hope. I only had to wait ten days on the active waiting list before receiving that life changing call. I was overwhelmed by the fact that so many people were acting so quickly to keep me alive. Life Flight was amazing throughout and I was flown to Auckland on a calm crisp evening.

I will be forever grateful for how smoothly everything went. I came through the transplant and have recovered without complication. The desire to make the most of my second chance is fuelled by thoughts of the donor and her family as well as the overwhelming ongoing support from the team at Hearty Towers.

I have never felt more alive than I do today. I absorb every moment I have with my daughter, with immense pleasure. I work full time in a vibrant, energetic environment and miraculously...I can breathe big, deep, oxygen-filled life giving breaths.

I love my lungs. Thank you will never be enough.

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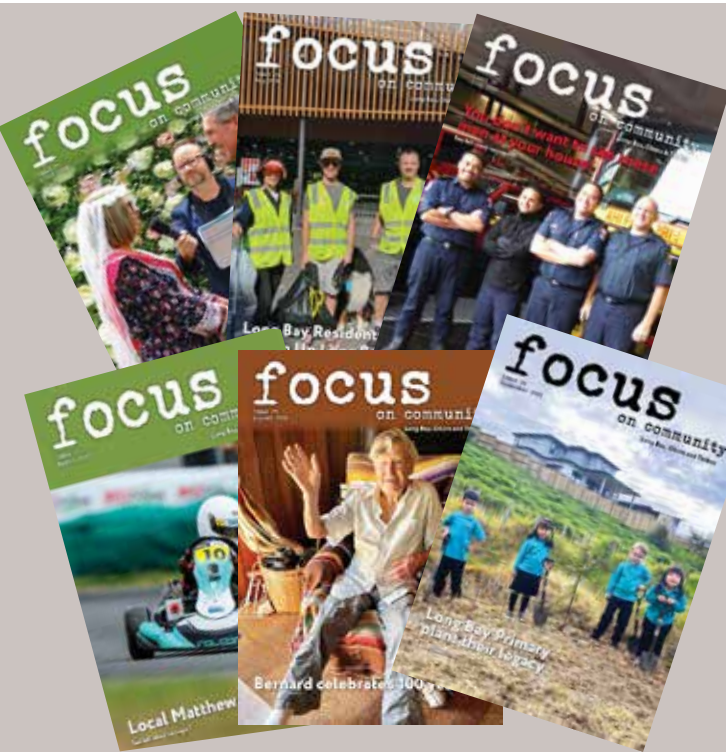
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## **A poem by Spike Milligan**

Smiling is infectious,  
you catch it like the flu,  
When someone smiled at me today,  
I started smiling too.  
I passed around the corner  
and someone saw my grin.  
When he smiled I realized  
I'd passed it on to him.  
I thought about that smile,  
then I realized its worth.  
A single smile, just like mine  
could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!



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Long Bay 09 473 0712

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# Recent transformations

We have been busy working in and around Torbay and Long Bay transforming scrubby wasteland into beautiful gardens. Able to help give you ideas and then see those ideas become your reality.

Your garden can become a place of joy for you.



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](mailto:newpointlandscapes@gmail.com) 0225274862



# October at Albany Village Library

The month begins with the October School Holidays and the Auckland Heritage Festival.

The theme of these school holidays is Time Warp!

Tues 1 Oct, 11-12 Pasifika Stories and Stick Weaving

Fri 4 Oct, 2-3:30 Family Movie

Sat 5 Oct, 10:30-11 Island Living Storytime with tales from Fiji and Samoa

Sun 6 Oct, 2-3 Chess Club

Tues 8 Oct, 2-4 Retro Gaming! Tabletop games and outside games- if weather permits.

Wed 9 Oct, 2-3:30 Family Movie

Thurs 10 Oct, 3:30-5. Come along to our Taylor Swift themed Friendship Bracelet making event with music and fun. With our very own Taylah from Raise Up! Aimed at 13-18 year olds.

Fri 11 Oct, 11-11:30 Let's dance! How to Siva Samoa

Sat 12 Oct, 10-10:30 Bilingual French/English Storytime

Sun 13 Oct, 2-3 Chess Club



**Tillandsia Botanical Art Talk, Exhibition & Plant Sale**  
Sunday 6 October, 3-4pm

Gardeners and artists will enjoy our Tillandsia day. Tillandsias are affectionately known as "Air Plants" as they often thrive with no soil at all. Our botanical expert, Di Timmins will talk about this intriguing plant species and describe the growing requirements so that you can enjoy this rewarding plant group.



Local artist Lesley Alexander will talk about how her Tillandsia watercolour paintings came about.

There will be art and plants on display and available for you to purchase.

**Bokashi DIY and Talk with The Compost Collective**  
Sunday 13 October, 11-12:30

Learn how to turn your food scraps and garden waste into nutrient rich compost. Attend this free workshop and make a DIY Bokashi bin to take home with you!



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

Spring Show images continued from page 15





# Torbay & Long Bay Medical Centres

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Manage My Health

## SLEEP

Sleep is such an important part of our lives, yet it is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. The exact role and function of sleep is debated by researchers, but most agree that sleep serves a restorative purpose, both psychologically and physiologically.

Research tells us that there are two types of sleep:

### REM (rapid-eye-movement) sleep:

This type of sleep occurs for about 25% of the night, and is characterised by electrical activation of the brain, very relaxed muscles and body becoming immobile, and rapid eye movements as the eyes dart back and forth under closed eyelids. REM sleep provides energy to the brain and body and supports daytime performance. Dreams often occur during REM sleep, although they can occur at any stage.

### NREM (non-rapid-eye-movement) sleep:

This type of sleep occurs during the other 75% of the time, and can be further broken down into 4 stages:

- **Stage 1:** this is light sleep, between being awake and falling asleep
- **Stage 2:** this is the onset of sleep, when the person begins to become disengaged from their surroundings. Body temperature drops and breathing and heart rate become regular.
- **Stages 3 & 4:** These stages are the deepest and most restorative sleep, known as 'delta sleep' - Stage 3 is a transition into Stage 4, or 'true delta.' During these stages, blood pressure drops, breathing becomes slower, muscles are relaxed and receiving more blood supply, tissue growth and repair occurs, and hormones are released (including growth hormone, which is why growing teenagers need to sleep more).

It is thought that delta sleep (stages 3 & 4) is most involved with restoring the body and physical energy, while REM sleep is most important for restoring mental function such as memory and concentration.

Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

People vary in terms of how much sleep they need - while the average sleep duration for adults is 6-8 hours per night, some people function well with a little less sleep and others with a little more.

Good sleepers usually take less than 30 minutes to fall asleep at the beginning of the night and will wake up once or twice during the night. In other words, it is unrealistic to expect to fall asleep immediately on getting into bed or to never wake up at all during the night. Even the best sleepers in the world don't achieve this! Also, everybody, even the best sleepers, will have a night now and then when it takes them a long time to get to sleep. This is often triggered by a stressful event and will usually pass after a night or two. Similarly, everybody will have a night now and then when they find it difficult to get back to sleep after waking in the middle of the night.

Whatever your individual needs, lack of sleep or poor sleep quality can have effects including:

- Poor attention, concentration and memory
- Irritability and other mood disturbances
- Impaired judgement and reaction time
- Poor physical coordination (dangerous for driving)

The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night's poor sleep vs. chronic problems) and the tasks and responsibilities of the day.

If you have ongoing problems with sleep, **it is important to seek help.**

**If you have ongoing problems with sleep, 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



# Long Bay College's Search for Alumni: Join Us in Celebrating 50 Years of Legacy

As we approach Long Bay College's 50th Anniversary in October 2025, we want to reconnect with the students and teachers who have passed through our doors over the past five decades. If you were a student or staff member, you played a vital role in the life of our school, and we want to hear from you.

Long Bay College has always been a big part of the Long Bay and Torbay communities. The memories and achievements of our alumni have contributed to the rich history of our school, and we want to bring our alumni community together. The challenge is significant. While we know the names of many former students and staff, we lack a comprehensive database to connect with everyone.

We have found some of our alumni. Through social media we have connected with approximately 3,500 individuals. However, we estimate that there are around 16,000 Long Bay College alumni, many may not be active on social media.

In May, we launched a dedicated alumni website at [www.longbaycollege.com/alumni](http://www.longbaycollege.com/alumni). It is designed to be a central hub where former students and teachers can reconnect with old friends, share their life experiences, browse through historical photos, and stay updated on upcoming events. You can even offer mentorship, search for job opportunities, or reminisce about your school days.



1975 Staff

If you attended or worked at Long Bay College, please visit our alumni website and sign up. Help us ensure that the 50th Anniversary celebrations next year will be a reunion to remember. We're excited to welcome back our alumni and celebrate the shared legacy that has shaped our school and community.

Please contact Nerys Byford the Alumni Co-Ordinator at [nbyford@lbc.school.nz](mailto:nbyford@lbc.school.nz) or 09 477 9009 ext 855 if you have any questions or would like to share stories, photos, old uniforms/memorabilia.

## 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.



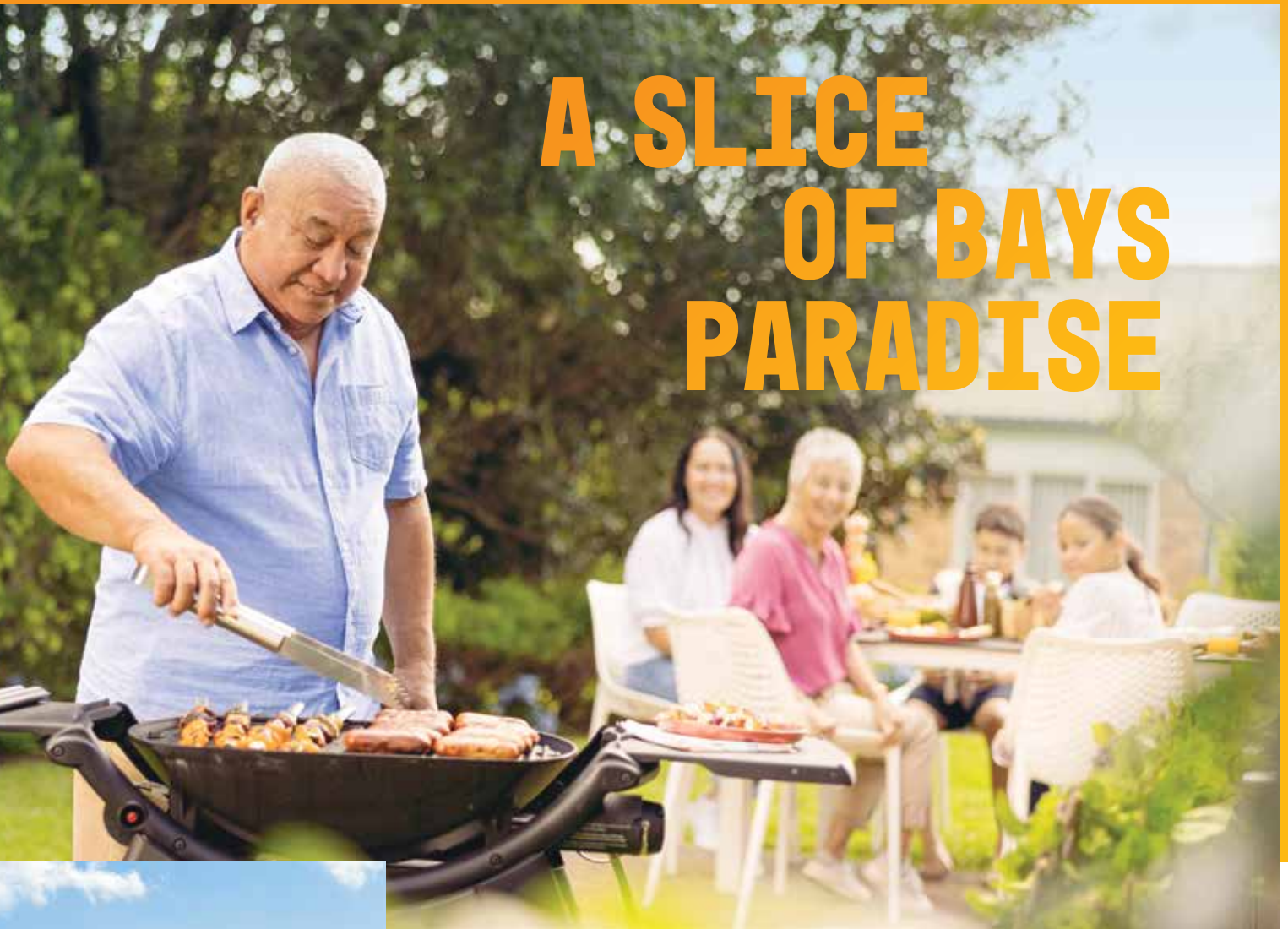
Movement Specialist & Fitness Trainer (Reps. Registered) | Pelvic Floor & Core Certified | Author  
The Biometrics Method Corrective Exercise Specialist | Sports Advanced & Remedial Massage Certified

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Lynne Scott - 021 204 3280



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**14 Oteha Valley Road, Northcross**

*Life your way*

 **ARVIDA  
Mayfair**



# Spring Into Renewal: A Beginner's Yoga Journey of Growth and Balance

As spring unfolds with new life and vibrant energy, it's the perfect time to begin your yoga journey. Whether you're completely new to yoga or exploring ways to refresh your practice, this season offers an opportunity to embrace renewal, balance, and growth—both on and off the mat.

Spring is all about new beginnings, making it the ideal time to plant seeds of intention for your personal wellness journey. In yoga, this can mean starting slow and building a foundation, whether it's learning basic poses or understanding the importance of breathwork. As you begin your practice, think of it as planting the seeds of well-being that will grow with time and dedication.

One of the beautiful parallels between spring and yoga is the concept of blossoming. Just as flowers open up after a long winter, yoga encourages us to open our hearts and minds, allowing for growth and transformation. Heart-opening poses such as Cobra or Camel are beginner-friendly and offer a gentle way to start working on flexibility and strength while symbolizing this blossoming energy.

Spring is also a season for cleansing and detoxifying. Yoga has many poses that focus on twists, which help stimulate digestion and detoxify the body. Breathwork, such as alternate nostril breathing, is another tool to clear the mind and release stress. These practices align perfectly with the



spring theme of renewal—helping you feel refreshed and ready to move forward with more energy and clarity.

Balance is another key theme, as spring brings a harmony between light and dark. In yoga, balance poses like Tree pose help develop physical stability while promoting a sense of inner equilibrium. These poses are great for beginners as they teach focus and concentration, elements that will improve over time.

As the days grow longer, spring also brings a surge of vitality and energy. Harness this through energising flows, such as Sun Salutations, which are ideal for beginners. They warm up the body, build strength, and bring a sense of joy and invigoration.

Finally, use spring as an opportunity to connect with nature. If possible, take your practice outdoors, feeling the ground beneath you and the fresh air around you. Let this connection ground you, reminding you that just like nature, you are growing and evolving.

Embrace spring as the perfect time to begin or deepen your yoga journey. With each breath and movement, you'll feel the renewal, balance, and vitality that this season brings.

Yoga Sanctuary in Mairangi Bay provides yoga classes for both the beginner and experienced. Your first class is free (register for our newsletter) then only \$30 for 3 classes. See our website [www.yogasanctuary.co.nz](http://www.yogasanctuary.co.nz) for more offers.

## Yoga Sanctuary

Yoga Sanctuary Introduction Offers:

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

New members: 3 classes for \$30\*

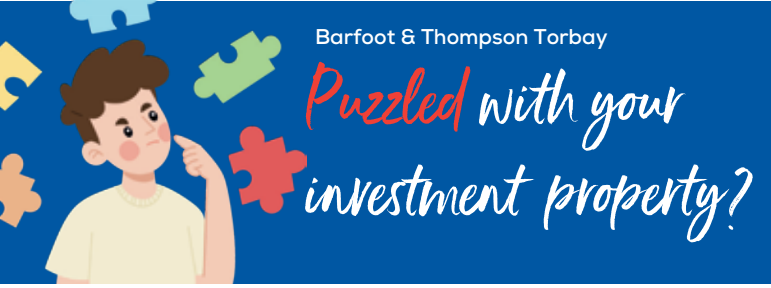
sign up at [www.yogasanctuary.co.nz](http://www.yogasanctuary.co.nz)  
or email: [hello@yogasanctuary.co.nz](mailto:hello@yogasanctuary.co.nz)



# Quizzes

sponsored by

Answers Page 38



## STREETS IN LONG BAY

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

- |           |         |           |
|-----------|---------|-----------|
| MAKURA    | LUFF    | HEADLAND  |
| BOUNTY    | TUANGI  | KARENGO   |
| TURUTU    | CAVALLI | LONGSHORE |
| GREENLINK | SHELBY  | BEARING   |
| CALDERA   | KIOKIO  | HEADSAIL  |
| TIMU      | NERITA  | BIGHT     |
| KEEL      | COPPER  | FENDER    |

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

**TRADES**

48 good, 58 very good, 65+ excellent

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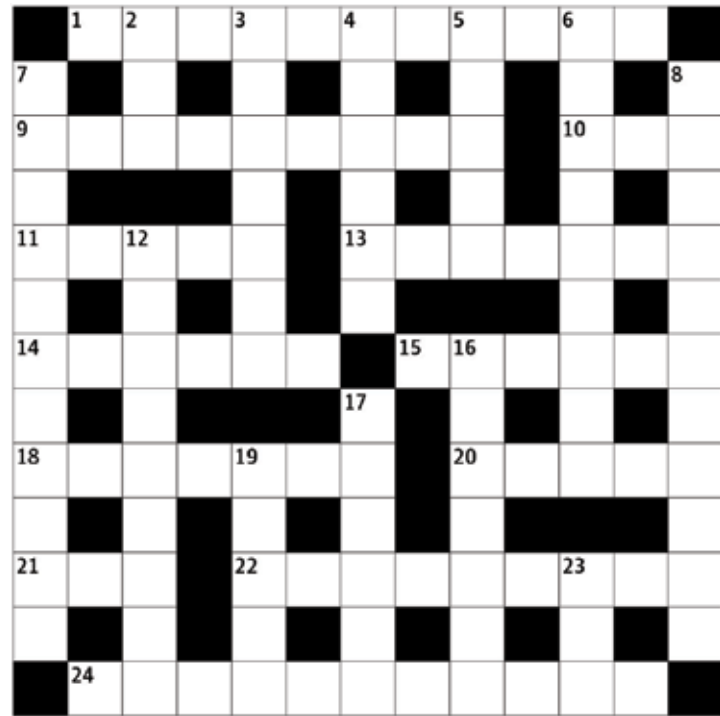
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## CROSSWORD



**Across**

- 1 Group of small islands (11)
- 9 Waxy substance from sperm whale (9)
- 10 Male person (3)
- 11 Painter's wooden stand(5)
- 13 Wise guy (4-3)
- 14 Happens (6)
- 15 The power or right to choose (6)
- 18 Clever reply to insult (7)
- 20 Vitality – sex appeal (informal) (5)
- 21 Period of time (3)
- 22 On the whole (2,3,4)
- 24 Thwarted by bad luck (4-7)

**Down**

- 2 Massage (3)
- 3 Track athlete (7)
- 4 17th /18th century wig (6)
- 5 Animal catching rope (5)
- 6 Sports hall (9)
- 7 Created for an individual (4,2,5)
- 8 Fearlessly (11)
- 12 Lackey, flatterer (9)
- 16 Procedure (7)
- 17 Clown (6)
- 19 Snow sports athlete (5)
- 23 Highest or lowest card (3)

## SUDOKU

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

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\* Accumulate \$50 on your laundry card and receive a \$2.50 bonus



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**Co-owner Natasha**



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

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# When Life Changes, *So Should Your Will.*



*Joy and her late husband, Eric, hadn't been able to have children much to their regret. However, they were very close to their god children, acting as surrogate aunt and uncle to the four children. Sadly, ten years ago, Eric died suddenly after a massive heart attack. He and Joy had completed their wills a couple of years before he died, leaving everything to each other and then if they both died to a mixture of family members and charities.*

After Eric's death, Joy decided to update her will. In her current will the executor of her will would be Eric's older brother. That was no longer appropriate as he was in his late 70s and would quite possibly die before Joy. She also wanted to re-allocate the gifts under will as this was something that she and Eric had discussed before his death.

Joy's main asset was the family home which was now worth a substantial sum. She also had some cash in the bank which supplemented her pension. She decided that she would leave the house to her god children on the basis that that was the lion's share of her estate, and the balance would be divided between the three charities she and Eric had agreed upon. This meant that even if she spent all her cash, the god children would receive the proceeds of the family home after it was sold. Joy also appointed her lawyer to act as the executor of her estate. She thought it was good to have someone neutral in the role, and as her lawyer would need to be involved if she died anyway, it just made sense.

After three years Joy decided that she wanted to move to a retirement village. She was struggling to keep up with the grounds and the housework in her larger house. She had lots of friends who had moved into villages, and she was also feeling quite lonely without Eric and thought it would be great

to have more company. One of her god daughters took her to several retirement villages and she settled on one that she really loved. It had great facilities, and the people were very warm and friendly.

When Joy went to the lawyer to sign the papers for the sale of her home and the purchase of the occupation right to the apartment in the village, the lawyer suggested she review her will. Joy remembered the rough proportions between her god children and the charities and said that she might look at it to make sure it was still ok. Now that the cost of buying in the village was less than her home, she would have more cash, but needed time to think it over.

Joy didn't go back to the lawyer about updating her will as she was having too much fun with her new life in the village and her lawyer never followed up with her. Two years after moving into the village, Joy had a stroke and ended up passing away with pneumonia in hospital a few days later.

Her god children were sad but pleased for Joy that she had been able to enjoy her last few years even though it was without Eric. They were surprised however, when they read Joy's will. The will specifically left them Joy and Eric's family home. That had been sold when Joy had moved into the retirement village, but the wording remained the same - it didn't relate to the sale proceeds of the home. The lawyer told them that as that asset no longer was in Joy's estate they would receive nothing under her will and her entire estate would go to charity.

Joy's god children were not the greedy type, but this did not seem fair, and they didn't think it would have been what Joy wanted. They decided to take their own legal advice. The lawyer they saw said that the best thing to do would be to try and negotiate with the charities, but that there was no guaranteed chance of success.

This story illustrates the importance of reviewing your will as well as getting good advice around the way that it's drafted. People often think wills are simple documents, and they can be, but more often than not, they are being drafted to take into account complex situations and there is much thought and time that goes into the drafting process. Ensure that your will is up to date and says what you want to happen so that you don't leave an expensive headache for your family.



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





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# 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.

# 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.

## 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.

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**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.

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

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

# Puzzle Answers



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

### Word Puzzle

ads, are, ares, art, arts, aster, ate, dare, dares, dart, darts, date, dater, daters, dates, dear, dears, drat, ear, ears, east, eat, eats, era, eras, erst, eta, etas, rad, rads, rat, rate, rated, rates, rats, read, reads, red, reds, rest, sad, sat, sate, sated, sea, sear, seat, set, star, stare, stared, stead, tad, tads, tar, tare, tared, tares, tars, tea, tear, tears, teas, trad, trade, trades, tread, treads, tsar

### Quiz Answers

- In the Bahamas
- The Bayeux Tapestry
- 1600 Pennsylvania Ave, Washington DC
- Thanksgiving Day
- Mao Zedong
- That he doesn't
- 14 years
- U Thant
- St Pancras Station in London
- The end of racial apartheid

# Tides October 2024 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Tue 01	01:02 0.7m	07:11 2.6m	13:19 0.6m	19:26 2.7m	
Wed 02	01:44 0.6m	07:55 2.7m	13:59 0.6m	20:06 2.8m	
Thu 03	02:23 0.6m	08:35 2.8m	14:36 0.5m	20:44 2.8m	
Fri 04	03:00 0.5m	09:12 2.8m	15:12 0.5m	21:21 2.8m	
Sat 05	03:35 0.5m	09:47 2.8m	15:48 0.5m	21:56 2.8m	
Sun 06	04:10 0.5m	10:22 2.8m	16:24 0.6m	22:32 2.7m	
Mon 07	04:45 0.5m	10:58 2.8m	17:02 0.6m	23:10 2.7m	
Tue 08	05:21 0.5m	11:36 2.7m	17:42 0.7m	23:49 2.6m	
Wed 09	06:00 0.6m	12:18 2.6m	18:28 0.8m		
Thu 10		00:33 2.6m	06:43 0.7m	13:05 2.6m	19:19 0.8m
Fri 11		01:21 2.5m	07:33 0.7m	14:00 2.5m	20:17 0.8m
Sat 12		02:15 2.5m	08:32 0.8m	15:02 2.6m	21:19 0.8m
Sun 13		03:17 2.5m	09:40 0.8m	16:05 2.6m	22:22 0.7m
Mon 14		04:24 2.6m	10:48 0.7m	17:06 2.8m	23:22 0.6m
Tue 15		05:30 2.7m	11:50 0.5m	18:03 2.9m	
Wed 16	00:19 0.4m	06:31 2.9m	12:47 0.4m	18:57 3.1m	
Thu 17	01:13 0.2m	07:27 3.0m	13:39 0.2m	19:50 3.2m	
Fri 18	02:05 0.1m	08:20 3.2m	14:30 0.1m	20:41 3.2m	
Sat 19	02:56 0m	09:10 3.3m	15:20 0.1m	21:32 3.2m	
Sun 20	03:46 0m	10:00 3.3m	16:10 0.2m	22:23 3.2m	
Mon 21	04:35 0m	10:49 3.2m	17:01 0.3m	23:15 3.1m	
Tue 22	05:24 0.2m	11:39 3.1m	17:54 0.4m		
Wed 23		00:06 2.9m	06:13 0.3m	12:31 3.0m	18:50 0.6m
Thu 24		00:59 2.8m	07:05 0.5m	13:27 2.8m	19:49 0.7m
Fri 25		01:54 2.6m	08:02 0.7m	14:25 2.7m	20:51 0.8m
Sat 26		02:53 2.5m	09:05 0.8m	15:26 2.6m	21:52 0.8m
Sun 27		03:53 2.4m	10:10 0.8m	16:24 2.6m	22:49 0.8m
Mon 28		04:54 2.4m	11:10 0.8m	17:18 2.6m	23:41 0.8m
Tue 29		05:50 2.5m	12:02 0.8m	18:06 2.6m	
Wed 30	00:28 0.7m	06:40 2.6m	12:48 0.7m	18:51 2.6m	2.7m
Thu 31	01:11 0.7m	07:25 2.6m	13:28 0.7m	19:32 2.7m	

Times adjusted for Daylight Saving.



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Choosing the **right agent** can make all the difference between a smooth sale and a spooky experience!



Boo-rilliant Service



Monster Marketing



Spooktacular Results

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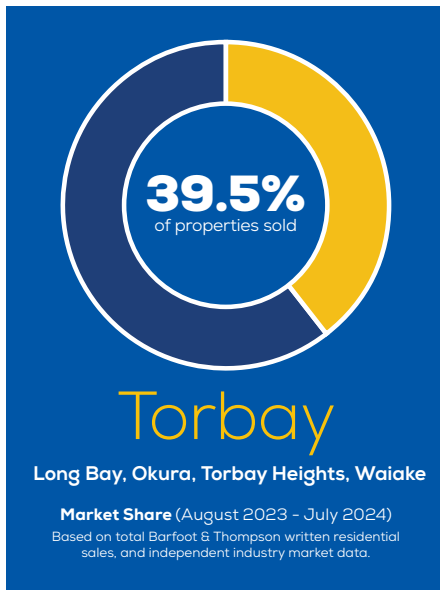
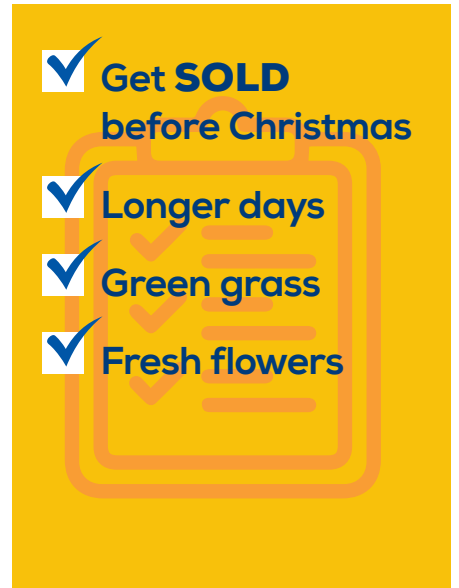
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