

# focus

Issue 32  
November 2024

on community

Long Bay, Okura and Torbay



## Fun Mud Run At Long Bay Primary

See pages 24 and 25 for more photos

**44**  
big pages!





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# Clare Gunn reining NZ champion - for last five years in her division

Clare is a doctor in the Torbay Skin Clinic but the secret is out- she is an archery champion too!

Clare Gunn became involved in archery when her son wanted to give it a go when he was 11. They had 3-4 awesome years competing around NZ together before he gave up, but Clare continued.

Clare's family have always been very supportive of her archery and her Dad, in particular, was very keen for her to go to Brazil, for the World Field Archery competition at Foz do Iquacu. Prior to his passing away in October last year. He really encouraged her to compete in these Championships. At the time it



seemed too difficult to commit to, but after he died, she decided to commit to being a member of New Zealand's Black Arrows team, in part to honour her Dad, and partly as a personal challenge.

The World Champs were held over 5 days in Foz do Iguacu, near the famous falls, with over 300 archers competing. The days were long, up at 5am, picked up by bus at 6am and not returning until 6pm, and the weather varied, ranging from 12° to 32°.

The competition was fierce. Clare came second in 2nd of 5 events and Rita from Estonia came 2nd in 3 events, the gold medal was won by Katie from USA, putting her in third position in her division. Clare also competed as part of the New Zealand Bowhunter Styles Team, finishing in 3rd position.

The New Zealand Black Arrows team came home with 25 medals in total, an outstanding result for such a small nation.

Congratulations Clare!

**Carole McMinn**



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**BAYLEYS**



## 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.

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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

Here we have another packed issue of Focus - 44 pages this time. As usual it is packed with great stories of things you can do, people you know and places you can go.

One story, on page 5, is that of Mark Jensen.

Local, Mark is celebrating 25 years of teaching at Northcross Intermediate school. He is now finding he is teaching the children of pupils he taught when he first started there, which must make for some interesting conversations!

Mark is also well-known for his passion and commitment to his kapa haka group. We are so blessed to have teachers like him in our local schools.

Another great story is on page 3.

Many will know Clare Gunn as the doctor who checks your moles and freckles at Torbay Skin clinic. But she leads an exciting double life as an archer. Recently she has competed in the World Championships and the team brought home an impressive 25

medals. Read more of her story on page 3.

The third person I want to make special mention of is Chef Kim at Parallel23.

This restaurant is in the heart of Torbay. Kim is a French trained chef, and the food served is always amazing. We have been going regularly for a while now and can thoroughly recommend the food (especially the rib starter and the tuna starter) and the New York striploin). We have been slowly working our way through the menu. (pizzas are pretty special too). Don't take my word for it though - try it out for yourself - see more on page 19.

If you are looking for somewhere for your works

Christmas meal there is a special menu for this.

Enjoy your November!

**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)

# 25 years at Northcross Intermediate

Mark Jensen and his family have enjoyed living in East Coast Bays for 34 years. Joining the Northcross Intermediate staff 25 yrs ago, he had the good fortune to teach subjects that aligned with his passions of drama and sport. His love of theatre has led him over the years to write and produce many school productions, the biggest one being a re-telling of the Parihaka story.



Initially Northcross did not have a Kapa Haka group. Alongside Mrs Kenny, he established a “cultural group” and they performed once or twice a year. Things change! now almost every school across Aotearoa proudly prepares their students for many Kapa Haka performances. At Northcross their group frequently performs outside the school at various events... Students of all backgrounds and experiences are encouraged to be part of the roopu.

Recently Northcross whanau were invited to the school for a community event to celebrate Maori Language week. Mark, and other staff, prepared a hangi, and visitors were welcomed to enjoy a Kapa Haka performance followed by a wonderful feed. Mark’s interest and passion for Te Aro Maori also extends to storytelling, drama, carving, kite making and illustrations of myths and nature. “My kaupapa for teaching in this particular role is clear, I believe that children are the carriers of the seeds of Maori Language, and these seeds can best be cultivated through waiata, poi, haka and chants,” said Mark. Mark particularly wishes to acknowledge someone special – Mr Richard Nahi. “Richard is the senior advisor for Maori Outcomes on Auckland Council, his support and encouragement over the years has been very much appreciated.”

**Heather Purdy**



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## Wendy's update

Across Auckland residential house sales had a spring in their step in September! In Torbay and Waiake we are seeing sales happening and listings coming to the market – market confidence is rising and we are certainly seeing a healthy lift in buyer activity from first home buyers!

Christmas is fast approaching – if you want to “make a plan” to present your home and bring it to the market in the New Year just give me a call – I’m happy to meet up and discuss your thoughts and ideas. Living locally, working and selling locally for a number of years I offer experience, knowledge and insights in to 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 September 2024**



PROPERTIES FOR SALE

**68**



PROPERTIES SOLD

**15**



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**Wendy Radcliffe**

**021 772 070**

w.radcliffe@barfoot.co.nz





### Euro Patisserie Torbay Pie Awards 2024

This year, Euro Patisserie Torbay has placed in 8 out of the 10 categories in the Annual New Zealand Bakels Supreme Pie Awards in 2024.

**Out of 500+ bakeries, we placed:**

- 1st** in Apprentice Pie Maker (Venison, Cranberry and Roast Vege)
- 2nd** in Chicken and Vegetable
- 3rd** in Mince and Cheese
- 4th** in Steak and Cheese
- 5th** in Vegetarian
- 6th** in Gourmet Meat (Slow cooked beef stroganoff)
- 9th** in Bacon and Egg
- 10th** in Mince and Gravy



Join us for Gumboot Friday on Friday 1st November  
 Every pie sold will have donated \$1 to Gumboot Friday  
 The charity Gumboot Friday provides much needed support to "I am hope" free counselling for kids

**Euro Patisserie creates and bakes succulent pies and beautiful cakes. We also sell bread, rolls, filled sandwiches and a great range of drinks**

**Euro Patisserie 1028 Beach Road, Torbay  
 09 473 7535**



# Opening of the Ellis Room

On the 23rd September a very special room was officially opened in the Heart of the Bays offices in Glen Rd Browns Bay.

The room is to be known as the Ellis room.

Torbay couple Bill and Barbara Ellis are well known for all their community involvement, especially with the Historic Society.

But Bill is also known for his photographs. Want to see what anywhere in Torbay or Long Bay looked like 50 years ago? Ask Bill Ellis.

The room will have many of his photos on display and it is a lovely light room for people to meet in.

At the official opening of the Ellis Room Bill cut a ribbon to mark the occasion. Heart of the Bays then served a lovely lunch for those attending.

I would also like to personally thank Bill and Barbara for all their support of this magazine. Many of the photos, not just the Historic and Garden pages are Bill's photos.

**Carole McMinn**



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

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

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

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

### Our Hours

Mon-Sat 9:00AM - 6.30PM  
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longbaybarbershop.co.nz

021 705 671 [f@ longbaybarbershop](https://www.facebook.com/longbaybarbershop)



# Chocolate Orange Fudge Cake

Chocolate and orange pair so well together. This ideal as a special dessert or just as a special treat for a morning tea.

## Ingredients

- 200g self raising flour
- 200g butter
- 100g dark brown sugar
- 100g golden caster sugar
- 50g cocoa powder
- 100g dark chocolate
- 50g golden syrup
- Juice and zest of two oranges
- 75ml sour cream
- 4 size 8 eggs

## For the orange buttercream:

- 125g butter
- 350g icing sugar
- Orange flavouring
- Orange colouring

## For the ganache covering and topping:

- 600g dark chocolate
- 250ml double cream
- Decoration Terry's Chocolate Orange

## Method

To make the cake beat the butter and sugar and syrup together. Then stir in the flour and the cocoa to a smooth mixture.



Divide between two lined 7" tins and bake at 140°C for 1 hour. Leave to cool.

Make the butter icing by beating all together for 5 minutes until smooth and light.

When completely cool split the sponges so you have 4 pieces and sandwich together with the butter icing. Put in fridge to keep cool.

Make your chocolate ganache by putting the chocolate and cream into a bowl and microwaving for 30 second and then whisking furiously. Repeat three times then leave to set.

Using a palette knife, spread a thin layer of ganache over the outside of the cake. Draw the palette knife up the sides to create a ridge pattern and smooth the top.

Decorate with Terrys Chocolate orange slices.

# Parallel 23 Bar & Eatery

At Parallel 23 Bar & Eatery, we're excited to offer a special Set Menu perfect for groups and year-end parties. Whether it's a festive gathering or a corporate celebration, our menu is designed to delight—and can be adjusted to suit your preferences.

With Summer here, it's the perfect time to get together and enjoy great food, drinks, and company! Bookings are essential for our Set Menu, so secure your spot today. Book now and let us make your celebration unforgettable.



"Amazing! Great food. Good service and tasty wine. What more could you ask for. Truffle Duck risotto was superb but the best dish of the evening was NY Striploin which was cooked to perfection and served with some magic mashed potato and a very tasty jus. Highly recommended!" - Dennis

SET MENU	
Parallel 23 Bar & Eatery	
3 courses - \$69pp	
<i>Entree to share</i>	
<b>SALMON AVOCADO</b>	
Sriracha mayo, crispy rice paper, furikake	
<b>BRAISED PORK BELLY</b>	
Celeriac noodles, apple sauce, jus	
<b>TOFU SKEWER</b>	
Capsicum, Teriyaki sauce, sesame seed.	
<i>Choose your main</i>	
<b>BEEF CHEEK</b>	
Tomato ragu, chunky potato, asparagus and green peppercorn Jus	
<b>SHRIMP NOODLES</b>	
Garlic soy, edamame, sprouts, chilli flake, lemon	
<b>AUBERGINE PARMIGIANA</b>	
Mozzarella, Romesco, pesto, green salad, Mustard dressing	
<i>Sides</i>	
<b>GOLDEN FRIES</b> Garlic Oregano oil, Ketchup	
<b>GARDEN SALAD</b> Mustard dressing, Radish	
<i>Choose your dessert</i>	
<b>APEROL SPRITZ TRIFLE</b>	
Orange curd, Chantilly cream, Lady Finger, berries	
<b>TIRAMISU</b>	
Mascapone, Espresso, Marsala Wine, Cocoa	

For reservations and inquiries contact Parallel 23 Bar & Eatery 1054a Beach Road, Torbay  
09 214 7931 Email: [chefkimmyltd@gmail.com](mailto:chefkimmyltd@gmail.com) Website: [Parallel23.co.nz](http://Parallel23.co.nz)



# Our Passports Don't Lie

Shore Travel is here to help you explore the world, your way. We love to share our travel stories to inspire and help create personalised experiences for you. Here are some of our 2024 travel highlights:

**Collette – Singapore & Thailand:** It's rare to find an island that has not been spoiled in the 30 years since I last visited, so avoid the crowds of Chaweng and head for Lamai beach.



We also found some quiet R&R at the beautiful cliff edge Intercontinental hotel. An absolutely stunning resort and well worth the longer flight in terms of value and a more cultural experience. **Travel Tip:** Never look upon a transit as something to be endured. We decided to have a fabulous city stay in Singapore, where there is always so much to see and do.

**Karen – Gold Coast:** Visiting in October is an excellent choice for an easy family holiday when fun and sun are the ultimate goals! With so much to see and do, 10 days was a great length, splitting our stay between SeaWorld Resort in Main Beach (to visit the themeparks) and an apartment in Broadbeach, to relax at the stunning beaches. **Travel Tip #1** Themeparks in school holidays are busy, so arrive early to get a couple of the really popular rides done before the big crowds arrive.



**Top Tip #2** – The GC has some incredible dining experiences on offer, Miami Marketta was a family favourite, I recommend you

save an evening to indulge in the delicious food, and enjoy the live entertainment.

**Mary – Croatia Small Ship Cruise; Regent Seven Seas Greek Islands; Northern Italy Self-drive:** As featured in last month's edition Mary has returned from a Regent Seven Seas cruise around the Greek Islands followed by a small ship Croatia cruise private charter with a group of 32 people. A perfect option for a special celebration with extended family or friends.

**Renee – Viking Mediterranean Cruise & Italian Backroads Tour:** More details about Renee's incredible Viking Voyage will be in next month's edition. At the time of writing, Renee is on a Back-Roads Enchanting Southern Italy Tour, so pop in store to learn more about this trip. So far she is loving the vivacious expert guide and boutique accommodation. The Back-Roads bus is bigger than anticipated with large windows, so it is very easy to watch the world go by. **Travel Tip:** bring two pairs of good walking shoes to change up the pressure points on your feet. You will be walking a lot!!!

**Rinku – Bali:** As featured in the August edition, Rinku had a fabulous time celebrating a milestone birthday in Bali with friends. She can help you plan your next trip to this special destination.



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# Sir Peter Blake Regatta- Nov 30/Dec 1

The Sir Peter Blake Torbay Regatta is NZ's largest youth sailing regatta, and is hosted by Torbay Sailing Club.

Over 350 8-18yr olds will be racing over Sat 30th Nov and Sun 1st Dec.

We hope the America's cup will be at the regatta If they retain it then they've promised to bring it to the regatta.

As always there will be heavy traffic in the area and part of Beach Rd will be closed and the Aiken reserve used for storage.



We extend a warm invite to the local community to come down and see a true "Festival of Sailing" and the vibrant atmosphere over the weekend

We run Youth and Adult Learn to sail programs throughout the year and specifically during the school holidays.

Dates are published on the club's website at <https://www.torbaysailing.club/learn-to-sail>



Enter Now [enter.blakeregatta.org.nz](http://enter.blakeregatta.org.nz)





# East Coast Bays Library News:

The library is a lively place for young and old (and all those in between).

From preschool sessions, to lego and board games to explore and fun events, our children's space is a place for Tamariki to read, borrow books, play and be with Whānau and friends.

For youth, our teen space welcomes you for study and hanging out.

Check out the amazing BUZZLY where rangitahi can share their voice with Auckland Council. Share your ideas and create solutions for issues that matter. All participants earn rewards, and the best ideas can earn even more! Check out Buzzly online: [www.buzzly.nz](http://www.buzzly.nz) or follow Buzzly on social media.

Adult programmes offer seniors digital help, craft get-togethers, book chats, Chinese and Korean speaking groups, conversations over coffee and cake, and more.

Visit our stall and chat to our friendly staff at the Digital Seniors Expo at the Eventfinda Stadium on 10 November and Ageing Expo at Browns Bay Leisure Centre on 14 November.

## November Events:

**Saturday 23 November 11:00 – 11:30am**

### Tim Bray Santa Storybook Reading

Engaging stories shared by actors from Tim Bray Theatre Company

**Saturday 16th November 2:00 – 3:00pm**

### AI Teen Talks series #2

Can AI tell if your essay was written by a robot? Let's find out! Presented by David Kang, Year 8 from Kristin School

**Saturday 23 November 2pm – 3:30pm**

### Death Café

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

All are welcome

**Sunday 24 November 2:00 – 3:00pm**

### Breathing Pattern Workshop

A guided self-assessment of your breathing pattern for many health benefits

Bookings essential

**Friday 29 November 10:30am – 11:30am**

### Bokashi Composting Workshop

Come and learn the techniques to successful bokashi worm composting with the Compost Collective

Bookings essential

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)

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# ERICA'S EDITORIAL

## Hon. Erica Stanford

MP for East Coast Bays  
Minister of Education  
Minister of Immigration

### There's been a lot going on...

both in the East Coast Bays Electorate, and in Wellington.

#### **LEROY SUITES**

Many will be aware that Leroy Suites on Rosedale Road has been used as emergency housing since COVID. Over the years we've received countless complaints from locals and businesses surrounding it.



I acknowledge that people need support when they are at their lowest, but sadly Leroy Suites has become a place of antisocial behaviour, thefts and terrorising of locals.

It's been a long road, but after years of work, I can now tell you that the Ministry of Housing and Urban Development are ceasing their contract with Leroy Suites this month.

This is a huge relief for those who have been adversely affected by this situation.

#### **BROWNS BAY**

The boat ramp is now complete and looks amazing. It's wonderful that the Coastguard can now launch their boat from there rather than having to travel to another location.

We've had a few people ask about the new stairs that have been built at both ends of the beach. They are a bit precarious to use so we've been in contact with the Local Board and handrails are coming!

#### **EVENTS**

I often hold events or public meetings on various topics such as business, safety or health. Keep up to date on what's coming by going to my website:

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

There you can find all the details and ways to register.

#### **WE ARE HERE TO HELP**

Don't forget that if you are having issues with government departments such as ACC, IRD or Auckland Transport, my team and I are here to assist you.

Give us a call or drop us an email.

Take care,



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

(09) 478 0207

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

1/8 Beach Front Lane, Browns Bay





# Torbay Historical Society Inc.

Our society has been working at improving the garden around the Vaughan Homestead. Margaret Vaughan in the 19th. Century had a garden with many flowers including heliotrope (cherry pie), aquilegia (granny bonnet), hydrangea, Marguerite Daisy, Sweet William, Arum Lilies and old fashioned primroses.

It was quite different then:

'No water was laid on to the Homestead. It was carried from the outside tanks. When these ran dry in the summer, water was carried from the spring on the flat below, where a group of poplars grew. It had to be pumped by hand into buckets. Water for the sheep was provided from a well in the paddock beside the woolshed. Mrs. Vaughan's dairy was also on the woolshed flat. Near it there was an old pohutukawa tree. From an outflung branch there dangled a big iron which was the gallows. Many years later the Vaughans built a proper slaughterhouse elsewhere.'

**We will have the Vaughan Homestead open to the public on Saturdays 2-4 pm. in November and for the Summer depending on the weather.**



*Bert Vaughan on bridge with sheep*



*Vaughan Homestead 1896*

We are planning to be involved in other events. Phone us, email us or check our website for details.

Active Ageing Expo 14 November 10 - 2 - Rec Centre Browns Bay. We exhibited last year and will do again this year.

A working bee at the Homestead for locals to help - date to be decided

A reminder that you can become a member as a supporter (Single \$15 Double \$25.

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 or to enquire about hiring the Homestead which is available for small groups.

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

## SUMMER IS ALMOST HERE

*Let's get you sold!*



**In the garden for November:**

October is a prime time for spring gardening as the weather starts to warm up. Here's a quick list of things to focus on in your garden. Plant summer annuals like marigolds, petunias, and impatiens, and sow seeds or plant seedlings for summer veges like beans, carrots, courgettes, tomatoes, cucumbers, peppers, pumpkins, silverbeet and sweetcorn. It's also a good time to think about planting citrus trees and continue to plant strawberries. Prune any spring-flowering shrubs after they have bloomed. Keep on top of weeds as they will start to thrive in the warming weather and you don't want them getting a foothold in the garden. Add a fresh layer of mulch around plants to retain moisture and help weeds.



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# Torbay Garden Club's October meeting

The October club meeting was a colourful event with many beautiful exhibits in the monthly club flower show. This was highlighted by the Flower of the Month category, "Any flowering spring bulb". Our show judge Graham Milne was impressed with the quality of the exhibits, including the Floral Arrangement category, "Japanese Ikebana". The Best Floral Arrangement was won by Jill West and the Best in Show was awarded to Jo Price for her stunning Solomon's lily (*Arum palaestinum*).

Our guest speaker this month was Pip Beagley from Love Food Hate Waste, who demonstrated how to set up and grow your own microgreens and shared some interesting facts about food wastage in New Zealand.

Next month the Torbay Garden Club is hosting the annual Rose Show, which is open to friends and family of club members. This is a beautiful exhibition of roses early in the season and a great time to arrange a visit for prospective club members.

If you are interested in becoming a club member, please check out the website <http://www.torbaygardenclub.co.nz/join-our-club> and send us a message. If you'd like to see what it's all about, you're welcome to contact us and organise a visit, we hope to see you there.



Photos by Bill Ellis



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"We say YES to solving your problems"



# Rotary Browns Bay

This month Rotary Browns Bay is celebrating 40 years of service to our community. When we go through the archives, we discover so many achievements that we can be proud of. The numbers in our club have fluctuated wildly over the years, getting down to seven members at one stage. We now sit comfortably at 30 members, but of course, like all service clubs, would love to attract new people to the team.

Rotary has something for everyone, whether you like getting out into the bush cleaning up the environment, helping young people reach their potential or cooking sausages to raise funds for one of our projects. The



Handing over a cheque to Starship Ambulance, proceeds from the Golf Tournament in 2023



Celebrating the installation of a rainwater harvesting system in Tanna, Vanuatu, another of Rotary Browns Bay's major projects

camaraderie makes Rotary Browns Bay a great place to be; we have a lot of fun together while working to make the world a better place.

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.

# Monthly Quiz

Answers Page 42

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



1. The beginning of November sees Diwali, the festival of lights, celebrating what
2. On what date is the American presidential election
3. The Melbourne Cup is held on the first Tuesday in November. Since when
4. On November 5 1605 a group of Roman Catholics plotted to blow up the English parliament. Who was the king they were planning to get rid of
5. If you are of a certain age, you will remember what you were doing on November 23 1963 when what happened
6. On Nov 19, the greatest mass suicide in history took place in Jonestown when over 900 people drank cyanide-laced Koolaid. Where was Jonestown
7. King Tutankamen's tomb was discovered on November 4 1922 by Howard Carter; where?
8. November 11 is Armistice Day, which has been celebrated since when
9. The World Masters Hockey tournament takes place in November at the North Harbour Hockey stadium which is where
10. The Berlin Wall came down in November 1989, allowing the reunion of which two countries

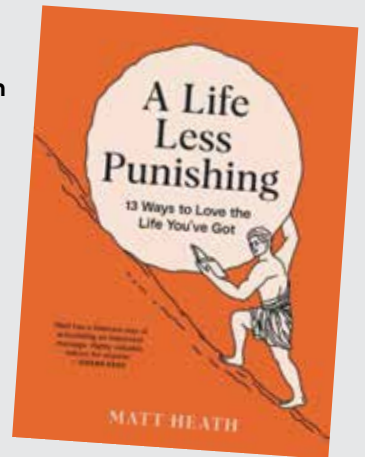
## Book review

**A Life Less Punishing: 13 Ways To Love the Life You've Got** by Matt Heath  
Review from Publisher – Allen and Unwin

Are you grumpy, bored, stressed, or blowing up over stuff that doesn't matter? Then read this book. Turns out, once you have the tools to unpack and take charge of your emotions, life gets better - for you, your mates and your family. Witty, wise, irreverent and eminently readable, this is the book you need if you want to live a happier, better life.

Matt Heath is a well-known broadcaster, producer, actor, podcaster, TV personality and sports commentator. As well as co-hosting *The Matt & Jerry Show* on Radio Hauraki and the *Daily Bespoke* podcast, he is the co-owner of production company Vinewood Motion Graphics. For ten years he wrote a weekly column for the *New Zealand Herald*. Matt lives in Auckland city and is a father of two.

Featured in the We Read Auckland campaign



# Chinese Association celebrate the Moon Festival at AGM

Long Bay Chinese Association held its AGM and celebrated the moon festival on 29th September at Long Bay College auditorium.

Today the association has 561 registered members with 18 weekly activities being held in the Long Bay area.

The AGM celebrated with some of their community groups performing.

The vision of the Association is to establish a healthy platform for our community by a variety of activities.

Home away from home!

*Frank Sun*



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**Amazing new laundromat for Long Bay. It's made a huge difference to cleaning my dog's blankets and bed cover, so easy and clean! I've got two - Jaime Grace**



**We all know how smelly and hairy pet blankets can get. We know when we wash their blankets the hairs seem to stay around for ever and end up on all of our clothes.**

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

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

# Long Bay Chinese Association celebrate opening of their own space

On 12th October The Chinese Association had a grand opening for their own space at Long bay Jett's 2F on 12th Oct 6pm.



There are about 50 persons at the official opening.

It is a milestone for the Association as they have been renting halls in several locations and now have somewhere for their activities.

It is also available for rent for community events. Interested? Contact is [info.lbca2021@gmail.com](mailto:info.lbca2021@gmail.com) to find out more.



## Torbay Pharmacy

## Unichem

### Calming the Farm

A calm mind can be a very productive and creative mind. But times of high stress can lead to bad decisions, or inability to make any decisions.

Daily practices to cultivate calmness can stand us in good stead for when we encounter high levels of stress. Most understand the concept of training the body. If you want to be a marathon runner, you start off running short distances and gradually increase your stamina and ability to run longer distances. While being able to run a marathon may amaze people, it's no surprise to those that know how much training you've done. Training the mind is similar and involves daily practices that gradually help you to build up resilience to life's challenges.

#### A Helping Hand

Sometimes life throws stressful events at you. A couple of great supplements can help support you to a calm and effective mind during such times.

#### L-Theanine

Theanine is an uncommon amino acid that blocks excitatory nervous system receptors, while boosting the calming receptors. The result is reduced anxiety, depression and stress, yet increased attention and ability to learn. Studies have also shown an ability to alleviate premenstrual symptoms.

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

Theanine works quite quickly with peak plasma levels occurring about 30 minutes after taking an oral dose. However, the effects do wear off within a few hours. So I recommend lower doses (about 50 to 150mg) which can be repeated regularly as needed.

#### Chamomile for Kids

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

Pop into Torbay Pharmacy to chat about these issues.



**Unichem Torbay Pharmacy** 1040 Beach Road, Torbay  
Phone 473 9629 Fax 473 0730 Email [info@torbaypharmacy.com](mailto:info@torbaypharmacy.com)

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## Vintage Electric trams

The guest speaker for our Open Meeting, held as usual in the Outram Hall, was James Duncan, an enthusiast of vintage electric trams. His talk was the first of three, describing the history of these vehicles in Auckland. He took us back to the days of unsealed roads where "civilization" ended at Newmarket or Ponsonby and horse drawn trams struggled up Queen street, assisted at the steepest bits by "Hill boys" on Clydesdales.

The Auckland Electric Tramway Co Ltd built the first Auckland tram system which opened in 1902. This involved building an electricity generating plant in Hobson Street to power the trams. The company had a big interest in "land development". [Nothing new under the sun]. People built houses in the fresh green areas at the tram terminus. The Tramway company extended its lines and before long "civilization" extended to Onehunga and beyond. "Tram shortages" brought on by their great success only increased the ongoing friction between the company and the Auckland City Council which by 1919 bought the company out for 1.2 million pounds. The City Council found that carrying on the work was harder than they had anticipated.

It is worth mentioning that in 1916 there was also a steam tram at Takapuna which was never electrified and eventually folded.

Our Current Affaires group spoke to us about the



*This lovingly restored 'Number 11' tram was one the originals that ran in Auckland from 1902.*

continuing problem of the unreliable ferries of Cook Straight.

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

Fay Weatherly. U3a Browns Bay publicity officer

For more details go to our website <https://www.u3abb.nz/>

Or phone our Information Officers:

Anne Gough: 027 3210729

Gloria Ward: 021 2353113



### We are thrilled to welcome Jo Harwood and Jenna Fu to the Bayleys Long Bay team

Combining extensive experience, deep local knowledge, and a commitment to delivering exceptional results, they bring a unique blend of skills that will strengthen our service to the community. And they are genuinely great people to work with! We are excited to have them on board and look forward to the positive impact they will make.

**Jo Harwood**

022 085 5112

[jo.harwood@bayleys.co.nz](mailto:jo.harwood@bayleys.co.nz)

**Jenna Fu**

022 027 0057

[jenna.fu@bayleys.co.nz](mailto:jenna.fu@bayleys.co.nz)



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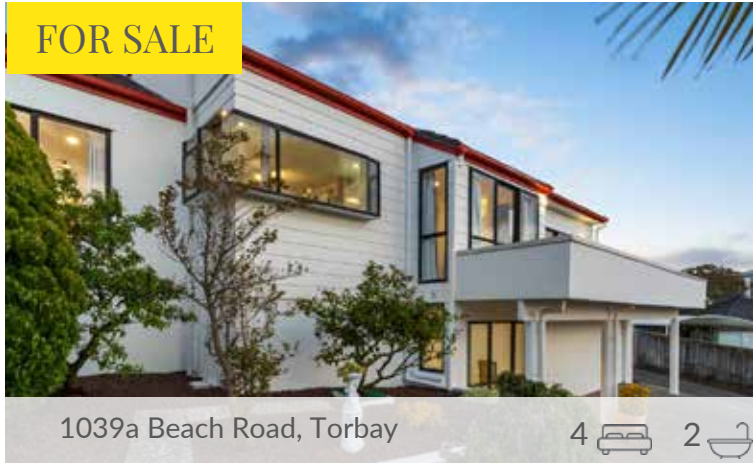
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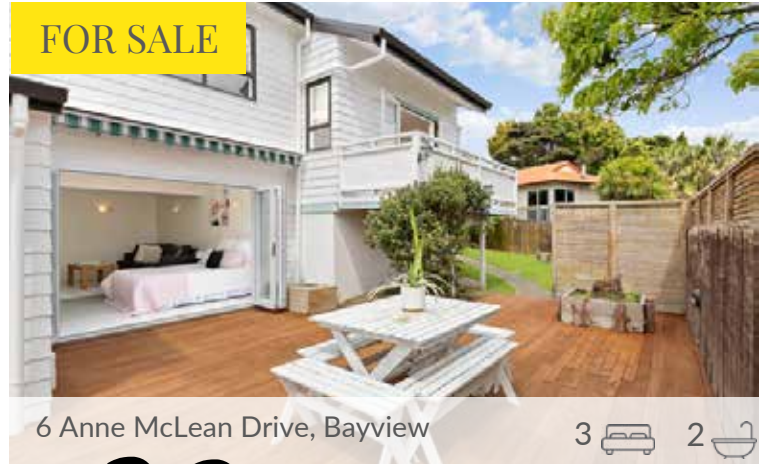
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FOR SALE



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Everyone says their agent was great when they had a successful campaign and sold. What they don't say is how supportive, honest and available they are through the roller coaster of emotions and stress of selling your biggest asset. There is at the top of her game, her pragmatic approach makes the process incredibly easy. Not everyone has the perfect outcome, but by the time the deal is done, you'll know you had the best team on your side. 10/10

Highly professional, savvy operator and made the sale an enjoyable experience. First impressions, top class. Great communicator and leads a great team with Jiang and Connie. Excellent market knowledge and willing to go the extra mile. Highly recommended and would definitely work with Therese in the future for real estate business.



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

# Experience The Expertise

We welcome Leigh Storey to Therese & Partners, our multi-lingual team!

We are a small specialist team that pride ourselves on delivering outstanding service. 80% of our business comes from repeat clients or referrals. Call us and find out why.

Thérèse Leslie 021 022 66192 | Jiang Kou 021 087 93257 | Leigh Storey 022 685 7041





# Mud, Sweat and Cheers

There is no doubt that Long Bay Primary School is situated in an absolutely wonderful location. We are surrounded by green spaces, tall trees and have room to play in all sorts of different places. The annual Mud Fun Run is an event that makes the most of the school grounds. As a concept it is simple. We use this opportunity to ask our community to sponsor their children to run around in circles getting wet, very muddy and covered in colourful paint. In reality the water is cold, the mud smells, the paint gets everywhere and the sponsors are incredibly generous.

This year we achieved our goal of raising \$20,000. We will use this money to create a path across our school grounds. Ironically it will make it easier to get to and from school and not get muddy while doing so. It was only thanks to the generosity of our parent community and key sponsors that this was possible. Hellers, Nestlé and New World Long Bay provided sausages, milk, bread and Milo to allow our students to warm up after they had finished.



14 NOVEMBER

 HEART OF THE BAYS

# ACTIVE AGEING EXPO 2024



**EAST COAST BAYS LEISURE CENTRE**

10am - 2pm

 Hibiscus and Bays Local Board  
Auckland Council

**FREE EVENT!**

# Food Trucks are coming to Waiake



On Friday 1st November from 5pm the food trucks are coming to Waiake. With many different trucks there will be a range of cuisines to suit everyone.

So come on down, meet up with friends and have a night off cooking!

*Carole McMinn*





Aside from the fundraising side of things, this event, like many we run throughout the year, provided an opportunity for our school community to come together and for the children to have fun. The level of fitness required to constantly run laps of the school while getting muddier and muddier is more challenging than you will believe!

The icing on the cake will be the top 10 student fundraisers who will get the chance to cover some enthusiastic staff members in paint and then buckets of very cold water at our next assembly. They are looking forward to it more than the students are - Yeah right!



# Catherine Liu & Team

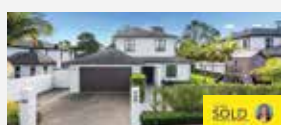
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catherine.liu@raywhite.com

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# Consideration for Sharks

World Kindness Week happens the second week of November and it is a timely reminder to have compassion for one of our favourite, easily stressed and often misunderstood sea creatures- sharks. We know through oral history and research, that the sheltered bays and estuaries of the upper northeast north island are favoured by smooth hammerheads sharks as nursery environments for their pups and juveniles. Hammerhead pups raise themselves, so these environments help to protect them from larger predators and provide smaller prey such as octopus and rays to feed on for their first 2-3 years of development. Research shows the size of these sharks max out at 1.5m

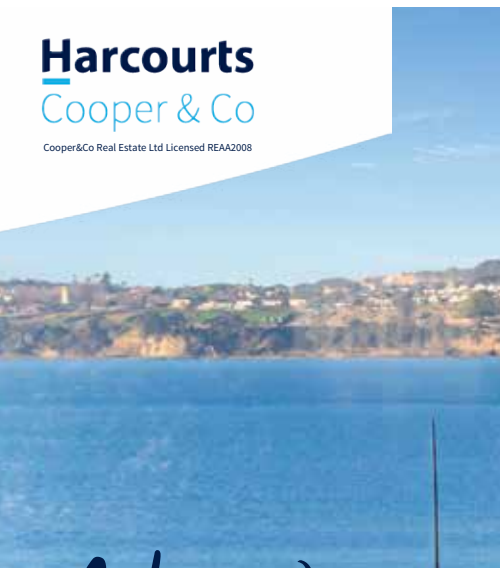


long, as mature hammerheads live further offshore in deeper waters. Sharks in general are apex predators and are critical in balancing marine ecosystems through population control of their prey species. We often forget the beach is their home, and we enter it unannounced. Like dolphins, these creatures are awe-inspiring and even more rare to spot. Any shark you might be lucky enough to see on our coasts this summer, will likely be a pup in their nursery, representing a healthy ecosystem.

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

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## Why Us?

Choosing Team Ming as your real estate agent means partnering with a team that prioritises your needs above all else. Our commitment to trust, transparency, and honesty ensures that every step of the buying or selling process is clear, straightforward, and tailored to your goals. With Team Ming's deep understanding of the local market and years of experience, we offer invaluable insights into the best opportunities available. We pride ourselves on building lasting relationships with our clients by providing personalised service and expert guidance, so you can feel confident in every decision you make. Let us help you achieve success in your real estate journey with professionalism and care.

## What do we stand for?

At Team Ming, we stand for delivering exceptional real estate experiences through trust, transparency, and a client-first approach, ensuring every decision is guided by honesty and local expertise to achieve the best possible outcomes.

## For Our Vendors

As a trusted realtor in the North Shore community, we bring a deep understanding of the local market and a genuine commitment to fostering long-term success for our vendors. When you work with us, you're not just making a sale - you're aligning with a team that values relationships and will work tirelessly to ensure a smooth, profitable transaction.

## For Our Purchasers

As a buyer, partnering with us means gaining access to our deep knowledge of the North Shore market and our unwavering dedication to finding the perfect property for your needs. We're here to guide you every step of the way, ensuring a smooth and rewarding experience as you secure your ideal home or investment.

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Team Ming supporting first prize at the Long Bay Chinese Association - AGM & Moon Festival



Team Ming supporting Long Bay College Sports Day with Harcourts Coffee & Cone



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# Torbay Friendship Club

How time flies when you're having fun. 52 weeks in a year and we are half way through week 42. Scary thought when it feels like Christmas was only a couple of months ago. I never believed my mother when she said "Enjoy every moment of your life, as time goes much faster when you get older" Now I understand what she meant, there are not enough days in a week to accomplish everything one wants to do. Perhaps we should petition for a 9 day week at the age of 65??? I tell you, my diary has never been so full.

We've had Tea mornings, Mahjong, Scrabble, Rummikub, Excursions and our wonderful speakers at the General meetings. At every monthly meeting one of our members gives a 10 minute talk on any subject they choose. We have come to know so much about members' interests, be it overseas visits, memories of parents and grandparents, or some funny things that have happened in their lives.

If you've never heard of Mercy

Ships, you have missed some incredible volunteer work. We had Jacques, an anaesthetist who volunteered his time to go to Africa and assist in the operations on the ship for those less fortunate than us and change their lives for ever. He so enjoyed this adventure, he has once again volunteered to join the ship mid next year for another stint.

The last excursion was to Kelly Tarlton, what an incredible experience, the highlight being the Penguins, but the amazement of the stingrays literally swimming overhead and the incredible work which has gone into the building of such a visitors paradise is quite mind blowing.

Another interesting talk was from Jacqueline Caisley, a zookeeper at Auckland Zoo. She studied in New Zealand and her journey to becoming a Zookeeper back in this country took her to Alaska and the United States where she gained an enormous amount of experience. She says, although it sounds lovely to be with the animals, there is a lot of hard work involved, like regular cleaning of areas, feeding, medicating and ensuring



the animals do not get stressed. However this is her passion and her alone time with an animal makes it all worthwhile.

You really should along and join us at a General meeting, which is held ever 2nd Thursday of a month at the Torbay Community Hall at 10am.

For more information please contact Noreen McArthur 027 271 3524 or Delphine Pearson 0220729813. We look forward to chatting to you.

# Torbay Theatre

**AUDITION CALL: "Torbay's Twinkling Christmas Show"**

**Sunday 10th November 2pm - 5pm**

Following the success of *The Last Five Years*, Torbay Theatre is thrilled to invite local performers to audition for our festive variety show! **Auditions will be held on November 10th from 2:00 PM to 5:00 PM at the Gate Theatre.**

We encourage singers, dancers, musicians, comedians, and performers of all ages, abilities, and skill levels to showcase their unique talents. Whether you choose to audition solo or as part of a group, all acts must be family-friendly and celebrate the spirit of the season!

To prepare for your audition, please select a short performance piece that lasts 2-3 minutes. Please bring any necessary props or musical accompaniment. You can either email your music in advance or bring it on a device that connects to our speakers. Audition slots will be



assigned on a first-come, first-served basis, so don't wait to secure your spot!

The performances will take place on December 7th and 8th, promising a celebration for the entire community. Join us in spreading holiday cheer and showcasing the incredible talent within Torbay!

For more information or to book your audition slot, please email [auditions@torbaytheatre.com](mailto:auditions@torbaytheatre.com). We can't wait to see your talent shine on stage.

**Backstage Club: Wednesdays 10:15-12.** To join in the fun creating and maintaining costumes, props, and everything backstage that makes a show possible, pop in or phone Daphne: 027-673-7494

**For more information:**  
[www.torbaytheatre.com](http://www.torbaytheatre.com)  
**See also: Facebook/Insta, or ph 027-547-2426.**  
**35 Watea Rd, Torbay**



# Whats on at Albany Village Library November 2024

The weather is warming up, summer is nearly here! It is the perfect time to come down to the library for a great beach read. This month we are back to our regular programming for the last school term of the year.

## Mandarin Storytime:

Thursdays at 10:00am during term time

Join us on Thursday mornings for a half hour of books, music and fun with our new Storytime in Mandarin! Everyone is welcome in this immersive session to celebrate and learn with our community.



## Digital seniors:

November 13th and 27th and December 11th from 1:00pm-3:00pm

On the Second and fourth Wednesday of the month we have the wonderful digital seniors crew coming in to help with any tech troubles you are facing. From issues with texts or emails to navigating websites, Digital Seniors is a judgement free zone to help with any problems. Drop ins are welcome and you can also call 0800 373 646 to book.

Digital seniors will be taking a break over Christmas and January and be back in February 2025.

## Chip packet project:

26th November 10:30am – 11:30am

Last Tuesday of the month Collect up those empty (and clean) chip packets and bring them down to the library! The chip packet project turns those hard to recycle foil wrappers into emergency blankets for the community. No need to book, just come along and have a go!

This month will be our last session for 2024, but don't throw out those biscuit wrappers just yet as we will be back for more fusing fun next year. Keep an eye on the Albany Village Library Facebook page for more information.



*The blanket to be - Dena Gilbert showing the work of our most recent fusing session.*

Albany Village Library  
30 Kell Drive, Albany, Auckland 0632

# Thinking of selling?

## Then give us a call



**Craig Zhu**

021 800 280

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

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**Karin de Leeuw**

027 270 2700 / 09 473 7832

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

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## Celebrating 10 years

The Long Bay Residents Association met for their 10th AGM last month.

Chaired by Gareth Roberts the evening, which was attended by over 60 people, was upbeat and informative.

There was the usual business of minutes and accounts, which were dealt with in a timely manner, to allow time for some networking and hearing from key stakeholders.

We were divided up into birthday groups and asked to think of ways the Association could reach more residents. It was also a great way to meet new people.

Greg Walden spoke on behalf of Local Board confirming their support and reporting an update on the junction at the top of Glenvar Rd.

Viranda (owners of the Village Centre) spoke of revitalisation of the centre noting that November Café would be opening in November, a very welcome addition.



Photos by Colin Sanderson

They said other new tenants were in the pipeline.

Community Patrol also spoke of their work helping to keep Long Bay a safe place. This is a voluntary organisation that give of their time to patrol our roads and keep trouble at bay.

There was a cake (and candles of course!) to celebrate a successful 10 years.

Why not join up with LBRA Facebook page so you can keep abreast of all that is happening or check out their website [www.longbay.nz](http://www.longbay.nz)?

Well done, Long Bay Residents Association.



## Liquid gold

With the help of some of our regular plasma donors we're encouraging more people to give plasma and save even more lives. If they do, they'll be golden.

Plasma supply in New Zealand is at tipping point, with demand continuing to increase by over 10% year on year.

Just 17,435 people living in New Zealand donate 'liquid gold'; last year, their contributions resulted in an amazing 94,000 units of plasma we could use to help us meet demand.

But with the demand for plasma projected to grow by a staggering 50 per cent in the next three years, we need many more people to join our community of plasma donors, and our existing donors to donate more often if they can.

Each week we're falling short of the 2,100 plasma donations we need by around 250 donations. And in the next 12-months, we need 1,500 more people to start donating plasma regularly.



Plasma is the golden coloured liquid component of our blood and a vital part of many people's treatments for cancer, auto immune diseases and countless other conditions. It can be turned into 11 lifesaving treatments, and used for more than 50 illnesses, as well as helping to treat burn victims, kidney and chemotherapy patients, people who've lost a lot of blood, or have recently had major surgery, and boost the immune system of people who cannot make antibodies of their own.

You can donate plasma more often than blood – every two weeks and, in between your 3-monthly blood donations. Give plasma on your own or with a family member, friend, work or team mates.

Help us keep pace with demand and save even more lives. Donate plasma and you'll be golden.

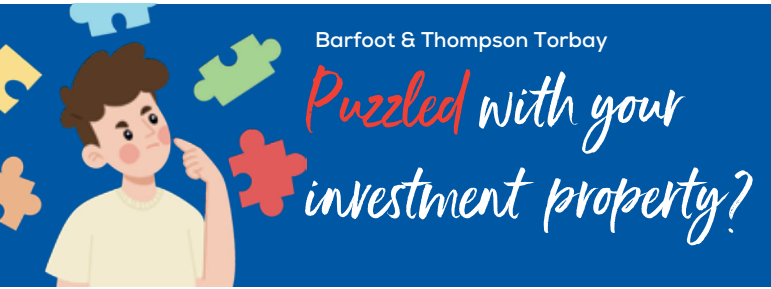
Contact New Zealand Blood Services [www.nzblood.co.nz](http://www.nzblood.co.nz) for more details.



# Quizzes

sponsored by

Answers Page 38



## BOOKS OF THE BIBLE

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M	A	T	T	H	E	W	D	T	M	H	O	P	S
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PHILEMON  
ROMANS  
RUTH  
EZEKIEL  
JAMES  
GALATIANS  
TITUS  
HOSEA

AMOS  
EPHESIANS  
JOHN  
REVELATION  
PHILIPPIANS  
ZECHARIAH  
MATTHEW  
GENESIS

ACTS  
EXODUS  
JEREMIAH  
DANIEL  
TIMOTHY  
MARK  
LUKE

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

**BROWSE**

27 good, 34 very good, 39+ excellent

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## CROSSWORD

1		2		3		4		5	6		7
							8				
9						10					
	11										
12											
13							14		15		
						16					
17		18									
											19
20								21			
22							23				

**Across**

- 1 Proposes (8)
- 5 Author of Lucky Jim, d.1995 (4)
- 9 Flyer (5)
- 10 Cockerel (7)
- 11 On the spot, immediately (4,3,5)
- 13 Nurturer (6)
- 14 Polish composer and pianist (6)
- 17 Alcohol taken as a hangover cure (4,2,3,3)
- 20 Briskly (7)
- 21 Inform on someone (3,2)
- 22 Having no legal force (4)
- 23 Pushed for time (2,1,5)

**Down**

- 1 Drains energy from (4)
- 2 Arthurian knight (7)
- 3 Admit to being wrong (3,4,5)
- 4 Capital of Albania (6)
- 6 Tall pointed hat worn by a bishop (5)
- 7 Police or military rank (8)
- 8 Extremely expensive (4,3,5)
- 12 Fleeing (2,3,3)
- 15 Conspirator (7)
- 16 Continue to work after others have left (4,2)
- 18 Drive forward, propel (5)
- 19 Solely, exclusively (4)

## SUDOKU

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

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# End of an Era

John Underwood has been the Property Manager at Long Bay Primary School for over a decade and in that time he has been a stalwart of the school community. Aside from his amazing organisation, passion for the school and ability to think on his feet, he is kind, caring and always puts other people first. His attention to detail and generous nature mean that he will be missed by everyone.



The only members of the Long Bay community who will be happy to see him go are the pests and weeds in our local area. John took it upon himself to eradicate all of them. Our Kaitiaki Kakariki student group joined in with gusto, and the support of Restore Hibiscus and Bays. There is no doubt our school has many more trees than it did before John arrived, and many less pests. He led the Kaitiaki Kakariki students to grow produce in our school gardens, tend and then harvest them and finally sell everything at the school gate to buy more seeds to start the process over again. This is real life learning at its finest.

We wish John and Joanne all the best for their retirement. We hope his boat gets a good workout and he enjoys spending the time with his family that he deserves.



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## EXERCISE! THE BENEFITS OF REGULAR PHYSICAL ACTIVITY

You know that exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life. Want to feel better, have more energy and even add years to your life? Just exercise! The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, no matter their age, sex or physical ability. Check out how exercise can lead to a happier, healthier you.

### Exercise controls weight

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores. Consistency is key.

### Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases. Regular exercise helps prevent or manage many health problems and concerns, including: stroke, metabolic syndrome, high blood pressure, Type 2 diabetes, depression, anxiety, many types of cancer, arthritis and falls. It also can help improve cognitive function and helps lower the risk of death from all causes.

### Exercise improves mood

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance

and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

### Exercise boosts energy

Out of breath by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

### Exercise promotes better sleep

Struggling to sleep? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

### Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and give you more confidence about your physical appearance, which may boost your sex life. But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

### Exercise can be fun – and social!

Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Physical activity also can help you connect with family or friends in a fun social setting. So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new or do something with friends or family. Exercise to feel better and have fun!

**Remember to check with a health-care professional before starting a new exercise program, especially if you have any concerns about your fitness or haven't exercised for a long time.** Also check with a health-care professional if you have chronic health problems, such as heart disease, diabetes or arthritis.

**Talk to your GP or contact our Health Improvement Practitioner.**

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

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



# The discomfort of hay fever

Currently pollen counts are running very high and many people are suffering from hay fever- some for the first time.

Hay fever is an allergic reaction of the nose, throat and mouth. Animal hair, dust mites and mould can produce similar reactions.

The allergy causes many substances, including histamine, to be released. This brings on sneezing, stuffy and blocked nose, itchy or runny nose, watery, puffy, itchy, bleary or red eyes.

It can also cause itchy or burning feeling in your throat, making you cough or wheeze, headache- due to blocked sinus, or an itchy inner ear.

Medicines cannot stop you from being allergic but they can relieve, or prevent, the symptoms of hay fever. Many of these are available over the counter.

Antihistamines block histamine being released when exposed to an allergen, and relieve the runny nose and itchy eyes.

If severe or persistent nasal corticosteroids can be used. They work on all the substances responsible for hay fever, not just histamine.

It is important to recognise that antihistamines can make you drowsy, if this is the case you should avoid driving.

To try and prevent the condition



- keep windows, at home and in the car, closed when the pollen count is high.
- avoid mowing lawns or walking in long grass.
- vacuum often and shampoo carpets regularly.
- Avoid dry dusting use a damp cloth to clean surfaces.
- keep all areas smoke free.

If symptoms persist contact your doctor or pharmacist.

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*Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.*

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Author

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# Learn to play Softball

East Coast Bays United Softball Club (ECB) has a proud 45+ year history and caters for players of all ages and abilities. One of NZ's largest softball clubs, games are played at one of NZ's premier softball grounds, Rosedale Park in Albany.

Under 5 to under 9 are our t-ball players who are taught the fundamental softball skills in a safe and encouraging environment. Under 11 players progress to hitting a pitched ball and learn the art of underarm pitching, this continues through the junior grades up to under 19. There is a grade for everyone with our senior teams range from extremely social to competitive.

Softball is an exciting, fun and fast summer sport that all the whole family can enjoy, whether it is as a player, coach, scorer, umpire, manager or supporter. We have a hard-working committee and dedicated coaches that provide players with the best softball experience.

The future is bright in softball. Our



national women's team, the White Sox, are aiming for the next world title and qualifying for the 2028 Olympics. There are opportunities for girls playing at college softball level in the US and our national men's team, the Black Sox, are working to complete for the world title in Canada in 2025.

Last season ECBS was the only club at North Harbour to enter an all-girls Under 9 and Under 11 team in the mixed grade and the girls had an absolute blast

and created a great team culture. Registrations are still open, and we currently still have space in our Under 7 mixed teams, our Under 11 and Under 13 girls. If you are keen to play in any grade, please contact us. The regular season starts 02 November for all our other teams and runs through to 22 March 2025.

If you want to try this great game visit website [www.ecbsoftball.org.nz](http://www.ecbsoftball.org.nz) or contact [secretary@ecbsoftball.org.nz](mailto:secretary@ecbsoftball.org.nz)



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# 8 Yoga Tips to Help Desk Workers

Yoga offers numerous benefits to office or desk workers, primarily by addressing the physical and mental strain caused by long hours of sitting and working at a desk. Here's how yoga can help:

- 1. Improves Posture:** Desk workers often develop poor posture from leaning forward, slouching, or hunching over their computers. Yoga poses like **Mountain Pose**, **Cat-Cow Stretch**, and **Chest Openers** help correct posture by strengthening the muscles that support the spine and shoulders.
- 2. Reduces Back and Neck Pain:** Prolonged sitting can cause tension and pain, especially in the lower back and neck. Yoga stretches like **Downward-Facing Dog**, **Child's Pose**, and **Seated Forward Fold** release tightness in these areas, improving mobility and alleviating discomfort.
- 3. Increases Flexibility:** Sitting for long periods tightens the hip flexors and hamstrings. Yoga poses such as **Pigeon Pose**, **Low Lunge**, and **Standing Forward Bend** help increase flexibility and prevent stiffness in these areas.
- 4. Improves Circulation:** Sitting for hours can impede blood flow, leading to fatigue and swelling, especially in the legs. Yoga stimulates circulation, with movements like **Legs Up the Wall** and **Chair Yoga Poses**, helping to enhance blood flow and reduce swelling.
- 5. Boosts Mental Clarity and Focus:** Mental fatigue is common among desk workers. Yoga incorporates



mindfulness and deep breathing techniques like **Pranayama** that help calm the mind, reduce stress, and improve concentration.

- 6. Reduces Stress and Anxiety:** Yoga helps manage stress through breathing exercises (like **Alternate Nostril Breathing**) and poses that activate the parasympathetic nervous system. This reduces anxiety and promotes a sense of relaxation.
- 7. Prevents Repetitive Strain Injuries:** Desk workers often develop repetitive strain injuries in their wrists, shoulders, or forearms from typing and using a mouse. Yoga stretches and strengthening exercises for the wrists and arms can help prevent these injuries.
- 8. Boosts Energy Levels:** Office workers may feel sluggish due to sitting for long periods. Yoga can combat fatigue by stimulating energy flow through the body, especially with energizing poses like **Warrior Poses**, **Backbends**, and **Sun Salutations**.

Incorporating short yoga breaks during the day or a regular yoga routine can make a significant difference in physical and mental well-being for desk workers. Through varying levels of Vinyasa, Yin & Restorative Yoga let the Yoga Sanctuary teachers guide you on your journey to life's full potential, a world free from aches & pains where time stands still.

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# Balancing Succession, Wealth, And Family Dynamics.



*Ken and Trish had spent many years building up their business. It was incredibly successful, they now employed fifty staff with branches in Auckland, Tauranga and Christchurch. As well as their family home they had a holiday house in Taupo and owned the commercial warehouses in the three centres that their business was based. The relatively significant income the business generated also had allowed them to build up a substantial share portfolio.*

Ken and Trish had three children. Their eldest son, Jack, was now general manager in the business and their middle daughter, Claire, worked in the HR department. Their youngest daughter, Penny, had worked in sales for the company but was now a stay-at-home mother with two small children.

Ken was now in his mid-seventies and while he had reduced his hours over time, he was looking at stepping right back so that he and Trish could enjoy more extensive travel overseas and spend more time in the Taupo holiday home. They thought that this was a good time to go and see their lawyer to put in place some succession planning. They knew that both Jack and Claire would be keen to continue to work in the business and take a shareholding, but they also didn't want to cut Penny out of the opportunities that the business would provide in the future as it really was a great cash generator.

Ken and Trish were also concerned about the stability of Jack's marriage. He and his wife had been going through a rocky patch and Ken and Trish were not convinced that the marriage would last. They wanted to make sure that whatever they put in place, Jack's inheritance from them would be protected.

Ken and Trish had set up a trust many years ago. It owned their home, holiday home, and share portfolio, but the shares in the business and in the company that owned the commercial property were held in their personal names. They were not sure why they had assets outside of the trust but had just followed the advice of their lawyer who they had been with from the very early days of the business. That lawyer was past retirement age himself and he recommended to them that they get specialist asset structuring advice for the next stage of developing their generational wealth transfer plan.

The first thing the specialist lawyer said to them, was that it's important to keep all their children in the loop if they could. She said that she often saw families where the parents didn't want to share their plans with their children, but most often if there was transparency, it would save arguments in the future. While Ken and Trish had thought they would like to retain all assets in the trust so that all three children could benefit from them, the lawyer suggested they have a good think about the differing positions of their children. One of them may have a large mortgage, and so debt reduction would be more important. One may have an interest in property investment and so having some assets available to be able to leverage off without involving the other two children could be important to that child. The lawyer said that she often saw problems when assets were held together rather than distributed out to children, but that any distributions could be done in a way which would protect any assets for their children and grandchildren.

She said that there would need to be some careful analysis with the business. Ken and Trish would need to decide if the efforts of Jack and Claire had been rewarded in the usual remuneration way or whether they would think that the increased value of the business was because of their efforts and so there should be some recognition of that in the value transferred to them on Ken and Trish's deaths. Because of the cashflow of the business it may be that all the children retained a shareholding in the business and benefitted from the cashflow, and Jack and Claire get rewarded well for their actual work in the business.

Ken and Trish had a lot to consider, but they ultimately realised the importance of discussing their plans with their children to avoid surprises and maintain family harmony. They also concluded that setting up separate structures for each child, rather than holding everything in the family trust, would better accommodate their children's diverse needs. That way they could reduce potential conflicts and ensure that assets were managed in a way that would honour everyone's wishes.



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



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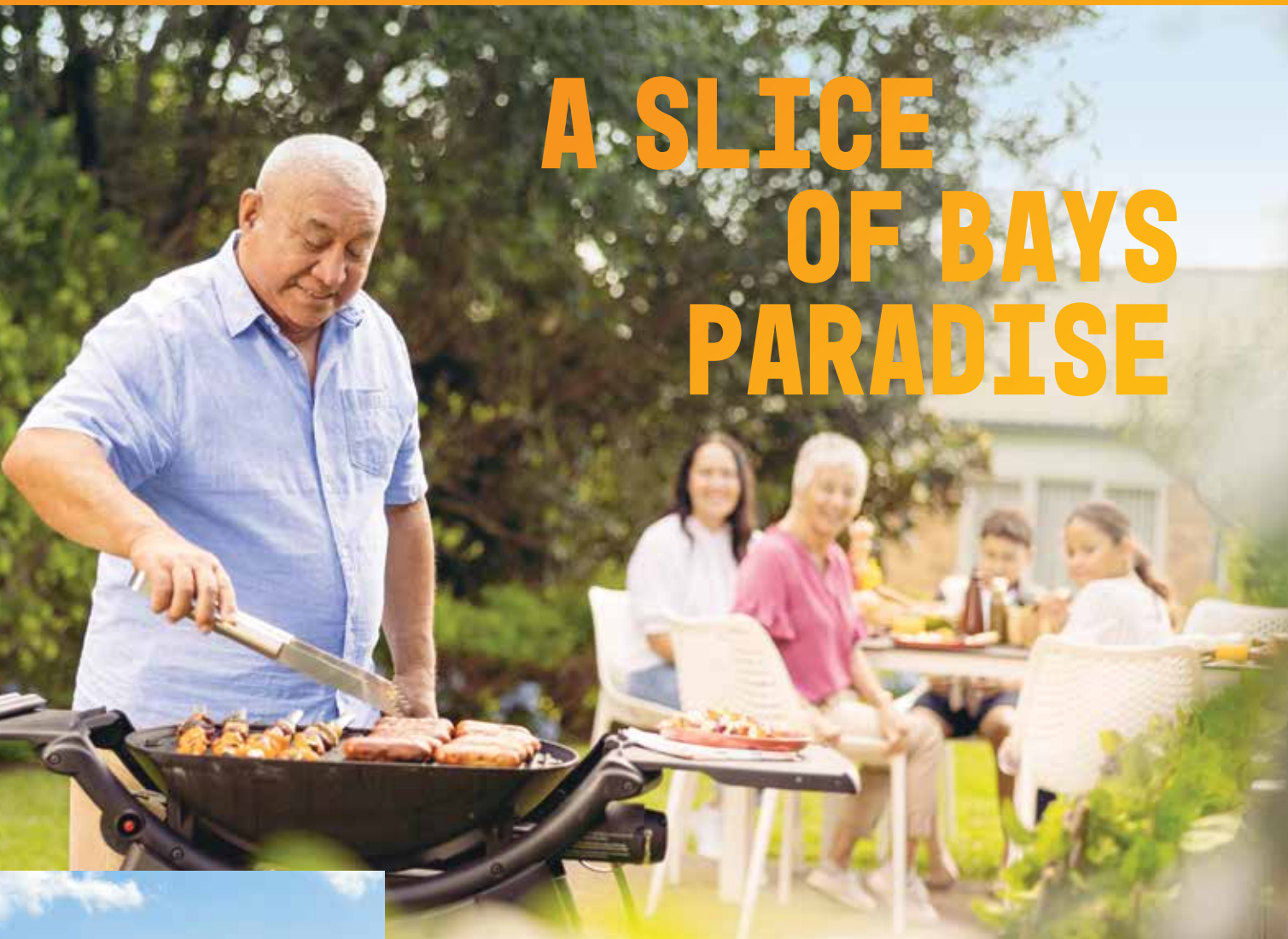
Thoughtfully navigating modern family dynamics when planning your generational wealth transfer helps prevent future conflicts and ensures everyone's intentions are respected.

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# Long Bay Business Directory

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**Little Café** For great takeaway coffee  
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56 Bounty Rd 09 473 0908

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**Sushi and Don** www.marusushinz.com  
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Village Centre 027 521 4894

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Village Centre 027 303 8087

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## Christmas

# DRIVE



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027 473 2468 | [wanly.tsang@harcourts.co.nz](mailto:wanly.tsang@harcourts.co.nz) | [wanly.co.nz](http://wanly.co.nz)

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**WanlyTsang & Team**

## Puzzle Answers

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

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

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

### Word Puzzle

bore, bow, bowers, bows, bowse, brew, brews, brow, brows, browse, orb, orbs, ore, ores, owe, owes, resow, rob, robe, robes, robs, roe, roes, rose, row, rows, sew, sob, sober, sore, sow, sower, swore, web, webs, woe, woes, wore, worse

## Quiz Answers

- The triumph of good over evil
- November 5
- 1861
- James I
- President John F Kennedy was assassinated
- Guyana
- In Luxor, Egypt
- 1918
- Bush Road in Albany
- East and West Germany

## Tides November 2024 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Fri 01	01:51	0.6m	08:06	2.7m	14:07	0.6m	20:11	2.7m		
Sat 02	02:28	0.5m	08:43	2.8m	14:44	0.6m	20:49	2.7m		
Sun 03	03:05	0.5m	09:20	2.8m	15:21	0.6m	21:27	2.7m		
Mon 04	03:41	0.5m	09:57	2.8m	15:59	0.6m	22:06	2.7m		
Tue 05	04:18	0.5m	10:34	2.8m	16:40	0.6m	22:46	2.7m		
Wed 06	04:56	0.5m	11:14	2.8m	17:23	0.7m	23:29	2.6m		
Thu 07	05:37	0.5m	11:58	2.7m	18:09	0.7m				
Fri 08			00:14	2.6m	06:21	0.6m	12:46	2.7m	19:01	0.7m
Sat 09			01:03	2.6m	07:12	0.7m	13:39	2.7m	19:56	0.7m
Sun 10			01:57	2.6m	08:10	0.7m	14:37	2.7m	20:55	0.7m
Mon 11			02:57	2.6m	09:15	0.7m	15:37	2.7m	21:56	0.6m
Tue 12			04:01	2.6m	10:22	0.7m	16:37	2.8m	22:55	0.5m
Wed 13			05:06	2.7m	11:25	0.6m	17:35	2.9m	23:53	0.4m
Thu 14			06:08	2.9m	12:22	0.4m	18:31	3.0m		
Fri 15	00:49	0.2m	07:06	3.0m	13:17	0.3m	19:26	3.1m		
Sat 16	01:43	0.1m	07:59	3.1m	14:09	0.3m	20:19	3.1m		
Sun 17	02:34	0.1m	08:51	3.2m	15:00	0.3m	21:12	3.1m		
Mon 18	03:24	0.1m	09:40	3.2m	15:51	0.3m	22:04	3.1m		
Tue 19	04:13	0.1m	10:30	3.2m	16:43	0.4m	22:55	3.0m		
Wed 20	05:01	0.2m	11:19	3.1m	17:35	0.5m	23:45	2.9m		
Thu 21	05:49	0.4m	12:09	3.0m	18:28	0.6m				
Fri 22			00:36	2.7m	06:39	0.5m	13:00	2.8m	19:23	0.7m
Sat 23			01:27	2.6m	07:31	0.7m	13:53	2.7m	20:17	0.8m
Sun 24			02:20	2.5m	08:28	0.8m	14:47	2.6m	21:12	0.8m
Mon 25			03:16	2.4m	09:28	0.9m	15:40	2.6m	22:06	0.8m
Tue 26			04:13	2.4m	10:27	0.9m	16:32	2.5m	22:58	0.8m
Wed 27			05:10	2.5m	11:21	0.9m	17:22	2.5m	23:46	0.8m
Thu 28			06:02	2.5m	12:09	0.8m	18:09	2.6m		
Fri 29	00:32	0.7m	06:50	2.6m	12:53	0.8m	18:53	2.6m		
Sat 30	01:16	0.7m	07:34	2.7m	13:35	0.7m	19:37	2.6m		

Times adjusted for Daylight Saving.



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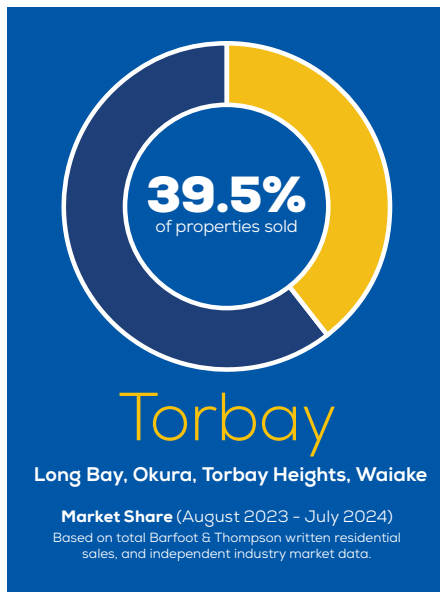
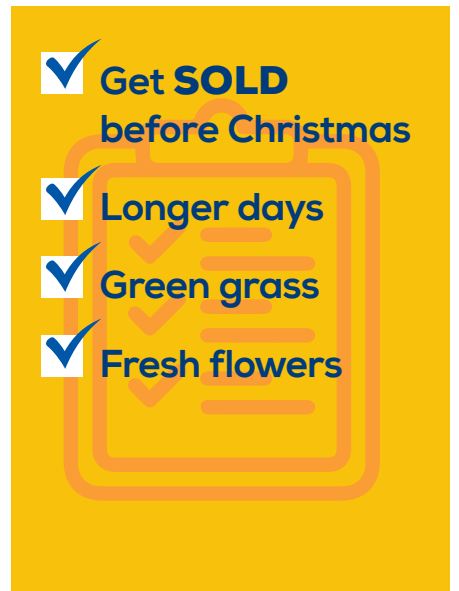
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