

focus

Issue 33
December 2024

on community

Long Bay, Okura and Torbay

**Barfoot are giving
gifts and coins**

See page 8 for details

40
big pages!



Forget about
being a
landlord.

Leave all the worries of
property management to us.

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

Torbay
09 473 9190

North Harbour Community Patrol

North Harbour Community Patrol (NHCP) have been operating under a Memorandum of Understanding with the New Zealand Police (Waitemata East) for the past 15 years. It is a charitable organisation, staffed by 50 plus trained volunteers providing mobile crime prevention and community reassurance patrols across the 44 suburbs of the North Shore of Auckland.

Under the overall direction of an assigned Police Liaison Officer, we patrol around the North Shore and are tasked by the police each week. We conduct patrols and assist when and where necessary, as and when required, in two marked patrol vehicles wearing marked hi-vis clothing. We look for any suspicious activity, anti-social behaviour, vandalism or civil disobedience – reporting our observations real-time to the NZ Police.

We are the “Eyes & Ears” of the North Shore and patrol both during the day and evening, throughout the year. Working closely with Auckland Council, Local Boards, North Shore Safety Network we strive to provide intelligence to the police and create a safer environment for our North Shore community.

Our strategic focus for 2024/2025:

- Growth of the patrol with new members.
- Training of patrollers through the assistance of our Police Liaison Officer.



- Involvement in Community Resilience planning for Civil Defence.
- Ability to future proof the patrol and create a sustainable Charitable Trust – fundraising and donations, improved social media presence.

For more information, to donate or volunteer as a patroller, please contact us on:
nhcommunitypatrol@gmail.com

Build financial freedom

So, what does financial freedom mean for you? Have you ever considered the possibility? It's an exciting thought and one that could happen!

09 415 0319 visionaccounting.co.nz

visionACCOUNTING.CO.NZ
 GIVING YOU CLARITY

THE Mortgage SUPPLY CO. NEW ZEALAND

Owen Melhuish

Your Local Mortgage Adviser

021 281 0405
owen@mortgagesupply.co.nz
www.mortgagesupply.co.nz

Shane & Jen
 Residential & Lifestyle Property Consultants

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

Bayleys Real Estate, 1060 Beach Road, Torbay, Auckland 0630
www.bayleys.co.nz

BAYLEYS REAL ESTATE, LICENSED UNDER THE REA ACT 2008

Content of this magazine.

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

Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

9.2 cms x 4.2 cms box \$130 + gst

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

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

½ page 14.85 cms x 21 cms \$275+gst

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

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

For many of you this year may have been one of hardship. For some, of personal loss, job, family bereavement, financial difficulties.

Whatever your circumstances there has been a feeling that this year we have been doing it hard.

As the year comes to an end, I hope that each one of you will be able to take some joy in the season of Christmas. As I write this at the start of November, I have family members who are already pulling out trees and decorations. I do admit to having completed my Christmas shopping, with everything wrapped (I know, I'm sure it's a treatable disease!).

For me Christmas is special. Not just because it is a time to take a break from our busy lives, or the thought of relaxing holidays, not because for me it is a time spent with family but because I remember the birth of Jesus, the birth of a Saviour. and I know for many, right now, they are searching for



something in their lives that they do not currently have.

So, if you are searching this Christmas my wish for you is that you find what you are looking for.

Have a blessed Christmas and all the very best for 2025.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259

Children's Ark Early Childhood Centre

282 Glenvar Road (Long Bay Baptist Church)

Our points of difference

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

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

What should a new park in Long Bay look like?

Alexis Poppelbaum, Hibiscus and Bays Local Board Chair

The Hibiscus and Bays Local Board want to develop a new park for young people on Streamview Way in Long Bay.

We want to provide a safe, inclusive and engaging space for youths between 12 and 18 years of age. There are a number of other parks in and around the area that cater for younger children, and we've heard from the community that there is a play gap for this slightly older age group.

We're running an online consultation to gather your feedback, so please encourage all the members of your household to have a say.



The new park design could include:

- art and history to celebrate our local culture
- opportunities for sports and recreation
- interactive play elements and open spaces to encourage creativity
- areas to socialise and relax
- landscaping and natural elements to provide a calming environment.

We want to know which types of activities and facilities you want us to include in the design for the new park, which could include things like:

- active play like a path for joggers and basketball and netball half courts
- adventure play, such as an obstacle course and climbing walls
- wheeled play, such as a pump track and a skate park
- an outdoor stage for performances and events
- places for relaxation like sheltered spaces
- spaces for learning such as a community book exchange library
- spaces for yoga and meditation
- facilities like such as a drinking water fountain, public toilets and charging stations for electronic devices

The online consultation is open until Friday 13 December 2024. You can fill out a survey online at www.akhaveyoursay.govt.nz or you can email parksnorthfeedback@aucklandcouncil.govt.nz

Your feedback will help inform a concept plan. We can't wait to hear your ideas and we're looking forward to delivering this exciting new park.

Wishing you a
**fabulous
festive season**
with family and friends

Wendy



Service | Experience | Results



Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz



Top Salesperson

Torbay Branch 2024*

BARFOOT & THOMPSON
LICENSED REAA 2008

*Year ending 31 March 2024

Tim runs Iron Man to raise awareness for Mum Wendy

Inspired by the vulnerability and strength his Mum showed by taking part in the Restaurant That Makes Mistakes, Tim decided that he would do something to help. It's not just about raising money, raising awareness is so important.

Tim had been working as a QS when he decided to take a 6 month break to help with Mum Wendy's care.

This was not an easy decision but he has so many memories of her support for him when he was young, that he wants to show that support now for Wendy. She was a Mum who had always been there for her children, whether going to school camp or as sideline support for weekend soccer. He remembers great lunch boxes filled with home cooking.

Because Wendy had always loved cooking the family thought being in the tv program could help her- and it did by giving her confidence.



Now Wendy is going on a trip of a lifetime to Melbourne to cheer Tim on as he competes in his first ever Iron Man competition.

This has taken commitment and determination by Tim to achieve levels of fitness to be able to compete.

The event will be raising funds for the Young Onset Dementia Collective.

If you would like to support by giving something a give a little page has been set up. Go to givealittle.com.au/cause/racing-for-awareness-ironman-703-challenge-against.



Wendy's family



UK Grocer wishes you all the best of British Christmas



1 Bute Road
Browns Bay



Wendy - one of the stars of the restaurant that makes mistakes

If you have been following the TV program "The restaurant that makes mistakes" then you will recognise Wendy. Together with Lois she inspired everyone with their support of each other. Being part of this program brought unexpected joy into their lives. The program highlighted that dementia doesn't just happen to older people.

Wendy lives with husband Peter at Long Bay, having relocated from Mairangi Bay 3 years ago.

Although only in her 50's Wendy has been diagnosed with Parkinson's Disease and Lewy Body Dementia.

For husband Peter, watching his wife gradually freeze in place has been heartbreaking, as it makes her increasingly vulnerable. He worries if she is alone when this happens, what would happen to her?

Lewy body dementia doesn't just rob a person of their body- it slowly takes their mind as well.

Because of Wendy's age she doesn't fit into any "programs" as these are usually focussed on the elderly and their care.

This provides Peter with a problem and a concern about the uncertain future. Balancing full time work and caregiving is not an easy situation. Currently they have wonderful support from their children, friends and family- even Wendy's 91 year old Mum- but as the disease relentlessly advances, that will not be enough.

Wendy and Peter's story highlights the



growing crisis in the NZ health system, and the emotional toll is devastating.

Peter's days are dominated by thoughts of "should he give up work to care full time for her" and "What happens when her needs surpass what he can manage at home?"

For now, Peter and Wendy hold on to moments of connection, like walking dog Zoe, but these moments are fleeting.

If you want to know more about early onset dementia, click on [Wwww.yod.co.nz](http://www.yod.co.nz) or read the next story on opposite page about how Wendy's son is trying to help the situation.



NORTH *care*

ACCIDENT & MEDICAL

Different, better.

Home made mincemeat for mincemeat pies

Once you have made your own mince meat for this traditional Christmas treat you will never buy from a shop again.

Ingredients

225 g Bramley apples, cored and chopped small (no need to peel them)
25 g whole almonds, cut into slivers
2 level teaspoons mixed ground spice
1/4 level teaspoon ground cinnamon
1/4 level teaspoon freshly grated nutmeg
3 tablespoons brandy
115 g shredded suet
175 g raisins
115 g sultanas
115g currants
115 g whole mixed candied peel, finely chopped
175 g soft dark brown sugar
grated zest and juice 1 oranges
grated zest and juice 1 lemons



Basically all you do is mix everything but the brandy together thoroughly.

Cover with a cloth and leave overnight then next day place in oven 120C for 3 hours.

Leave to cool and stir in the brandy. Store in a container for a few days until making the mince pies. Enjoy!

(adapted from a Delia Smith recipe).

Mince Pies

To keep the work down use ready prepared pastry. Roll out and cut into shells and lids to fit your patty tin.

Line the tin and add the mincemeat dampen the edge of the lid and stick onto base.

Glaze with beaten egg and bake in a 175C oven for about 25 minutes (check after 20 minutes).

Dust with icing sugar.

Barfoot & Thompson in Torbay are making Christmas really special

Barfoot & Thompson, in Torbay, are making Christmas really special this year for all the good young children of Torbay and Long Bay.

If you would like to receive a chocolate coin and a special gift, then come into the Torbay office during working hours and visit our grotto.

Sadly Santa will not be able to be there as he is very busy with his elves at the North Pole, getting ready for Christmas Eve.

This is a free event that will last until 18th December. So come on in!

If you would like to give a gift to children in local families who may not be able to celebrate Christmas with gifts this year, then we would be pleased to receive your gifts to pass on.

The final date for the gifts to give is 10th December please, so we can get them delivered in time for 25th.



Cruise the Mediterranean with Viking

Embark on a journey through the Mediterranean with Viking Cruises, where ancient history and natural beauty come together in stunning harmony. This cruise offers the perfect blend of relaxation and exploration, taking you to the heart of culturally rich cities, charming coastal towns, and picturesque islands along the way.

From the stunning shores of Italy and the iconic landscapes of Greece to the vibrant colours of Spain and the timeless allure of Turkey, every destination brings a new story and a fresh adventure. With Viking's elegantly designed ships, exceptional service, and enriching onboard experiences, you'll delve deeper into Mediterranean history, savour regional cuisine, and enjoy seamless access to fascinating ports. Set sail on a voyage that combines luxury with authenticity, creating memories that last a lifetime.



Shore Travel's Cruise Specialist, Renee Lomas, experienced Viking Saturn with her mum for a 7 night voyage from Athens to Chioggia (Venice) in October. "I always knew I would enjoy Viking, but it surpassed even my incredibly high expectations" says Renee. From the understated, quiet luxury of the Scandinavian design to the quality and range of shore excursions, the experience was wonderful – "it even converted my mum to cruising!" Excursion highlights included an interesting stroll around the beautiful Mediterranean cities with a knowledgeable and well-spoken guide, mountain biking in the hills of Corfu or speeding out to Hvar in a luxury RIB boat!

Renee's top cruising tip: Book your shore excursions and specialty dining as soon as they open online (via your cruise personaliser) to be able to choose from the full range of options. The popular excursions fill very quickly.

Mediterranean 2025 Viking Cruises

**Destination focused and culturally enriching.
Discover what makes Viking a world leading cruise line.**

**Iconic Western Mediterranean, Barcelona to Rome,
8 days from AU\$5,495* per person**

**Journey to Antiquities, Rome to Athens,
8 days from AU\$5,495* per person**

**Ancient Mediterranean Treasures, Istanbul to Athens,
8 days from AU\$4,445* per person**

*Price based on low season departures and current offers at time of printing & subject to change. Price Australian dollars, twin share, lowest available cabin grade.



Shore Travel

Cnr Kitchener & Milford Roads, Milford

(09) 489 2597

hello@shoretravel.co.nz

www.shoretravel.co.nz



**shore
travel**

your world of possibility

Emlyn Place Reserve

Many local residents will have noted the road cones in Fitzwilliam Drive and Emlyn Place for some months now and wondered what is being done. Focus on Community have been contacted by a local resident, Alan Gioro, expressing the concerns he and other residents have over the nature, quality and safety of the work being undertaken by the contractors involved and their frustration with the responses received from the contractors and their principals. Alan writes as a contractor who has experience with earthworks. The following is summarised from Alan's emails including two annotated images.

The land in Emlyn Reserve Torbay has subsided by some 3 metres over the past two years before and, after Cyclone Gabrielle, multiple sewer lines in the reserve were broken causing wastewater leakage into the reserve and into the stream/creek. Not only these waters are stinky and filthy but the creek carries these pollutants to the sea and Long Bay Beach. The land damage was not repaired for over 18 months.

The sewer leakage has happened countless times over more than 18 months resulting in multiple areas being contaminated until the land was fully soaked and saturated by foul smelling waste. In addition to the smell, the contaminants put nearby residents health at risk. Local residents can only spot it when the leakage has persisted for a couple of days, especially when the land becomes

boggy and muddy, it has also formed dirty stinky pond beneath the concrete retaining wall of 32 Fitzwilliam Drive (see picture).

Current works aim to replace the temporary fixes in the wastewater systems with a resilient new pipeline which will then be connected to each of the properties served. Work is being undertaken by Seipp Construction on behalf of Watercare, Auckland Council CCO.

The principal concern raised by residents is the treatment of the contaminated soil/clay which, it is alleged, is being used for the reserve land recovery and reinstatement. Residents dispute the contractors claims that the material used is not contaminated, saying that the same smell/ odour present before remediation work started still exists. This conflicts with the contractors claim the smell is from newly imported topsoil. Residents say that the contractor claims to have a test report which states that the soil is not contaminated, however this has yet to be produced. To the contrary, residents of one property where their land has been soaked and saturated by the same sewage water were advised by their Geo technician to fully dig out and dump the contaminated soil/clay and replace it with clean soil, otherwise they would not sign-off the job.

Alan asks local residents and the broader public for support in challenging the various bodies to ensure that the remediation work is undertaken in a proper manner to protect our environment.



AUCKLAND COUNCIL LIBRARIES PRESENTS

Rauwhiri READS

SUMMER READING FUN

FREE

16 December 2024 - 26 January 2025
Keep your kids reading with fun activities and more.
For children aged 5-10 years.

Search **Auckland libraries**

East Coast Bays Library News:

December brings summer and it's the perfect time to get "summer read ready"

Whether it's requesting and stocking up on your favourite authors or magazines, grabbing a Betsie off the Bestie shelf, or exploring the limitless ebooks, eaudiobooks, emagazines and enewpapers, the library has it all!

Grab some super summer reads to enjoy in your favourite reading spot at home or on holiday.

Auckland Council give you the chance to have your say on local initiatives with AK Have Your Say.

Check out the display in the library and visit the akhaveyoursay.aucklandcouncil.govt.nz website to input into the decisions about the new Long Bay Youth Park, local bike parks and trails, traffic bylaws and environmental protection.



For kids:

East Coast Library is excited to once again offer Raumatī Reads: Summer Reading Programme for primary aged school children. Pop into the library and register for the challenge from 9 December, then collect your daily reading log and activity guide from 16 December!

Children should aim to read for 15 minutes every day, but as little as 5 minutes still makes a positive difference! How can you help your tamariki reach their reading goals this summer?

Did you know that "talking books" are now available in select children's chapter books? Vox books are a wonderful addition to our library collection. Look for these on the regular fiction shelves or search for "vox chapter books" in the library catalogue to request.

For adults:

Death Café

Sunday 8 December 2pm – 3:30pm

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

For all ages:

14 December

All Teen Talk Series #4

All Is Transforming Beauty Treatments with Smarter Solutions

Presented by Athena Li, Year 12 from St Dominic's Catholic College

For the holiday season we will be closed on 25 - 26 December & 1-2 January

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

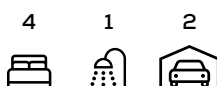
Email us at ecblibraryevents@aucklandcouncil.govt.nz to receive an e-copy of our monthly brochure.



AUCTION

GLENFIELD

71B TARGET ROAD



barfoot.co.nz/897458



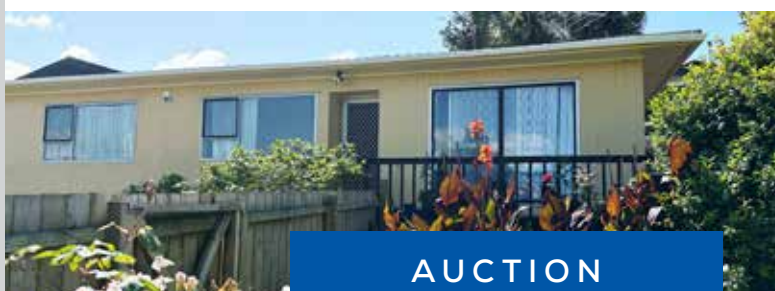
FOR SALE

TORBAY

2/16 MARINA ROAD



barfoot.co.nz/900915



AUCTION

BROWNS BAY

2/63 JOHN DOWNS DRIVE



barfoot.co.nz/902599

Call me today to enquire about any of my listings



Michele Bensley

021 270 7410

m.bensley@barfoot.co.nz

Top salesperson, Torbay branch, 6 months ending Sep. 2024

u3a Browns Bay

Our November speaker, at U3A, was Professor Denise Taylor, director of the Health and Rehabilitation Research Institute at A.U.T. Her topic [the sense of Balance] was of interest to our age group, where falls are a recurring problem as balance tends to deteriorate with age.

She stressed that several factors contribute to each person's balance which is basic to everything we do.

General Health and Strength.

We need to eat a good balanced diet but also to exercise. She recommends 150 minutes of exercise each week of moderate intensity. Mostly, if walking this should be brisk, but a conversation should still be possible. A small proportion of this time should be at "puffing" level in 10 minute bursts. As we age, our muscle mass naturally declines but this can be maintained by exercise. Exercise has also proved to be helpful to our minds and our power of thought.

Our eyesight needs to be good, and we should not be neglectful in having it checked regularly. One lady reported how the removal of a cataract really helped her balance.

Our inner ear also has a bearing. Several types of dizziness originating in this minute area seriously interfere with balance but can be treated, sometimes quite simply.

The sensation of one's feet on the ground is important for balance but can be compromised by illness such as diabetes.

Balance can be improved by practice. Tai Chi has proven its



worth in averting falls. Practicing balance while standing on one leg is also beneficial. [while cleaning your teeth].

Things to consider:

1. Have I had a fall recently?
2. Do I feel unsteady when walking?
3. Do I worry about falling.

If you answer "Yes" to any of these, it is time to make a decision and take action.

Fay Weatherly. U3a Browns Bay publicity officer

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

Or phone our Information Officers: Anne Gough: 027 3210729 or Gloria Ward: 021 2353113



MERRY & A HAPPY
Christmas NEW YEAR

Hon. Erica Stanford MP

My Electorate Office will be closed over Summer for some much-needed repairs, but we are still here to help.

@ ECBoffice@parliament.govt.nz

W www.EricaStanfordMP.co.nz

09 478 0207 f EricaStanfordECB

Funded by Parliamentary Services | Authorised by E Stanford, 1/8 Beach Front Lane, Browns Bay, Auckland 0630



Torbay Historical Society

As you travel along Beach Road to Long Bay you might notice a fence recently put up on the left. near Te Oneroa Way. What was there before? – Read about it.

In 1923 the Gilmore family purchased a section on Beach Road, Long Bay for £25. It was the nearest section to the beach, on the corner with the best view. They called it 'Komiri' which means 'selected' and had a kauri/rough cast cottage built for £198, which included the fencing and a wee house, called an earth closet on the receipt. After the city water and sewerage services arrived the wee house and the water tank were no longer needed. In the early 1970's when the road was formed and sealed they spent \$4000 adding an eight-foot module with kitchen, bathroom, toilet, laundry and hot water supply. The house has now been demolished.

Owen Gilmore said he was about six in 1923 when his family spent six weeks of holidays at Long Bay. He remembered the Vaughan family and they were invited every Sunday to listen to Mrs. Vaughan's La Gloria gramophone playing - only hymns of course.

He remembered the Matthews family who bought the section directly across the rough road from 'Komiri'

Owen Gilmore died 2007 after he had written a chapter for our book 'and then came the bridge' where you can read more of his memories.



The black and white photo is of the house in 1923 and the coloured one 1910.

We will have the Vaughan Homestead open to the public on Saturdays 2-4 pm. during the Summer depending on the weather. Phone us to check if we are open.

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

As always, it has been a pleasure working with our community this year.

Wishing you a wonderful holiday season!



1st Equal Client Experience
Harcourts Quarterly
Northern Region Awards

IAN & DIANE DODDS

P: 021 909 067

E: iananddiane.dodds@harcourts.co.nz

W: www.ExperienceDoesCount.co.nz

Harcourts
Cooper & Co

Cooper & Co Real Estate Licensed Agent REAA 2008



Local dancers - Open Dancesport Champions!

Justin Sun and his partner Xinyi Ji attended the New Zealand Open Dancesport Championship for the first time.

After months of hard work, and practice they won the D grade ballroom championship. This required serious rehearsals and discipline.

Now they started rehearsing for the 2024 ADS 78th Australian DanceSport Championship, starting from 6th December at Melbourne, where they hope for success.

We wish this Long Bay couple of ballroom dancers all success.

Carole McMinn



WORDS FOR THE BEGINNING

ADVENT & CHRISTMAS

15TH DECEMBER - 7PM QUIET WORDS

If you have had a difficult year, are weary from loss and grief or want a break from a commercial Christmas, join us for a quiet, contemplative service

16TH-21ST DECEMBER - REFLECTIVE WORDS

Take a moment out of the busy season for some reflection. A self-guided series of worship stations inspired by our theme "Words for the Beginning - Open from 10am - 7pm daily.

24TH DECEMBER - 5PM CHRISTINGLE SERVICE

Join us for pizza and a short service where we will read the Christmas story and make a Christingle. Suitable for all ages. RSVP to dion@stmary.co.nz for catering.

24TH DECEMBER - 9PM CANDLELIGHT SERVICE

Carols by Candlelight and Communion. Carols from 9pm with the service beginning at 9:30pm.

25TH DECEMBER - 9AM INTERGEN COMMUNION

A service for all ages that includes communion.

Navigating the waves
of life together
168 Deep Creek Road, Torbay
www.stmary.co.nz | (09) 473 8180



LONG BAY BAPTIST CHURCH

A family with open arms

Christmas
and Summer holiday services

Sunday 22 Dec 10am

Christmas eve

Candlelight service 11.30pm

Christmas day

Family celebration 9.30am

Sunday 29 Dec 10am

● Sunday 5 January 10am

Online and in person services
throughout the Summer

Torbay Garden Club November 2024

We've had a busy month this last month with a variety of events going on. We started with a club trip to charming Rosie Lea Gardens in Riverhead, enjoyed the Auckland Rose Society Open Gardens, and we also took part in the Mitre10 Mega Garden Evening in Albany. To finish off the events for the month, we held our annual Rose Show, alongside our regular Club Show. The Torbay Community Hall looked stunning with a profusion of colour, and the fragrant scent of roses was enjoyed by all.

There was a stunning range of entries in both the Club Show and the Rose Show, which left our judges hard-pressed in deciding the various placings. Congratulations to Hilary Collins for winning the Most Points in Show and Jo Price for her Best in Show entry. Congratulations to Jo Price also for winning Most Points in the Rose Show, and to Ange Taft for winning the Champion Rose award. With a relaxed setting for the day, the shows were enjoyed by members and the Sales table was kept very busy with lots of great bargains picked up.

Photos from the Rose Show and Club Show are available on our website, <http://www.torbaygardenclub.co.nz/gallery>. For more information about Torbay Garden Club, feel free to send us a message from our website or email us at torbaygardenclub@gmail.com. It's free to come along to our club meeting for a visit, we'd love to see you there!



In the garden for December:

As we head towards the end of Spring, it's a great time to ensure your summer favourites are well underway in the garden. Plant summer-loving crops including tomatoes, courgettes, capsicums and sweetcorn as the weather warms. Continue to plant fresh seedlings for salads like lettuce, mesclun, radish and spring onions. There are plenty of potted colour annuals that will give your garden lots of vibrant flowers over the summer months. Remember as well to feed your garden regularly to promote healthy growth and plentiful harvests and keep an eye on watering as the ground will dry out quickly with the heat of summer. Be sure to keep on top of pests as well, as things like snails and slugs relish this time of year with lots of fresh growth on plants, especially seedlings. Aphids can be a real problem as well, so keep your eyes peeled for them and treat them as soon as you see any to ensure your flowers bloom happily.



Photos by Bill Ellis

Spin Fresh! Your new local laundromat



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

Reviews from our customers

An awesome experience. Clean, elegant in design and super safe. The manager was friendly and easy going. We love the machines for pets. This will definitely be our laundromat of choice going forward.

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.



*Summer special
Load \$40 and get \$2.50 credit
(available for December)*



**WASHING POWDER AND LAUNDRY POWDER
NOW AVAILABLE FROM THE VENDING MACHINE**

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.

This no longer needs to be a problem as we have a dedicated pet washer and drier.



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

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

Torbay Theatre

TORBAY'S TWINKLING CHRISTMAS SHOW!

Sat 7th December 7pm & Sun 8th December 2pm

Tickets \$10 each for all.

Torbay Theatre is thrilled to present *Torbay's Twinkling Christmas Show!* This December, gather your loved ones and join us at Torbay Community Hall for an unforgettable evening of holiday magic full of music, dance, comedy, and festive cheer. Our community-centred show is designed to highlight Torbay's incredible local talent, showcasing a variety of performers, including singers, dancers, comedians



All aboard the *Libertania* for our recent *Shipboard Murder Mystery*, organised by Dylan Webb – Such Fun!

and musicians from all walks of life.

Experience the joy of the season through heartwarming performances that promise laughter, applause, and moments of true Christmas spirit. With performers of all ages and backgrounds, this showcase is the perfect way to celebrate community, creativity, and togetherness. We have two showtimes for your convenience: a **7pm performance on Saturday, December 7th**, and a **3pm matinee on Sunday, December 8th**. Tickets are **\$10 each** (general admission) and are available through **Humanitix.com** - secure yours early and support your local artists!

Bring your family and friends for a night of holiday joy that will leave everyone smiling and inspired. *Torbay's Twinkling Christmas Show* is more than just a performance; it's a celebration of the season and the heart of Torbay's community. Let's make this holiday season one to remember!

NEXT YEAR:

HMS PINAFORE in October. We need singers, actors, musicians, sew-ers, set builders ...

Pinter's No Man's Land in April.

Backstage Club: Wednesdays 10:15-12. Join in the fun!

NB: DIFFERENT WEBSITE FOR BOOKING THIS TIME !!

Bookings: Humanitix.com

For more information:

www.torbaytheatre.com

See also: Facebook/Insta, or ph 0210-294-0630

35 Watea Rd, Torbay

TORBAY'S TWINKLING CHRISTMAS SHOW

SATURDAY 7TH DEC 7PM
AND
SUNDAY 8TH DEC 2PM
TORBAY COMMUNITY HALL

Celebrate the season with music, dance, comedy, and more, featuring incredible local talent. Perfect for families and friends, this festive showcase is guaranteed to fill your holiday with joy and cheer. Don't miss this unforgettable community event!

TICKETS ARE \$10 FROM HUMANITIX.COM

TORBAY THEATRE
35 WATEA ROAD
TORBAY
WWW.TORBAYTHEATRE.COM

SCAN HERE FOR TICKETS

YOUR PILATES SPOT

Where every body reforms

YOUR PILATES SPOT

93 Clyde Road, Browns Bay

Transform your workout with Reformer Pilates! Get stronger, stretch deeper, and feel amazing—all while having fun and improving your wellbeing. Catered to all fitness levels. Book your FREE INTRO session today!

GET IN TOUCH OR DOWNLOAD THE APP TO START

P: 0225007709
E: reform@yourpilatespot.co.nz
W: www.yourpilatespot.co.nz
FB: Your Pilates Spot
IG: @your_pilates_spot

Download on the Google Play Store

Download on the App Store

Rotary Browns Bay

Last month a group of us from Rotary Browns Bay spent a morning at Pinehill School working with the children to pot 1,000 baby native trees.

These seedlings have been prepared by the children, with huge support from the staff of the school, as part of the 'Trees for Survival' programme.

Trees for Survival is a Rotary-initiated project, originally established by the Rotary Club of Pakuranga in 1991. The Trees for Survival Charitable Trust, which now includes many corporate and governmental partners, works with landowners to revegetate riparian areas and steep or eroding retired farmland. Since that time over 2,000,000 trees have been planted.

How it works: A Rotary club combines forces with a local school and a landowner to plant trees on their land. Our farmer is in Waitoki and our school is Pinehill. Rotary members help the children to pot the seedlings and when they are strong enough, to plant them into the ground.

This is always a fun time as we accompany a bus full of students and clamber through the mud (it's always muddy at TFS planting sites) up and down steep hills to get them into the ground.

It is so rewarding when we return to the site the following year and see how much our wee seedlings have grown.



This initiative is having a huge impact on the environment, protecting and restoring habitat in streams, wetlands and on erosion-prone land. We are also inspiring children to care for the environment, which is amazing in itself.

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.



CHRISTMAS @ HOLY TRINITY

Special Guest – Tim Beveridge



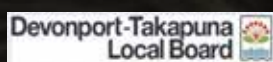
Saturday 7 December 7.30 pm

Tickets: Adults \$35 Seniors \$30 Students \$15 Family \$80
Door Sales Available

Holy Trinity Cathedral
Corner Parnell Road and St Stephens Ave – Parnell

GET YOUR TICKETS NOW!

Book at www.eventfinda.co.nz
booking fee applies



Monthly Quiz

Answers Page 38

info@brownsbayrotary.co.nz



- December 5 is Walt Disney's birthday; what was his first movie
- The Jewish festival of Hanukkah is in December. How many candles are lit
- Holly is a significant plant at Christmastime. Why
- In the Christmas movie 'Home Alone', where was the family off to when they left Kevin behind
- Another Christmas movie, albeit much older, is 'Miracle on 34th Street', takes place in which department store
- On December 7 1941, America was forced into World War II by what
- Christmas is coming, the goose is getting fat...if you haven't got a penny for the old man's hat, what can you do
- Who is the president of the USA for December 2024
- Clement Clarke Moore wrote a very famous Christmas poem. Its name
- Where did the abbreviation of 'Xmas' originate

After the Flood

In February last year when it began to rain no one could see what devastation would happen to Browns Bay businesses. As the rain thundered down, record rainfall was recorded in such a short space of time.

Because the area is at sea level it didn't take much to completely flood the area, and it happened so quickly. The devastation was unbelievable.

As you see from the photograph from that day, getting things sorted was never going to be easy.

However, the staff at Forrest embraced the situation as an opportunity to be able to do bigger and better. This was also trying to give the best service possible at the same time.

Because the whole of the interior had to be replaced it allowed them to redesign in a way that is much more fit for purpose in these present times.

Every room is beautifully appointed and there is a wonderful feeling of peace and tranquillity in the spaces.

This is enabling Forrest to offer an even better service for grieving families at a time when emotions are running raw.

The official reopening took place in November and all the tradespeople, who had worked so hard on the building, and many others were able to come together and enjoy the new spaces.

So good to see you fully opened again Forrest.

Carole McMinn



Before



After

*Merry Christmas
from*

Forrest FUNERAL SERVICES

EAST COAST BAYS | HIBISCUS COAST

24 Hour Service

8 Glen Road,
Browns Bay

(09) 479 5956

www.forrests.co.nz

Funeral Directors
ASSOCIATION OF NZ
MEMBER





SOLD





Thrilled to have made 68 local families' property dreams come true this year!

As 2024 draws to a close, we want to take a moment to express our heartfelt gratitude to all our clients. This holiday season, we wish you a very Merry Christmas filled with joy, laughter, and cherished moments with your loved ones.

As we look ahead to 2025, may it bring you good health, happiness, and prosperity in all your endeavours. Thank you for being a part of our journey, and may your holidays be bright and joyful!

We'll once again be making a donation to the De Paul house in Northcote instead of sending Christmas cards. We are proud to support the work they do for local families in need.

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



Spring is coming Install now for summer



200 Spas
in stock at
wholesale prices



Spring
Sale



PRESTIGE POOLS



36 Karapiro Drive
Whangaparaoa
09 947 0013

Did you know this about Christmas?

1. In 1670, a German choirmaster asked a sweet shop to make sweets (in the shape of a shepherd's hook) to keep children quiet during the Christmas festivities.
2. Coca Cola changed Santa. Originally Santa was always depicted wearing a dark green coat. Coca Cola changed it to red to match their logo colours and he has worn it since!
3. The mince pies that we eat now have fruit and spices in them, but 200 years ago they were made from real minced beef.
4. Santa Claus is 1,753 years old. His origins trace back to Saint Nicholas, a monk who was born in Patara, Turkey, in 270 A.D.
5. Kissing under the mistletoe dates back to ancient times. It can have healing properties and is a symbol of fertility.
6. The first Christmas card was sent in 1843 by Sir Henry Cole. The card included an illustration of a family gathered around a table, and the message "A Merry Christmas and a Happy New Year to You."
7. A Department store created Rudolph. In 1939, Robert May was told to create a Christmas character for Montgomery Ward department store. His story of Rudolph the Red-Nosed Reindeer became an instant hit. The famous song came later, in 1949.
8. The tradition of hanging stockings by the fireplace dates back to the legend of St. Nicholas. St. Nicholas heard about a poor family with three daughters who couldn't afford to get married. He secretly left gold coins in their stockings, which had been hung by the fireplace to dry.

2024 12 days of Christmas's

On the first day of Christmas my true love gave to me
One blue tooth speaker

On the second day of Christmas my true love gave to me
Two hams a baking

On the third day of Christmas my true love gave to me
3 sales a starting

On the fourth day of Christmas my true love gave to me
4 gifts for wrapping

On the fifth day of Christmas my true love gave to me
Five credit cards.

On the sixth day of Christmas my true love gave to me
Six mince pie packets

On the seventh day of Christmas my true love gave to me
Seven crackers snapping

On the eighth day of Christmas my true love gave to me
Youths a drinking

On the ninth day of Christmas my true love gave to me
Nine ladies scrolling

On the tenth day of Christmas my true love gave to me
Glasses clinking

On the eleventh day of Christmas my true love gave to me
Eleven packs of Aspirin

On the twelfth day of Christmas my true love gave to me
Twelve Pinot Gris
Sing to usual tune.....



Catherine Liu & Team

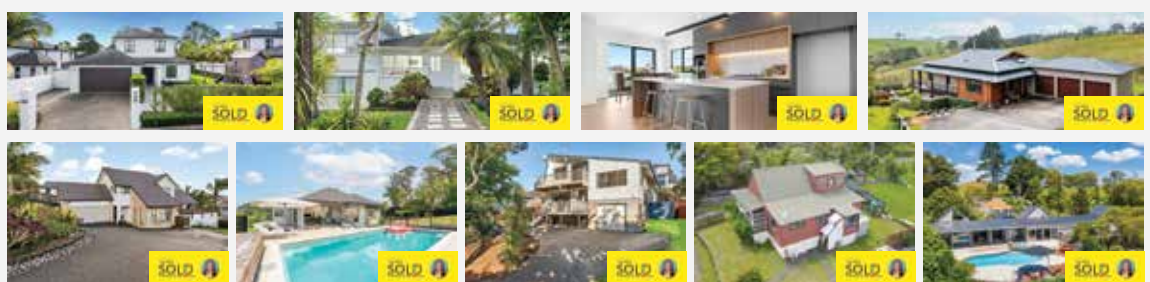
☎ 021 0200 6788

RayWhite

- Experience the Difference for your Real Estate Needs!
- Senior Sales & Marketing Consultant, Team Leader
- 20 years Real Estate experience serving Shores & Bays
- 10 years project management and development experience
- Alan White Elite Member 2020-2024
- No. 1 Salesperson Ray White Albany Branch 2020-2024

✉ catherine.liu@raywhite.com

LICENSEE SALESPERSON REAA 2008.



Support our shore-nesting birds

The Hauraki Gulf is a globally significant hotspot for seabird biodiversity.

In Long Bay we see many manu including Tōrea pango/oystercatchers and Tara/White-fronted terns. There have even been sightings of Tūturiwhatu/NZ Dotterel at the mouth of the Awaruku stream!

At this time of year, these birds will be nesting in the sand dunes, or driftwood high on the beach making them vulnerable to disturbance. Nests are easily destroyed by careless feet, dogs and wheels. When adults are disturbed and abandon their nests, eggs can overheat, and disturbed chicks can get lost and die from exhaustion



It's important, as beach users this summer, to be aware of our shorebirds and support their threatened populations. Please use designated access ways to get to the beach, stay out of roped-off areas and follow signs, and if you do come across nesting birds - move away slowly and inform others to take care too.

Keep your dog and our wildlife safe by walking your dog on the wet sand to avoid any sensitive shorebird nesting areas and if you see shorebirds ahead, leash your dog and pass at least 20 meters away from wildlife. There is space for each, share the beach.

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

Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food
Te Oneroa Rd 09 600 3388

November café Glenvar Ridge Rd, opening shortly

Domino Pizza
55a Ridge Rd 09 9544 939

Little Café For great takeaway coffee
57 Glenvar Ridge Rd

Long Bay Fisheries
Order online and then just collect
Shop 3 88 Te Oneroa Rd 09 212 9816

Long Bay Surf Club
Dine in, Take away or delivery service.
56 Bounty Rd 09 473 0908

Sony Bakery Everything made fresh daily.
83 Te Oneroa Rd 09 218 5056

Sushi and Don www.marusushinz.com
88 Te Oneroa Rd 09 218 7483

Laundromat

Spin Fresh Laundromat
89 Te Oneroa Way

Hair Care

Barbers www.longbaybarbershop.co.nz
3/88 Te Oneroa Rd 09 214 3967

Health and Beauty

Bloom For beauty and wellness
55a Glenvar Ridge Rd 021 217 4047

Dynamic Physio For all physio needs
55a Glenvar Ridge Rd 09 553 8501

Jets Gym Open 24 hours
89 Te Oneroa Way 027 298 6568

Long Bay Medical Centre
For all health care needs
55a Glenvar Ridge Rd 09 473 0063

Long Bay Nails and Beauty
Nail & waxing salon
Village Centre 09 218 9027

Unichem Long Bay Pharmacy
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care
57 Glenvar Ridge Road 09 473 1400

Real Estate

Barfoot & Thompson www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472

Elementum For resort style living
Village Centre www.elementum.co.nz

Harcourts For community living
mingliu.co.nz 027 519 6826

Supermarket

NewWorld
Delivery and click and collect available
Village Centre 09 869 4577

Wine Shop

Liquorland
Large range of wines, spirits and beers
7/88 Te Oneroa Rd 09 473 0065

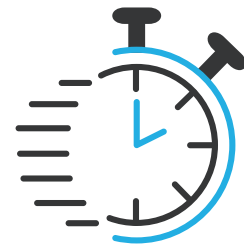
WIN 1 OF 10 \$10,000 TRAVEL VOUCHERS



List & sell your home exclusively with Harcourts Cooper & Co and Team Ming



Automatically go in the draw to win



Promotion runs from 24 Sept 2024 to 31 Mar 2025

**NOT JUST SELLING HOUSES.
HELPING PEOPLE FIND HOMES.**



Call Now
027 519 6826

**MING &
LIU CO**



ming.liu@harcourts.
co.nz

Come join us at the Torbay Friendship Club

We've certainly had a ball this year, with growing numbers and exciting excursions & speakers, so we look forward to another bumper year in 2025.

Our President, Committee and group Convenors have been amazing and we can assure you, they will continue to look after everyone going forward.

We thank our members for their input throughout the year and are excited to start planning for next year.

Let's continue to make new friendships and memories by coming together with like-minded people.

Remember, in our minds we all think we are younger than our chronological age and all have a good laugh when we cannot do what we could do ten years ago.

Frustrating it can be, but accepting and laughing with others in the same situation just makes it so much easier. As they



A welcome cup of coffee

say, our minds are willing. Laugh, have fun and never give up.

The Torbay Friendship Club is where it can all start. Join us at our last meeting on the 12th December at 10am in the Torbay Community Hall, this could start a new chapter in your life.

We wish you all a Merry Christmas, or if you prefer, a happy holiday and look forward to meeting you again at our first meeting of 2025 on the 2nd Thursday of February.

For further information please contact Noreen Mc Arthur 027 271 3524 or Delphine Pearson 022 072 9813

Take care and stay safe.



Talk on being a zookeeper

Book review

The Proud Pūteketeke
By Peter Millett
Review by Librarian Lucy



"...Out of the seventh egg hatches a very strange little duckling, who has zebra stripes, a red tuft on his head, and an extraordinary habit of eating his feathers and puking up stinky balls of fish bones. The other ducklings think he's ridiculous. Fed up with being laughed at, the little under bird decides to strike out on his own, but there are dangerous predators about. And will he ever find a friend who'll accept him in spite of all his quirks?"

A kiwi take on the classic ugly duckling tale, A Proud Pūteketeke tells the story of a young 'duckling' who's a bit different from his brothers and sisters. On his journey meets a kind kiwi, a graceful swan before finally recognising some familiar faces.

This picture book is a delightful kiwi retelling, and a fun way for kids to learn about a fascinating native bird. As the winner of Forrest and Birds 'bird of the century' competition, Pūteketeke's fabulous looks and enchanting habits will reel you in as quickly as he can catch a fish!

Long Bay Chinese Market

30 NOV, 2024
09:00 - 16:00

Long Bay Primary School
Ralph Eagles Place, Long Bay
(The first Long Bay Chinese Association Table Tennis Tournament)

Free Entry

Join Us as a Partner

RayWhite Team Lily Han

878 Home Improvement & Landscaping Ltd

This Month at Albany Village Library

Time to get in the swing of the holiday season! We have some wonderful activities planned. If you want more information or have any questions, feel free to check out our Facebook page. Happy holidays from Albany Library!



Albany Community hub Christmas Market

14th December

10:00am – 4:00pm

We will be at the Albany Christmas Festival for a traditional Christmas Storytime! This year we are joining the Albany Community hub for their annual Christmas festival on Saturday, December 14th, along with local stalls, yummy food and live music!

Christmas Storytime

21st December

10:00am - 11:00am

Join us for our special Christmas Storytime! Our regular Storytime has been taken over by snowflakes and Santa Claus, so come down the library to join in the Christmas spirit on the 21st of December. Please remember to park your Santa sleighs (aka prams) in the foyer.

Christmas arts and crafts

22nd December

11:00am -12:00pm

Let out your Christmas artiste and make your way down to the library for a session of Christmas arts and crafts!

Join us for making your own Christmas decorations or cards and other fun holiday crafts. No need to book, just turn up and give it a go!

Albany Village Library
30 Kell Drive
Albany Village

Thinking of selling?

Then give us a call



Craig Zhu

021 800 280

c.zhu2@barfoot.co.nz

Torbay 09 473 9190



Karin de Leeuw

027 270 2700 / 09 473 7832

k.deleeuw@barfoot.co.nz

Long Bay 09 473 0712

BARFOOT & THOMPSON
LICENCED REAL ESTATE

Christmas in lights!

Northcross Church has been part of the community for over 50 years, bringing the message of Jesus to people who attend! One of the highlights on our calendar has been the Christmas Drive Through, now known as Christmas in Lights. Many have made it part of their annual Christmas tradition coming from near and far to see the lights and engage in the Biblical story brought to life by live characters decked out in traditional garb. Angels, shepherds, villagers and even Roman Soldiers, interact with those driving through.

There is also the opportunity to stop off and enjoy a free hot drink and listen to some musical entertainment in the Christmas themed café. Children can take part in colouring-in competitions and there is a quiz with a beautiful Christmas hamper to be won for the first correct entry drawn.

Having been part of it all for over twenty years now, I've seen how much the event has impacted those who attend and witnessed the enjoyment of all involved- on the nights and beforehand- as new friendships, and connections have been forged.

Sadly, we are only able to hold the event over 3 nights this year, rather than the usual 5, as we have to pay Traffic Management costs. This has significantly impacted our budget.



The event has grown in popularity over the years and so have the queues. Keeping everyone safe is a priority, so traffic management is now necessary. We have created a GiveALittle page to help defray costs. If you have been a regular attendee of this free event and- a lot of a little goes a long way.

This year, the event will be held from Friday 6th – Sunday 8th December.

We hope you join us in celebrating the true meaning of Christmas.

Tim Beveridge join North Shore Brass at Holy Trinity

We all love a little Christmas cheer and what better way than your favourite brass band - North Shore Brass - who will perform brass band and Christmas favourites in the enchanting Holy Trinity Cathedral on Saturday 7th December.

Joining them will be the well-known crooner Tim Beveridge who performs with leading bands and orchestras across New Zealand. Also the host of the Overnight Talk and the Weekend Collective on Newstalk ZB, Tim will bring some swagger and swing and highly popular Christmas numbers, all from some of his many albums.

Harmen Vanhoorne will lead Auckland's champion band North Shore Brass with music from shows, musicals and of course your favourite carols and Christmas tunes to really get you in a festive mood.

We are sure you will enjoy this concert with lots of fine music celebrating the best of Christmas in voice and brass.

Pre-concert and half time refreshments available in the Bishop Monteith Visitors Centre.

Christmas @ Holy Trinity

Saturday 7th December

7.30 pm - Holy Trinity Cathedral Parnell



AROHA VIETNAM INCORPORATED extends our warmest greetings and deepest gratitude to everyone who attended the "We Love Vietnamese Language" event on 11 August 2024. With the theme "Together We Preserve the Vietnamese Language," this event's resounding success is thanks to our community's unwavering support.



The event was a vibrant celebration of the Vietnamese language, featuring engaging activities, cultural performances, and valuable discussions. Attendees, including families and children, enthusiastically participated and expressed their appreciation for the opportunity to connect with their heritage. We are especially grateful for the significant contributions from our organization, Aroha Vietnam members, and the dedicated volunteers and sponsors who made this memorable event possible.

We sincerely thank Auckland Council and the Waitematā Quick Response Grant for generously providing the valuable books that enriched our event.



Digital Redesignz



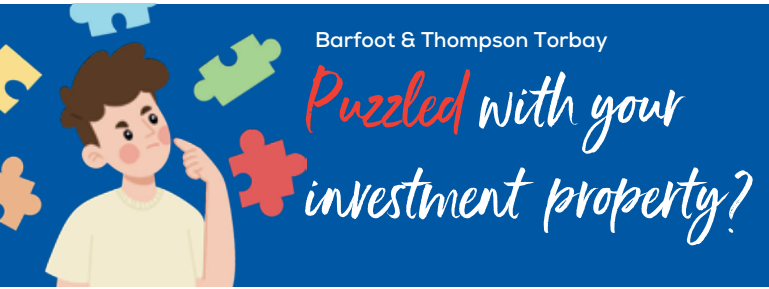
**Social Media Marketing
Website Maintenance
Web Design**

Phone 021771726

**✉: info@digitalredesignz.co.nz
www.digitalredesignz.co.nz**

Quizzes

sponsored by



BOARD GAMES

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

- | | | |
|--------------|-----------------|------------|
| MONOPOLY | BOGGLE | RISK |
| BALDERDASH | TRIVIAL PURSUIT | LUDO |
| CLUEDO | CHESS | CHEQUERS |
| UNO | GUESS WHO | DOWNFALL |
| CRANIUM | DRAUGHTS | BACKGAMMON |
| SCRABBLE | CONNECT FOUR | |
| GAME OF LIFE | OPERATION | |

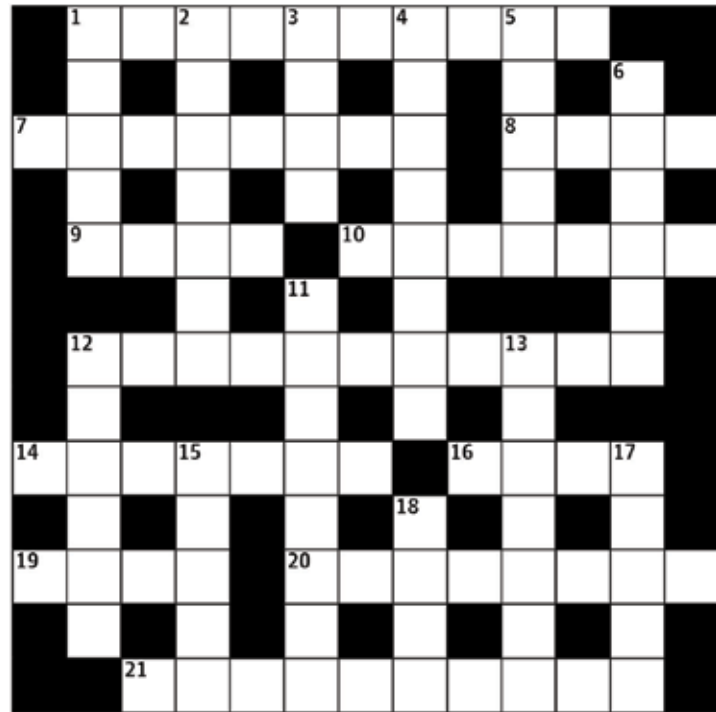
WORD PUZZLE

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

TUESDAY

36 good, 45 very good, 54+ excellent

CROSSWORD



Across

- 1 Freedom from complexity (10)
- 7 Boat helmsman (8)
- 8 Take hold of (4)
- 9 True information (4)
- 10 Beginning (7)
- 12 Vertical and very straight (4,7)
- 14 Thieves with weapons (7)
- 16 Walk with difficulty (4)
- 19 Choose between candidates (4)
- 20 Seafood (8)
- 21 Accredited diplomat (10)

Down

- 1 Speak in a mocking fashion (5)
- 2 Tuneful (7)
- 3 One who isn't truthful (4)
- 4 Make secret plans jointly (8)
- 5 Add at the end (3,2)
- 6 Large, greedy seabird (6)
- 11 Leave port (3,2,3)
- 12 Signal fire (6)
- 13 Barbecued (7)
- 15 Cherished ambition? (5)
- 17 Player of traditional Scottish instrument (5)
- 18 Captures (slang) (4)

SUDOKU

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

CHOOSE US TO MANAGE YOUR PROPERTY

Make the most of your investment portfolio without the hassles

Torbay 09 473 0372

LICENSED REAA 2008

BARFOOT & THOMPSON
PROPERTY MANAGEMENT

Euro Patisserie raises over \$500 on Gumboot Friday



On Friday 1st November all the staff at Euro Patisserie were working hard to produce lots of pies. They had pledged to give \$1 for every pie sold and had a very busy day. It did mean that the Gumboot Friday appeal was given \$510 which is an amazing effort.

They also ran a raffle to win a free pie every day for a year! Wow what a prize and the lucky winner was a Glenvar Rd resident.



A week later they were at the pie awards receiving a very respectable second for their vegan pie of mince and cheese. Currently selling their award-winning mince pies – so much to choose from.

Well done Euro Patisserie.

Carole McMinn



FLOORING THE BAYS SINCE 2014

From our store we supply the wider Auckland area with Carpet, Vinyl, Timber, Laminate, Garage Carpet, Designer Rugs, Boat Carpet and more!



09 428 3168 669 Whangaparaoa Road, Stanmore Bay

Need Dentures?



Why choose us?

- 100% NZ made
- Affordable price
- Mobile Service
- Quality material
- Short wait time
- WINZ quote

Denture Services

- Acrylic Full
- Acrylic partial
- Repair
- Reline
- Tooth addition

Open daily 9am to 5pm

154 Carlisle Road, Northcross

021 929 212

info@denturego.co.nz

Get a Free Quote

Torbay & Long Bay Medical Centres

f follow us on
facebook

Ask us about
Manage My Health

STAYING HEALTHY DURING THE 2024 CHRISTMAS SEASON



Happy Christmas from the team at Torbay Medical

The holiday season is fast approaching, and while it's a time for celebration, it can also bring added stress and busyness. Between social gatherings, family time, work deadlines, and financial pressures, it's easy to neglect our health. To help you enjoy the festive season while looking after yourself, the Heart Foundation has shared these practical tips for staying healthy during Christmas.

1. Enjoy Fibre-Rich Meals

Fibre is crucial for good digestion and helps keep us feeling full. During the holidays, it's easy to be tempted by sugary treats, so make sure to balance your meals with fibre-rich foods. Aim to fill half your plate with colourful vegetables such as leafy greens, carrots, and broccoli. Include whole grains like oats, brown rice, and quinoa, and don't forget to enjoy plenty of fruit throughout the day.

2. Don't Skip Meals

It might seem like a good idea to skip meals to "save up" for a big Christmas feast, but this often leads to overeating later. Instead, try to eat regular, balanced meals and healthy snacks if you're not quite hungry for a full meal. Good snack options include fresh fruit, chopped veggies with hummus, a handful of nuts and seeds, or whole-grain toast with tomato.

3. Keep Food Safe

Food poisoning is more common during summer months, so it's important to keep food safe. To avoid illness, follow the "Three Cs":

- Clean: Wash your hands, utensils, and chopping boards with hot, soapy water before food preparation.

- Cook: Make sure food is thoroughly cooked, especially meat. If reheating, ensure it's piping hot.
- Chill: Keep raw and cooked foods separate in the fridge and avoid leaving food out for too long.

4. Watch Your Alcohol Intake

Whether you drink alcohol or not is a personal choice, but if you do, it's important to stay within recommended limits. Overindulging can increase your risk of heart disease. Stay hydrated by drinking water before or between alcoholic drinks, and consider alternating alcohol with non-alcoholic beverages. It's also perfectly okay to skip alcohol at social events if you prefer.

5. Stay Active

Physical activity is essential for both physical and mental health. With school holidays, it's the perfect time to engage in family-friendly activities like walks in the park, beach outings, or bike rides. Even a short walk or a solo stroll with a podcast can help you maintain your energy and well-being.

6. Manage Busy Days

The holiday rush can sometimes lead to skipped meals or poor food choices. One way to reduce stress is to meal prep for the week ahead. Spend a couple of hours each week preparing easy meals and snacks so you don't get caught off guard on busy days. This will help you stay on track with healthy eating even when you're short on time.

7. Prioritise Sleep

It's easy to let sleep slip during the festive season, but it's essential for good health. Poor sleep is linked to heart disease and can affect your mood and energy levels. Aim for 7-8 hours of quality sleep each night. To improve sleep, try to reduce screen time before bed, stay active during the day, and limit alcohol consumption in the evening.

8. Enjoy Social Time

The pandemic reminded us how important social connections are for our mental health. Make time to enjoy the company of family and friends, and give yourself permission to disconnect from the news and social media. Being present and fully engaging in moments with loved ones can have a positive impact on your well-being.

9. Seek Support if Needed

The holidays can be overwhelming, especially if you're dealing with stress or mental health challenges. If you're feeling anxious or down, don't hesitate to seek support. A conversation with your GP or a counsellor can help you manage stress and navigate the pressures of the season.

By following these simple tips, you can enjoy the festive season while staying healthy and balanced. Take care of yourself, make time for rest and fun, and have a wonderful Christmas!

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

Holidaying at home this year?

Things to do during the holidays.

We have many wonderful beaches and nature trails in easy access to spend time with the family.

North Head.

A free great day out for younger children. Take a torch and cardboard boxes and explore the tunnels and "toboggan" down the grassy slopes. Take a picnic and make a day of it.



Woodhill Adventure Park.

This is really for older children who like their thrills. No mountain bike? No matter they are for hire but check availability first.

Auckland Adventure Park.

Situated on East Coast Rd at Silverdale, luges, zip line and many rides. Ideal for younger children.

Kids Spy Network.

You send away for this and do it at home. A creative way to make children think they are secret agents. Great if we have a rainy day.

Sculptureum.

Just passed Matakana so in easy reach and with 800 sculptures this is a really fun place for imaginative kids.

Auckland zoo.

This is an amazing zoo. Love the way you can be at head height with the giraffes to feed them. Beautifully laid out and so much to see.

Motat.

Museum of aircraft and Technology.

Next to the zoo this is a great place for slightly older children interested in how things work.

Sea Life at Kelly Tartans.

See marine life up and close. See turtles, sharks, sting rays and penguins. See them at feeding time.

Santa Parade at Browns Bay.

Saturday 7th December 5pm for a great atmosphere.

Whatever you do - stay safe!



BTG THE BODY TONIC GROUP PERSONAL TRAINING

COMMITMENT | CONSISTENCY | CONNECTION OF MIND-TO-BODY
FOCUS ON YOUR HEALTH & WELLNESS!

Be shown corrective techniques. Build up at a pace suited to your needs!

Enjoy low impact exercises = positive results!

Relaxed environment. All ages and levels.

- ▶ Work with free body weight, toning balls, sticks, the barre, hand weights, balance boards, yoga blocks, Swiss Balls, resistance bands, light balls, steps, kettle bell, Bosu ball.
- ▶ Improve balance, flexibility, posture and range of motion.
- ▶ Release tight muscles; find solutions to reduce pain trigger points.
- ▶ Address musculoskeletal imbalances
- ▶ Get stronger, lose CM's, become more toned and fit.

Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.

Lynne Scott - 021 204 3280

Movement Specialist & Fitness Trainer

(Reps. Registered)

Pelvic Floor & Core Certified

Sports Advanced & Remedial Massage Certified

Author

lscott@thebodytonicgroup.com

www.thebodytonicgroup.com

[Facebook.com/thebodytonicgroup](https://www.facebook.com/thebodytonicgroup)



**WE ALSO OFFER ASSESSMENTS & EXERCISE CONSULTATIONS
AND MASSAGE THERAPY TO SUPPORT YOUR TRAINING!**

Best dressed table at Christmas

Nothing looks better than a beautifully laid table at Christmas time.

Whatever the meal is it can be enhanced with a real sense of occasion, and it need not cost much.

Gathering greenery from the garden and displaying with baubles can look spectacular, you just need a bit of imagination.

It's also a great way to get craft minded children involved too.

Get those creative juices flowing.



Connect with more potential customers

Advertising in this popular magazine connects you with so many local people who love to read stories about other people in their locality.

We deliver to 7000 homes and businesses in Okura, Long Bay, Torbay and Waiake using our own dedicated team, so it is not bundled with other advertising mail.

To find out how you can promote your business:
Call Carole on 473 3259
or email editor@focusoncommunity.co.nz



Why You Should Make Morning Yoga a Daily Ritual

Starting your day with yoga has a wide range of benefits that can positively affect both your mind and body. Here are some reasons why early morning yoga can be especially helpful:

1. **Boosts Energy and Focus:** Early morning yoga activates your body and mind, helping to improve energy levels and mental clarity for the rest of the day. It gets your blood flowing, wakes up your muscles, and sharpens your focus, setting a productive tone for the day.
2. **Reduces Stress:** Starting your day with a calm, mindful practice reduces cortisol levels and anxiety. Yoga encourages deep breathing and mindfulness, which can help you stay balanced, calm, and more resilient when stressors arise later in the day.
3. **Improves Flexibility and Strength:** Your body is generally stiff in the morning, so a gentle stretch can gradually improve flexibility over time. Morning yoga can also increase strength as you consistently engage your muscles, leading to better posture and physical resilience.
4. **Promotes Better Sleep:** Practicing yoga regularly helps regulate your circadian rhythm and improves sleep quality. By establishing a morning routine, you're helping your body get in sync with a natural sleep-wake cycle.
5. **Enhances Mood:** Yoga releases endorphins, which can lift your mood and help you feel more positive throughout the day. Sun salutations, a popular morning practice, are especially energizing and uplifting.



6. **Encourages Mindfulness and Intentionality:** Starting the day with yoga fosters a habit of mindfulness. Taking time to breathe and set intentions helps you approach the day with greater focus and purpose.
7. **Boosts Metabolism and Digestion:** Morning movement kick starts your metabolism and can stimulate digestion. Poses like twists or gentle inversions support digestive organs, aiding in regularity and gut health.

Whether it's 10 minutes or an hour, adding morning yoga to your routine can help build both physical and mental resilience.

Try one of Yoga Sanctuary's new early morning Yoga Classes:

Monday 6am Sunrise Yoga & Wednesday 6am Dynamic Yoga.

Yoga Sanctuary

Yoga Sanctuary Introduction Offers:

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

New members: 3 classes for \$30* or One month unlimited classes \$100

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





Plan Ahead Today, For Peace Of Mind Tomorrow.

Marie and Ken had been married for ten years and both had adult children from previous marriages. They were now heading towards retirement and had decided to downsize. It wasn't so much the size of the house, as the size of the grounds that was concerning them. They were also keen to travel a lot more and really wanted something that was a "lock and leave". They put their home on the market and signed up for a town house which had been recently completed. They were excited to be moving to the next stage of their life together.

Three weeks before their settlement date for the sale of their property and purchase of the new one, Marie suffered a massive stroke. She was immediately admitted to hospital. She was all but unresponsive and while the doctors were confident that she would survive, they were not happy with the impact on her cognitive abilities.

Ken was beside himself, not just because of Marie's condition, but also because of the impending move. He called the lawyer who was acting on the conveyancing to let him know of Marie's stroke. The lawyer's first question was as to Marie's capacity to sign the necessary documentation relating to the sale and purchase. Ken told him that there was no way that Marie would be able to sign anything, but he would still be able to go into the lawyer's office and sign what needed to be signed.

The lawyer told Ken that unfortunately it didn't work quite like that, that he could only sign on Marie's behalf if he had been appointed her power of attorney. Ken knew that was not the case. He did remember that their previous lawyer had briefly mentioned enduring powers of attorney to them at one stage, but Marie and Ken had thought that they would think more about that when they had retired. They had thought it was more something for elderly people who were starting to lose capacity.

The lawyer said that as Marie didn't have powers of attorney in place, an application to the court would need to be made

to appoint Ken as Marie's property manager so he could sign the documents for the sale and purchase. He explained that this was not a straightforward process given their family dynamics. If Ken wished to apply, he would need to get the consent of Marie's adult children, and they would need to have the opportunity to take their own legal advice. He also explained that the Court would appoint a lawyer to act for Marie and that sometimes the process could be easy and other times it could be complex. Because the Courts were so busy it also could be a few weeks before a judge would even look at the application and it would most likely be looked at after their settlement date.

The process of applying for Ken to be Marie's property manager ended up being slow and expensive. Not only was the application itself expensive, but because it didn't happen before settlement date, Ken ended up paying penalty interest on both the sale and the purchase.

Enduring powers of attorney are one of the most important legal documents you can have. If you lose capacity without these in place, then someone has to make an application to the Court to be able act on your behalf, regardless of whether you are married, in a relationship, or own property jointly. This process can become even more expensive and convoluted depending on your family's circumstances. As well as the enduring power of attorney relation to property, there is also one relating to your health and welfare, where you can appoint someone to make decisions about these things if you are not capable of making these decisions yourself.

I recommend that all my clients take the time to put these arrangements in place now, no matter their age or life stage. It's a decision today that could make all the difference tomorrow.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do You Have An *Enduring Power Of Attorney?*

The protection of assets that we have all worked so hard to acquire is an important consideration for most people.

If you have a will, but not assigned anyone to act as your Enduring Power of Attorney, you could inadvertently be putting your assets at risk.

An Enduring Power of Attorney will look after both your property and personal care and welfare should you become incapacitated to make your own decisions while you're still alive.

If you have not put in place an Enduring Power of Attorney, contact our Trusts and Wealth Protection Team for specialist advice.

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

Digital Redesignz: Your go-to for Social Media Marketing, Website Maintenance, and

Design. We make online management stress-free. Experience personalised, local service with top-notch references at competitive rates tailored to your business needs. Call Ali on 021771726 or visit www.digitalredesignz.co.nz.

Health and Wellbeing

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

Home and Garden

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

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

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

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

Handyman. Born and bred in Torbay. Martin is a qualified cabinet maker and experienced professional. Allsorts Property Maintenance

is available for property maintenance, odd jobs, decks, fences and garden services. Call Martin Bassett on 0274526515.

Gardener. Experienced, reliable and hard working. We listen to what you want.

Now available in the Torbay/ Long bay area. Contact Kim 0211870495, or email plusgardening@gmail.com.

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

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

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

Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

Printing

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

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

Puzzle Answers



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

Word Puzzle

ads, ate, aye, ayes, date, dates, day, days, due, dues, duet, duets, dust, dusty, duty, dye, dyes, east, easy, eat, eats, eta, sad, sat, sate, sated, saute, sauted, say, sea, seat, set, stay, stayed, stead, steady, stud, study, sty, sue, sued, suet, tad, tads, tau, tea, teas, use, used, yea, yeas, yeast, yes, yet

Quiz Answers

1. Steamboat Willie, featuring Mickey Mouse
2. Nine
3. Its thorns represent Christ's crown of thorns and the berries his blood
4. Paris
5. Macy's
6. The Japanese attack on Pearl Harbour
7. A ha'penny will do
8. Joe Biden; President-Elect Trump is not sworn in until January 20
9. 'Twas the Night Before Christmas'
10. X' is from the Greek letter 'Chri' which is the first letter for the word 'Christ'. Greek was the original language of the New Testament

Tides December 2024 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW			
Sun 01	01:57	0.6m	08:15	2.7m	14:15	0.7m	20:19	2.6m
Mon 02	02:36	0.5m	08:54	2.8m	14:56	0.7m	21:02	2.7m
Tue 03	03:16	0.5m	09:34	2.9m	15:38	0.6m	21:45	2.7m
Wed 04	03:56	0.5m	10:14	2.9m	16:21	0.6m	22:28	2.7m
Thu 05	04:37	0.4m	10:57	2.9m	17:07	0.6m	23:12	2.7m
Fri 06	05:19	0.5m	11:41	2.9m	17:54	0.6m	23:59	2.7m
Sat 07	06:05	0.5m	12:29	2.9m	18:44	0.6m		
Sun 08			00:47	2.7m	06:55	0.6m	13:20	2.8m
Mon 09			01:39	2.7m	07:51	0.6m	14:15	2.8m
Tue 10			02:36	2.7m	08:52	0.7m	15:11	2.8m
Wed 11			03:38	2.7m	09:57	0.7m	16:09	2.8m
Thu 12			04:43	2.7m	11:00	0.6m	17:08	2.9m
Fri 13			05:46	2.8m	12:00	0.6m	18:07	2.9m
Sat 14	00:26	0.3m	06:46	3.0m	12:57	0.5m	19:04	2.9m
Sun 15	01:22	0.3m	07:41	3.1m	13:51	0.4m	20:01	3.0m
Mon 16	02:15	0.2m	08:33	3.1m	14:44	0.4m	20:55	3.0m
Tue 17	03:05	0.2m	09:23	3.1m	15:35	0.4m	21:47	2.9m
Wed 18	03:54	0.2m	10:11	3.1m	16:26	0.5m	22:36	2.9m
Thu 19	04:40	0.3m	10:58	3.0m	17:15	0.5m	23:24	2.8m
Fri 20	05:25	0.4m	11:45	3.0m	18:04	0.6m		
Sat 21			00:10	2.8m	06:11	0.5m	12:31	2.9m
Sun 22			00:55	2.7m	06:57	0.7m	13:17	2.8m
Mon 23			01:42	2.6m	07:46	0.8m	14:03	2.7m
Tue 24			02:31	2.5m	08:40	0.9m	14:51	2.6m
Wed 25			03:24	2.4m	09:36	0.9m	15:40	2.5m
Thu 26			04:21	2.4m	10:32	1.0m	16:30	2.5m
Fri 27			05:18	2.5m	11:25	1.0m	17:20	2.5m
Sat 28			06:11	2.5m	12:14	0.9m	18:11	2.5m
Sun 29	00:38	0.7m	07:00	2.6m	13:01	0.9m	19:02	2.5m
Mon 30	01:25	0.7m	07:45	2.7m	13:47	0.8m	19:50	2.6m
Tue 31	02:09	0.6m	08:28	2.8m	14:32	0.7m	20:38	2.7m

Times adjusted for Davlight Saving.

Your go to agent this

festive
season



Scan here or reach out for a free, confidential, and no-obligation appraisal.



Buying or selling over the holidays?

This holiday season, don't put your real estate goals on hold. With me as your local and dedicated agent, you can move forward with your real estate plans, even during the holiday season. Whether you're ready to buy, sell, or simply have questions about the market, I'm here with the expertise and support you need!

Let's make this festive season one to remember. Reach out anytime for a free consultation, and let's start making your real estate goals a reality this holiday season.

"Wanly and her team are a well oiled machine!" Peter (Seller - 2/90 Browns Bay Road)

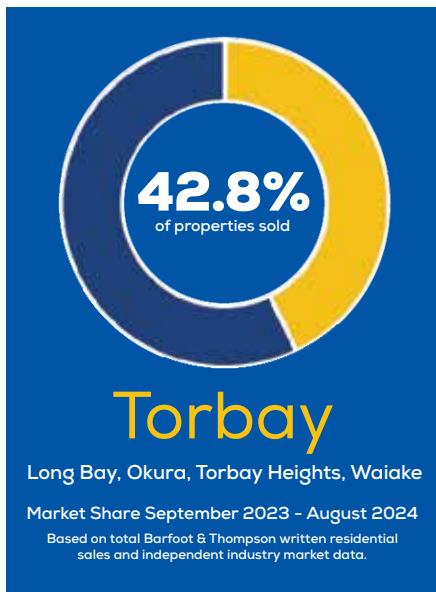
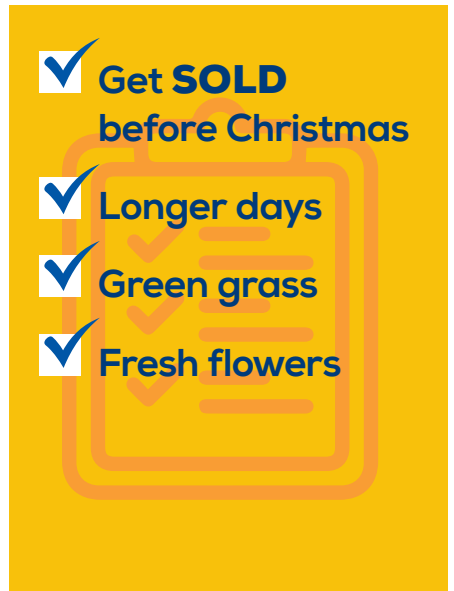
027 473 2468 | wanly.tsang@harcourts.co.nz | wanly.co.nz

Harcourts Cooper & Co

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



Wanly Tsang
& Team



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

 Wendy Radcliffe 021 772 070	 Michele Bensley 021 270 7410	 Andrea Tavae 022 476 7273	 Craig Zhu 021 800 280	 Ray Ou 021 190 0881	 Mayur Nimje 022 364 5005	 Eva Li 021 051 3590
 Kyra Perwick 027 311 7953	 Karin de Leeuw 027 270 2700	 Yang Lin 021 0873 3492	 Isabel Han 021 800 093	 Tiki Jiang 021 775 217	 Betty Gao 022 383 0408	 Chelsea Chen 021 087 87168

Torbay 09 473 9190
Long Bay 09 473 0712