

focus

Issue 34
February 2025

on community

Long Bay, Okura and Torbay



Sir Peter Blake Torbay Regatta celebrates another eventful year

Photos on pg 24

Photo by LiveSailDie

40
big pages!

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Torbay

Tents, Teddies, and Adventure: Building Memories at Long Bay Primary

There is no doubt that children enjoy spending time outdoors - especially in tents. At Long Bay Primary we have recently developed a camp programme for our Year 4 to 6 students.

Year 4 spent a night at school, preceded by a day of activities in and around school and followed by a day at Long Bay Regional Park. Sleeping on a classroom floor in a room full of other students has a unique appeal that was lost on all of the adults that participated. Next year we intend to offer a night in a tent to this event to add some more adventure.

Our Year 5 students spend 3 days



out west at Huia in the Waitakere Ranges. One night in a cabin and one in a tent. Feeding the pigs the left over scraps and exploring the rugged West Coast are absolute highlights.

In their final year at Long Bay Primary we venture to Camp Bentzon on Kawau Island. A full week of water and land based activities with an amazing amount of wildlife and a lot of walking thrown

into the mix. This week is the highlight of the year (as quoted by many, many of our students).

It all begins however with the youngest students. Our Year 0 and 1 classes spent a day at school 'camping'. There are a wide range of activities on offer - this year a collection of farm animals even made their way to school. The most popular activity? Spending time in a tent. Literally sitting in a tent with your stuffed toy animal and friends just hanging out. It turns out you can offer a wide range of activities, travel in buses and ferries, cook damper over an open fire or look for eels in a stream. Yet sitting in a tent with a teddy bear trumps them all. Children never cease to surprise us.

Rob Hutton




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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

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

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

editor's letter

Another New Year comes around and with it all the promise of all things good.

I had a very disappointing Christmas. I look forward to it so much each year with quality time with my family but not this year as our "friend" COVID is still very much around, so for myself and Keith it was a very different, quiet Christmas. But even in that there was the time to appreciate each other.

It's good to reflect back over last year and see the many good things that happened to us in our family or work life. Because we are often surrounded by depressing news, and there has been some really bad news last year, we tend to forget to feel joy in the smaller things. We also tend to forget the good times much more quickly than the memory of bad times.

I know when the Miss World pageants take place, the contestants are asked what they

would like to see, and we get the grand statements about world peace and an end to war.

Unfortunately, I cannot see that happening in 2025 but what I can see is people getting pleasure in the small stuff of life.

We live in a beautiful place. Revel in the blue skies and the wide ocean.

Be grateful.

I know when I go into a supermarket the assistant will often ask "Are you having a good day?". I usually reply "Every day I wake up and the ceiling is still there, it's a good day!"

I'm grateful that I am alive and fit and able.

I then ask, "And how is your shift going?".

Don't let it always be about you.

So, this year enjoy the small stuff.

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

North Shore Stroke Club

North Shore stroke club is a local charity that holds a weekly social gathering for stroke survivors to enjoy activities and peer support. The club meets on a Thursday morning 10am – 1pm during the school terms at the Sunnybrae Bowling Club, 8 Argus Place, Glenfield. The club is run by a coordinator and a dedicated team of volunteers.



The club aims to unite people, who have had a stroke, for fun and support, enabling them to share experiences and help each other by providing activities and organised outings. Morning tea and lunch is provided to members.



The club provides subsidized taxis to and from the weekly meetings for North Shore stroke survivors. It also welcomes people outside of the North Shore, who can make their own way to the club rooms.

The weekly get together is a safe environment for stroke survivors to socialise, practice new skills, make friends and regain confidence and independence.

This is achieved through a range of activities such as bowling, card games, board games, quizzes, crafting, music, all with peer and volunteer support.

This is an essential part of the rehabilitation that is very important and needed following a stroke.

Family/whanau/caregivers are very welcome to attend the club.

If this sounds of interest to you or someone you know, or if you wish to become a volunteer, please give us a call

Coordinator: Jill
 Telephone: 021 079 1653
 Email: nsstrokeclub@gmail.com



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Wendy's update

WISHING YOU A HAPPY NEW YEAR!

A great time to embrace the New Year with confidence – summer time is the ideal time to buy or sell.

A modest recovery in prices the Auckland housing market achieved in the final months of 2024 was sustained through to year end. Sales numbers in December remained solid and prices remained positive. In our area, we continue to see strong activity – our area is still in demand and the sunshine and lower interest rates are enticing the purchasers – a great time to list!

If you need any help with your real estate requirements in the year ahead, whether it's buying or selling, or just some advice, I offer you experience, knowledge and insights into the different market trends to maximise your sale, just give me a call,

Kind regards, Wendy

Torbay/Waiake 2024

 <p>72</p> <p>CURRENT PROPERTIES FOR SALE</p>	 <p>275</p> <p>PROPERTIES SOLD</p>
 <p>\$566,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$4,050,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe
 021 772 070

w.radcliffe@barfoot.co.nz

*Year ending 31 March 2024

Summer fun at Waiake

Photos by Carole McMinn



CAB Browns Bay

The CAB in Browns Bay held their Internal Celebration party on November 21st at the Browns Bay Marine Centre. They were thrilled to welcome around 60 former and current volunteers who gathered to share memories and stories, celebrating the unique legacy of CAB Browns Bay. It was heartwarming to see so many cheerful faces and hear their lovely reflections, making the occasion truly special. Their love, encouragement, and participation mean so much to us. With the continued support from our community, CAB Browns Bay looks forward to serving our community even better for the next 50 years.

Citizens Advice Bureau Browns Bay
2 Glen Road, Browns Bay, Auckland 0630



Citizens Advice Bureau
Ngā Pou Whakawhirinaki o Aotearoa



Different, better.

Long Bay Chinese Association holds first Table Tennis Tournament



On Saturday 30th November the Long Bay Chinese Association held their first table tennis tournament. It was a full day event and was held at Long Bay Primary School. As you can see from the photos there were many participants and it was an occasion enjoyed by all.

They also held a Chinese market outside. Unfortunately, the poor weather affected this, which was sad. However, it didn't dampen the spirits of those selling their goods. The Long Bay Chinese Association intend to make this an annual event.



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In Need of a Medical Certificate???

Unichem Torbay Pharmacy now has the ability to offer Medical Certificates via a consult with a trained Pharmacist.

To be eligible for a consult you must have,

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2. currently medically well (or getting better) and
3. do not require a clinical assessment (doctor's appointment).

Does not include ACC Medical Certificates.

Ability to certify for short periods off work for minor illness (1-3 days)

Medical Certificate costs \$40



Opening Hours

Monday to Friday
Saturday

8:30am to 6:00pm
9:30am to 4:00pm

New Year, New Horizons: Plan Your 2025 Travel Adventure

The New Year brings with it a sense of renewal—a perfect time to dream big, set goals, and plan adventures that will fill your soul with wonder. As the calendar flips to 2025, why not make it a year to explore new destinations, immerse yourself in diverse cultures, and create memories that will last a lifetime?

Picture yourself wandering through the charming streets of a European village, soaking in the history and romance. Or imagine basking on a tropical beach, the waves gently lapping at your feet as you sip a refreshing drink. Maybe this is the year to challenge yourself with an awe-inspiring trek through mountain trails or embrace serenity in a remote countryside retreat.

Travel in 2025 is all about meaningful experiences. Seek out



destinations that resonate with your personal goals—whether that’s wellness, adventure, or cultural immersion. For those looking to slow down and reconnect with nature, consider national parks, tranquil islands, or eco-retreats. If you crave excitement, cities like Tokyo, New York, or Rome are buzzing with energy and promise endless exploration.

Don’t forget to sprinkle your plans with spontaneity. The best adventures often come from the unexpected—a hidden café, a conversation with a local, or a detour to a lesser-known gem.

Start the year by dreaming boldly and planning thoughtfully. Travel isn’t just about seeing the world; it’s about expanding your perspective, feeding your curiosity, and celebrating the magic of the journey itself. Wherever 2025 takes you, may it be filled with discovery, connection, and the joy of new beginnings. Shore Travel is here to help you travel the world on your terms.



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2024 was a great year for Rotary Browns Bay

Not only did we celebrate 40 years of serving our community we continued to support a myriad of organisations. It is our tradition for members to bring a gift to our last meeting of the year, which we deliver to the Salvation Army for their Christmas gift boxes along with New World vouchers to assist them to top up the boxes with festive groceries.

We installed a defibrillator (AED) in the Phoenix Plaza which is accessible 24/7 to the community.

We sponsored 3 young women from Long Bay College to attend the Summer Science Forum at Auckland University, and another from MERC to



the Rotary Youth Leadership course

We laid a wreath at the Browns Bay Cenotaph on ANZAC Day.

We contributed to the healing garden at Tōtara Haumaru (North Shore Hospital).

We delivered a carload of backpacks to Swanson School for their reading programme.

We cooked a lot of sausages: at Summer Spectacular in Browns Bay, at the library's Halloween event, the Browns Bay Christmas Parade and the Mairangi Bay Christmas Carnival, all of which enabled us to make donations to several organisations such as Blue Light, Heart for Youth and Special Olympics.

We spent a morning at Pinehill School helping the children plant seedlings as part of their 'Trees for Survival' programme.

We assisted Abilities with an E-Waste collection, made a substantial donation to End Polio and purchased dictionaries for low-decile schools in Northland.



We are a group of thirty people, with many supporters, who love working to help others while enjoying each others' company and having lots of fun together. If this sounds like something you'd be interested in being part of, give Ian a ring on 027 494 7531, or come down to the Bays Club at 7am for breakfast on the first and third Tuesdays of the month. We'd love to see you.

Monthly Quiz

Answers Page 38

info@brownsbayrotary.co.nz



This month's quiz is all about famous Rotarians

1. Roald Amundsen of the Rotary Club of Oslo, Norway was the first person to reach the South Pole. When?
2. Rotarian Neil Armstrong was the first man on the moon. What were the words he uttered on stepping out of the spaceship?
3. Sir Winston Churchill from the Rotary Club of London was Prime Minister of Britain twice, from 1940-1945 then from 1951-1955. Who was Prime Minister between his terms?
4. John F. Kennedy, of the Rotary Club of Hyannis, Massachusetts was assassinated where?
5. For speaking out about the Taliban's ban on education of girls Malala Yousafzai from the Rotary club of Swat in Pakistan, received the Nobel Peace prize. When?
6. Why was Franklin D. Roosevelt from the Rotary Club of Albany, New York confined to a wheelchair during his US Presidency?
7. Harlan Sanders was a member of the Rotary Club of Jeffersonville, Indiana. What is his claim to fame?
8. Orville Wright from the Rotary Club of Dayton Ohio, was the co-inventor or the first successful airplane. Who was the other?
9. Sir Edmund Hillary is probably NZ's most famous Rotarian. What was his profession?
10. Pope Francis is a member of the Rotary Club of Buenos Aires. When was he elected Pope?

Book review

Book Review for Teen book by Staff Member Logan

The Spirit Bares Its Teeth - Andrew Joseph White

In this teen horror story Silas, a young transgender boy, finds himself committed to a sanatorium for girls who are suffering "veil sickness". While there, he finds out girls are going missing and Silas must use his connection with spirits, through the veil, to uncover where they have gone.

This story is engaging and shocking as we follow Silas to uncover the horrors committed by doctors who claim to be curing girls of sickness. The book engages with themes of gender, neurodivergence, body horror, ghosts and medicine. The book explores Transgender people's relationships with their bodies and gives a good understanding of body dysphoria. The plot and mystery of story keeps you engaged and turning the page to see what happens next.

This book is a winner of 3 literary awards and a finalist for 2.

East Coast Bays Library. Bute Rd, Browns Bay.



East Coast Bays Library News:

As Tamariki return to school, our regular programming resumes, including book chats, crafting and digital literacy groups.

To find out what's on, pick up a brochure, talk to library staff, follow our Facebook page, and search for events at www.aucklandlibraries.govt.nz.

To receive an e-copy of our monthly brochure, email us at ecblibraryevents@aucklandcouncil.govt.nz

What's on in February:

Have your say on Auckland Council's proposed policies and bylaws related to dogs and cemeteries. View forms in the library or visit the AKHaveYourSay website.

The library will be hosting public information displays about vital Local Board Emergency Readiness and Response Plans developed by Auckland Emergency Management.

Preschool Programming is back!

Join children's librarians for literacy fun beginning 11 February.

Babies and Bubbles – Tuesdays 10am and 11.30am

Mandarin Storytime – Wednesdays 10am

Terrific Tots – Thursdays 10am

Bays Youth Voice

Calling all 11-25 year olds! Join Bays Youth Voice, a group of local youth enabling and empowering by engaging in community projects, events and initiatives, and developing leadership opportunities.

Contact: email kiaora.byv@gmail.com or find them on Facebook and Instagram.

February meetings: 13 & 27 Feb 4pm-5.30pm

Love is Love Take 3 Romances

Borrow 3 romance novels over February and be in to win a \$100 egiftcard! with Auckland Libraries promotion supporting Auckland Pride Festival.

Ikebana Japanese Flower arrangement Display

28 January – 2 February & 10 – 16 February

Special events:

Luna New Year Tea Ceremony with Mindful Peace Academy Pine Valley

Saturday 1 February 10:30 – 11:30am. Booking required

Chinese Tea Culture Course

The first of a series of 5 teaching basic knowledge of Chinese Tea culture.

Saturday 8 February 10:30 – 11:30am. Booking required

Ikebana Workshop

Learn Japanese flower arranging from the experts.

Wednesday 12 February 2:00 – 3:00pm. Booking Required

Furoshiki workshop

Discover and learn the art of Furoshiki-Japanese fabric wrapping.

Saturday 22 February 10:30am – 12:00pm. Booking required

Teen Pride Poetry

Have fun creating blackout poetry with pre-loved library books.

Sunday 23 February 2:00 – 3:00pm All teens welcome

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WISHING YOU ALL THE BEST FOR A GREAT 2025!

If you need any help with real estate in the year ahead, whether you are buying, selling or just in need of an update and advice on the market, I would welcome your call.



Michele Bensley

021 270 7410

m.bensley@barfoot.co.nz

Top Salesperson, Torbay Branch, 6 months ending September 2024

barfoot.co.nz/m.bensley

New café opens at Stredwick shops

Café owners, Peter and Simon, are passionate about coffee. As locals we felt that a good café was needed here. They wanted to supply good coffee and food to their local community, provide good service to customers, even become long term friends.

Peter and Simon have been in NZ over 20 years, and in the cafe business over 10 years. They have been operating cafes in Grey Lynn, Devonport, Henderson and Takapuna. They then decided to become business partners as we worked so well together and have the same vision for the business.

Most cafes use pre-cooked or central kitchen supplement. This makes it hard to control the food quality, freshness and local taste adjustment. Our focus is on home made, fresh daily and delicious home made sauces and garnish.

The café uses Atomic coffee beans, because it is Fairtrade, specialty-grade coffee for a complex and challenging profile. This gives an optimum depth of flavour.

At the same time the coffee is treated delicately. This ensures the beans' inherent flavour isn't masked by the roast and allows individual notes to cut through with clarity. This creates a rich, robust flavour with great depth coffee.



Shop 3 / 61 Stredwick Drive, Torbay. Opening from 7 am in weekdays and 8am in weekend, our email is: torbaycafe@gmail.com



HON ERICA STANFORD

Member of Parliament for East Coast Bays

We are working from home, but are still here to help. *The Electorate Office is undergoing some overdue repairs and updates. It's going to take a couple months, so we are working from home during this time.*

@ ECBoffice@parliament.govt.nz

W www.EricaStanfordMP.co.nz

☎ 09 478 0207 f Instagram EricaStanfordECB

📍 1/8 Beach Front Lane, Browns Bay



Homestead Restoration

In 1993 the Torbay Historical Society began the restoration of the Vaughan Homestead at Long Bay Regional Park. Tommy Vaughan had been the last of the Vaughan family to live in the Homestead. In 1949 /50's he added to the original Homestead and made changes to the rest of the building. (including closing in the verandah and covering up the dormer windows). The Society restored the building so that the original section looked from the outside as it had done 100 years before.

Tommy lived in the added part on the East while he had visitors who lived in the original part. The photos show some of the rooms as they were when we took over. The upstairs room with its dark stained timber apparently smelt of tobacco. We understood that Tommy used to throw bottles out the window onto the hillside below. (A bottle pit?)

The wallpaper in the lounge had seen better days. The kitchen was in disrepair.

During the last year our society has updated these rooms to make them more attractive and useful. The garden has also had a lot of work done. Visit us to see the changes.

We are planning to open the Vaughan Homestead on



Saturday afternoons during the summer, when the weather is favourable and when we have enough helpers. If you want to come at other times please phone us. We always welcome new members.

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



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Pear, Walnut and Haloumi Salad

I first encountered this recipe as a starter in a restaurant in Mount Maunganui. It was so easy to recreate and is quite different and very delicious. Can be used as a starter or an accompaniment with a meal.

Ingredients

Either 1 tablespoon olive oil or balsamic vinegar.
 1 cup walnut pieces
 2 just-ripe pears - I like Comice pears if available.
 ½ lemon, juice
 250 g haloumi cheese, thinly sliced
 Tablespoon honey.
 6 handfuls of fresh baby spinach leaves
 salt and freshly ground black pepper

Method

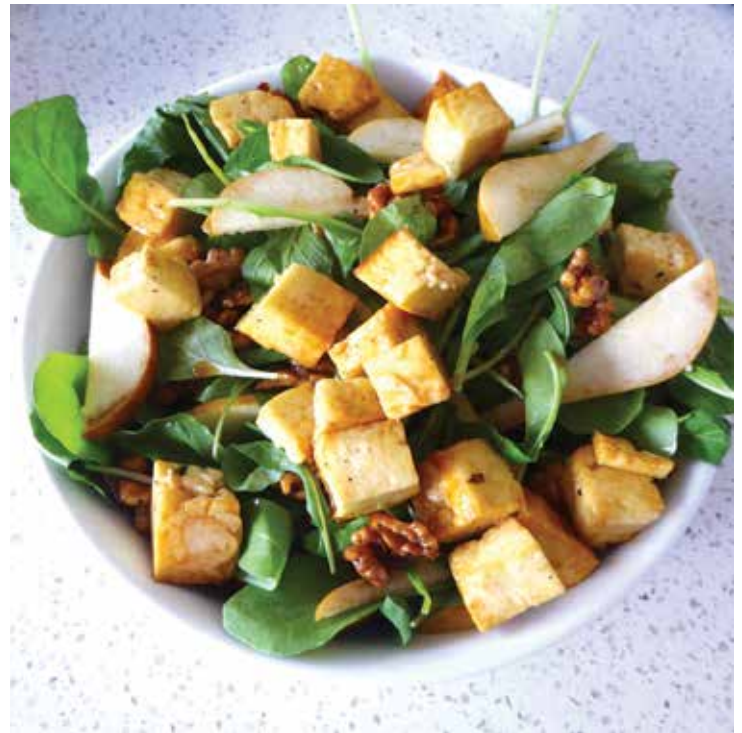
Roast the walnuts dry on an oven tray at 180°C for 12-15 minutes.

At the same time drizzle the honey over the haloumi and bake for 10-12 minutes.

Halve and core the pears and slice each half into 6-8 wedges.

Place in a mixing bowl and toss gently with the lemon juice.

Place spinach in a large mixing bowl. Add the pears and their juices, the walnuts and the baked haloumi.



Drizzle with either olive oil or balsamic vinegar.

Season to taste with salt and pepper then toss gently.

Transfer to a serving bowl or individual plates to serve.

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U3a Browns Bay finishes the year with a “bang”

At our monthly meetings we have an impressive selection of speakers and entertainments. Our December meeting was a combination of these two factors which featured The Sail City Stompers Dixieland band

This is a group of 7 men, mostly quite mature in years. There is a double bass, a banjo, a guitar, keyboards and vocal, a slide trombone and a trumpet. Not only did they entertain us for an hour with their brilliant playing, but they also informed us about some of the factors in the history of Jazz and how it evolved.

I guess most people are aware that Jazz started in New Orleans. A huge influence was the meeting of enslaved people in Congo Square



in about 1835. Here a vibrant culture emerged over time with French, Spanish and African American influences expressing the absolute need for musical expression. Marching bands, popular in the American civil war were also a factor These bands played at funerals – a tune that might start as a dirge would rapidly become a lively and loud celebration of the deceased person’s life. [e.g. “Just a closer walk with thee”]

Buddy Bolden was the leading figure, his band playing to enthusiastic dancers in dance halls which were not much better than large windowless barns. Crowds dancing with joyful abandon, often after work, in the sweaty clothes they had worn all day – the need for music and dance was too strong to contemplate going home first.



Buddy Bolden’s band (1905). He is second from right in the back row with his trumpet,

Later Jazz not only spread widely especially to Chicago but evolved different rhythms and styles.

Our meeting finished with a delicious “self-catered” lunch and best wishes to all for Christmas.





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Tim's Iron Man success

Last magazine we ran an article on local resident Wendy, who suffers from young onset dementia. Her face was familiar after appearing in the tv series The restaurant that makes mistakes.

Wendy's son Tim, who helps with her care, decided to enter Iron Man Melbourne to raise funds and awareness for young onset dementia.

Tim's support crew was Wendy, Peter and his sister Jenny Horgan. Special T shirts were made up with the YOD collective logo on front.

Tim commented, "When reflecting on the last 18 weeks of training and completing the race, the stand out isn't the time I completed my first triathlon in but the support through donations and messages that I received. People that I hadn't spoken to in years got in touch about the programme and wanted to help."

Tim raised \$3,760 for The Young Onset Dementia Collective with fantastic times

Total time: 5hrs 24min 30sec

Swim: 40min 28sec (1.9km)



Family support team!

Bike: 2hrs 58min 32sec (90km)

Run: 1hr 34min 46sec. (21km)

Tim says "Having family members there to support gave the extra bit of motivation. Especially seeing mum on the finish line definitely brought on a couple of tears. Also having friends following on the Ironman tracker app and watching me come across the finish line meant a lot. Even having messages of support during the race from friends about my progress that I couldn't see until after the race. The only negative was getting muscle cramps towards the end of the swim that stayed with me for the whole race. It's why I want to do Taupo as I feel I can do it faster"

The YOD collective did a charity lunch with Ben Bailey and all the volunteers to raise more money. One couple who have nothing to do with the charity were so impressed with what Tim achieved they brought a table for 4 and gave it to Tim and the kids.

Well done Tim what a lovely son.

Carole McMinn



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Torbay Garden Club December 2024

Happy New Year to you all! We are enjoying a bit of a break over summer, however at the end of November the annual Garden Ramble was held with a selection of club members opening their gardens for others to enjoy. We were lucky as well to have some residents from the Fairview Lifestyle Village who joined in and shared their gardens, making for a lovely day to wander around admiring people's gardening efforts. The day finished with lunch at the Fairview Lifestyle Village café where members of the club enjoyed some lovely lunch fare in a wonderful, relaxed setting.

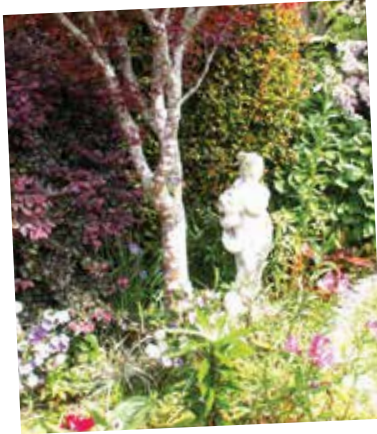


In December, instead of a regular club meeting our club members enjoyed a shared Christmas lunch to wrap up the year. The afternoon was filled with a couple of quizzes, good food and great company, and a slideshow of the various events throughout the year. We also held the annual Club Prizegiving, with trophies and prizes handed out to members who have entered the club shows throughout the year.

In a special presentation our club photographer, Bill Ellis and his wife Barbara were awarded an honorary Club Membership in recognition of their many years of support. The afternoon finished with a small Christmas-themed floral art competition with a great selection of gorgeous arrangements with a winner chosen by a popular vote.

We are now enjoying a summer break and will start 2025 off with a club picnic at Long Bay Beach in February. If you are interested in becoming a member of the Torbay Garden Club, we would love to see you. If you would like to arrange a visit to one of our meetings, please get in touch by emailing us at torbaygardenclub@gmail.com, checking out our website <http://torbaygardenclub.co.nz> or giving us a call on (020) 4198 3906.

Correction: In the last edition of Focus the winner of the November Rose Show was incorrect. Our apologies and congratulations to Hilary Collins who won the Rose Bowl for the Most Points in the Rose Show.



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Glamorgan kindergarten is located in the heart of Torbay

Our kindergarten is a community where early learning thrives, friendships blossom and families feel connected.

The strength of our team lies in the cohesion of our fully qualified, registered, and experienced teachers, whose passion and long-standing commitment provide exceptional continuity of learning for our children.

We have strong relationships with local schools—Glamorgan, Long Bay, Torbay, and Oteha Valley—which ensures each child has a smooth and seamless transition as they continue their learning journey.

We have a beautiful learning environment which is designed to extend and nurture every child’s potential.

We are proud to be an EnviroSchool, embracing a kaupapa that empowers our learners to become active participants in shaping a sustainable future. Rooted in Te Ao Māori principles, our approach nurtures a deep connection to the environment, fosters respect for diversity, and encourages thoughtful, sustainable practices. By weaving together cultural values and practical actions, we inspire tamariki to grow as kaitiaki (guardians) of the land and champions of a brighter, more inclusive world.

The jewel in our crown is Tane’s Forest, our own natural bush garden where children can immerse themselves in exploration of the natural environment. We support our children to learn through hands-on discovery, fostering curiosity and a deep respect for the natural world.

Glamorgan Kindergarten is more than just a place for early learning... it is a place where children develop lifelong skills, friendships and a love of learning in a safe and nurturing environment.

We warmly invite you to visit us for a “Stay and Play” session! Experience the unique quality of a kindergarten learning environment where our values create a nurturing, safe, inclusive, and inspiring space. Here, families are welcomed and connected (whanaungatanga), tamariki are empowered to grow and thrive (whakamana), kindness and



empathy are deeply valued and taught (manaakitanga), and playfulness and cheekiness are celebrated (mahi takaro).

Your child will develop resilience (pakari), foster curiosity (haututu), and build a love for learning through play, all within a peaceful and supportive setting (rangimarie). Come and see how we bring these values to life!



Stay & Play Day!

At Glamorgan Kindergarten
37 Danbury Drive, Torbay
Ph: (09) 473-5099

Come and experience our wonderful Kindergarten environment! Stay and play with your child from 10.30am - 12pm Call ahead or drop in!

When:
Every Monday starting 27th January - 10:30am- 12pm

Glamorgan Kindergarten

Ka ako, ka tipu, ka puāwai ngātahi

Kaitiaki Kindergartens

Free Library in Long Bay

If you want a source of good books right on your doorstep then look no further than 19 Headland Drive at Long Bay.

With parking spaces right next to the library it couldn't be easier.

There is always a good supply of both adult and children's books available.

Bring your read books to gift to someone else to enjoy and find something for yourself to relax with.



Tai Chi for Torbay – Long Bay

International research supports the benefits of Tai Chi practice – particularly for seniors.

It has been shown to help in maintaining both joint mobility and balance.

Tai Chi is also fun.

The flowing gentle movements coordinate body and mind with names, such as 'peacock spreads tail,' 'playing with the waves' and 'cloud hands'. These are woven into movement patterns that stimulate the body's external and internal systems, to help maintain wellbeing. Tai Chi can be helpful in joint rehabilitation and may be done seated, in a modified form.

Torbay Tai Chi for Seniors (or any adult) runs weekly at the Senior Citizens Hall.

In January we have free outdoor summer sessions at Long Bay with the ocean as backdrop.

There's a beginner's class on Thursdays and a maintenance group on Tuesdays. Both run from 9.30 to 10.30 during the school term. Sessions for 2025 begin again on February 11. It's fine to just come along and give it a try. Join a friendly group while we 'greet the morning sun' and 'scatter the waves'.

For more info contact Jo on 0276738836.



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Welcome to 2025, the winds feel like they're at our backs, and optimism is in the air. With another OCR cut predicted and buyers out in force, this is a great time to give us a call if you are thinking of selling!

We have some great new properties coming to market. We finished the year on a high, selling two of the lots at 850 Beach Road. It's not too late though, there are still two available - Don't miss out!

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OF LATTER-DAY SAINTS

Torbay Theatre behind the scenes:

After a sold-out season of Torbay's Twinkling Christmas Show and a bit of a lie-down in January, we are busy getting ready for the new year of theatre.

During this summer downtime between productions we are concentrating on 'housekeeping' and maintenance of our building and grounds (see photo). In association with the TCA, we will paint the exterior of the Gate Theatre and the Community Hall in February.

We are also having a working bee in February to sort out the Aladdin's cave of furniture and scenery in our under-stage area.

There is usually a small group of people working at the Gate Theatre on Wednesday mornings from 10-12. If you'd like to join us, or to find out more about what we do, please just turn up.

We are still interested in hearing from new directors for this year. We normally put on an adult comedy once or twice a year, and a children's production during the July school holidays, as well as occasional rehearsed play readings. Keen to direct but never done it? Fledgeling directors are welcome to offer a short scene at one of our quarterly club



Sprucing up the Community Hall and Gate Theatre.



Santa and Alvin helped Christmas twinkle.

nights, before being let loose with a full cast in a big show. For more information please contact Lynette on 0210-294-0630.

LOOK OUT FOR ...

HMS PINAFORE in October.

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

For more information:

www.torbaytheatre.com

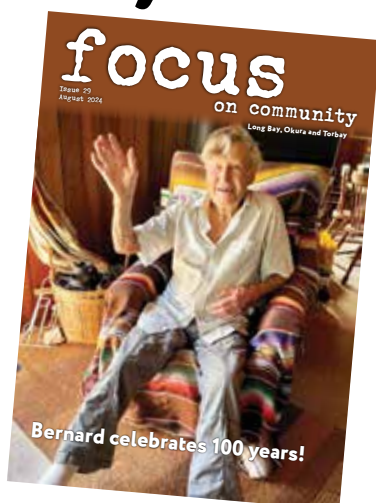
See also: Facebook/Insta, or ph 0210-294-0630

35 Watea Rd, Torbay

We love to hear your news!

Whether it is a special anniversary, a sporting achievement, an interesting life lived or a 100th birthday we would love to share your story with our readers. It is the community stories that help to make this magazine so special. People are interested in what is happening in their community.

If you have something you would like to share, please contact Carole on editor@focusoncommunity.co.nz



Another Impactful year for the Sir Peter Blake Torbay Regatta

In early December last year, Torbay Sailing Club organised and ran the 22nd Sir Peter Blake Torbay Regatta, New Zealand's largest youth sailing event and a true celebration of sailing. In 2024, the regatta earned Torbay the *Sports Excellence Award* for "Community Impact", a special acknowledgment of the positive influence the event has on the national sailing community. Each year, around 350 young sailors aged 8 to 18 take part, embracing competition, learning, teamwork, and, most importantly, fun on the water. The photographs from this year's event demonstrate the unforgettable impact of the regatta once again. No doubt several of the young sailors will go on to be Olympians and make an impact on the world stage. We can say that with confidence as we had no less than four current and past Olympians join us at the event, to talk to and inspire the next generation, all of whom had competed as youths at "The Blake".



For the sixth consecutive year, the regatta has also achieved *Gold Standard* recognition from the *Sailors for the Sea Clean Regatta Awards* for its commitment to environmental sustainability. This year, we took our efforts further by partnering with *Restore Hibs & Bays* to ensure that a native seedling is planted for every one of the 346 entrants. A planting plan is currently being submitted to the council, and we're looking forward to collaborating with *Awatuna*

Photos by LiveSailDie

Scouts to plant and maintain these seedlings in Aitkin Reserve in June/July 2025.

While the regatta creates significant positive change in sport, education, and the environment, we're mindful of the impact it has on you, our neighbours. We greatly appreciate your patience and support as we continue our mission to inspire young Kiwis and make a difference.

Ngā mihi,

Torbay Sailing Club



Photos by LiveSailDie



Catherine Liu & Team

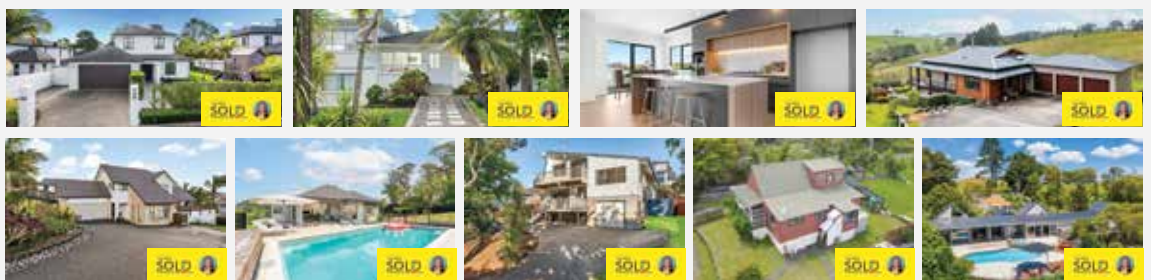
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Celebrating Seaweek

As February rolls in and schools start back, the countdown to Seaweek begins!

Celebrated from 1st – 9th March, events designed to support connecting communities with our ocean will be held throughout the country.

Browse through the events listed on seaweek.org.nz!

Our 8th annual Sea MERC Day will be held on Sunday March 2nd at the MERC facility in Long Bay, where all activities run will be suitable for a wide range of ages and abilities. MERC will also be hosting education and craft sessions in our local libraries.

Given how much our lives rely on the ocean and its services, celebrating Seaweek is one way to acknowledge, appreciate and inspire action for its protection.

Our seas are our survival.

We encourage you and your whanau to take advantage of these opportunities to engage.



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Peter & Lois (Vendor) 16 Dec 2024 ”

“ **A Team To Be Trusted**
As we all know, selling and buying a house is an incredibly emotional, stressful rollercoaster of time, energy, and patience. Thankfully, we had the amazing "Team Ming" to guide us through the ups and downs of this process! With an awesome attitude, good humour, expertise, knowledge and regular contact, we were navigated through it. We trusted the guidance of "Team Ming" and knew they would get the best outcome for all parties. We would absolutely recommend Ming, Harry, Tim and Holly. There is no other team that works so hard and goes above and beyond.
Sharlene & Giles (Vendor) 07 Jan 2025 ”

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What's on at Albany Village Library

Albany Lunar New Year Festival

Sat 1st Feb 10:30 – 12:00pm

Join us at the library to welcome in the new Year! We will be celebrating with Tai chi, dancing, singing, WoodWind & Brass performance, Chinese Instrumental performance, and social dance.



This event is free for everyone, families are welcome.

Jiggle and Wiggle:

Fridays at 10:00am during term time

Follow the music down to the library on Friday mornings for a half hour session full of dancing music and bubbles! In this preschool program we use musical instruments to learn about rhythm, dance our feet off and have heaps of fun. This program is geared towards tamariki that are a bit older and ready to kanikani with us, generally 3-5yrs.

Book Chat:

Last Wednesday of the Month from 10:30 – 12:00pm

Do you like talking about books you've read? Would you like to hear about books others have enjoyed?

Come and Join our Book Chat, share some of your favourite reads make friends with other enthusiastic readers and discover new titles and authors.

We don't all read the same book but share with those we have read. No book? You're welcome to come and listen and share a cuppa.

Albany Village Library
30 Kell Drive
Albany Village

Book review

"Paralympic champion swimmer and gold medallist Jessica Long celebrates the importance of dreaming big and the power of being different in The Mermaid with No Tail. As a baby, Jessica was adopted from a Russian orphanage. Her legs were amputated below the knee when she was 18 months old. Despite this, Jessica has become a world-class swimmer and one of the most decorated athletes of all time. Dive into this illustrated picture book based on Jessica's story, where a mermaid with no tail decides she wants to compete in the Mermaid Games"



A Mermaid with No Tail tells the story of a passionate young mermaid who, despite all obstacles, wants to compete in the ocean-famous mermaid games. She will have to train hard, believe and be proud of herself and her differences if she is going to make it.

A story of true passion, skill and determination, *A Mermaid with no Tail* is a wonderful telling of Jessica Long's story. Kids will love the tale of the plucky Tatiana and be sucked into the underwater world of the Mermaid Games.

Thinking of selling?

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027 270 2700 / 09 473 7832

k.deleeuw@barfoot.co.nz

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OVARIAN CANCER IN AOTEAROA NEW ZEALAND: A SILENT THREAT

Ovarian cancer is a significant health concern for women in New Zealand, with some of the highest rates in the world. In fact, it ranks as the eighth most common cancer among New Zealand women, with approximately 300 new cases diagnosed each year. Tragically, it is also the fifth leading cause of cancer-related deaths in women, claiming around 208 lives annually.

What is Ovarian Cancer?

Ovarian cancer begins in the ovaries, which are part of the female reproductive system. These organs produce eggs (ova) and hormones essential to reproduction. Women have two ovaries, one on each side of the uterus. Like all organs in the body, the ovaries are made up of tiny cells. Cancer develops when these cells grow uncontrollably. In some cases, the cancer may begin in the fallopian tubes before spreading to the ovaries.

Types of Ovarian Cancer

There are several different types of ovarian cancer, but the three main categories include:

- **Epithelial Ovarian Cancer:** The most common form, originating in the outer surface of the ovaries.
- **Germ Cell Tumours:** Arising from the cells that produce eggs.
- **Sex Cord-Stromal Tumours:** Involving the cells that support ovarian tissue.
- **Borderline Tumours:** A less aggressive type that is typically easier to treat.

Recognizing the Symptoms

Ovarian cancer often presents with symptoms that are subtle and easily mistaken for other, less serious conditions. Common signs of the disease may include:

- Abdominal bloating or swelling
- Feeling full quickly, even after eating small amounts
- Pelvic or abdominal discomfort, pain, or pressure
- Changes in bowel habits, such as constipation or diarrhoea
- Persistent fatigue or tiredness
- Frequent urinary issues, such as needing to urinate more often
- Unexplained weight changes
- Abnormal vaginal bleeding

It's important to note that many of these symptoms can be associated with conditions that are not cancer. However, if you notice any of these signs, especially if they persist, it's vital to consult with a doctor.

The Challenge of Early Diagnosis

Ovarian cancer is often difficult to diagnose in its early stages because its symptoms can overlap with many common, non-cancerous conditions. There is no routine screening test for ovarian cancer, which is why awareness of the symptoms is crucial for early detection.

Tips for Discussing Symptoms with Your Doctor

If you're concerned about potential ovarian cancer symptoms, here are some helpful tips for talking to your healthcare provider:

- Keep a detailed record of your symptoms, noting how often they occur and their severity.
- Consider your family or whānau history of cancer, and share this information with your doctor.
- If you don't feel better after treatment or tests, don't hesitate to go back to your doctor. If needed, seek a second opinion.
- Take a trusted family member or friend with you for support during your appointment.

What Causes Ovarian Cancer?

While the exact cause of ovarian cancer is not fully understood, certain risk factors may increase a woman's chances of developing the disease. These include:

- Having few or no pregnancies
- Smoking or tobacco use
- Being overweight or consuming a high-fat diet
- A family or whānau history of ovarian, breast, bowel, or uterine cancers

Raising Awareness and Taking Action

The high rates of ovarian cancer in New Zealand underscore the importance of awareness, early detection, and a proactive approach to health. Women should be vigilant about changes in their bodies and have open conversations with their healthcare providers. With early diagnosis, the prognosis for ovarian cancer can improve, making awareness and timely action crucial for women's health across Aotearoa New Zealand.

**Talk to your GP or contact our Health Improvement Practitioner.
Torbay Medical Centre 09 477 9000**

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

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

Torbay Friendship Club

We've had an absolute cracker of a year as we continue to welcome new friends and members. Saying that, I'd like to thank the wonderful club members who participate in anything and everything from stacking and unstacking chairs to the committee members and everything in between. Thank you to the convenors of the weekly/monthly groups, you do an amazing job of encouraging members to come along and try their hand, and to the ladies organising monthly excursions.



To all the interesting and varied speakers we've had during the year, thank you for taking time out of your busy schedules to address our club.

Unbelievable, Christmas is over and we head toward an unknown new experience in 2025. Of course we wonder what the year will bring with the media forever bringing doom and gloom, and yet – here we are facing another fantastic year ahead. I'm sure you heard the story, "If we worry you will die, if we don't worry, we will die, so why worry." That makes sense to me!!



We have a choice, as we wake up each morning, to be miserable or to be happy. Live life to the fullest, be compassionate, but do not allow outside problems affect your personal space. Be loving and kind even when others don't reciprocate. Be yourself, smile and others will smile with you. My choice is to be happy and no matter what life throws at me I know there are millions far worse off than I could ever be. Torbay Friendship Club held their Christmas lunch at the Bays Club and once again it was enjoyed by all.

We ended our year on the 12th December, with an interesting talk by Judy Canton and ending with Robin (The Harpist) Goudge, playing the harp and singing. Our best hat competition drew a number of very interesting and creative hats, was won by Christiane Fevre.

Wishing everyone a beautiful New Year, and may 2025 bring happiness to all.

For further information please contact Noreen McArthur 027 271 3524 or Delphine Pearson 022 073 9813.

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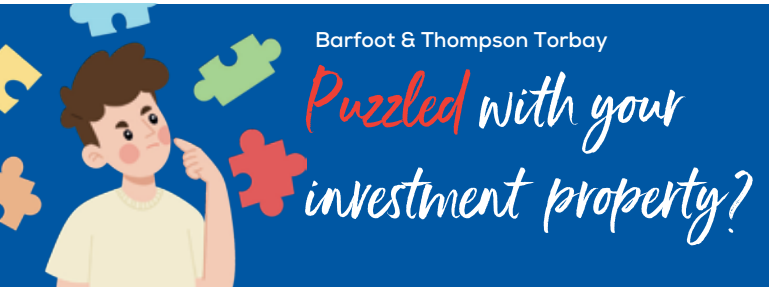
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| ROTORUA | FIORDLAND | COROMANDEL |
| MURIWAI | MOUNT COOK | RAGLAN |
| WAIHEKE ISLAND | KAIKOURA | |

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

WEATHER

40 good, 50 very good, 58+ excellent

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 Police (slang) (4)
- 3 Group of naval vessels (8)
- 8 Deep dish (4)
- 9 Waterproof coat (8)
- 11 Traditionally made at New Year (10)
- 14 Second book of the bible (6)
- 15 Medieval fool (6)
- 17 Concerned with childbirth (10)
- 20 Innate, natural (8)
- 21 Mix with a spoon (4)
- 22 Medieval singer or musician (8)
- 23 Unit of computer memory size (4)

Down

- 1 Dry red wine grape (8)
- 2 Uncle works here? (8)
- 4 Structure attached to a building (4-2)
- 5 Last Supper painter (10)
- 6 Use one's eyes (4)
- 7 Singing voice (4)
- 10 Sudden, violent rainstorm (10)
- 12 Meticulously (8)
- 13 Maintain in original state (8)
- 16 Posture (6)
- 18 Not soft or yielding (4)
- 19 Ignore or reject (4)

SUDOKU

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

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Self-Discovery and Growth: Embracing the Journey in 2025

As we step into 2025, the world around us continues to evolve, offering new challenges and opportunities for personal transformation. This year, the theme of self-discovery and growth holds a unique resonance, inviting us to pause, reflect, and align with our truest selves through the practice of yoga.

The Power of Self-Discovery: Self-discovery is not a destination but a journey—a continuous process of understanding who we are at our core. Yoga provides a powerful pathway for this journey, combining physical movement, breathwork, and mindfulness to help us peel back layers of conditioning, fear, and self-doubt. In 2025, this journey is more important than ever. In an age of constant connectivity and external noise, yoga offers a sacred space to tune into our inner selves, grounding and empowering us.



Here are some ways to incorporate yoga into your self-discovery journey this year:

- 1. Embrace Reflection Through Meditation:** Begin or end your yoga practice with a few minutes of seated meditation. Focus on your breath and observe your thoughts.
- 2. Explore Different Styles of Yoga:** From the dynamic flow of Vinyasa to the introspective stillness of Yin, experimenting with various yoga styles can illuminate aspects of yourself you've yet to uncover.
- 3. Set an Intention for Your Practice:** Let each movement and pose at your yoga sessions cultivate a deeper connection to your inner voice.

Nurturing Growth in 2025: Growth is the natural outcome of self-discovery. As you uncover more about who you are, you gain the clarity and confidence to align your actions with your values and aspirations. Yoga supports this growth by fostering resilience, balance, and flexibility.

To foster growth in 2025 through yoga:

- **Set Intentional Goals:** Incorporate yoga goals into your personal development—whether it's mastering a challenging pose, committing to a daily practice, or deepening your mindfulness.
- **Practice Self-Compassion:** Just as yoga teaches us to honour where we are in each pose, extend the same kindness to yourself during setbacks. Growth is not linear.
- **Cultivate Community:** Join a yoga class to connect with others who inspire and support your growth. Shared energy in a yoga space can be a powerful catalyst for transformation.

As the year unfolds, embrace the unknown with curiosity, trust in your ability to adapt, and celebrate each step forward. May your yoga practice uncover the depths of your potential, bring joy to your evolution, and support you in growing into the person you are meant to be.



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or email: hello@yogasanctuary.co.nz





Trusts And Tax: *The Bill That Could Have Been Avoided.*

Kathy's husband, Jack, had passed away three years ago. She and Jack had a trust which owned their family home, a small commercial unit which was rented out and an investment portfolio with a reputable investment advisory company.

Kathy and Jack had two sons, one, Mark, who lived in Australia with his wife and children, and the other son, Glen, lived in Auckland nearby to Kathy. Glen was not that financially secure. He had some difficulties which made him very vulnerable – he was not good with money and there had been many instances over the years where he had been taken advantage of.

When Jack died, Kathy did think about winding the trust up. Their initial reason for setting the trust up was because of their business interests. Their accountant had recommended a trust to give them some tax flexibility and protection if something had gone wrong in the business that Jack had been a director of. Those reasons were no longer relevant, but Kathy really wanted to make sure that Glen was protected if she died. She knew that if he received money directly it wouldn't last, and given the amount that was in the trust, it would be a significant sum of money just wasted.

Kathy went to see the lawyer who she and Jack had used over the years. She said that she was going to retain the trust, but it was really just a vehicle to make sure that Glen would be protected if she died. She said that she didn't think she needed an independent trustee and that her preference would be for Mark to be appointed as a trustee as he would be able to look after the funds for Glen if she died. The lawyer drew up the paperwork and Mark was appointed as a trustee.

After that Kathy decided that she would like to sell the commercial property. She was receiving enough income from the investment portfolio, and she thought it would be a good opportunity to use the funds to help the boys out. Mark had a large mortgage on his property in Sydney and half the value of the commercial building would be enough to buy an apartment for Glen. The property was put on the market, sold and the trust made the distribution to Mark.

The trust purchased the apartment for Glen and he and his partner moved in.

A few months later Mark called Kathy, distraught. He had been issued with a large tax bill from the Australian Tax Office – the Australian equivalent of the Inland Revenue. The distribution to him from the trust was taxable in Australia, and he was now facing a bill equal to 45% of the amount that the trust had distributed to him. Kathy got in touch with her accountant who said yes, he had heard something about distributions from NZ trusts to Australian beneficiaries, being taxable in Australia. He said that in the past some of this would have slipped through, but with the new disclosure rules in NZ and information sharing between the international revenues it is likely that these things would be picked up. He was also concerned to hear that Mark was a trustee of the trust, as this meant that the trust would also be pulled into the Australian tax net and that it was possible that there would be capital gains tax to pay in Australia on the sale of the commercial building. He also said that there could be a tax bill for the trust relating to any capital gains and/or exchange gains in the investment portfolio.

Kathy was panicking by this stage. Her accountant recommended to her to urgently go and get some specialist tax and trust advice. He said that her lawyer was obviously a general practitioner and while a nice person had overlooked the complexities around overseas beneficiaries and trustees.

The rules relating to overseas beneficiaries and trustees of trusts are changing all the time and it is imperative that you receive specialist advice before taking any action in this area. Kathy's good intentions of protecting Glen's inheritance ended up having huge financial consequences that could have been avoided if she had been given the right advice from those experienced in this area.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

New Zealand Trusts *And Overseas Tax Implications.*

Trusts are invaluable asset protection mechanisms, which allow a person to hold property and assets on behalf of another for the good of the beneficiaries.

However, if you have beneficiaries or trustees that are tax residents overseas, there needs to be careful planning and structuring to avoid unintended tax consequences. Laws around trusts and tax are not the same overseas as they are in New Zealand.

Contact our Trusts and Wealth Protection Team for specialist asset structuring and planning advice.

Active Ageing 2024

On 14 November, the ECB Leisure Centre came alive with energy and enthusiasm as Heart of the Bays hosted Active Ageing 2024, a vibrant expo celebrating staying active, connected, and living well in later years.

There was an inspiring lineup of live demonstrations that had attendees smiling, moving, and even dancing. The Braemar Scottish Country Dancers charmed the crowd with their graceful reels, while fitness enthusiasts were treated to demonstrations of Seniorfit, Flexifit, Laughter Yoga and Zumba, proving that staying active can be as fun as it is beneficial.

Beyond the stage, the expo offered something for everyone, with 32 stallholders showcasing opportunities to explore new hobbies, discover volunteer roles, and connect with local friendship groups. From creative pursuits to community initiatives, there was no shortage of inspiration to enrich later years.

Active Ageing 2024 highlighted the importance of celebrating life at every stage and provided a platform for building stronger, more connected communities. A heartfelt thank you to all who participated and made the day a resounding success!

We look forward to hosting this event next year—let's keep celebrating the joy of active ageing!

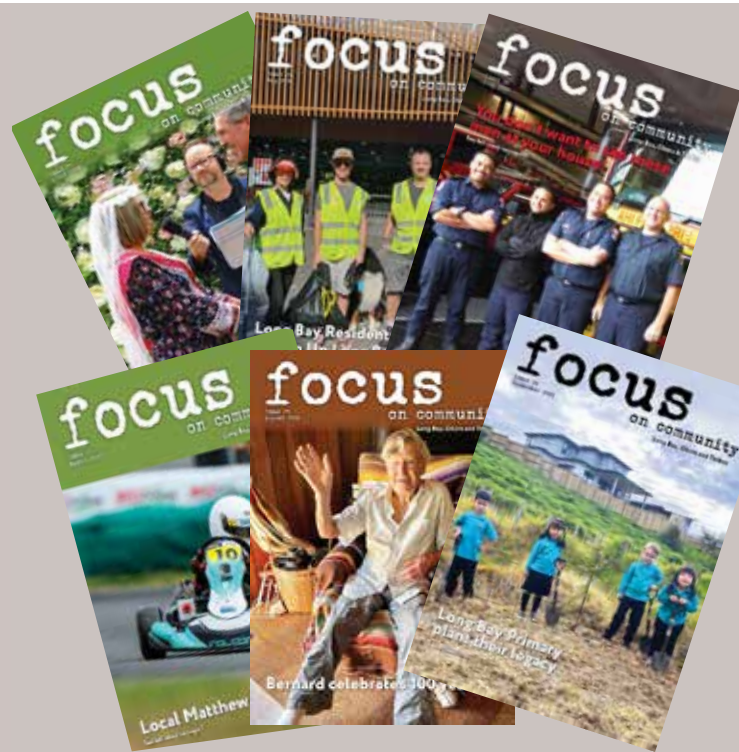


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Valentine's Day its origin

Valentine's Day is also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honouring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's



daughter a letter signed "Your Valentine" as a farewell before his execution.

The 8th-century Gelasian Sacramentary recorded the celebration of the Feast of Saint Valentine on February 14. The day became associated with romantic love in the 14th and 15th centuries, when notions of courtly love flourished,

apparently by association with the "lovebirds" of early spring. In 18th-century England, it grew into an occasion for couples to express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. In the 19th century, handmade cards gave way to mass-produced greetings. In Italy, Saint Valentine's keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children to ward off epilepsy (called Saint Valentine's Malady)

Information from Wikipedia.

Classifieds

Accommodation

Fully furnished accommodation North Shore
- Houses - Apartments. 021935854

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

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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.

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

Salvation Army Christmas Gifts and Pinehill Park Primary School Graduation Breakfast

Wanly has a strong relationship with the Salvation Army and at the end of last year she worked with Bevan and Rochelle to fill up Christmas hampers for those in need. Wanly, and her team, had collected some wonderful donations to make the Christmas hampers special. Their generosity helped many families share the joy of Christmas in 2024.



She has been working with Bevan and Rochelle for the last five years but now they are moving on to work in Hamilton. Wanly would like to thank them for all the work they have done to help those in need on the North

Shore and to wish them all the best for their next placement.

At Pinehill School Wanly sponsored the Graduation Breakfast for Pinehill Primary School just prior to the Christmas holidays.

She was delighted to see our younger generation going to the next stage of their learning journey, and you could see the harmony and trust between the parents and the leaders and teachers of the school at the graduation party.



The commitment, effort and love that have been put in by the head mistress, teachers and the parents in the past six years to transform them to a group of happy and confident young people - the future drive and leaders for our country, is amazing. It gave Wanly a wonderful start to her day!

Puzzle Answers



Word Puzzle

are, art, ate, awe, ear, earth, eat, eater, era, ere, eta, ether, ewe, ewer, hare, hart, hat, hate, hater, hear, heart, heat, heater, her, here, hereat, het, hew, hewer, rate, raw, reheat, tar, tare, tea, tear, tee, thaw, the, thee, there, three, threw, tree, twee, war, ware, wart, water, wear, wee, were, wet, what, wheat, where, whereat, whet, wrath, wreath, wreathe

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

Quiz Answers

- 1911
- 'That's one small step for a man, one giant leap for mankind'
- Clement Attlee
- Dallas Texas
- 2014
- He suffered from polio
- He was the founder of Kentucky Fried Chicken
- Wilbur, his brother
- Beekeeper
- March 2013

Tides February 2025 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW					
Sat 01	03:59	0.3m	10:17	3.2m	16:29	0.3m	22:37	3.1m		
Sun 02	04:44	0.3m	11:03	3.2m	17:17	0.3m	23:24	3.1m		
Mon 03	05:31	0.3m	11:51	3.2m	18:05	0.3m				
Tue 04			00:12	3.1m	06:21	0.4m	12:40	3.1m	18:54	0.3m
Wed 05			01:02	3.0m	07:14	0.5m	13:31	3.0m	19:46	0.4m
Thu 06			01:57	2.9m	08:12	0.6m	14:25	2.9m	20:41	0.5m
Fri 07			02:57	2.8m	09:15	0.8m	15:23	2.8m	21:41	0.6m
Sat 08			04:02	2.7m	10:21	0.8m	16:26	2.7m	22:45	0.6m
Sun 09			05:09	2.7m	11:25	0.8m	17:30	2.7m	23:50	0.6m
Mon 10			06:11	2.8m	12:26	0.8m	18:33	2.7m		
Tue 11	00:49	0.6m	07:07	2.9m	13:22	0.7m	19:31	2.7m		
Wed 12	01:42	0.6m	07:58	2.9m	14:13	0.7m	20:23	2.8m		
Thu 13	02:30	0.5m	08:45	3.0m	15:00	0.6m	21:10	2.8m		
Fri 14	03:14	0.5m	09:28	3.0m	15:44	0.6m	21:53	2.9m		
Sat 15	03:54	0.5m	10:09	3.0m	16:24	0.6m	22:33	2.9m		
Sun 16	04:32	0.5m	10:47	2.9m	17:02	0.6m	23:11	2.8m		
Mon 17	05:10	0.6m	11:25	2.9m	15:39	0.6m	23:47	2.8m		
Tue 18	05:48	0.7m	12:01	2.8m	18:16	0.7m				
Wed 19			00:24	2.7m	06:28	0.8m	12:39	2.7m	18:54	0.7m
Thu 20			01:04	2.6m	07:12	0.9m	13:19	2.6m	19:35	0.8m
Fri 21			01:49	2.5m	08:00	1.0m	14:02	2.6m	20:21	0.9m
Sat 22			02:41	2.5m	08:55	1.0m	14:51	2.5m	21:15	0.9m
Sun 23			03:41	2.5m	09:55	1.1m	15:46	2.5m	22:17	0.9m
Mon 24			04:44	2.5m	10:55	1.0m	16:49	2.5m	23:20	0.9m
Tue 25			05:44	2.6m	11:52	0.9m	17:53	2.5m		
Wed 26	00:19	0.8m	06:38	2.7m	12:47	0.8m	18:53	2.7m		
Thu 27	01:12	0.6m	07:29	2.9m	13:39	0.6m	19:48	2.8m		
Fri 28	02:02	0.5m	08:17	3.1m	14:29	0.5m	20:39	3.0m		

Times adjusted for Daylight Saving.

Time for a change? Let's find a home you *Love*



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Harcourts
North Shore

Scan here to see what everyone's saying about Wanly Tsang.



Are you ready for a fresh start?

This February, love is in the air, and so is the opportunity for a buyer to fall head over heels for your home. Listing your property this month could lead to a match made in real estate heaven. With years of experience, a passion for selling, and a network of ready buyers, I'm here to help you find your perfect match.

February is an ideal time to list: the market is buzzing, and potential buyers are eager to make new beginnings. So, why wait? Let's make your home the one they fall in love with. Ready for your next chapter? Get in touch today, and let's start the journey!

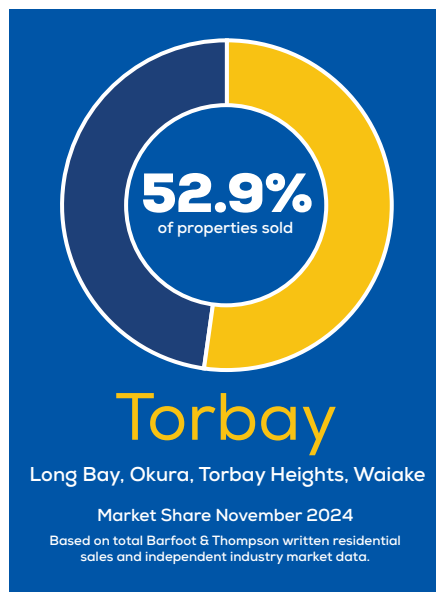
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 Kyra Perwick 027 311 7953	 Karin de Leeuw 027 270 2700	 Yang Lin 021 0873 3492	 Isabel Han 021 800 093	 Tiki Jiang 021 775 217	 Betty Gao 022 383 0408	 Chelsea Chen 021 087 87168

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