focus

Issue 35 March 2025 on community

Long Bay, Okura and Torbay



MERC celebrations 35 years!

See page 7 for details.

40
big pages!



Kick-start the year with a free Healthy Homes Assessment or one month of free management fees*

Jody Hetaraka HEAD OF PROPERTY MANAGEMENT

027 809 6687

Dorean Posimani

PROPERTY MANAGER

027 431 9696

*Terms and Conditions. This promotion offers the choice of either: a free Healthy Homes Assessment OR one month of free property management fees. The offer is limited to one option per property and cannot be redeemed for both. This offer cannot be exchanged for cash or any other alternative. The offer is valid for new property management agreements signed with Barfoot & Thompson Torbay and Long Bay branches only. To qualify for the offer, agreements must be signed before 31st March 2025. Barfoot & Thompson reserves the right to amend or withdraw this promotion at any time without prior notice.



Torbay

The Love Grace Handbag Appeal Empowering victims of domestic abuse in honour of Grace Millane

Violence against women is not ok. In memory of Grace Millane, the Love Grace charitable appeal was set up by her family to combine Grace's love for handbags with a legacy to end violence against women. In association with Women's Refuges, they are collecting handbags and filling them with useful items for women in need.

In 2024, the NZ appeal aimed for 1,500 bags but received an incredible 5,269 donations!

The appeal is entirely run by volunteers, with 35 coordinators and 55 local businesses involved last year.

This year we have over 50 coordinators and over 90 drop off points so far!

Grace's love for handbags inspired the appeal These bags symbolise hope and a fresh start for women often forced to leave everything behind.

Tracey in UK Grocer took part last year and was delighted with the response. She is a collection point again this year.

From February 14 to 8th March please



Tracey from UK Grocer, volunteer.

bring your donations to the UK Grocer at 1 Bute Rd Browns Bay.

Please fill the bag with essentials like -toothpaste, toothbrush, shower gel, shampoo and conditioner and deodorant.

Then there are nice extras that can be added like wipes/ tissues, moisturiser, plasters soap, hand gel, lip balm, cotton buds, face cloth, torch, hairbrush, sanitary products

Please DO NOT include: sharp items, pain killers, razors, alcohol, money, food, contraceptives, opened / damaged products. Let's help these women feel good about themselves again.









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 1/4 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

I know February is a short month but by golly it sure went quickly. I love February for many reasons. The weather is top of the list, those long, hot, lovely days. Then my birthday is in February, so I get spoilt rotten. There is the feeling of everything settling back to normal with schools resuming after the long break.

However, March has much to recommend it too. The weather hopefully will continue to be kind to us.

There are a few international days that we can celebrate. On 1st March is International Day of zero discrimination. I love this idea. On the 8th it is International Women's day and on the 20th March is International Happiness day. This day hopes to make happiness a fundamental human goal.

On page 14 is an article about St David's Day and St Patrick's Day, Both, are celebrated in March. I was fascinated when researching the article that St Patrick wasn't even Irish, but I won't spill the beansyou need to turn to pg 14 and read for yourselves.

I would like to thank the lovely people who took the time to email and compliment me on the last magazine. In a world that is quick to find fault such compliments are so welcome, and I am glad you found it so interesting.

Of course one reason it is so interesting is because of all the wonderful community stories you send in, so please keep them coming.

To end on a fun note, I heard this joke. Why is it everyone is so tired on 1st April?"

Answer "Because they've just finished a 31 day March!". I won't give up the day job........



Carole McMinn, Editor

editor@focusoncommunity.co.nz I 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

Francesca Cresswell lives locally and works in hospitality

When she is not working her passion is to write.

She has been writing since she was nine years old and her dream is to one day see a book with her name printed on a beautiful cover.

She wrote this poem when on a visit to the UK.



All sitting well with me

Old brick houses

and a bluebell wood

dewdrops on the windows
bird song floating through the neighbourhood

Flowing rivers
and babbling brooks
a chill breeze rustling through
black crows sharpening their hooks

Cobbled stone streets
houses with thatched rooves
paddocks abundant with buttercups
and Shetland hooves

a countryside so quiet full of tranquil beauty and homely feels all sitting well with me.

- Francesca Cresswell -





We have seen a cautious start to the new year in our area.

The Auckland housing market quietly edged in 2025 with January sales prices and sales numbers below where they were at in December.

With my listings locally the open home attendance has been high during the last two weeks of January. The amount of properties on the market at month end is high compared to the numbers we saw last year, however, with the interest rates moving downwards we are still experiencing good activity from customers.

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,













\$1,465,000

HIGHEST VALUE SALE

Wendy Radcliffe 021 772 070

w.radcliffe@barfoot.co.nz

Taste the Difference

Torbay Café, in Stredwick Rd shopping parade, opened just before Christmas and has gone from strength to strength.

Peter and Simon are passionate about what they do and their vision for the café.

Situated in the midst of the community at Torbay and Long Bay this café has great parking.

In a welcoming atmosphere you can meet up here with friends, family and groups to have a great cup of coffee and something delicious from the cabinet.

Everything is homemade- nothing prepared brought in- so they are able to control the quality and enhance the flavour of the dishes. Creating everything themselves means a high standard can be achieved of food excellence.









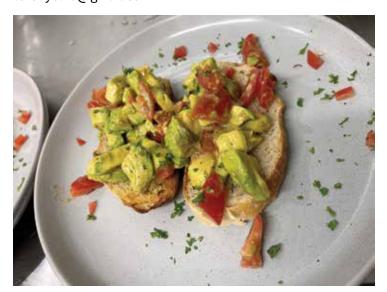


Even in these early days they are evolving as they engage with the local community's needs.

Great cabinet food and a" to order" menu will satisfy even the most discerning of diners.

Shop 3/61 Stredwick Drive, Torbay.

OPEN FROM 7 AM WEEKDAYS AND 8 AM WEEKENDS. torbaycafe@gmail.com



35 Years of MERC-Where it all began

On March 24th, 1990, the Marine Education Recreation Centre was officially opened. This moment was 12 years in the making, after the concept (drawn on scrap paper) was presented to the Torbay Boating Club by Dr David Gray in 1978, who dreamed of a space for young New Zealanders to safely engage with ocean recreation and marine environmental education.

The idea took shape, a site was shared, and from 1982, supporters were rallied to fundraise the initially proposed \$1.5m (later revised \$670k) to build stage one of the centre.

Over 8 years, fundraising efforts varied from a coin trail, an All Blacks







affiliate charity match, to a Big Dig treasure hunt. Grants from city councils and local boards helped cross the threshold to start construction on the two buildings we currently use for accommodation and dining, with stage two (Gray and Garrett Wharenui and ramp) following later in 1993.

After a few years of operation, Sir Peter Blake aligned with and supported MERC's vision and mission, later accepting the position of MERC's co-patron in 1998.

Following his death, Lady Pippa Blake honoured and unveiled the combining of his name and mana with MERC in a private ceremony here in 2002.

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





Celebrating the Chinese New Year

The Long Bay Chinese Association decided that they would have a dumpling making session to celebrate their New Year.

On 2nd February they offered a "how to" session, at their meeting place on Te Oneroa Way, so that anyone could have a go at dumpling making, and children and men did try, alongside the ladies.

The event was sponsored by Lily Han of Ray White. It was a fun way to celebrate the Chinese New Year.







Glamorgan () Kindergarten

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

Come and experience our wonderful Kindergarten environment!
Stay and play with your child every Monday from 10.30am - 12pm.

Call ahead or just drop in!

"We have valued the culture of care and kindness. The teachers have helped all 5 of our Tamariki be ready and confident for school."

-Past Parent Testimonial

Ka ako, ka tipu, ka puāwai ngātahi Learning, growing, thriving together



g focus on travel

Feeling Adventurous in 2025?

If your idea of the perfect getaway involves stepping out of your comfort zone, immersing yourself in the unknown, and embracing the thrill of discovery, then adventure travel is calling your name in 2025.

Whether it's trekking through remote mountain ranges, diving into the depths of the ocean, or exploring rugged landscapes on two wheels, adventure





travel is more than just a trip - it's a transformative experience. From gaining new perspective, embracing new cultures and environments, to creating lifelong memories with the ones we love, adventure travel is a chance to leave our comfort zones, explore the world and truly live.

In a world where travel is more accessible than ever, 2025 is the perfect time to redefine how you explore. Adventure tourism is booming, offering endless opportunities to push your limits while connecting with nature, culture, and yourself. From epic solo journeys to guided expeditions,

there's an adventure for every level of thrillseeker.

For those craving extreme environments, Antarctica and the Arctic promise breathtaking icy



landscapes, wildlife encounters, and the magic of the Northern or Southern Lights. Iceland's volcanic terrain and waterfalls offer a surreal adventure. In South America, destinations like Patagonia and the Amazon rainforest deliver unparalleled hiking, wildlife, and cultural immersion. India and Southeast Asia provide thrilling motorbike journeys, mountain treks, and spiritual retreats. Alaska and Canada are perfect for rugged wilderness explorations, while Australia's outback and Great Barrier Reef invite daring souls to dive deep into adventure. In Africa, safaris in Kenya and Tanzania, gorilla trekking in Uganda, and sandboarding in Namibia offer unforgettable encounters with some of the world's most diverse landscapes and wildlife.

Ready to take the plunge? Join us for our upcoming Adventure Travel Information evening to explore the best adventure destinations, travel tips, and trends to help you embrace your boldest journey yet. Register via the details in advert below.

You're invited to join us!

Join us Thursday 13 March 2025 for our upcoming FREE Adventure Travel Information Evening

Chat with a selection of Travel Experts representing various adventure travel products for those craving a holiday with a difference. Destinations include: Antarctica, Arctic, Iceland, South America, India, Southeast Asia, Alaska, Canada and Australia. Suitable for all styles of travel - cruising, group or independent travel.

Thursday 13 March 2025
Visit anytime between 5pm until 6.30pm
Includes: drinks, nibbles & door prizes
Pupuke Golf Club Rooms

RSVP essential: hello@shoretravel.co.nz



Shore Travel
Cnr Kitchener & Milford Roads, Milford
(09) 489 2597
hello@shoretravel.co.nz
www.shoretravel.co.nz

shore travel

Rotary Browns Bay March 2025

Rotary Browns Bay have kicked off another year of service to our community.

We'll be helping the Heart Foundation with their collection this month, and proceeds from our BBQ at Summer Spectacular in Browns Bay will be donated to this very worthy cause.

Because our sausage sizzles are such great fundraisers, we have scheduled regular BBQs to assist us to help our community. Look out for us around the Bays, and buy a sausage to enable us to provide funds to assist the many little organisations who work to improve the lives of those in need of some help.

We are lining up some interesting speakers for our fortnightly meetings at the Bays Club and discussing projects that we will put our efforts into.

We are primarily a service club, but we also enjoy getting together to work on a project or just to have a meal together.

If you would like to know more about us, contact Ian Clouston on 027 494 7531 or pop down to the Bays Club at 7am on the first or third Tuesday of the month and join us for breakfast. We'd love to see you.



4 ways to keep flies out this summer

- 1. Keep food covered and wipe down surfaces where food is stored, used or eaten daily.
- 2. Ensure your rubbish is sealed and your bin is clean.
- 3. Plant herbs and flowers that repel flies, in and around your home.

Basil, peppermint, marigold, lavender, bay leaves and catnip are known to repel insects, including flies.

4. Set traps to repel or kill flies.

Mix apple cider vinegar and dishwashing liquid in a tall glass, cover with plastic wrap and poke holes in the top. This will attract flies, trapping and drowning them. Vinegar mixed with sugar can also lure them into a homemade trap.

East Coast Bays Library News:

As we welcome Autumn, we look forward to another busy month in the library with displays, celebrations and free events including Pasifika, Neighbours Aotearoa, Ecofest, Sea Week, World of Cultures Festival, and local emergency readiness information.

What's on for children:

Wednesday 5 March 3.30 – 4.30pm Seaweek with MERC A special Seaweek event with MERC educators to learn how animals adapt for survival. Design and build your own sea creature to survive in an environment of your choice.

For ages 7-12.

Special Terrific Tots sessions for preschoolers Thursday 6 10 – 10.30am - Seaweek Thursday 13 10 – 10.30am - Pasifika

Thursday 20 10 - 10.30am - Kamishibai Storytelling

At the beginning of our regular preschoolers
Terrific Tots session, experience a Kamishibai Japanese storyboard theatre storybook, then stay for more stories, rhymes, and music.



What's on for adults:

Friday 7,14,21 12-2pm Bye Bye Bin tags!

Pop in to learn all about the Auckland Council WasteWise Bye Bye Bin Tag scheme Trash Free Taiaotea.

Monthly Quiz

Answers Page 38

info@brownsbayrotary.co.nz

Last month New Zealand celebrated the 165th anniversary of the signing of the Treaty of Waitangi



- 1. Which 2 parties signed the Treaty of Waitangi in 1840
- 2. Who was the Crown's representative
- 3. February 6 was declared a national holiday in 1974. Who was the Prime Minister of NZ at the time
- 4. Which very special guest attended the 150th celebration of the signing of the Treaty in 1990
- 5. Where is the original signed Treaty
- 6. The Maori Queen attended the Waitangi day celebrations this year. What is her name
 - . Where did the Prime Minister spend Waitangi Day 2025
- 8. What is the address of the Waitangi Treaty ground

Friday 7 Emergency Readiness and Recovery

10-11.30am Tips and Tricks for Emergency Readiness Drop in Session with Auckland Emergency Management

1-2.30pm Storm Recovery: Conversations Worth Having.

Join with others in a facilitated community group discussion with East Coast Bays Storm Recovery Group. Kai provided. Bookings are essential. email kristi@ancad.org.nz

Saturday 22 10.30am – 12pm
Draft Annual Budget 2025/2026
consultation – drop-in session
Come and talk to your Hibiscus and
Bays Local Board members about
the draft Annual Budget 2025/2026
which includes the draft Hibiscus and
Bays local board agreement.

Saturday 22 2 - 3pm Household Waste Workshop

Join Trash Free Taiaotea for a free workshop to help you effectively manage waste in your household.

Friday 28 10am-12pm Seniors Games Morning



Join other over 60s from our neighbourhood for a round of fun interactive games, cognitive activities and VR experiences. Bookings are required.

To find out about our events and programmes, 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

Bring your neighbo better together!



LIVING LOCALLY SELLING LOCALLY WORKING LOCALLY

BRIGHTENING YOUR REAL ESTATE JOURNEY!

35 Years Strong! Living, Selling & Working Locally in Torbay. Ann's Experience is Your Advantage.







Torbay Friendship Club

Welcome to a fast moving year. Firstly, we would like to thank the Hibiscus Board for their small donation, helping to keep down costs to our members for excursions & lunches.

Although there was no meeting in January this year, the fun and friendship didn't come to a grinding halt. Some of our members decided to organise teas, lunches and rummy. We thank them for their time and effort in supporting those who came along.

Once again we are looking forward to a bumper year, with new speakers, new excursions and plenty of fun, laughter and togetherness. Our first meeting on the 13 February with a lovely speaker Nikky Wadell from Chars Place.

Come on guys, don't ever feel alone, come and join us and you too could be enjoying life like never before. We all have different interests, and you can join in where ever you feel comfortable. Live life to the full, time is of the essence and we deserve to make the most of it.

The AGM will be held in March and we are looking for nominations for various positions on the Committee, as we do each year.

Should you wish to find out more about our friendly group, please call Noreen McArthur, 027 271 3524 or Delphine Pearson on 0220729813







Talk to Kay Martin today for all your investment needs.

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CDAIGSID CON

My Younger Days

When I was in my younger days, I weighed a few pounds less, I needn't hold my tummy in to wear a belted dress.

But now that I am older, I've set my body free; There's the comfort of elastic Where once my waist would be.

Inventor of those high-heeled shoes My feet have not forgiven; I have to wear a nine now, But used to wear a seven.

And how about those pantyhose-They're sized by weight, you see, So how come when I put them on The crotch is at my knee?

I need to wear these glasses As the print's been getting smaller; And it wasn't very long ago I know that I was taller.

Though my hair has turned to gray and my skin no longer fits, On the inside, I'm the same old me, It's the outside's changed a bit.

By Maya Angelou





Introducing our NWLB in store made sourdough



Long Bay



Our New World Long Bay in-store made sourdough has been a crowd favourite since we launched it in December 2024. We created our own levain culture (sourdough starter),

named "Jeffrey"- which is maintained by our team. The sourdough is fermented slowly to bring out the best qualities a bread can have.

We currently have two loaves in this range. Our "Heritage" Sourdough Loaf is made from scratch using only 100% wheat flour, salt and water. Because it's made with a traditional sourdough starter, it's naturally vegan, with no added dairy or eggs. Crispy on the outside, soft and airy on the inside—this loaf is perfect for any meal or enjoyed simply with olive oil!

Our second loaf named the "Homestead Sourdough" is a hearty roasted garlic & rosemary loaf with a perfect blend of bold flavors and simple, wholesome ingredients. We roast the garlic here in our NWLB bakery. The savory depth of our slow-roasted garlic pairs beautifully with the earthy aroma of fresh rosemary, creating a loaf that's both fragrant and flavorful.

Available 7 days a week at New World Long Bay. Find it in our bakery cabinets. \$7.99 each.





Let's hear it for the Welsh, as well as the Irish!

Most people know that St Patrick's Day is 17th March, but fewer know that 1st March celebrates St David, the patron saint of Wales.

Tradition has it that he died on 1st March 589 AD. He was a Welshman and during his life, as a teacher, he founded 1200 monasteries.

On 1st March there are parades, throughout Wales, where people wear National costume and leeks in their hats. This tradition came from a time when the Welsh and the English were at war and dressed similarly. St David

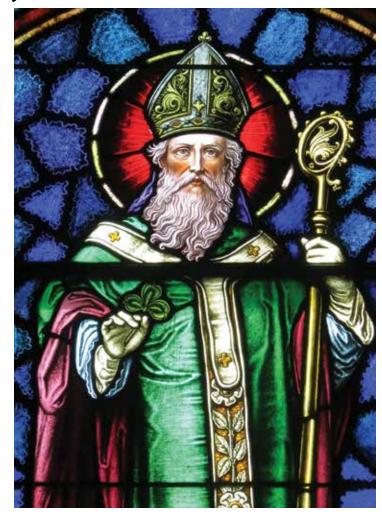


suggested if they wore a leek, in their hat (the crop that was growing in the fields around them) it would distinguish them from the enemy. This way many Welsh

lives were saved. The leek then became his personal symbol.

Unlike St David, St Patrick was born in England, he wasn't Irish. When he was 16 years old, he was kidnapped by Irish raiders and taken to Ireland, where he worked as a shepherd for 6 years. He managed to escape and returned home to England where he became a priest.

He then returned to Ireland to convert many to Christianity.



The parades to celebrate him started as early as the 17th century. The theme is wearing anything green or a shamrock. Tradition has it he used the shamrock to explain the mystery of the Trinity.

He died on 17th March 461 AD. Material found in Wikipedia.

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 of months, so we are working from home during this time.

© ECBoffice@parliament.govt.nz

© www.EricaStanfordMP.co.nz

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© 1/8 Beach Front Lane, Browns Bay

Some memories from a friend (Now passed away)

Pat Bruce remembers delivering 'meals on wheels' in Torbay in the early 1950's. She had to collect the meals from the maternity hospital in Castor Bay (top of the hill). You couldn't get out of Glamorgan Drive at the Deep Creek Road end on the left to get through to Torbay. The roads were unsealed- only tracks- and Pat remembers getting stuck in the mud trying to turn around in one of the streets off Watea Road.

While living in Mairangi Bay she recalls walking around to Long Bay to visit the campers there and to watch the films in the outdoor cinema. On the way back up the hill they often used to stop for an ice cream at the shop at the corner of County and Beach Roads.





Come and see the large aerial photos we have of the East Coast Bays 1950 and 1988.

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.

A reminder that you can become a member (Single \$15 Double \$25. Email or phone us for a copy of the Membership Form. Thank you to those who have already responded. The Homestead is also available for small groups to visit or to hire.

Corner of County and Beach Roads. showing the old Dairy building. Photos: Bill Ellis

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



Ian & Diane Dodds P: 09 477 4240 | M: 021 909 067



focus on food

Easy preserves

I grow loads of mint and beetroot and they each make a wonderful accompaniment to any meal.

Mint Jelly

Ingredients

2 cups packed mint leaves

3 tablespoons lemon juice

3½ cups sugar

2 drops green colouring (optional but makes it look nice.) Gelatine.

2 cups water.

Method

Put mint and water in a blender and blitz.

Put in saucepan and bring to boil, leave in saucepan for 45 minutes to marinate.

Strain.

Add lemon juice and sugar and bring to boil.

Measure how much liquid you have and allow 1½ teaspoons of gelatine per cup of liquid. Bring to boil.

Put into hot jars and seal.





Beetroot

Ingredients

Beetroot x 4 or 5

2 cups sugar

2 cups water

Gelatine.

Method

Cook beetroot in a saucepan and let cool. Peel and chop into small squares.

Place 2 cups of water in a saucepan with 3 teaspoons of gelatine and the sugar. Bring to boil.

Heat bottles in the oven and place in the beetroot and top up with the liquid.

Both are a delicious addition to any hot, or cold, meal.

New residential tenancy laws came into effect

New residential tenancy laws came into effect on 30 January 2025 and there have already been requests for advice about these at the Browns Bay Citizens Advice Bureau. For example, a recent caller was worried that her landlord might want to attract a new tenant paying a higher rent.

The changes are that:

- Tenants can now give 21 days' notice to end a tenancy (instead of 28 days).
- Landlords can end a periodic tenancy by giving the tenant 90 days' notice without having to provide a reason (previously could only end with a lawful reason).
- Landlords can end a periodic tenancy with 42 days' notice for a range of reasons e.g. requiring the property for the landlord or their family to live in, sale and vacant possession required (previously 63 and 90 days' notice respectively).
- Fixed-term tenancies continue to roll over to periodic

unless the parties agree to end, extend, or renew the fixed-term tenancy, or the landlord or tenant give **notice** to end the tenancy between 90 and 21 days before the fixed term ends (previously only the tenant could give notice).

The CAB website at https://www.cab.org.nz/ has articles on the Rights and Obligations of Landlords and Tenants and the youth site at https://youth.cab.org.nz/flatting/ has a very user-friendly section on flatting issues.

The Browns Bay Citizens Advice Bureau at 2, Glen Road is open Monday to Friday 9 am to 3 pm with Volunteer Interviewers available who can discuss any questions or problems with you and inform you of some steps you might take towards a resolution. You can also

telephone
09 479 2222 or send an email to

brownsbay@cab.org.nz.

Citizens Advice Bureau U3a Browns Bay - off to a great start

Our February meeting was crowded with enthusiastic members eager to meet after the summer break and keen to engage with friends.

Our speaker, Gavin Hubble, a wine and stemware expert, entertained and informed us about his fascinating life of the last 35 years as wine ambassador for New Zealand. His interest started when as a young man he picked grapes as a holiday job in the Hawkes Bay. Thoughtfully drinking good wine at home, meant that he developed an amazing palette for wine flavours and their suitability for accompanying food. This led to a career of promoting in New Zealand over 100 worldwide wine businesses, including Pol Roger champagne.

Since Covid, working with the German glass making firm, Eisch, he has designed an award-winning set of wine glasses. These are scientifically designed so that, as you drink, the full aroma of the wine is available and the wine arrives in the mouth so that its rich flavour is presented for your enjoyment.

A recent promotion is the "Tasting Table". Upstairs at 21 Days Brasserie in Browns Bay, he works with the head chef/ co-owner Bob Lun to demonstrate to his 12-18 guests the subtle combination of eating food and drinking wine from the same locality. Of course, using the Eisch stemware.

Our "International Studies" Special Interest group provided







our after morning tea speakers. Glen spoke about Portugal, in particular Porto and the wineries of the Duro river. The treaty between Portugal and the UK is centuries old and meant that Sir Francis Drake and his "pirates" did not plunder Portuguese ships as they brought home the gold from the Caribbean. Geoff introduced us to the smallest countries in the world: Vatican City, Monaco, Nauru, Tuvalu and San Marino. Believe it or not these will all fit into Lake Taupo [at the same time] with plenty of room to spare.

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

Fay Weatherly. U3a Browns Bay publicity officer

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

Or phone our Information Officers:

Anne Gough: 027 3210729

Coleen Carmichael 022 310 0384



Paint it blue!

Blue is such a soothing decorative colour.

It is a colour you can be bold with, painting walls in the vibrant jewel colour or it can be hints in accessories. It can be a statement piece of furniture or just a hint in the drapes.

Blue reminds people of the coast, of living by the sea, as we are lucky enough to do.

All shades of blue tone together so a variety of shades can be used in the scheme.

You can be bold or discreet but blue will just give you that coastal vibe.

Carole McMinn













Ensure your farewell reflects your life story.

Start planning your personalised tribute today

for a meaningful goodbye.

24 Hour Service
East Coast Bays (09) 479 5956
8 Glen Road, Browns Bay
www.forrests.co.nz
Forrest Funeral Services - Browns Bay

Torbay Garden Club January 2025

This summer has been hot and dry, and while some plants in the garden relish those conditions, a lot of plants are struggling. If you're able to water, it's best to do so in the morning, and you'll notice how invaluable your mulching has become.

This month the club enjoyed a casual get-together at Long Bay beach with a club picnic to start the year off. Members brought along a plate for a shared lunch and relaxed in the shade on a beautiful day, chatting and catching up over some lovely nibbles. We finished the day off with members sharing some of their favourite flowers from the garden, including a snail vine cutting as one of the more unusual, but pretty flowers.

Coming up we're looking forward to a club trip to a large garden in Dairy Flat, and we'll be holding our Annual General Meeting ahead of the regular March club meeting.

As always, we are looking for new members to join the club, so if you have a garden, or even if you are just interested in gardening, we would love for you to come along to a club meeting for a visit so you can see what we're all about. You can register your interest from our website at http://torbaygardenclub.co.nz/join-our-club/ and arrange to come along for a free visit, or you can give us a call on (020) 4198 3906.





This month in the garden...

Continue to plant seeds for veges like cabbage, cauliflower, broccoli, beans and leeks. If you have tomatoes, make sure you pinch out any laterals (side shoots) from between stalks so all the growing energy can go into the fruit. February is a great month for harvesting produce, keep plants well watered for delicious tasting fruit. Make sure you dead head flowers in the garden to encourage more blooms to grow. In the coming weeks you'll be able to start planting bulbs so now is a good time to start getting them ready.

This magazine is delivered to 7000 homes in Okura, Long Bay, Torbay and Waiake.

Showcase your business to all these households.

Contact Carole 473 3259 or editor@focusoncommunity.co.nz

Cost of Advertising 1/9 page \$130 + gst 1/4 page \$215 + gst 1/3 page \$245 + gst 1/2 page \$275 + gst Full page \$495 + gst



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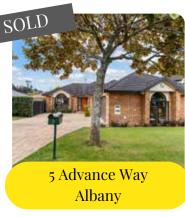


























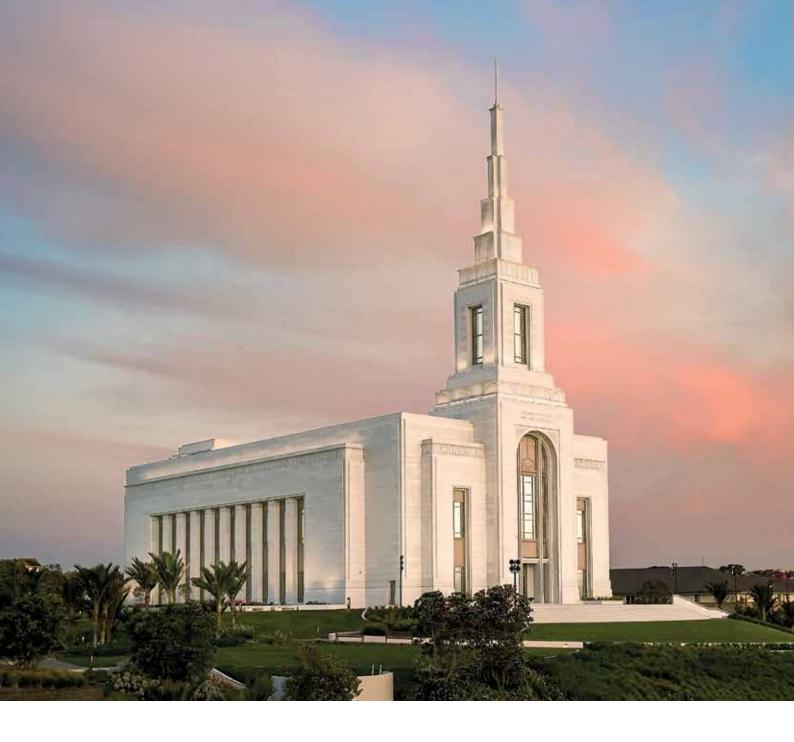


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Thérèse and Partners are multi-award winning local property experts. If you are looking to sell, buy or maybe just review your property plans they would be happy to help. Give them a call.

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AUCKLAND NEW ZEALAND TEMPLE

OPEN HOUSE

27 FEBRUARY - 22 MARCH (EXCLUDING SUNDAYS)

Experience the beauty and peace of the Auckland, New Zealand Temple during this special public open house.

SCAN THE QR CODE TO LEARN MORE AND RESERVE YOUR VISIT.



THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Excitement Builds as New Temple Opens in Auckland

Have you visited
Westfield Manukau
Mall or Rainbow's End
Amusement Park in
the past four years?
Have you wondered
about the large stone
building next to the
motorway? This is the
Auckland New Zealand
Temple, belonging to
The Church of Jesus
Christ of Latter-day
Saints.

A group of twelveyear-old boys from Torbay are eagerly anticipating the

opening of a new temple in Auckland this April, which will bring them closer to their faith and each other. Previously, they traveled to Hamilton for temple activities, but the new Auckland temple means a much shorter, half-hour trip.









Though the boys attend different schools, their shared faith has kept them united. One young man shared, "Going to the temple together helps us remember how much we have to be grateful for, like friendship and support."

The temple has deepened their connection to their faith and family history. As part of their church activities, they've learned to appreciate their roots and their place in the community. One boy explained, "Going to the temple helped me learn about my family history and where I come from."

These boys also give back to the community, participating in projects like planting trees and cleaning up Torbay and the Northshore. Their desire to help stems from a shared understanding of the importance of service.

With the new temple, these young men are excited for the opportunity to grow in faith, deepen friendships, and continue serving their community. The temple will mark the beginning of an exciting new chapter for them.

Torbay Theatre Club Night Saturday March 22nd 7:30pm

First up in our year's schedule is our March Club Night!

This is always a rollicking good fun evening, with anyone welcome to present a short piece of entertainment, in any style (so long as it's family-friendly).

From a small event in the Gate Theatre, Club Night has grown to fill the main hall. The programme is only finalised a night or two before, so we turn up not knowing what we will be regaled with, but knowing that there will always be a mixture of comedy, drama, music (including opera from one or a few of our many "resident" professionals, and well-loved comedy songs or recitations from our resident Tony), often dance, usually an offering from a teenage group, often a poem or soliloquy, or a scene or skit from a popular TV or radio show (Goons, Blackadder, Cabin Pressure, Vicar of Dibley, Python ...).

The only rule is that it be short: with ten minutes the absolute maximum time. This ensures that there's a chance for all, and that anything not to one's personal taste doesn't last too long!!

Juice, water, nibbles and glasses are provided, please bring your own drinks. Door Charge \$2 for all, performers and audience alike.

Come early if you wish (from 6pm) to help set up in a social ambiance; stay late to help clear up in the afterglow!!

To offer an item, please email clubnight@torbaytheatre.com



Torbay Theatre is always fun, even when there's nothing on stage!!

LOOK OUT FOR ...

HMS PINAFORE in October.

More Club Nights: 7 June, 30 August, 1 November

Also coming up in 2025 and early 2026 look out for some Ayckbourn, some Jeeves and Wooster, a Murder Mystery or two, and we predict another Twinkle in the eye of Christmas at the end of the year!

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

Long Bay Business Directory

Cafes and Restaurants

A'ruma Exciting Malaysian food

Te Oneroa Rd 09 600 3388

Domino Pizza

55a Ridge Rd 09 9544 939

Kinfolk Café, Long Bay Village Square - opening February

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

November café

88 Te Oneroa Way 09 473 0298

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

Dynamic Physio For all physio needs

55a Glenvar Ridge Rd 09 553 8501

Haven - Beauty and Wellness

89 Te oneroa Way 021 217 4047

Jets Gym Open 24 hours

89 Te Oneroa Way 027 298 6568

Long Bay Medical CentreFor all health care needs

Long Bay Nails and Beauty

Nail & waxing salon

Village Centre 09 218 9027

Unichem Long Bay Pharmacy

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55a Glenvar Ridge Rd 09 553 8773

Lumino For dental health care

57 Glenvar Ridge Road 09 473 1400

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55a Glenvar Ridge Rd.

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09 869 4577

Wine Shop

Liquorland

Large range of wines, spirits and beers

7/88 Te Oneroa Rd 09 473 0065





OUR COMMUNITY



COLOURING-IN COMPETITION

Get ready to unleash your creativity!

Our annual Easter Colouring-In Competition is back this April, and we can't wait to see all the amazing designs. It's a fun way for kids (and adults!) to celebrate the season and be in to win some fantastic prizes. Make sure to enter by <u>downloading the colouring-in design via the QR code below</u>, then grab your favourite colours and get creative! Stay tuned for more details.



KINFOLK

A new cafe, Kinfolk, will open soon in Long Bay, bringing a warm and inviting space for locals to gather over great coffee and delicious food. With a focus on community and connection, Kinfolk offers a carefully curated menu featuring fresh, locally sourced ingredients. The stylish yet cozy atmosphere provides the perfect setting for everything from casual catch-ups to remote work sessions. Open seven days, this wonderful cafe and eatery will be the talk of the community.



$N \bigcirc V E M B E R$

The Long Bay November Eatery is more than just a place for great coffee, it's also home to a free community library, inviting everyone to borrow a book and enjoy a good read. Whether customers want to relax with a novel over a cup of coffee or take a book home, the library operates on a simple trust system, encouraging people to return or replace books as they can.

November Library proudly sponsored by Ming Liu.

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Ming Lin

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Coming Events in the Pioneer Village, Silverdale

15 Wainui Road, Silverdale
Open Saturday and Sunday 10am to 3pm



Saturday 22nd Feb. Stitching through Time

This exhibition will feature embroidery of all kinds from our Village Collection and work from the Hibiscus Coast Embroiderers Guild.

There will also be embroiderers stitching in the Village, to talk to and admire their work. *Admission by donation*. Tea and coffee & cake available in the Parsonage, at \$8 per head

Saturday 1st March: Children's Day & Teddy Bear's Picnic

bring your own Teddy and picnic, although there will be some "Teddy Food" available to buy in the Parsonage. We will also be celebrating the new roof on our very special Gazebo. *Admission by donation*





Saturday 5th April 2pm to 6pm

Planning is underway for a big event in Silverdale which the Pioneer Village will be involved in.
Details will be in the local press & on media sites.

Saturday 19th April, Easter Saturday with our annual Bunny Hunt in the Village and Devonshire Teas in the Parsonage available to buy @ \$8 per head Admission by donation



Sunday 11th May, Mother's Day High Tea in the Parsonage.

This will be a pre booked event at a cost of \$35 per head. Booking opens on April 14th - see website for details as to how to book

Website: silverdalepioneervillage.com



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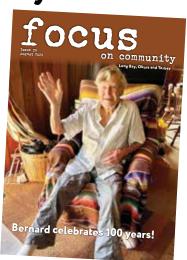
info@denturego.co.nz

Get a Free Quote

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







Torbay Community Association Inc.

AGM to be held 7.30pm. Thursday 15th. May 2025

Torbay Village Hall, Watea Road

This is an advance notice to notify residents that we will be presenting the new Incorporated Societies Constitution at the AGM. If you want to see a copy before the AGM please contact by email.

torbaycommunityassociation@gmail.com



Illegal rubbish dumping is never okay!

On 2nd February Phil, from Okura, witnessed illegal rubbish dumping, around 8pm in the tidal zone of Okura marine reserve. The rubbish consisted of batteries, various plastics, cables, clothes, chair, plumbing seals and pipes.

It was dumped during low tide. Phil collected all the rubbish shortly after the dumping and took it to his house to dispose of it correctly. If it had not been collected, then within a few hours of dumping, the tide would have come in and spread it up the estuary.





After seeing the dumping, Phil approached the boat ramp in his car, which effectively blocked the dumper's exit. He was then threatened being rammed by the dumper's car, while being verbally abused. The guy seemed potentially dangerous, so Phil backed his car out.



It is sad when we hear of incidents like this. It is never okay to dump your rubbish on public land. We applaud Phil for clearing the items before they could get swept away and his bravery for challenging this despicable individual. The matter was reported to Auckland Council for investigation and also the Police for the threatening behaviour.



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Mairangi Bay FOOD & UTNE Festival 2025

Free Entry
Bring the
family!

Fine wine, craft beer, food trucks & stalls, kids games, and live entertainment!

Prizes for the best 80's outfits!

Multiple Craft Beers and Wines!

Saturday 15 March 2025
Mairangi Bay Beachfront Reserve 12~8pm

2025 Festival glasses: \$20 ~ This purchase allows us to bring you this free family event.



Live entertainment by

80sX, Josh Leys, Lana & Tony, Malarky!

Scan for more info:











What's on at Albany Library in March

Wriggle and Rhyme - Wednesdays 10:00am – 10:30am

Join us on Wednesday mornings during term time for a half hour of music, rhymes, finger plays and bubbles!

These skills cover a range of developmental stages – from tummy time, crawling to spinning, throwing and catching all of which is learned through music, dance and rhyming.



Wriggle and rhymes a great way to have fun and learn with your baby, focusing on different skills that help to stimulate development.

Bilingual Storytime - Saturdays 10:00am - 10:30am

Saturday mornings at the library are all about the magical world of books! Join us stories, music, dances and expanding your knowledge of other languages. Each story will be read in English and in the storyteller's native language. All are welcome to come and listen.

Knitting and crochet club - First Monday of the month 10:00am – 11:00am

Have you always wanted to crochet but can never quite find the time to just sit and do it? Find yourself wanting some knitting buddies to have a cuppa with? Join us on the first Monday of the month from 10:00am – 11:00am for our knitting and crochet club!

We would love to be able to teach these skills, but this club is for people who already know the basics and are looking for company whilst they craft.

Book review

Heros of Olympus series by Rick Riordan.

If your kids loved the original Percy Jackson series, they would love the second series in the PJO universe – the Heros of Olympus series. Kicking off with *The Lost Hero*, we follow new Camp Half Blood



recruit Jason Grace and his friends as they try to figure out where his memories have gone and how to defeat a whole new host of monsters.

Revisit the Percy Jackson universe and be captured all over again. This time around we face some new foes – and some old – with the characters you know and love. This series has been around for a decade now and just gets better with age. Many of us read the original series as kids or teenagers, and its time to pass on the legacy to our younger ones. Much like the later books in the Percy Jackson series, these ones have slightly more serious themes and are suitable for late tweens.

Book review by Lucy McConnell

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



News from Long Bay Residents Association

Long Bay Residents' Association Christmas Lights Competition

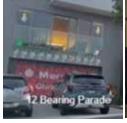
On December 14th we scoured Long Bay to find the winners of our Christmas Lights Competition 2024. Here are those that glowed!

- Ultimate Christmas Glow Best overall decorated house: 2 Headsail Drive. Prize: \$50 Surf Club Long Bay voucher plus a 1.5 ltr Rosé Whispering Angels from Liquorland Long Bay
- Themed Christmas Concept Most creative decorations using a theme: 1 Luff Place. Prize: \$50 Surf Club Long Bay Voucher plus a goodie bag from Unichem Pharmacy Long Bay
- Techy Tinsel Award Best use of technology:
 49 Bounty Road. Prize: \$50 November Eatery Voucher plus a goodie bag from Unichem Pharmacy Long Bay
- Paw-sitively Festive Furry Friend Most festive pet: Matt and Alice's Pippin. Prize: \$50 November Eatery Voucher













As we had some very generous sponsors this year, we even had

5 more prizes to hand out.

The following homes each won a \$20 voucher from Long Bay Fisheries:

12 Bearing Parade

5 Tawatawa Street

125 Glenvar Ridge Road

29 Kumukumu Road

73 Glenvar Ridge Road

Thanks to all our sponsors! Long Bay Surf Club, Unichem Pharmacy Long Bay, Liquorland Long Bay, November Eatery and Long Bay Fisheries.

Join or Donate to the Long Bay Residents' Association today at www.longbay.nz

LONG BAY COMMUNITY CLEAN UP

Lets work together to keep Long Bay looking beautiful!



Nurture Yourself in 2025: A Yoga Sanctuary Retreat

Step into a weekend of deep renewal and self-care at the 2025 Yoga Sanctuary Mana Retreat in the Coromandel. This special long weekend is designed just for you - a time to reinvigorate your soul, optimize your health, and nourish your body.

Surrounded by the serene beauty of nature, you'll



immerse yourself in restorative yoga, mindful meditation, and nourishing meals that support your well-being. Through movement, breath, and stillness, you'll reconnect with your inner peace and vitality.

Let this retreat be your space to reset, recharge, and embrace the New Year with clarity and strength. Join us in **nurturing yourself in 2025** - because you deserve it.

At the 2025 Yoga Sanctuary at Mana Retreat, self-care goes beyond the yoga mat. This transformative weekend experience is designed to nurture every aspect of your well-being - body, mind, and soul—through mindful eating,

creative expression, movement, and inner healing.

EAT: Fuelling Your Body for Vitality

Discover the power of optimal nutrition tailored to support your goals. Learn anti-inflammatory principles to nourish your system, debunk common diet myths, and explore how food can help you

build strength, maintain a healthy weight, and improve sleep quality. Through expert guidance, you'll gain a deeper understanding of what truly benefits your body and how to sustain long-term wellness.

ART: Unlocking Creativity & Energy Flow

Creativity is energy in motion. This session explores how sound and colour influence your energy centres, fostering balance, inspiration, and artistic expression. Whether through slow-flow yoga sequences infused with colour symbolism or hands-on art creation based on the hues you naturally resonate with, you'll tap into a deeper sense of creativity and flow in your

life.

MOVE: Mastering Key Yoga Poses

Deepen your yoga practice with a **focused pose** workshop, breaking down 3–5 essential postures that benefit your body and mind daily. Whether it's inversions, arm balances, backbends, or sun

salutations, you'll refine your

alignment, build strength, and take away practical tools to integrate into your personal practice.

MINDSET: Letting Go & Embracing Growth

True transformation starts from within. Through personal coaching and group energy healing, you'll explore the power of the letting go technique, a powerful tool for emotional release, healing, and personal growth. By learning to free yourself from limiting beliefs and past burdens, you'll create space for clarity, peace, and renewal in 2025.

This retreat is more than just a getaway—it's a chance to reset, realign, and step into the best version of yourself. Are you ready to nurture your mind, body, and soul?



Commit to your health in 2025

Join like-minded souls for our 3 night ALL-INCLUSIVE Yoga & Wellness retreat at Mana Retreat Centre, in the Coromandel: 3-6 April 2025 from \$945 per person.

Nurture your mind, body and soul at a special long weekend especially for you to reinvigorate your soul, optimise your health and nourish your body.

sign up at www.yogasanctuary.co.nz or email: hello@yogasanctuary.co.nz to request the information pack



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STAYING UPRIGHT: PREVENTING FALLS AND SUPPORTING SENIORS LIVING ALONE

ASSISTANCE OF THE PROPERTY OF

adults, with those living alone facing an even higher risk. fall prevention efforts. Simple home adjustments and As we age, physical changes like reduced muscle strength, the use of wearable technology are key proactive steps diminished balance, and thinning bones make falls more in safeguarding older adults from falls. Equally important likely. These factors are compounded when older adults is creating stronger support networks that help seniors live independently, creating a dangerous situation in the event of a fall.

In New Zealand, the statistics are alarming. Around one in three adults aged 65 and over will experience a fall each year. The Accident Compensation Corporation (ACC) reports that fall-related injuries resulted in over 825,000 new claims in 2024 alone, costing a staggering \$2.54 billion in claims. For older individuals living alone, the consequences of a fall can be even more severe. If help is unavailable, a person may be left lying on the difference in maintaining safety and independence. floor, unable to move or call for assistance due to injury or mobility loss. This isolation can drastically worsen the outcome, leading to prolonged suffering, long-term disability, or even death.

Consider the story of Betty, a 78-year-old woman who lives alone in a modest apartment. One day, she slipped while reaching for a cup in her kitchen. She fell hard and was unable to get up. Pain radiated through her body, but with no one nearby, Betty had to wait hours before managing to call a neighbour. This wasn't the first fall Betty had experienced, but it was the most serious. She fractured her hip and spent weeks recovering in hospital, a process that took both a physical and emotional toll.

The impact of falls isn't limited to physical injury. Older adults often develop a fear of falling, which can lead to decreased activity and increased social isolation. This creates a vicious cycle, weakening muscles, further impairing balance, and deepening the emotional toll, with many older adults battling loneliness and depression.

Preventive measures can dramatically reduce the risk. Simple home modifications, like removing tripping hazards, installing grab bars, and improving lighting, can help make homes safer. Wearing proper footwear and engaging in balance exercises also enhance mobility. For those who live alone, technology offers solutions such as fall-detection devices and emergency alert systems, providing a vital lifeline when help is needed.

Falls are a leading cause of injury and death among older To address this growing concern, it's essential to prioritize stay connected and secure, enhancing their well-being and alleviating the fear and loneliness that often come with aging.

> If you or a loved one has experienced a fall or is concerned about balance and mobility, it's important to consult a healthcare professional. Booking an appointment with your GP can help identify any underlying health issues and provide personalized advice on fall prevention strategies. Early intervention can make a significant



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

Paraesthesia - unusual nerve sensations

Paraesthesia is the term used to describe unusual nerve sensations like numbness, tingling and pins and needles without any known cause.

It is not usually associated with any pain, so most people ignore it. But it can be a sign of something more serious. If left untreated, nerve sensations can lead to motor impairment and eventually impairment of the central nervous system.

It can be an early warning of nerve conditions like Multiple Sclerosis or Fibromyalgia, or an early warning of diabetes. It is reasonably common in alcohol dependence too. Paraesthesia can also be related to nutritional imbalances, which can then be reversed with good nutrition, thereby preventing permanent damage.

Vitamin B1 is important to maintain the myelin coverings over nerves. Nerve damage can begin within one week of a vitamin B deficiency starting. You are at increased tisk of low vitamin B1 levels if you drink excessive alcohol, are overweight or have had a sudden loss of weight.

A deficiency of B5 is often the culprit for burning feet. B6 is interesting because nerve damage can result from too little or too much of the vitamin.

Vitamin B12 s involved in myelin production, which protects the nerves. Common tests for vitamin B12 levels in the blood can be misleading. You see signs of B12



deficiency in your red cells.

Low calcium levels can also be a cause of this ailment. Calcium may be low because of insufficient intake of vitamins like vitamin D.

The import thing is if you have these symptoms check it out with your doctor.

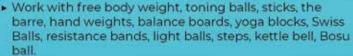
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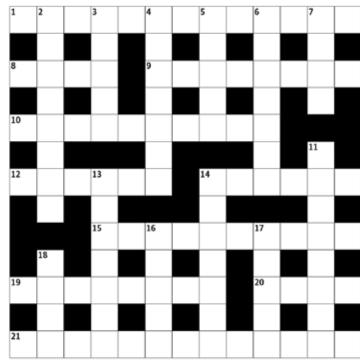
LONG BAY **ARKLES BAY BROWNS BAY** WAIWERA **BETHELLS ONEROA**

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

DEINFR

28 good, 32 very good, 35+ excellent





Across

- 1 Completely finished, resolved (4,3,6)
- 8 Pod containing seeds (4)
- 9 Attend to the needs of someone (8)
- 10 Number of those present (10)
- 12 French Canadian province (6)
- 14 Provides food (6)
- 15 Digressing from subject to subject (10)
- 19 Extremely thorough (8)
- 20 Chess piece (4)
- 21 Skin doctor (13)

Down

- 2 Action packed (8)
- 3 Move rhythmically to music (5)
- 4 Wandering (7)
- 5 Country immediately west of
- Nigeria (5)
- 6 Have due regard for (7)
- 7 Biblical garden (4)
- 11 Earlier (8)
- 13 Socially inappropriate behaviour
- (3.4)
- 14 Formal advice (7)
- 16 One sent ahead to gather
- information (5)
- 17 Gesture of indifference (5)
- 18 Eat (4)

SUDOKI

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



Make the most of your investment portfolio without the hassles Torbay 09 473 0372







Introducing Taj and Tonic

Taj and Tonic is a brand new restaurant offering an unforgettable dining experience filled with authentic Indian flavours.

Step into a warm, inviting atmosphere and enjoy a wide variety of traditional Indian dishes, from rich curries to tandoori specialties, all made with the finest ingredients and time-honoured recipes.

The restaurant also offers a fantastic selection of cocktails and mocktails, that complement the vibrant flavours of the dishes.

For a spicy, flavourful curry, a light and refreshing drink, or a relaxing evening out with friends and family, our new restaurant is the perfect place for the best of Indian cuisine with a modern twist. Experience the true essence of India right here in Torbay!

Introducing Baldev Singh - Head Chef

With 23 years of culinary expertise, Chef Baldev is a renowned figure in the world of gastronomy. His journey began in 2004 in the Middle East, working alongside many celebrity chefs in their prestigious restaurants, refining his skills as a head chef.

Chef Baldev then moved to New Zealand, where he opened and successfully ran multiple restaurants. He joined Cassia, where he spent 7 years serving locals and prominent figures, including Jacinda Ardern, Erica Stanford, the New Zealand Rugby and Cricket teams, as well as celebrities like Jason Momoa and Joseph Parker.

Chef Baldev is passionate about sharing his expertise with the local community here in Torbay. He brings authentic Indian cuisine to the area, offering a menu crafted with the finest ingredients and a dedication to true flavours. His focus is on creating an inclusive dining experience where food knows no boundaries or colour.

1054 Beach Road, Torbay, 0630
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Expect The Unexpected In Family Trusts.



Alex and Sam had a blended family, each with children from their first relationships. They had a very successful business and several investment properties, all held within their trust.

The advice at the time was to each establish their own trusts so they could separately provide for their respective children, but they were very confident that the children got on well together and that it was going to be a lot simpler to have everything in one trust.

Alex and Sam felt like they worked as a team with their advisors to achieve the best for their families. They often talked about the "worst case scenario" and Alex and Sam felt that their structure and documentation provided for anything life might throw their way. Above all, they took comfort in the strong bond they shared with their kids.

Over the years there had been considerable income flow through the trust. The trust had been able to pay for university fees for the three out of four children who attended. They had always maximized the tax flexibility of their trust, flowing income to the children to pay for these things and allocating a bit more to get the best tax results which were allowable under the tax rules relating to trusts. Sam's younger daughter, Maddy, hadn't gone to university but they still had allocated income to her to achieve a good tax outcome.

Alex and Sam had a friend who was an independent trustee of the trust. Although she had a busy schedule, they could always rely on her to sign the necessary documents. They didn't have trustee meetings but thought that as everything was so relatively straight forward, they didn't really need them. She signed the accounts each year, but they didn't review them together.

Then things went sour with Maddy. Maddy had a new partner, Cam, who neither Alex nor Sam particularly liked. They thought he was a bad influence on Maddy - he seemed to be very negative and combative, always looking for the worst and trying to cause an argument. Cam would often comment about the other children in a negative way and when Sam tried to talk to Maddy about this, she was very defensive of him. Things escalated one night when Cam started asking questions about the trust and the benefits the other children had received.

A week later Sam received an email from Maddy. While it came from her, it read as if she had taken legal advice. The email asked for financial information about the trust, in particular asking questions about the benefits the other children had received. A very distraught Alex and Sam made a time to see their lawyer.

The lawyer firstly gave some information around the kinds of information that beneficiaries could request under the Trusts Act. She also looked at the most recent financial statements to the trust. Having a look at the beneficiary current accounts, she noted that Maddy was owed \$250,525 by the trust, being income which had been allocated to her over the years, but not actually paid out. The lawyer said that this was a real debt owed by the trust to Maddy and that she could technically demand payment at any time. There were also potential tax issues with Maddy being considered a settlor of the trust because of the amount owed to her by the trust.

This was extremely distressing to Alex and Sam. In any other circumstances they would have been able to explain to Maddy how the allocation had operated and that the funds could be used to benefit her over time. However, knowing the headspace that she was in now, who knew where this might end up.

While Alex and Sam had been confident with the way their trust and family dynamics worked, it only took one incident for things to be turned on its head. There were solutions to this family drama, but it would take some solid advice and time to solve it.

If you feel you could use some specialist advice for your personal situation contact our Trusts & Wealth Protection Team.



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

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A trust is only as strong as its structure and management. Ensure yours is prepared for the unexpected—contact our Trusts & Wealth Protection Team for expert advice today.

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Puzzle Answers



Word Puzzle

den, die, din, dine, diner, dire, end, fed, fen, fend, fern, fie, fiend, fin, find, finder, fine, fined, finer, fir, fire, fired, fried, friend, infer, ire, nerd, red, ref, refind, rein, rend, rid, ride, rind



1 8	1	I (Α	8 5	N	W O	B :	H
4	3	9	7	6	8	5	2	1
8	6	1	9	5	2	4	7	3
2	7	5	4	1	3	9	8	6
9	5	2	6	7	4	1	3	8
1	4	6	3	8	5	2	9	7
3	8	7	1	2	9	6	4	5
5	2	3	8	4	6	7	1	9
6	1	8	2	9	7	3	5	4
7	9	4	5	3	1	8	6	2

Quiz Answers

- The British Crown and NZ Maori
- William Hobson 2.
- 3. Norman Kirk
- 4. Queen Elizabeth II
- The National Library of NZ in Wellington

6. Nga Wai Hono i te Po

- Onuku Marae, near Akaroa
- 1 Tau Henare Drive, Waitangi

Tides March 2025 (Murrays Bay)

		DW HIGH		LOW		HIGH		LOW		
Sat 01	02:50	0.3m	09:05	3.2m	15:18	0.3m	21:28	3.1m		
Sun 02	03:36	0.2m	09:52	3.3m	16:06	0.2m	22:16	3.2m		
Mon 03	04:24	0.2m	10:41	3.3m	16:54	0.2m	23:04	3.2m		
Tue 04	05:12	0.3m	11:30	3.3m	17:43	0.2m	23:53	3.2m		
Wed 05	06:03	0.4m	12:20	3.2m	18:32	0.3m				
Thu 06			00:44	3.1m	06:57	0.5m	13:12	3.0m	19:24	0.4m
Fri 07			01:39	3.0m	07:56	0.7m	14:07	2.9m	20:20	0.6m
Sat 08			02:39	2.8m	09:00	0.8m	15:06	2.7m	21:22	0.7m
Sun 09			03:44	2.7m	10:06	0.9m	16:09	2.6m	22:28	0.8m
Mon 10			04:50	2.7m	11:10	0.9m	17:14	2.6m	23:33	0.8m
Tue 11			05:51	2.7m	12:10	0.8m	18:17	2.6m		
Wed 12	00:32	0.7m	06:46	2.8m	13:04	0.8m	19:13	2.7m		
Thu 13	01:23	0.7m	07:34	2.9m	13:52	0.7m	20:02	2.8m		
Fri 14	02:08	0.6m	08:19	2.9m	14:36	0.7m	20:47	2.8m		
Sat 15	02:49	0.6m	09:00	2.9m	15:16	0.6m	21:27	2.9m		
Sun 16	03:27	0.6m	09:39	2.9m	15:53	0.6m	22:04	2.9m		
Mon 17	04:03	0.6m	10:15	2.9m	16:29	0.6m	22:40	2.9m		
Tue 18	04:40	0.7m	10:51	2.8m	17:04	0.6m	23:15	2.8m		
Wed 19	05:17	0.7m	11:27	2.8m	17:39	0.7m	23:51	2.8m		
Thu 20	05:56	0.8m	12:04	2.7m	18:16	0.7m				
Fri 21			00:30	2.7m	06:38	0.9m	12:44	2.6m	18:56	0.8m
Sat 22			01:14	2.6m	07:26	1.0m	13:27	2.6m	19:41	0.9m
Sun 23			02:04	2.6m	08:20	1.0m	14:16	2.5m	20:35	0.9m
Mon 24			03:03	2.5m	09:19	1.0m	15:13	2.5m	21:38	0.9m
Tue 25			04:05	2.6m	10:20	1.0m	16:16	2.5m	22:44	0.9m
Wed 26			05:06	2.7m	11:19	0.9m	17:22	2.6m	23:46	0.8m
Thu 27			06:03	2.8m	12:16	0.7m	18:24	2.8m		
Fri 28	00:43	0.6m	06:56	3.0m	13:09	0.5m	19:21	2.9m		
Sat 29	01:34	0.4m	07:47	3.1m	14:01	0.4m	20:14	3.1m		
Sun 30	02:24	0.3m	08:37	3.3m	14:52	0.2m	21:05	3.3m		
Mon 31	03:13	0.2m	09:27	3.3m	15:42	0.1m	21:54	3.3m		

Times adjusted for Daylight Saving.



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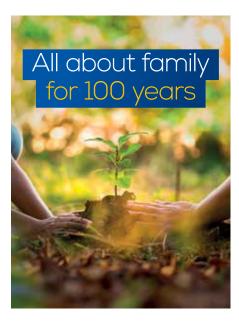
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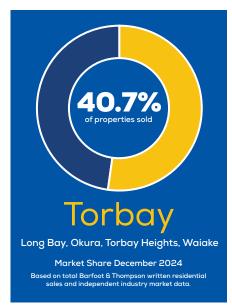














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