

focus

Issue 36
April 2025

on community

Long Bay, Okura and Torbay



Celebrating Sea Week at MERC

See page 3.

Win a meal for two, value \$100, see page 19 for details

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Jody Hetaraka

HEAD OF PROPERTY MANAGEMENT

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Dorean Posimani

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Torbay

Successful first weekend of Seaweed - Sea MERC Day

Our 8th annual Sea MERC Day 2025 was picture-perfect with over 220 participants taking part in our water-based and rocky shore activities. Other collaborators joined the event to share their messaging and connect with the community for Seaweed. Surf Lifesaving Northern Region led groups for knee boarding and water safety, Raft Studio upcycled t-shirts into tote bags and dog toys, Wai Care and Biosecurity Champions from Auckland council brought awareness to their causes, Rotary Browns Bay ran a fundraising sausage sizzle, and we even had a Movenpick Mobile ice-cream truck donating a portion of their sales. Leaders from MERC facilitated water safety with kayaking and GSUP sessions throughout the day before gearing up for a promising rocky shore explore aligning with a 0.3m low tide at 4:07pm. Our participants interacted with a plethora of snails, sponges, chitons, crabs, sea stars, fan worms, hermit crabs, kina, sea hares and an octopus! Leaders shared fun facts and educated attendees about the animals most had never encountered before. We are extremely grateful for all that attended, celebrated Seaweed, learnt something new, and deepened their connections with our moana.



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Content of this magazine.

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

Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

9.2 cms x 4.2 cms box \$130 + gst

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

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

½ page 14.85 cms x 21 cms \$275+gst

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

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

We often see really bad press about things happening in the Health Service and there is no doubt that things do go wrong, but last month I experienced the very best of their care.

I was scheduled for surgery for a trigger thumb. Nothing life threatening, just annoying that I was unable to use my thumb as it had to be splinted.

On the day of the surgery, I had to be at the hospital at 7am. Within 5 minutes of arriving, I was ushered into a room with a nurse to have a COVID test, blood pressure, height and weight etc. I was also issued with the sexy hospital nightgown and underwear....

The anaesthetist then came and went through the options and then on to the pre theatre ward. Within minutes the surgeon came and explained everything and another visit from the anaesthetist. Nurses enquired after my comfort and added a warmed blanket because I

was feeling cold.

Then off to theatre where one nurses carefully ensured that none of the knotted ties in the nightgown were being laid upon and everything to ensure my comfort.

One hour later I woke up with a delightful nurse who spent 20 minutes with me ensuring all was well and then on to the recovery ward where I was offered lovely sandwiches and a drink.

We actually arrived back home by 11.30 and I could not believe what a fantastic experience it had been- private could not have been better.

The following day I received a follow up call from one of the nurses to just check

I was okay and there were no problems.

I was so impressed with our Health Service.

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

2025 Love Grace Handbag Appeal

Last month we gave you the information so that, if you wished, you could support the Love Grace Handbag Appeal. Tracey, from UK Grocer in Browns Bay was the local collection point.

Tracey was staggered to receive 150 filled bags this appeal. The quality of the bags and the thoughtfulness of the contents just blew her, and coordinator Jo, away.

These bags will now go to Women’s Refuges throughout New Zealand to help woman in the refuge feel that people care about them and at a time when they have nothing, they are given something so personal.

Often when these women flee to the refuge they arrive with just the clothes on their backs and their children.

At a time when they are feeling desperate and often afraid the gift of the bag is something special. It’s something personal.

For someone who is feeling worthless to be given a lovely bag filled with things like a new toothbrush and hairbrush and toiletries it helps change their perception of themselves.

Tracey will be taking part in the appeal again next year so we will give the “heads up” when the time rolls around.

A big thank you to all who contributed!



Tracey and Jo with some of the bags given.

Top Salesperson 1 Torbay Branch 2024*



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Wendy's update

Listings are solid, offering more choices to buyers and creating strong activity within our area.

Peter Thompson commented that February sales were the highest for this month in three years, with 685 properties sold. With declining mortgage rates we should see a further uplift in sales activity in March.

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 February 2025

 PROPERTIES FOR SALE	 126	 PROPERTIES SOLD	 22
 LOWEST VALUE SALE	\$801,000	 HIGHEST VALUE SALE	\$1,950,000

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Long Bay Weed Bashers Update

A hardy group of environmentally focussed people formed the Weed Bashers following the success of the LBRA Imagining Te Oneroa ō Kahu (Long Bay) initiative and workshops. Our amazing combo of Tony Cunningham and Dick Downing have been knocking it out of the park when it comes to invasive weeds such as Woolly Nightshade and Moth Plant. If you are 110% committed to helping our local and native plants and would like to volunteer time to combat the invaders, please email your phone number to add to our WhatsApp group. If you have some undesirables on your property and would like some friendly advice/assistance let us know at longbayra@gmail.com. Join or Donate to the Long Bay Residents' Association today at www.longbay.nz



Dick - about to take down an undesirable.

Tony - excited to find Lace Bugs helping the attack on Woolly Nightshade!

Long Bay Predator Free NZ Funding: Traps/Bait Station Consent (and Weed Control)

In September we received the news that Restore Hibiscus and Bays and LBRA had secured funding.

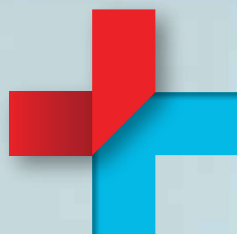
We've been door knocking to gauge interest and collecting consent forms for people who would like to participate, including receiving a PFNZ trap/bait station free of charge. These will start to be rolled out during February, and we'll be providing a way for LBRA residents to advise trap catches/checks for upload to TrapNZ. It would be amazing if we could reduce predators to the point where kiwi could grace our Regional Park similar to Tawharanui Park? Check out this video on Facebook by our local resident Mark Scowen.

If you would like to participate and haven't been contacted, please reply to this email, or fill out our LBRA Pest Control Survey as we'll be looking to place traps/bait stations in further selected/targeted residential properties in the near future!

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



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



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New logo for Long Bay Primary

Long Bay Primary School was founded in 1979, 4 years after Long Bay College. The original school logo was a shared vision. The designs were very similar representing Long Bay beach, the cliffs to the north and the local environment. The colours were inverted but everything else was pretty much the same.

After consulting with our local community, staff, students and local

iwi one of the items on our 2024 / 2025 strategic plan was to review our logo and branding.

Following considerable discussion and a number of different options we unveiled our new logo at the Family Picnic in March. Kian and Emily, our 2025 student leaders, helped to unveil a stunning new design. We were able to keep all of the elements of our old logo and bring in some different colours and freshen it up.



If you come to visit us, you will notice the sign above the hall is new. As we progress through our rebranding project more and more areas of the school will change as well.

Looking ahead to our own 50th Anniversary in 2029, with our new logo firmly established, we look forward to celebrating the past and present staff and students while showing our ideas for the future.

Rob Hutton
Principal.



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Awhi Mai, Awhi Atu - Empowered Together

Citizens Advice Bureaux around the country celebrated their National Awareness Week in March. We popped up on the television, on radio, in social media and at events. Our bright stall was part of the successful Browns Bay Summer Event which saw lots of people enjoying the sun and the beach and learning about local services at the same time.

Empowering people through our service of information and advice to individuals and families is one of the main aims of the Citizens Advice Bureau and, also, we empower communities by advocating for fairer laws and policies based on what we hear from our clients. Top categories asked about in Browns Bay are Relationships, Employment and Tenancy issues and recently our National Office has made submissions to Parliament about the Tenancies Amendment Bill and the Treaty Principles Bill.

Every week volunteers share their skills and aroha, taking time to listen to and acknowledge our clients so that they are empowered to know and act on their rights and to



connect with services and groups in their communities. In turn, as volunteers, we learn so much about people and problems and how to contribute to making our communities more caring and inclusive.

Come and visit us in our Glen Road Office Monday to Friday 9 am - 3 pm or phone 09 479 2222 if you have any questions or concerns or if you are interested in contributing to our services. Citizens means everyone who lives in New Zealand, inclusive of gender, race and resident status.

Browns Bay Citizens Advice Bureau, 2 Glen Road, Browns Bay
brownsbay@cab.org.nz



Awhi mai awhi atu
Empowered together

cab.org.nz #cabawarenessweek

Citizens Advice Bureau
Ngā Pou Whakawhiriaki o Aotearoa



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"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



2025 Cruise Trends

The Rise of Emerging Cruise Destinations

In 2025, travellers are increasingly drawn to uncharted waters and lesser-known destinations. Regions such as the polar areas, Africa's west coast, and Southeast Asia's hidden archipelagos are becoming hotspots for unique cultural and natural experiences. River cruising also is offering new itineraries that provide intimate and off-the-beaten-path experiences outside of Europe, unlocking a treasure trove of adventures for travellers seeking something different.

Luxury Elevated: Bespoke Onboard Experiences

Luxury cruising in 2025 is all about personalization and indulgence. From tailored wellness programs to private dining experiences curated by Michelin-star chefs, cruise ships are evolving into floating resorts. Features such as



infinity pools, underwater lounges, and exclusive suites rival the finest hotels on land.

For wellness-conscious travellers, onboard offerings include updated spa therapies, yoga retreats, and fitness studios. The integration of biophilic design (spaces inspired by nature) enhances relaxation and rejuvenation. Beyond comfort, luxury cruises emphasize meaningful experiences, such as art exhibitions, cultural performances, and culinary journeys that reflect the destinations visited.

Tech - Driven Innovations: The Digital Wave

Technology is revolutionizing the cruise experience in 2025, making it smarter and more convenient. Contactless check-ins, facial recognition for boarding, and digital concierge services streamline the journey for travellers in many more ports. Mobile apps provide real-time updates on itineraries, dining reservations, and onboard activities. Virtual and augmented reality are elevating onboard entertainment, offering interactive experiences that transport guests to far-off worlds. Advanced navigation systems ensure smoother and safer sailings, even in challenging weather conditions. These innovations create a seamless blend of convenience and adventure for your clients.

Niche Cruising

Cultural immersion remains a strong trend, with themed cruises focusing on local traditions, festivals, and gastronomy. These tailored experiences allow guests to forge deeper connections with the destinations they visit, making cruising an enriching journey for all.

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East Coast Bays Library News

In April the library will be busy with school holidays and celebrating Easter and Anzac Day. We will be closed on Friday 18th, Sunday 20th, Monday 21st and Thursday 25th. If you are going away or spending relaxed time with your whānau at home, come in and stock up with some great reads. Our expanding bestie collection has a great range of new and recommended titles. Don't forget we have a magazines, DVDs, puzzles and extensive e-book and e-audiobook collections for free.



Above: A recent display in our glass cabinet. Traditional Korean ceramics from Icheon Ceramics Village, the center of traditional pottery in Korea. The display was made available from community partners Korea-New Zealand Cultural Association & Happy World TV.

Pictured from left to right: Diane Lee (Happy World TV, Journalist), Tony Keam (CEO of Happy World TV),

WHAT'S ON IN APRIL

SCHOOL HOLIDAY FUN:

Saturday 12th April – Sunday 27th April

- Come on a creative adventure in the library with jungle themed crafts and activities
- Learn about conservation on Tuesday 15th April from 1 – 2pm with the Auckland Zoo educators
- Listen to a bedtime story at the pyjama storytime
- Hop around the library with the easter egg scavenger hunt
- Play a board game with your friends
- Grab some books and start the Hell Pizza Reading Challenge for 2025

WORLD OF CULTURES:

Kamishibai - Japanese Picture Storytelling

Saturday 5 April 10.30 – 11.00am

Experience a special kamishibai storytelling performance of "The Monkey King" with actors Voy Tutavake and Taisei Yamada. Japanese picture storytelling - Kamishibai or "Storyboard Theater" began as early as 9th century in Japanese Buddhist temples. Don't miss this one-off event.

ANZAC displays

The library is hosting displays from East Coast Bays RSA to celebrate their 100 year centenary.

The foyer and glass display cabinet will be filled with special items including photos, medals, and war memorabilia.

If you have something you'd like to share and showcase in our cabinet, let us know.

To find out about our events and programmes pick up a brochure, talk to library staff, follow our Facebook pages, 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

EAST COAST BAYS LIBRARY

World of Cultures 2025

Kamishibai

Japanese Picture Storytelling

5 April 10.30 – 11 am



Come and experience a special storytelling performance of "The Monkey King" with actors Voy Tutavake and Taisei Yamada.

Japanese picture storytelling - Kamishibai or "Storyboard Theater" began as early as 9th century in Japanese Buddhist temples. Don't miss this one-off event.

For more information:
phone 09 3770209
visit aucklandlibraries.govt.nz
or [Facebook.com/eastcoastbayslibrary](https://www.facebook.com/eastcoastbayslibrary)



Monthly Quiz

Answers Page 38

info@brownsbayrotary.co.nz

1. What is the full name of MERC
2. Who were the 2 founders of MERC
3. When was MERC opened
4. In 1998 who became the patron of MERC
5. What was the name of the winter lecture series held at MERC for 20 years
6. The Board of MERC initiated the designation of Long Bay as a marine reserve. What was the name of the group that was formed to advance this
7. What is the Maori name for Long Bay
8. Who is the current director of MERC



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Rotary Browns Bay

Rotary Browns Bay has long been involved with MERC at Long Bay. We have provided MERC with fund to purchase equipment and have supported them in various ways with their programmes and events.

For several years we have awarded one of their young leaders with sponsorship to the Rotary Young Leaders Awards (RYLA) which is a week-long intense programme at Muriwai, assisting them to develop their leadership skills.

At the recent Seaweeek event at MERC, our members manned the barbeque and kept the crowds fed.

It's always great to see MERC in action, providing awesome activities that are both educational and fun, and for Seaweeek the participants learning a lot about caring for the ocean.

It's also great to catch up with our RYLA alumni and see how being part of that programme has benefitted them. Last year's recipient Sydney joined us for a photo shoot as we caught up with her.

Rotary has a commitment to young people and at our next meeting we will be hearing back from the two young women from Long Bay College whom we sponsored to the Summer Science Forum in January, another of our wonderful programmes.

Next on the agenda is the Model United Nations Assembly where secondary schools debate real-world issues. We are hoping to inspire some local students to attend.

Rotary is an international movement committed to making



Murray Allison and Paul Mees with Sydney Verrenkamp

the world a better place, and where better to start than with our future leaders?

If you would like to find out more about Rotary, come down to the Bays Club on the first or third Tuesday of the month at 7am for breakfast. We'd love to see you.

Contact Ian Clouston on 027 494 7531 for more information.



Coming Events in the Pioneer Village, Silverdale

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

Saturday 5th April 2pm to 6pm

The Silverdale Pioneer Village will join with the Silverdale Business Association to bring you the Silverdale Pioneer Festival.



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



EAST COAST BAYS  RSA

**CENTENNIAL ANZAC DAY
FRIDAY 25TH APRIL 2025**

"Lest We Forget"

Services will be held as follow:

Combined North Shore RSA Dawn Parade & Service
Fall in 05:15 Corner of Anzac Road and Beachfront Lane
Service at Cenotaph 06:00

Memorial Parade and Service
Fall in 08:00 Corner of Anzac Road and Beachfront Lane
Service at Cenotaph 08:45

For more information please call 09 473 8033 or email ecbrsa@xtra.co.nz

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2 Essentials this Cold and Flu season - Zinc and Vitamin D

Benefits of Zinc

Zinc is an essential mineral that supports various functions in the body, including:

- Immune System Support – Helps white blood cells fight infections.
- Wound Healing – Aids in tissue repair and regeneration.
- Antioxidant Properties – Reduces oxidative stress and inflammation.
- Supports Growth & Development – Essential for cell division and enzyme function.

How Zinc Helps with a Cold Virus

Zinc is particularly beneficial in reducing the severity and duration of colds. Here's how:

- Inhibits Virus Replication – Zinc can prevent the cold virus (rhinovirus) from multiplying in the throat and nasal passages.
- Reduces Cold Duration – Studies show that taking zinc lozenges (within 24 hours of symptoms) can shorten a cold by 1-2 days.
- Lowers Inflammation – Helps control immune response, preventing excessive inflammation.



Benefits of Vitamin D

Vitamin D is essential for overall health and plays a key role in:

- Immune System Support – Strengthens the body's natural defenses.
- Bone & Muscle Health – Aids calcium absorption for strong bones.
- Mood & Mental Well-being – Helps regulate mood and prevent fatigue.
- Anti-Inflammatory Effects – Reduces chronic inflammation in the body.

How Vitamin D Supports Immunity

Vitamin D is critical for a well-functioning immune system, helping to:

- Activate Immune Cells – T-cells and macrophages (key immune cells) require Vitamin D to function properly and fight infections.
- Reduce Risk of Infections – Studies show that Vitamin D lowers the likelihood of colds, flu, and respiratory infections.
- Enhance Antimicrobial Peptides – It stimulates the production of natural antimicrobial substances (like cathelicidins), which help the body combat bacteria and viruses.
- Regulate Immune Response – Prevents overactive immune reactions, reducing the risk of autoimmune conditions and excessive inflammation.

Best sources: Sunlight, fatty fish, fortified foods, and supplements.

Opening Hours

Monday to Friday
Saturday

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

The Centenary of the East Coast Bays Returned and Services Association (Inc)

In 1925 much of the land around Torbay and Browns Bay was farmland. The Browns Bay Ex Servicemen's Club began in May 1925 in Browns Bay, originally meeting in the 555 Theatre and included servicemen from both the Browns Bay and Torbay areas. This was the first RSA on the North Shore and later meetings were held in the Surf Club and in the Progress Hall. No records of minutes were found until 1933.

From 1943, many years of fundraising were achieved with the help of Mrs Elizabeth Wilkinson, who owned a local store in Browns Bay. She was the instigator for starting a comforts fund to raise money for the original RSA building and was awarded the MBE for her efforts in the community. Mrs. Wilkinson was assisted by The Women's Section of the RSA, (formed in 1943), being a hardworking band of members holding many stalls and organizing fairs to raise funds.

On February 6th 1951, the first meeting was held in the new RSA Memorial Hall in Bute Road, Browns Bay. The building was officially opened in August of that year, as a result of substantial fundraising efforts. The design of the original hall featured high windows to make it private enough



for the Freemasons, who rented the building for their meetings. This building was also the venue of the swearing in ceremony for the first East Coast Bays Borough Council in 1954. The second RSA building was erected on adjacent land in the mid-1990s.

One of the main sources of revenue (after the bar trade), was the Friday Housie. The bar was originally an old tin trunk! In addition, raffles were run, Paddy's Markets were held and Calcutta Sweeps organized. RSA Members have much to remember – years of Anzac Day Remembrances, a fine restaurant and wonderful dances and New Years Eve celebrations. The Playcentre in the 1950s, amazing children's Christmas parties and family picnics/bus trips, were also part of the many activities of the East Coast Bays Returned and Services Association.

A Centenary display to mark 100 years of Remembrance, Comradeship, assisting our Veterans and Community support will be held in the Browns Bay Library, Bute Road, for the month of April and celebrations will be combined with the 2025 Anzac Day commemorations.



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

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EAST COAST BAYS | HIBISCUUS COAST

Torbay Theatre Focus on Anne Rimmer!

For the last two years, Anne has very generously acted as Chair of our committee. She has expertly handled meetings, and given way more time behind the scenes than she could afford, to keep our society running smoothly.

Anne Rimmer has never been far from a theatre. A trained ballet dancer, she first danced onto the Wellington Opera House stage at the age of six. Over seventy years later she maintains her deep love of theatre and dance, and particularly enjoys making audiences laugh. Anne



Skaters dance, aged 12.

has contributed to productions by many North Shore theatre groups. She directed and designed Alan Ayckbourn's *Norman Conquests* trilogy for Torbay Theatre in the 1990s. *Humble Boy* in 2015 won several ACTT Awards, with Anne herself returning to the stage at four days' notice when a cast member became ill. She directed and designed *Private Lives* in 2017, *Life and Beth* in 2021, and designed the ambitious set for 'Oklahoma' in 2020.

Earlier, in Canada, Anne directed *The Gondoliers*, performed in and choreographed *The Boyfriend*, played Cecily in *The Importance of being Earnest*, which she has since directed twice, and directed many comedies for small town theatre groups. Between theatre commitments, during her twenty years in Canada she put her degree in chemistry to good use as a research assistant and lab technician, while bringing up her children.

Anne is a long-term conservationist, and has been a guide on Tiritiri Matangi since 1998.

Her book, *Tiritiri Matangi: a model of conservation*, published in 2004, (new edition 2021) won the Montana Book Award, Environment Section.

She is currently editing the memoirs of Ray Walter, the last lighthouse keeper on Tiritiri, (keeper there 1956-1982), which project is the reason for her stepping down as Chair. We thank her for her



Cinderella at the Ball.

service, and will miss her as Chair, but she will still be very active on stage and backstage.

Her unfulfilled ambition is to fly onstage.

AGM on April 2nd 7:30pm in the Gate Theatre, 35 Watea Road.

HMS PINAFORE: Auditions in June, on-stage in October.

For more information:
www.torbaytheatre.com
See also: Facebook/Insta,
or ph 0210-294-0630
35 Watea Rd, Torbay

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

W www.EricaStanfordMP.co.nz

☎ 09 478 0207 f Instagram EricaStanfordECB

📍 1/8 Beach Front Lane, Browns Bay



A Champion's Journey: From Late Start to Victory

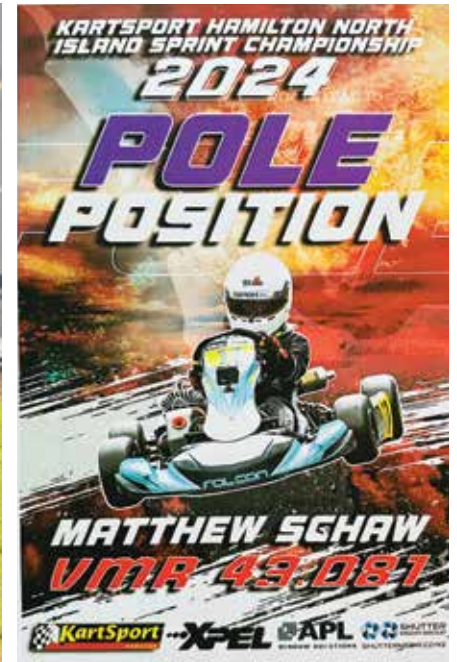
At just 12 years old, Matthew Schaw has emerged as one of New Zealand's most promising young karting talents. A Long Bay resident and Northcross Intermediate student, Matthew's rise is remarkable. Unlike most who start at six or seven, he began just before his 10th birthday—yet he has quickly made his mark.

Matthew's talent shone in October 2024, when he dominated the North Island Karting Championship against 40 of the best young drivers from New Zealand and Australia. Taking pole position, he won every race leading to the final. However, the last race didn't start smoothly—he was pushed from behind forcing him off his racing line. With skill and focus, he regained his position and held off fierce competition to take the title.

"It wasn't easy, but I knew I had the speed," Matthew says. I just stayed focused and made my way back to the front."

What Sets Him Apart

What makes Matthew's achievement extraordinary is that he's done it without professional coaching or top-tier equipment. Unlike many competitors from racing families, he is a first-generation racer, relying on determination, technical



knowledge, and adaptability to bridge the experience gap.

Most young champions benefit from years of training and financial support. Despite starting later, Matthew's raw talent, mechanical understanding, and relentless drive set him apart.

The Road Ahead: Sponsorship Opportunities

With the North Island title secured, Matthew now sets his sights on the 2025 National Championships, with aspirations of racing internationally. Competing at the next level requires significant financial support for travel, race fees, equipment upgrades, and training.

Sponsoring Matthew provides businesses with valuable brand exposure through logo placements on his kart, race suit, and gear, along with promotion through his growing social media presence at @Schaw_Racing.

Follow @Schaw_Racing on Instagram & Facebook or reach out for sponsorship opportunities.

Join the journey—be part of Matthew's success!



LOOKING TO SELL?

Having lived and worked locally for over 30 years, we are the team with the knowledge and expertise for selling in today's market.

Experience Does Count!



Homemade Pizza

Homemade pizza is a great way of using up a whole lot of bits and pieces that you have in the fridge. They are quick and easy to make.

Pizza base

1 tablespoon dried yeast
 ½ teaspoon sugar
 1 cup tepid water
 1 teaspoon salt
 3 cups high grade flour

Turn oven on to 60°C

Mix yeast, sugar and water and place in large bowl, cover with tea towel and place in oven for 10 minutes. The yeast mixture will be light and frothy.

Mix salt and flour and knead well. Most mixers have a dough hook and this does the job really well.

Pop back in bowl, cover with tea towel and place in oven. It should double in size in about 20 minutes.

Knead back and roll out with a rolling pin into a large circle. Place on a baking sheet.



Topping

Tomato paste
 Grated cheese

Smear the tomato paste over the base and add the grated cheese. Then put some onion rings, mushroom slices and

capsicum slices over base. Basil leaves and slices of salami can be bought separately from New World - so just buy 8 or use up some ham bits or a tin of tuna. Just use anything that you have in your fridge.

Bake at 220°C for 15-20 minutes.



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Torbay Garden Club March 2025

As the seasons shift, there has been plenty to keep our gardeners busy. In February, members enjoyed a wonderful visit to a private garden in Dairy Flat, followed by our 72nd Annual General Meeting in early March.

This year's AGM was particularly special as we welcomed two new Life Members - Hilary Collins and Jo Price. This honour is reserved for those who have made an outstanding contribution to the club over many years, and we were delighted to recognise both Hilary and Jo for their dedication and hard work.

Following the AGM, we held our March Club Meeting and Show, where dahlias took centre stage as the Flower of the Month. Members also showcased their creativity in the Floral Arrangement category, working with the theme "Beachcomber."

Looking ahead, we're excited about our upcoming Easter Plant Sale on Saturday, 19th April, from 10am outside Torbay Pharmacy. There will be a great selection of plants and flowers available, so come along and pick up something special for your garden.

We also love welcoming new members! If you'd like to learn more about the club, visit our website at torbaygardenclub.co.nz or give us a call at (020) 4198 3906.

We hope to see you soon!



This month in the garden...

Autumn is the perfect time to finish harvesting fruit and veges and start prepping for Winter planting. Make sure to dry and save seeds from tomatoes, cucumbers, melons and beans, and store them in labelled envelopes ready for sowing next spring. April is also a good time to add lime to garden beds. Sow the following directly into the garden; broad beans, peas, coriander, lettuce, parsnip, radish, spinach, carrots, beetroot and silverbeet. There are plenty of flowers to plant for winter flowering as well, including cyclamens, tulips, hyacinths, daffodils, poppies and sweet peas.

What to do with money?
MONEY TALKS
 Understanding your options with finance Professor Russell Gregory-Allen

6 - 8 PM 24 April
 @Long Bay Baptist Church
 282 Glenvar Road
 free seminar

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U3a Browns Bay ask “Have you ever been “scammed”?”

A scammer is like a fisher casting a big “net” into the community consisting of e.g. an email sent to thousands of people. You have not been especially selected as a victim so there is no need to feel guilty if you are caught in his “net”. He is really experienced at this, but we are not.

Gill Glider, Community Banker, ASB gave us a few hot tips on how to avoid the net at the March meeting of u3a Browns Bay.

- Be familiar with the website address of your bank.
- Beware of offers of large free gifts or really “good” deals.
- If something you receive online or over the phone seems fishy, SLOW DOWN and look carefully at the situation or any documents presented to you. Try not to be distracted by his pressure to come to a decision to do what he says. “Magic Moments” requiring speedy action are rare
- Never invest money as the result of a cold call.



Above: Gina Chick, winner of “Australia Alone 2023” – Author of “We are the Stars”

- Check with your bank before doing anything. They are happy to help rather than try to recover your money later.

Romance scams can lull us into a vulnerable state by promises of love and devotion. If this person is really your new sole mate, he/she is not likely to ask you to part with vast sums of money especially so that (s)he can come to New Zealand to meet you.

We can also be ripped off by our “nearest and dearest”. The most watertight advice is not to give your card [or password] to anyone.

Look at your bank’s website for the latest on scams and frauds.

Our special interest Group presentation was from our “Book Group”

John talked about one of his favourite authors, Lawrence Sanders, now 86 who has written copiously all his life, mainly crime novels. Monette outlined her enjoyment of “We are the Stars” a biography by Gina Chick, an Australian who won “Alone Australia 2023” in a very inspiring way.



Above: Gill Glider – Community Banker, ASB

Award Winning Hot Cross Buns!



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Torbay Garden Club

Easter PLANT SALE

Easter Saturday (19th April) from 10:00am
Cash Sales or bank payment available



Come and find us outside
Torbay Pharmacy for a
bargain. Plants, Flowers and more!



Scan me!

www.torbaygardenclub.co.nz

COMPETITION

Win a meal out for 2 worth \$100.

Do you know your area?

1. What was Torbay's original name?
2. What is the name of the homestead in Long Bay Regional Park?
3. Where is the sculpture of the man riding the wave?
4. Who was Kate Sheppard that the Road was named after?
5. What is the name of the Island we can see that is predator free?
6. What is the name of the cemetery in Deep Creek Rd?
7. Four Square celebrated a national birthday last year- how many years?
8. What is the name of the cove where the boats are propped up on the beach?
9. How many Primary Schools do we have?
10. What is the name of the only real estate Company in Torbay and Long Bay?

Good job Barfoot knew all the answers!

Send your answers to t.cederwell@barfoot.co.nz
by 20th April.

SUNDAY 18 MAY | 9AM - 12PM



WE ARE HOLDING A

CAR BOOT SALE



TORBAY SCHOOL
DEEP CREEK ROAD

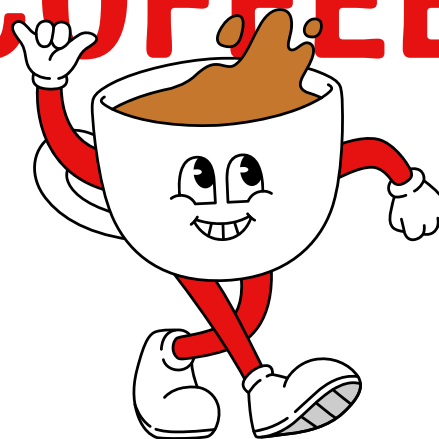


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T&CS APPLY



FOR SALE



42C Redwing Street, Browns Bay

4 3 2

- Modern Open-Plan Living - A stylish kitchen with open-plan dining, creating the perfect setting for entertaining.
- Timeless Character - Timber flooring extends into the impressive lounge area, featuring a full Rimu timber ceiling, delivering a warm, luxurious quality of a bygone era.
- Ample Parking & Storage - Double garage + double carport, plus plenty of off-street parking for extra vehicles.

FOR SALE



36 Waiau Street, Torbay

4 3 2

- 670m Flat Freehold Land & Ample Parking - double garage and multiple off-street parking spaces.
- A large designer kitchen opens to a versatile open-plan living area, with extensive indoor/outdoor flow.
- Spacious Gardens and a Boatshed, large flat outdoor spaces wrap all around the house.
- One of the most sought-after streets in Torbay, with a shortcut to Long Bay Beach and the regional park at the end of the Cul de sac.

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Jiang Kou | 021 087 93257

Leigh Storey | 022 685 7041

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Verified by RateMyAgent



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



The construction of our, now, busy roads. How did we manage before these were constructed?

Photos by Bill Ellis



Northcross intersection looking North 1997



Looking across Oteha Valley Road to McClymonts Road - Stadium on the right



Constructing the present Oteha Valley Road. The old road is centre right



Road building towards the stadium near Northridge.



Don McKinnon Drive under construction. Old PlaceMakers on the left, University right distance.



Masons Road looking North towards Oteha Valley Road. Motorway construction on the left and Vintage Car Club building

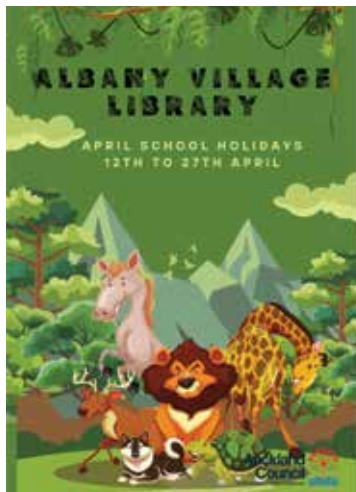
What's on at Albany Library in April

Display facilities!

Did you know you can display your artwork at Albany Village Library for FREE? We have two bookable locations – the art wall, suitable for hanging masterpieces, and the display cabinet for sculptures and other collections. If you have any questions or would like to book these spaces, pop into the library!

School Holiday Program

We have some exciting events coming up these school holidays! Have a peek and learn how to make recycled wall hanging, learn about conservation or design and build your own maze!



Saturday 12 April 2.00 - 3.00 Chinese and AI Coding in Mandarin.

Monday 14 April 10.00 - 12.00 Easter Wall Hanging craft with Recreators, for children 8+ years old. Booking essential - ask Librarian

Tuesday 15 April 10.00 -11.00 Auckland Zoo Conservation Sessions

Wednesday 16 April 3.00-4.00 Kids Movie and Popcorn

Thursday 17 April 10.00-12.00 Make Shauna the Sheep craft with Recreators, for children 8+ years old. Booking essential - ask Librarian

Wednesday 23 April 3.00-4.30 Kids Movie and Popcorn

Thursday 24 April 11.00-12 Paul the Clown from Enchanted Party

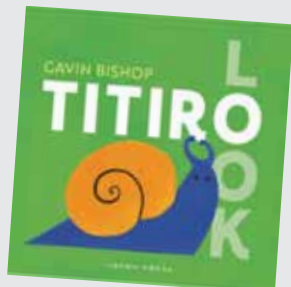
Saturday 26 April 2.00-3.30 Koru STEM workshop. Design and build your maze using cardboard and wooden sticks.

Librarian Book Review

Titiro Look

By Gavin Bishop

"Labels give the Maori and English words for what we see-colours, shapes, eyes, ears, nose, hair-and there are more connections to find in every illustration pair. Words and images are chosen to include the unexpected and imaginative alongside the obvious, making this more than just a first-words book. This is a bilingual book to ask questions, point and talk, for adult reader and child to learn and explore together-or to enjoy quietly alone"
- Publishers description



This bilingual board book is a fantastic way to introduce Tamariki to te reo Māori. It's imaginative and descriptive language can create conversations about te reo with your Tamariki.

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Karin de Leeuw
027 270 2700 / 09 473 7832
k.deleeuw@barfoot.co.nz



Craig Zhu
021 800 280
c.zhu2@barfoot.co.nz



Exciting new café opens at Long Bay

KINFOLK



Owners
Logan & Gloria



KINFOLK Café and Eatery



Trading hours:
Mon - Friday: 7-3
Sat/Sun: 7:30-3:30

On Friday 21st March Kinfolk Cafe opened its doors. Logan and Gloria are very experienced café owners and the café is inviting with outside seating too.

**B3/R9, 88 Te Oneroa Way, Long Bay 0630 (Opposite to New World).
Website: kinfolkcafe.co.nz Phone: 09 4730072 Instagram @kinfolk_longbay**

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 Centre**
For all health care needs
55a Glenvar Ridge Rd 09 473 0063
- Long Bay Nails and Beauty**
Nail & waxing salon
Village Centre 09 218 9027
- Unichem Long Bay Pharmacy**
Quality advice and care
55a Glenvar Ridge Rd 09 553 8773

- Lumino** For dental health care
57 Glenvar Ridge Road 09 473 1400
- Nom Original Thai Massage**
55a Glenvar Ridge Rd. 021 389 991

Real Estate

- Barfoot & Thompson** www.barfoot.co.nz
For real estate professions.
Village Centre Sales 09 473 0712
Rental 09 473 0472
- Elementum** For resort style living
Village Centre www.elementum.co.nz
- Harcourts** For community living
mingliu.co.nz 027 519 6826

Supermarket

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

Wine Shop

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



**1 Kukupa Lane
Long Bay**

(27 Jan 2025)

Sold Off-market
Happy Vendor
Happy Purchaser

“Easy purchase”

“It is perfect and exactly what we were looking for”

“Settled very quickly”

“We would 100% recommend Ming and team”

“Complete confidence and trust”

“Ming was trustworthy, reliable, professional and hard working”



**73 Headsail Drive
Long Bay**

(18 Feb 2025)

5 Open Homes
Sold Pre-Auction
3 Registered Bidders

“Achieved everyone's satisfaction”

“Patient, thoughtful and enthusiastic”

“Service exceeded our expectations”

“First-class professional knowledge”

“Our whole family is very grateful to you, Ming Liu”



**49 Kumukumu Road
Long Bay**

(20 Feb 2025)

6 Open Homes
Sold in 16 Days
Happy Clients

“A big thank you to Ming Liu and her team”

“Ming and Harry actively introduced buyers”

“Worked hard on negotiations, and provided timely feedback and advice”

“Their team is definitely the top choice”

“Comes highly recommended”

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LONG BAY BAPTIST CHURCH EASTER SERVICE TIMES

8pm Thur 17 April
Maundy Thursday
Service @Long Bay
Baptist Church

10am Fri 18 April
Good Friday Service
@Northcross
Community Church

10am Sun 20 April
EASTER CELEBRATION
WITH COMMUNION
@Long Bay Baptist Church

282 Glenvar Road, Torbay
www.longbaybaptist.co.nz



Holy Friday & Easter



everything
[in] between
grief & hope

17th April - Power & Humility

7pm Maundy Thursday reflective service
remembering the Last Supper

18th April - Acceptance & Resistance

3pm Holy Friday through the perspective of
the penitent thief

20th April - Grief & Hope

6:30am Sunrise Communion at Waiake
8 & 10am services at St Mary by the Sea



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by the Sea

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GOOD FRIDAY

APRIL
18

10AM, NORTHCROSS CHURCH
826A EAST COAST ROAD, AKL

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The Methodist Church of New Zealand
Te Hāhi Weteriana o Aotearoa

TRINITY WAIAKE

Easter Services

Maundy Thursday 17 April

7.00pm Tenebrae Service

Good Friday 18 April

10.00am Reflective Service

Easter Sunday 20 April

10.00am Resurrection Day Service

1.00pm Immanuel Korean Methodist
Service

Trinity at Waiake

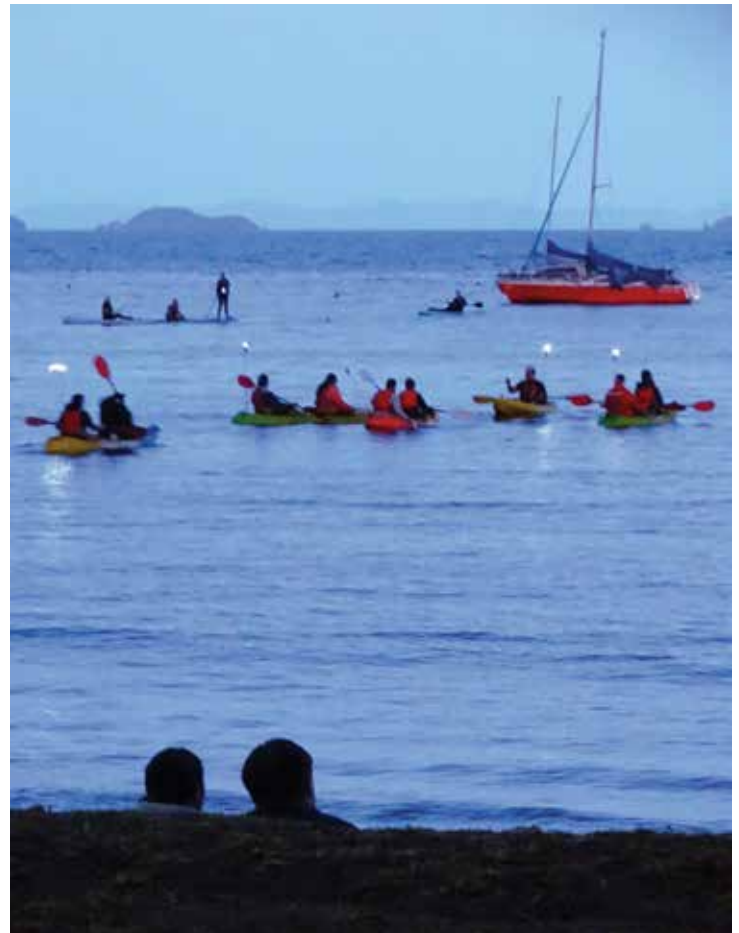
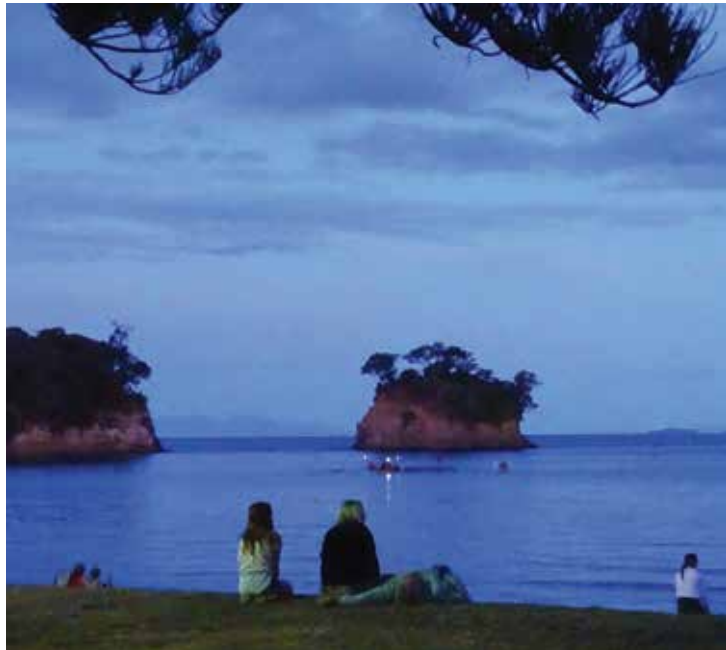
864 Beach Road, Waiake Ph 478 5107



Blood Moon at Waiake

We have seen meteor showers, Northern Lights, two full Moons and more recently the incredible planetary parade. The full Moon early on Friday 14 March the last one of astronomical winter and a lunar eclipse will make it appear red, something known as a "Blood Moon".

Toward the middle of the Moon's track through the sky, it appears



red – this is the Blood Moon. One meaning of a "Blood Moon" is based on its red glow. This blood moon occurs during a total lunar eclipse. During a total lunar eclipse, Earth lines up between the Moon and the Sun, hiding the Moon from sunlight.

Photos by Bill Ellis



Catherine Liu & Team

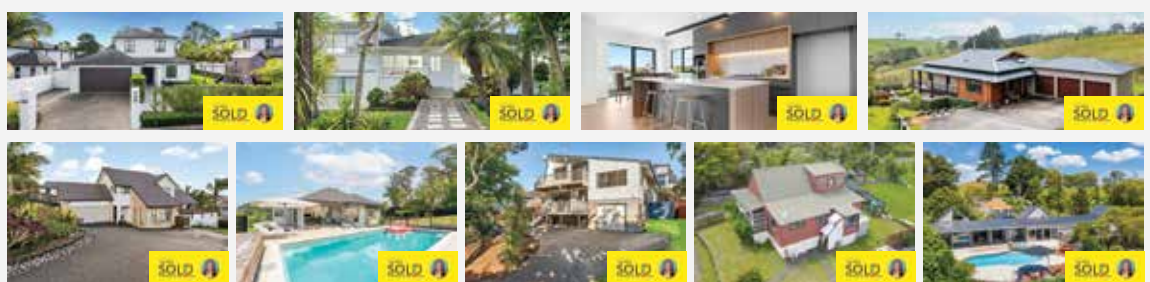
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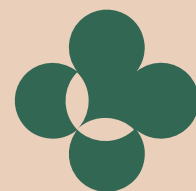
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✉ catherine.liu@raywhite.com

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– call us today!
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We're thrilled to welcome **Dr. Michael Howlett** and **Dr. Scarlett Pulham** to our Waiake Medical family! Their warmth, dedication, and genuine passion for patient care are set to be a cornerstone of our community.

Your health matters to us. Whether you're new to the area or looking for a team that truly cares, we'd love to welcome you.




**Waiake
Medical**

1 Hebron Road
Waiake
North Shore City

Open Mon-Fri
8.30am – 5.30pm



Dr. Scarlett Pulham
General Practitioner

Dr. Scarlett Pulham began her medical journey in 2013, earning her Bachelor of Medicine and Surgery with Distinction in General Practice from the University of Auckland in 2019. She is now in her final year of both the Royal New Zealand College of General Practitioners' fellowship training programme and a diploma from The NZ Society of Cosmetic Medicine. Passionate about dermatology, aesthetic medicine, women's health, and children's health.

Dr. Pulham recently moved to Coatesville with her fiancé. Outside the clinic, she enjoys spending time with family and friends, farm life and caring for her growing collection of animals. Scarlett will be available for consults Monday through Wednesday and looks forward to serving the bays community.

Dr. Michael Howlett
General Practitioner

Dr. Michael Howlett began his medical journey earning a physiotherapy degree from Otago University in 2014. Dr Howlett then followed this with a medicine degree from the University of Auckland graduating in 2019. After experience at Middlemore, Auckland, and Starship Hospitals followed by two years as a GP registrar in Botany, Dr Howlett is now in his first year of the Royal New Zealand College of General Practitioners' fellowship training programme.

Through his physio training he has expertise in musculoskeletal issues. Specialising in mental health particularly ADHD which he manages personally, Dr Howlett focuses on holistic care and patient education. He works Thursdays and looks forward meeting you.



Life is all about friendship

Life is all about friendship, and as we arrive at our golden years, just to know someone cares, is so important. It's not always easy to step out of one's comfort zone after retiring, the support of your working colleagues has suddenly disappeared and life goes on around us.

The Torbay Friendship Club is here to welcome you to your new world of friends and acquaintances to bridge that gap in your life. We meet every 2nd Thursday of a month from February to December at 10 am at the Torbay Community Hall.

Our AGM was held on the 13th March 2025 and we are pleased to welcome our newly appointed President, Liz Yeates. Liz has been invaluable to the Club over some years and taken on many roles, including President, six years ago.

We also want to thank Noreen McArthur for her dedication and guidance during her presidency for the past two years.

Our speaker for the March meeting was Liz Cobb who



gave an interesting talk on her time in China and the Tibet Plateau with the Kham Health projects. The Tibet Plateau is the largest and highest in the world. She explained the challenges of surviving, with no modern amenities, such as electricity and water. Projects included the setting up of Health Clinics and Schooling, all this to better the lives of the people, some of whom have no idea how the outside world exists.

Morning tea was held at November, Longbay and as always, was a success. Rita Greynor always finds venues that can accommodate large, rather animated crowds at times.

We are looking forward to another interesting and exciting year and look forward to meeting you at the next meeting on the 10th April.

Should you wish to hear more about the Club please contact: Liz Yeates 027 475 4423 or Delphine Pearson 022 072 9813



You Travel Mairangi Bay presents -The "Award Winning" Forgotten World Highway (Small Group Tour) Auckland to Auckland

Departs Sunday 15 February 2026 returns Wednesday 18th February 2026

Join your experienced tour hosts Chris & Nicola from YOU Travel Mairangi Bay on this 3 night 4-day special and exciting journey.
"Proud to be supporting NZ Tourism"



This fabulous 3-night 4 day Itinerary departing Auckland takes you into beautiful New Plymouth in Taranaki with local touring and joining the incredible two day Forgotten World Rail carts journey from Stratford to Taumarunui in the beautiful King Country. Contact us now for the full detailed itinerary and costings. Register now and qualify for an earlybird discount
E: chrish@youtravel.co.nz Ph: 09 4787665



The Unexpected Benefits of Yoga

When most people think of yoga, they picture serene poses, deep breathing, and impressive flexibility. But yoga offers much more than just a supple spine and toned muscles. Beneath the surface of its physical practice lie unexpected benefits that can transform your mental, emotional, and even social wellbeing.

One surprising advantage of yoga is its impact on mental clarity. The emphasis on mindful breathing and present-moment awareness helps calm the constant chatter of the mind. Over time, regular practice can sharpen concentration, boost creativity, and even enhance decision-making skills—benefits that extend far beyond the mat and into everyday life.

Yoga also fosters emotional resilience. The physical postures, known as asanas, encourage practitioners to stay with discomfort and breathe through challenges. This gentle training ground teaches us how to handle stress and anxiety in our lives with a greater sense of calm and control.



Many yogis find that they react less impulsively and recover more quickly from emotional setbacks.

Another unexpected benefit? Improved gut health. Certain yoga poses stimulate the digestive system, helping to regulate metabolism and reduce bloating. Combined with mindful breathing, this can support overall digestive function and enhance your body's natural detox processes.

Social connection is another hidden gem of yoga. If you practice in a studio, yoga creates a sense of community and shared intention. This feeling of belonging - combined with the practice's grounding nature - can ease feelings of isolation and increase overall happiness.

Even your sleep might improve. Studies show that regular yoga can help regulate sleep patterns and improve sleep quality, thanks to its stress-reducing and nervous-system-calming effects.

Yoga is not just exercise - it's a holistic system that nurtures the body, mind, and spirit. While improved flexibility and strength are often the most visible changes, the deeper benefits of yoga can quietly transform your life in profound and lasting ways. So join us at the Yoga Sanctuary to: stretch your muscles, cultivate balance, resilience, and wellbeing from the inside out.



Yoga Sanctuary

Flow, Glow, and Treat Yourself This Autumn!

Purchase a 3 month weekly membership
Receive \$50 About Face Gift Voucher

Purchase a 6 month membership for \$680
Receive 30 minute About Face Express Facial

Purchase a 12 month membership for \$1,350
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**sign up at www.yogasanctuary.co.nz
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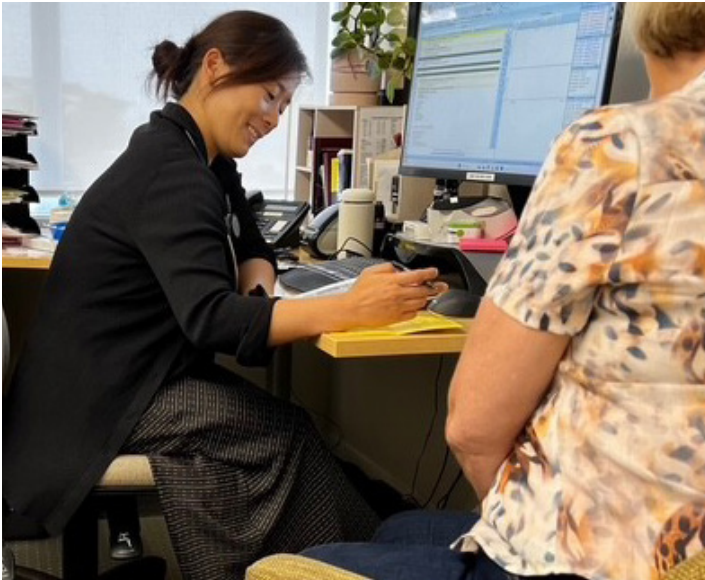


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Manage My Health

ARE YOU ENROLLED WITH A DOCTOR?



Our medical centres are nestled in the beautiful and convenient locations of Torbay and Long Bay, making it easy for you to access quality care close to home. We offer flexible appointment scheduling, making it easy for you to find a time that fits your busy lifestyle. With our online booking system, you can conveniently schedule appointments whenever it suits you, ensuring that healthcare is one less thing to worry about.

At Torbay and Long Bay Medical Centres, we don't just treat illness—we believe in preventing it. By enrolling with one of our GPs, you'll have access to health screenings and lifestyle advice that can help detect potential health issues early. Regular check-ups and a proactive approach to your health can prevent many conditions from developing, saving you time, stress, and worry in the future.

We're not just a healthcare provider; we're an active part of the community. At Torbay and Long Bay Medical Centres, we make every effort to create a warm, welcoming atmosphere where you feel truly cared for. We understand that healthcare is about more than just treating symptoms—it's about building long-term relationships that make you feel comfortable and supported every step of the way.

Enrolling with a GP at Torbay and Long Bay Medical Centres means taking a positive step toward a healthier, happier you. With our dedicated, compassionate team, our focus on prevention, and our commitment to making healthcare accessible and convenient, we're here to help you and your family thrive. Don't wait for an illness to remind you to take care of yourself—reach out today and start your journey toward better health with us.

In today's busy world, health is something we can't afford to take for granted. Whether it's for regular check-ups, managing a long-term condition, or simply seeking advice on staying healthy, having a trusted General Practitioner (GP) is essential! Torbay and Long Bay Medical Centres are a great choice for you and your family, providing the kind of care that makes you feel supported, safe, and valued in every visit.

Our medical centres offer a full range of services designed to meet the needs of individuals at all stages of life. From the smallest children to the most experienced seniors, we're here to ensure that you and your loved ones have access to quality healthcare right in the heart of our community.

We offer a broad spectrum of services, including vaccinations, chronic disease management, women's health, men's health, skin checks, mental health support, and much more. Enrolling with a GP ensures that all your health needs are taken care of in a way that's personal and continuous.

Our team of GPs is more than just highly qualified—they're genuinely passionate about your health and well-being. At Torbay and Long Bay Medical Centres, we take the time to listen to your concerns, understand your unique needs, and guide you through your healthcare journey with kindness and expertise.



**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

Still suffering from Hay Fever?

This year has seen more people suffering from Hay Fever than ever before. Also people who had it mildly have really been struggling.

Signs of Hay fever are sneezing, stuffy and blocked up nose, runny itchy nose, watery, puffy itchy, red eyes, itchy throat, headache and blocked sinuses or itchy inner ear. Sufferers may have several, or even all of the, symptoms. Usually symptoms are worse in the morning.

Medicines cannot stop you being allergic, but they can relieve, or even prevent, symptoms. A wide variety are available so ask at your local pharmacy for advice on which one to take.

These include antihistamines. If you know you are a hay fever sufferer then do start a course before the hay fever season starts so you have built up immunity.

Decongestants are good to relieve blocked noses and also puffy eyes.



Self care.

- Where possible avoid the things that trigger your symptoms, flowers and pine trees from August to March.

- Avoid mowing lawns or walking in long grass.
- Keep household dust to a minimum by regular vacuuming and dusting.
- Hot wash bedding weekly and once a week put blankets in the sun to kill off dust mites.
- Keep car and home smoke free.
- Avoid sudden changes of temperature.

When to see your doctor.

- Seek help if you run a high temperature
- Have earache or facial pain.
- Have swollen glands in neck.
- Have green discharge from your nose or eyes.
- Have wheezing or shortness of breath.
- Continue with a persistent cough.

Pharmaceutical Society of New Zealand.

BTG THE BODY TONIC GROUP PERSONAL TRAINING

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

Enjoy low impact exercises = positive results!

Relaxed environment. All ages and levels.

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

Lynne is certified - The Biomechanics Method Corrective Exercise Specialist.

Lynne Scott - 021 204 3280
Movement Specialist & Fitness Trainer
(Reps. Registered)
Pelvic Floor & Core Certified
Sports Advanced & Remedial Massage Certified
Author

lscott@thebodytonicgroup.com

www.thebodytonicgroup.com

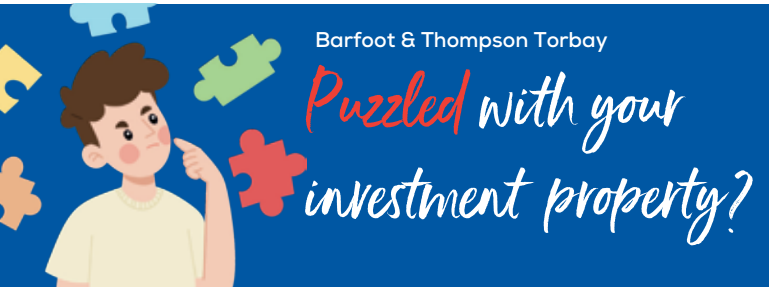
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Quizzes

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GEOGRAPHIC FEATURES

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

- | | | | |
|---------|---------|----------|-----------|
| RIDGE | RIVER | VOLCANO | WATERFALL |
| GEYSER | CAVE | PLAIN | MOUNTAIN |
| CANYON | ESTUARY | HEADLAND | CLIFF |
| DESERT | LAKE | BEACH | FIORD |
| GLACIER | VALLEY | ISLAND | PLATEAU |
| LAGOON | FOREST | BLOWHOLE | |

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

WHISTLE

42 good, 52 very good, 60+ 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								24				

Across

- 1 Hot beverage (6)
- 4 Middle East market (6)
- 8 Having a rhyme (5)
- 9 Sure thing? (4,3)
- 10 Airman (7)
- 11 Customer (6)
- 12 Cruel, unconcerned (9)
- 17 Freshwater or saltwater fish (5)
- 19 Become angry (2,5)
- 21 Mysterious, difficult to understand (7)
- 22 Foul smelling (5)
- 23 Biting or cruel humour (6)
- 24 More than average (6)

Down

- 1 Warning (6)
- 2 Add furniture (7)
- 3 Build a building (5)
- 5 Amiable (7)
- 6 Forced to face attackers (2,3)
- 7 Come back (6)
- 9 Of great importance (9)
- 13 Instrument to measure electric current (7)
- 14 Race official (7)
- 15 Ancient calculating frame (6)
- 16 Period of greatest popularity (6)
- 18 North African nation (5)
- 20 Capital of Bulgaria (5)

SUDOKU

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

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Torbay 09 473 0372

Joining the Compost Collective

On March 5th The Long Bay Chinese Association met for a Bokashi workshop at their meeting rooms by Jetts Gym.

At the workshop they learned how they could turn their food scraps into a resource for their gardens using this system.

There is something very satisfying about turning rubbish into something of value and use.



The Compost Collective is a collaborative project aimed at increasing the number of Auckland householders engaged in composting and organic waste reduction.

Many local businesses are looking to become zero waste and households are being encouraged too.

The event was sponsored by Local Board and Lily Han from Ray Whites and was very well attended.



Hibiscus and Bays
Local Board
Auckland Council

Long Bay Chinese Association

Classifieds

Accommodation

Fully furnished accommodation North Shore
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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

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

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

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

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

Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

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

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

Separation And *Financial Fairness.*



Liz and Frank had been together for 18 years and married for 15. They had three children, aged 8, 11, and 13. Their relationship began when Liz was finishing off her accounting degree, while Frank was working in a property management company. Introduced by mutual friends, they knew early on that this would be their forever relationship and pooled their funds to start saving for a house.

When they purchased their first home two years into the relationship, Liz's parents helped them by giving them a large sum of money which doubled their initial deposit. Nothing was done through the lawyers and the advance wasn't documented. Liz's parents didn't want to offend Frank, especially when Liz and Frank were getting married in just a few months.

When Liz and Frank got pregnant with their first child, they had a loose plan to both work less hours to make sure that their baby would be mostly looked after at home by at least one parent. Liz had been swiftly moving through the ranks of the large accounting firm she was working for, and it was quickly made known that her progress would be halted if she took chunks of time out to look after children (this was 15 years ago when flexibility was not such a thing in the workplace). Liz and Frank made the decision that Frank would leave his job and stay at home with the children to enable Liz to progress, given she had a much greater earning power over time.

Fifteen years later, things were more than rocky between Liz and Frank. She was now a partner in a firm and Frank had

recently gone back to teachers college where he was part way through a degree in teaching. Their lives seemed to be heading in vastly different directions, and they made the decision to separate.

Liz was hopeful that they could mostly sort things out between them before going to the lawyers. However, Frank immediately "lawyered up". This caused huge tension between the two of them and when Liz received a letter from Frank's lawyer, she decided to move out of the house. Frank's lawyer was claiming that he should get a bigger share of the assets because of the economic disparity between the two of them. The lawyer said that because Frank had stayed home to look after the children, his career hadn't progressed like Liz's, so he needed some compensation for that.

Liz was frustrated as she felt that had been a decision they had made together, in the best interests of the children. Frank was also claiming maintenance from her to help support him through teachers college, as well as helping with the fees for him to re-train.

Annoyed, Liz went to see a lawyer who explained that Frank may have some valid claims. The lawyer explained that it would be better to try and negotiate an outcome with Frank so that the two of them didn't simply end up spending huge amounts on legal fees. Liz remembered that when they bought their first house her parents had put a large chunk of the deposit into the house. But the lawyer said because that had not been documented there was a presumption that this was a gift to her and Frank, and that Frank would be entitled to half of that gift. If there had been a loan arrangement documented, then the loan would have been repayable to Liz's parents. The lawyer did say because Liz had moved out of the property and was paying rent elsewhere while Frank still lived in the home rent free, that she could claim occupation rent from him. This would likely offset some of the economic disparity compensation Frank could claim from Liz.

The law around relationship property is complex and very fact dependent. It is important to get legal advice on the entitlements you and your partner may have, to ensure a fair outcome and avoid a messy and potentially costly separation.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Navigating *Separations.*

When relationships take unexpected turns, it becomes essential to understand your legal rights. Separation can bring up tough questions around asset division and financial entitlements. Whether it's undocumented contributions, financial disparity, or shared decisions like stay-at-home parenting, the law can be complex and fact dependent.

Our experienced lawyers will guide you through these challenges, working to achieve a fair outcome and avoid unnecessary legal battles.

Contact our Trusts and Wealth Protection Team to protect your interests.

Give the gift of warmth this winter



Annual Blanket Drive For The Salvation Army

Each year, we collect warm blankets for those in need to support the Salvation Army's annual winter blanket drive. You can help by donating new blankets at our collection area in Harcourts Takapuna (128 Hurstmere Road, Takapuna); Harcourts Browns Bay (15 Anzac Road, Browns Bay); or Albany Bays Corps (90 Rosedale Road, Albany). Your generosity will help keep someone warm this winter!

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Wanly Tsang & Team

Puzzle Answers



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

Word Puzzle

heist, het, hew, hews, hilt, hilts, his, hit, hits, isle, islet, its, lei, leis, lest, let, lets, lie, lies, list, lit, lithe, set, sew, she, shew, silt, sit, site, slew, slit, stew, stile, the, this, tie, ties, tile, tiles, welsh, welts, west, wet, wets, whet, whets, while, whilst, whist, whistle, white, whites, whit, wile, wiles, wilt, wilts, wise, wish, wit, with, wits

Quiz Answers

- Sir Peter Blake Marine Education and Recreation Centre
- Dr David Gray & Dr Ross Garrett
- 1990
- Sir Peter Blake
- The Sea Around Us
- East Coast Bays Coastal Protection Society
- Oneroa
- Yuin Kai Foong

Tides April 2025 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW
Tue 01	04:03	0.2m	10:18	3.3m	16:31	0.1m	22:43	3.3m	
Wed 02	04:53	0.3m	11:09	3.2m	17:20	0.2m	23:33	3.3m	
Thu 03	05:46	0.4m	12:01	3.1m	18:10	0.3m			
Fri 04			00:26	3.1m	06:41	0.6m	12:54	3.0m	19:03 0.5m
Sat 05			01:21	3.0m	07:41	0.7m	13:50	2.8m	20:00 0.6m
Sun 06			02:21	2.9m	07:45	0.8m	13:49	2.7m	20:02 0.8m
Mon 07			02:25	2.8m	08:49	0.9m	14:51	2.6m	21:08 0.8m
Tue 08			03:27	2.7m	09:51	0.9m	15:55	2.6m	22:12 0.9m
Wed 09			04:25	2.7m	10:47	0.9m	16:54	2.6m	23:09 0.8m
Thu 10			05:17	2.8m	11:38	0.8m	17:48	2.7m	23:57 0.8m
Fri 11			06:04	2.8m	12:24	0.8m	18:36	2.8m	
Sat 12	00:41	0.7m	06:47	2.8m	13:05	0.7m	19:19	2.8m	
Sun 13	01:20	0.7m	07:28	2.8m	13:44	0.7m	19:58	2.9m	
Mon 14	01:57	0.7m	08:06	2.8m	14:20	0.6m	20:34	2.9m	
Tue 15	02:34	0.7m	08:43	2.8m	14:56	0.6m	21:10	2.9m	
Wed 16	03:11	0.7m	09:20	2.8m	15:31	0.6m	21:46	2.8m	
Thu 17	03:49	0.8m	09:57	2.7m	16:07	0.7m	22:23	2.8m	
Fri 18	04:29	0.8m	10:36	2.7m	16:45	0.7m	23:03	2.7m	
Sat 19	05:13	0.9m	11:17	2.6m	17:26	0.8m	23:47	2.7m	
Sun 20	06:01	0.9m	12:02	2.6m	18:11	0.8m			
Mon 21			00:37	2.6m	06:53	1.0m	12:51	2.6m	19:05 0.9m
Tue 22			01:33	2.6m	07:50	0.9m	13:47	2.6m	20:07 0.9m
Wed 23			02:32	2.7m	08:49	0.9m	14:49	2.6m	21:12 0.8m
Thu 24			03:31	2.8m	09:48	0.7m	15:53	2.7m	22:15 0.7m
Fri 25			04:28	2.9m	10:45	0.6m	16:56	2.8m	23:13 0.6m
Sat 26			05:23	3.0m	11:40	0.4m	17:54	3.0m	
Sun 27	00:07	0.5m	06:17	3.1m	12:34	0.3m	18:49	3.2m	
Frid 28	00:59	0.3m	07:10	3.2m	13:26	0.2m	19:41	3.3m	
Tue 29	01:51	0.3m	08:03	3.3m	14:17	0.1m	20:32	3.3m	
Wed 30	02:42	0.3m	08:56	3.2m	15:08	0.1m	21:23	3.3m	

Times adjusted for Daylight Saving.

The Sweetest

deals happen in April



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With lower interest rates making buying more attractive, now is the perfect time to sell! Buyers are actively searching for their dream home, and with Wanly by your side, you'll be in the best hands. With a proven track record, expert negotiation skills, and marketing that makes your home shine, Wanly knows how to achieve top results. Let's make your sale a truly *egg-citing* success! Call Wanly today.

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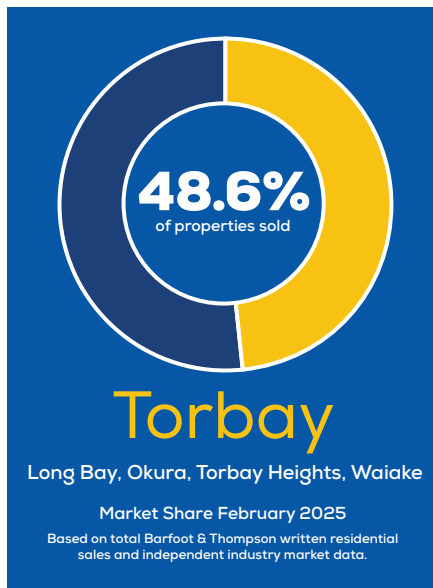


**Wanly Tsang
& Team**

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- ✓ Get **SOLD** in 2025
- ✓ Shorter days
- ✓ Cooler weather
- ✓ Roast dinners



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