

# focus

Issue 37  
May 2025

on community

Long Bay, Okura and Torbay



**Making waves at Waiake**  
Long Bay Primary enjoy Water wise - see pg 5

# JODY & DOREAN

*The property experts*



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

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**Torbay**



# Women's Match Day 2025

After 18 months of collaboration, East Coast Bays AFC and Hibiscus Coast AFC are proud to officially launch the Girls Talent Development Program (TDP). A collaboration between both clubs the representative teams will play officially under the banner of Hibiscus Bays. This year marks an exciting milestone as our U14 and U16 Girls TDP teams embark on their debut season in the NRFL Youth League a testament to the collective vision, commitment, and hard work of both clubs.

This initiative aligns with FIFA's global push—alongside the Oceania Football Confederation and New Zealand Football—to expand girls access to Talent Development Program across the country. The aim: to provide more young female players with access to structured, high-quality football environments that support long-term development.

At the heart of the program is a strong commitment to player development, built on five key pillars:

- **High-Quality Training Facility**  
All training sessions are held at Ashley Reserve, a top-tier venue that provides an optimal environment for high-performance youth development.
- **Year-Round Training & Development**  
The TDP runs a comprehensive, year-round schedule of training, games, and individual development, fostering



continuous improvement and consistency.

- **Access to Competitive Matches**  
Regular fixtures, tournaments, and friendlies ensure that players are constantly being challenged and can test their skills against the best.
- **Clear Pathway to Senior Football**  
The program prepares players for progression into senior football with a defined exit pathway into top-tier women's teams and beyond.
- Players are supported by a team of passionate, highly-skilled, and aspirational coaches focused on long-term player growth.

By creating a local hub for talent development, ECB and HBC are empowering girls to dream bigger, train harder, and reach new heights in football.

As our teams take the field this season, we invite our community to rally behind them and be part of this exciting journey. The future is bright.

Want to know more then check out our website East Coast Bays Football Club or Phone 09 478 3433.




## Build financial freedom

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

09 415 0319 [visionaccounting.co.nz](http://visionaccounting.co.nz)



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Jen | M: 0211 77 5530 | E: [jen.anderson@bayleys.co.nz](mailto:jen.anderson@bayleys.co.nz)

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

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## Content of this magazine.

If you have any editorial ideas or unusual photos please send to [editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz)

### Cost of advertising.

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

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](mailto:editor@focusoncommunity.co.nz)

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

## editor's letter

In May Breast Cancer NZ encourage people, not just woman because men get breast cancer too, to hold fundraisers called Pink Breakfasts.

If you have never attended one, you have really missed out as they can be great events and they raise significant donations to aid the work of Breast Cancer NZ.

On page 33 we have some information if you would like to host one of these events. We all have a friend or a family member who has suffered from breast cancer, and now this is something positive we can do.

If you do hold one, please let me know and send details and pictures so we can do a follow up.

May is also Mother's Day.

That special one day of the year when we remember mothers.

For some this is bittersweet as we no longer have our mothers, or are estranged from them.

Being a mother is not an easy job.

There is no manual to help us through those white- water rafting years of toddlers to teenagers! But we do our best. We did our best.

There are many things we can do to make them feel special. If you still live at home, then breakfast in bed is a sure-fire winner. Of course, a nice card, one with good words and flowers to go with it.

If Mum is a gardener a garden centre gift token is a great idea.

A meal she doesn't have to cook herself, can be one at home or in a local restaurant, goes down well. (hope my children are reading this...).

If Mum doesn't live close by then a skype call, or phone call, is a good start to the day.

Let's celebrate our mothers on this special day.

**Carole McMinn,**  
**Editor**



[editor@focusoncommunity.co.nz](mailto:editor@focusoncommunity.co.nz) | 09 473 3259

# Children's Ark Early Childhood Centre

## 282 Glenvar Road

### (Long Bay Baptist Church)

### Our points of difference

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

### Parent Endorsement

*It is the best kindy around! Honestly all the teachers are so caring and invested in our kids. I feel like they are very loved and nurtured. I like how structured the days are....They just thrive there.*

More information on our website: [www.childrensark.co.nz](http://www.childrensark.co.nz)





## Making Waves at Waiake: Long Bay Primary Takes the Helm

Long Bay Primary School has been participating in the Waterwise programme at Waiake Beach since its inception. Waterwise provides our Year 6 students with the opportunity to learn to sail an optimist, paddle a kayak, and feel more comfortable and confident in, on and around the water.

Having the opportunity to participate in Waterwise is always on the top of our list of "what were the great things you enjoyed about being in Year 6?" when we reflect at the end of the school year.



As part of the experience we introduce our students to the key skills they need to have to be a successful sailor. It turns out that sailing tends to be a bit like drumming. You need to be confident that one hand is busy doing something while the other is doing something else. The challenge is to do both at the same time and ensure you do not get wet if you capsize - or a sore head if you do not duck in time! The first sessions of the year are usually filled with apprehension, however it only takes a few weeks for the inner Sir Peter Blake, Jo Aleh, Peter Burling or Barbara Kendall to shine through.

If you walk or drive past Waiake Beach on a Thursday during Term 1 or 4 of the school year, cast a glance towards the water and you will see Long Bay Primary students sailing up a storm - and best of all, loving every moment.



## Top Salesperson

Torbay Branch 2024\*



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### Wendy's update

The property market is steadily gaining momentum. Buyer choice across our area and surrounding suburbs remains at an all-time high, even after a strong month of sales in March. Market activity is solid, and confidence is clearly on the rise – are you thinking of buying or selling?

As a local resident with over 25 years of experience working and selling in this area, I offer deep insight into market trends and know how to position your property for the best result.

I'd love to help – feel free to get in touch!

*Kind regards, Wendy*

### Torbay/Waiake *March 2025*



PROPERTIES  
FOR SALE

**118**



PROPERTIES  
SOLD

**31**



**\$757,575**

LOWEST VALUE SALE



**\$1,700,000**

HIGHEST VALUE SALE

**Wendy Radcliffe**  
**021 772 070**

w.radcliffe@barfoot.co.nz

## During May there are some amazing days to be celebrated

Below is a list of all the special days to be celebrated in May.

I love World Laughter Day and so look forward to hearing all the chuckles resound around Torbay and Long Bay on that day.

### May 1

World Laughter Day – First Sunday in May

### May 2

World Tuna Day

### May 3

World Press Freedom Day

World Asthma Day – First Tuesday in May

### May 4

International Firefighters' Day

### May 5

International Day of the Midwife

### May 6

International No Diet Day

### May 7

World Naked Gardening Day – First Saturday in May

### May 8

World Red Cross Day

### May 9

Europe Day

### May 12

International Nurses Day

### May 13

International Hummus Day

### May 15

World Baking Day – Third Sunday in May

May 16

National Check Your Wipers Day

### May 17

World Hypertension Day



### May 18

International Museum Day

### May 20

International Red Sneakers Day



### May 22

International Being You Day

International Day of UN Peacekeepers

### May 30

World Multiple Sclerosis Day

### May 31

World Parrot Day



## Mother's Day High Teas

Silverdale Pioneer Village  
15 Wainui Road Silverdale

Mother's Day High Teas in the Parsonage  
on Sunday 11th May

Step back in time and treat the special lady in your life

\$ 35 / head

Bookings essential

See website for details on how to book

[www.silverdalepioneervillage.com](http://www.silverdalepioneervillage.com)





# Music For Our Mothers Concert 2025

The annual concert by North Shore Brass celebrating Mothers this year features our own Harmen Vanhoorne. Harmen has just returned from a highly successful concert tour of Europe where he performed many new and exciting repertoire on cornet. Originally from Belgium, Harmen settled in New Zealand in 2020 falling in love with the country having visited and performed each year since 2015. His talents were converted as he took the baton of North Shore Brass becoming their Director of Music. A virtuoso of the cornet he will dazzle and delight you, our audience, in a cabaret style concert on the Saturday before Mother's

Day. Opening the show will be the North Shore Brass Academy Band under Billy Middleton.

This cabaret concert promises music from around the world to celebrate our mothers from two top performing brass bands - North Shore Brass, the champion band of Auckland and our feeder C grade Academy Band. Guests are seated at tables of eight with a bar and food available. Advance booking is recommended, some door sales available.




**SATURDAY 10 MAY,  
7:30pm**

Featuring **Harmen Vanhoorne**

THE NORTH HARBOUR LOUNGE,  
LEVEL 1, NORTH HARBOUR STADIUM,  
ALBANY

Door sales available  
Cash bar for food and drinks  
**BOOKINGS:** [Eventfinda.co.nz](http://Eventfinda.co.nz)  
or [owen@mortgagesupply.co.nz](mailto:owen@mortgagesupply.co.nz)

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# The fight against colds and flu

It doesn't matter that the sun is still shining, and temperatures are still kind, colds and flu season is just around the corner.

Whether you catch flu, or just a bad cold, this could still make you very unwell.

In general flu tends to be worse than a cold but recently there have been some nasty colds doing the rounds.

## How can you help yourself to stay free of flu and healthy this winter?

Getting the flu shot is one of the most effective ways to prevent catching flu, and they are available now.

It makes sense to get vaccinated when you are at risk from flu complications, like pneumonia.

The jab can be given at your GP or Pharmacist.

## Self care strategies

- Wash your hands frequently as this removes bacteria, especially after sneezing.
- Keep your hands away from your face, most viruses enter the body through eyes, nose and mouth.
- Cough or sneeze into the crook of your arm, not your hand.
- Throw away used tissues to prevent spread of sickness.



## If you do get sick.

- Stay at home
- Take plenty of fluids and rest.

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SELLING **LOCALLY**  
WORKING **LOCALLY**



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# Travel in Style: The Luxury of All-Inclusive Escapes

At Shore Travel, we believe travel should be more than just a getaway — it should be a transformative experience, a celebration of life's finer things, and above all, stress-free. That's why we're passionate about luxury all-inclusive travel — the kind of trip where you can truly relax, indulge, and enjoy without constantly reaching for your wallet or worrying over the details.

Here's why our clients love all-inclusive luxury travel:

**1. Ultimate Peace of Mind:** With all-inclusive luxury, you know exactly what your holiday will cost from the outset. Flights, transfers, accommodations, dining, drinks, and even some experiences are often rolled into one upfront price. You can relax knowing the details are handled.

**2. More Value than You Expect:** Luxury doesn't mean overpriced — it means value. With so much included, you often get more for your money with an all-inclusive package than when booking everything separately. Fine dining, top-shelf cocktails, private butlers, curated excursions, wellness programs, and stunning accommodations... all bundled together for a seamless, opulent experience.



**3. Elevated Experiences:** Luxury all-inclusive resorts and cruise lines specialise in crafting exceptional experiences. Think private beachfront dinners, exclusive island excursions, and intuitive service that anticipates your every need. This is the kind of travel that leaves you feeling revived, pampered, and inspired.

**4. Unplug and Unwind:** Without the pressure of planning your next



activity or budgeting your daily meals, you can simply be present. Spend your days lounging by the infinity pool, exploring vibrant local cultures with expert guides, or enjoying world-class cuisine curated by Michelin-starred chefs. This is your time to fully unwind.



**5. Perfect for Every Traveller:** Whether you're dreaming of a romantic escape, a wellness retreat, or a once-in-a-lifetime family adventure, there's an all-inclusive luxury option to match. From adults-only resorts in the Maldives to elegant Mediterranean cruises and eco-luxury lodges in Africa, we'll help you find the right fit.

Ready to Travel in Style?

At Shore Travel, we specialise in creating custom luxury travel experiences that elevate every moment. Let us show you how effortless and enriching travel can be when everything is taken care of — so you can focus on what matters most: living well, exploring more, and embracing the luxury you deserve.

Contact us today to start planning your next unforgettable journey — and join us for our upcoming Luxury Travel Event — details in the advert below.

## You're Invited to Join us!

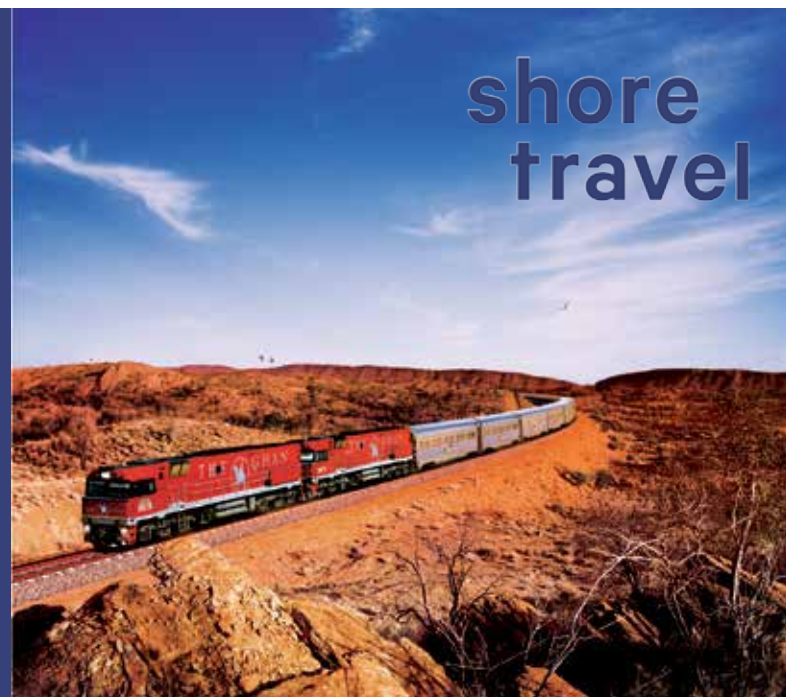
Join us Thursday 29 May 2025 for our upcoming  
**FREE Luxury Travel Information Evening**

Chat with a selection of Travel Experts representing various Luxury travel products for those searching for an all-inclusive holiday in style. Featuring Cruises, Luxury Rail, Tours and Package holidays.

**When:** Thursday 29th May  
**What:** Travel Expo style, drop by between 5pm-6.30pm  
Included - drinks, nibbles and door prizes  
**Where:** Pupuke Golf Club Rooms

**RSVP:** Essential due to limited capacity  
Email: [hello@shoretravel.co.nz](mailto:hello@shoretravel.co.nz)

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[hello@shoretravel.co.nz](mailto:hello@shoretravel.co.nz) (09) 489 2597  
[www.shoretravel.co.nz](http://www.shoretravel.co.nz)



# Rotary Browns Bay

The most significant Rotary programme worldwide is the eradication of polio (poliomyelitis), a highly contagious viral disease that can invade the nervous system and cause paralysis. Its spread through contact with infected faeces or respiratory droplets, and while there's no cure, effective vaccines can prevent it.

Rotary International launched a global effort to immunise the world's children against polio in 1985, followed by the establishment of the Global Polio Eradication Initiative (GPEI) in 1988. When the GPEI started, polio paralysed more than 1000 children worldwide every day. Since then, more than 2.5 billion children have been immunized against polio thanks to the cooperation of more than 200 countries and 20 million volunteers.

Today, wild poliovirus continues to circulate in only two

countries, and global incidence of polio cases has decreased by 99%.

More than 20 million people are able to walk today who would otherwise have been paralysed. An estimated 1.5 million childhood deaths have been prevented through the systematic administration of vitamin A during polio immunisation activities.

As part of our ongoing fundraising activities, Rotary Browns Bay makes an annual donation to 'Polio Plus'. For every dollar received by Polio Plus, the Bill & Melinda Gates Foundation donates \$2.

Thanks to these efforts, the world stands on the threshold of eradicating a human disease globally for only the second time in history, after smallpox in 1980.

Rotary Browns Bay is a small cog in a huge wheel and we are proud of our efforts in making the world a better place.

If you are interested in finding out more about Rotary, contact Ian Clouston on 027 494 7531. We meet on the second Tuesday of the month at the Bays Club for breakfast, why not join us?



## Smart new sign

Four Square has had a facelift with new fascias and signage. It gives the store a smart new look.

Inside there are exciting new changes in layout too, creating a new area.

With a great car park, so you can park right outside the door the store combines convenience with great prices. Raj, and wife Loveleen, are passionate about serving their community and are always on the look out for ways to support.

Open from 7 am until 9 pm for our convenience,  
1058 Beach Rd, Torbay. Phone 4736197.

# Monthly Quiz

Answers Page 38

[info@rotarybrownsbay.org](mailto:info@rotarybrownsbay.org)

- Who invented the polio vaccine
- What was the name of the contraption used to assist polio sufferers with their breathing in the first half of the 20th century
- Which two countries have not yet managed to eliminate polio
- When was smallpox eradicated
- Which Pacific Island nation suffered 83 deaths from measles in 2019/20
- In NZ, our children receive the MMR vaccination. What does MMR stand for
- Another serious disease we immunise children for is pertussis. What is its more common name
- How often is it recommended to have a tetanus booster
- How do vaccines work
- Which childhood disease can cause shingles later in life





# TOP SALESPERSON

## Torbay Branch 2025



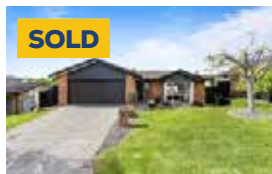
As a local resident of the North Shore for the majority of my life, I know what a fabulous location it is to live, work and play.

Listing with the RIGHT agent makes all the difference, if you are thinking of making your next move contact me for a confidential chat and appraisal.

I look forward to being of service.

*Michele*

**Michele Bensley**  
021 270 7410



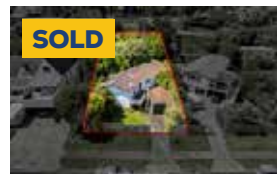
**SOLD**  
15 Springtide Place,  
Red Beach  
Mar 2025



**SOLD**  
301/88 Te Oneroa Way,  
Long Bay  
Feb 2025



**SOLD**  
71B Target Road,  
Totara Vale  
Dec 2024



**SOLD**  
28 Manuwai Road,  
Torbay  
Dec 2024



**SOLD**  
2/63 John Downs Drive,  
Browns Bay  
Dec 2024



**SOLD**  
48 Pampas Drive,  
Milldale  
Nov 2024



**SOLD**  
3 Woodridge Avenue,  
Browns Bay  
Oct 2024



**SOLD**  
17 Relko Crescent, Torbay  
Jul 2024



**SOLD**  
1/22 Salem Place,  
Torbay  
Jun 2024



**SOLD**  
87 Deep Creek Road,  
Torbay  
May 2024



**SOLD**  
4/12 Northcross Drive,  
Albany  
May 2024



**SOLD**  
71A Target Road,  
Glenfield  
Apr 2024

### I love delivering top results. Here's what my clients say.

Michele is highly professional and very responsive. She goes above and beyond both to be a support to her vendors and to get the very best result. I both commend and recommend her. Thanks again for everything...

Trudie, Vendor, February 2025

We purchased a property in Long Bay. It was a long and difficult process from our sale in Tauranga, but Michele supported us throughout, guiding and advising us in a professional, friendly manner. We could not have made our move without her expertise. We would thoroughly recommend her to anyone.

Kevin & Denise, Purchaser, February 2025

Michele went above & beyond in helping us buy our home. She wasn't just a real estate agent - she was a guide, a problem solver & a true advocate for our best interests. Her dedication, responsiveness & genuine care made the entire process smooth & stress-free. Michele did far more than we ever expected & we couldn't be more grateful. If you're looking for someone who truly cares & goes the extra mile, Michele is the agent you need!

Taylor & Yanka, Purchaser, January 2025



# Mother's Day - Sunday May 11th

Mother's Day, as we know it today, is a modern holiday with roots in both ancient traditions and more recent efforts to honour mothers. The concept of honouring mothers dates back to ancient Greek and Roman civilizations, who celebrated spring festivals for mother goddesses. In the 1600s, "Mothering Sunday" emerged in the British Isles, a day for Christian worshippers to attend church and for servants to visit their mothers. The modern holiday, however, is largely attributed to Anna Jarvis, who, inspired by her mother's work and the death of her own mother, spearheaded efforts to establish a national day to honour mothers.

In 1908, Anna persuaded her mother's church in Grafton, West Virginia, to celebrate Mother's Day on the anniversary of her mother's death, which happened to fall on the second Sunday of May.

The holiday gained momentum, with Mother's Day celebrated in Philadelphia the same year and West Virginia officially making it a state holiday in 1910.

Today all around the world Mother's Day is celebrated- although not always on the same date.

## Ideas on how to make Mum feel special.

A nice card with great sentiments. If you find it hard to say the words, the card can do it for you.



**Lunch out.** Nothing makes a Mum feel more special than not having to cook so lunch out is a great idea. We have many local cafes where you can do this.

At Long Bay there is Kinfolk, November and the Surf club and Torbay Has the Torbay Café at Stredwick and Scout.



## The perfect gift.

Flowers are always appreciated, and we have a cracking florist in New World, and also a nice range of gifts, like candles.

Let Mum know you love her and appreciate her!





# Peter to direct H.M.S. Pinafore

We are so lucky to have the superbly experienced Peter directing *H.M.S. Pinafore* at Torbay Theatre this October.

Peter claims he can't sing – so the only way he can be creatively involved with his beloved Gilbert & Sullivan (G&S) is to direct. He fell in love with G&S watching the D'Oyly Carte on TV in England, aged 18. It was his encyclopaedic knowledge of G&S that led to his first directing role, bringing Yeomen of the Guard to the Pumhouse in 1982.

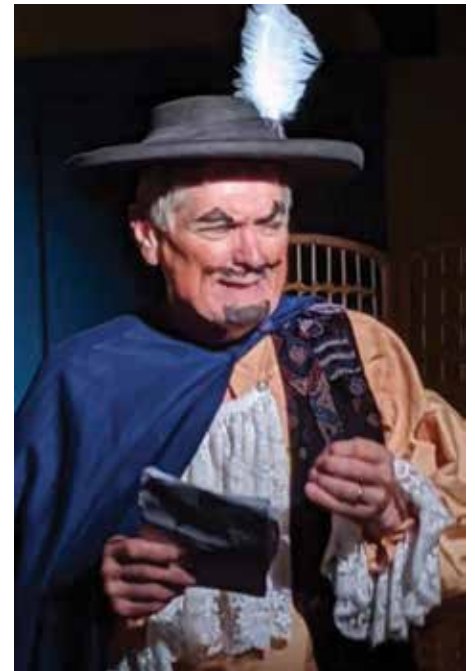
If you saw his *Here's a How-De-Do* at Torbay Theatre over the last two years you will know how magnificently he brings out both the musical excellence and the fun of G&S.

Over several decades, Peter has

directed and acted with many groups, including North Shore Operatic, Company Theatre, Titirangi Players, at the Pumhouse, the Concert Chamber, amongst others, and appeared often as a professional Music Hall compere. Recently he played Reggie in *Quartet*, and the vicar in *Life and Beth*, at Torbay Theatre.

You probably know a few songs from HMS Pinafore – “When I was a lad, I served a term ...”, “Poor little Buttercup”, “Never mind the why and wherefore ...”

Peter's Musical Director is Dragan Atanasov, from the NZ Opera Chorus, who has studied singing with Peter's late wife Elaine, and was in at least two of Peter's earlier G&S, whilst his choreographer, Kathy O'Meara, choreographed Peter's very first G&S show!



*In Quartet - Peter in another non-singing operatic role – playing an aging opera singer putting on one last performance.*



*As Vicar in Life and Beth, with Helen Topliss as Beth.*

Torbay Theatre has developed a reputation for fun, family atmosphere, and excellence, particularly of music, with a core of professional singers. All ages welcome: singers, dancers and actors - men and boys to be sailors, women and girls to be sisters, cousins and aunts, as well as the principal roles.

**AUDITIONS: June 8th at 2pm**

For more details, contact Peter on 027-248-0250.

[www.torbaytheatre.com](http://www.torbaytheatre.com)

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

35 Watea Rd, Torbay

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**8 Glen Road, Browns Bay**

 **[www.forrests.co.nz](http://www.forrests.co.nz)**

 **Forrest Funeral Services - Browns Bay**

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EAST COAST BAYS | HIBISCUS COAST



# Spotlight on Seahares and Nudibranchs

As Autumn conditions settle in, we welcome the resurgence of our favourite Gastropods to the Long Bay rocky shore.

Sea slugs, such as Nudibranchs and Seahares, are a crowd favourite with their soft bodies and fascinating range of colours and forms.

The most common form of Nudibranch ('naked gills') seen locally are from the *Dendrodoris* Genus. From the Greek word "dendros" (tree) and Doris, a sea nymph in Greek mythology, *Dendrodoris* characteristically have gills that resemble a tree or flower when extended. These include the species colloquially known as Gem-, Black- and Citrus Doris who, as predators,



feed on siliceous sponges by expelling enzymes in their saliva and sucking up the liquified food.

Another celebrity is the White-speckled Seahare, *Aplysia argus*. With rhinophores resembling the shape of rabbit ears and an internal shell, these beautiful grazers can scrape enough algae off the rocks to grow up to 40cm long in 6-7months! Pigments in the consumed algae help to camouflage and when threatened, they can release a purple ink-like mucus to hide their escape.

The best time to see these creatures in action is by exploring the intertidal rocky shore on the lowest tide (under 0.5m).

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



## HON ERICA STANFORD

Member of Parliament for East Coast Bays

**Are you having issues dealing with a government department?**

My office is here to help and can advocate on your behalf with agencies such as MSD, Auckland Council, Auckland Transport, Ministry of Health, Chorus or Inland Revenue.

@ ECBoffice@parliament.govt.nz

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

09 478 0207 f Instagram EricaStanfordECB

1/8 Beach Front Lane, Browns Bay





# Do you remember Torbay in the 1980's?

Here are some photos of the shopping area and the Torbay Community Hall behind the shops. Remember the ASB and the Cut Price Stores. The St. Cuthbert's Presbyterian Church was beside where the chemist is now. We also had a Plant Shop, a Book Shop and a Hardware Shop as well as others.

In 1982 Torbay Historical Society had a museum in the tiny pioneer church building in Awaruku Reserve. We have contributed to the Torbay Newsletter and when it changed its format to include photos in 1984 it presented some like these. We have copies of these newsletters at the Vaughan Homestead. Come up and look at the old photos.

The AGM for the Torbay Historical Society will be held on Saturday 24th May at 2pm at the Vaughan Homestead



We welcome more members (Single \$15 Double \$25.) We need more members to help us with sorting through all we have and presenting it in the museum. Email or phone us for a copy of the Membership Form.



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



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## IAN & DIANE DODDS

Supporting **Breast Cancer Cure** this **Mother's Day**

### SPECIAL OFFER

List your home with Ian and Diane Dodds in May 2025 and upon the successful sale of your home, we will donate **\$500** to **Breast Cancer Cure** and gift **\$500** back to you!

T's & C's Apply

### SUNDAY 11TH MAY | 10AM - 11AM

Bring Mum down to Waiake Beach for a **FREE** ice cream or coffee from the Cooper & Co Van. Proceeds from purchases for the rest of the family to be donated to Breast Cancer Cure!



Prizes to be won!



## Lemon Drizzle Cake

This delicious cake is so easy to make. Because it is so moist it will keep for several days in an airtight tin but usually it is eaten up straight away. Make it and try it and you will see why.

This cake can be made in any shaped tin, but it particularly lends itself to the loaf tin shape, and it makes it so easy to slice.

### Ingredients

225g unsalted butter softened  
225g caster sugar  
4 eggs  
225g self-raising flour  
1 lemon zest  
For the drizzle topping  
1½ lemons juiced  
85g caster sugar

### Method

Cream the butter and sugar together and beat in the eggs. Slowly fold in the flour and the lemon zest.

Put into a greased tin and bake on 180°C for 45 minutes.

Heat the lemon juice and the sugar until melted.

Using a fork make holes in the surface of the cake and pour the mixture evenly over the cake.



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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](http://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.

**GMS North Shore**  
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Does your garden need maintenance?

* Trimming	* Gardening	* Laying
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- Shrubs	- Weedwacking	- Mulch
- Small Trees	- Weeding	- Pebbles

and much more.....

Call us today to discuss your requirements

Contact Darren: 027-528-3096

Email: [gmsnorthshore@gmail.com](mailto:gmsnorthshore@gmail.com)

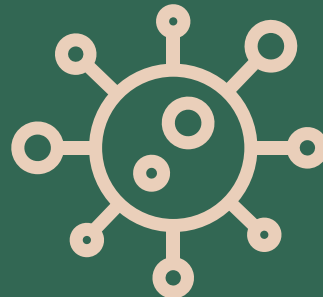
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[www.digitalredesignz.co.nz](http://www.digitalredesignz.co.nz)



# Winter is just around the corner – it's time to get your free\* flu jab.

## **\*Influvac Tetra - \$36**

or FREE for eligible patients

Eligible criteria

- 65 years or older
- During pregnancy
- Children under the age of 4 with a history of respiratory illness
- Those under 65 with eligible, long-term medical conditions as per PHARMAC criteria (diabetes, asthma or cardiovascular disease)

## **Fluad Quad - \$50**

Available for anyone 65+

- Specifically designed for patients 65 and over
- Enhances immune response
- Provides longer-lasting protection

## **Flucelvax Quad - \$50**

Available for anyone 6 months and over

- Flucelvax closely matches circulating flu strains
- Has shown a greater effectiveness than the standard flu vaccine (up to 19%)
- Safe during pregnancy

---

### **Important Booking Information:**

Flu clinic appointments are for Flu vaccinations only. If you need to see a nurse for another reason, please book a standard nurse appointment by calling our reception team on 09 478 7660.







# FOR SALE



## 25 Montana Avenue, Murrays Bay

4 2 2

- Entertainer's Paradise - Seamless indoor-outdoor flow to a gorgeous family pool, complete with a kiddies' pool and spa - perfect for endless summer fun!
- Expansive Outdoor Living - Plenty of room for kids, pets and backyard BBQs.
- Prime Location - Close to beaches, parks, shops and transport links for ultimate convenience.
- Work From Home Ready - A dedicated space perfect for a home office or study.

# FOR SALE



## 10 Wentwood Place, Torbay

4 2 2

- Generous Living Spaces - Plenty of room for the whole family to spread out and unwind.
- Elevated Position - Enjoy distant views and a sense of space and privacy.
- Quiet Cul-de-Sac Location - Safe, peaceful and perfect for families.
- Indoor-Outdoor Flow - Sun-soaked living areas leading to entertaining spaces with a view.





Wishing you & your family a wonderful Easter!

SOLD



36 Waiau St  
Torbay

SOLD



5B Jutland St  
Mairangi Bay

SOLD



3 Vaughan Cr  
Murrays Bay

SOLD



19/92 Bush Rd  
Albany

SOLD



182 Glamorgan Dr  
Torbay

SOLD



15 Waiau St  
Torbay

SOLD



30 Glencoe Rd  
Browns Bay

SOLD



7 Karengo St  
Long Bay

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





# Legal Information and Advice at Browns Bay CAB

Citizens Advice Bureau is a nationwide, but locally based, community organisation. We help people to know and understand their rights and obligations, and how to use this information to get the best outcomes. We provide people with the confidence and support they need to take action. We are not advocates or lawyers, but we can put clients in touch with practitioners and agencies who may be able to help.

We often have clients visiting or phoning in who ask for legal advice. We respond by using our extensive database of information and organisations, available at <https://www.cab.org.nz/>. Another very useful resource is the Community Law Manual <https://communitylaw.org.nz/law-manual-online/> also publically available.

We talk through the rights and obligations of people in tricky situations so that the client can understand the relevant information and their options, then they may



not need to see a lawyer. If we have analysed the problem and a lawyer appears to be the best option, we can suggest several possibilities. Browns Bay CAB has a weekly clinic with a legal advisor and a fortnightly clinic held by the Auckland Community Law Centre. These do require appointments after the initial consultation with CAB volunteers. We can also find contact information for local lawyers and their specialities whom clients can call themselves for information on costs and appointments.

We may also be able to help a client prepare for their appointment with a specialist or private practice lawyer by clarifying key facts and questions and checking what documentation they need to take with them. It may save the client time and money if they are well-prepared in advance.

Call in to see us at 2, Glen Road, Browns Bay or phone 09 479 2222 Monday to Friday 9 am - 3 pm [brownsbay@cab.org.nz](mailto:brownsbay@cab.org.nz)



## Learning Sign Language

Are you interested in learning NZ Sign Language (NZSL)?

Are you intrigued by the NZSL interpreters you have seen on TV?

Did you know there are classes available to teach this beautiful official language of New Zealand?

The Auckland Deaf Society has been holding courses for the public for many years. These courses are at Beginner to Advanced levels and are run by experienced tutors who are also Deaf. Our students are at various ages and stages of life- here is what some of them have said about our classes:



"I've had an awesome time learning about basic NZSL, and it's been an absolute delight learning alongside the other students. I want to express my thanks to both teachers who were both marvellous tutors."

"I have thoroughly enjoyed your NZSL course. You are so funny but very kind and patient with me! I will work on the eyebrows!"

'Anya would like to thank you for your patience, humour, kindness, and grace with us this semester as we've stumbled through learning to sign. It has been a delight."

"Coming to class every week hasn't just been about learning – it's also become a place of laughter and friendship."

In semester 2, 2025, which begins at the end of July, there will be NZSL classes at Browns Bay and Bayview (as well as other parts of Auckland), and online. These courses are 15 weeks long (once a week in the evenings). They are usually run as an 8-week term, then a break, followed by a 7-week term.

If you would like more detail or to register for a course, please see our website <https://www.auckland-deaf.org.nz> or email [nzsl@auckland-deaf.org.nz](mailto:nzsl@auckland-deaf.org.nz)





# PROPERTY MARKET UPDATE - LONG BAY

March 2025

Median Sale Price

\$1,636,000

-1.1%

Median Asking Price

\$1,397,500

-12.7%

Median Rental Price

\$890/week

-11.0%



Properties sold slightly faster in March  
— spending less time on site than in  
February.

Source: Realestate.co.nz NZ Stats



Total stock at decade-high levels with  
36,870 properties for sale in March 2025  
— up 10.9% year-on-year.

Source: Realestate.co.nz NZ Stats

## MARCH PROPERTY ACTIVITY - LONG BAY

Listed for sale	36
Sold in the last 12 months	113
Listed for rent	5



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**Contact Us**

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No 1 Salesperson Harcourts Cooper & Co | 2023 - 2024  
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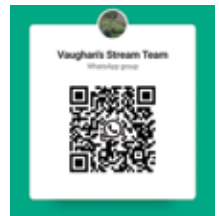
# A Restored and Regenerating Vaughans Stream Corridor!

Imagining what might be possible in terms of restoring the Vaughan's Stream corridor was at the heart of a well-attended Walk and Talk event on Sunday 30th March. The event which was co-hosted by Restore Hibiscus and Bays (RHB) and the Long Bay Residents' Association was set up as a relaxed way to inform people about what might be possible in terms of clearing pest plants, planting native bush to complement the existing planting and making the stream into a thriving ecosystem.

The combination of the expertise of Deborah Colson from RHB and the interest of the attendees, meant lots of information on plant identification was shared and discussed and there was even a bit of impromptu weed bashing. People also took the time to have conversations with people they didn't know and ask broader questions about what might be possible and discuss how we can make things happen. The walk ended with an invitation to get involved with the first stage which will be clearing the pest plants. The working bees will be on the 3rd Sunday of each



month, e.g. 18th May 10am - 12 noon. You can find the event on RHB Facebook. If you want to join the Vaughans Stream Team working bee please meet across the road from the Long Bay Surf Club. If you are keen to help email your name and mobile number to [longbayra@gmail.com](mailto:longbayra@gmail.com) saying you are interested in helping with the Vaughan's Stream project, and we'll add you to our WhatsApp group for communications, or you can join via scanning the invite QR Code (see image), or by visiting the invite link at <https://bit.ly/lbvsteam>. Join or donate to LBRA at <https://longbay.nz>



## LONG BAY COMMUNITY CLEAN UP

**Lets work together to keep Long Bay  
looking beautiful!**

**Saturday 21<sup>st</sup> June  
9.30am**

**Meet in the Long Bay  
Village Square  
by New World**

**Make A  
Difference**



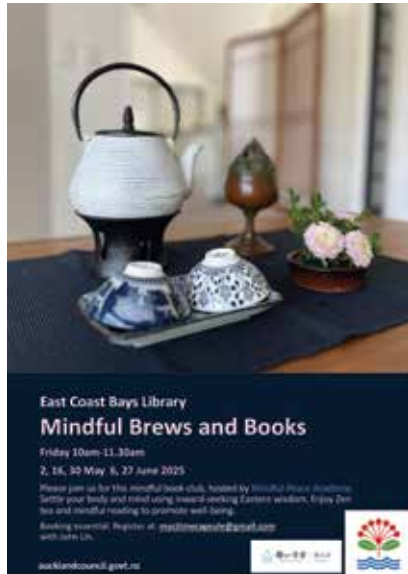
**Join / Donate at  
[www.longbay.nz](http://www.longbay.nz)**



# East Coast Bays Library

We are launching two exciting short-term programmes in May. Book now so you don't miss out.

- **Mindful Brews and Books.** *Fridays 10am-11.30am 2, 16, 30 May & 6, 27 June.* Join Mindful Peace Academy for this mindful book club. Enjoy Zen tea and mindful reading to promote well-being. Register at: [mactimecapsule@gmail.com](mailto:mactimecapsule@gmail.com)
- **"Sewn Up" Upcycling Sewing Classes.** Soroptimists International, North Shore will run classes through May, June and July on *Fridays from 2:30 – 4:30* with the 4-week beginner level course on *9,16,23,30 May*. Learn to sew, upcycle & mend!



Enquiries and registrations to:  
[sinorthshore@siseap.org](mailto:sinorthshore@siseap.org)

**Youth Week and Tech Week** coincide from *19th – 25th May* and we will be offering exciting events for tweens and teens that incorporate both.

Friday 23rd from 10:30am – 11:30am is our Tech Week event for adults. This digital class is an introductory course to the Libby app - free reading app accessing eBooks, eAudiobooks and eMagazines from the Auckland Libraries digital catalogue. Bookings are required via Humanitix.com

May is also **Music Month!** Book in for a fun ukulele class on *Wednesday 28th May from 3:30 – 4:30* for ages 10 and over. Bookings are required via Humanitix.com

We round off the month of May with Mindfulness. **Tai Chi Mindfulness Ball Exercise** - *Saturday 31 May 2025 10.30am-11.30am*. Mindfulness ball exercise incorporates gentle seated Tai Chi movements using a ball to release tension and calms the mind, improves focus, and enhances awareness. Presented by Mindful Peace Academy. Booking essential. Register at [humanitix.com/nz](http://humanitix.com/nz)

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021 800 280  
[c.zhu2@barfoot.co.nz](mailto:c.zhu2@barfoot.co.nz)



# Glamorgan Kindergarten



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**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**



## 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



# Quirky Front Doors

The first thing anyone sees as they come to our home is the front door. Most of us have conservative, plain doors. Here are a few ideas if you want to go for "something a little bit different"



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# Sir Fabian Ware

With ANZAC day coming up, u3a Brown's Bay's speaker this month was Michael Wynd from the Commonwealth War Graves Commission. The organisation was started in 1917 by Fabian Ware who headed an ambulance unit during WWI. He quickly realized that burying the dead needed to be done appropriately. Over time the organisation's policy has evolved. Complete equality in how the dead fighters were buried – no distinction between officers and privates. Simple commemoration head stones in white Portland stone were to stand in a well maintained and dignified garden setting. Bodies were buried as close as possible to where they fell – not repatriated. It ensured that soldiers wore dog tags so they



could be identified. As many bodies were recovered over time, this was vital. The maintenance of these beautiful gardens and grave markers goes on continuously as does their education program directed at young people. Missing people are still being followed up and given a proper interment. Their website, [<https://www.cwgc.org/>] is well worth a visit.

The Special Interest Group presentation this month was by the Art History group. Patricia Smith spoke about The Green Man – inspired by his depiction at the bottom of the invitation to the wedding of Charles and Camilla. This figure often surrounded by leaves, is a symbol from pagan times often used to celebrate spring and the resilience of nature, [quite appropriate for Charles]. The Green Man appears, in many churches in the UK. There is even a depiction on the Shore at Devonport.



*The Commonwealth War Graves Commission [CWGC] has coped with 1.7 million casualties at 23,000 burial sites throughout the world. The yellow dots show the sites of memorials*

*Part of the invitation to Charles' and Camila's wedding.*

## To Do Board

Upcycle an old clipboard into a helpful to-do chart.

### You'll need:

- Resene testpots
- Clipboard
- Ruler
- Washi masking tape
- Pencil
- Paintbrush
- Pegs



### How to:

With a pencil and a ruler, divide the board into four even square sections leaving a strip at the top and through the

middle for your title words. Mask off the sections using washi masking tape and paint each section in two coats of your favourite Resene colours. While the clipboard is drying, paint both sides of at least 10 wooden pegs with two coats of co-ordinating colours. When thoroughly dry, with a fine paintbrush, label the top strip with 'Daily', the middle strip with 'Weekly', the two left-hand squares with 'To Do' and the two right-hand squares with 'Done'. Mark each peg with a different chore (both sides) and clip them to the side of the 'Daily' or 'Weekly' 'To Do' boxes. When the chores are complete, the pegs can be clipped onto the 'Done' boxes.

Great for your home or for a gift.

*From the Resene web site*



# Find Your Flow: Which Yoga Style Fits You Best?

Yoga isn't one-size-fits-all — and that's the beauty of it. Whether you crave movement, stillness, strength, or deep rest, there's a style that matches your needs. Here's a quick guide to five popular styles to help you find your perfect fit.

## Vinyasa Yoga

If you like variety and want to move with your breath, Vinyasa offers dynamic, flowing sequences that build heat and flexibility. It's creative, energising, and perfect if you enjoy a faster-paced class with fresh sequences each time.

## Yin Yoga

Yin is the art of stillness. Poses are held for several minutes, targeting deep connective tissues. It's quiet, meditative, and incredibly grounding — ideal if you're looking to increase flexibility, manage stress, or balance a high-energy lifestyle.

## Slow Flow Yoga

This is the best of both worlds: the fluid movement of Vinyasa, but at a gentler, more mindful pace. It's perfect



for beginners, those recovering from injury, or anyone who prefers a thoughtful, accessible practice.

## Power Yoga

Looking to break a sweat? Power Yoga is a vigorous, fitness-forward practice that builds strength, endurance, and focus. It's great if you love a challenge and want to tone while you flow.

## Restorative Yoga

When life gets overwhelming, Restorative Yoga brings you back to centre. Using props to support the body, this style encourages deep relaxation through long-held, fully supported poses. It's pure nervous system therapy.

## How to Choose

Ask yourself: What do I need today? Energy and movement (try Vinyasa or Power)? Calm and introspection (go for Yin or Restorative)? Or something in between (Slow Flow)? You don't have to choose just one — try a mix and let your body lead.



# Yoga Sanctuary

Yoga Sanctuary Introduction Offers:

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

New members: 3 classes for \$30\*

sign up at [www.yogasanctuary.co.nz](http://www.yogasanctuary.co.nz)  
or email: [hello@yogasanctuary.co.nz](mailto:hello@yogasanctuary.co.nz)



# Five years on the water

Living next to the sea gives so much opportunity to fish those waters.

Back in 2020, a bunch of like-minded locals used their pent-up lockdown energy to form a fishing club. Now, five years on, MBFC is going strong with regular club nights, fishing competitions, community events and the chance to hook into loads of prizes (thanks to sponsor Shimano). Club President Mark Hogan says it's not just for fishing fanatics. "MBFC is a club for the whole family, we're all about getting the community together, whether it's out on the water or sharing a bite to eat and a few stories at our club nights."

This year the club will stage another four competitions with plenty of prestigious trophies up for grabs for those serious about their fishing. Members can also enjoy a generous discount from Hunting & Fishing Constellation Drive. At the MB bowling club there is a chance for people to get together and share stories and experiences. "These nights are always a great community catch-up," says Sean Quincey, Chairman. "Good family fun with lots of yarns, \$4 beers, pizza, ice cream and a few spot prizes too."



Issy Morgan



Emma Hogan



Luke Farmer

"Community fun is key, but we also pride ourselves on sustainability, providing education and insight to help protect our local marine environment," explains Mark. "And because some of us are pretty average fisher people we're probably one of the most sustainable fishing clubs around!"

You don't need to own a boat (or even a fishing rod) to get in on the action. New memberships for 2025/2026 are now open at [mairangibayfishingclub.co.nz](http://mairangibayfishingclub.co.nz).



## Tides May 2025 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Thu 01	03:35	0.4m	09:49	3.2m	15:58	0.2m	22:15	3.3m		
Fri 02	04:29	0.5m	10:42	3.1m	16:49	0.3m	23:08	3.1m		
Sat 03	05:26	0.6m	11:36	2.9m	17:42	0.5m				
Sun 04			00:03	3.0m	06:25	0.7m	12:31	2.8m	18:38	0.7m
Mon 05			01:00	2.9m	07:25	0.8m	13:28	2.7m	19:39	0.8m
Tue 06			01:59	2.8m	08:25	0.8m	14:27	2.6m	20:42	0.9m
Wed 07			02:56	2.7m	09:22	0.9m	15:27	2.6m	21:42	0.9m
Thu 08			03:51	2.7m	10:15	0.8m	16:24	2.6m	22:37	0.9m
Fri 09			04:41	2.7m	11:04	0.8m	17:17	2.6m	23:25	0.9m
Sat 10			05:28	2.7m	11:49	0.8m	18:04	2.7m		
Sun 11	00:08	0.8m	06:11	2.7m	12:31	0.7m	18:47	2.8m		
Mon 12	00:49	0.8m	06:53	2.7m	13:11	0.7m	19:28	2.8m		
Tue 13	01:27	0.8m	07:33	2.7m	13:49	0.7m	20:06	2.8m		
Wed 14	02:06	0.8m	08:12	2.7m	14:26	0.6m	20:43	2.9m		
Thu 15	02:45	0.8m	08:52	2.7m	15:03	0.6m	21:21	2.9m		
Fri 16	03:25	0.8m	09:32	2.7m	15:41	0.6m	22:00	2.8m		
Sat 17	04:07	0.8m	10:13	2.7m	16:20	0.7m	22:41	2.8m		
Sun 18	04:52	0.8m	10:56	2.7m	17:02	0.7m	23:26	2.8m		
Mon 19	05:40	0.8m	11:42	2.6m	17:49	0.8m				
Tue 20			00:15	2.8m	06:32	0.8m	12:31	2.6m	8:41	0.8m
Wed 21			01:08	2.8m	07:25	0.8m	13:25	2.6m	19:40	0.8m
Thu 22			02:03	2.8m	08:21	0.7m	14:24	2.7m	20:44	0.8m
Fri 23			03:00	2.9m	09:19	0.6m	15:27	2.8m	21:46	0.7m
Sat 24			03:56	2.9m	10:16	0.5m	16:30	2.9m	22:46	0.6m
Sun 25			04:53	3.0m	11:13	0.4m	17:30	3.0m	23:42	0.5m
Mon 26			05:50	3.1m	12:09	0.3m	18:26	3.1m		
Tue 27	00:37	0.4m	06:46	3.1m	13:03	0.2m	19:20	3.2m		
Tue 28	01:30	0.4m	07:42	3.1m	13:56	0.2m	20:13	3.3m		
Thu 29	02:24	0.4m	08:37	3.1m	14:47	0.2m	21:05	3.3m		
Fri 30	03:18	0.4m	09:31	3.1m	15:38	0.3m	21:56	3.2m		
Sat 31	04:12	0.5m	10:24	3.0m	16:28	0.4m	22:48	3.1m		

Times adjusted for Daylight Saving.



# Live life to the Full

After a lifetime of having to prove to yourself and others, from the home security, the sudden realisation of kindergarten, junior and high school, university and obtaining our first job in the "real" world. Each step of the way we've had to prove we are good enough for the next step in our life.

The great part of retirement and being on the upper side of 60, is that we don't have to prove ourselves to anyone anymore. The comfort zone we've built around us is gone and we now have to prove to ourselves that life does go on. If anyone out there has retired and thinking "what now"? We understand, we've been there, this is why the Torbay Friendship Club is inviting you to join in with a friendly group of members. We have our general meetings every 2nd Thursday of a month and enjoy various game groups, coffee mornings and excursions throughout the month. Join in to get to know more people and start building that comfort zone all over again.

The Auckland Botanic Gardens was our March excursion venue. We bussed into town, had coffee, took the little "train" ride, which was a highlight, especially for those who have difficulty in walking long distances.

Coffee morning was, as usual, a great success. We gathered at Palmers in Albany, and had a wonderful chinwag, updating



each other on personal matters and discussing the latest news.

Janine Taylor arranged a card making session for the Craft meeting. Everyone was able to try their hand at making a card. The results beautiful. Every single card different. Don't hesitate, we look forward to meeting you and sharing in our friendship.

To find out more about the Club, please call our new President, Liz Yeats 0274 754 423 or Delphine Pearson 0220729813



**SUNDAY 18 MAY | 9AM - 12PM**

**TORBAY SCHOOL**

Held at Torbay School,  
Deep Creek Road

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CARWASH & BAKE SALE**

Fundraising for  
**cure kids**  
RED NOSE DAY

**FUN FOR THE WHOLE FAMILY**  
\$10 CARWASH | BAKE SALE | CAR BOOT SALE

**coffee  
& cone**  
by Harcourts Cooper & Co

**AE** ANNEMERSON

Coffee & Cone kindly sponsored by Ann Emerson, with proceeds going to Cure Kids



# Torbay & Long Bay Medical Centres

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## PREPARING FOR FLU SEASON: WHAT YOU NEED TO KNOW

As the cooler months settle in, flu season is right around the corner. In New Zealand, flu cases typically rise from May to October, with the peak happening between June and August. This year, experts are predicting a higher number of cases, partly due to increased travel and the easing of COVID-19 restrictions. To stay healthy, it's important to take proactive steps now.

### What to Expect This Flu Season

Flu symptoms can come on quickly, often making you feel rundown within hours. Common symptoms include fever, chills, muscle aches, fatigue, cough, sore throat, and a runny nose. In some cases, particularly in children, nausea or diarrhoea can also occur. Most people recover in one to two weeks, but the flu can lead to more serious complications, particularly in vulnerable groups such as the elderly, young children, pregnant women, and those with chronic health conditions.

While the flu can seem like just a bad cold, it can quickly escalate, especially for those at higher risk. If you experience severe symptoms like difficulty breathing or chest pain, seek medical help immediately.

### Prevention: The Power of Vaccination

The flu vaccine is the most effective way to protect yourself from the flu. It's free for those who are most at risk, including people aged 65 and over, pregnant women, young children who have a history of significant respiratory illness, and those with specific medical conditions like asthma, diabetes, or heart disease. For others, the flu vaccine is available for a small fee at your medical centre.

Although the flu vaccine may not provide complete protection, it significantly reduces the severity of symptoms and the risk of complications like pneumonia, which can be life-threatening. The vaccine is updated each year to protect against the most common strains of the virus.

### Good Hygiene: A Simple but Effective Defence

Alongside vaccination, good hygiene is essential in preventing the spread of the flu:

Wash your hands regularly with soap and water for at least 20 seconds, or use hand sanitiser with at least 60% alcohol when soap and water aren't available.

Cover your coughs and sneezes with a tissue or the inside of your elbow to prevent droplets from spreading.

Stay home when you're sick, even if it's just a mild cold, to avoid passing the virus to others.

### What to Do If You Get Sick

If you do catch the flu, it's important to rest, stay hydrated, and manage your symptoms with over-the-counter medications. If you're feeling worse instead of better, or if you're in a high-risk category, contact your healthcare provider early. People at higher risk of complications should consider antiviral medications, which can be prescribed by a doctor if caught early.

### Protecting Our Vulnerable Communities

The flu can be especially dangerous for certain groups, so it's important to keep an eye on those around you. Encourage the elderly, young children, pregnant women, and anyone with underlying health conditions to get their flu vaccine. Also, if you're sick, try to limit close contact with those who are most vulnerable.

### Final Thoughts: Take Action Now

The flu season can be unpredictable, but by taking simple steps—like getting vaccinated, practising good hygiene, and staying home when sick—you can help protect yourself and your community. Let's work together to stay healthy and keep the flu from spreading this winter.



**Book in to see the amazing nurses at Torbay and Long Bay Medical Centres to get your flu vaccine today! 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



# Why not host a pink breakfast to support breast cancer?

Breast cancer has visited most families or even some of your friends. In May there is a chance to do something practical to help-host a pink breakfast.

Breast Cancer NZ has chosen 22nd May as the day to hold your event.

Never hosted a breakfast? Easy peasy.

- Write some invitations (pink of course) inviting friends to come wearing pink for support. Tell them there will be a donation box available.

- Provide a simple breakfast, using pink tablecloth and napkins.
- Provide some simple games and quizzes (can download anything from google)
- Pink cake looks good.
- Make sure you thank your guests for their donations.
- Send the donation off to Breast cancer nz and help save the lives of woman struck down with this disease.



## BTG THE BODY TONIC GROUP PERSONAL TRAINING

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Enjoy low impact exercises = positive results!

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- ▶ 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

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# Quizzes

sponsored by

Answers Page 38



## SCIENCE

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

BOTANY	ASTRONOMY	BIOLOGY	ELECTRON
VACUUM	DENSITY	CHEMISTRY	THEORY
LABORATORY	EXPERIMENT	PHYSICS	OPTICS
AMPERE	MAGNETISM	INFRARED	MESON
KINETICS	NUCLEAR	FORCE	GRAVITY
GEOLOGY	TELESCOPE	ENERGY	

## WORD PUZZLE

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

**EURISLE**

30 good, 36 very good, 42+ excellent

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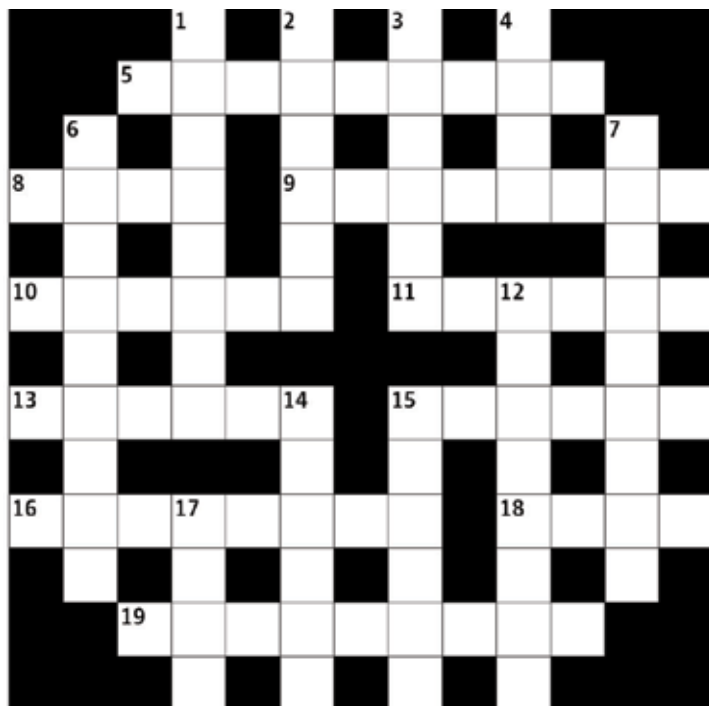


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## CROSSWORD



### Across

- 5 Mexican state — small dog (9)
- 8 Neither hot nor cold (4)
- 9 Bad or evil (8)
- 10 Ship's flag (6)
- 11 Unspoiled (6)
- 13 Cotton cloth usually flower patterned (6)
- 15 Caviar producing fish (6)
- 16 Criminal people and places (8)
- 18 Spoken not written (4)
- 19 See 2 down

### Down

- 1 Overall winner (8)
- 2,19 Novel written by 7 (3,3,4,5)
- 3 Location device using GPS (6)
- 4 Bother (4)
- 6 Rocket start point (6,3)
- 7 Author of The Old Man and the Sea (9)
- 12 Agree to something when under pressure (4,4)
- 14 Passionate supporter for a cause (6)
- 15 Colourful pet bird (6)
- 17 Body of water surrounded on three sides (4)

## SUDOKU

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

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# Protecting Our Rain Gardens

## Essential for Long Bay's Stormwater Management and Resilience

Rain gardens are vital to Long Bay's infrastructure, filtering rainwater runoff to reduce pollutants going into our streamways and prevent flooding.

They enhance water quality, urban cooling, and biodiversity by creating a habitat for our native plants, insects and animals.

These gardens help manage stormwater, prevent erosion, and contribute to a sustainable, resilient community.

However, neglect, illegal parking, and poor maintenance threaten their effectiveness. The community needs to care for and protect these rain gardens.

### Why Do Rain Gardens Matter?

Rain gardens act as a natural filter for stormwater runoff, capturing and treating pollutants like sediment, heavy metals, and nutrients before entering our streams, rivers, and the sea.

The plants in rain gardens are native to NZ and help absorb and store atmospheric carbon dioxide, contributing to climate change mitigation. By removing pollutants, rain gardens help improve the overall water quality of our local waterways.

They're key to Long Bay's sponge city approach, slowing water flow and protecting our streets and homes from flooding. Properly maintained, they improve our local environment and the appearance of our neighbourhood.

### Rain Gardens in Long Bay

This image is an example of a poorly maintained and damaged rain garden:



If you see a rain garden in this condition, report it to Auckland Council ASAP at (09) 301 0101 or via their online form - report a problem.

This image is an example of a correctly maintained and healthy rain garden:



It can function correctly to capture rainwater and filter out pollutants. It improves water quality, contribute to urban cooling, and enhance biodiversity.

### How Can You Help?

- **NO parking in rain gardens:** Parking damages plants and prevents water absorption.
- **Assist with maintenance:** Residents may help by weeding and trimming gardens near your property.
- **Report damage or issues:** If you notice damage or poor maintenance, report it to Auckland Council at (09) 301 0101 or via their online form - report a problem.

Please care for and look after Long Bay's rain gardens to ensure they function correctly and protect our environment for future generations!

Contact us if you have further questions or need support:  
longbayra@gmail.com

Maeve Ord for LBRA

**The Annual General Meeting of Torbay Community Association Incorporated will be held on Thursday 15 May 2025 @ 7.30pm in the Torbay Village Hall, 35 Watea Road (former Torbay Senior Citizens Hall).**

All residents of Torbay are eligible to become members and vote. Those outside the Torbay area can apply in writing to become members. Membership fee \$1.

The TCA Committee will be presenting the new Incorporated Societies Constitution at the AGM. If you would like a copy before the AGM, please contact us at the email address below.

The TCA Committee meets monthly. We really would appreciate more volunteers who can help us maintain and operate Torbay Community Hall & Torbay Village Hall, two



valuable venues for hire in the local community. Please consider joining our committee.

**We are also looking for a person keen to run our social media and a caretaker who can do basic repairs. Contact us if you are interested.**

**Enquiries to: torbaycommunityassociation@gmail.com**

# The Limits Of Trusts *In Relationships.*

*When Dave separated from his wife, he had enough funds from their settlement to put a deposit on a new house. He also applied for his KiwiSaver to be withdrawn under the “second chance, first home” regime. He was determined to protect his assets if he got into another relationship and decided to set up a trust to put his new home in.*

A year later and Dave was back on the dating scene. He went on a few dates before meeting Kate who he immediately clicked with. Their relationship got quite serious quickly and within a couple of months Kate moved into Dave's property. They came to an arrangement early on that Kate would pay a fixed amount to Dave each fortnight to cover the costs relating to the house and that they would split the utility costs.

Things went well for the first couple of years. However, just over three years into their relationship, Kate said that she didn't think Dave was “the one” anymore and she had decided to move across to Sydney.

Dave was sad that the relationship had ended but was relieved that he had set up a trust for the house to go into. That was until he received a letter from Kate's lawyer. Dave found the letter to be very aggressive - it said that while the property was in a trust, Dave had only set the trust up to ensure that Kate's rights under the Property (Relationships) Act could not be asserted. It said that Dave had applied relationship property to the trust and Kate was making a claim for that relationship property and for the increase in value of the property from the start of their relationship. She was also claiming half of what Dave had saved from his salary, during the relationship.

Dave was flawed. He didn't know what to do, other than to get his own legal advice. So, Dave went to see a lawyer recommended by a friend who specialised in both trusts and relationship property. She firstly told him not to be too alarmed by the aggressive tone of Kate's lawyer's letter. She said that often lawyer's letters could read like that,

but once you cut through the tone, it was more of a fact-finding letter.

She did tell him though that the law around trusts and relationship property had changed quite a bit over the last ten years and that trusts were no longer a guaranteed way of protecting your property in the event of a relationship property breakdown - in particular, the family home could still be at risk. She said it was likely that the value of the property at the time that Kate moved in would not be claimable by Kate, but that any payments that Dave had made off the mortgage using his salary (which is relationship property) would potentially be claimable and even some of the natural increase in value of the property. She said this area of law was very nuanced and could in the end come down to negotiating an amount to pay Kate to satisfy any claim that Kate may have.

This was distressing to Dave - he had set up the trust confident that he would be protecting his assets. He asked the lawyer, “What more could he have done?” She advised that trusts were a very important part of asset planning and protection, and could, in some circumstances, keep assets very separate. However, there was a different set of rules for the family home and that her advice would always be to enter into a contracting out agreement (or prenup) to make sure it was clear that your partner was agreeing that she or he would not have a claim against any property whether that be in a trust or not.

If you are in a relationship and want to make sure that your partner does not have any claim on assets either in your own name or in a trust, you need to take appropriate legal advice. Having the right structure in place, can save significant stress later.



**TAMMY MCLEOD (BALLB)**  
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.

# Classifieds

## Accommodation

Fully furnished accommodation North Shore  
- Houses - Apartments. 021935854

## Accounting

**Vision Accounting Solutions Ltd.**  
www.visionaccounting.co.nz 09 415 0319.  
Need assistance with financial accounting and taxation matters? We aim to help you understand your numbers, build financial freedom, protect your assets. Manage your financials without stress and make informed decisions when you need to. Virginia Stallard and team.

## Food

**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](http://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](http://www.jdpropertyservices.co.nz).

**Handyman.** Born and bred in Torbay. Martin

is a qualified cabinet maker and experienced professional. Allsorts Property Maintenance is available for property maintenance, odd jobs, decks, fences and garden services. Call Martin Bassett on 0274526515.

**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](mailto:admin@airmc.co.nz).

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

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

**Lindsay Painting.** Interior/exterior. Phone Clive 0274812231.

## Printing

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

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

# Puzzle Answers





**Sold signs are great.**  
*But the stories behind  
them **matter more.***



## Selling Torbay to the entire North Shore

With over 20 years of experience selling homes across the North Shore, I know that getting it sold is one thing. Getting it sold *right* is everything. That means more than a sign on the lawn or a listing online. It's about crafting the right strategy, understanding what today's buyers are really looking for, and marketing each property in a way that highlights its true value. From our first chat to settlement day, I'm here to make the process seamless, successful, and rewarding. No matter where you are, from Torbay to anywhere on the Shore, I'd love to help you take the next step with confidence.



**5 Star Rated** by Rate My Agent

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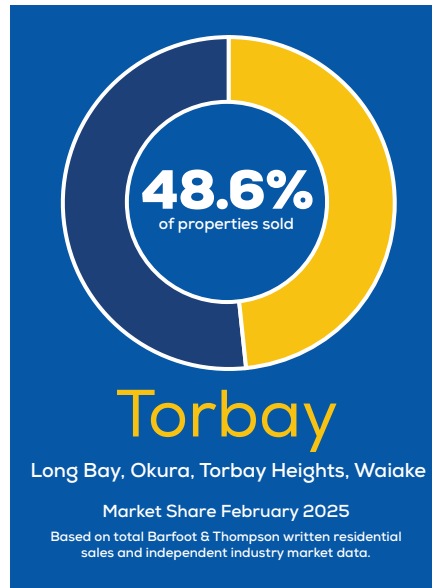
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**Harcourts** Cooper & Co

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**Wanly Tsang  
& Team**



## Let us help you get ready to sell this **Autumn**

### Long Bay Branch



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**Bailey He**  
021 866 696



**Tiki Jiang**  
021 775 217



**Damon Li**  
021 077 9509



**Eva Li**  
021 051 3590



**Yang Lin**  
021 0873 3492



**Mayur Nimje**  
022 364 5005



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**Vivian Wang**  
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**Michele Bensley**  
021 270 7410



**Chelsea Chen**  
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**Karin de Leeuw**  
027 270 2700



**Mary Huang**  
021 135 6281



**Kyra Perwick**  
027 311 7953



**Wendy Radcliffe**  
021 772 070

### Torbay/Long Bay Property Management

### Torbay/Long Bay Branch Manager



**Andrea Tavae**  
022 476 7273



**Craig Zhu**  
021 800 280



**Jody Hetaraka**  
027 809 6687



**Doreen Posimani**  
027 431 9696



**Tony Cederwall**  
027 546 6377

**Torbay 09 473 9190**  
**Long Bay 09 473 0712**

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