

focus

Issue 38
June 2025

on community

Long Bay, Okura and Torbay



New World helping community

See pg 27

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*Based on Barfoot & Thompson written sales and independent market data to 31 March 2025.

From Marine Reserves to Mountain Tops: A Year of Discovery

There is no doubt that change is in the educational air at the moment and things are no different at Long Bay Primary School. With a new English and Mathematics curriculum on the go along with new resources and plenty of other things happening we decided it was also time to introduce a new range of curriculum experiences for our students outside reading, writing and mathematics as well.



As a result, this year we have already inquired into our school and local community, a deep dive into the Long Bay Marine Reserve, how it works and what we can do to help it thrive. Our students have also been to Mangere Mountain

to develop a clear understanding of what it was like to live in New Zealand a long time ago, a look at migration and how it has changed over time and the power of leadership. Visiting MOTAT to explore energy was also an enlightening experience for all who went. Believe it or not that was all before the middle of the year.

Combining opportunities we have at school along with our external trips to other places in Auckland gives a rich learning environment for our students to explore. Looking ahead we have a wide range of exciting opportunities for our teachers and students across the rest of the year.

We are working hard to provide opportunities for our students to discover new information, be creative in how they present it to others and be able to explain in their own words what they know, how they know it, and why it is important. The rest of the year will be just as exciting and we can't wait!



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BAYLEYS

Content of this magazine.

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

Cost of advertising.

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

6.2 cms x 4.2 cms box \$65 + gst

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We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

Is it just me or did we miss Autumn? To me I was just packing away my shorts for next summer and I was hauling out my jumpers and vests! Hopefully by the time you are reading this the temperatures will have warmed up a bit.

At the end of June, we celebrate Matariki with a Public Holiday.

Matariki connects Māori people to the land, the skies, and the cyclical nature of life.

Matariki was a time to remember and release the spirits of those who had passed away, who were believed to join the stars.

It was a time to reflect on the past, celebrate the present, and look ahead to the future.

Families and communities gathered to feast, sing, and dance, sharing the bounty of the harvest.

See more on Matariki on page 35.

I love the date 1st June is Global "Say something nice day". We often

are negative in the things we say, especially with the state the world is in at the moment.

Think how just saying something nice and positive might just change that person's day.

Many years ago, I remember a really old song. A man is walking down the street and everyone he meets says, "My word you do look ill"

Now when he left home, he felt okay, but by the time a few people had said this phrase to him he felt like he was at death's door.


But that all changed when someone walked by and said, "My word you do look well" Suddenly the man had a spring in his step and joy in his heart.

So, begin to practice for 1st June and start saying nice things.

Carole McMinn,
Editor




editor@focusoncommunity.co.nz | 09 473 3259



Children's Ark Early Childhood Centre

282 Glenvar Road (Long Bay Baptist Church)



Why Choose Children's Ark for your child?

- ♦ Experienced and extremely stable staff team of fully qualified teachers
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- ♦ Renewable, recyclable, reusable, open-ended natural resources.
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 - Eco Nappies (up to age 3 years)
 - All food: breakfast before 8.00am, morning tea, lunch, afternoon tea and late snack. Our cook has a degree in nutrition who provides a healthy balanced diet for the children.
- ♦ No charge for public holidays or our 2 weeks closed period over Christmas.
- ♦ 4 weeks holiday per year at half price (can be used if your child is sick)
- ♦ Parent Endorsement: "Our son has been with Children's Ark since he was 14 months old. Choosing a daycare that nurtured our son and nutrition was really fundamental in our choice for a daycare. Sending our first child to a daycare was not a light hearted decision. My son, from the moment he walked in, has absolutely loved Children's Ark. The teachers and staff are so welcoming. I have also asked feedback from time to time on advice on how to deal with my son's going through different stages of his development and how to nurture him through this. They have given such genuine and valuable feedback. I am still to this day so thrilled we came across Children's Ark. One of the only daycares I visited that still have a community feel and spirit."

More information on our website: www.childrensark.co.nz

Celebrate World Ocean Day and Matariki at MERC!

This June, MERC will be hosting two very special collaborative events for the community, World Ocean Day and Matariki. Seas the day and celebrate our beautiful blue this World Ocean Day, Sunday 8th June. Participate in water activities, games and crafts. Learn about our local environment, meet other ocean enthusiasts and finish off the day with a sunset swim! Gates open from 10am.



Immerse yourself and your whanau in a celebration of Matariki and stay overnight in our beachside accommodation. Expect to gain more knowledge about the celebration of Matariki and foster a greater sense of community with this family camp experience, Friday 20th – Sunday 22nd June.

Follow our Facebook and Instagram pages for up-to-date information and registrations.



Local Expertise | Local Knowledge | Results



Wendy's update

The residential market appears to be stable – as we move towards winter the normal trend is for less properties coming to the market. If you are **thinking of selling**, residential property sales continued to gain momentum during April.

Listing with your only real estate **local office** gives you **excellent exposure** in our front window and we offer some truly beneficial marketing packages.

Being a local, enjoying our area, knowing the people and watching the changes and growth that we have all seen, I offer knowledge, insights into our seasonal trends, experience and expertise to maximise your results.

You're welcome to give me a confidential call to discuss your next move and make a plan – I look forward to hearing from you,

Kind regards, Wendy

Torbay/Waiake *April 2025*



PROPERTIES FOR SALE

103



PROPERTIES SOLD

31



\$733,000

LOWEST VALUE SALE



\$1,716,000

HIGHEST VALUE SALE

Wendy Radcliffe
021 772 070

w.radcliffe@barfoot.co.nz



Quiz Night at Long Bay Baptist

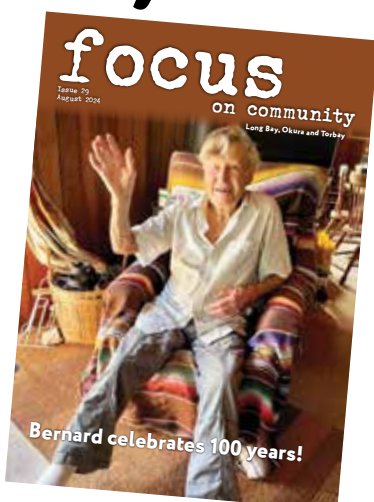
On Saturday 10th May 21 tables of teams came together for a night of fun and to raise funds to support Youth work at Long Bay College. In between the rounds of questions there were karaoke sessions - where anyone could pay to nominate another table to sing a song, which produced much hilarity. The evening raised over \$2500 and was great fun.



We love to hear your news!

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

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



Don't get scammed

With the end of the tax year in March, scammers are using this opportunity to trick people into giving away personal information by impersonating organisations like the Inland Revenue - Te Tari Taake (IR). Here's how this scam typically works and how you can protect yourself.

These messages often include a link to "receive your refund" and may even state a specific refund amount or a link to confirm personal details before the refund is paid.

The links in these messages often lead to fake websites that look like the official IR website.

By entering your personal information such as Internet Banking login details, goMoney PIN, credit card information, driver's license details, and two-factor authentication codes into these fake websites, you're handing it directly over to fraudsters.

Scammers may call, claiming you have overdue taxes and pressuring you to share personal information or make a payment. They often use scare tactics to make you act quickly.

How to stay safe

- If you receive a suspicious call, or a call where they're asking for personal information, hang up immediately and contact the Inland Revenue (IR) directly using a number listed on their official website or that you know is legitimate: Contact us – Inland Revenue



- Do not click on links in emails or text messages and delete the message. Instead, type the official website address into your browser to avoid being redirected to a fake site.
- Always be cautious with unsolicited communications, especially those asking for personal information.
- Report scam texts to the Department of Internal Affairs by forwarding the message to their free text number 7726.

Remember: If you think you've been the victim of a scam, please call your bank immediately.

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Whats on at Albany Library in June!

Tai Chi Sport

Sundays 9:00 -10:00am

First Session June 1st

Join us on Sundays from 9:00 - 10:00am for a relaxing and invigorating Tai Chi Session!

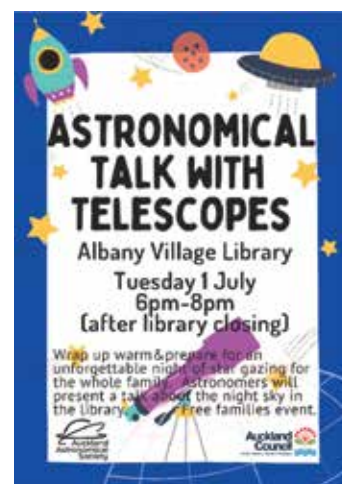
Tai Chi is great for strength, flexibility, and range of motion, and a great way to meet new friends. For more information or to book, contact Eric on 0224579476.



Stargazing at the Library for Matariki

July 1st 6:00 – 8:00pm (after Library Closing)

Join us for an astronomical talk with telescopes! Get cozy and make your way down to the library for an informative and exciting talk from an astronomer from the Auckland Astronomical Society! This event is free for everyone, no booking needed.



Dhyana Tea Ceremony

Sunday June 8th

11:00am – 12:00pm – English session

1:00 – 2:00pm – Mandarin session

Join us for two sessions delving into the wisdom of a Dhyana tea ceremony. Tickets for these sessions are essential, scan the QR code for more information. We look forward to seeing you there!



How much sleep is enough?

Sleep quality is vital for our overall health. Research has shown that people with poor sleep quality are at a higher risk for diabetes, heart disease, stroke, and mental health issues like anxiety and depression.

Poor sleep also can increase daytime fatigue and make it more difficult to enjoy life.

It's normal for people's sleep patterns to change over time.

Many of these changes are age-related. This means people spend less time each night in restorative slow-wave sleep.

Three key strategies to support the quality of your sleep

- maintaining a consistent wake time, especially on weekends
- limiting daytime naps to 20 to 30 minutes, and at least six hours before the desired bedtime
- being physically active.

When it comes to sleep quality, consistency is vital.

The bottom line on getting restful sleep

It's unrealistic to expect perfect sleep every night.

If you are doing all the right things for your sleep but still do not feel rested upon waking, talk to your doctor. Other factors that can affect the quality of your sleep include taking multiple medicines, depression, anxiety, loneliness, and environmental changes like temperature, noise, and light exposure.

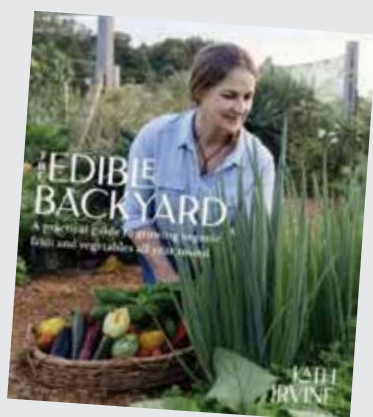


Book Review:

Lucy Mcconnell

This month we are taking a trip into a new, exciting territory – nonfiction books. I was entranced by a title on the recommended reads section on the Auckland Libraries: *'The edible backyard: A Practical guide to growing organic fruit and vegetables all year round.'*

I have read quite a few gardening books in my time, and this has to be in the top three for me. It's a down to earth, easy to read guide on how to set up a garden for success from the very very beginning – planning, soil testing, plant mapping and all the stuff we often forget about in the excitement of plant shopping. One of my favourite things is that author Kath Irvine is a Kiwi, and the book is about how to grow in New Zealand conditions (no more swapping seasons around for the northern hemisphere in your head!). This book has taught me a lot and I am itching to try out all my newfound knowledge!



The Rise of Multi-Generational Family Holidays: A Travel Trend with Something for Everyone

In recent years, multi-generational family holidays have emerged as one of the strongest trends in leisure travel. With families spread across cities, countries, or even continents, more Kiwis are prioritising quality time together by embarking on shared adventures that cater to every generation - these holidays are all about connection, relaxation, and fun.

Why Multi-Generational Holidays Are on the Rise

The modern family is dynamic and diverse, and travel preferences reflect that. Families are increasingly seeking meaningful experiences that go beyond simple beach breaks. Today's multi-generational travellers are after tailored getaways that balance activity, rest, cultural immersion, and entertainment — all while ensuring no one feels left out.

The post-pandemic emphasis on making memories, reconnecting, and celebrating milestone moments together has further fuelled this trend. Instead of separate getaways, families are pooling their time and budgets to enjoy enriching, shared experiences.

Top Destinations for Kiwi Families

From short-haul escapes to big-ticket adventures, New Zealand travellers are spoiled for choice when it comes to multi-generational



holiday options. Here are some of the most popular picks:

Queensland, Australia: Easy, Accessible, and Family-Friendly: Just a short flight from New Zealand, Queensland offers a low-stress option with something for everyone. The Gold Coast and Sunshine Coast are brimming with family-friendly resorts, theme parks, and beautiful beaches, perfect for young kids and sun-seeking grandparents alike.

Bali or Thailand: Affordable Luxury and Cultural Discovery: For families craving a mix of exotic flavour, affordability, and creature comforts, Bali and Thailand deliver. Spacious villas with private pools, personal chefs, and kids' clubs allow for relaxation while providing enough flexibility for every age group. These destinations also offer an enriching cultural experience — from temples and cooking classes to wildlife encounters and local markets.

European Adventure & Family-Friendly Cruising:

For those dreaming big, a European multi-generational adventure that includes a family cruise ticks all the boxes. Combining land and sea, families can start with time in iconic cities — think Rome, Barcelona, or Athens — then board a cruise that offers comfort, convenience, and curated entertainment. Cruise lines like MSC, Norwegian Cruise Lines, and Celebrity cater brilliantly to family groups. On board, there's something for everyone: kids' clubs, water parks, cooking classes, live shows, wellness facilities, and shore excursions tailored for all interests and mobility levels.

Shore Travel is here to help you plan and book your next family holiday and ensure each aspect of your trip is tailored to fit your own world, ready to explore and be enjoyed.

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Cream of vegetable soup

Everyone loves a good hearty soup when the days turn cooler. Cheap and easy to make and packed full of flavour.

Soups are thickened by potatoes. You can either use potatoes in your soup or, as I often do, use dried potato flakes. When the soup is done you can add what you want until it gets to the required 'thickness'.

A good stock is what gives the soup it's flavour and you can either boil up your chicken carcasses when you have a roast or use the powdered, or liquid, varieties.

I love this soup as it is a really good way of using up any "tired" veggies you have in your fridge.

Ingredients

2 litre of chicken stock

Teaspoon salt

Shake of pepper

3 carrots

Small swede

1 large parsnip

2 onions

1 large potato

1 cup cream

or anything else you happen to have in your fridge

Method

Rough chop the veggies and place in stock, gently simmer until soft.

Add the cream and blitz in a liquidiser until a smooth liquid.

Freezes well if you make a larger quantity.



VAUGHAN STREAM, LONG BAY
THIRD SUNDAY OF EVERY MONTH
10AM - 12PM

Meet outside Long Bay Surf Club



Facebook Event
bit.ly/lbravs2025



RESTORATION WORK

East Coast Bays Lions are looking for New Members

One day during the holidays two lions were walking down Browns Bay esplanade, "Funny", one lion says to the other, "not many people about". I hope I don't have to explain the joke (?) but suffice to say that in addition to the feline species there are many different types of lions. Most lions in the wild live in Africa but there are nearly 10,000 lions (human variety) living in New Zealand and 1.4 million members worldwide. (48,000 clubs serving in over 200 countries). So we are big, we even have a presence in the United Nations and as such we have provided millions in relief and aid to many people.

Our local club is not as big and we are looking for new members to serve the community. Currently we are looking to provide aid to Fijian school children new uniforms and stuff not provided for by existing aid agencies after the devastation of the cyclone Yasa. In February we hope to support the Heart foundation and in March the Red Cross and everybody else, even you. We serve essentially the local community; our motto is "we serve". If you would like to be a lion (humans only I am afraid, but it's the only qualification) please contact Chris Naylor (President, East Coast Bays Lions) on 0220473266 or better still send me an email chris.naylor886@hotmail.com



Browns Bay Market – Left to Right Ricky Singh, Paul Coyle, Michael Pollitt, Sue Hoggard,



Sponsored Diabetes Walk – Walkers, Liesl Trotter, Glen Ogilvie, Chris Naylor and Sue Hoggard.



Murrays Bay Award for Student Leadership in the community – Lion Chris Naylor presenting the leadership award to Annabel Bittencourt-Gualberto.



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Cans for a cause Rotary's National Campaign

June 9-16 is Rotary NZ's national campaign, 'Cans for a Cause'.

The goal is to collect 1 million cans/food items to feed hungry New Zealanders.

1 in 5 Kiwis are experiencing food poverty, which is a frightening statistic.

Rotary Browns Bay is proud to support the Salvation Army who operate a foodbank to help feed some of these families.

The cans that we collect will be delivered to the Albany Bays Salvation Army.

If you would like to help us to reach this goal, please drop off your donation into the collection bin at House of Travel in Browns Bay.



Monthly Quiz

Answers Page 38

info@rotarybrownsbay.org



1. The D Day landings that took place in Normandy on June 6 1944 were known as 'Operation' what
2. Robert F Kennedy was shot on June 5 1968. How many children did he have
3. The artist Paul Gauguin was born on June 7 1848 and made his home on which Pacific Island
4. On June 18 1815 the Battle of Waterloo took place. Where is Waterloo
5. The Korean war began on 25 June 1950. The country is now divided at which parallel
6. The UN charter was signed on June 26 1945 by 50 nations. Where
7. The Watergate scandal in June 1972 led to the downfall of which American president
8. Judy Garland was born on June 10 1922. What was her original name
9. June 28 is the anniversary of the signing of the Treaty of Versailles, formally ending what
10. Prince William celebrates his birthday on June 21. How old will he be this year



Silverdale & Districts Historical Society (Inc) & Silverdale Pioneer Village
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Torbay Theatre News

It's a Sign!

Thank you to **Raluca Stanescu**, committee member, for her time and creative work which she put into giving our Torbay Theatre sign a complete makeover, now displayed on the shops end of the Torbay Community Hall. Have you already spotted it walking past?

H.M.S. Pinafore auditions: June 8th at 2pm
Torbay Community Hall

We need all principal roles, and a chorus of sailors, sisters, cousins and aunts. At Torbay Theatre we welcome everyone, from the very young to the rather old, and many of our cast and crew come back year after year to enjoy the convivial ambience. There will be singing, dancing and laughter, and if we get enough really good male dancers there will be some excellent hornpipes! No experience needed – we have a knack of raising beginner singers and dancers to a very high standard, mentored by the professionals in the cast. And don't worry if mobility is a concern - there will also be a few non-dancing parts.

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

Our next Club Night takes the form of a Murder Mystery and is on June 7th at the Gate Theatre – doors open 6:30



Raluca's excellent sign.

for a 7pm start. All welcome with a \$15 door charge. Light supper and juice provided, BYO drinks and any further snacks.

Essential: Please contact Dylan in advance for more details and to be involved: - Dylan will assign roles and give costume advice – on clubnight@torbaytheatre.com.

For more details, or to join:

www.torbaytheatre.com

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

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ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

There's been a lot going on...

both in the East Coast Bays Electorate, and in Wellington.

ELECTORATE OFFICE

After a year of planning, and three months of building works, the Electorate Office is now complete. The Honourable Murray McCully first signed the lease in 1987, and hardly any work had been done since then.



At the end of April it was so wonderful to cut the ribbon to officially open the updated office.

A big shout out to Kelly and Cindy for all their hard work putting it together. I didn't have to do anything, other than move back in when it was done!!



EDUCATION

I've been busy traveling around the country visiting schools, meeting Principals and speaking at conferences.



It's incredibly rewarding to see students and teachers loving the new reading and math resources. The feedback has been overwhelmingly positive.

CHINESE CONNECT

'Chinese Connect' is coming 01 July. I'm so pleased to be hosting an event to connect the Chinese community in our Electorate and discuss important issues.

My guest speaker is Nancy Lu (list MP), and it will be held at Fields Cafe in Albany, 6.30pm onwards.

All the details are on my website, so please register if you wish to attend.

www.EricaStanfordMP.co.nz/events

WE ARE HERE TO HELP

Don't forget that if you are having issues with government departments such as ACC, IRD or Auckland Transport, my team and I are here to assist you.

Give us a call or drop us an email.

Take care,



@ ecboffice@parliament.govt.nz

(09) 478 0207

www.EricaStanfordMP.co.nz

1/8 Beach Front Lane, Browns Bay



Torbay Historical Society Inc.

We have some more memories of early Torbay – 1950's. They were sent by D. E. Moon to our previous President Cathy Currey.

Bill and Judy Tinnock – 'notable in their sport. Bill had the chemist shop at the shopping centre intersection of Beach, Ridge and Hebron Roads. The chemist shop became part of the Hairdressing salon. Judy was nationally known tennis player and Bill in rowing. I am not sure but I think you will find that Bill was a member of the rowing eight that won a medal at one of the Commonwealth /Empire Games (Gold Medal?)' (colour photo of that intersection 1980)

'Professor Lawrence Holt – Auckland University - 'his wife, Betty and her



sister, Jean Archibald. The Holts owned a large block of land to the West of Deep Creek Road and with Firth/ Carlisle Road boundaries. The Freeling Holt Home in Mawson Avenue is part of their land and I presume but don't know that perhaps they donated the land for the home.'

You can read more about Professor Holt, along with other academics who resided in Torbay, in our book 'and then came the bridge.' (available from the Library in Browns Bay.

Another early resident of Hebron Road was William Patten) who in 1938 purchased a property at 68 Hebron Road for 30 pounds. (See black and white photo)

We have a lot more memories to share. Please help us where you have memories or photos. There was a shop opposite Hebron Road. We have stories of it but no photos. Can you help?

We welcome new 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

Thank you
for helping us support
Breast Cancer Cure.



Congratulations to our Mother's Day Fundraiser prize draw winners!

1st: Katie **2nd:** Heather **3rd:** Vivienne **4th:** Claire **5th:** Hayley **6th:** Alta

Ian & Diane Dodds

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The Stredwick Track: native bush and ducks

The Stredwick Track is an easy walk that caters for people of all ages and ability. It is accessible for wheelchairs and buggies.

The Track is very picturesque with beautiful bush, grasslands and the flood ponds with their bird life.

It is easy to get to, on a bus route and parking is plentiful.

The bush track is 680m while the complete loop including the Caversham and Cashel footpath walks take it to 880m.

There are 4 main entry points for this track

- Entrance 1: Next to 70 Stredwick Drive (opposite the old Exchange)
- Entrance 2: End of Cashel Place
- Entrance 3: By the Caversham Drive / Kate Shepherd roundabout
- Entrance 4: The pathway at the end of Mizen Court

The highlights of the Stredwick Track revolve around the Flood ponds which in themselves are beautiful, even if muddy.

The bush encroaches right onto the ponds and where the bush is not present, there is luscious green grass to the water's edge. The ducks add to the beauty and provide plenty of entertainment for kids!

The native bush is beautiful and with some wonderful cabbage trees on display.



The ability to take buggies and wheelchairs make it a track for all – which of course is an added advantage.

This Track is great for running and walking for people of all ages and abilities.

Information from Greataucklandwalks.

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Email: gmsnorthshore@gmail.com

Torbay Garden Club June 2025

It has been a busy and interesting month for club members. Our April trip took us to Tucker's Orchid Nursery on East Coast Road. Ross Tucker began growing orchids as a teenager and is now renowned as a producer of high-quality varieties along with his wife, Susan who shares his passion. His wife, Susan, guided us through the two large glasshouses, Susan explained every facet of orchid growing from seed raising to mature plants – sometimes a lengthy process. We saw plants in all stages of development, culminating in the beautiful array of large, mature dendrobiums and cattleyas with their exquisite perfumes and vibrant colours.

After rescheduling twice because of bad weather, our plant stall in Torbay finally got under way on 3rd May. It was a most successful venture, selling flowers, plants and books, raising much needed funds for our club. Our thanks to all who provided goods, and also to those who bought something to take home!

At our May meeting, Ian Riddell, from Clandon Daffodils in Gordonton, spoke about his family business he and his wife Marion own and manage growing over one million bulbs on 21 acres. They supply cut flowers to Auckland flower markets and bulbs to wholesalers throughout the region New Zealand. In February and March, bulbs are given a 3 hour 'hot water dip' at 44°C to kill eelworm nematodes, before being planted by hand and fed with an organic boost. They first come to flower in June and by July help is needed to pick the volume produced. By October, once flowering is over, they make sure the foliage is growing well as this feeds the next season's bulbs. Every 3 years, 1/3 of the bulbs are discarded as the flower quality decreases. Each season 300,000 bulbs are planted in the ground (80,000 of which are planted by hand) and 90,000 are sold to the likes of Bulbs Direct. Club members were eager to purchase bulbs they had brought for us, some of which were a result of their own hybridising and not available elsewhere.

We would love to share these experiences with you, if you're interested in joining Torbay Garden Club visit our website at torbaygardenclub.co.nz or call us on 020 4198 3906.



June garden notes: It is time to plant winter brassicas, also silverbeet, spinach and broad beans. Strawberry crowns and garlic cloves should go in now, in fertile, free draining soil in full sun. Flowers to plant now include cineraria, cornflower, poppy, scabiosa, snapdragon, stock and sweet pea. Plant lily and tulip bulbs.



What to do with money?
Next in the series
MONEY TALKS
Understanding your options with finance Professor Russell Gregory-Allen
7:30 PM 26 June
@Long Bay Baptist Church
282 Glenvar Road
free seminar

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Seeing red!

Red is a great colour to use in home decorating as it is bold and vibrant and gives character to any room.

It is also a warm colour so great for a south facing room.

Whether bold on the walls or touches in soft furnishing red cheers the day.



LONG BAY COMMUNITY CLEAN UP

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

**Saturday 21st June
9.30am**

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

**Make (A)
Difference**



**Join / Donate at
www.longbay.nz**

Learn how to make colourful and random wood art

- with the help of Resene and Fleur Thorp

You will need

- Untreated pine in a variety of widths and thicknesses
- 2 x untreated pine 30x10mm @ 1.2m long. These are the back boards.
- 2 x wooden broom handles
- Medium grit sandpaper
- Resene testpot paints in your choice of colours.
- Set square and wood glue

Instructions

Step 1: Cut your wood to a variety of different lengths, these were 35cm to 40cm long. How long you cut your wood will depend on how big you want your finished piece of art.

Fleur also cut 2 wooden broom handles into three lengths. Use sand paper to sand any rough bits smooth. Wipe off all sanding dusts.

Step 2: Lay your wood out in a random pattern, alternating short ones next to long ones. Once you are happy, number the backs of them.

While your wood is set out, measure the total length. Cut your two back boards to this length.

Step 3: Paint your bits of wood. Spread them out so that two similar colours are not next to each other.

Step 4: Place your two back boards on your work surface and use Blu-Tack to hold them in place, parallel to each other and about 20cm apart.

Step 5: Glue your first bit of wood to the back boards with wood glue. Make sure you centre it so that there is an even amount of overhang at each end.

Use a set square to make sure that you have it sitting straight and perpendicular to your backing boards. If you get this one in place well, you can put all the other ones on easily.



Step 6: Glue the other bits of wood in place, making sure that there is an even bit of overhang at either end as you go.

Step 7: Drill two small screws in the back at either end and tie strong string between them for hanging.

Step 8: Knock a pin into the wall, hang.

Step 9: Stand back and admire!



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Details matter

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Rinette Swanepoel
Tel: 021 0260 3544
Email: rinette@kingdomfs.co.nz
www.kingdomfs.co.nz

FOR SALE



2/59 Churchill Road, Murrys Bay

3 2 2

- Entertainer's Paradise - Seamless indoor-outdoor flow. Entertaining area with spa, fireplace, and elevated dining plus a putting green!
- Prime Location - Close to beaches, parks, shops and transport links for ultimate convenience.
- Double garage + Off-street parking
- Zoned for top schools: Murrys Bay Primary, Intermediate, and Rangitoto College

FOR SALE



101 Island Bay Road, Beach Haven

3 1 2

- Single-level layout on a 661 sqm freehold section
- Elevated, north-facing position for great natural light
- Open-plan kitchen and dining area flowing to a spacious deck with sea views
- Access to quiet bush walks through the nearby kauri reserve, leading to a hidden beach
- Fully fenced yard - great for children and pets



CR Group Limited (Licensed REA 2008)

Thérèse Leslie | 021 022 66192

Jiang Kou | 021 087 93257

Leigh Storey | 022 685 7041

A photograph of four real estate professionals standing in front of a lush green hedge. From left to right: a woman with long blonde hair wearing a grey blazer over a black top; a man with short dark hair and glasses wearing a dark blue suit and tie; a woman with short brown hair wearing a light blue blazer over a white shirt; and a woman with long brown hair wearing a light blue dress. They are all smiling and have their hands clasped in front of them.

Experience the Expertise

9 WEEKS, 10 LOCAL SALES

86% of our team's auctions have sold under the hammer in 2025. If you would like to know how we do this, give us a call!

In this market, choose a team that can get you a great result.

Recent sale:

36 Waiau Street, Torbay

- 25 days in the market
- 106 groups visited
- 5 bidders at auction
- Sold 22% over CV



How to make it work at work

Things are tough at the moment for so many people. Citizens Advice is here to help anyone sort through their difficulties and consider options for the future. You can call into our office or telephone to chat with us about any concerns. Recently there have been several employment queries regarding restructuring and redundancy.

In tightening financial circumstances an employer may need to reduce or change their workforce. If making an employee redundant, an employer must: follow a fair and proper process, do all they can to find the employee an alternative role and give adequate notice if there are no other alternatives. An employer must have a genuine reason for the redundancy and follow all the correct procedures. Discussion points may be about the reasons for the redundancy, any entitlements stated in the employment contract, what happens about annual leave and how the final



pay is calculated? If there are further problems, Employment New Zealand suggests 5 steps to resolving an issue quickly: check the workplace agreement, be clear about the facts, clarify the problem, communicate respectfully and ask for mediation. We can advise how to work through this list.

We can also provide access to multi-language services, refer you to other

agencies for mediation, financial support, budgeting advice or counselling.

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



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

Congratulations

TEAM MING 2025 EASTER COLOURING COMPETITION

Still smiling about our Easter Colouring-In Competition Stars! We're blown away by the amazing entries in our 2025 Easter Colouring-in Competition — and we want to give one more, big shoutout to our winners: Leo, Tayliah, and Chloe! Thank you again to everyone who took part — you made this such a fun and colourful event!

Keep an eye on this space — we've got more fun competitions and activities coming soon! You won't want to miss them!



HAPPY MOTHERS DAY! SPONSORED BY TEAM MING

Last Friday we had the absolute pleasure of celebrating Mother's Day with the wonderful Mums and Mother figures of the children from BestStart Kindergarten in Long Bay by bringing along some morning tea to share.

A huge thank you to the incredibly caring staff at BestStart Long Bay, whose dedication and warmth are felt in everything they do. Special shout out to Rashika and the team for helping organise this beautiful morning tea — your efforts truly made the morning extra special.



COMMUNITY BOOKCASE SPONSORED BY TEAM MING

Tucked inside the warm and welcoming walls of November Eatery Long Bay, you'll find more than just great coffee and delicious bites — there's also a charming Library Corner waiting to be discovered.

This community-driven nook invites locals to borrow or swap a book of their choice, offering a little moment of calm and connection in the middle of a busy day.

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No 9 Salesperson | Harcourts NZ | 2023 - 2024
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Bilingual predator control workshop at Stredwick a success

Recently, Simon led a fantastic bilingual predator control workshop at Stredwick Reserve, with a spotlight on the Long Bay–Awaruku Predator Control Project.

Attendees learned all about predator control—what it is, why it's important, the tools we use, and how to use them safely

and effectively. A couple of keen participants even took home rat traps for their backyards to help extend the effort into their own neighbourhoods!

A special thank you to our amazing Chinese Restoration Coordinator (in training), Chery, and her daughter Bowie, who provided live Mandarin translation throughout the workshop, making the session accessible and inclusive for all.

Become a member of our predator control volunteer team.



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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



East Coast Bays Library News:

May was busy with Auckland Council and Local Board community pop in sessions, new programmes, lots of events and books borrowed. Winter is the perfect time to snuggle up with a good book. Check out the Auckland Libraries or app for recommended reading lists, use "My Librarian" to ask for a recommendation. Good websites to explore to discover a new read, series or author are Good Reads, Fantastic Fiction and Literature Map.

What's happening in the library this month?

Matariki

The Matariki Festival runs from 17 June – 13 July this year. In the lead up to Matariki we are celebrating with displays, events and activities that embrace the tikanga of this special time.

We will also celebrate Matariki with our Tamariki and rangitahi in the July school holidays.

New Board Games

We have an exciting new addition to our library collections. – Board Games!

East Coast Bays is one of the libraries where you can find games to borrow for 2 weeks. There is selection of 10 titles to choose from voted the best by our local librarians. The Board Games include Catan, Wingspan, Exploding Kittens and Tokaido, an exciting game taking players along the Japanese Tokaido Road trail and many more.

Death Café

Saturday 21 June 2pm – 3:30pm

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

Holiday Closures

We will be closed for King's Birthday on Monday 2nd June and Matariki holiday on Friday 20th June.

The overnight returns slot will be open for book returns.

For more information about our events and regular programming, pick up a brochure, talk to library staff, follow our Facebook page, and search for events at www.aucklandlibraries.govt.nz

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



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WANTED

We are urgently looking for a 2/3 bedroom unit in Torbay.

Please call if you are interested.



2/66 Glamorgan Drive, Torbay



2/136 Awaruku Road, Torbay



Karin de Leeuw

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



Craig Zhu

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



Long Bay



★★★★★

The Scrolls Everyone's Talking About

When it comes to sweet cravings, nothing hits quite like a cinnamon scroll from NWLB Bakery. Hand-rolled daily, these golden spirals are loaded with buttery cinnamon sugar and finished with our secret signature glaze — it's no wonder they recently made The Urban List's must-try lineup.

And just when you thought they couldn't get better — meet our latest flavour crush: the Ube Scroll. Swirled with creamy purple yam and topped with a glossy ube cream, this vibrant newcomer is already a fan favourite.

Whether you're a scroll purist or ready to try something new, there's a roll with your name on it. Come see what the fuss is about.



“These were sooo good.
Best cinnamon roll in
Auckland for sure” -
Happy Customer

“What really sets
these apart—bar the obvious size
difference—is their exquisite
truffle icing, a sweet,
white chocolate-y blanket that
will have your taste buds in a most delicious
tangle” - Urban List



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Family2family – an annual New World campaign

It's been a really tough few years for many families, so this was a great opportunity for New World to help out and we loved your support.

This year all bags raised here at NWLB will go to the @depaulhousenz - De Paul House is based here on the North Shore.

It provides housing and support services for those most vulnerable in our community, focusing on families with dependent children.

Last year we helped raise 269 bags of groceries to donate. This year our goal is 300 bags!

And for every \$20 pre-filled bag purchased here at NWLB - Marcus and Ally (Owners) will match it with a \$20 NW voucher (up to \$6000) to be donated to De Paul House

There were two ways to support this campaign. You could grab a bag from NWLB - fill up with non perishable groceries and drop back to our instore donation bin or grab a pre-filled \$20 bag and donate at checkouts.

Bags could be bought online, and

you could even swap those New World dollars into donations!

PLUS, New World will be donating \$250,000 total to be provided to City missions and local Foodbanks.

Together we can make a difference

and meet the growing need in our community!

Thanks for your support!
Cheers from Marcus, Ally and our team here at New World, Long Bay Village.



Catherine Liu & Team

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catherine.liu@raywhite.com

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U3A Browns Bay – May 2025 meeting

Living on the North Shore, we can easily take for granted getting a scan or an assessment when we are ill. What if you lived in Hokianga, East Cape or Granity? Expense, time and the impossibility of access to such things must seem overwhelming.

That's where Angel Flight comes in. From their website [angelflightnz.co.nz] we can see that their service can make these difficulties disappear. Their "customers" are not medical emergency cases [the province of the Westpac helicopter or "Life Flight"] but people like the Kaitaia baby whose serious cleft palate needed multiple trips to Auckland Hospital.

"A Cockpit Angel" will pick up the patient in his own light plane at his own expense and land that person at an airport near the needed hospital. As he lands an "Earth Angel" using his car will finish the journey, at his own expense. The "customer" can often complete the journey having had the procedure and be home again in one day.

Other situations are also resolved such as the two young lads from the far country area who were able to spend Christmas with their mum who was with their desperately ill baby brother in Auckland Hospital. Angel Flight's motto is "Improving lives, one flight at a time".

78 pilots [two of them helicopter pilots] 85 drivers and 108 other volunteers run this service on the proverbial "shoe string". In 2024 they assisted 43 children and 111 adults. They



ANGEL
FLIGHT

are looking for more customers and a major annual sponsor who could get naming rights for \$10,000 a year.

The website will tell you who to contact if you have ideas.

Our Special Interest Genealogy Group assists members to trace their families. One member found that one of his ancestors met her death in 1878 when the steamer, Princess Alice collided with the empty steam collier Bywell Castle. The ship was cut in half and over 500 people drowned in the polluted water of the Thames.

Interested in joining u3aBrowns Bay?

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

Or phone our Information Officers:

Anne Gough: 027 3210729

Coleen Carmichael 022 310 0384

Restore Hibiscus & Bays welcomes you

Community Planting Day STREDWICK RESERVE



Saturday 14th June
10 AM – 1 PM

36 Caversham Drive, Torbay

What to bring: Gardening gloves, clean spade (if you have one) and water and snacks.

For more information and full event details:
restorehb.org.nz/planting-days



With many hands the work will be done
He rau ringa, e oti ai



Restore
Hibiscus & Bays



Restore Hibiscus & Bays欢迎您

社区种植日 地点: STREDWICK RESERVE



周六 14th 六月
上午10点至下午1点
36 Caversham Drive, Torbay

携带物品: 园艺手套、干净的铁锹 (如果有的话) 以及水和零食。

有关更多信息和完整的活动详情:
restorehb.org.nz/planting-days



人多力量大



Restore
Hibiscus & Bays



How Yoga Helps Reset Your Nervous System—and Why It Matters

In today's fast-paced world, our nervous systems are often in a constant state of overdrive. This chronic activation of the sympathetic nervous system—the fight-or-flight response—can lead to anxiety, poor sleep, fatigue, and even long-term health problems. That's why it's so important to regularly reset and care for the nervous system—and yoga offers a powerful, holistic way to do just that.

Yoga helps regulate the nervous system by activating the parasympathetic branch, often called the “rest and digest” mode. Through mindful movement, controlled breathing, and meditative focus, yoga creates conditions that promote calm, balance, and recovery.

Breathwork (pranayama) is one of yoga's most effective tools for nervous system support. Slow, conscious breathing soothes the vagus nerve, reduces stress hormones like cortisol, and tells your brain and body that you're safe. Movement also plays a vital role: gentle, flowing postures such as those found in yin or restorative yoga help release physical tension and shift the body into a relaxed state.

Equally important is the mental reset that yoga offers. Mindfulness and meditation quiet the mind, reduce activity in the fear centre of the brain (the amygdala), and create new neural pathways that reinforce a sense of safety and



physical and emotional signals, helping you respond to stress with more clarity and ease.

Caring for your nervous system is foundational to well-being. It supports emotional resilience, improves cognitive function, strengthens immunity, and reduces inflammation. Most importantly, it helps you live with greater connection—to your body, your breath, and the present moment.

Incorporating yoga into your routine, even just a few minutes a day, is a powerful step toward nervous system balance. It's not just about flexibility or fitness—it's about creating a sustainable path to inner calm, improved health, and a more resilient you.

Ready to feel calmer and more grounded? Join us at Yoga Sanctuary for classes that support your nervous system from the inside out.



Yoga Sanctuary

Yoga Sanctuary Intro Offers:

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

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

sign up: www.yogasanctuary.co.nz
ph/txt: 021 110 3399, email: hello@yogasanctuary.co.nz
Studio: First Floor, 1 Montrose Terrace, Mairangi Bay



Boating Safety Code

The 5 ways to be safe on the water

- Everyone wears a lifejacket, even the skipper. It's not just the kids or the newbies. A safe crew is one that pulls on lifejackets.
- Always take 2 waterproof ways to call for help. Phone fallen overboard? Out of range? It always pays to have a back-up form of communication.
- Check the marine forecast. The weather can change in an instant, so arm yourself with the latest information.
- Leave the beers at home. Alcohol and water don't mix. Why not celebrate your catch when you come ashore? Know the local conditions and bylaws to keep you and your crew safe.

1. Listen and look ahead

You must keep a good lookout at all times.

It is your responsibility to stay alert for other boats, swimmers, dive boats, kayaks, hazards and obstacles. Keep focused on the water ahead, especially when travelling at speed.

2. Keep a safe speed

Travel at a safe speed, taking into account the boat traffic in the area, weather conditions and when visibility is limited. Operate at a speed that allows for the time and distance necessary to *avoid* a collision.

Always check the effect of your wake. You must not create a wake that causes unnecessary danger to other boats or people.

3. Respect the give way rules

When two boats are approaching each other, one has the right of way. The other boat must give way and pass astern (behind). To determine who has right of way, consider the vessel type:

If power meets power

- Powerboats must give way to those on the starboard (right) side
- When meeting head on, powerboats must turn starboard



If power meets sail, paddle or rowing craft. With exception to specific displays, powerboats must give way *unless* the craft is overtaking.

If sail meets sail. A sailing boat must give way to another sailing boat if the wind is blowing from its port (left) side or if it is windward (upwind) to the other sailing boat.

4. Give way when overtaking

5. Keep clear of big ships

Tides		June 2025										(Murrays Bay)	
		LOW		HIGH		LOW		HIGH		LOW			
Sun 01		05:07	0.6m	11:16	2.9m	17:19	0.5m	23:40	3.0m				
Mon 02		06:03	0.7m	12:08	2.8m	18:12	0.7m						
Tue 03		00:33	2.9m	06:57	0.7m	13:00	2.7m	19:08			0.8m		
Wed 04		01:26	2.8m	07:51	0.8m	13:55	2.6m	20:06			0.9m		
Thu 05		02:19	2.7m	08:43	0.8m	14:50	2.6m	21:04			0.9m		
Fri 06		03:09	2.7m	09:34	0.8m	15:46	2.6m	21:58			0.9m		
Sat 07		03:59	2.6m	10:24	0.8m	16:40	2.6m	22:48			0.9m		
Sun 08		04:46	2.6m	11:11	0.8m	17:29	2.6m	23:33			0.9m		
Mon 09		05:32	2.6m	11:56	0.8m	18:15	2.7m						
Tue 10		00:16	0.9m	06:17	2.6m	12:38	0.7m	18:57	2.8m				
Wed 11		00:58	0.8m	07:01	2.6m	13:19	0.7m	19:38	2.8m				
Thu 12		01:39	0.8m	07:45	2.7m	13:59	0.6m	20:18	2.8m				
Fri 13		02:21	0.8m	08:27	2.7m	14:38	0.6m	20:57	2.9m				
Sat 14		03:04	0.8m	09:10	2.7m	15:18	0.6m	21:39	2.9m				
Sun 15		03:48	0.7m	09:53	2.7m	15:59	0.6m	22:21	2.9m				
Mon 16		04:33	0.7m	10:37	2.7m	16:43	0.6m	23:06	2.9m				
Tue 17		05:21	0.7m	11:23	2.7m	17:29	0.6m	23:54	2.9m				
Wed 18		06:10	0.7m	12:12	2.7m	18:20	0.7m						
Thu 19				00:44	2.9m	07:01	0.6m	13:04	2.7m	19:17	0.7m		
Fri 20				01:37	2.9m	07:55	0.6m	14:01	2.7m	20:18	0.7m		
Sat 21				02:32	2.9m	08:52	0.5m	15:03	2.8m	21:21	0.7m		
Sun 22				03:29	2.9m	09:50	0.5m	16:07	2.9m	22:22	0.6m		
Mon 23				04:28	2.9m	10:50	0.4m	17:09	3.0m	23:21	0.6m		
Tue 24				05:28	3.0m	11:48	0.3m	18:07	2.9m				
Wed 25		00:18	0.5m	06:27	3.0m	12:44	0.3m	19:03	3.1m				
Thu 26		01:13	0.5m	07:25	3.0m	13:37	0.2m	19:55	3.2m				
Fri 27		02:08	0.5m	08:20	3.0m	14:28	0.3m	20:46	3.2m				
Fri 28		03:01	0.5m	09:13	3.0m	15:18	0.3m	21:36	3.2m				
Sun 29		03:53	0.5m	10:03	2.9m	16:06	0.4m	22:25	3.1m				
Mon 30		04:44	0.6m	10:51	2.9m	16:53	0.5m	23:13	3.0m				

Times adjusted for Daylight Saving.



Torbay Friendship Club

Our beautiful summer seems to have been here yesterday, but where have the last five months gone?

Have you got your fire on the burn and your winter woollies out yet? With autumn fast losing its grip to winter we are all starting to feel the cold creep in during the early mornings and evenings.

If your bones are starting to ache, your mood is out of sorts, lighten up, join our "warm" Friendship club and feel the warmth of the members. Have a cup of tea and chat together with new friends and listen to our interesting talks.



Our speaker in May, was Guy Slocum, an ex Fighter Pilot who spoke on Emergencies and Ejections. What an interesting career he had in the North Sea with 4 ejections in his 12 years with the Royal Air Force. He gave an insight into what it takes to protect a country and come out alive.



Not only do we have a monthly general meeting, but you can participate in various activities throughout the month if you so wish. Friendships are being forged amongst club members with different people having tea or lunch or even a game of rummy outside of the club activities.

Your willingness to participate makes it easy to integrate and become part of a group of people with like interests.

We welcome you to our next meeting on the 12 June at 10am at the Torbay Community Hall – look forward to meeting you and introducing you to your new friends.

For more information, contact either: Liz Yeats 0274 754 423 or Delphine Pearson 0220729813



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TORBAY COMMUNITY LABORATORY NEEDS YOUR SUPPORT



For many years, our local community laboratory has been proudly supported by Awanui Labs (formerly Labtests). However, as of 1 April 2025, this funding has been discontinued. Recognising the importance of an on-site blood collection service, Torbay Medical Centre is eager to continue providing this vital resource.

This facility has been a real asset—not just for our patients, but for the wider Torbay community. It offers convenient access, booked appointments and MUCH shorter wait times compared to larger centres. The friendly expertise of our long-standing phlebotomist, Cheryl, who ensures every visit is smooth and stress-free – she's AMAZING!

We are committed to continuing this service, but we can't do it alone. Your support is crucial. By choosing to book your blood test appointments with the Torbay Community Lab, you're helping to sustain a resource that benefits everyone in our area. This fabulous service is a \$10 charge, (\$6 with community services card) after the funding cut.

Let's keep this community service thriving—together.

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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

When is Being “Too Tired” a Problem?

One common cause of less apparent energy is aging itself. But there are other common causes of this feeling. The most common is lack of proper rest. If you do not get seven to eight hours of sleep, expect to be tired and fatigued. Another is doing too much; working or playing hard without resting properly. It is normal to get worn out in this way and become fatigued. Paradoxically, if one does too little -- the couch potato syndrome -- this also leads to feeling fatigued. Too much caffeine during the day results in loss of sleep at night and fatigue during the day. Too much alcohol leaves one with a dreariness the following day and a form of fatigue. Finally, there are a host of medications that we may be taking that have as a side effect, drowsiness, which is like fatigue.

If you are not getting enough sleep, then get enough by trying to be regular in time of retiring and getting up. If you are doing too much to too little, then do the opposite. For example, moderate exercise on a regular basis is a very good treatment for couch potato syndrome. If medicines are the problem, talk to your physician about substitutions with a medicine that does not cause fatigue in you. Today there are often many good medicines that can be used for treatment of a medical problem that vary in their degree of side effects, especially drowsiness.

Some fatigue that persists for over two to four weeks and is new to you, can be associated with a medical problem.



Fatigue is a very vague and non-specific symptom that accompanies many diseases. So if your fatigue is new and persistent then seek medical advice.

Another very common cause of chronic fatigue is depression. This is treatable but needs to be diagnosed by a professional. Anxiety will lead to chronic fatigue and needs evaluation and a method of treatment. Grief and stress tend to be time dependent, but both lead to chronic fatigue and can be combated by counselling.

The bottom line is that being tired or fatigued is expected more as we age than when we were young. There are things we can do to restore some of that old vim and vigour, but there are some conditions that might cause this that require our seeking medical help. Be alert if you are fatigued!

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Answers Page 38



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H	N	S	A	S	L	T	O	R	R	S	O	L	S
O	E	E	S	H	V	D	U	O	O	I	C	A	A
E	D	L	H	I	E	E	S	Y	W	C	H	D	G
N	N	P	V	N	L	T	T	W	T	N	I	E	E
I	I	A	I	G	T	R	O	E	R	A	C	L	V
X	T	S	L	T	T	O	N	N	O	R	A	P	S
E	S	O	L	O	A	I	H	R	F	F	G	H	A
O	U	S	E	N	E	T	C	S	V	N	O	I	L
I	A	H	H	D	S	H	H	N	D	A	E	A	L
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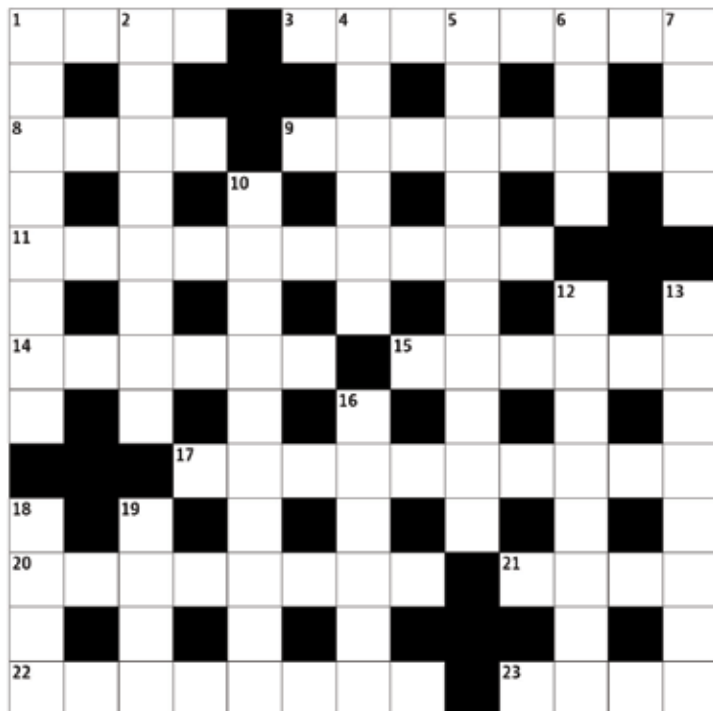
WORD PUZZLE

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

LUNCHEON

20 good, 25 very good, 30+ excellent

CROSSWORD



Across

- 1 Part of a sleeve (4)
- 3 Examined differences (8)
- 8 Change position (4)
- 9 Not military (8)
- 11 Devilish (10)
- 14 Lots of money (6)
- 15 Midpoint (6)
- 17 Ancestral chart (6,4)
- 20 Replaced with newer version (8)
- 21 Untruthful person (4)
- 22 Remaining (8)
- 23 Look with sexual intent (4)

Down

- 1 Reduction in position (8)
- 2 Healthy consumption of fruit and veg (4,1,3)
- 4 Egyptian god (6)
- 5 Civilian detective (7,3)
- 6 Short, sudden attack (4)
- 7 Wet and cold (4)
- 10 Smuggled items (10)
- 12 Dying from lack of food (8)
- 13 Practise for a performance (8)
- 16 Movie theatre (6)
- 18 Speech with rolling letter R (4)
- 19 Stone, bronze or iron (4)

SUDOKU

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

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Matariki

Matariki, the Māori name for the Pleiades star cluster, holds significant cultural importance in New Zealand, marking the Māori New Year and a time of renewal and reflection.

It is observed when the cluster rises in the midwinter night sky, signifying a transition from the old year to the new.

Traditionally, Matariki was used to guide navigation, determine the best time for planting, and remember the deceased.

- Matariki is the Pleiades star cluster, a prominent celestial object visible in the midwinter night sky.
- Its rising signalled a new year and a time for reflection and planning for the future.

Cultural Significance:

Matariki was a time to remember and release the spirits of those who had passed away, who were believed to join the stars.

It was a time to reflect on the past,



celebrate the present, and look ahead to the future.

Families and communities gathered to feast, sing, and dance, sharing the bounty of the harvest.

Matariki connects Māori people to the land, the skies, and the cyclical nature of life.

The stars were used to guide navigators across the oceans and to determine the best time to plant crops based on the appearance of the stars.

While Matariki traditions had declined in the 20th century, there has been a resurgence of interest in recent years. In 2022, Matariki was recognized as an official public holiday in New Zealand.

It continues to be a time for cultural celebration, reflection, and renewal, connecting New Zealanders to their heritage and traditions.

Happy Matariki!

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When Aging Tests Family Plans.



Gus and Jan had been married for thirty years, but it was second time round for them both, with children from previous marriages. They had set their wills up so that if one of them died, the other received all of the assets and then when they both died, half of the assets would go to Gus' children and the other half would go to Jan's. They also had enduring powers of attorney in place, each appointing their eldest child for both property and personal care and welfare.

Gus' health had started to decline, and it was getting to the point where Jan could no longer manage him at home. It wasn't just his physical capacity, but his mental capacity was reducing rapidly. Jan talked to Gus' eldest daughter who held his power of attorney, and they agreed that it was time for Gus to go into care. They made an appointment with the GP to have Gus' capacity assessed and then started to look at potential places for him to go to.

Gus and Jan owned their own home jointly and had some funds on term deposit. The income from the term deposit was used to supplement their pension. After attending a meeting at WINZ, Jan realised that Gus wouldn't qualify for the residential care subsidy as they had too much money in the bank. She would need to pay for Gus' care from their savings. But within 18 months of paying for his care, he would likely qualify for the government subsidy as their funds would be depleted to the allowable minimum by then.

However, even when receiving the government subsidy, to receive the level of care that Gus' daughter wanted for him, there would need to be a significant top up of funds from Gus and Jan's savings.

Jan discussed the situation with her own children. Her middle son, Matt, raised that he didn't think it was fair that if most of Jan and Gus' savings went to pay for Gus' care, then when Jan and Gus both died, Gus's children would still get a half share in the assets that would be left at that time. He wanted Jan to change her will so that Gus' children would get a smaller portion of what was left when they both died. There was also a concern that if all the savings were used to pay for Gus' care, what would happen then? Would Jan have to sell the family home and buy something cheaper so that Gus' care could still be paid for beyond the subsidised level? Or perhaps she could get a reverse equity mortgage so that she could stay in the home and pay the money back when the property was sold. Matt thought that both options would make things even more unfair for him and his siblings.

The conversation left Jan feeling unsettled. She and Gus had worked hard to ensure that there was harmony between their two sets of children. Jan worried for the future but to pacify Matt she went to see her lawyer about changing her will so that her children would get a greater share of the joint assets once she and Gus both died. Her lawyer explained that when she and Gus made the wills they had made "mutual wills". This meant they had agreed that they would not change their wills without the consent of the other. The lawyer said that if Jan did change her will then Gus' children would have a very good claim that she wasn't able to change her will to reduce the amount that they would receive.

Jan and Gus' situation highlights the uncertainties that can arise as we age. Gus and Jan thought they had all their key documents sorted – wills and powers of attorney. While we cannot plan for every eventuality the twists and turns of life can mean that the best laid plans can go awry.



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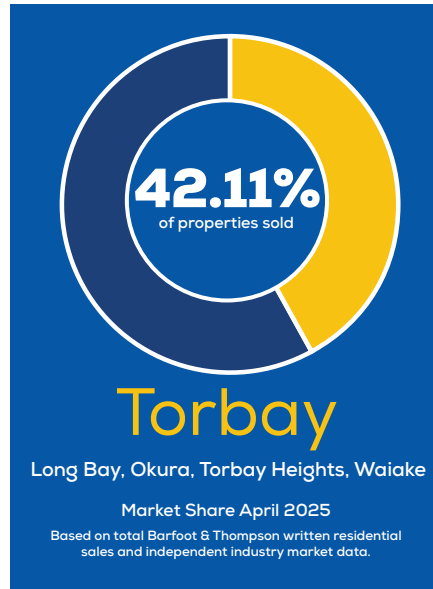
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