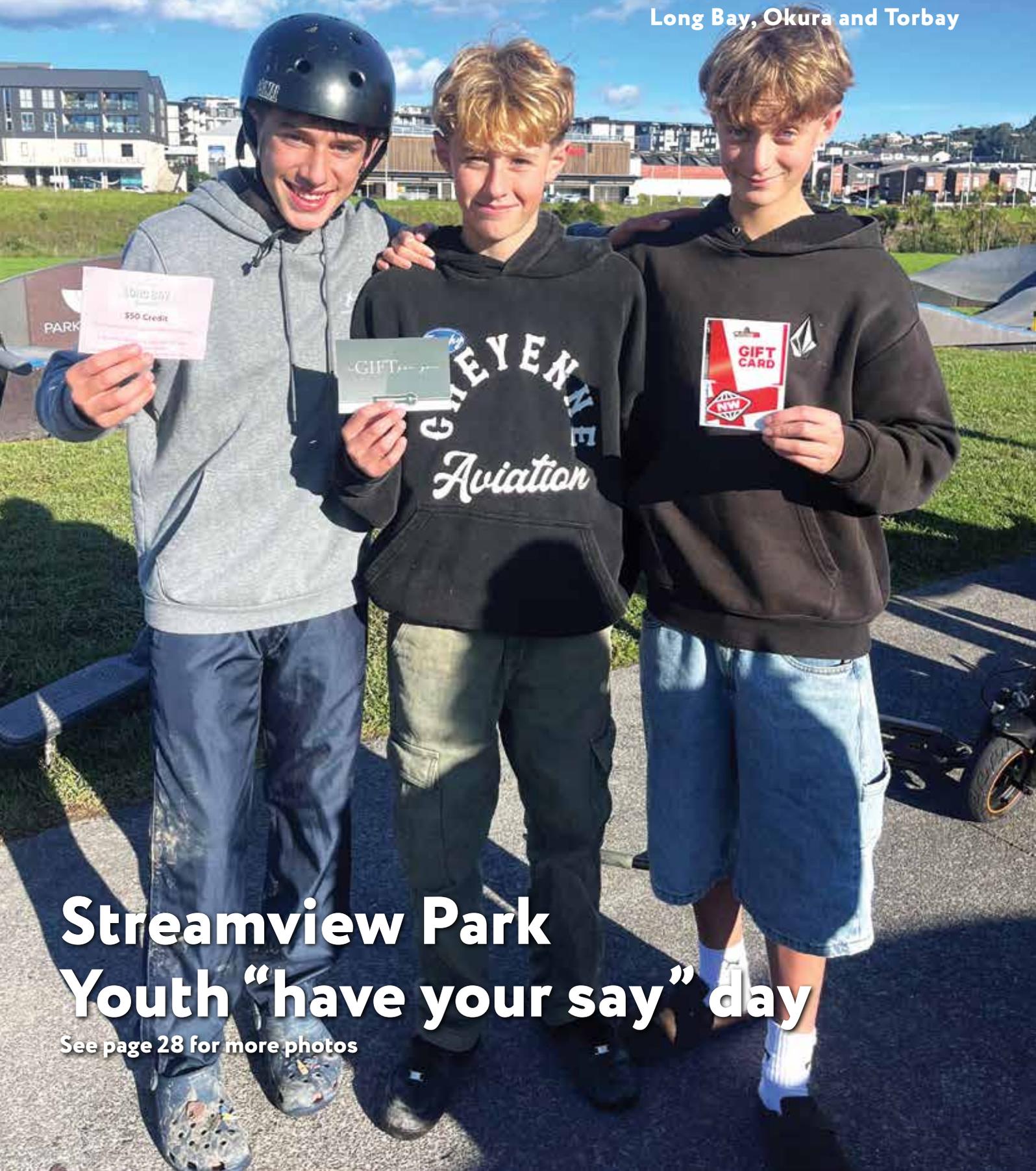


focus

Issue 39
July 2025

on community

Long Bay, Okura and Torbay



Streamview Park Youth “have your say” day

See page 28 for more photos

BARFOOT & THOMPSON

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Geraldine Zareian

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g.zareian@barfoot.co.nz



Rolling into Learning: Young Inventors Explore Wheels, Toys and Technology

One of the things we love most about Long Bay Primary School is the way our students dive headfirst into their learning, and our Year 2 students have been doing exactly that this term with a fantastic inquiry into inventions – Room 7 had a special focus on one of humanity’s simplest, yet most important creations: the wheel.

As part of their technology learning, our clever students have been exploring how the wheel has changed lives, how machines and vehicles have evolved over time, and how inventions help people solve problems and meet their needs. A real highlight was a trip to MOTAT, where students got to see toys from the past and think about how things have changed from when their parents were young. They were even challenged to go home and question their parents about the toys they used to play with - often with amusing results.

Back at school, the real fun began when students worked in pairs to design and build their very own wheeled toys. It wasn’t always easy – there were wobbly wheels, ‘sticking things together’ challenges, and plenty of trial and error



– but what a great example of problem-solving and perseverance in action!

Patrick and Huxley made a fire truck because, “we like fire engines!” After a few wheel mishaps, they managed to stabilise their creation and were rightly proud of the result. Marama crafted a wonderful model of a cat riding in a car. “The wheel keeps falling off,” she admitted, “but I’ve got a plan to fix it so the cat has a nice ride.”

Ada and Betty showed plenty of imagination with their double-decker bus and carriage, complete with a special seat for bunnies – “so they can get around in our bunny bus.” While Haiyu and Olivia built a boat designed to float and move through water. “The hardest part was using the glue gun to stick the mast in place,” they shared.

What impressed us most was how students weren’t just making toys – they were thinking like designers and engineers. They planned, tested, refined, and reflected. They learned that technology isn’t just digital devices but clever ideas that solve everyday problems.




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Content of this magazine.

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

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Please contact Carole on

473 3259 or email

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

editor's letter

Well June certainly brought some weather surprises with unexpectedly cold spells and the rain and thunder which disrupted sleep and travel plans.

However, it didn't stop the keen young people from trying out the Pump Track at Stream View Long Bay.

Situated just the other side of the roundabout, Local Board have brought the pump track to Long Bay and, despite the weather they were out in force enjoying the challenges while biking, skating or scootering around the track.

It was great fun to watch the concentration as they went and the rivalry between friends to do the fastest time.

On 2nd July we can, if we choose, celebrate world UFO day, for all of those among us who enjoy scanning the skies, both at night and during the day.

7th July is world chocolate day, and I am sure that will be really popular, as I know very few people who do not like chocolate!

For me 10th July is a special day of celebration as Keith and I celebrate our 60th wedding anniversary. Despite the fact it was summer in the UK the day was wet and cold, bit like winter in New Zealand.

In an age where people are getting married later there will be less couples able to celebrate this special anniversary- so we intend to make the most of it!

July will be the last time I publish with 40 pages, as from August we will be 48 pages! This is because so many of you want to be part of this magazine which so reflects our community.

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
- ♦ 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.
- ♦ Included in our competitive fees structure:
 - Formula milk (up to age 2 years)
 - 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

The Benefits of Journaling

Through history there have been many famous journalers, Ann Frank is probably one of the most famous. Her journal gives to us such a graphic picture of her life and times, that we may not have known about.



When you write down your memories it's a strategy that has helped brilliant, powerful and wise people become better at what they do.

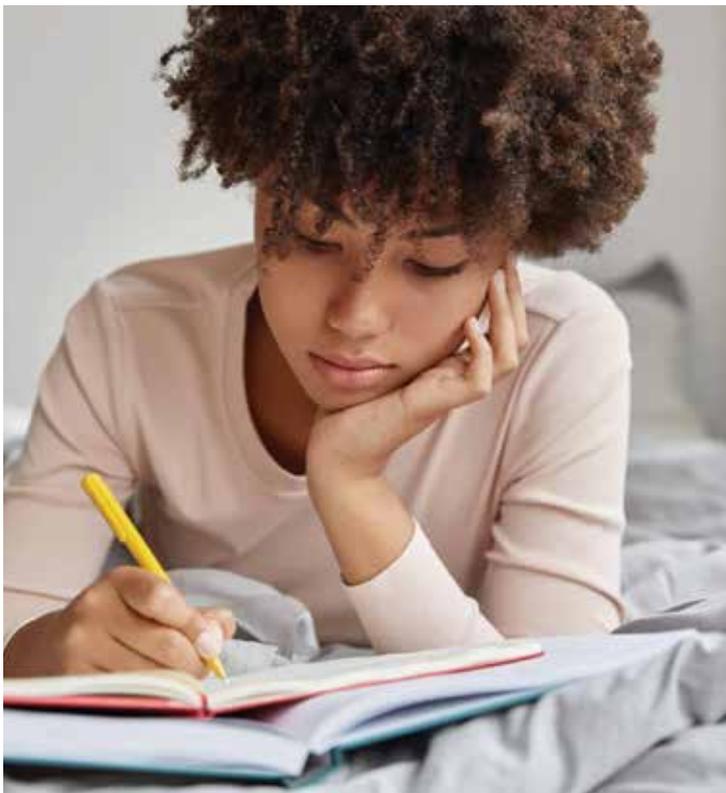
Through words you are able to practice your principles, be creative and purge your mind. It is part of who you are and will help shape who you will become.

Benefits

- It is somewhere to record your innermost thoughts.
- Once written you can leave worrisome thoughts behind.
- Your grandchildren will love to read about the "young" you.
- It will remind you in your future where you have come from and see what you have achieved.

How to start

- Start small, no need to do a chapter each night.
- Brainstorm your ideas, sometimes good to look back over.
- Don't be afraid to reveal how you are feeling.
- Don't worry if you skip a day (or two).
- Great for looking back to track events.
- It's a bit like a diet, you start, leave and come back to, and that's just fine - it's your journal!



Local Expertise | Local Knowledge | Results



Top Awards
Achiever
for Torbay



Wendy's update

According to Peter Thompson, Managing Director of Barfoot & Thompson, May 2025 was an exceptional month with sales – up 27.3 percent on those for April. Buyers are recognising that we're potentially at a turning point and are taking advantage of the prices on offer and the lower interest rates – an excellent opportunity to get your home to the market!

If you are thinking of selling and YOU ARE curious how the new CV's might impact the value of your property I offer experience, knowledge and insights into the different market trends to maximise your sale – give me a call to discuss further,

Kind regards, Wendy

Torbay/Waiake *May 2025*

 <p>105</p> <p>PROPERTIES FOR SALE</p>	 <p>23</p> <p>PROPERTIES SOLD</p>
 <p>\$700,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$1,695,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe
021 772 070

w.radcliffe@barfoot.co.nz

Friendship Club visit Sculptureum in Matakana

It started out as a fairly miserable day as we all gathered at the bus stop. The journey to Sculptureum in a nice warm bus, gave the mood an uplift, and as we arrived at our destination the skies cleared, and the sun showed its bright face. Our welcome wasn't particularly friendly (I guess the grey skies had got to the host as well). We were there to enjoy ourselves and dispersed into the beautifully laid out areas with plants, trees and interesting sculptures placed among the landscape. After some time taking in the beauty and taking leisurely breaks for chats, we, thinking this was the end of our visit arrived back at the entrance only to find another "Hidden Garden" to explore. We all meandered along the boardwalk, "ooing" and "ahhing" at the remarkable sculptures and art displays. One of our members had a good conversation with Mark Twain.

What a lovely day out, we hopped on the bus, with a lot of chatter and excitement about the next excursion eventually alighted into the real world.

Friendship New Zealand Inc. was founded in 2014 as a New Zealand organisation specifically for members to pay affiliation fees to a New Zealand based group rather than an offshore group. FNZI has numerous Clubs throughout the Country and is the umbrella that keeps us together.

The Torbay FC always has interesting speakers at our monthly meetings which are held on the 2nd Thursday of



David Taylor having a discussion with Mark Twain

each month in the Torbay Community Hall at 10 am. There are great groups to join in the weeks between meeting and the excursion and some real good friendships have been formed.

In this world of uncertainty – you can always be certain that the Torbay Friendship Club will have your back.

Our next general meeting is on the 10th July -we look forward to seeing you there.

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



A group having a chat in the gardens

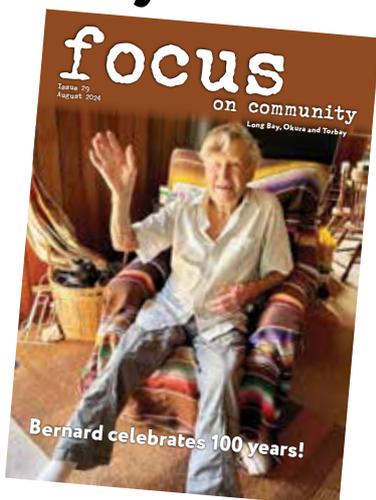


Lunch at Matakana

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



Spotlight on Wheke/Octopus

Along our intertidal rocky shore, we occasionally meet a wheke/octopus! Most commonly, the Gloomy or Common Sydney Octopus, *Octopus tetricus*. Masters of disguise due to their soft bodies, this species is easily identified by their distinct orange-rust red arms and 'gloomy' white irises. These eyes, and nearly every other surface of their body, can change colour thanks to special cells known as chromatophores. They can even raise their skin to form papillae, imitating seaweed around them! Each of their 8 arms (not tentacles) are controlled by its own "brain", functioning independently with suction cups covered in fine taste buds. We often find them hiding under rocks and ledges, waiting for the tide to return so they can continue hunting, manipulating and tasting their environment, looking for crustaceans, gastropods and bivalves to eat. All wheke discoveries are special. Some individuals are more inquisitive, interacting with our



cameras, whereas others will remain out of sight, pulling in hard objects like shells to cover and protect themselves. Observing and just being present to witness their behaviour can be so rewarding. If you encounter a wheke on the rocky shore, make sure it is as respectful and animal-centred as possible.

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Keeping warm this winter

There have been many suggestions in the media recently about heating your house, washing your clothes and cooking your meals in an economical way and there is a special website called Winter Saving tips - but closing the curtains early may not relieve the pressure of paying for these ever-increasing power bills.



The Citizens Advice Bureau has helpful information on how to understand your electricity bill, how to check if you are on the right power plan, how to change your plan or your provider, and how to get financial assistance.

If you find that you are struggling with your power bill, we can discuss with you if you are eligible for the power credits scheme or for assistance from Work and Income.

We can provide access to information from the Ministry of Social Development on Keeping warm and healthy this winter and there is a booklet from Consumer NZ about Finding money in weird places. We are also able to refer you to Budgeting Advice or work through the sorted.org.nz website with you.

At Browns Bay we have volunteers who speak Korean, Cantonese and Mandarin and have telephone access to other language speakers. Do get in touch and keep warm!

CAB Browns Bay location

Community Centre
2 Glen Rd, Browns Bay

Mon-Fri: 9 am to 3 pm

P: 09 479 2222

E: brownsbay@cab.org.nz



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Clear Your Chest, Clear the Way to Recovery

When you're fighting a viral infection, chest symptoms like congestion, phlegm, and a heavy, tight feeling can slow your recovery and drain your energy. Clearing your chest isn't just about feeling better—it's a vital step toward healing.

Why is chest clearance important?

During a viral or respiratory infection, your body produces excess mucus as a defence mechanism. But when mucus builds up, it can trap bacteria and prolong the infection, making symptoms worse and increasing the risk of complications like bronchitis or pneumonia.

By clearing the chest, you help your lungs function more efficiently, improve oxygen flow, and reduce the strain on your body. It also helps ease coughing, reduce wheezing, and restore comfortable breathing—so you can get back to sleeping well, staying active, and feeling like yourself again.

Natural remedies and supportive treatments like steam inhalation, expectorants, and herbal chest tonics can all help loosen and expel mucus safely.

Don't ignore chest symptoms—support your body's recovery. The sooner you clear your chest, the faster you breathe easier, recover faster, and get back to doing what you love. Your lungs will thank you.



Breathe Easy with Harker Herbals – Chest Clear & Deep Lung Support

Rediscover the power of natural respiratory care with Harker Herbals Chest Clear and Deep Lung Support, trusted by New Zealand families for generations. Crafted with potent herbal extracts, these plant-based tonics are designed to support your lungs and soothe your airways—naturally.



Chest Clear helps to loosen stubborn mucus and phlegm, making it easier to clear the chest and relieve congestion. Ideal during winter ills or seasonal allergies, it supports healthy breathing and soothes irritated airways.

Deep Lung Support works deeper, targeting the lower respiratory tract to help cleanse the lungs and support long-term respiratory health. It's especially beneficial for those exposed to smoke, pollution, or who experience lingering chest tightness after colds or flu.

Formulated with powerful ingredients like elecampane, horseradish, and eucalyptus, these tonics are free from synthetic additives and alcohol. Suitable for adults and children over 12 months, they're your natural first line of defence.

Pop in and see our friendly team at Unichem Torbay Pharmacy for advice on what Harker's product is best for you.

Opening Hours

Monday to Friday
Saturday

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

Norwegian Aqua: A Dazzling Debut on the Caribbean Seas

By Mary Buckley, Shore Travel

I was fortunate to experience the inaugural sailing of Norwegian Aqua, the stunning new addition to Norwegian Cruise Line's Prima class. Set to cruise the Caribbean year-round, Aqua blends spacious elegance with incredible onboard experiences, and sets a new benchmark for contemporary cruising.

The ship feels modern and thoughtfully designed, with stylish accommodation—even the standard staterooms are spacious and beautifully appointed. For those after luxury, The Haven offers an exclusive "ship within a ship" experience, complete with concierge, private sundeck, and lavish suites (the duplex suites are spectacular!).

Aqua's outdoor spaces shine. Ocean Boulevard offers infinity pools, shallow lounging pools, and plush seating options with sweeping sea views. The Glass Bridge and multiple



outdoor decks invite guests to explore and unwind.

Activity lovers are in for a treat—everything from mini golf and slides to the thrilling Drop (a dry vertical slide!) is included, with only the Aqua Game Zone requiring a fee. The digital mini golf and immersive Glow Court were standouts.

Evenings are electric. The Aqua Theatre's lineup was among the best I've seen at sea, with highlights including Rumours (Fleetwood Mac tribute) and Revolution (a Prince celebration). After shows, the Aqua Club transforms into a dance floor with themed parties and vibrant DJ sets.



Health and wellness offerings are top-tier. The two-storey thermal spa area is serene and expansive, with hot and cold therapy zones, and a large gym and daily fitness classes add to the wellbeing appeal.

Aqua is around 10% bigger than Norwegian Bliss, bringing new destinations to the Caribbean. Pre- or post-cruise stays in New Orleans or Miami (think theme parks!) make for a perfect pairing.

For fun, flair and relaxation—Norwegian Aqua absolutely delivers.

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Rotary Browns Bay

Rotary is an international organisation that is over 100 years old and has over a million members.

In the old days it was very much a businessmen's association, but over the years Rotary has adapted to embrace men and women from all walks of life who want to make a difference in the world. Amongst the 28 members of our club we have a couple of real estate agents, two travel agents, a fashion designer, a former school principal, a retired pharmacist, a pastor, a couple of engineers, an ex-policeman, a former Plunket Nurse, people from the insurance industry... and as well as working to help our community, we are friends who enjoy each other's company with a variety of social events.

The only criteria for becoming a Rotarian in 2025 is a commitment to helping others and to serve your community.

If you have a special talent that would transfer into a way of serving the community, Rotary provides an excellent channel to direct your energies. We have a team of enthusiastic sewers who meet weekly and sew backpacks for children in low-decile schools and several of our members have charities that are dear to their hearts that we support. Several of our members have become involved in supporting the staff from 'Abilities' whose workplace was destroyed by fire earlier this year, and others with a passion for young people and a catering background have provided meals for a group from Otara experiencing a weekend at MERC.



Kids at Swanson School with backpacks

We have recently committed to supporting some local youth through 'Blue Light' initiatives such as a Spirit of Adventure experience and gaining a driver's licence. Next month we will be assisting Pinehill School with their 'Trees for Survival' programme. Rotary offers something for everyone.

If you are interested in finding out more about Rotary, please contact secretary@rotarybrownsbay.org.nz or phone me on 021 137 3385.

We would also love to welcome you to a breakfast meeting, 7am at the Bays Club on the first and third Tuesday of the month.

Monthly Quiz

Answers Page 38

info@rotarybrownsbay.org

1. The oldest tennis tournament in the world, and the only one still played on grass, is where
2. What happened on July 4 1776
3. On 5 July 1946 the world's first bikini was unveiled. Where
4. On 6 July 1885 the first rabies vaccine was administered. By whom
5. On 20 July 1969 who was the first person to set foot on the moon
6. Cat Stevens was born on 21 July 1946. He converted to Islam and changed his name to what
7. On 25 July 1909 Louis Bleriot became the first person to fly a plane from one country to another. Where did he fly
8. On 29 July 1981 a New Zealander performed for a world-wide audience at what occasion



Fundraising bbq

Make an escape plan

It is terrifying to safely get everyone out of a burning house when it's hot, dark and smoky. That's why you need a plan to escape your home quickly and calmly in a fire.

Ideally work out two escape plans for each room, with window catches for safety and anti-theft often windows are not able to be part of an escape plan.

So, make sure that any doors and windows needed for the escape plan are clear and easily accessible.

If you have a two-storey home think about having a safe way to get to ground level like having an escape ladder to hand.

Always keep keys in deadlocks when at home so you can get out quickly.



Make sure everyone in your home knows the escape plan for getting out of the home and off the property. If there is a fire, rather than panic, you will then know what to do.

Pick a meeting place outside the home where it is safe to call 111.

Visit www.escapeplanner.co.nz to make your plan today.

New Zealand Fire Service.



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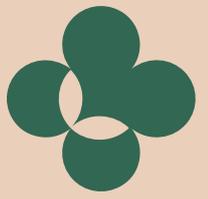
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At **Waiake Medical**, we believe great healthcare starts with kindness, understanding, and a deep commitment to your wellbeing. Led by **Dr. Andrew Murley**, our team is here to support you and your family with the care you deserve.

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

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



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Torbay Theatre News!

We were amused!

June's Club Night took the form of a Victorian Murder Mystery evening – "The Last Gasp Murder Mystery" – and everyone, including Queen Victoria herself, had a marvellous time! Everyone was assigned a role in advance and turned up in suitable costume as characters such as Lady Coddingham, the butler, caped policemen – and even a couple of Dickensian children! A fine supper provided by members of the committee sustained the little grey cells necessary to work out Whodunnit.

Next day our inbox was full of thanks and compliments for the event, including:

"Amazing unforgettable experience - The Last Gasp Murder Mystery! Thank You!!!"

What a fantastic night. I played the rude cad and rotter Phillip Ratcliffe and what a terrible person he was. I thought everybody played their part so well!!! It was so much fun. What a thrill. Could you please thank everyone for the amazing experience and sincerely apologize for the incredibly rude behavior by the person I played, Phillip Ratcliffe. I also thought the children were amazing and talented as well as Queen Victoria, police, butlers, all the ladies etc to name just a few. Totally memorable and unforgettable.

THANK YOU SO MUCH!!!"

HMS PINAFORE is cast!

Coming to a Torbay Theatre near you this September / October!

Director Peter Segrove and Musical Director Dragan Atanasov are delighted with their brand-new cast and looking forward to the next three months of fun and hard work!

For more details, or to join:

www.torbaytheatre.com

See also: Facebook/Insta, or

ph 0210-294-0630

35 Watea Rd, Torbay



Queen Victoria with her likeness, and organiser Dylan Webb (aka Sam).



The whole Victorian Whodunnit gang.

"Family Is At The Heart Of Everything We Do"

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ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

An update on happenings...

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



FRIDAY SCOOP

I have recently started a 'Friday Scoop' email that gives readers a quick synopsis of the weeks activities including local

updates. If you would like to receive this every Friday, please send my team an email to be added to the email list: ecboffice@parliament.govt.nz

ALBANY OAKS

Some may know that Albany Oaks Motel has been used as Emergency Housing since Covid. I was made aware by parents that some of the residents were causing issues across the road at Pinehurst School.

We asked parents to spread the word and I sent letters to everyone living in the vicinity of the motel, asking them to share their experiences. We also met with Kāhui Tū Kaha (the entity responsible for placing people there) and other parties affected or involved. A massive amount of information was gathered, and a letter written to the Associate Minister of Housing requesting the facility be shut down.

I'm pleased to report that the lease comes up for renewal 30 June 2025, and the Ministry has been instructed NOT to renew and to relocate everyone into long-term housing.

I appreciate that people living in Emergency Housing are in desperate need, however, when some of them pose safety concerns, they should not be housed over the road from a school.

A massive 'thank you' goes out to the Albany community for working with us to see this resolved.

EDUCATION

A number of Education announcements have been made recently including the promise of new classrooms for Canterbury and Central North Island schools. We will also be providing families with more choice by investing in new learning support classrooms throughout New Zealand for children with high needs so they have fit-for-purpose, safe spaces to learn.

We want to grow, promote and support the education workforce who deliver real change every day in the



classroom. I'm pleased to report that the schooling teacher workforce grew by 2.5% in 2024, delivering 1,864 new teachers, the largest year-on-year increase since records began in 2009.

We're seeing growth across the board. Every region has more teachers than it did a year ago, with particularly strong increases in South and West Auckland, Waikato, Bay of Plenty, Wellington and Canterbury. That's a clear sign our reform of the education system is giving people the confidence to choose teaching as a career.

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,

A handwritten signature of Erica Stanford in blue ink.



@ ecboffice@parliament.govt.nz

(09) 478 0207

www.EricaStanfordMP.co.nz

1/8 Beach Front Lane, Browns Bay



Dacre Cottage and the Weiti Block

We had a very successful AGM in May. The present committee was re-elected. Our new constitution was approved and has been accepted by the Incorporated Society.

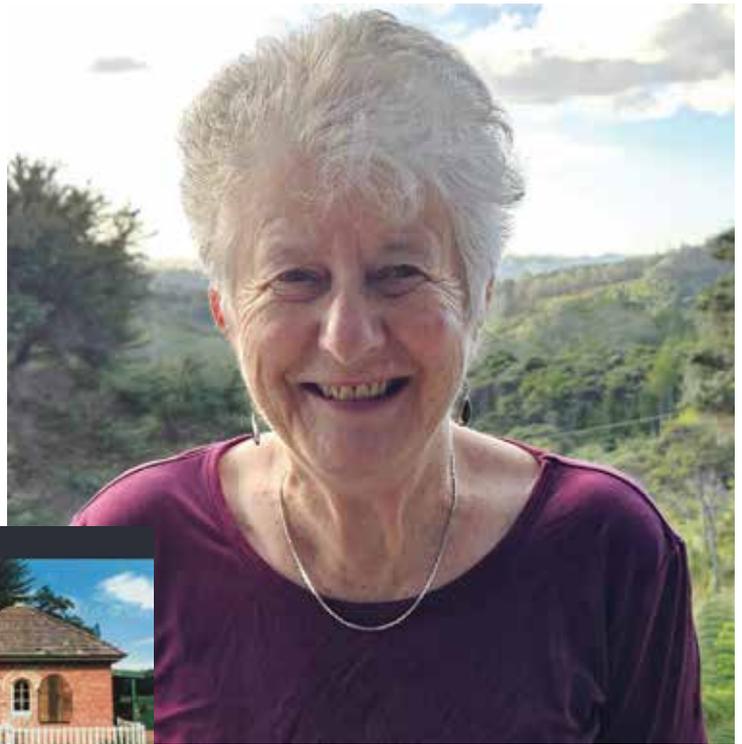
We had 2 speakers. Julia Parfitt (Local Board) who has been involved with the Vaughan Homestead since we restored it. She spoke about the history and the future with the Council.

Then Felicity Goodyear-Smith spoke about her new book 'Dacre Cottage and the Weiti Block'. The Dacre family were the next door neighbours of the Vaughans and the Cholmondeley-Smiths so she has chapters on the relations of the Dacres with our locals.

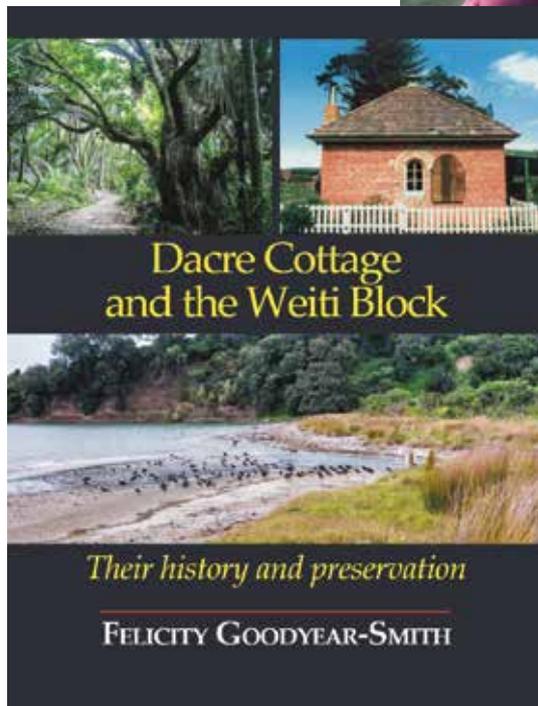
Author grew up in Campbells Bay

Felicity Goodyear-Smith grew up on Auckland's North Shore going to school on the North Shore and then to medical school at the University of Auckland.

She practised medicine in the Hokianga and Whangarei before going to England and was a GP in a village in South Wales and then Kingston, Jamaica, before returning to New Zealand to be GP in Freemans Bay. She is currently a professor of general practice at the University of Auckland, her alma mater. For many



Felicity Goodyear-Smith



years Felicity has been assisting the Dacre Cottage Management Committee in the upkeep of Dacre Cottage and Historic Reserve. Given a box of archival material to review led to her writing *Dacre Cottage and the Weiti Block: their History and Preservation*.

We are continuing to have working bees at the Vaughan Homestead and would welcome newcomers. Contact us by phone our website or facebook.

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

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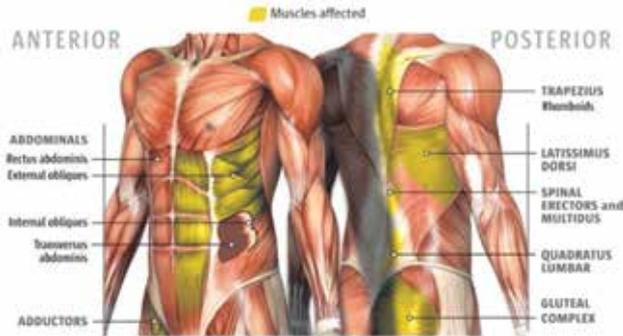
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Torbay Garden Club

Winter arrived suddenly with an icy blast in early June, but now past the shortest day we are looking ahead to spring. Matariki was celebrated at our June meeting again this year with a selection of hot homemade soups and bread rolls. Despite the wet windy weather, the atmosphere inside was warm, friendly and relaxed. After savouring our fine selection of soups and chatting with friends, we listened to an interesting talk by John Bell, a member of Hibiscus Coast Garden Club. John demonstrated the propagation method of air layering, a new technique to most of us in which new plants are induced to grow while still attached to the original plant. A small, healthy hibiscus plant with a pencil - sized stem was ringbarked by cutting around the stem through the cambian or bark layer twice, about two inches apart.

John then scraped away all of the bark between these two cuts making sure there was none left. Rooting hormone was painted on this exposed stem then packed with damp sphagnum moss held in place with a special 'layering ball' fixed tightly over the moss. John then covered this completely with a layer of black plastic tied securely in place. He said roots should form in several weeks, when it can be separated and planted. John also demonstrated growing plants from cuttings dipped in hormone and placed in a 50/50 perlite vermiculite mixture and watered well.

In another departure from our usual format, it was our members who had fun discussing and judging our colourful exhibits. The prizewinners were chosen by our votes, the results correlating closely with those of our qualified judge, Graham Milne, who was welcomed back after an extensive overseas trip.

We will be celebrating our 72nd birthday in July with a lunch at the Bays' Club in Browns Bay. **We would love to share these experiences with you; if you are interested in joining Torbay Garden Club, visit our website at torbaygardenclub.co.nz or call us on 020 41983906.**



In the garden in July: If your soil is sodden, plant vegies such as salad greens, spinach, bok choy in pots on a sheltered deck. Onions are best sown direct in the garden as they resent disturbance. Plant colourful annuals such as pansies, polyanthus and primulas in pots to lift your spirits over winter. Feed spring bulbs with a side dressing of bulb food. New roses can be planted now and existing ones should be pruned by the end of the month.

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Location: Auckland, NZ

An Italian meal

Lasagne

This is a great family favourite. I always make my own pasta (lucky enough to have an electric pasta machine) but shop bought dried works just as well. This is another meal that can be made one day for the next and just warmed through.

Ingredients

1 pack sheet lasagne
2 tins chopped tomatoes
2 onions
1 pepper
300gms mushrooms
500gms ground beef
2 cups milk
1 tablespoon plain flour
Salt
300gms grated cheese
Packet chilli con carne mix

Method

Chop onions and peppers and fry



until soft. Add the beef mince and fry until cooked. Add the mushroom and fry for 2 minutes.

Add the tinned tomato and I use a packet mix chilli con carne to flavour.

In a saucepan place milk and plain flour and a dash of salt. Heat, stirring

until thickened.

Begin by layering the mix with the lasagne sheets and the white sauce.

Finish top layer with the meat and veg mix.

Sprinkle with grated cheese and bake at 195°C for 50 minutes.



The best garlic bread ever

I like to use a French stick, but you can use any rolls or even thick chunks of sliced bread. It's a great way to use up stale bread. Cut bread into pieces and lay on a baking sheet.

Melt 200 grams butter and add 1 tablespoon crushed garlic.

Spoon over bread and bake at 200°C for 12 minutes.

For added luxury add grated cheese over top when the garlic butter has been poured.

Tiramisu

This popular Italian dessert is easy to make. For the best results I always make the previous day and leave in the fridge overnight.

Ingredients

1 pkt Lady fingers (New World at Long Bay have them)

2 cups strong coffee and a dash of Baileys.....

1 tub of mascarpone cheese

500gms of cream - whipped

Cocoa powder to sieve over top when finished

Method

Place the lady fingers in the coffee and then make first layer.

Cream the mascarpone and cream together and add a layer of whipped cream mixture.

Repeat until all the lady fingers and cream mixture is used up.

Sieve cocoa over top and pop into fridge overnight.



25 Years of Learning, Friendship and Fun at u3a Browns Bay

Our Silver Jubilee meeting began with reminiscences from five past presidents. We were reminded of great speakers [e.g. Siouxie Wiles, Peter Beck of Rocket Lab] and how we have advanced with technology. In 2000 we posted newsletters to our members, now all are emailed. Many members have mastered Power point and use it regularly. Our website speaks to the public about what we do. We can enjoy high quality presentations at our meetings because of the quality equipment we now own. During Covid, our study groups met on Zoom and seven open meetings were held in the same way. This presented us with all sorts of learning opportunities.



The Jubilee cake was cut by Thelma, one of our most active members.



Past presidents: Glen Plaistow, Monette Ewen, Geoff Haycock, Fay Weatherly and Maureen Whineray.



The lunch was accompanied by music played by the Baritonics, a subset of the Auckland Ukulele Orchestra, led by Avon Hansen-Beadle. Our president is a member of this group. We thank our committee who did a great job in organising such an enjoyable and informative occasion.



An entertaining quiz followed featuring questions about u3a, Browns Bay and the number 25. Quiz master: Stuart Gaze and president Val Lloyd



The morning concluded with a delicious self-catered lunch.

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Whats on at Albany Library in July!

School Holiday Program

We're reaching for the stars these school holidays!

Come along to our Matariki Astronomical Talk to explore the stars through telescopes.

Learn and try Chinese Hanfu (traditional clothing) or Instruments in our workshops.

Soar through the skies with the science of aircraft & robots or conductors and parachutes.

Booking is essential and available on Humanitix through the QR code.

Engage your creativity and join one of our craft workshops to create a piece of art. Booking is essential and available on Humanitix through the QR code.

Join the recreators for poi or octopus making workshops! Booking is essential and available on Humanitix through the QR code.

Albany Village library
JULY SCHOOL HOLIDAYS
28TH JUN - 13TH JUL

TUESDAY 1ST JULY 6PM-8PM (AFTER LIBRARY CLOSE)
MATARIKI ASTRONOMICAL TALK WITH TELESCOPES, FAMILY EVENT

WEDNESDAY 2ND JULY 11AM-12.30PM
FUSING MELTY BEADS WORKSHOP
SCAN QR CODE FOR RESERVATION

THURSDAY 3RD JULY 2025 11AM-12.30PM
AIRCRAFT & ROBOTS WORKSHOP
SCAN QR CODE FOR RESERVATION

FRIDAY 4TH JULY 11AM-12PM CHINESE HANFU WORKSHOP, FAMILY EVENT

MONDAY 7TH JULY 2PM-4PM
POI MAKING WITH RECREATORS
SCAN QR CODE FOR RESERVATION

TUESDAY 8TH JULY 11AM-12PM
CHINESE INSTRUMENT WORKSHOP, FAMILY EVENT

WEDNESDAY 9TH JULY 11AM-12.30PM
CONDUCTORS AND PARACHUTE WORKSHOP
SCAN QR CODE FOR RESERVATION

THURSDAY 10TH JULY 10AM-12PM
OCTOPUS CREATION WITH RECREATORS

FRIDAY 11TH JULY 10AM-11AM
QUILLING PAPER WORKSHOP
SESSION1 AGE 8+
SCAN QR CODE FOR RESERVATION

FRIDAY 11TH JULY 11.30AM-12.30PM
QUILLING PAPER WORKSHOP
SESSION2 AGE 8+
SCAN QR CODE FOR RESERVATION

Auckland Council
Te Kauhanga o Tāmaki Makaurau

Albany Library 30 Kell Drive Albany.

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

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Celebrating Young Talent at Long Bay College

We're thrilled to celebrate the winners of Long Bay College's 50th Anniversary Art Competition—a showcase of incredible creativity and talent.

Georgina took out the overall winner title with a stunning piece that captured both artistic skill and emotion. Bayleigh was named 1st runner-up, and Riley earned 2nd runner-up, both impressing judges with their unique styles and powerful work.

We were proud to sponsor the prizes for this special event and support young artists in our community. Congratulations to Georgina, Bayleigh, and Riley—your talent is truly inspiring!



Our
CLIENTS WORDS

Exceptional Service from a Truly Professional Agent - Ming & Team from Harcourts!

I cannot recommend Ming & her team highly enough! From start to being sold, their professionalism and dedication made the entire selling process smooth. What stood out most was their attention to detail. For example, Ming Liu insisted on "less is more" when we tidied up our house before listing on the market. Her team member Rainey even helped us buy the bark for the backyard garden, which led to the property being marketed effectively. Their prompt communication and regular updates kept us informed at every stage. They gave us step-by-step guidance and advice, which we truly appreciated and felt our home was in trustworthy hands. Ming Liu is not only professional, reliable and strategic but also genuinely cares about their clients' best interests. Thanks to their hard work, we achieved a fantastic result! For anyone seeking a reliable, detail-oriented, and results-driven agent, look no further. Five stars without hesitation!

Bin (Vendor) Sold on 20 May 2025

Exceptional expertise.. exceptional results!

Ming Liu is a real estate virtuoso! With unwavering dedication, expert guidance, and a keen understanding of our needs, she masterfully navigated the sale of our home and helped turn our dream property vision into a reality. By truly listening and understanding what mattered most to us, she delivered an exceptional experience. As a long-time resident of Long Bay, her in-depth knowledge of the local market and communities was invaluable. Her active involvement in the community added to her expertise. Her intuitive balance of proactive support and thoughtful space earned our utmost trust. Exceptional professionalism, communication, and care defined every step. We wholeheartedly recommend her to anyone seeking a truly exceptional real estate experience.

Radwa (Vendor & Buyer) Sold on 15 Apr 2025

First Class Experience

As newcomers to NZ we found the process of house purchase so different from our previous experience elsewhere. We were helped enormously by Ming Liu - yes, working for the vendors - but always providing painstaking support to us throughout. Ming's energy and skills in communication are exceptional. Her responsiveness at all times of the day has been unique in our extensive experience of dealing with estate agents in the UK and Spain. Thank you, Ming!

Richard and Jo (Buyer) Sold on 14 Apr 2025

Our
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6 Turutu Place
Long Bay

17 Tawatawa Street
Long Bay

11 Tuatini Place
Long Bay

2/30 Firth Road
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52 Kumukumu Rd
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- No 9 Salesperson | Harcourts NZ | 2023 - 2024
- No 11 Salesperson | Harcourts International | 2023 - 2024



East Coast Bays Library News:

On 9th of June we welcomed our wonderful new library manager Hao Zhang. Hao has come to us from Albany Library where she was the library manager. She also used to work at East Coast Bays library over 10 years ago, when you may remember her friendly, lively spirit and entertaining preschool sessions. Welcome back Hao!



You'll see new toys in the library too. A fabulous new trainset table in the children's area and foosball table in the teen space. We also have a range of new boardgames – that you can use while in the library – ask your friendly librarian today about how to access the children's board games.

What's happening in the library this month?

Matariki School Holidays

We have a great line-up of events planned for tamariki and rangitahi in the July school holidays to cater for all, including Matariki themed activities, sustainable crafts, escape rooms, eye spy cabinet, zine making for teens and more. Check out the full programme on the Auckland Libraries website, Our Auckland website, our Facebook page, or pick up a printed programme in the library.

Brain Charge for Seniors

This month we launch a programme aimed to help seniors keep their brains fit.

Brain Charge for Seniors will be held once a month on Friday morning from 10am-11:30am. All are welcome to come along to one or more sessions and tea and Coffee will be provided.

There will be a variety of free, fun activities to exercise the mind. The first brain charge on 18 July will be a Morse Code session. Future sessions are planned for August – December.

Death Café

Saturday 19 July 2pm – 3:30pm



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–Past Parent Testimonial

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



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

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 eclibraryevents@aucklandcouncil.govt.nz to receive an e-copy of our monthly brochure.

Book Reviews from the Wednesday Book Chat:

Sorrow and Bliss by Meg Mason

This story is about a woman called Martha. She knows there is something wrong with her, but she doesn't know what it is. Her husband Patrick thinks she is fine. He says everyone has something; the thing is just to keep going. Martha told Patrick before they got married that she didn't want to have children. He said he didn't mind either way because he has loved her since he was 14 and making her happy is all that matters, although he does not seem able to do it.



By the time Martha finds out what is wrong, it doesn't really matter anymore. It is too late to get the only thing she has ever wanted. Or maybe it will turn out that you can stop loving someone and start again from nothing, if you can find something else to want. The tale is set in London and Oxford. It is sad and funny.

Careless People: a story of where I used to work

A young Dipolmat from New Zealand, Sarah Wynn-Williams sees the potential policy influence of an up-and-coming website called Facebook and knows she must get involved. Through her own stubborn determination, she gains a position in the company and this book details her endeavours throughout her 7-year career at Facebook. From starting off in an environment with little care for politics, to navigating Mark Zuckerberg's growing interest in his own influence. Careless People details the inner decisions made by people at the top of Facebook as it grows to be the media influence it is today.



This book really takes you with it into Sarah's Journey at Facebook and keeps you hooked with the inner drama and conflict within one of the world's most powerful companies. I personally read this book over 2 days as it kept me wondering what situations Sarah could possibly find herself in next as she navigates the world and the inner conflict of the company to try fulfil her vision of connection through the platform of Facebook.



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Boat maintenance

Cleaning the bottom of a boat, also known as hull cleaning, is crucial for maintaining performance, fuel efficiency, and preventing costly repairs. A clean hull reduces drag, allowing the boat to move through the water with less resistance, leading to increased speed and fuel savings. Regular cleaning also prevents the buildup of marine growth like barnacles and algae, which can damage the hull and underwater components.



Here's why cleaning the bottom of your boat is so important:

Improved Performance:

A clean hull reduces drag, allowing the boat to move through the water with less resistance. This leads to increased speed and better handling.

Fuel Efficiency:

Reduced drag also means the engine doesn't have to work as hard, resulting in lower fuel consumption.

Prevention of Damage:

Marine growth like barnacles can attach to the hull and cause pitting, corrosion, and other damage that can be expensive to repair.

Cost Savings:

By maintaining a clean hull, you can avoid the high costs associated with hull repair, engine problems caused by



blocked intakes, and increased fuel consumption.

Environmental Protection:

A clean hull minimizes the risk of spreading invasive marine species to new areas.

Regular Cleaning:

If your boat is kept in the water, regular cleaning, even with anti-fouling paint, is essential.

Professional Cleaning:

Consider professional hull cleaning services for thorough cleaning and inspection.

DIY Cleaning:

You can clean the hull yourself using appropriate tools like a long-handled brush, scraper, and cleaning solutions.

Antifouling:

Consider using antifouling paint to help prevent marine growth but note that it's still important to clean the hull regularly.



Tides July 2025 (Murrays Bay)

	LOW		HIGH		LOW		HIGH		LOW	
Tue 01	05:33	0.6m	11:39	2.8m	17:41	0.6m				
Wed 02			00:00	2.9m	06:21	0.7m	12:26	2.7m	18:31	0.8m
Thu 03			00:48	2.8m	07:09	0.7m	13:15	2.6m	19:23	0.9m
Fri 04			01:35	2.7m	07:57	0.8m	14:07	2.5m	20:18	0.9m
Sat 05			02:23	2.6m	08:47	0.8m	15:02	2.5m	21:14	1.0m
Sun 06			03:12	2.5m	09:38	0.9m	15:58	2.5m	22:07	1.0m
Mon 07			04:02	2.5m	10:30	0.8m	16:52	2.5m	22:57	1.0m
Tue 08			04:52	2.5m	11:20	0.8m	17:41	2.6m	23:44	0.9m
Wed 09			05:43	2.5m	12:07	0.7m	18:27	2.7m		
Thu 10	00:29	0.9m	06:32	2.6m	12:51	0.7m	19:10	2.8m		
Fri 11	01:13	0.8m	07:19	2.6m	13:34	0.6m	19:52	2.9m		
Sat 12	01:58	0.7m	08:05	2.7m	14:15	0.5m	20:34	2.9m		
Sun 13	02:42	0.6m	08:49	2.8m	14:57	0.5m	21:16	3.0m		
Mon 14	03:27	0.6m	09:33	2.8m	15:39	0.4m	22:00	3.0m		
Tue 15	04:12	0.5m	10:18	2.9m	16:23	0.5m	22:45	3.0m		
Wed 16	04:59	0.5m	11:03	2.9m	17:10	0.5m	23:32	3.0m		
Thu 17	05:47	0.5m	11:51	2.9m	18:00	0.6m				
Fri 18			00:21	3.0m	06:37	0.5m	12:43	2.8m	18:56	0.6m
Sat 19			01:13	2.9m	07:30	0.5m	13:40	2.8m	19:57	0.7m
Sun 20			02:09	2.9m	08:28	0.5m	14:43	2.8m	21:01	0.7m
Mon 21			03:08	2.8m	09:29	0.5m	15:49	2.8m	22:05	0.7m
Tue 22			04:10	2.8m	10:31	0.5m	16:53	2.9m	23:06	0.7m
Wed 23			05:13	2.8m	11:32	0.4m	17:52	3.0m		
Thu 24	00:04	0.6m	06:14	2.8m	12:29	0.4m	18:47	3.0m		
Fri 25	01:00	0.5m	07:11	2.9m	13:21	0.3m	19:38	3.1m		
Sat 26	01:53	0.5m	08:04	2.9m	14:11	0.3m	20:27	3.1m		
Sun 27	02:43	0.5m	08:53	2.9m	14:57	0.3m	21:13	3.1m		
Mon 28	03:30	0.5m	09:39	2.9m	15:41	0.4m	21:58	3.0m		
Tue 29	04:15	0.5m	10:23	2.9m	16:24	0.5m	22:41	2.9m		
Wed 30	04:58	0.6m	11:05	2.8m	17:07	0.6m	23:23	2.8m		
Thu 31	05:40	0.6m	11:48	2.7m	17:51	0.7m				

Times adjusted for Daylight Saving.

Fitzwilliam Drive Reserve walk

This beautiful scenic reserve is a great spot for a short nature escape on the North Shore.

Enjoy a walk through the bush - the gravel track is up and down with some steep sections which can be challenging.

There are also a few sections of steps so is not suitable for prams or those with accessibility needs.

During the walk you will find ferns, nīkau palm, rimu and lancewood trees, and rewarding views near the top.

On-road parking is available at the main entrances next to 76 Fitzwilliam Drive, 19 Emlyn Place and 332 Glenvar Road.

Information from Great Auckland walks.



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Streamview Park - youth have your say day



Great to see so many people at the Youth Park Have Your Say session today! Thanks to Auckland Council for organising plus those amazing Long Bay businesses who sponsored the prizes - New World, Kinfolk, November Eatery, Long Bay Surf Club and any others we've missed. Excellent to see and chat with our Hibiscus and Bays Local Board members Alexis and Victoria too. Photos including some of the prize winners attached. Please Have Your Say online by 27th June:

<https://akhaveyoursay.aucklandcouncil.govt.nz/streamview-way-youth-park>
Long Bay Residents Association



Why Yoga is One of the Best Things a Teenager Can Do

Teenage years can feel like a whirlwind. With school pressures, social media, changing bodies, and the emotional highs and lows of growing up, it's easy for young people to feel overwhelmed or disconnected. That's where yoga can be a powerful anchor—a simple yet transformative tool that not only helps teens cope with the challenges of adolescence but sets them up for a grounded, healthy adulthood.

More Than Just Stretching

Many people still think of yoga as just flexibility training or gentle stretching. But for teenagers, it can offer so much more. Regular yoga practice helps improve posture (particularly important for tech-heavy lifestyles and hours spent on screens), strengthen the core, build body awareness, and boost confidence in a non-competitive environment.

Yoga also teaches breath awareness and mindfulness—powerful skills that teenagers can use to regulate stress and anxiety, reduce overwhelm during exams, and improve sleep and concentration. In a world that moves quickly and constantly demands attention, yoga helps teens slow down, turn inward, and build emotional resilience.

Styles to Suit Every Teen

There's no one-size-fits-all approach to yoga, and that's a good thing. Energetic teens may enjoy Vinyasa or Power Yoga, which build strength and focus through dynamic movement. Those needing balance or calm might prefer Hatha or Yin Yoga, where longer holds and breathwork offer stillness and reflection. Restorative yoga is especially



Carrying Yoga Into Adulthood

By starting young, teens learn more than how to move well—they begin to understand the value of self-care, awareness, and intentional living. Yoga fosters patience, kindness (toward themselves and others), and emotional intelligence. These qualities will serve them far beyond the mat—into relationships, study, work, and the challenges of adult life.

Encouraging teenagers to explore yoga now is more than giving them a tool for today—it's setting the foundation for a lifetime of wellbeing. Yoga Sanctuary is offering a special concession pass for teenagers and tertiary students. Enquire to learn more.

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



Community Planting Day at Stredwick Reserve

On Saturday, 14th June 2025, volunteers from the Long Bay Chinese Association, alongside community members and Restore Hibiscus and Bays, gathered at Stredwick Reserve for a special Community Planting Day.

In just three hours, the team planted 600 native trees and plants, helping to restore the natural habitat for local wildlife and enhance the beauty of the reserve. The event was a great success, with participants of all ages getting their hands dirty, learning about native plants, and enjoying the chance to connect with nature and each other.

This planting day builds on the ongoing partnership between Restore Hibiscus and Bays and the Long Bay Chinese Association. Since 2022, they have worked together through regular monthly volunteer days to plant over 2,000 native trees, clear invasive weeds, and protect the stream and pond ecosystems in the reserve.

We plant trees and weeding to help create a greener, healthier community. Everyone is welcome join our regular working bees, held from 10am to 12pm on the second Saturday of each month.

A huge thank you to everyone who came along to make a difference. Together, we're helping to grow a better future for Stredwick Reserve and beyond.



Stredwick保护区社区植树日
2025年6月14日星期六，Long Bay 华人协会的志愿者们与社区成员以及Restore Hibiscus and Bays的团队一起，齐聚Stredwick保护区，参加了一场特别的社区植树活动。

在短短三个小时内，大家齐心协力，共同种下了600棵本地树苗和植物，为恢复当地野生动物的栖息地、提升保护区的自然景观作出了贡献。当天活动取得了圆满成功，来自不同年龄段的参与者们亲自动手、学习本地植物知识，并在实践中与自然、与社区建立了更深的联系。

此次植树活动是Restore Hibiscus and Bays与Long Bay 华人协会长期合作的一部分。自2022年以来，大家通过定期的

每月志愿者活动，已共同种下了超过2000棵本地树苗，清理了入侵杂草，保护了保护区内的溪流和池塘生态系统

我们种植树木和除草，希望为社区打造一个更绿色、更健康的未来。我们的志愿者活动（working bees）每月的第二个星期六上午10点至12点举行，欢迎所有人加入我们，一起为这片美丽的自然家园出一份力！

衷心感谢每一位到场的志愿者，有了大家的共同努力，Stredwick保护区和我们的社区才能拥有更美好的明天！

It takes a village

A record 277 hihi/stitchbirds fledged on Tiritiri Matangi Island this breeding season, allowing many birds to spread their wings and leave the flock.

Earlier this month, 40 hihi were relocated to the Auckland Council managed Shakespear Open Sanctuary. They join Shakespear's small but thriving population translocated in 2024.

Environmental champion Councillor Mike Lee says the reintroduction of hihi to the Whangaparāoa Peninsula enables more people to see and hear them in their natural habitat.

"Thirty years ago, I was present when the ancestors of these hihi birds were introduced to Tiritiri Matangi. To be able to help release their descendants on the mainland is a conservation dream come true," says Cr Lee.

DOC Tiritiri Matangi Ranger Nick Fisenzidis agrees the translocation from island to mainland shows great outcomes for nature are possible when iwi, DOC, council, and community band together.

"They are one of Aotearoa's rarest and quirkiest birds. There is a total population of only around 2000 nationwide and they require a lot of special attention, so it takes a village!" says Nick.

"We work side by side with Ngāti Manuhiri, Auckland Council, Hihi Conservation Charitable Trust, Supporters of Tiritiri Matangi, Shakespear Open Sanctuary Society and conservation research institutions to care for these taonga."

John Ewen, Hihi Conservation Charitable Trust Trustee and Professor of Conservation Science at Zoological Society of London says hihi are nationally threatened, with Te Hauturu-o-toi Little Barrier Island holding the only naturally-surviving population since the 1880s.

"Habitat loss, the introduction of predators such as cats and rats and specimen collection probably contributed to the decline of hihi on the mainland. This season has been superb on both Tiritiri Matangi and Shakespear, likely due to lots of natural food. Flax and cabbage trees, in particular, were abundant," says John.

An initial translocation to Shakespear of 40 birds in May



2024 has been a resounding success, with at least 60 chicks fledging throughout the summer.

The council's Open Sanctuary Senior Ranger, Matt Maitland, says the support from volunteers through the Shakespear Open Sanctuary Society (SOSSI) has helped to ensure the birds can flourish.

"It's not an easy journey, being moved to a completely new site but we are working together to give the birds a better chance. A second release to Shakespear brings genetic diversity to the hihi already present, and greater security and resilience for the species against any challenges they may face in the future."

Ngāti Manuhiri Settlement Trust spokesperson Delma O'Kane says "as kaitiaki, we acknowledge the dedication of all involved in this kaupapa, from rangers and conservationists to the local community.

"It is through their unwavering commitment to pest control, monitoring, and habitat restoration that both Tiritiri Matangi and Shakespear Regional Park continue to thrive as a sanctuary for our native flora and fauna."

Auckland Council Conservation Department



Torbay & Long Bay Medical Centres

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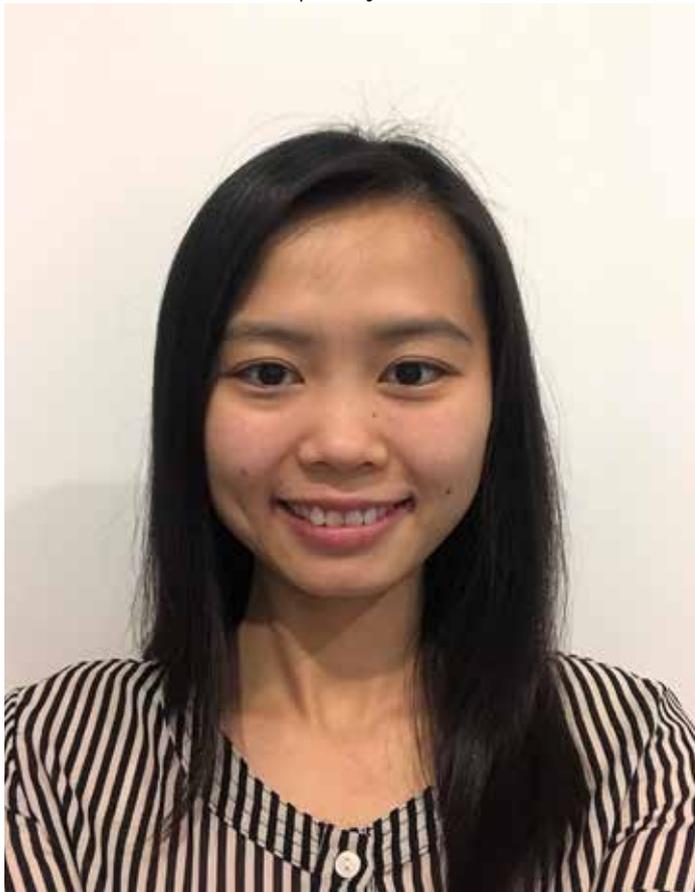
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Manage My Health

INTRODUCING MAGGIE CHUA

As a Health Improvement Practitioner, Maggie is dedicated to supporting individuals in making meaningful, positive, and sustainable improvements to their health and wellbeing. She offers personalized guidance across a broad range of areas, including

- Making healthier choices, including eating and exercise
- Improving sleep quality
- Managing stress and emotional wellbeing and
- Building motivation to overcome life's challenges.

For those living with long-term health conditions, Maggie provides tailored support to develop practical strategies that help manage symptoms and enhance overall quality of life.

A promotional graphic with a yellow background. It features a magnifying glass icon in the top right, a target icon in the center, and a circular inset photo of Maggie Chua. The text asks if the viewer is struggling with sleep, stress, or lifestyle, and offers a free 30-minute consultation.

Are you struggling to sleep?
Feeling overwhelmed by stress?
Looking to embrace a healthier lifestyle?
Eager to boost your overall well-being?

Ready to prioritise your health?

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Don't wait—discover the path to a healthier you today.

****This service is available exclusively to enrolled patients at these clinics.



Torbay and Long Bay
Medical Centre

She can also assist in connecting you with social services and relevant community resources when needed.

Maggie offers a FREE 30-minute appointment to discuss your individual needs and goals. Available Monday through Thursday, appointments can be arranged by contacting reception. To learn more or to book your free Health Improvement Practitioner session, please call 09 477 9000. Together, you can take meaningful steps toward a healthier, more balanced life.

**To book your free Health Improvement Practitioner session
call Torbay Medical Centre 09 477 9000**

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

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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 dreeness 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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- ▶ 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
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T	A	E	O	I	O	G	A	E	W	I	R	E	T
T	T	R	H	T	O	E	I	A	A	R	I	E	A
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S	A	W	T	P	E	A	I	N	A	A	U	T	I
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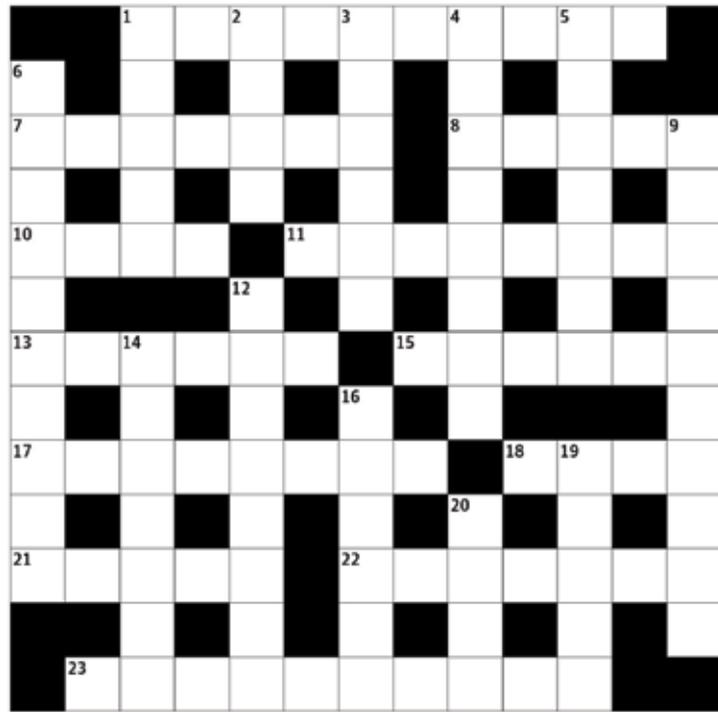
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|--------------|-----------|-------------|----------|
| HEKETARA | KAURI | PITTOSPORUM | PONGA |
| TAWA | RATA | GRISELINIA | KOHUHU |
| MIRO | KAHIKATEA | MATAI | RIMU |
| POHUTUKAWA | KAWAKAWA | PINE | KARO |
| KOWHAI | TUAKURA | PURIRI | REWAREWA |
| CABBAGE TREE | LANCEWOOD | MANUKA | |

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

GARDEN

30 good, 35 very good, 40+ excellent

CROSSWORD



Across

- 1 Deny the truth of (10)
- 7 Boot addition for walking on ice (7)
- 8 Church governing council (5)
- 10 Relative standing or position (4)
- 11 Irresponsible, sloppy (8)
- 13 Mythical monster (6)
- 15 Cover for holding loose papers together (6)
- 17 Elegant, refined (8)
- 18 Make a hole in something (4)
- 21 Closely compacted (5)
- 22 Grappling hook (7)
- 23 Surprised unpleasantly (10)

Down

- 1 Series of metal links (5)
- 2 Back of the neck (4)
- 3 Leased property (6)
- 4 Word blindness (8)
- 5 Compete in order to win (7)
- 6 Officially recognised (10)
- 9 Untidy, badly organised (10)
- 12 Anticipated (8)
- 14 Weapons store (7)
- 16 Decides the winner (6)
- 19 Possessed (5)
- 20 Difficult (4)

SUDOKU

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

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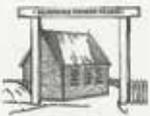
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We are in need of more volunteers to keep our Village alive and well. There are lots of ways you can help

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Call into the Village any weekend (10am to 3pm) to find out more—we would love to see you at



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or let us know you are interested and we will get back to you
email: pioneervillage1968@gmail.com or tel: 09 426 8272

Imagine: A Restored and Regenerating Vaughans Stream Corridor!



The Vaughans Stream Team working bees have started and we had 25 keen volunteers at our May meetup, dealing with the exotic intruder trees around the smaller pond.

Our next working bee is Sunday 20th July, please meet across the road from Dynamic Physio.

If you can't go along to this one, there will be more so email your name and mobile number to longbayra@gmail.com saying you are interested in helping with the Vaughan's Stream project.

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>.

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The Effects Of Diminishing Capacity.

Jenny, Dan and Tania's father had died five years ago. Their mother, Iris, was now in her late 70's and while she was physically well, they had really started to notice her mental capacity starting to decrease.

Iris and her late husband had owned their home and investment portfolio in a trust they had set up in the 1990s. They also had an investment property they had purchased in their own names which had been passed to Iris by way of survivorship when her husband died. Iris' daughters could see their mother slipping and thought now was the time for her to move into a retirement village. Iris was fine with that decision, although her son, Dan, was reluctant. After many weeks of looking around various villages with her daughters, Iris paid a deposit on a unit in a village that was in the community that Iris had been living in for many years. They booked an appointment to see Iris' lawyer.

Iris' lawyer explained how the occupation license worked and that it was something that the trust couldn't purchase. It had to be purchased in Iris' name. The lawyer explained that the trust could lend the money to Iris for the purchase but that she would need the consent of the trustees of the trust to do that. The trustees of the trust were Iris and Dan, who had been appointed as a trustee after the death of his father. At that point, the girls were concerned. Dan hadn't been keen for Iris to go into a retirement village because of the costs over time. He thought she was well enough to continue in her own home. He was very keen to preserve all trust assets for the next generation.

The lawyer also mentioned Iris' diminishing capacity. She explained that under the new trust laws, people could not be trustees once they no longer had mental capacity. As Iris' trust deed was an old one, if she lost capacity, then Dan would be the remaining trustee with the power to appoint new trustees. Because of the way the trusts had been set up and decisions made as to who would be trustees of the trust after their father died, Jenny and Tania now had absolutely no say in how

they could help their mother move into care that was more appropriate for her current needs.

The lawyer then talked about enduring powers of attorney and how important they were at all stages of life. Iris had fortunately put those in place years ago. Jenny and Dan were jointly attorney for property and Tania was attorney for personal care and welfare. Jenny then became concerned that she may not be able to work with Dan given his position in relation to the trust and his mother's care going forward.

Iris and her husband had appointed Dan to come on as a trustee when Iris' husband had died, but perhaps had not appreciated the different view Dan might hold to his sisters. They had done everything right with having powers of attorney in place as well, but there may have been no thought given as to how that might impact the trust.

This scenario highlights the need to understand all the aspects of your asset planning. Sometimes the decisions you make around your powers of attorney will have an impact on who has the power to say who the trustees of your trust are if you lose capacity. In some trusts, that has no impact at all. In other cases, if you die, then the make up of the trustees will be different again. It is so important to take specialist advice to ensure that all facets work well together.

Diminishing capacity is becoming more of a talking point with an aging population. It is so important to continually review your affairs to ensure that you have a plan which works cohesively with all family members in all events - whether you are alive and functioning, alive with diminished capacity or deceased.



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



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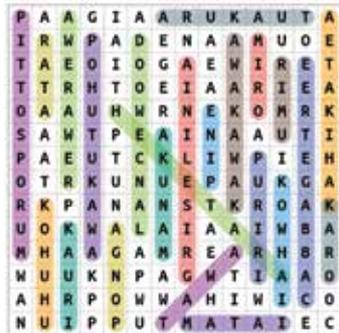
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Puzzle Answers



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

Word Puzzle

age, aged, and, anger, are, danger, dare, darn, dean, dear, den, drag, dreg, ear, earn, end, era, erg, gander, garden, gear, gen, grade, gran, grand, nag, nard, near, nerd, rag, rage, raged, ran, rand, rang, range, ranged, read, red, rend

Did you know?

1. The wired cage that holds the cork in a bottle is called an agraffe?
2. The "na na na" and "la la la" which don't have any meaning in a song are called vocables?
3. When you combine an exclamation mark with a question mark it is called an interrobang?
4. The space between your nostrils is called columella nasi?
5. The armhole in clothes where the sleeves are sewn is called armscye?
6. The condition of finding it hard to get out of bed in the morning is called dysania?
7. Legible handwriting is called griffonage?
8. The utter sick feeling you get when you have eaten, or drunk, too much is called crapulence?
9. The dot over an i is called a tittle?
10. Your tiny finger, or toe, is called your minimus?



Quiz Answers

1. Wimbledon, UK
2. 13 American colonies declared their independence from Britain
3. In Paris
4. Louis Pasteur
5. Neil Armstrong
6. Yusuf Islam
7. From France to England
8. The wedding of Prince Charles and Diana Spencer in Westminster Abbey

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★★★★★ **5 Star Rated** by Rate My Agent

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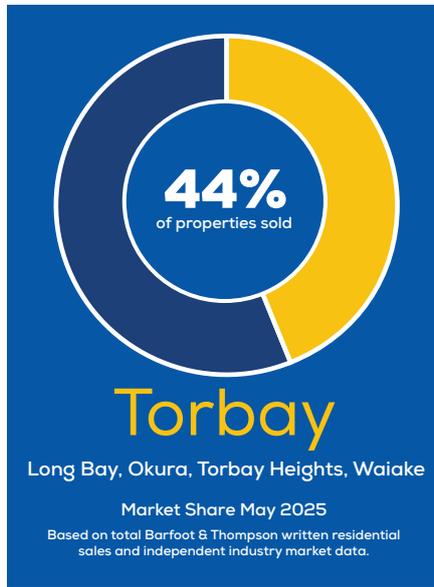


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