

focus

Issue 40
August 2025

on community

Long Bay, Okura and Torbay



**David and Pat resay “I do”
60 years later**

See page 17

MATT CORIN

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Paul Spoonley - Officer of the New Zealand Order of Merit

Long-term Torbay resident, Paul Spoonley was made an Officer of the New Zealand Order of Merit in the 2025 King's Birthday Honours.

Paul grew up in Havelock North until he went to university. After degrees from a number of New Zealand and British universities, he was appointed to a lecturing position at Massey University in 1979 and moved to the Albany campus in 1994 to be part of the senior management.

He became Pro Vice-Chancellor of the College of Humanities and Social Sciences and he retired in 2021 with the title of Distinguished Professor.

He was then appointed as an advisor to the Police Commissioner and then as Director of the Centre for Countering Violent Extremism by PM Ardern. Both positions have now come to an end.

Paul is the author or editor of 29 books, including a biography of Ranginui Walker and "The "New" New Zealand: Facing Demographic Disruption".

He is a Fellow of the Royal Society of New Zealand and a Fellow and Board member of Auckland Museum. He was a Fulbright Senior Scholar at the University of California Berkeley and has been a Research Fellow at



the Max Planck Institute in Germany. He was made a Paul Harris Fellow by Rotary and given the award by Brown's Bay Rotary.

Paul's honour comes in recognition of his contribution to Sociology and his research, teaching and publishing over many years. He remains a regular

contributor to the media.

His leisure time is spent in kayak fishing and mountain biking, with an interest in football (his son, Jacob, an All White, remains involved in football).

One day, he might get to retire!!!



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Content of this magazine.

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

Cost of advertising.

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

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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

I am so excited about this issue of Focus on Community. We are now a bumper 48 pages!

We had to go bigger to include all your news and to accommodate all those wishing to advertise.

It feels a bit different. This is because we have had to drop the middle pages to a slightly thinner paper. This was done to keep the weight at an acceptable level for the delivery team. Also 48 pages at the old 90gsm makes it very hard to fold to get in the post boxes.

You will see that we now have a double page of quizzes for all those who love a puzzle and I have extended the recipe page to 2 pages, with the theme of chocolate this month. Everyone loves chocolate so it was easy to make and photograph some favourites. The chocolate log has always been a family favourite for Sunday dessert.

I have now included a page for younger people and the Children's

page has a dot to dot and a word search. Great for encouraging them to lay down the electronic devices for a time.

Then there are some great community stories. On page 3 is local Paul Spooner and his award, and another couple share their story of 60 years together on page 13.

I was interested in their story as Keith and I celebrated our 60th wedding anniversary last month too, and we had a wonderful time celebrating with family and friends. The secret? Have separate interests so you have something to talk about when together as well as your shared interests.

Our shared interests are our garden, our family and friends and our faith.

Carole McMinn,
Editor



editor@focusoncommunity.co.nz | 09 473 3259

Children's Ark Early Childhood Centre

282 Glenvar Road (Long Bay Baptist Church)

Why Families Choose Children's Ark

At Children's Ark, we believe in nurturing young minds through nature, sustainability, and quality education and caregiving.

Here's what sets us apart:

✿ Experienced, Dedicated Educators

Our fully qualified and long-standing, experienced teaching team provides consistency, care, and a deep understanding of early childhood development and how children learn through play.

✿ Natural Outdoor Spaces

No fake turf here—just real grass and nature-based play areas that encourage curiosity and connection to the environment.

✿ Sustainable by Design

We use renewable, recyclable, and reusable open-ended materials that inspire creativity and minimize waste. Our commitment to sustainability even earned us a Zero Waste Award.

✿ Included in our fees:

- Formula milk provided (up to 2 years old)
- Eco-nappies supplied (up to 3 years old)
- All meals: nutritious breakfast (before 8:00am), morning tea, lunch, afternoon tea, and a late snack—prepared by our in-house cook with a degree in nutrition.
- 4 weeks/year at 50% off to use if you choose, for holidays or sick days.

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



Children's Ark celebrate Matariki

At Children's Ark we hold an annual Matariki party. Families come together at the end of a day during the Matariki period, and share baked kumara, hot chocolate, traditional crafts and a lovely time building community.

The children learn about Matariki at Children's Ark through stories, songs and planned learning experiences. We had a lovely time on a Thursday evening in June, despite the bad weather, we also held our first Scholastic Book Fair which was a very popular event.

Continued on p7



Local Expertise | Local Knowledge | Results



Top Awards Achiever for Torbay



Wendy's update

Is it time for a change? Spring is fast approaching - a great time to get your home ready for the summer months and making the move!

In Torbay and Waiake we are seeing consistent sales and less properties coming to the market. Across Auckland Stephen Barfoot reports our sales for 2025 year-to-date continue to run 20 percent higher than those for last year. The market may be drifting in terms of prices, but when it comes to sales turnover it is stronger now that it has been since sales and prices peaked in 2021. If you are ready, or, thinking about selling your home, give me a call to discuss the benefits and options Barfoot and Thompson offer you to maximise your sale.

Kind regards, Wendy

Torbay/Waiake June 2025

| | |
|--|---|
|  <p>92</p> <p>PROPERTIES FOR SALE</p> |  <p>25</p> <p>PROPERTIES SOLD</p> |
|  <p>\$685,000</p> <p>LOWEST VALUE SALE</p> |  <p>\$2,150,000</p> <p>HIGHEST VALUE SALE</p> |

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Meet Your Local Finance Experts – MTF Finance Albany

We're proud to be your local MTF Finance team right here in the heart of Albany. Franchise owners Will & Ashleigh started MTF Albany in the belief that finance should be personal, accessible, and tailored to the real needs of our local community.

"Because we're locally based, we take the time to get to know you. You won't be stuck in a call centre queue, instead you'll be dealing with real people who care. We pride ourselves on quick turnarounds, transparent lending, and going the extra mile to support our customers from the first phone call through to the final repayment" Will states.

Whether you're upgrading the family car, heading off on a well-earned holiday, tackling unexpected expenses, or even investing in a boat or jet ski to make the most of summer, MTF Albany is here to help.

The Albany team – Will, Ashleigh, Olivia and their friendly office dog Kai – understand that life doesn't always go to plan, and that having access to the right finance at the right time can make all the difference. That's why they



offer flexible lending options for a wide range of reasons, including:

- **New or used vehicle purchases**
- **Marine and leisure finance** (boats, jet skis, trailers)
- **Personal loans** for holidays, medical bills, renovations or big life moments
- **Small business needs** like new equipment or vehicles

As one happy customer put it:

"Made the whole experience stress free, well informed throughout the process. All and all would definitely refer to friends and family. Thanks again to Will and his team."

Since opening in late 2023, MTF Albany helped hundreds of locals take the next step, whether that's hitting the road in a new car, launching a side hustle, or simply gaining peace of mind during an unexpected expense.

Come in and meet the team, or give them a call for a no-pressure chat about how they can help.

As Will says, "It's about locals helping locals, not massive office towers, call centres, and offshore money. We'd love to be part of your journey"

MTF Finance Albany – 7G Triton Drive, Rosedale

09 954 1334

albany@mtf.co.nz

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Continued from p5

We made a Matariki kite, known as manu tukutuku, which holds a special significance in Māori culture and is flown during the Matariki celebrations to mark the beginning of the Māori New Year.

We also did some flax weaving known as raranga in Māori. This is a traditional art form using New Zealand flax (harakeke) to create a wide range of items, we made head dresses, bracelets and birds.



Overall it was a lovely evening of building community/ whakawhanaungatanga - the process of building and maintaining relationships, fostering a sense of connection and belonging – something that is very important to us at Children's Ark.

We thank God for all our families and pray that He blesses them in the year ahead.



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Torbay Theatre

FOCUS ON JENNY WHISKEN: Production Manager

For our upcoming production of Gilbert and Sullivan's *HMS Pinafore* we are delighted to have Jenny Whisken, who has long experience of all aspects of theatre, as our Production Manager – that is, the uber-organised person who holds all the strands of a big show together.

Jenny was practically born on stage. Her mother was an opera singer and went into labour while performing an aria in *La Traviata*. It stands to reason that a passion for performance arts would be in Jenny's genes!

She started ballet at the age of 4 and was on stage for the first time the same year as a donkey in *Pinocchio*. She went on to study Drama and Ballet as well as Modern Dance, Tap and Theatrecraft. After a brief career as a professional dancer, she founded the "Stage Door" offering touring productions for schools as well as drama and ballet classes.

She was an active member of the Shakespeare Society of Southern Africa before settling with her family in New Zealand and becoming heavily involved with a few theatre groups.

She has appeared in many productions, often in lead roles. Some examples are Emilia in *Othello*, Meg Page in *Merry Wives of Windsor*, Amanda in *Private Lives* (Torbay Theatre) and Aida Boynton in the multi-award winning *Appointment with Death* - the annual Agatha



Jenny with the cast of Noël Coward's *Private Lives*, at Torbay Theatre.

Christie at Shoreside Theatre.

She has also written and directed plays and has a particular passion for Children's Theatre. Recently tempted into taking on the role of production manager for Torbay's "HMS Pinafore," she can also soon be seen in Theatreworks' production of *Laying of the Ghost*.

Jenny has been able to borrow some naval costumes from Theatreworks, for which we are very grateful. We were also given some costumes by the very generous Company Theatre, who happened to be downsizing just as we needed a large number of complex outfits. This has somewhat lightened the load of our miracle workers in charge of costumes, Therie Bearsley and Valerie Langford.

Costumes, sets and rehearsals are all well underway, with an exciting cast, a mix of experienced professionals and near-professionals with an injection of keen youth, all looking forward to being on stage from the last week of September.



As Emilia in *Othello*, Shoreside Theatre.

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



As Aida Boynton in *Appointment with Death*, at the Pumphouse.



Some potential costumes waiting to adorn the many sisters, cousins and aunts.

From Desert Sands to Aegean Shores

By Mary Buckley, Owner – Shore Travel

Our July escape kicked off with a vibrant 24-hour stopover in dazzling Dubai. We packed in the highlights—ascending the iconic Burj Khalifa, exploring the massive Dubai Mall, and embarking on a thrilling desert safari. From camel rides to quad biking, dune bashing and sunset sand surfing, it was the ultimate taste of adventure. We stayed at the Sofitel Jumeirah Beach, ideally located for beach access and dining. The heat was intense (think 41°C!), but with plenty of chilled water and enthusiastic guides, it was an unforgettable start to our holiday.

Next, we headed to Spain for six sun-soaked nights on the island of Ibiza. Our first three nights were based in Ibiza Town, where we danced the night away at Ushuaïa's epic Calvin Harris party and took a dreamy day trip to the postcard-perfect island



of Formentera. Then we retreated to the peaceful Catalonia Resort in Santa Eulària des Riu for three days of poolside relaxation. A hire car gave us the freedom to explore hidden beaches and charming towns—driving was easy, and parking was a breeze with a little planning.

Then it was off to Rome, where we explored the Eternal City under the blazing Mediterranean sun. We stayed at the Glam Hotel—perfectly located and stylishly comfortable, with a breakfast that fuelled us through busy days. A highlight was our early morning Vatican tour (yes, still busy at 8am!) followed by a breathtaking climb up the Dome—tough in 36-degree heat but absolutely worth it for the panoramic views - and Colosseum, where we opted for a self-guided audio tour—perfect for the summer temperatures.

Our adventure wrapped up with a 7-night



MSC cruise aboard *MSC Divina*, taking in Mykonos, Ephesus (via Kusadasi), Santorini and Naples. The itinerary was stunning—waking up to these iconic destinations each morning never gets old. The onboard experience offered great entertainment, standout specialty dining (loved the Japanese and Steakhouse options), and some lively themed nights like the white party and silent disco. My tip? Book the Yacht Club experience for added comfort and exclusive access to cruise events.

From the golden dunes of Dubai to the party and peace of Ibiza, the rich history of Rome, and the sun-drenched Greek Isles—this journey had it all. If you're dreaming of a summer packed with culture, adventure and crystal-blue seas, Shore Travel would love to help you make it happen!



FREE EXPO TRAVEL INFORMATION EVENING Tuesday 12 August 5.30pm - 7.30pm

Join us for an inspiring evening showcasing the world of travel from luxury cruises and river journeys to rail expeditions and guided tours across every continent.

Meet leading travel experts representing: Atlas Ocean Voyages, Silversea, Seabourn, Regent Seven Seas, Oceania & more; Globus & Avalon Waterways; Wendy Wu Tours; Trafalgar, Insight Vacations, Luxury Gold, AAT Kings; APT Touring & River Cruises; Ponant, Hurtigruten, Heritage Expeditions; Niue Tourism; Worldwide holiday packages, The Ghan, Rocky Mountaineer; Croatia Times Travel; Innovative Travel

Includes: Refreshments and door prizes
Where: Pupuke Golf Club Rooms, North Shore
RSVP: Email: hello@shoretravel.co.nz, ph (09) 489 2597

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



Rotary's "Cans for a Cause"

We sent out an appeal in June for donations of cans and non-perishable food items for Rotary's 'Cans for a Cause' campaign and wow! Did you ever get behind it.

We collected over 1500 items of food from our community, which have been delivered to the Salvation Army, Women's Refuge and local food banks.

A special thank you to the students at Long Bay College for enthusiastically getting behind this initiative.

This will make a huge difference to the thousands of New Zealanders living in poverty who struggle to feed their families and a big thank you to all who contributed.

Rotary is an international service organisation that works in



a variety of ways to improve the lives of those less fortunate than us. If you would like to know more about what we do, come along to a meeting at the Bays Club on the first or third Tuesday of the month at 7am for breakfast, or contact secretary@rotarybrownsbay.org.nz

We'd love to meet you.



Silverdale & Districts Historical Society (Inc)
& Silverdale Pioneer Village
15 Wainui Road Silverdale
E-mail: pioneervillage1968@gmail.com
Website: www.silverdalepioneervillage.com

AUCKLAND HERITAGE FESTIVAL Sat 20th & Sun 21st September

"Games of Yesteryear"

Remember when Children's TV was not available and computers not even thought of?

Come for some old fashion fun and games, bring the kids, ditch the digital for the day and take a trip down memory lane.

On these days Devonshire Teas will be served in the parsonage (for only \$8 each) and our Treats & Treasures Gift Shop will be open.

Come for a day and take a step back in time

Monthly Quiz

Answers Page 46

info@rotarybrownsbay.org



- On 24 August 79AD the city of Pompeii was destroyed by what
- King Richard III was killed at the Battle of Bosworth on 22 August 1485. His crown passed to Henry I, which started which dynasty
- Christopher Columbus set sail for the Americas on August 3 1492. What were the names of his three ships
- New Zealander Jack Lovelock won NZ's first gold medal at the Olympics on 6 August 1936. Where
- 15 August 1945 was 'VJ day'. What does VJ stand for
- Barack Obama was born on 4 August 1961. Where
- The Rainbow Warrior was sunk in Auckland on 10 July 1985. By whom
- On 1 August 1987 te reo was recognised as an official language in NZ. What are the other two languages recognised as NZ official languages
- On 5 August 1988 the Cartwright Report was released, concerning the treatment of which disease at National Women's Hospital
- David Lange died on 13 August 2005. When was he Prime Minister of NZ

Heart of the Bays Installs Lifesaving Defibrillators for the Community

Heart of the Bays is proud to announce the installation of two new defibrillators—one at St Anne’s Hall and the other at the Community Centre in Browns Bay.

The defibrillator at St Anne’s Hall has been placed outside the building and is accessible 24/7, ensuring the public can access this vital equipment at any time, day or night. The second defibrillator, located inside the Community Centre, will be available during building opening hours and for all venue bookings.

The addition of these devices is part of Heart of the Bays’ ongoing commitment to community wellbeing. Having defibrillators on site provides an increased chance of survival in the event of a cardiac emergency, giving peace of mind to those who use the facilities as well as the wider community.

“We wanted to make sure our community had access to potentially lifesaving equipment,” says a Heart of the Bays spokesperson. “Every minute counts in a cardiac arrest situation and having defibrillators nearby can truly make the difference. An AED can increase someone’s chance of survival by up to 80% if applied immediately so we believe having two new defibrillators is vital to the local community”. These installations reflect Heart of the Bays’ dedication to creating safer, more responsive community spaces.



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Disinformation – don't be duped

Dr Helen Sissons from AUT spoke to the U3A group about the increasing number of online



conspiracy theories and the willingness of people to believe them. e.g. 7% of Americans believe that the moon landing was a hoax. In a sample of 9000 New Zealanders, 10.9% believed the same thing. Despite no evidence in favour and plenty against, these beliefs endure.

During the pandemic a theory was proposed that viruses are created by radio waves!! No evidence in favour, plenty against! Another unlikely tale – If U.V. light can be used to disinfect seed; we can use it instead of vaccines to combat viruses.

These theories are often about health and well-being, climate change and politics. The internet is buzzing with them and being tapped into by our young people for [on average] 5 hours a day or longer. These theories do no good and often result in tragedy. “The Great Replacement Theory” puts forward the idea that white people are being systematically replaced by coloured people. The “Buffalo Shooting” and the attacks at the Christchurch Mosques are evidence of the effect this has. The theory is just a front for racism.

The situation is not improving as more rubbish is published and more people are scrolling through the WWW. However difficult, we must develop our critical skills. Who is behind this current story? What do they seek to gain? Who are they targeting? If all else fails, stay away from it except when absolutely necessary.

The Modern History Group presented the second half of the program.

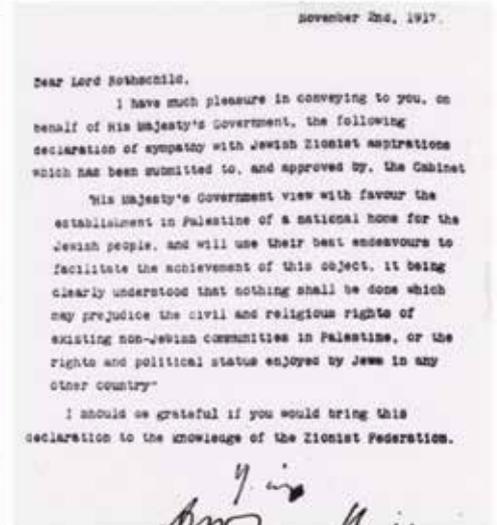
Dave Cotty spoke about the Balfour Declaration [1917] which supported the idea of a “national home for the Jewish people in Palestine”, providing some background for the present conflict.



Murray Smith spoke about the Old Hokonui Museum in Gore which celebrates Southland's history of illicit whiskey making by the Mc Crae family, among others. The police found its eradication difficult as everyone was enjoying the whisky so much.

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This is a photograph of a diorama in



the museum showing the ‘still’ in operation. What is not shown is a policeman with his ear to the window trying to get evidence. Sadly the conversation was in Gaelic. This still is in operation today and you can buy the results, quite legally, at the Gore Moonshine Museum.



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Torbay Garden Club

It was another wet windy day when we celebrated our 72nd Birthday lunch at the Bays Club. Tables adorned with camellia blooms from our gardens and the close view out to the white capped waves made a stunning atmosphere in which to celebrate this memorable occasion. We as a club are proud to have been in continuous existence for such a lengthy period and plan to continue to provide excellent horticultural advice, exciting garden visits and warm welcoming friendship for a long time to come.

One of the most colourful and enjoyable fixtures on our calendar is our annual Spring Show in early September. This year it is open to the public and takes place on a Saturday, from 11.30 am until 3pm. It will showcase a variety of spring blooms, vegetables, floral arrangements and our very popular children's section. This is a great way to encourage a child into gardening, and they could start planning now how to make an animal or creature from vegetables or fruit. So,

In the garden in August:

It has been an odd season in the garden. Short cold snaps followed by unseasonably warm days then torrential rain and high winds have made it difficult to know when to plant, prune and undertake the traditional winter tasks. The plants themselves are not quite sure what season it is with magnolias in very early bloom and many spring bulbs on the verge of flowering already. The ground is also boggy at the moment and should be prepared with compost, sheep pellets and (if it is very compacted and clayey) gypsum, before any planting is done. Dig in any cover crops you have planted, they will rot down in a matter of weeks adding nutrients and organic matter to the soil. Begin sprouting seed potatoes which need to be in the ground in September for Christmas harvest. Prune roses if not already done and plant new ones, also gladioli, hebes, lavatera, nemesia, cornflower, larkspur, phacelia, scabious and sweet pea.



mark Saturday 6th September in your diary; you will receive a warm welcome and not be disappointed with the display. You do not need to be a member to exhibit, so if you would like to 'have a go' or are interested in joining our club, visit our website at torbaygardenclub.co.nz or call us on 020 4198 3906

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ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

Local Body Elections and FamilyBoost

LOCAL BODY ELECTIONS

You will start to see advertising around the electorate by those seeking election in the coming Local Body Elections. Auckland Council hold elections every three years to elect a mayor, ward councillors, local board members and licensing trustees for the Auckland region.

It is important to pay attention to local elections and to take the time to learn about the aspirations of candidates and their proposals.

The Local Board and Ward Councillors are directly involved in the day-to-day happenings within our community. They make decisions that have impact on many aspects of our lives including crime prevention, transport, libraries, rubbish collection, public spaces and conservation.

Make sure you are registered to vote, or that your details are correct at www.vote.co.nz and make sure you take the time to vote when the papers are delivered from 09 September.



FAMILYBOOST

From 01 July, some significant changes have occurred to the FamilyBoost scheme.

Under the changes, families can now get back 40% of their early childhood education (ECE) fees, up from the previous 25%. That's a substantial

increase in support, especially at a time when many are feeling the squeeze of everyday costs.

For example, a family paying \$100 a week in childcare fees could see their FamilyBoost payment increase from

\$25 to \$40 a week. Over the course of a year, that's an increase from \$1,300 to \$2,080.

The maximum weekly rebate has also been lifted from \$75 to \$120, meaning the most any family can get is now \$1,560 per quarter. That's money back in the bank for parents doing the hard work of raising children while juggling work and life.

Importantly, more families now qualify for the scheme.

The income threshold has been raised, so households earning up to nearly \$230,000 may now be eligible. That means thousands more families - including many in our own community - will now get some relief from their ECE costs.

These changes are already in effect for fees paid from 1 July. Families can claim the increased rebate in their October quarterly submission. The process is simple; it only takes a few minutes through Inland Revenue's website.

I encourage all eligible families to check if you qualify. Even if you haven't claimed before, now is a great time to sign up and get the support you're entitled to.

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

Some more memories, from the 1950's, shared by Jenny McIvor.

"At Torbay Beach there was a set of steps at the Southern end to take you down on to the beach.

On the wall beside the steps was a plaster face of an Indian. In the late 1950's it disappeared.

Torbay School – the grounds were a mess when it opened. There was nowhere to play. We became very good at Knucklebones and skipping. – No Health and Safety then!

At the creek end of Torbay there was a Pohutukawa tree with the branch hanging well out towards the creek. You could ride it like a horse.

An elderly man used to sit nearby and would eat sea eggs fresh from the sea. He gave me a large one and said to bury it in the garden and the spines would fall off.

We used to walk from Mizpah Road down the Deep Creek Road over the little old bridge.

The bridge was always a place of adventure. My friends and I would explore, then walk back past Mrs. Begovich's vineyard. She was always very friendly.



Behind where Torbay School is now, it was mostly farmland. There was a stream where we went catching tadpoles, with my mother's preserving jars and a piece of string tied to them".

Jenny observes that she called Waiake Beach, Torbay because at that time it was not called Waiake by the locals. Stories of how the children amused themselves will be recalled later this year as the Heritage Festival for 2025 has "Games and Pastimes from the Past" as its theme.

Watch out for events September / October

We welcome volunteers and have regular working days to keep the Homestead fresh, clean and to tend the gardens. To find out more about volunteering please contact us with your details.

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

IAN & DIANE DODDS

Experience Does Count



My brother and I found Ian & Diane Dodds a real pleasure to work with in selling our father's house. **They were honest, reliable, had a good local knowledge and went above and beyond to secure the sale** which in a negative market has been a challenge.

They are an excellent team, and we would not hesitate in recommending them to others.



Verified by RateMyAgent | June 2025

Mud, Hills and Heart at Long Bay Primary

Long Bay Primary is surrounded by many, many hills. You do not understand just how hilly the local environment is until the school cross country is held. All our students participated, from Year 1 right through to Year 6 (the course varied depending on the age of the children). With our first two attempts at holding this event thwarted by the weather the sun came to the party, and we enjoyed an amazing day of sunshine, tired bodies and plenty of mud.

There was no doubt our school vision of exploring the depths and navigating the waves came to the fore during this event, as there was plenty of deep mud and course navigation to negotiate. Internally there were challenges to face as well. From the competitors who wanted to win, those who really didn't want to get too muddy and those who raced on despite losing a shoe somewhere on the course there were personal achievements at a variety of different levels.

The same course was used for the Northern Bays Cluster Cross Country event held later. 10 local primary schools brought their top runners to compete on our course.

A number of competitors came along to test themselves on the route in the days leading up the event. Most visitors appreciated the amazing East Coast Bays mud that we were able



to provide (parents not dressed for the conditions fared slightly worse). After the top competitors in Year 4, 5 and 6 ran their laps, the points were tallied and trophy

presented, Greenhithe School came out as champions for 2025.

Thanks to Dirk Jutzas for our photos - www.dirk.co.nz



David and Pat and 60 glorious years

Torbay locals, David and Patricia "Pat" Wareham, celebrated 60 years of marriage by saying, "I still do." The couple marked their Diamond wedding anniversary by renewing their vows in a touching celebration of love, family and community.

Growing up in the UK, Pat was attending dance lessons when she first spotted David, a friend of her brother, when he kept riding his bike past the hall her classes were in. The teens dated on and off for a few years before tying the knot in their early twenties saying their vows at Saint Thomas' Church, in Yorkshire in 1965.

Ten years later, the couple and their son, Jason, moved to New Zealand to pursue job opportunities. They lived in both East and South Auckland before settling on the Shore.

David and Pat have spent the last two years carefully planning every detail for their celebration, right from the outfits worn by the bridal party to the elegant table décor, all in delicate hues of pink. The day went as planned starting with a lovely ceremony officiated by Reverend Kate Shrigley, at St Mary by the Sea church in Torbay.

Guests were able to see photos from Dave and Pat's wedding just before they walked down the aisle together, preceded by a bridal party made up of their family and friends. Pat's



sister, Dorothy, served as bridesmaid for a second time. Their son, Jason, daughter-in-law, Nicola, and granddaughter, Kayla joined in the wedding party, walking ahead of the happy couple. The remaining bridesmaids, groomsman and flower girls were extended family and local neighbours who, Pat says, have become like family.

While David's original groomsman, Pat's brother, Mark, was unable to attend, the day was recorded to share with him and others in the UK. A dinner reception was held at the Browns Bay Boating club, where guests were entertained by local band, Scotty Harris Trio.

When asked about the secret to 60

years of marriage and still going strong, David said that it was that he chose to be an involved father and husband. Pat said that they talk all the time and added that one shouldn't be afraid to apologise when needed. She said that they are best friends and enjoyed sharing their lives with each other.

The love these two share is evident to all. David's little calming and encouraging wink at Pat before walking down the aisle again, warmed the hearts of all lucky enough to see it. All who attended wished the couple well in their continued time together.



What to do with money?
Next in the series
MONEY TALKS
Investment planning
(buying a boat, a house, university tuition, retirement,...)
with
Prof Russell Gregory-Allen
7:30 PM 28 August
@Long Bay Baptist Church
282 Glenvar Road
free seminar

All things chocolate

Everyone loves chocolate, whether white, milk or the dark rich plain chocolate. It is one of the most common cravings so in our new 48 page magazine we have the space to indulge ourselves with some great chocolate recipes.

Double dipped strawberries

These are so easy to do and yet look so impressive.

Ingredients

Ripe firm strawberries.

White chocolate

Dark chocolate

Method

Wash but do not hull the strawberries.

Dip first into white chocolate and leave on one side to set. When set then dip into the dark chocolate leaving a visible band of the lighter chocolate.



Chocolate Meringues

Easy to make and can be stored up to a week in an airtight tin or plastic container.

Ingredients

2 egg whites

½ cup castor sugar.

125 gms of finely grated dark chocolate.

Drinking chocolate for dusting.

Method

Heat oven to 160°C

Brush an oven tray with oil.

Beat egg whites until stiff peaks. Add the sugar and beat for a further 5 minutes. The mixture should look rich and glossy.

Gently stir in the grated chocolate.

Spoon mixture onto baking tray and bake for 25-30 minutes or until firm to touch.

When cool dust with drinking chocolate.



Chocolate Mousse

With no cooking time this is a dessert you can quickly turn out at the last minute and impress everyone.

Ingredients

250 gms dark chocolate.

¼ cup castor sugar.

2 teaspoons of rum or 1 cap of rum flavouring.

1 cup whipped cream.

Method

Place chocolate into a bowl and melt in boiling water, stirring.

Beat eggs and sugar in a small bowl until thick and pale in colour. Add all the ingredients together, gently stirring.

Spoon into ramekin dishes and decorate with grated chocolate or anything else to hand.

Chocolate and Raspberry Roulade

The cake base doesn't have flour or fat and is impossibly light. So easy to make. I use this recipe at Christmas to make my Christmas Log.

Ingredients

200 gms dark chocolate

¼ cup cocoa powder

4 eggs.

½ cup castor sugar.

1 cup thickened cream.

¾ cup raspberries (frozen work just as well)

Method

Heat oven to 180°C and line a swiss roll tin with greaseproof.

Melt the chocolate in a basin in boiling water. Keep stirring until all melted. Stir in 1 tablespoon of the cocoa powder.

Separate eggs, beat the yolks with the sugar until pale and creamy and beat the egg whites until they stand in soft peaks.

Fold all the mixture together and pour into lined tin.

Bake for 10 minutes.

Take a sheet of baking paper and cover with remains of cocoa powder. Carefully turn the cake out of the tin onto the sheet.

Leave at least one hour then spread the whipped cream and some raspberries over the sponge.

Using the paper roll the sponge into a log.

Decorate with raspberries.

Delicious!



Easy Chocolate Cup Cakes

Great for everyday morning teas or kid's lunch boxes. They don't hang around long.

Ingredients

130 gms Tbsp Self Raising Flour

38 gms cocoa powder

¼ tsp salt

100 gms soft brown sugar

110gms white sugar

1 egg

½ cup milk

¼ cup Oil (60ml)

1 tsp vanilla

½ cup boiling water (125ml)

Method

Preheat oven to 180°C conventional or 160°C fan-forced. Line a 12-hole muffin tray with paper cases.

Sift the dry ingredients into a large bowl, then add the sugars and stir in. Add the egg, milk and oil and vanilla then beat with a mixer until combined. Scrape the sides of the bowl then add the boiling water and mix until just combined (the batter will be runny).

Pour the batter into a jug and pour evenly into each paper case until ¾ filled (don't over fill or the mixture will overflow).

Place in the oven and bake for 20-22 minutes or until baked.

Allow to cool and decorate either with sprinkle icing sugar or chocolate icing.

Luxury chocolate milk

If you really want to pamper yourself, especially on a cold evening, then this is pure bliss.

Ingredients

100gms chocolate

1 cup full fat milk.

Method

Heat the milk and chocolate in pan on a low heat until chocolate is melted and warm enough to drink. Enjoy!



Torbay Friendship Club

What a great month of friendship we've had. It may be rather cold in the mornings and evenings but when you have the warmth of friends around, you are never cold. Such a good reason the join the Torbay Friendship Club where people matter. Joining in the weekly activities brings members closer and friends are forged for life.

Our midyear lunch was held at Aubergines, Takapuna, with more than half our members in attendance. The food was delicious, plentiful and reasonable. The following week, the craft group was given a lesson on how to make felt brooches. What a fun afternoon.

Then the coffee morning and Rummikub, scrabble and



Mahjong were well supported throughout the weeks and to put a cherry on the top, our speaker at the general meeting was, Chantal Milner, a soil scientist who gave a most interesting talk on various types of soils and how they are used in everyday life. From the garden to cosmetics, (especially skin care), to crockery, paint, adhesives, pharmaceuticals and hygiene products.

Continued on p32

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



"Ann is the best.

Highly recommend, Ann was excellent in every aspect. Her knowledge, contacts, drive and honesty is the best I have experienced.

One of her real strengths was keeping us updated, I have never experienced this before.

I was working in other towns with several other agents on other properties at the same time, none came anywhere near Ann.

I highly recommend Ann to sell your property."

Darren Shields - Waiake



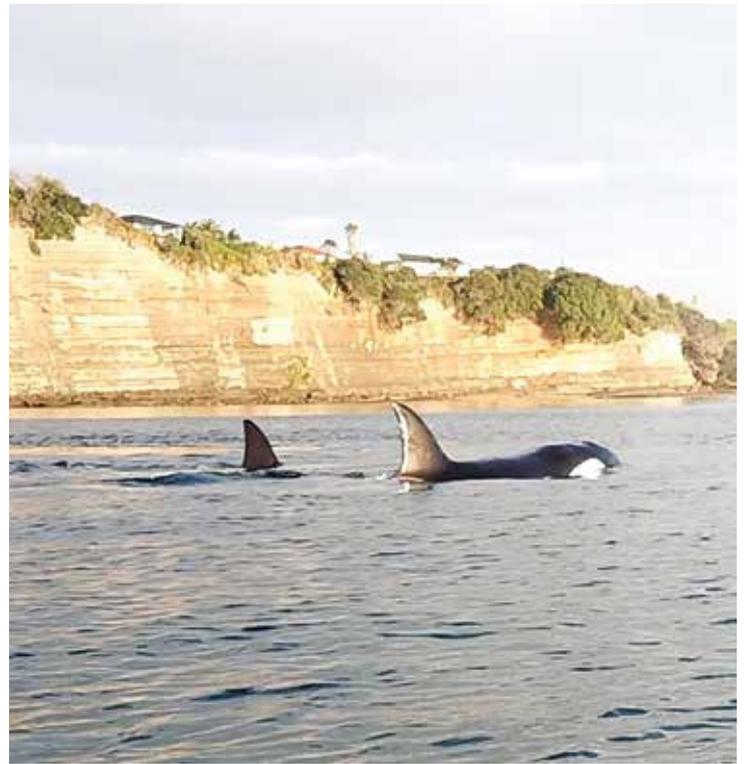
M: 027 434 7221

Harcourts Cooper & Co
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Wet, Winter Fun!

The ocean is around regardless of weather or season. For us at MERC this means adapting how we connect to the ocean in different conditions. All environmental conditions come with different challenges, but with the right equipment and safety management, there is also opportunity! We strive to uncover and facilitate those opportunities with our participants no matter the season. In Winter, cool, nutrient-rich waters mix in our oceans increasing productivity and available food, attracting a greater diversity of marine life compared to other seasons.



Winter waters can be clearer too, especially on a southern wind, increasing the visibility for snorkelling. Seasonal storms push swell towards our beach creating more opportunities to ride the surf on various crafts or learn about water safety in the waves.

Continued on p29

TORBAY GARDEN CLUB PRESENTS

SPRING SHOW

SAT 6TH SEPTEMBER 2025
11.30am - 3pm

\$2 ENTRY

Entries open to the public
Have a go at our Children's section

Plant Sales Raffle

TORBAY COMMUNITY HALL
35 WATEA RD, TORBAY
WWW.TORBAYGARDENCLUB.CO.NZ

NWLB
EZ LUNCH MENU

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LONG BAY PRIMARY & NORTHCROSS
INTERMEDIATE

SANDWICHES, LUNCH PACKS, BAKERY GOODS & MORE
GF & DF OPTIONS

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AVAILABLE FROM TERM 3
EMAIL: ALEX.TEBRAKE@NW.CO.NZ FOR ANY QUERIES

Long Bay

Backing the Bays

The team to represent you on the Hibiscus and Bays Local Board



Mike BISHOP

Julia PARFITT

Alexis POPPELBAUM

Gregg WALDEN

As a team we have the drive, experience and skills to deliver the very best for our community



✓ Mike BISHOP

Mike is the CEO of Harbour Sport and has been for the last six and a half years. He is a passionate advocate for, and sits on the boards of: Paralympics NZ, Disability Sport Auckland, Laura Fergusson Trust, and Auckland Paraplegic Trust.



✓ Julia PARFITT

Julia has extensive experience in local government and is an effective leader for our community. Julia has a proven track record of delivering projects for our area, like the recent Bushglen Reserve tracks. She prioritises projects the community wants and gets the job done.



✓ Alexis POPPELBAUM

Alexis is the Chair of the local board and is experienced in policy and strategy. She has achieved significant wins for our community, such as saving North Harbour Stadium, getting funding earmarked for a recycling centre in Rosedale, and delivering a range of community projects.



✓ Gregg WALDEN

Gregg has carved out a niche advocating and delivering in community safety and emergency preparedness. He has taken the lead in supporting the establishment of community emergency response groups, liaising with Police, volunteering with Community Patrol and is Chair of North Shore Neighbourhood Support.

What we have achieved

- ✓ Saved North Harbour Stadium from demolition and an uncertain future and co-leading the future plans.
- ✓ A dog exercise park in Browns Bay is funded and planned to be built in 2025.
- ✓ Work is underway to deliver a beach disability access mat.
- ✓ Delivered wheeled play to different suburbs, with a permanent pumptrack coming to Long Bay as part of the new Youth Park.
- ✓ Community emergency hubs and resilience groups have been established.
- ✓ We're increasing the capacity and health of streams in storm events by supporting homeowners to clear out, plant and stabilise stream banks on their property.
- ✓ Pedestrian safety enhancements for Browns Bay town centre are being delivered.

Our action plan

- ✓ Develop Safety Plans and fund neighborhood and town centre crime prevention initiatives.
- ✓ Establish a youth centre to bring organisations together to better support our young people.
- ✓ Beautify under-utilised neighbourhood parks with native planting and furniture delivered cost effectively and in partnership with Auckland Prison.
- ✓ Advocate for new and expanded indoor sports facilities to alleviate the shortage we have and growing popularity of indoor sports.
- ✓ Audit and upgrade footpaths in high use areas that are in poor condition.
- ✓ Work with Department of Conservation and iwi to reopen the Okura Bush Walkway.

GO TO: www.backingthebays.co.nz for more info

VOTE 4  for the Backing the Bays team

Long Bay Coastal Track Walk

Long Bay Coastal Track commences at the northern end of the car park. Follow the road past the security chain and turn left on to a flat walkway through fields and wetlands. Lookout for plenty of birdlife.

After approximately 300m on the flat, cross the stream using the bridge and start your ascent to the top of the ridge. This pathway winds its way uphill with native bush on each side. Continue up the hill until you emerge into open grassland and head towards the coastline. Stunning views of the coast and back towards Auckland city emerge.

Just as you begin your descent towards Granny's Bay, there is the option to take the detour to the Pillbox (about 400m return), a relic from Auckland's defence system. A few metres further on there is the option to continue directly down the hill towards Granny's Bay or enjoy the track through the 100 acre native bush.

At the base of the hill, make your way out on to the sand at Granny's Bay. Have a swim if the weather is right or just relax on the sand.

If the tide is low, return to Long Bay around the beach and rocks. If the tide is high, return the same way you came back to the Long Bay car park, perhaps returning by the



Nature Trail to complete your loop and see the historic Vaughan Homestead.

If you make your way around the rocks, you will pass the Vaughan Homestead and head back to the car park via the bridge and sealed roadway. You can also return via the Nature Trail and your original flat walking track.

This walk can be completed by most people, although some general fitness would be an advantage given the up and down terrain. The tracks are in excellent condition.

www.greataucklandwalks.com.



VAUGHAN STREAM, LONG BAY
THIRD SUNDAY OF EVERY MONTH

10AM - 12PM

Meet opposite Dynamic Physio



Facebook Event
bit.ly/lbravs2025



RESTORATION WORK



Case Study

16 BRAEMAR ROAD, ROTHESAY BAY

It's not always the first offer that's the best — we work hard to secure the right buyer and the best possible price for your property.

Recent sale:

- 146 groups visited
- Multiple offers received
- Sold 36% over CV



THERESE LESLIE & PARTNERS

Agent of The Year 2025 | Browns Bay

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Experience the Expertise

“The best team ever! Took us a little while due the current market but Therese held us strong. Highly recommend Therese and her team if you want to enjoy the whole experience!”

“Everyone says their agent was great when they had a successful campaign and sold. What they don’t say is how supportive, honest and available they are through the roller coaster of emotions and stress of selling your biggest asset.”

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



Healthy Homes standards – A Hot Topic

Recently, CAB Browns Bay has received enquiries about Healthy Homes standards. Around 500,000 rental properties in New Zealand must meet the five standards by July 1st. The five standards are heating, insulation, ventilation, moisture ingress and drainage, and draught stopping.

Heating. All rentals must have one or more fixed heaters that can heat the main living room. It can be a heat pump, wood burner, pellet burner, flued gas heater or electric heater with a thermostat.

Insulation. Ceilings must be insulated, same if there is space under a floor. Existing insulation needs to meet the current standard.

Ventilation. Rental homes must have openable windows in the living room, dining room, kitchen and bedrooms. Kitchens and bathrooms must have extractor fans that are vented to the outside or a continuous mechanical ventilation system.

Moisture ingress and drainage. Rental properties must have efficient drainage for stormwater, surface water and groundwater removal. Those with an enclosed sub-floor space must have a ground moisture barrier.

Draught stopping. Gaps or holes with a width greater than 3mm that let air in to require sealing. Landlords must ensure the property does not have unreasonable gaps which cause noticeable draughts. All unused open fireplaces, or their chimneys, must be blocked to prevent draughts.

Owner-occupied homes are exempt from Healthy Homes standards, as are retirement villages, and motel rooms. If a landlord applied for a resource or building consent before July 1, the property may be exempt for up to 12 months. Specific exemptions may be granted to each of the five standards as well.

Some queries from clients concern non-compliant rental properties and unresponsive landlords. Tenancy Services has produced a pamphlet that includes a checklist of compliance issues and steps to take if your rental is not compliant. These are available at the CAB. Tenancy Services has published a booklet, "*Your Guide to Good Renting for Tenants and Landlords.*" Also available at CAB and will help point you in the right direction, for resolving issues. If CAB is unable to assist you directly with any matter regarding the Healthy Homes standards, they will refer you to the appropriate agency, which can advise you on the next steps.

Whether you are a landlord or a rental property tenant, contact us about anything you're concerned about regarding the Healthy Homes Standards.

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



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

SOLD IN LONG BAY JUNE 2025

**5/19 Windlass Street
LONG BAY**

Sold on 26 June 2025

**10 Tawatawa Street
LONG BAY**

Sold on 18 June 2025

**218 Vaughans Road
LONG BAY**

Sold on 16 June 2025

**26 Windlass Street
LONG BAY**

Sold on 16 June 2025

**18 Tuatini Place
LONG BAY**

Sold on 10 June 2025

**11 Tuatini Place
LONG BAY**

Sold on 05 June 2025

**52 Kumukumu Road
LONG BAY**

Sold on 05 June 2025

**216 Vaughans Road
LONG BAY**

Sold on 02 June 2025



COMMUNITY INFO EVENING

Proudly sponsored by Ming Liu & Team from Harcourts Cooper & Co

We had a great turnout from the Long Bay community. Around 80 locals attended our Information Evening, where we shared valuable insights into the current real estate market. A big thank you to our guest speakers from Harcourts Cooper & Co and Suzanne from Mortgage Express for sharing expert knowledge on market trends, finance advice, and what's ahead for homeowners and buyers.

Events like this are all about empowering people with the right information—so they can make the right decisions. Whether you're thinking of buying, selling, or just curious about the market, having up-to-date, local knowledge is key.



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Contact Us

Ming Liu

027 519 6826

ming.liu@harcourts.co.nz



Winter fishing in the Hauraki Gulf: 5 tips for success

With the chill of winter well and truly set in, many recreational fishers can be tempted to stow away their gear. But winter in the Hauraki Gulf can be one of the most rewarding times to fish. Here are five ways to make the most of the cooler months on the water.

1. Target the right species

Winter is prime time for snapper, kingfish, john dory, and trevally. Focus your efforts where the fish are likely to be feeding – around reefs and structures. If you’re targeting big snapper, it can be smart to stick to the shallows and go for coastlines. And keep your eyes peeled for bird activity and surface splashes – winter workups with pilchard schools attracting snapper and kingfish can be very fruitful!

2. Go for smart bait options

Berley is key to drawing fish out from kelp beds and rocky crevices. For best results, team it with an oily, scent-rich bait, which is especially effective in colder waters, where fish rely more on smell than sight.

3. Dress for the elements

Staying warm and dry is key to enjoying your time on the water. Layer up with thermals and waterproof outerwear. A beanie and thick socks can go a long way in keeping you comfortable during long sessions.

4. Prioritise safety

Winter weather can be unpredictable. Always check



Shaun, Lisa, Mac and Charlie Quincey

multiple forecasts, carry two forms of communication, and let someone know your plans. Lifejackets are a must when fishing from boats or rocky shores.

5. Pick your weather windows

Winter offers crisp, clear days perfect for fishing – if you time it right. Choose your spots based on wind and tide direction. Avoid high winds and swells, and be ready to postpone if conditions turn. A flexible schedule can mean the difference between a great day and a dangerous one.

And importantly, make sure you’re a member of the Mairangi Bay Fishing Club. Hook a big one and you could score a prize in the Shimano Icebreaker Competition – or at least get bragging rights at the regular Club Nights.

www.mairangibayfishingclub.co.nz

Tides August 2025 (Murrays Bay)

| | LOW | | HIGH | | LOW | | HIGH | | LOW | |
|--------|-------|------|-------|------|-------|------|-------|------|-------|------|
| Fri 01 | | | 00:06 | 2.7m | 06:23 | 0.7m | 12:32 | 2.6m | 18:39 | 0.8m |
| Sat 02 | | | 00:49 | 2.6m | 07:07 | 0.8m | 13:20 | 2.5m | 19:31 | 0.9m |
| Sun 03 | | | 01:34 | 2.5m | 07:56 | 0.8m | 14:14 | 2.5m | 20:27 | 1.0m |
| Mon 04 | | | 02:23 | 2.5m | 08:50 | 0.9m | 15:13 | 2.4m | 21:24 | 1.0m |
| Tue 05 | | | 03:17 | 2.4m | 09:47 | 0.9m | 16:12 | 2.5m | 22:19 | 1.0m |
| Wed 06 | | | 04:13 | 2.4m | 10:44 | 0.8m | 17:06 | 2.5m | 23:11 | 0.9m |
| Thu 07 | | | 05:10 | 2.5m | 11:36 | 0.8m | 17:55 | 2.7m | | |
| Fri 08 | 00:00 | 0.8m | 06:04 | 2.6m | 12:23 | 0.6m | 18:40 | 2.8m | | |
| Sat 09 | 00:47 | 0.7m | 06:54 | 2.7m | 13:08 | 0.5m | 19:24 | 2.9m | | |
| Sun 10 | 01:32 | 0.6m | 07:41 | 2.8m | 13:51 | 0.4m | 20:07 | 3.0m | | |
| Mon 11 | 02:18 | 0.5m | 08:26 | 2.9m | 14:34 | 0.3m | 20:51 | 3.1m | | |
| Tue 12 | 03:03 | 0.4m | 09:11 | 3.0m | 15:18 | 0.3m | 21:36 | 3.1m | | |
| Wed 13 | 03:49 | 0.3m | 09:56 | 3.0m | 16:03 | 0.3m | 22:22 | 3.1m | | |
| Thu 14 | 04:35 | 0.3m | 10:43 | 3.0m | 16:50 | 0.4m | 23:10 | 3.1m | | |
| Fri 15 | 05:23 | 0.3m | 11:31 | 3.0m | 17:42 | 0.5m | | | | |
| Sat 16 | | | 00:00 | 3.0m | 06:13 | 0.4m | 12:24 | 2.9m | 18:38 | 0.6m |
| Sun 17 | | | 00:53 | 2.9m | 07:07 | 0.4m | 13:22 | 2.8m | 19:40 | 0.7m |
| Mon 18 | | | 01:50 | 2.8m | 08:07 | 0.5m | 14:27 | 2.7m | 20:46 | 0.7m |
| Tue 19 | | | 02:52 | 2.7m | 09:11 | 0.6m | 15:34 | 2.7m | 21:52 | 0.7m |
| Wed 20 | | | 03:57 | 2.7m | 10:17 | 0.6m | 16:39 | 2.8m | 22:55 | 0.7m |
| Thu 21 | | | 05:02 | 2.7m | 11:19 | 0.5m | 17:37 | 2.9m | 23:53 | 0.6m |
| Fri 22 | | | 06:02 | 2.7m | 12:15 | 0.5m | 18:30 | 2.9m | | |
| Sat 23 | 00:46 | 0.6m | 06:57 | 2.8m | 13:06 | 0.4m | 19:19 | 3.0m | | |
| Sun 24 | 01:35 | 0.5m | 07:46 | 2.9m | 13:51 | 0.4m | 20:05 | 3.0m | | |
| Mon 25 | 02:21 | 0.5m | 08:31 | 2.9m | 14:34 | 0.4m | 20:47 | 3.0m | | |
| Tue 26 | 03:03 | 0.5m | 09:13 | 2.9m | 15:14 | 0.4m | 21:28 | 2.9m | | |
| Wed 27 | 03:43 | 0.5m | 09:53 | 2.9m | 15:53 | 0.5m | 22:07 | 2.9m | | |
| Thu 28 | 04:21 | 0.5m | 10:31 | 2.8m | 16:32 | 0.6m | 22:46 | 2.8m | | |
| Fri 29 | 04:59 | 0.6m | 11:10 | 2.7m | 17:13 | 0.7m | 23:25 | 2.7m | | |
| Sat 30 | 05:38 | 0.7m | 11:50 | 2.6m | 17:58 | 0.8m | | | | |
| Sun 31 | | | 00:05 | 2.6m | 06:20 | 0.7m | 12:36 | 2.5m | 18:47 | 0.9m |

Times adjusted for Daylight Saving.



Mike Lee

Continued from p21



Regardless of what the weather is doing, MERC has the expertise and gear you need to safely engage with our oceans year-round! Reach out to MERC to experience the wonder of the sea and the benefits the marine environment can share with us each season.

MERC Long Bay



MORE PROPERTIES WANTED

WE HAVE SERIOUS BUYERS READY NOW



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

Karin de Leeuw
027 270 2700
k.deleeuw@barfoot.co.nz

BARFOOT & THOMPSON
LICENSED REAA 2008

Growing Together: Community, Connection, and Care at Glamorgan Kindergarten

At Glamorgan Kindergarten, we believe in nurturing more than just young minds—we cultivate compassion, connection, and a deep respect for the world around us. Our tamariki thrive not only in the classroom but also in the wider community, developing vital learning outcomes through active participation in meaningful initiatives. These experiences build confidence, foster teamwork, and spark a life-long love for the environment.

Towards the end of term 2, our tamariki were deeply engaged in a community project that aligns beautifully with the values of Matariki—a time for remembrance, renewal, and unity. Matariki marks the Māori New Year, a time to reflect on those who came before, celebrate the present, and look forward to new beginnings. At Glamorgan Kindergarten, we embrace this celebration by strengthening our connections with people and place.

One of the highlights of our term was a collaborative community planting day at Stredwick Stream. The GK community came together with Glamorgan School and Restore Hibiscus and Bays to plant native seedlings along the stream's edge. This hands-on experience gave our tamariki a chance to learn about Kaitiakitanga—guardianship of the natural world—first-hand. They discovered the vital role native plants play in supporting healthy waterways and



encouraging the return of native bird and insect life.

The smiles on our tamariki's faces as they gently placed seedlings in the soil showed just how powerful these moments are. Through these actions, they learn that even the smallest hands can make a big difference. They also learn about sustainability, biodiversity, and the interconnectedness of all living things—learning outcomes that are not only embedded in our curriculum but in the heart of our kaupapa.

We ended our planting day with a joyful kai hakari back at the kindergarten, a shared meal to celebrate our collective efforts and the spirit of Matariki. Whānau, friends, tamariki,

Glamorgan Kindergarten



Kaitiaki
Kindergartens

37 Danbury Drive, Torbay

Ph: (09) 473-5099

"We have truly valued the warm and welcoming environment at Glamorgan Kindy. Everyone there has been incredibly friendly, and it feels like home"

-Past Parent Testimonial

Come and experience our wonderful Kindergarten environment!

Drop in today!

Ka ako, ka tipu, ka puāwai ngātahi

Learning, growing, thriving together





and teachers all gathered to share food and sing waiata, – reminding us that when we work together, we grow stronger.

To everyone who volunteered their time, energy, and aroha—ngā mihi nui. We couldn't have achieved this without you. The seedlings we planted will grow alongside our tamariki and they will remember their contribution each time they visit. Eventually these seedlings will stand tall as living reminders of what we can accomplish together.

Mānawatia a Matariki mā puanga koutou katoa - May you

all be blessed during this special time of reflection and new beginnings.

You are welcome to pop in to visit us at Glamorgan Kindergarten—we would love to share how we embrace the Enviroschools kaupapa (philosophy) and how it empowers our tamariki learning. Together, we are growing a generation of thoughtful, connected, and environmentally conscious learners.

The Glamorgan Teaching Team



Catherine Liu & Team

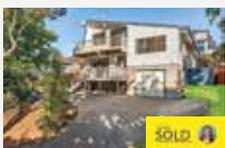
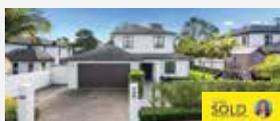
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Harmen Vanhoorne leads band to podium finish

This month North Shore Brass and North Shore Brass Academy sent a party of over 90 members and supporters to Christchurch for the 145th NZ Brass Band Championships, which included solo and full band events.

North Shore Brass competed in the highly contested A grade championship and were awarded third overall placing, behind Wellington Brass and Woolston Brass (Christchurch). The band competes in three disciplines and were third in the Test piece - A Tale As Yet Untold - and also third in the Own Choice selection - Sand and Stars. All music was live streamed and also recorded for RNZ Concert.

“Our very talented musicians worked



Aishah Lietner - champion trombone of NZ and 3rd in CofC



Harmen Vanhoorne at CHC Town hall



Rhys McDonnell - Flugel horn for NSB

extremely hard on some very demanding music under the skilled guidance of conductor Harmen Vanhoorne” says Band President Owen Melhuish. “The standard at this level has risen each year and Harmen has ensured that North Shore Brass remains at the very top level of competition while also providing entertaining concerts locally throughout the year” says Melhuish.

The North Shore Brass Academy Band competed in the C grade and is a vital cog in supporting the A grade band with students aiming for a spot at the highest level.

“We are also blessed with many teachers that provide lessons to all age groups which has culminated in six national

champions and many other placings from across our organisation - a truly amazing achievement” says Melhuish Under 15 Champions - Celine Wu (aged only 10)

Junior Cornet Champion - Dimitrious Koulianos

Junior Trombone Champion and Open Bass Trombone Champion - Matt Donaldson

Junior Euphonium Champion - Josh Curham

Amateur Cornet Champion - John Sullivan

Open Trombone Champion and third in the Champion of Champions - Aishah Lietner

Continued from p20

We are now planning for the month ahead and before we know it we will be into August. There is never a dull moment. We would love you to come along and join in the friendly group. Our next meeting is on the 14th August 2025 at the Torbay Community Hall in Watea Road. It commences at 10am and finishes at 12 noon. We look forward to seeing you there.

Take care in this miserable weather, wrap up warm, be careful on the roads and enjoy life.

For further information please contact our President, Liz Yeats on 0274754423



How Pilates Can Enhance Your Yoga Practice

At Yoga Sanctuary, we believe in movement that supports the whole self – strength, balance, flexibility, and inner calm. While yoga offers a deeply holistic approach to wellbeing, adding Pilates mat classes to your routine can be a powerful way to elevate your practice even further.

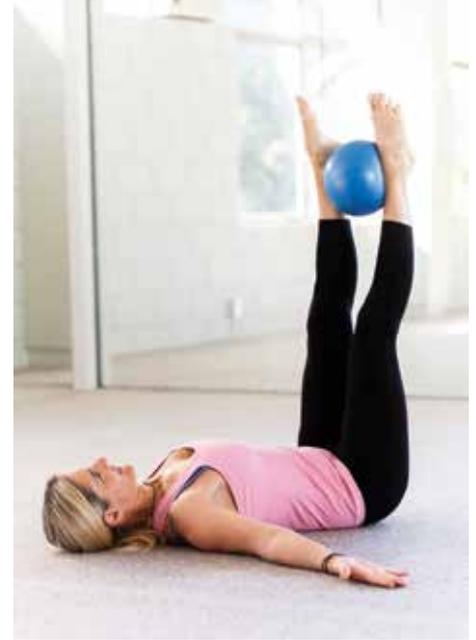
Pilates, like yoga, focuses on controlled, mindful movement. But while yoga often emphasises flexibility, flow, and breathwork, Pilates hones in on core strength, stability, and alignment. Together, they create a perfect partnership.

The core is at the centre of almost every movement we make – on and off the mat. A strong, engaged core doesn't just mean visible abdominals; it refers to the deep stabilising muscles that support your spine, posture, and balance. Pilates targets these often-underused muscles through precise, repetitive movements. As a result, your yoga poses – especially those requiring balance, control, or back strength –



become more grounded and accessible. For example, building strength through Pilates can make transitions between poses smoother and more stable. You may find deeper strength in your warrior poses, increased lift in your upward dog, or improved alignment in your standing balances. Core strength also supports your breath, helping you access diaphragmatic breathing with more ease and depth.

Another benefit? Pilates helps you develop body awareness. You learn to notice small muscular imbalances or patterns of compensation that may go unnoticed in a flowing yoga class. With



this awareness, you can bring greater precision to your yoga practice, reducing the risk of injury and improving long-term sustainability.

Whether you're a seasoned yogi or just beginning, adding a weekly Pilates mat class can complement your yoga beautifully. At Yoga Sanctuary, our Pilates classes are designed to be accessible, low-impact, and deeply supportive of your existing yoga practice.

Ready to feel stronger, more centred, and more aligned? Come try a Pilates class with us and experience how this powerful practice can enhance every aspect of your movement – on the mat and beyond.



Yoga Sanctuary

Yoga Sanctuary Current Offers:

New members:

First class FREE (register for newsletter)

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

See website for more offers

Valid for both Yoga and Pilates Classes

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ph/txt: 021 110 3399, email: hello@yogasanctuary.co.nz

Studio: First Floor, 1 Montrose Terrace, Mairangi Bay



Torbay & Long Bay Medical Centres

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THE HEALTH BENEFITS OF EXERCISE: A YEAR-ROUND COMMITMENT FOR ALL AGES

When it comes to maintaining good health, regular exercise is one of the simplest and most effective ways to ensure a long, active, and fulfilling life. Whether you're 25 or 75, the benefits of staying active remain significant, and exercise is something everyone can incorporate into their daily routine – no matter the season or stage of life.

The Benefits of Exercise for All Ages

Exercise has been shown to have profound benefits, from strengthening the heart and improving lung function to boosting mood and mental well-being. For young adults, regular physical activity can lay the foundation for a lifetime of health, improving cardiovascular fitness and muscle strength. As we age, exercise becomes even more critical, helping to maintain mobility, reduce the risk of chronic conditions like heart disease, diabetes, and arthritis, and improve bone health. It also aids in managing weight and increasing energy levels, both of which are important for maintaining independence and overall quality of life as we grow older.

Boost Your Mental Health

Exercise doesn't just affect the body—it's a powerful tool for mental health too. Physical activity releases endorphins, which are the body's natural mood boosters. This helps combat stress, anxiety, and even depression. Whether you're going for a brisk walk, swimming, or doing yoga, the physical benefits are closely tied to emotional well-being. No matter your age, exercise can help you feel more balanced, centered, and able to handle life's ups and downs.

Exercise for Every Season

We're fortunate to live in a climate where each season offers different opportunities for exercise. In the warmer months, walking, cycling, or outdoor swimming provide great ways to stay active while enjoying nature. In winter, a simple indoor workout like yoga, pilates, or even dancing can be just as effective in maintaining strength and flexibility. If you prefer a social aspect, consider joining a local fitness group or sports team, where you can stay motivated and have fun at the same time.

Small Steps, Big Impact

It's important to remember that exercise doesn't need to be intense or time-consuming. Even small changes—like taking the stairs instead of the lift, going for a 20-minute walk each day, or stretching while watching TV—can make a big difference to your health. The key is consistency and finding activities you enjoy.

Get Started Today

At Torbay Medical Centre, we believe in the power of regular exercise for everyone, regardless of age or fitness level. We encourage you to start small, listen to your body, and gradually build activities into your routine that make you feel good. Whether it's a short walk, a bike ride, or simply stretching at home, every little bit counts. The most important step is to start—and remember, it's never too late to begin.

However, if you have any existing health conditions or concerns, it's always a good idea to check with your doctor before starting any new exercise routine. They can offer guidance and ensure that the activities you choose are safe and suitable for your needs.

The benefits of exercise will be worth the effort, and you'll feel the difference both physically and mentally. So, lace up your shoes, get moving, and enjoy the many rewards that come with staying active throughout the year!



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

Torbay Medical Centre

1042 Beach Road, Torbay, 0630
09 477 9000

Long Bay Medical Centre

55a Glenvar Ridge Rd, Long Bay
09 473 0063

My Exercise Story

Seeing the Torbay Medical Centre ad this month led me to share my own exercise story. It began about 4 years ago when I heard of a lady who had walked the Auckland Marathon. This inspired me to start regular exercise with a goal of competing in the same event. Being in my late seventies, I started daily walks on the coastal path from Browns Bay to Mairangi Bay. After some months I started to include brief spells of 50m jogging in my walks. By early 2023 I moved my exercise to Long Bay where I was 1/3 running 2/3 walking up to 8km a day. I was monitoring my exercise using a FitBit to track my speed and my heart rate. At 79, I completed the Auckland Half Marathon in October 2023 in 2 hrs 42 min (7m40s per km).

Almost 2 years later, at 80, I am running up to 5km on most days (100m walk, 200m run at a pace of 6m 40s per km). I usually encounter 6 or 8 other runners, even more in the summer. Most are, like me, solo runners.

So what is the secret? I run before breakfast, I have a good pair of trainers, not too tight to avoid rubbing toes. I count steps in my head and maintain an even pace. I stick to the roadway as I have found it safer than on the beach or the grass (which can be slippery).

Particularly for us oldies, it is important to check with your doctor especially if you have any medical conditions. Running is generally not recommended if you have had



Keith McMinn

knee or hip replacement surgery. Monitoring heart rate is especially important as you get older, an absolute maximum of 220 minus your age seems to be the accepted limit so keep you peak below 85% of that figure.

Finally, try to enjoy exercise, it will pay dividends in your general health and your energy levels.

Is this you?

- ☺ Unsure what to do in a large gym, don't feel quite comfortable.
- ☺ Would like extra support and accountability to help you stay motivated and get results.
- ☺ Have been working out but don't see the results you want.
- ☺ You are new to exercise needing the correct guidance for your needs, don't know where to start.
- ☺ An old injury or pain that permanently niggles, never reduces and you want it to go away.
- ☺ You struggle to keep up with the kids or grandkids, get up or down off the floor with ease.
- ☺ Climbing stairs makes you out of breath.
- ☺ You have tried lots of gyms or various exercise styles, but never stuck to anything.

Master the art of movement, find confidence in yourself to move!

Enjoy exercise with a focus on your needs, Lynne offering you the best, through her 25 years experience.

No need to do this alone! We offer real support, giving real results!

Feel confident walking into our home wellness & fitness studio, which has a more personable approach.

Reach out, call Lynne today.

Move freely without pain holding you back.

Get clear expert guidance from a certified and well qualified trainer.



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Lynne Scott - 021 204 3280

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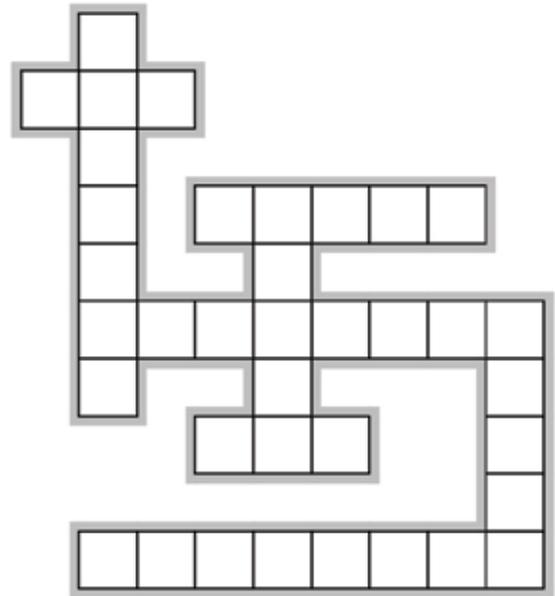
Children's page

fun things to do



Join the dots to discover a scary creature

ANIMALS



Fit these animals into the grid

- | | |
|----------|----------|
| CAT | REINDEER |
| RHINO | PANTHER |
| ELEPHANT | HIPPO |
| DOG | TIGER |

COLOUR IN THIS UNICORN



East Coast Bays Library

There's so much exciting stuff to check out in the library this month...



We Read Auckland Ka Pānui Tātou i Tāmaki Makaurau
Auckland's month-long reading and writing festival is back! From 1 August, celebrate the stories of our city with a fresh selection of local Bestie titles and free author events and writing workshops led by writers from Tāmaki Makaurau. East Coast Bays Library hosts author talk **Stories with Secrets** on **Saturday 23 August 6pm-7pm** with North Shore authors **Gina Butson** (*The Stars are a Million Glittering Worlds*) and **Hannah Tunnicliffe** (*The Pool*). Hear about the secret lives at the hearts of their compelling contemporary novels with author Caroline Barron (*Golden Days* and *Ripiro Beach*). Be first in line to discover these exciting local authors and their books, where every character has a hidden history. Borrow a Bestie or buy a copy to be signed on the night. To book your free ticket and for more details on the We Read Auckland programme, visit: aucklandlibraries.govt.nz/WeReadAKL



Temporary Library Closure
4 - 11 August



Temporary Library Closure 4 – 10 August.

The library will be closed for floor repair work from Monday 4 August for one week, reopening on Monday 11 August. You are welcome to visit Albany Village Library (or any other Auckland Council Library) during this time to borrow or return your library books. Thank you for your patience while we complete this essential work.

Brain Charge for Seniors Friday 15 10am-11:30am

This month we're exploring 'Geographical locations around NZ and the world'. Join us for free, fun activities to exercise your mind.

National Poetry Day Poetry Open Mic Friday 22 10am – 12pm

Celebrate Poetry Day 2025 with us! Share your own poem or favourite poetry in this fun and welcoming open mic event for everyone. Put your name down to get a spot at the mic stand, or come along, share and listen, on the day.

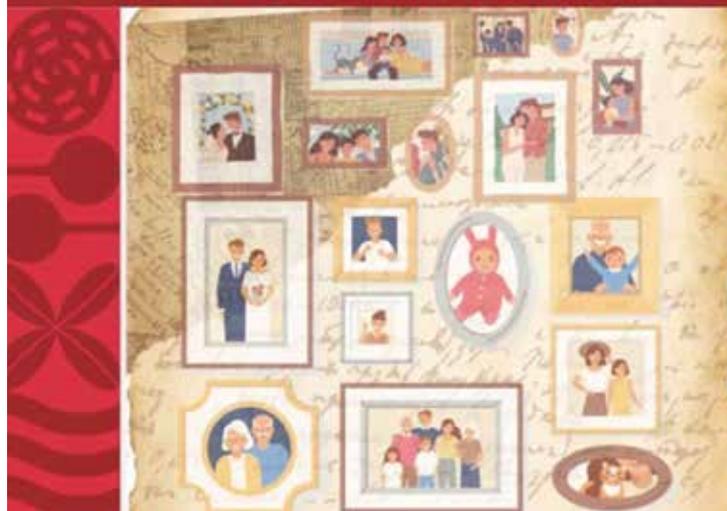
Family History Month

The perfect time to explore your family history. There's a wealth of resources on Auckland Libraries website to get

EAST COAST BAYS LIBRARY

Getting started with Family History

Free workshop
Friday 29 August 10am – 11.30am



you started, or read about family discovery in a book like Michael Palin's book we've shared.

Getting Started With Family History Workshop Friday 29 10am – 11.30am

Learn how to start your journey, collect the most important records and avoid common errors, followed by an overview of NZ Society of Genealogists resources. Limited spaces are available. Register with Garry Phillips: introgenealogy@genealogy.org.nz

Death Café Saturday 16 2pm – 3:30pm

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

For more information about our events and programmes, pick up a brochure, talk to library staff, follow our Facebook page, and search for events at www.aucklandlibraries.govt.nz
Email us at ecblibraryevents@aucklandcouncil.govt.nz to receive an e-copy of our monthly brochure.

EAST COAST BAYS LIBRARY

Phantom Billstickers National Poetry Day

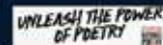
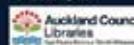
Open Mic



FRIDAY 22 AUGUST 10AM – 12PM

Come and join us to celebrate Poetry Day 2025. Share your own poem or favourite poetry written by others in this free, welcoming open mic event for everyone. Put your name on the list now to get a spot at the mic stand, or come along, share and enjoy on the day.

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Tel: 09 224 3333
aucklandlibraries@aucklandcouncil.govt.nz



Quizzes

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Answers Page 46



WEATHER

N C R E D Y H O V E R C A S T
 B P L T R L X W V B A E K R B
 W R I G I S Z Z D O A H X Y E
 O E G A Z U C L S L E E T H S
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 V T Z O B O Z E O Z U Z C N B
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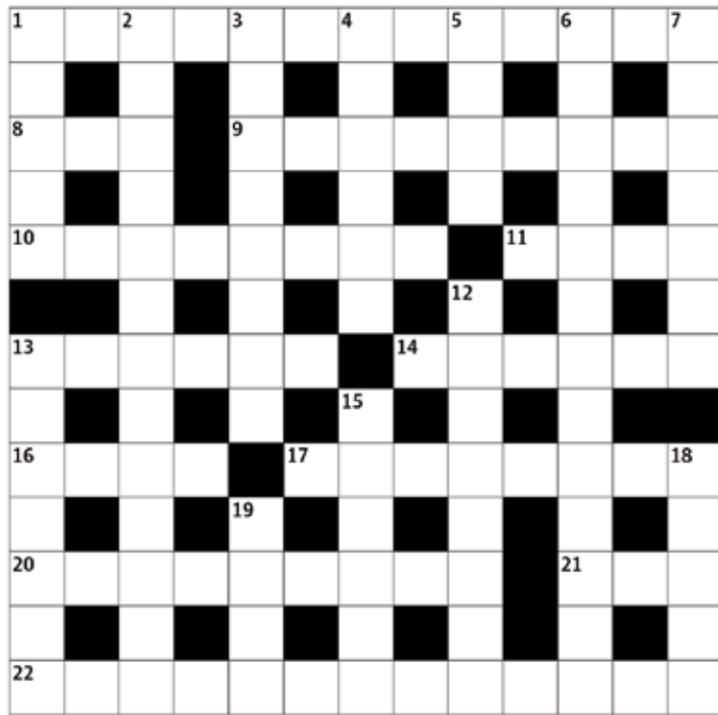
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| BLIZZARD | FROST | LIGHTNING | SNOWSTORM |
| CLOUD | GALE | OVERCAST | SUNSHINE |
| DRIZZLE | HAIL | PRECIPITATION | TEMPERATURE |
| DROUGHT | HEATWAVE | RAINBOW | THUNDER |
| FLOOD | HUMIDITY | SHOWER | TORNADO |
| FOG | HURRICANE | SLEET | TYPHOON |
| | | | WIND |

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

AESTFY

30 good, 35 very good, 40+ excellent

CROSSWORD



Across

- 1 State of financial or material welfare (13)
- 8 Broad sash worn around the waist of a kimono (3)
- 9 Revered and respected (9)
- 10 From US Pacific island state (8)
- 11 Brogue, clog, sneaker etc. (4)
- 13 Produces jets of hot water and steam (6)
- 14 South American animals of camel family (6)
- 16 Pubs or taverns(4)
- 17 17th century English poet (8)
- 20 Study of language (9)
- 21 Egyptian snake associated with Cleopatra(3)
- 22 20th James Bond film (2002) (3,7,3)

Down

- 1 Type of woven material (5)
- 2 Locomotive (7,6)
- 3 Uncovered for first time (8)
- 4 Ice cream dish served with toppings (6)
- 5 Publicly expresses a grievance (4)
- 6 Succeed, have the ability to do something (3,3,7)
- 7 Sorrow (7)
- 12 Malawi's second largest city (8)
- 13 Held tightly (7)
- 15 Sharp angry reply (6)
- 18 Nimble - chilly (5)
- 19 Word referring to a thing, person etc. (4)

SUDOKU

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

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Gigantic word search

“local roads” in Long Bay and Torbay

There are 25 local road names hidden in this grid. See how many you can find.

Waiake >

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

TOROA
WILLIS
KATE SHEPPARD
CAVERSHAM
LINGHAM
GLENVAR

COUNTY
HEADLONG
CRANSTON
FLAVIA
GLAMORGAN
BEACH

TE ONEREROA
FITZWILLIAM
MARINA DEEP CREEK
ASHLEY
IAN SAGE
CALDERA

DEE
GREENLINK
RIDGE
SHARON
WAIAKE
CLIFF

Sandwiched Between *Two Generations.*

Kate had a group of friends from university who she caught up with on a regular basis. Six of her friends who had all returned to the North Shore after their study met every two months, taking turns to host the friends. It was a time to reminisce, but also to share their day-to-day highlights and trials. Over the thirty years since they had graduated, they had shared stories of new relationships, marriages, children, promotions, redundancies and tragically the early death of one in their group.

Whenever Kate came home from the uni group catch up, it took her a while to unwind, but when she came home last night, she lay awake for ages thinking about the various situations that the women in the group were now in. One of her friends, Rachel, laughingly had said that they were now the “sandwich generation”, in their mid 50s, sandwiched between elderly parents and children who were no longer reliant on them for the day to day, but reliant on their parents to support them into the next stage of home ownership and having children. Kate reflected on this and then thought about the friends within the group.

There was Rachel who had made the sandwich generation comment. Rachel's parents were in their late 70s, and Rachel had spent many hours visiting various retirement villages with them before finding one which was appropriate for the needs of her mother who was unwell and would soon need hospital care, but also her father who was young for his years and needed a lot of social interaction. Coupled with that, Rachel's older daughter was looking to purchase her own home with her partner. Rachel and her husband were looking to help their daughter and her partner into their home, but while they were asset rich, they were cash poor and needed some advice as to how they could help their daughter without compromising their own position.

Nicola's father had recently been diagnosed with dementia. Nicola's mother had been looking after him at home and neither Nicola nor her brother had realised how bad her dad actually was. No one had thought about the legal documents that might make things easier to deal with her dad's assets. While Nicola's parents owned their family home jointly, all their investments were in her dad's sole name. At the last doctor's appointment, the doctor had said that Nicola's dad no longer



had capacity to make his own financial decisions and queried whether powers of attorney were in place. Nicola's mum had looked at the doctor blankly. She had always just assumed that she would be able to access their assets or at least sign on behalf of her husband. They soon learned that was not the case and Nicola and her mother had been to see a lawyer to help them make an application to the court for Nicola's mother to be a property manager for her husband.

Mel and her husband had recently separated. Kate had always thought that they had seemed happy enough, but Mel had recently confided that this was not the case. They were now going through a messy separation – Mel's husband had a new partner already and while Mel had thought they would be able to sort things out amicably, that did not seem to be the case. Mel and her husband had multiple trusts with various assets and now her children who were in their mid 20s had taken advice as to their rights within the trusts. The dispute between Mel and her husband had now become a family dispute which was incredibly upsetting for Mel.

Kate reflected on the situations her friends were in, and was grateful for her own relatively calm life, but worried for her friends. The sandwich generation had so much going on, it felt like a mix of legal advice and life advice. Then Kate remembered that she and her husband had never made wills – they had drafted them when they purchased their first home all those years ago but had got stuck on who would be guardians of their then toddler children. Those children were now in the mid 20s, and the wills were still not finalised. Kate vowed to make an appointment with their lawyer the next morning.



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

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DOC deals to over 1000 wilding pines on Rangitoto

To protect the Auckland icons unique nature, 1012 wilding pines have been removed from the island in a five-week, ground control operation.

State of the art drone mapping and laser rangefinders were used to identify and map the wilding pines.

“Rangitoto is an ecosystem different from anywhere in the world, and wilding pines are one of the greatest threats to it,” says Dr Leigh Joyce, DOC Senior Biodiversity Ranger.

Wilding pines would eventually take over the island’s native vegetation if left uncontrolled – as they have at many locations around New Zealand.

Located in the Hauraki Gulf/Tīkapa Moana, Rangitoto has the largest pōhutukawa and rātā dominated forest in the world and is home to many taonga bird and lizard species, says Leigh.

It’s also the only volcano in Auckland with an intact indigenous ecosystem.

“The maps provided accurate GPS locations of the wilding pines which allowed ground crews to work at pace to remove the threat.”

“A huge thank you to Island Solutions for their expert drone surveying and mapping, and Tree King for their excellent and efficient work felling the trees,” says Leigh.

The island has been predator free since 2011. It’s home to a variety of native bird species, including kākāriki, korimako/bellbird, kākā, tūī,



pīwakawaka/fantail, riroriro/grey warbler, and ruru/morepork, as well as five species of native lizards.

Unlike native New Zealand bush, where a wide variety of plant species exist together, wilding pines produce dense overgrowth which supports only other wilding pines.

“If wilding pine numbers increase, they will also have a significant visual impact. Control is needed to prevent them from becoming a dominant weed species on Rangitoto” says Leigh.

Wilding pines currently affect more than 2 million hectares of New Zealand. Without large scale funding and control, experts estimate that within thirty years, 25% of New Zealand could be covered

with wilding pines.

The Rangitoto effort is part of the National Wilding Conifer Control Programme, led by Biosecurity New Zealand in partnership with DOC and many other organisations across the country. The programme has delivered control operations on more than 3 million hectares, or just over 12% of New Zealand, preventing the spread into even more vulnerable land.

Funding to remove wilding pines on Rangitoto was announced by the Minister of Conservation in November 2024 as part of the International Visitor Levy (IVL).

Thanks to additional IVL funding, there is also weed control work underway or planned for several other conservation islands in the Hauraki Gulf.

As part of this funding, DOC and Ngāi Tai ki Tāmaki will now carry out ground control weeding on Rangitoto and neighbouring Te Motutapu-a-Taiehu. This work will target moth plant, gorse, and rhamnus.

As well as being an ecologically and culturally significant site for DOC’s iwi partners, Rangitoto is a tourism and economic drawcard with over 100,000 visitors a year.

media@doc.govt.nz



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Please join us on a Monday morning at 10.00am OR Tuesday evening at 7.30pm, in the auditorium at Long Bay Baptist Church, 282 Glenvar Road, Torbay, for 1.5-hour informal, fun, and interactive conversation sessions.

星期一 上午10至11点30分 和/或星期二 晚上7点30分至9点

地点：长湾浸信会教堂 (Long Bay Baptist Church) 地址：282 Glenvar Road, Torbay

Look forward to seeing you there.



To join, please contact Nikki Hommes on 021 132 1174 or by email, nikki@potentialunleashed.co.nz

如需报名 请联系 Nikki Hommes：电话：021 132 1174
电子邮件：nikki@potentialunleashed.co.nz

2025 Budget – key takeaways

After a few tough years, you may be wondering: Are the lean years behind us? With stabilising interest rates and business confidence hopefully improving in the future, this tax year might bring a welcome shift.

However, with continuing uncertainty on the global front, smart financial planning is still key.

In May 2025 the Coalition Government released its second budget with some interesting points to note. Branded the Growth Budget, with incentives for investment and saving, funding for health, education, policing, defense and other public services, and targeted support for low to middle income families. Its operating allowance is the thinnest in a decade, aimed at reducing New Zealand's debt to GDP ratio.

Changes which could affect you

- The Government will proceed with FBT reform proposals to modernise the rules and reduce compliance costs.
- Best start child payments to be fully means tested.
- Welfare for 18–19-year-olds now subject to a “parental assistance test” to prove their parents cannot support them.
- Student loan repayment thresholds frozen.

Key points for Business Owners

A new tax incentive which allows businesses acquiring productive assets to immediately deduct 20% of the cost of a depreciable asset in the year of acquisition, in addition to

normal depreciation.

The incentive applies to all new assets purchased in New Zealand, as well as new and used assets imported from overseas. It applies to new commercial buildings but not to new residential buildings.

KiwiSaver

Government KiwiSaver contributions halved to 25 cents per dollar contributed, capped to a maximum of \$260.72 p.a. Removing the Government contribution for members with taxable income over \$180,000 p.a.

Increase the default employee and employer contribution rate from 3% to 4% over a 3-year period:- 3.5% from 1 April 2026- 4% from 1 April 2028.

Members who are under financial stress can apply to Inland Revenue for a temporary reduction of their contribution rate to 3%

Extending the eligibility to receive employer and Government contributions to 16- and 17-year-olds.

Attracting talent

For new migrants and returning New Zealanders, possible ‘revenue account’ and ‘deferral’ methods of calculating foreign investment fund (FIF) income have been proposed to ease cashflow. (to apply for arrivals after a certain date)

If you would like any further information please contact the team at Vision Accounting on 09 415 0319
www.visionaccounting.co.nz

Whats on at Albany Library in August!

We Read Auckland is back with a range of popular books by Auckland Authors and Events!

As part of the festival, we are hosting a writing workshop for teens on Sunday the 3rd of August at 2pm, covering the basics of fiction writing, registration is available on Eventfinda! There will be extra copies of popular books by Auckland authors available to borrow.

Our Korean Smartphone classes are back this August!

Korean Smartphone classes from Aged Concern are starting back up and will be happening once a month starting Tuesday 29th of August 1-3pm!

Our Sunday JP service is being extended!

Following a successful trial period, we are now having an extended permanent Sunday JP service. This will move to 10am-12pm to align with our Saturday Service. If you need any JP services, they are available Saturday and Sunday 10am-12pm and Mondays 12-2pm.

For up to date information on these and other events, follow Albany Village Library on Facebook.

School Holiday Science Success!

Last month we had many wonderful school holiday events! Thank you to everyone that came along. One highlight was our Science Workshops. Many tweens and teens in Intermediate and High Schools are passionate about their school STEM programmes. During the school holidays, Albany Library continued to run exciting new technology programmes for children and youth.

We were thrilled to welcome students from Pinehurst School, Albany Senior High School, and Oteha Valley School. They showcased creative projects like "Aircraft & Edison Robots" and "Conductor & Parachute."

The students created PowerPoint presentations to explain



the science behind their ideas and taught other kids how to build their own models. It was a fun and inspiring way to learn and a great example of how students can give back to their community.

Torbay farewells Raj and Loveleen from Four Square

Raj and Loveleen have been the heart of Torbay's Four Square for the last 6 years.

Through the difficult COVID times they were there for the community and through the years they have generously supported many community activities.



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Jasmine's Thai Massage – for ladies only. 7 Babbington Place Torbay. By appointment only. Phone 0222474753 or 0224739419.

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Carpet and Upholstery cleaning – stain removal, free deodorising. Fly and insect control. Phone Michael 4731422 or 0275379112.

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

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

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

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

They recently have had an upgrade with new signage outside and inside, and the installation of self-service checkouts, for customer convenience.

With 7 day trading and extended opening hours it was always about what was convenient for the community.

Raj, Loveleen and their two children are off to a New World in Wellington and so we wish them all the very best for this next part of their journey, and we are sure this warm hearted couple will do well.

They will be missed.



What I really mean....

No wonder English second language people find our conversations difficult when we use idioms like these.

Some are based in history like "to face the music". This comes from the military practice of drumming a disgraced soldier out of the service, where a formal dismissal would be accompanied by music. This would be a very public and humiliating experience.

1. Under your nose - clearly visible but unseen.
2. Throw in the towel - give up.
3. Speak of the devil - the person you were speaking about appears.
4. Skeleton in the closet - a hidden and embarrassing secret.
5. Rain on someone's parade - spoil someone's plans or mood.
6. Put all your eggs in one basket - rely on one single thing.
7. Pull someone's leg - joke or tease someone.
8. Sit on the fence - to be undecided.
9. Let sleeping dogs lie - don't stir up old problems.
10. Keep your fingers crossed - hope for good luck.
11. Jump on the bandwagon - join in an activity.
12. In hot water - to be in trouble.
13. Face the music - accept the consequences of your actions.
14. To have cold feet - to be nervous before an important event.

Why Listing in August Could Be the Smartest Move You Make



Don't wait to compete, sell while you stand out

Spring is traditionally the busiest season in real estate. The sun's out, gardens are blooming, and suddenly everyone is listing their home. By listing in August, you're getting ahead of the rush and putting your property in front of active, serious buyers before the floodgates open.

Beat the Spring Rush - Instead of competing with dozens of other listings in September, sell in August while buyer demand is still strong but inventory is low. While others are still tidying up the garden, you could already be packing boxes.

Get More Attention - With fewer homes on the market, your property stands out. You're not just another listing you're the listing. Buyers scrolling through homes won't be overwhelmed with choice, giving you the edge.

Move at Your Own Pace - Spring is chaos! From staging delays to bottlenecks with lawyers and lenders. Selling in August means less waiting, more flexibility, and a smoother process from listing to sold.

027 473 2468 | wanly.tsang@harcourts.co.nz | wanly.co.nz

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Wanly Tsang & Team

Puzzle Answers



A W P F N Z L M E D J F A W T L P A
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Word Puzzle

aft, ate, aye, ayes, east, easy, eat, eats, eft, efts, eta, etas, fast, fat, fate, fates, fats, fay, feast, feat, feats, feta, fey, safe, safety, sat, sate, say, sea, seat, set, stay, sty, stye, tea, teas, yea, yeas, yeast, yes, yet

Quiz Answers

1. The eruption of Mt Vesuvius
2. The Tudors
3. The Nina, the Pinta and the Santa Maria
4. In Berlin
5. Victory over Japan in Hawaii
7. French Secret Service Agents Dominique Prieur & Alain Marfait
8. English & NZ Sign language
9. Cervical cancer
10. 1984-1989



Everyone lists in Spring Be the one who has **already** **SOLD**

Don't wait to compete,
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