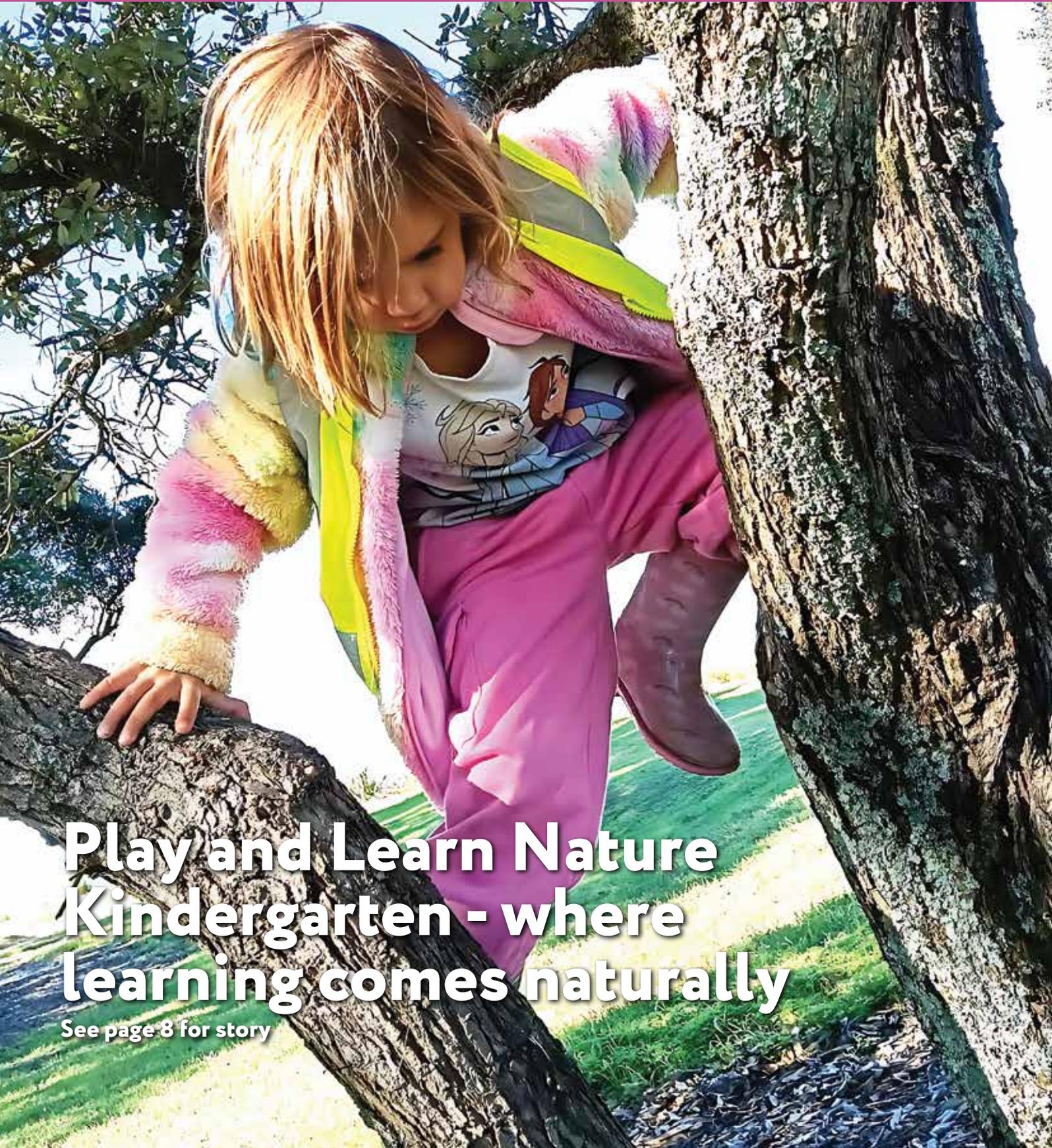


focus

Issue 41
September 2025

on community

Long Bay, Okura and Torbay



**Play and Learn Nature
Kindergarten - where
learning comes naturally**

See page 8 for story

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Euro Bakery wins two golds and a silver in Bakel Pie Awards 2025

Sopheap and Bunna and their dedicated team triumphed again at the recent Bakel Pie Awards for 2025. This prestigious annual event showcases all the best of Kiwi bakeries. Euro Patisserie won gold for their mince and gravy and gold for their vegetarian, with silver for their mince and cheese and in the top ten (9th) for their steak and cheese.

What an amazing achievement and it says so much about the standard and quality of the Euro Patisserie Bakery.

When you stand in their bakery, which is in the heart of Torbay



Euro Patisserie Torbay Pie Awards 2025
 This year out of 500+ bakeries, Euro Patisserie Torbay has placed in 9 categories in the Annual New Zealand Bakers Supreme Pie Awards in 2025

Out of 500+ bakeries, we placed:
 1st in Mince and Gravy
 1st in Vegetarian
 2nd in Mince and Cheese
 9th in Steak and Cheese

village, and see all the awards on the walls from over the years you realise that this is truly one of New Zealand's top ten bakeries.

Although the award is all about their pies their bakery produces so much more than just pies.

There is a great range daily of filled sandwiches, rolls and wraps, ideal for school or work lunch boxes.

The cabinets hold a wide range of freshly baked cakes and slices to tempt you and

then there is the hot cabinet with a great range of hot food - just what we need in this cold weather!

But why stop there. Coffee accompanies any of these food items and they do make really good coffee. There is also a great range of cold drinks in the chiller.

Outside are some tables and chairs so you can sit and enjoy your purchased food.

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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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9.2 cms x 4.2 cms box \$130 + gst

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

We offer a free design service.

Please contact Carole on

473 3259 or email

editor@focusoncommunity.co.nz

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

editor's letter

The Company, who print my magazine, sent me a very interesting report about the world of print.

It seems that in a time of decline (the North Shore Times printed its' last edition last month) the only areas of print that are thriving are magazines. High quality paper and good reading material.

We are now in an age of digital fatigue it seems. The rush to digitalise everything has resulted in such a monsoon of material that we are now "turned off" by digital offerings.

I found this really interesting as because of demand from people to advertise and share their stories we have increased our page number to 48 now. This would bear out what the report was saying.

I am old fashioned because I still use the library. I love the feel of a book in my hands, rather than my phone or a kindle and I love a magazine that can be picked up and

put down at will.

Thank you for all of you who took the time and trouble to email, or phone, and say how much you liked the bigger magazine.

One lady spoke to me said "I always try out the recipe but now I have 6 to try out so that is great!".

Again, this time, we have 6 recipes, with the theme of cheese. Everyone loves cheese so I am sure on those pages you will find something that activates the taste buds.

We are coming up to Local Board and Council elections.

Please make sure you are registered to vote and then please exercise your vote. It is so important to have the right people making decisions that affect us all and our futures.

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



New Faces at Four Square

Shane and Mary are the new proud owners of Four Square in Torbay.

Currently living in Mount Eden, although intending to move to be part of this community, Shane and Mary have 3 children and 2 grandchildren.

Shane has worked in the grocery industry for 30+ years, with 10 years at Foodstuffs North Island in Customer Insights and Category Management roles.

Shane has been on a Four-Square Ownership path for the last two years managing stores in Auckland.

This experience will enable him to understand customer needs for Torbay community and our visitors.

Mary is a Financial Accountant and has had previous business ownership experience.

When they are able to locate to Torbay they hope to get involved in the community and some of the community groups.

Congratulations and all the best!

Four Square is open 7 days 7am to 9pm with large onsite carpark.

Four Square 1058 Beach Rd, Torbay Phone: 09 473 6197



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Wendy's update

Across the Auckland market, July proved to be a strong month with sales - in fact it clocked the highest sales total for four years signalling growing confidence among buyers and sellers.

In Torbay/Waiake, we are seeing more sales and less properties coming to the market. Activity is consistent during open homes, and the market continues to present opportunities for those that are aligned with current pricing.

Spring is fast approaching. If you are thinking of selling this is the perfect time to start preparing your home to get ahead of the competition - just give me a call and we can have a chat about your options and the advantages of listing with myself and your local Barfoot & Thompson office.

Kind regards, Wendy

Torbay/Waiake July 2025

 <p>92</p> <p>PROPERTIES FOR SALE</p>	 <p>32</p> <p>PROPERTIES SOLD</p>
 <p>\$785,000</p> <p>LOWEST VALUE SALE</p>	 <p>\$2,080,000</p> <p>HIGHEST VALUE SALE</p>

Wendy Radcliffe

021 772 070

w.radcliffe@barfoot.co.nz

Tai Chi at Long Bay

If you have ever shopped at New World, Long Bay, early in the morning you will have seen the quiet, graceful group of people practising Tai Chi.

The dignity and assurance with which they move is awe inspiring.

Under the direction of Master Weihong Ji the group is learning the Yang style Tai Chi.

Tai Chi is rooted in traditional Chinese culture. They believe that practising Tai Chi enables the body to achieve a balanced state of ying and yang. It not only keeps you fit but also improves your mental and physiological wellbeing.

It is a popular exercise worldwide.



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Taichi, as a concept of philosophy, was mentioned in the Book of Changes about 2500 years ago. but Taichi Quan as a form of martial art evolved in the late 1600's. It is now practised as a form of physical exercise.

Starting in 2021 GTANZ (Ganen Taichi Academy New Zealand) is a "not for profit" organisation that provides the sessions. In Long Bay, they run Monday to Thursday 8.00 am to 9.30 am every week and the only cost is the \$20 per annum membership fee. What incredible value for money. In the summer they meet in Long Bay park.

Tai Chi helps with coordination and balance as it builds up muscle strength. It helps with stress relief and improves breathing, so is really good for your health.

If you are interested in knowing more about this group, contact Weihong Ji on 0272961888 and you will sure of a warm welcome. It is not only for Chinese people living in Long Bay but for any resident interested in improving their lifestyle.



Meet Rob – Your Local Expert for Outdoor Living

Hi!

I'm Rob, owner of Ultimate Outdoor Spaces, serving Auckland's North Shore and Hibiscus Coast.

I'm a Torbay local who loves the coastal lifestyle and making the most of the outdoors.

For as long as I can remember, every house I've lived in has had me imagining ways to improve the outdoor areas - whether it's creating a covered entertaining area, a sunny deck for BBQ's, or a sheltered spot for the spa. That eye for potential is now the heart of my business.



I take the time to understand how you want to live, then create stylish, functional spaces that stand up to New Zealand's unique climate.

Whether you're planning a renovation, new build, or backyard upgrade, I'd love to help you create an outdoor space you'll enjoy in every season.

Rob Keating

Ultimate Outdoor Spaces - Auckland North

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Order your premium Tetto louvre roof system today and enjoy shaded comfort and style all summer long.

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Order your Tetto louvre roof before 30 Sept 2025 and receive LED lighting FREE!



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Rob Keating
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Play and Learn Nature Kindergarten – Early Learning, naturally

Where children learn not just what to think, but how to think

If you've visited one of our beautiful Regional Parks, you may have spotted a group of happy, energetic children splashing in the sea, building huts, damming creeks, or hiking through the bush. That's Play and Learn Nature Kindergarten in action; early learning inspired by nature and grounded in real-world experiences.

Our Nature Kindergarten programmes offer rich, play-based learning that supports children's development in every area. Rooted in research and guided by the natural rhythms of childhood, they grow into capable, resilient learners who are connected to themselves, to others, and the environment.

In today's fast-paced world, children need space to explore, create, and take appropriate risks. Our outdoor learning approach strengthens physical health, supports wellbeing and mental health, and fosters the "soft skills" so vital for success—communication, problem-solving, collaboration, empathy, and resilience.

Literacy, numeracy, and STEM learning are woven into daily adventures. Children encounter maps, signs, symbols, letters, and numbers. We talk about measurement, forces, patterns, and data in the context of real experiences. Physical activity boosts brain development, and hands-on exploration supports rich oral language, especially words for actions, objects, and the natural world.

From climbing and whittling to inventing, building, and navigating the landscape, tamariki are actively engaged in their learning. Our experienced, passionate kaiako ensure children are safe, supported, and inspired.

Play and Learn's Nature Kindergarten began after a visit to Scandinavian Forest Schools in 2003. In 2009, we trained Forest School Leaders in the UK to ensure the highest standards, then adapted the approach for Aotearoa. Safety is always a priority, and a thorough benefit-risk assessment is completed before each session.



We operate four centres and four standalone nature programmes across Auckland and Dunedin. We're proud to celebrate over 10 years of Nature Kindergarten at Long Bay and our more recent programme at Wenderholm.

Come and see how your child can grow, play, and learn—naturally.

Learn more at www.playandlearn.net.nz

Contact:

Paula (Long Bay) – paula@playandlearn.net.nz

Solitaire (Wenderholm) – solitaire@playandlearn.net.nz



Exploring Southern Italy the Backroads Way

By Renee, Shore Travel

I recently returned from an unforgettable journey through Southern Italy with Backroads Touring, and I can honestly say it was the perfect balance of guided exploration and independent discovery.



What I loved most about this experience was how it felt more like supported travel than traditional touring. While our itinerary was expertly curated, there was still plenty of time to wander at your own pace or soak in the scenery over a leisurely espresso.

Our small group travelled through some of the most picturesque corners of Southern Italy—places you may not find in the guidebooks. Highlights included a hands-on cooking class at a buffalo mozzarella farm and a dreamy dinner in the countryside at a local agriturismo. These kinds of authentic encounters would have been nearly impossible to arrange independently, and they made the trip truly special.

Accommodation throughout was of a consistent 3–4 star standard, offering comfort without compromising on charm. I was pleasantly surprised by the makeup of our group, which

skewed younger than expected—mostly in their late 50s to late 60s—and many were on extended European adventures, linking several Backroads tours together. It's a style of travel that really suits active explorers, with plenty of walking, exploring, and connecting with local life.



One of the standout features of the tour was the use of local guides in each destination. Their insights added real depth to our experience and brought the history and culture of each town to life. Our main guide, Annalisa, was nothing short of amazing. A proud local, she brought warmth and familiarity everywhere we went—especially in Minori, where we were welcomed like family thanks to her connections.

Some of my personal favourites? Ravello and Pasternum were absolutely breathtaking, while Cetara and Vietri—lesser-known gems exclusive to Backroads—offered a more peaceful, authentic slice of the Amalfi Coast.

If you're looking for a more immersive, easygoing way to discover Italy, a Backroads tour might be just what you're after. I'd love to share more—just pop in and ask!

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9.30am

Meet in the Long Bay
Village Square
by New World

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DIFFERENCE



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www.longbay.nz

Supporting Mercy Ships

Seen on the Shore recently Dame Lisa Carrington chats about her successes, with rowing, at the Olympics.

In a fundraiser for Mercy Ships Lisa spoke of her desires and ambitions.

The event was held at the Coffee Lab in Silverfield, Wairau.

Mercy Ships is an international charity based non-governmental organization that operates the largest hospital ships in the world, providing surgical care and surgical education in Africa, community development projects, community health education, mental health programs, agriculture projects, and palliative care for terminally ill patients.



Monthly Quiz

Answers Page 46

info@rotarybrownsbay.org



1. When was the Long Bay Residents' Association formed
2. In October, Long Bay College celebrates what
3. Long Bay Primary School is on Ralph Eagles Place. Who was Ralph Eagles
4. When was Sir Peter Blake MERC founded
5. Who operated the train in the Long Bay Regional Park
6. The Long Bay-Okura Marine Reserve was established in 1995, for what purpose
7. What is the Maori name for Long Bay
8. What are the two waterways that run through Long Bay
9. Why was the Long Bay Beachfront Café closed in 2014
10. When was the first house built in Long Bay

Gareth Roberts is the sort of person you want in your community

Gareth came along to a Rotary Browns Bay meeting a short time before our day of service in 2022, when he volunteered to help us clean up the streams in the community.

Although a newcomer to Rotary, Gareth enthusiastically joined in, paddling a kayak down the Vaughans Stream Ponds collecting rubbish, while gathering a bunch of locals to help.

He subsequently joined the Long Bay Residents' Assn and within a short time was elected chairperson.

What Gareth has done since then is impressive; his passion for the environment has seen him championing Predator-Free Long Bay, distributing rat traps in the community as well as planting and weeding. He continues to coordinate working bees in Long Bay to keep the weeds and pests under control.

Gareth has a knack for bringing people together and inspiring them to care for their community. He engages with all members of the community and has brought Long Bay College into the Residents' Association, providing these

young people with opportunities to become involved.



Gareth has proved to be a skilled communicator and has submitted to the Local Board issues affecting Long Bay, in particular the Vaughans Road access.

Under his leadership, the Long Bay Residents' Assn has promoted a walking group, a parents and babies' group, organised community cleanups and a football social meetup, all of which build community cohesion. They have also become involved in emergency readiness and pedestrian safety amongst other things.

Every community needs a Gareth and we are very proud that he is also a member of Rotary Browns Bay.

He was recently awarded a Paul Harris Fellowship, Rotary's highest award, for his service to his community.

If you would like to find out more about what motivates people like Gareth to become a Rotarian, why not come along to a breakfast meeting at the Bays Club on the first and third Tuesdays of the month and hear about what we do.

Contact sallyraecargill@gmail.com for more information



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Torbay Theatre News

Gilbert and Sullivan's *HMS Pinafore* at the Torbay Community Hall from 25 September to 5 October

On stage later this month is one of the most popular Gilbert & Sullivan musicals – a madcap story of mixed-up romance, full of sailors and beautiful women (the First Lord of the Admiralty's sisters and his cousins and his aunts ...).

Pinafore has remained popular ever since its initial run of 571 performances in London from May 1878 – the second-longest run of any musical up until then. It was the first big international hit for Gilbert and Sullivan, and their works, later known as the Savoy operas, dominated the musical stage on both sides of the Atlantic for more than a decade, and have never lost popularity.



Dragan Atanasov takes his singers through their paces

The story takes place aboard the ironically named warship, the Royal Navy ship *HMS Pinafore*. The captain's daughter, Josephine, is in love with a lower-class sailor, Ralph Rackstraw, although her father intends her to marry Sir Joseph Porter, the First Lord of the Admiralty. She abides by her father's wishes at first, but Sir Joseph's advocacy of the equality of humankind encourages Ralph and Josephine to overturn conventional social order. They declare their love for each other and eventually plan to elope. The Captain discovers this plan, but, as in many of the Gilbert and Sullivan operas, a surprise disclosure changes things dramatically near the end of the story.

Gilbert imbued this plot (as with most of his plots!!) with mirth and absurdity. The opera's humour focuses on love between members of different social classes and lampoons the British class system in general. *Pinafore* also pokes good-natured fun at patriotism, party politics, the Royal Navy, and the rise of unqualified people to positions of authority – the First Lord of the Admiralty in this show having never been to sea!

Pinafore's extraordinary popularity in Britain, America and elsewhere was followed by the similar success of a series of Gilbert and Sullivan works, including *The Pirates of Penzance* and *The Mikado*. The structure and style of these operas, particularly *Pinafore*, were much copied and contributed significantly to the development of modern musical theatre.

BOOK NOW! Tickets now on sale via Humanitix: <https://events.humanitix.com/hms-pinafore>
For more details, or to join: www.torbaytheatre.com
See also: Facebook/Insta, or ph 027-283-3322
35 Watea Rd, Torbay



Little Buttercup, aka Mrs Cripps, played by Amanda Moore, with Captain Corcoran, played by Dylan Webb.



Valerie Langford and Therie Bearsley contemplate which hat? – both designed by Madame Sylvia, Portsmouth's finest milliner.

H.M.S. PINAFORE

TT

TORBAY
THEATRE

Torbay Community Hall
35 Watea Rd. Torbay

Adult \$30	Thurs 25 Sept	7.30pm
Child \$20	Fri 26 Sept	7.30pm
Concession \$25	Sat 27 Sept	7.30pm
Family & Group Discounts available	Sun 28 Sept	2.00pm
	Thurs 2 Oct	7.30pm
	Fri 3 Oct	7.30pm
	Sat 4 Oct	7.30pm
	Sun 5 Oct	2.00pm

BOOKINGS ADVISED

EITHER Scan this QR Code

OR enter this link into your browser
events.humanitix.com/hms-pinafore
OR go to torbaytheatre.com

More information:
torbaytheatre.com
or 027 283 3322

Awaruku Bush Reserve: Waterfall and Glow Worms in Auckland!

The Awaruku Bush Reserve is probably the best known of the Torbay Tracks and is a remarkable piece of native bush containing features such as a waterfall, a 650+ year old kahikatea tree, 500+ year old puriri tree and glow worms in Auckland!

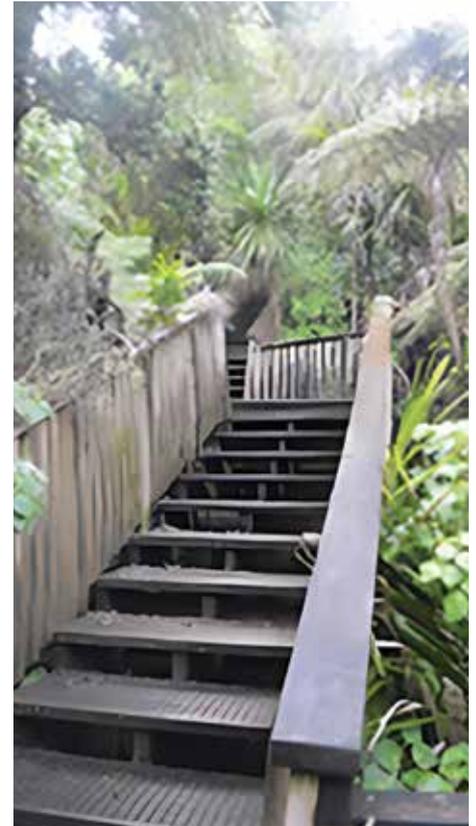
Options are available for everyone – walk to the waterfall, climb the hills through the middle of the reserve or tackle the amazing staircase which at times has you level with the treetops. At night, visit the glowworms and in the rain, enjoy the waterfall. There are picnic tables en-route, massive native trees more than 500 years old and the historic plaque to the original 107 year old St Mary’s by the Sea church that burned down in 1998.

In the early 1900’s, the Reserve was used as a quarry for taking rock for local roading. However, the rock did not bind together properly for road construction and the quarry was abandoned. The quarry area is now home to the waterfall, bird-life and the glowworms.

The Awaruku Bush Reserve can also link to the Glenvar Glade Track, forming a 1.2km loop walk. It can be longer if you also choose to complete the interior Awaruku Bush Reserve loops. The Awaruku – Glenvar loop is shown on the



650 year old kahikatea tree



Awaruka Bush stairs



St Marys Church memorial plaque

Awaruku Bush Reserve Map.

The main entry point for the Awaruku Bush Reserve is the original track entrance on Awaruku Rd.

www.greataucklandwalks.com.

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ERICA'S EDITORIAL

Hon. Erica Stanford

MP for East Coast Bays
Minister of Education
Minister of Immigration

NCEA Changes and Local News

NCEA CHANGES

Evidence shows us that the National Certificate of Educational Achievement (NCEA) isn't working as well as it could for students, families, teachers, and employers.

It's more confusing and less reliable than it needs to be, and we're proposing changes to make sure that the qualifications students leave school with set them up well for what comes next – whether that be work, training, or study.

That's why we're proposing to replace NCEA with a new national qualification system that is easy to understand, credible, and internationally comparable.

Between now and 15 September 2025, we're inviting you to learn more about the proposal and let us know what you think. Everyone has a stake in the success of our young people, which is why it's important that everyone gets a chance to have their say.

Go to www.education.govt.nz/have-your-say and search 'NCEA' to have your say.

ROSEDALE BUS STATION



A number of locals have asked what is happening with the Rosedale Bus Station. My office has asked Auckland Transport (AT) for an update – They have said the station is targeted for completion in late 2027, with construction expected to begin in early 2026.

AT is currently preparing for construction, including procuring a construction partner and obtaining the necessary approvals.

The construction site you can see is from building retaining walls for the new station. The retaining walls were part of the busway bridge build that was recently completed as part of the new Constellation Drive intersection.

GLENVAR ROAD UPGRADES

I have been lobbying AT since 2017 to get this project acknowledged, funded and started. It is so very sad and frustrating that it still hasn't started. The last update I received is that the project has funding allocation from the 25/26 Financial Year as per Regional Land Transport Plan 2024-2034.

The corridor upgrade design is expected to be finalised in the 2026 Financial Year, followed by a funding application for implementation. Construction is expected to start in 2027.

I understood that funding was already ring-fenced from the Regional Fuel Tax, so naturally I've queried this and asked what can be done to speed up the process.

LOCAL BODY ELECTIONS

I'm going to continue to remind you about the Local Body Elections. It's so important that you vote for who represents you. Make sure you are registered to vote, or that your details are correct at www.vote.co.nz and take the time to vote when the papers are delivered from 09 September.

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 send us an email.

Take care,



@ ecboffice@parliament.govt.nz

(09) 478 0207

www.EricaStanfordMP.co.nz

1/8 Beach Front Lane, Browns Bay



Thomas Jones, one of our first residents

Thomas Jones was born in 1911 in a little Welsh village. Around 1920 the family moved to a coal-mining village in Glamorgan. Tom joined his father and brothers at the Dunraven mines where he worked above the ground. His older brother, Jack came to N.Z. in 1926 to live in Huntly. Tom followed him taking up employment in the local mines and orchards around Te Kauwhata and Hawke's Bay before responding in 1932 to an advertisement seeking a farmhand in Torbay. In 1939 he married Thelma from the Cholmondeley-Smith family.

By the early 1940's the farm was taking shape. A small dairy herd of Jersey cows was purchased and Tom, after each morning's milking, made his deliveries around Torbay and Long Bay in his untrustworthy



Chevrolet truck. He was finally forced to push around a cast iron wheelbarrow. Tom was still happy and could be heard whistling or singing in his tenor voice.

They had 4 children, Myfanwy, Max, Burnley and Barbara. Max and Burnley were both members of our society. Max passed away in 2015 and Burnley at the end of July this year. We express our sympathies to Burnley's wife and family. Also, thanks to Max and Burnley's wives who are still involved with our Society.

After the opening of the Harbour Bridge the Jones family developed the land as you see it now. Tom and Thelma made their home in Thelma Crescent. Other streets were named using second names of members of the family.--- Myfanwy Charmaine, Burnley Geoffrey.

You can read a lot more about this family in our book 'And Then Came The Bridge.'



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

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Ian and Diane Dodds are a **delight to work with and reduce any stress levels in buying or selling**, due to their years of experience in the profession. They sold our property at auction within four weeks of listing and kept us up to date daily of interested parties or anything which could be seen as problematical. **Definitely the agents to go to.**

Verified by RateMyAgent | July 2025



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LIST LOCAL.

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

Torbay Garden Club

The Camellia was flower of the month at Torbay Garden Club's August meeting. This genus originated in the mountain areas of the Himalayas and China before being introduced to Japan where it became known as the 'Japan Rose'. It has adapted well to New Zealand conditions, flowering in winter when there is little else in bloom. The Camellia symbolises love and admiration and there was plenty of the latter for the beautiful blooms on display at our meeting. Graham Milne, our judge, commented on the quality of the blooms making it difficult for him to pick the winners.

Gill Watts assisted by Peggy Hayson and Jan Riery from the Hibiscus Coast Floral Art Group gave an interesting talk on the elements of floral design including line, space, colour, texture, form and pattern which must all be integrated into a harmonious outcome. Gill and Peggy then demonstrated three arrangements using pre-formed mechanics. These structures were quite intricate in design but once made can be reused to create simple arrangements with a few flowers and some artfully placed greenery.



Our **Spring Show**, only days away on **Saturday 6th September 11.30am – 3pm** in the Torbay Community Hall, promises to be an event not to be missed. Open to the public to both view and exhibit, this is a great chance to show off what's growing in your garden, whether it's flowers, foliage, fruit or vegetable. The children's section this year involves two age groups - under 5's and 5-11year olds with some fantastic prizes donated by Bunnings Constellation Drive. As well as our beautiful exhibits, we will have our well-stocked trading table and a wonderful raffle with products donated by our generous sponsors. Entry is just \$2 and if you would like to exhibit, a copy of our show schedule is available on our website <http://torbaygardenclub.co.nz/events>

In the garden in September: There is still time to plant fruit trees and roses. Now is the best time to energise established plants – dig in compost, spread fertiliser or water with liquid feed. Apply lime for pink hydrangeas and aluminium sulphate for blue. Roses should be sprayed with copper and horticultural oil and given a dressing of dolomite lime to sweeten the soil. It is still too cold for summer vegies, but start them under cover or on a sunny window sill. Flowers to sow include achillea, campanula, cornflower, hollyhock, scabious, snapdragon, delphinium, phlox, salvia and zinnia.

TORBAY GARDEN CLUB PRESENTS

SPRING SHOW

SAT 6TH SEPTEMBER 2025
11.30am - 3pm

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

Scan Me

Say "Cheese"

Everyone loves cheese and there are so many forms of cheese and ways to serve it. Here are a few of my favourite recipes.

Lemon Cheesecake

Cheesecake is usually made as a larger dish, but individual portions go down well.

Ingredients

1 packet choc covered digestive biscuits, crushed
200 grams butter melted
2 lemons zested and juiced.
1 pack of cream cheese - full fat.
1 cup cream.
1 ½ tablesp gelatine

Method

Crush the biscuits and add the melted butter. Spoon into patty tins. Pop into fridge to set.

Whip the cream until stiff and add the cream cheese. Add the zest. Put the gelatine in the lemon juice and



microwave until the gelatine has melted. Add to the mixture and stir.

Spoon over the biscuit bases and put into fridge to set.

Tasty Mac n' Cheese

The addition of onions and bacon elevates this easy dish into something delicious.

Ingredients

Makes for 2 people
1½ cups macaroni elbows
Salt
½ litre full cream milk
1 ½ table spoons plain flour
2 cups tasty cheese
4 rashers of bacon I use streaky
2 onions finely chopped



Method

Place macaroni in boiling water and salt and simmer until cooked.

Place milk and flour in a saucepan and stir until thickened.

Add the cheese.

Fry the onions until golden brown and cut bacon into small strips and fry until crispy.

Mix everything together and serve.



Cheesy roasted cauliflower

This gives all the taste of cauliflower cheese without all the effort of making a cheese sauce. Goes great with a roast.

Ingredients

½ cauliflower cut into small florets.
½ cup oil
Salt and pepper
1 teaspoon garlic crushed
1 cup cheese

Method

Mix all ingredients but cauliflower together and then pour over cauliflower. Mix well, turning the cauli over so it is well coated.

Place in a baking tin as a single layer and bake for 30-35 minutes on 200°C

Bite Sized Quiche

It isn't any harder to make these individual quiche than it is to make a large one, but they go further and are easier to eat.



Ingredients

You can cheat and buy ready made pastry or make your own.

8 tablesp Plain Flour
300 grams butter softened
Salt
Chilled water
2 cups cream
pepper
1 egg
1 ½ cups tasty cheese
Parmesan cheese to decorate.

Method

Preheat oven to 180°C

Put flour in a bowl and with fingertips rub in the butter until it represents breadcrumbs. Add salt and then stir in the chilled water until it comes together. Turn onto a floured board and cut out circle. Place in a patty tin.

Whisk egg, pepper and cream together.

Place tasty cheese in the pastry shells and pour the cream and egg over.

Before placing in oven place an amount of parmesan on top.

Bake for approx. 20 minutes.

Cheese scones

Cheese scones can be made on one day and cover and pop into the fridge, then bake the next day. Ideal if you are supplying morning tea.

Ingredients

3 cups SR Flour
¾ cup grated cheese
Parmesan for garnish
½ teaspoon mustard
¼ teaspoon salt
75 grams butter
¾ cup milk
1 egg

Method

Preheat the oven to 220°C. Grease or flour a baking tray.

Sift the flour, mustard and salt into a bowl. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the cheese. (or can be made in a food processor)

Add the milk and egg beaten together to a soft dough. Pat the dough out to 2cm thickness. Cut it into 12 even-sized pieces and shape into rounds. Place on baking tray with a gap between. Brush the tops with milk and sprinkle some grated parmesan on top. Bake until golden brown.

Delicious eaten warm.



Broccoli and Stilton soup

If you like your blue cheeses this is very simple to make and tastes delicious.

Ingredients

1 onion finely chopped
1 leek finely chopped
1 medium potato chopped
1 head broccoli chopped
6 cups vegetable stock
140 gm of stilton - or any blue cheese
Cream
Salt

Method

Place onion, leek and potato in the stock and gently simmer for 20 minutes. Add the broccoli heads and



simmer for another 5 minutes.

Place in a blender and make into a smooth liquid.

Pop back into the saucepan and add the stilton and simmer for another 5 minutes.

Season.

Serve in bowls with stirred in cream.

LICENSED REAA 2008

BARFOOT & THOMPSON

RURAL AND LIFESTYLE



Selling after 63 years!

Spread across an expansive 10 acres (4.0598 hectares), this remarkable estate with incredible views has been cherished by the same family since 1963.

The original homestead features 4 bedrooms plus office, open-plan living and dining, as well as two fireplaces, all orientated to soak in stunning sea views stretching from Long Bay across the Hauraki Gulf, Rangitoto, and the Auckland skyline.



Scan for details
and viewing times



Sharee Adams

021 416 220

96 Vaughans Road | barfoot.co.nz/917290

A Life Well Lived on Vaughans Road: Brian Woolf's Okura Legacy

In 1963, Brian Woolf and his wife Margaret made a life-changing decision—to trade the life they had known for the back blocks of Okura. Drawn to the rolling green hills of Vaughans Road, they purchased their first 10 acres block of land for just 4,000 pounds—at a time when property prices in NZ average was 6,639 pounds for the average home. It was the beginning of a lifelong love affair with the land and its community. They went on to purchase the neighbouring block as well where the existing homestead was built in 1973.

Settling into quiet hills accessible only by a dusty, winding road, the Woolfs built their family home and raised their family. For the children, life on Vaughans Road was an endless adventure—catching tadpoles at the pond, building huts and fires in the bush, and the family had an endless stream of dogs, chickens, cats, goats, and of course steers, who helped the fight to get the gorse under control.

The neighbourhood was a really well-connected community with regular BBQs, and the family hosted Christmas breakfasts for many years. Guy Fawkes were great events with massive bonfires, skyrockets and flamethrowers using a backpack of kerosene (!). Kids roamed free across the neighbouring farmlands, houses and used to walk home across the valley from Long Bay College.

Brian was also a well-known and influential figure in New Zealand



tennis. A former Davis Cup and Grand Slam player, he went on to serve the sport in numerous roles for nearly 60 years. He was awarded the Te Tohu Hāpai award in 2022, recognising his tireless service and mentorship in the tennis world, particularly through the Seed Foundation, which supports high-performance athletes.

Margaret Woolf was equally dedicated to her sport. After years of selfless service for the Rhythmic Gymnastics community – coaching, judging at the world level, and touring internationally with many teams of girls, she was awarded Life Membership of Gym Sports New Zealand in 2010. In 2016, she was recognised in the Queen's 90th Birthday Honours list for her services to gymnastics.

Fifty years since the Woolfs made their move, the rolling hills of Long Bay and Okura have seen remarkable change,



reflected in the ever-evolving landscape of Long Bay. Vaughans Road has been sealed—just like the rich history of friendship between neighbours, which has stood the test of time for over five decades. It was this tight knit community that kept Brian going after his wife Margaret passed away in Dec 2019 and Brian in April this year.

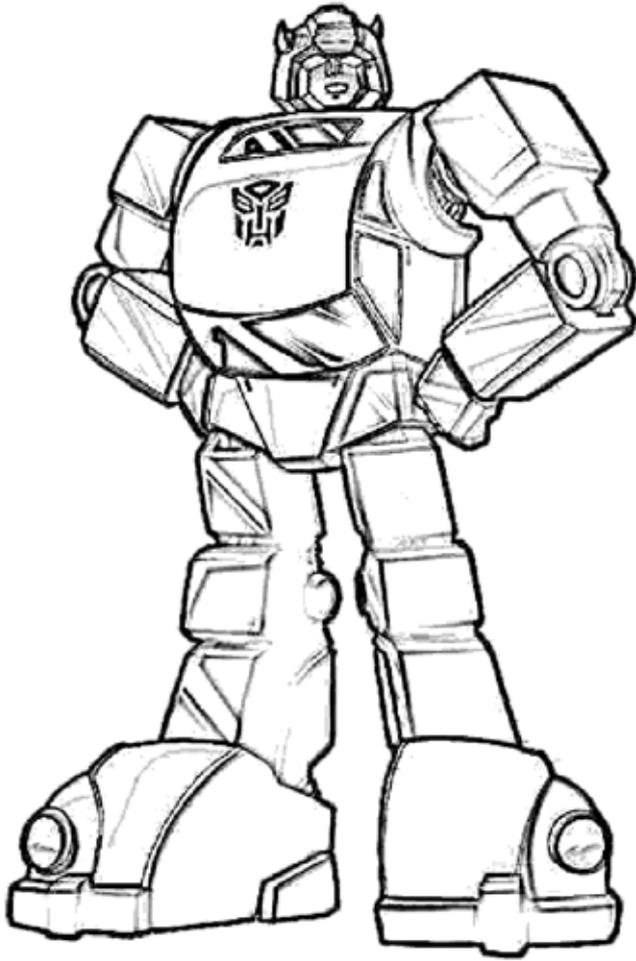
Brian's family have reluctantly decided that the original family homestead on 10 acres with stunning sea views out over Long Bay – Tiritiri to Rangitoto – will now be sold. Zoned for further development this property could be this decade's best opportunity



Children's page

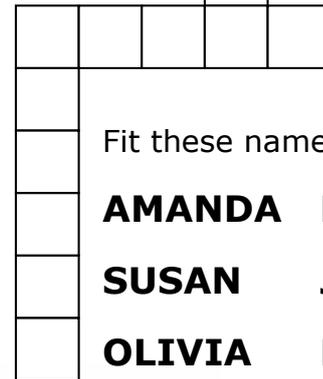
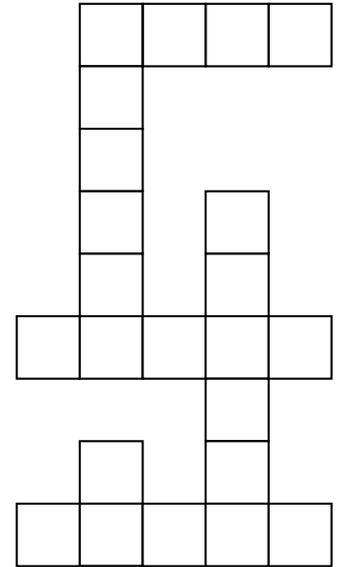
fun things to do

GIRLS AND BOYS NAMES



OPTIMUS PRIME

Colour in this Transformer

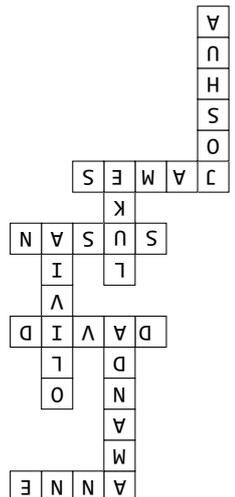


Fit these names into the grid

- AMANDA** **LUKE**
- SUSAN** **JOSHUA**
- OLIVIA** **DAVID**
- ANNE** **JAMES**

Answers below

Join the dots to find this large animal



GIRLS AND BOYS NAMES

Taking on the Sky Tower Challenge

Last month, our Browns Bay Community Policing Team joined forces with our colleagues from the Takapuna Community Team to take on the Sky Tower Step Up Challenge, all in support of Leukaemia and Blood Cancer New Zealand.

Climbing the 1,103 steps of Auckland's iconic Sky Tower is no easy feat, especially in full police kit. While we didn't have breathing apparatus like our brothers and sisters from Fire and Emergency NZ, the weight and heat of our gear still made for a serious challenge. We all managed to make it up and raised just over \$5000 for a great cause.

Next time you see a Police patrol vehicle, you'll notice the words "Safer Communities Together" proudly displayed on the side. These words are more than just a motto, they reflect the heart of our mission and the belief that safety is a shared responsibility.



A connected community is a safe community. When neighbours know and look out for each other, it creates a strong foundation for resilience and wellbeing. You can help make your community safer simply by getting to know the people who live around you. Small actions can make a big difference. Offer to bring in a neighbour's mail when they're away, mow their lawn, or park in their driveway to give the impression someone is home. These gestures not only deter crime but also build trust and connection.

Look out for those who may not have a support network, a friendly check-in can go a long way. If you're concerned about someone's welfare or notice something unusual, don't hesitate to contact Police. We're here to help, and your vigilance could make all the difference.

New Zealand Police also work closely with Ethnic Diversity and Pacific Liaison Officers and Neighbourhood Support groups to strengthen community ties. These partnerships help ensure everyone feels safe, heard, and supported.

Together, we can build safer, more connected communities, one conversation, one act of kindness, and one neighbour at a time.

Be safe,

Sergeant Chris Lindsay



Supporting your journey to improved well-being

Lisa is proud to be the new owner of Max Health Store, one of the few independent health stores left on the North Shore.

Max Health is more than just a health store, with Degree qualified practitioners on site we recommend science-backed natural products—herbs, homoeopathic remedies, natural supplements, botanical extracts, make up, skincare, haircare.

With our fully stocked herbal dispensary we make bespoke herbal tinctures and tea blends.

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www.maxhealthstore.co.nz



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Saturday 10am to 4.30pm

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Email: info@maxhealthstore.co.nz

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Case Study

42C REDWING STREET, BROWNS 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:

- 122 groups visited
- Multiple offers received
- Sold in 21 days - 1 day post auction
- Sold significantly over CV



THERESE LESLIE & PARTNERS

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Experience the Expertise

We want to recommend Therese, Jiang and the whole team with full marks of distinction. And thank them for making the experience as low stress as it could have been.”

“Very professional. Therese's team handled everything efficiently, from staging and marketing to negotiations and finalising the sale. They went above and beyond to ensure we got the best possible outcome.”

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

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U3A hear about digitilisation

U3ABB were taken into the Archives of the Auckland Maritime Museum by Andrew Hales, lead photographer at NZMM. He and the Digi-Hub team of four have photographed most of the archives in the museum as Digitised resources. He recounted stories of various items he and the team, had to photograph and record. This is so we can view, or use, the digital resource instead of using the precious archive. An example was given of a rare bird found on one of NZ remote islands. The maritime museum send a digitised photograph of the bird, and they were able to confirm its identification.

Having digitised most of the NZMM archives the group lent their expertise to Warkworth Museum, spending 3 months teaching them how to photograph and digitise their archives.

Andrew said the idea is to help, guide and support small cultural and heritage organisations in Auckland with digitisation for organisations to build their resources and knowledge to independently continue digitisation into the future.

The next museum was the Charlotte Museum, at 1a Howe Street, which is a museum dedicated to lesbian histories in Auckland. After nine weeks they were well on their way to doing it themselves.

One huge challenge was the task of photographing the sails from KZ1 (first America's Cup entry 1988) which measured 6,750 square feet. Eventually, they found a solution - it was Covid, and the Civic theatre was empty! They used the Civic Theatre and hung cameras way up on the beams over the stage spreading the sail beneath!

The projects each year have been run



Andrew working with Warkworth Museum



KZ1

on proceeds from the National Lottery. All these archives will be readily available to the public to examine and enjoy. This was followed by one of the Special Interest groups - "The Foodies" who named the 10 most consumed foods in the world.

We had lots of random facts and statistics on each food. Pasta was fourth on the list and one fun fact about pasta was: The 'International Pasta Organisation' stated that because Italians are the greatest consumers of pasta, if all Italians ate all pasta in spaghetti form, they would consume about 600 million kilometres of spaghetti'. The noodles required to make that much spaghetti would wrap around

the earth 15,000 times!

The food in order: 1: Rice, 2: Eggs, 3: Chicken, 4: Pasta, 5: Bread, 6: Potatoes, 7: Pizza, 8: Apple, 9: Soup and 10: Ice Cream. Did you know that Marie Antoinette and King Louis XVI both wore potato flowers to encourage the French to eat potatoes? Next time you eat a French-fry say a thank you to Thomas Jefferson who served them in the White House!

Go to U3A website for more information: <https://www.u3abb.nz/>
Or phone: Anne Gough: 027 321 0729
or Coleen Carmichael :022 310 0384

Lucy Casey



WORK WITH THE BEST... here's what our clients are saying



“ MING REDEFINED WHAT IT MEANS TO BE A REAL ESTATE AGENT – A TRULY UNFORGETTABLE EXPERIENCE!

Working with Ming completely transformed my perception of real estate agents. She isn't just about selling properties; she's a strategic partner who treats the process as true teamwork. Her high standards and sharp market insights helped us pinpoint the perfect buyers with precision. But what set Ming apart was how far she went beyond her role. From advising on furniture colour schemes and styling, to garden maintenance tips, she even coordinated a professional team to polish every window—ensuring our home radiated charm inside and out. Her attention to detail was nothing short of remarkable. Despite her relentless efficiency and real-time updates, Ming never rushed us. She balanced professionalism with genuine respect, giving us space to make decisions comfortably. This wasn't just a transaction; it was a collaborative journey. We're deeply grateful to Ming for making our selling experience not just successful, but truly memorable. She's the gold standard in real estate! ”

Yu & Ziying (Vendor) Sold on 11 Aug 2025

“ EXCELLENT EXPERIENCE

We went to an open home and took interest in the house on the same day that we left for an overseas trip. While we were overseas Ming's team was keeping us well updated of the status of the house. Before we jumped on a train, we got feedback from Ming's team regarding the owners expectation and somehow managed to nail down the contract just when we arrived at our destination. I guess sometimes life works in mysterious ways. The whole process was speedy and smooth, however more importantly was the dedication, hard work, and professionalism of Ming's team that allowed this to happen, and for that we are much appreciative. After signing the contract Ming's team had been communicating with us to ensure a smooth transition of the property, which we were very impressed with the work and service. Again, Ming's team, thank you all very much. ”

Qiuying (Purchaser) Sold on 4 Jun 2025



21 TAWATAWA STREET
LONG BAY



- Days on Market: **Less than 4 weeks**
- Total Inspections: **25**
- Sold at Auction
- Happy vendor and happy purchaser

2/30 FIRTH ROAD
TORBAY



- Days on Market: **10**
- Total Inspections: **37**
- Multiple Pre-Auction Offers Received
- Happy vendor and happy purchaser

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Protecting our Bays, one cast at a time

The East Coast Bays are a beloved playground for local fishers. But with increasing pressure on the Hauraki Gulf, sustainability isn't just a nice-to-have – it's essential. That's why the Mairangi Bay Fishing Club is leading the charge.



The club hosts educational club nights for members (complete with pizza and cheap drinks) and provide measure mats to help members fish smarter and more sustainably.

Club President Mark Hogan puts it simply: "Sustainable fishing ensures that future generations can enjoy the same rich marine life we do today. It's about balance – taking what we need, respecting the ecosystem, and giving back where we can."

Here's how local fishers can do their part:

1. Release the big breeders

Big fish are more than just brag-worthy, they're prime breeders, producing thousands more eggs than smaller fish.

Use a measure mat to capture the size (and glory) of your catch, then release it safely to keep the population thriving.



2. Use the whole fish

Don't let fish go to waste. Fish heads, frames, and offcuts are packed with flavour and nutrients.

Learn to cook with them, or donate them through initiatives like the Kai Ika Project, which redistributes these parts to local communities.

3. Be mindful

Fishing sustainably means using barbless hooks, biodegradable lines, and taking only what you'll eat fresh. Share your catch with friends and family – not your freezer.

Learn more about Mairangi Bay Fishing Club and it's sustainable fishing efforts here at www.mairangibayfishingclub.co.nz

Tides September 2025 (Murrays Bay)

	LOW	HIGH	LOW	HIGH	LOW
Mon 01		00:49 2.5m	07:07 0.8m	13:28 2.4m	19:43 1.0m
Tue 02		01:39 2.4m	08:01 0.9m	14:28 2.4m	20:42 1.0m
Wed 03		02:34 2.4m	09:03 0.9m	15:30 2.4m	21:41 1.0m
Thu 04		03:35 2.4m	10:06 0.9m	16:28 2.5m	22:37 0.9m
Fri 05		04:37 2.4m	11:03 0.8m	17:20 2.6m	23:29 0.8m
Sat 06		05:34 2.6m	11:53 0.6m	18:07 2.8m	
Sun 07	00:17 0.6m	06:26 2.7m	12:40 0.5m	18:53 2.9m	
Mon 08	01:05 0.4m	07:15 2.9m	13:25 0.3m	19:39 3.1m	
Tue 09	01:52 0.3m	08:02 3.0m	14:10 0.2m	20:24 3.2m	
Wed 10	02:38 0.2m	08:48 3.1m	14:56 0.2m	21:11 3.2m	
Thu 11	03:25 0.1m	09:35 3.2m	15:43 0.2m	21:59 3.2m	
Fri 12	04:12 0.1m	10:22 3.1m	16:32 0.3m	22:49 3.1m	
Sat 13	05:01 0.2m	11:12 3.0m	17:25 0.4m	23:41 3.0m	
Sun 14	05:52 0.3m	12:07 2.9m	18:23 0.6m		
Mon 15		00:36 2.8m	06:47 0.4m	13:06 2.8m	19:26 0.7m
Tue 16		01:35 2.7m	07:49 0.6m	14:12 2.7m	20:34 0.7m
Wed 17		02:39 2.6m	08:57 0.6m	15:19 2.7m	21:41 0.8m
Thu 18		03:45 2.6m	10:04 0.7m	16:22 2.7m	22:42 0.7m
Fri 19		04:49 2.6m	11:06 0.6m	17:19 2.8m	23:38 0.6m
Sat 20		05:47 2.7m	11:59 0.5m	18:10 2.8m	
Sun 21	00:28 0.6m	06:39 2.8m	12:46 0.5m	18:56 2.9m	
Mon 22	01:14 0.5m	07:25 2.8m	13:29 0.5m	19:39 2.9m	
Tue 23	01:55 0.5m	08:07 2.9m	14:09 0.4m	20:19 2.9m	
Wed 24	02:34 0.4m	08:46 2.9m	14:46 0.5m	20:57 2.8m	
Thu 25	03:11 0.5m	09:23 2.9m	15:23 0.5m	21:34 2.8m	
Fri 26	03:47 0.5m	09:59 2.8m	16:01 0.6m	22:11 2.7m	
Sat 27	04:23 0.5m	10:36 2.7m	16:41 0.7m	22:49 2.6m	
Sun 28	06:00 0.6m	12:15 2.6m	18:23 0.8m		
Mon 29		00:29 2.5m	06:40 0.7m	12:59 2.5m	19:11 0.9m
Tue 30		01:13 2.5m	07:25 0.8m	13:49 2.5m	20:05 0.9m

Times adjusted for Daylight Saving.



Whats on at Albany Library in September!

Teen Writing Workshop with Eileen Merriman
Monday 22 September 2-3pm

Unleash your inner writer with our teen writing workshop from Author Eileen Merriman! In this session we will explore how to create interesting characters and write from different points of view.

School Holiday programme 20 September – 5th October

Keep the Tamariki entertained this upcoming school holidays with our school holiday programme! Check our Facebook for more information and reserve a spot!

Teen writing workshop - Monday 22nd September 2-3pm

Drawing & Labubu Light Clay workshop - Tuesday 23rd July
 11am-12:30pm

Fridge Magnet Workshop - Thursday 25th September
 11am-12pm

Cobot Game Designing workshop - Friday 26th September
 11am-12pm

Moon festival Japanese Storytime - Monday 29th September
 11am-12pm

Light Clay Class - Wednesday 1st October 11am-12pm

Rubik's cube and crafts - Tuesday 20 September 11am-12pm

Rubber band car workshop - Friday 3rd October
 11am- 12:30pm

Chess competition - Saturday 4th October 11am-3pm

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

Book Review:

Hutu and Kawa

This classic kiwi tale from the 1950's doesn't grow old! Follow Hutu and Kawa, two Pohutukawa baby twins, in an enchanted world.

This world evokes New Zealand from ancient times, an unspoiled land without any humans, but with all the wonderful NZ birds: kiwi, morepork, blue penguin...

Add to that a touch of magic with fairyland creatures like the Kowhai Kiddies or the Flax Pixie, and you and your tamariki won't be able to put the book down! Together Hutu and Kawa go on adventures, build a canoe, meet a Tuatara and find him a new home, have a dance party with all the Forest Folk, and even help the animals from an island to get rid of a possum. The stories are enchanting and sweet, and the reader even learns interesting facts about NZ unique fauna, like the tuatara having a third eye!



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

BARFOOT & THOMPSON
LICENSED REAA 2008

Board Game Night

Fun for all levels

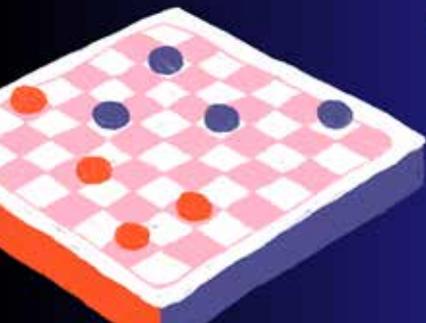


BYO Games or use ours.
 Make new friends.
 All levels welcome.
 Bring laughter and friendship.
 Koha at door.

Every Friday
6 pm onwards

Walk-ins Welcome

STARTING 5TH SEPTEMBER 2025



GET IN TOUCH WITH US!

St Mary by the Sea
 168 Deep Creek Road
www.stmary.co.nz
 021 388 848

East Coast Bays Library

Spring is here, so hop, skip and jump into the library for an array of offers for all!

We are celebrating some special events this month. Check out the displays, take-aways and activities for Chinese Language Week, Māori Language Week, Adult Learners Week and Auckland Heritage Festival.

On 3 September Auckland Libraries will be at the Disability Connect Transition Expo for teenagers with disabilities that are transitioning from school to adult living. East Coast Bays Library will represent our local community.

Dying Matters Week events with Honohono Tātou Katoa and Go with Grace



In the Realm of Death and Dying - Film Screening Thursday 4 5.30pm – 7.00pm

Does consciousness continue after death, or is it lights out? The film will be followed by a thought-provoking QandA.

Empathy in Action Workshop Sunday 7 2pm – 3.30pm

Come and discover compassionate communication strategies, tools and understanding when supporting friends and colleagues.

Thursday Night Book Hook Up with Fiona Sussman!!

Thursday 11 5.45pm – 6.45pm

Meet Fiona Sussman, award winning author of *“The Doctor’s wife”* and *“The last time we spoke”*. Hear about her latest novel *“Hooked up”*, an intriguing new murder mystery

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



focused on reality TV dating and set in Mangawhai.

Books for sale and signing on the night thanks to Paper Plus Browns Bay.

Book to attend on Humanitix.com, as we have limited seating.

**Brain Charge for Seniors
Friday 19 10am-11:30am**

Join us for free, fun activities to exercise your mind. This month we're exploring Chinese language with character writing.

Please book on Humanitix.com and come and have a go.

**Family History Workshop
Friday 19 2pm – 3.30pm**

Overview of all the family history tools you'll need, including Ancestry Library Edition, FindMyPast, MyHeritage, NZ Archives, cemetery records, FamilySearch and museum data.

Limited spaces are available.

Register with Garry Phillips: introgenealogy@genealogy.org.nz

School Holidays fun for Tamariki and Rangatahi Saturday 20 – Sunday 5

Bring your school age children into East Coast Bays library and join us with our celebration of the Heritage

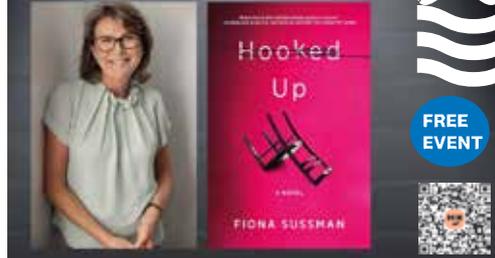
EAST COAST BAYS LIBRARY
Family History Discovery Talk
Friday 19 September 2pm-3.30pm
Saturday 22 November 10:30am-12pm



Presentation from the New Zealand Society of Genealogists providing an Overview of these important Family History Databases: Ancestry Library Edition, FindMyPast, MyHeritage, FamilySearch. And an Intro to NZ Archives, NZ cemetery records, NZ museum data. Learn search strategies to research and what documents are available.
Limited spaces are available.
Register with Garry Phillips introgenealogy@genealogy.org.nz



THURSDAY NIGHT
BOOK HOOK UP
WITH FIONA SUSSMAN



East Coast Bays Library
Thursday 11 September | 5.45 – 6.45pm

Meet Fiona Sussman, award winning author of *The Doctor's wife* and *The last time we spoke*. Hear about her latest novel, "Hooked up" an intriguing new murder mystery focused on reality TV dating and set in Mangawhai. Books will be available for sale and signing on the night.
As we have limited seating, please book to attend on Humanitix.com

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



Festival. This year the theme is Auckland at Play and all our children's activities are about play. Time for some whānau fun!

Youth writing competition

If you are between the ages of 13 – 18 years old, you can enter the Auckland Libraries Taiohi Writing Competition! This is your opportunity to be published, celebrated and read by other teens – plus you could win a \$250 gift card! For more information, check out the competition

details on Auckland Libraries website.

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.



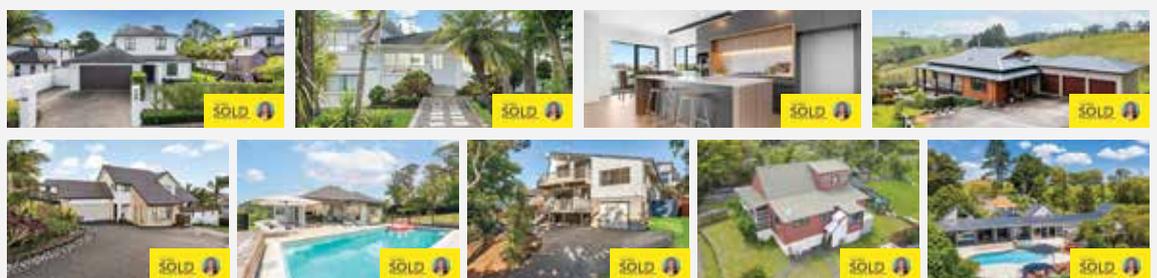
Catherine Liu & Team ☎ 021 0200 6788

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- 20 years Real Estate experience serving Shores & Bays
- 10 years project management and development experience
- Alan White Elite Member 2020-2024
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✉ catherine.liu@raywhite.com

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English Conversation Sessions

免费英语交流课程

We offer free English Conversation Sessions to folks whose first language is not English. This is an opportunity for you to practice and begin to feel more confident speaking English?

如果英语不是你的第一语言，并且你希望有机会在一个安全、轻松又有趣的环境中练习英语，欢迎加入我们的课程：

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

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

Yoga for a Healthy, Happy Brain

When most people think of yoga, they picture flexibility, better posture, and a stronger body. While all that's true, yoga also has amazing benefits for your brain and mental health.

Whether you're brand new to yoga or haven't practised in a while, it's worth knowing just how much your mind can gain from stepping back onto the mat.

1. Melt Away Stress - Life can be stressful, and constant stress takes a toll on your brain. Yoga helps switch your body into "rest and digest" mode, which calms your nervous system and lowers stress hormones like cortisol. Gentle movements, deep breathing, and meditation can help you feel more relaxed almost instantly—while protecting your brain from the effects of long-term stress.

2. Clear the Mental Fog - Ever feel like your brain just won't focus? Yoga's mindful approach—focusing on the breath and moving with awareness—trains your mind to stay present. This can improve concentration, memory, and mental clarity. Even 10 minutes a day can help sharpen your thinking and make everyday decisions feel easier.

3. Lift Your Mood - Yoga encourages your body to release "feel-good" chemicals like dopamine and serotonin. These natural mood boosters can help reduce anxiety and low moods. Plus, yoga's focus on self-compassion teaches you to be kinder

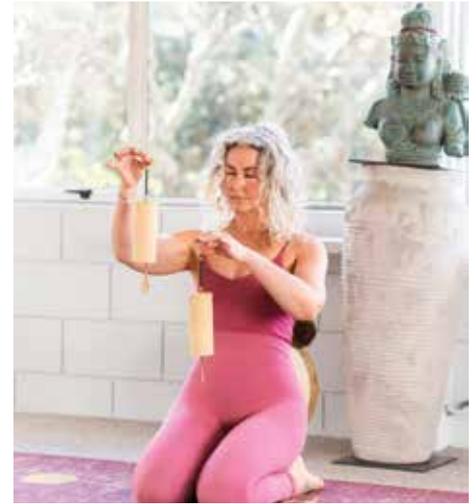


to yourself, which can help you handle life's challenges with more ease.

4. Sleep More Deeply - Good sleep is vital for a healthy brain. Restorative yoga, gentle stretches, or a guided relaxation practice before bed can help quiet the mind and prepare you for restful sleep. Better sleep means better energy, sharper thinking, and a more balanced mood the next day.

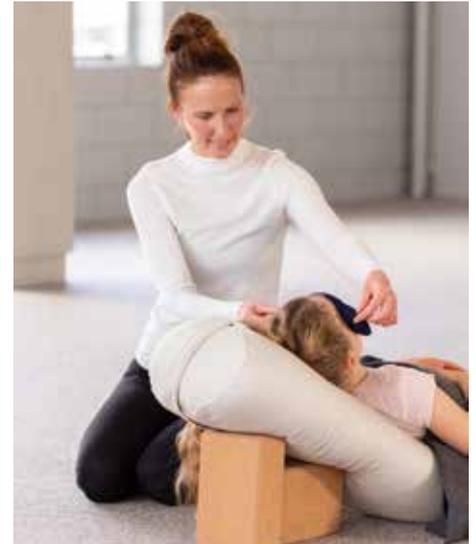
5. Keep Your Brain Young - Studies suggest yoga may even help your brain grow new connections—a process called neuroplasticity. This supports learning, memory, and emotional balance, especially as we age. Think of it as giving your brain a gentle workout every time you practise.

Yoga isn't just about physical flexibility—it's about mental flexibility too. It can help you feel calmer, think clearer, and face life with more resilience. Whether it's been months, years, or you're stepping onto the



mat for the first time, your brain (and your body) will thank you.

So maybe today's the day to roll out your mat, take a deep breath, and give your mind the same care you give your body. Join us on the mat at the Yoga Sanctuary.



Yoga Sanctuary

Yoga Sanctuary Intro Offers:

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

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

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



Torbay & Long Bay Medical Centres

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LOOKING AFTER YOUR EMOTIONAL WELLBEING THIS WINTER

Looking After Your Emotional Wellbeing This Winter

As the winter months drag on, many of us can feel the effects of shorter days, colder weather, and reduced social activity. While it's natural to slow down a little during this season, it's important to keep an eye on your emotional wellbeing. At Torbay Medical Centre, we want to remind our community that mental health is just as important as physical health – and help is always here if you need it.

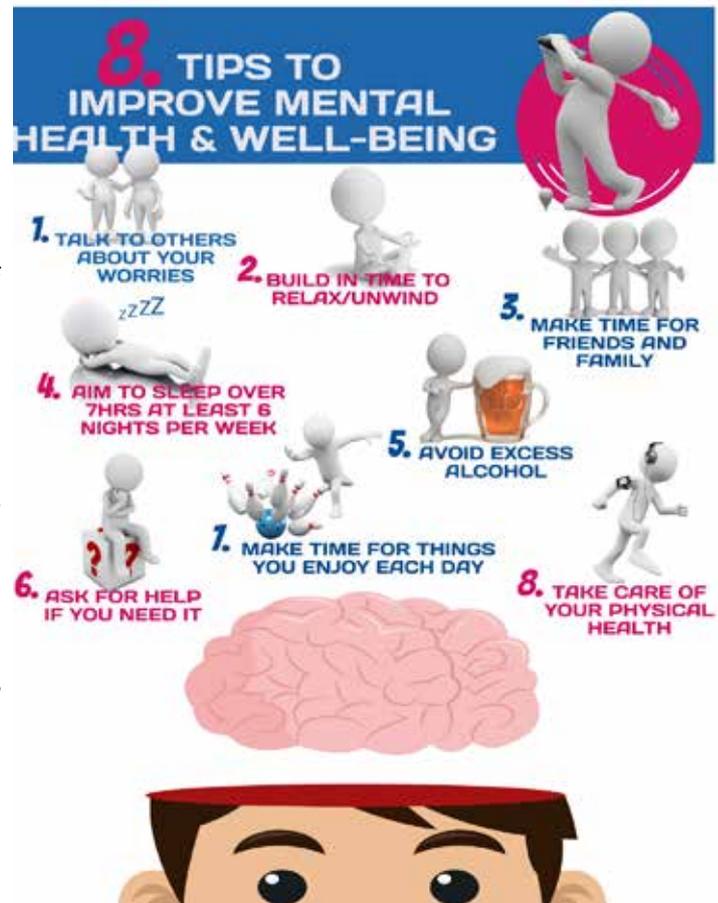
Winter blues or something more?

Feeling a little lower in energy or motivation during winter is common, especially on grey or rainy days. But if you're finding it hard to get out of bed, losing interest in things you usually enjoy, or feeling persistently down, it may be a sign of something more serious like seasonal depression or anxiety.

It's okay to not feel okay – and it's okay to talk about it.

Tips to support your emotional wellbeing

- Stay connected: Keep in touch with friends, whānau, and neighbours. Even a quick phone call or a cuppa with someone can lift your spirits.
- Get outdoors: Natural light and fresh air are powerful mood boosters. Try to get outside each day, even if it's just a short walk.
- Keep moving: Regular movement, even gentle stretching or walking, helps release endorphins that support mental health.
- Stick to a routine: Regular sleep, meals, and daily structure can help maintain a sense of normality.
- Be kind to yourself: Winter can be tough. Go easy on yourself and make time for things that bring you comfort and joy.



When to reach out for help

If you're feeling overwhelmed, persistently sad or anxious, or finding it hard to cope, please don't hesitate to reach out. You're not alone. Our team at Torbay Medical Centre is here to listen and support you.

You can also access free and confidential support at any time by calling or texting 1737 to talk with a trained counsellor.

We're here for you

Mental wellbeing is an important part of your overall health. If you'd like to talk to one of our nurses or GPs about how you're feeling, please contact us. We're here to help you feel your best – even on the darkest days of winter.

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
09 477 0063

Irrational fears

These are also known as phobias and are intense, persistent to specific objects, situations, or activities that pose little to no actual threat. Unlike rational fears, which are a natural response to danger, irrational fears can significantly impair daily functioning and lead to avoidance behaviours.



What are irrational fears?

- **Out of proportion to the actual danger:** Irrational fears are not based on realistic assessments of risk.
- **Persistent and intense:** They are not fleeting or easily dismissed.
- **Disruptive to daily life:** They can interfere with work, school, social activities, and overall well-being.
- **Examples:** Common examples include fear of spiders (arachnophobia), heights (acrophobia), flying (aerophobia), enclosed spaces (claustrophobia), and public speaking (glossophobia).

Key differences between rational and irrational fears:

- **Rational fears:** Triggered by genuine threats, help individuals avoid danger, and subside when the threat is gone.
- **Irrational fears (phobias):** Not based on real danger, persist even when there is no threat, and can lead to avoidance behaviours.

Causes of irrational fears:

- **Genetics:** A family history of anxiety disorders may increase susceptibility.
- **Brain chemistry:** Abnormalities in brain circuits involved in fear processing can contribute.
- **Traumatic experiences:** A specific negative event can trigger a phobia.
- **Environmental factors:** Learned behaviours or observations of others' fears can also play a role.

Treatment for irrational fears:

- **Therapy:** Cognitive behavioural therapy (CBT) and exposure therapy are effective in helping individuals confront and manage their fears.
- **Medication:** In some cases, medication may be used to help manage anxiety symptoms.
- **Support groups:** Connecting with others who experience similar fears can provide support and encouragement.

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.



✉ Iscott@thebodytonicgroup.com [thebodytonicgroup](https://www.thebodytonicgroup.com)

[thebodytonicgroup.com](https://www.thebodytonicgroup.com)

Lynne Scott - 021 204 3280

Movement Specialist & Fitness Trainer | Pelvic Floor & Core Certified | The Biomechanics Method Corrective Exercise Specialist | Sports Advanced & Remedial Massage Certified



Thinking of Getting a Bunny or Guinea Pig?

"They're small, so they must be easy... right?" Not quite. Rabbits and guinea pigs are gentle, affectionate companions that can bring great joy, but they need proper care and are a long-term responsibility. Rabbits live 8–12 years, guinea pigs 5–8, and both thrive with a companion of their own species, adequate space, the right diet, and access to specialist vet care.

Space and Exercise Rabbits are active animals needing room to hop, run, and stretch upright. Most hutches are far too small – the SPCA recommends about 3 m × 1.5 m × 0.75 m with an attached run so they can move freely. Guinea pigs also require space, ideally indoors, with a shelter and run to explore. Regular handling builds trust and helps spot health issues early.

Diet Essentials Grass hay should make up most of their diet for healthy teeth and digestion. Guinea pigs also need daily vitamin C from fortified pellets and leafy greens. Rabbits enjoy a variety of safe greens or weeds alongside hay, plus a small amount of high-quality pellets.

Vet Care Not all vets have training to treat exotic small mammals, so you will need to find one that does. Rabbits need annual vaccination against deadly viruses and guinea pigs also benefit from annual checkups.

Companionship and Adoption Both species are social and happiest with a bonded friend. In New Zealand, rabbits are



often abandoned – consider adopting instead or purchasing from a breeder.

The Reward With the right care, rabbits and guinea pigs become affectionate, amusing, and deeply rewarding companions. A knowledgeable small pet specialist can help you start right.



One Stop
Bunny Shop
SMALL PET SUPPLIES



35 Bute Road, Browns Bay

Opening hours:

9-3.30pm Monday
to Wednesday

9-4.30pm Thursday
to Saturday



www.onestopbunnyshop - online orders available

Celebrating True Photographic Craft in the Age of AI

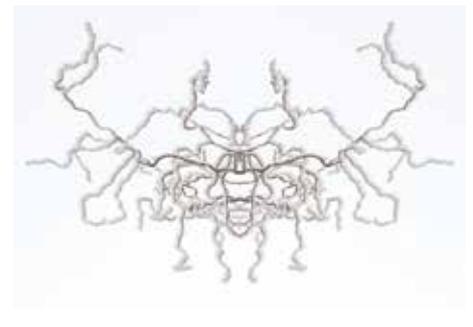
In a world increasingly flooded with AI-generated imagery, it was a breath of fresh air to see authentic photographic talent take centre stage at last week's 2025 NZIPP Iris Awards (sponsored by Canon), the NZ Amateur Photography Awards (sponsored by Photo Warehouse), and the NZ Photography Show (sponsored by Sony).

Across three days in Christchurch, hundreds of photographers from New Zealand and Australia showcased their skill, creativity, and technical excellence across a broad range of genres – with a strong focus on the power of the printed image. The sheer diversity and quality of work on display proved that in the hands of a skilled photographer, the camera remains a tool for storytelling, artistry, and truth.



Bride and Groom, Jonathon Suckling

The Iris Awards are a cornerstone of the event, live judged by a panel of five highly skilled judges. Each image is assessed with the aim of celebrating its strengths while providing constructive, educational feedback at every level, from emerging talent to seasoned professionals. This open judging process is free to attend and open to the public. It offers a rare opportunity for photographers and audiences alike to gain insight into the craft



Frost bug, Rachael Smith

and artistry behind award-winning imagery.

Three Photographers from Torbay were among the listed category winners.

Gerard Emery, Finalist for Professional Landscape Photographer of the Year, Jonathan Suckling finalist for Professional Wedding Photographer of the Year, Rachael Smith, Finalist for Professional Illustrative Photographer of the Year.

Report from NZ Institute of Photography.



Circle crop, Gerards Emery

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Torbay Pharmacy

Unichem Torbay Pharmacy

Phone 473 9629 Fax 473 0730

1040 Beach Road, Torbay

Email info@torbaypharmacy.co.nz

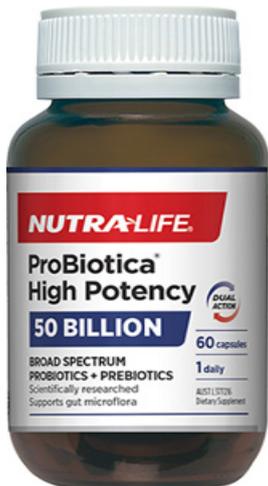
Boost your health from the inside out with probiotics!

These powerful “good” bacteria support digestive health, strengthen your immune system, and help restore balance in your gut microbiome.

Whether you're taking antibiotics, managing bloating, or looking to improve nutrient absorption, probiotics can make a real difference.

With daily use, you can experience better digestion, more energy, and a stronger immune system. Take control of your wellness—start feeling the benefits of probiotic supplements today

Balance begins within



Opening Hours

Monday to Friday
Saturday

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

Quizzes

sponsored by

Answers Page 46



SPORTS

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

- | | | | |
|------------|-------------|------------|---------|
| SOCCER | SOFTBALL | TENNIS | SAILING |
| BASKETBALL | RUGBYUNION | WRESTLING | ROWING |
| BASEBALL | RUGBYLEAGUE | BOXING | KARATE |
| HOCKEY | SKIING | FENCING | CYCLING |
| CRICKET | GOLF | JUDO | SURFING |
| ATHLETICS | NETBALL | SNOOKER | POLO |
| SWIMMING | BADMINTON | GYMNASTICS | CROQUET |

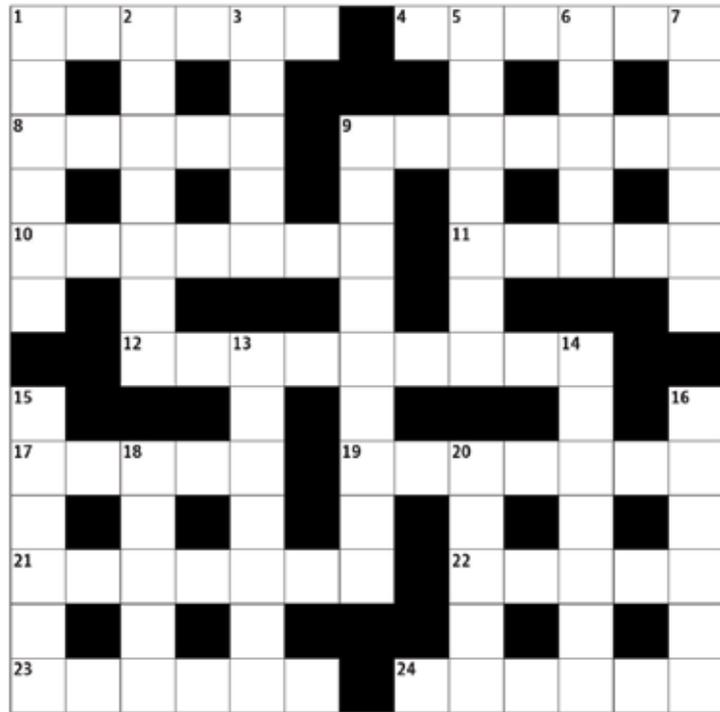
WORD PUZZLE

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

TRREAC

27 good, 32 very good, 35+ excellent

CROSSWORD



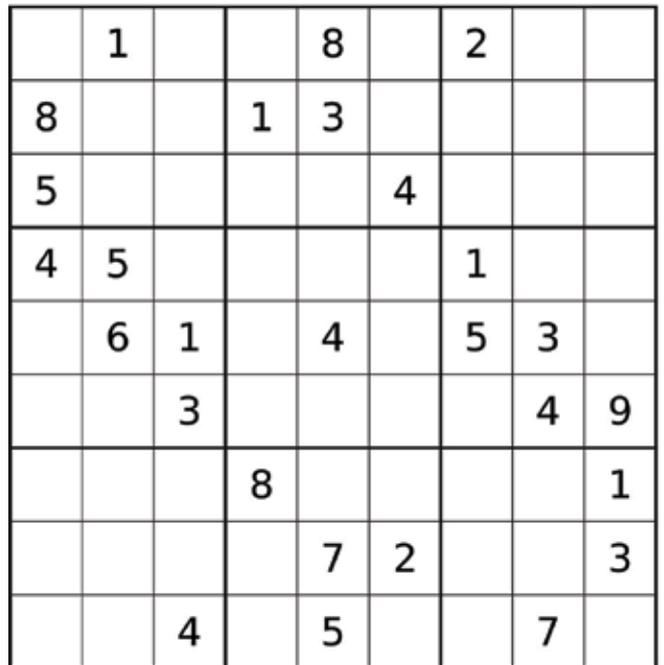
Across

- 1 Invalid toilet (6)
- 4 Short musical passage (6)
- 8 Sporting venue (5)
- 9 The human race (7)
- 10 Current UK king (7)
- 11 German Pistol (5)
- 12 Dangerous structure (9)
- 17 Exaggerated nasality in speech (5)
- 19 Beauty contest (7)
- 21 Sorry for oneself (7)
- 22 Entertain (5)
- 23 Persuade e.g. with gifts (6)
- 24 explodes, destroys (6)

Down

- 1 Turn pale (6)
- 2 Traditionalist (7)
- 3 Be useful to (5)
- 5 One who trains or exhibits animals (7)
- 6 Copying (5)
- 7 Suffer something painful (6)
- 9 Unnaturally formed (9)
- 13 Sweet natured (7)
- 14 US comic strip (7)
- 15 Prevents or hinders progress (6)
- 16 Scatters untidily (6)
- 18 Mature (5)
- 20 Knotty protuberance .eg. in a tree (5)

SUDOKU



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Torbay 09 473 0372

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BARFOOT & THOMPSON
PROPERTY MANAGEMENT

Gigantic word search

Find the New Zealand place name

There are 20 place names hidden in this grid. See how many you can find.

Wellington

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

WELLINGTON
AUCKLAND
CHRISTCHURCH
NELSON
PAIHIA

KERIKERI
RUSSELL
NAPIER
HASTINGS
THAMES

PALMERSTONE NORTH
TAURANGA
QUEENSTOWN
GERALDINE
DUNEDIN

TIMARU
CROMWELL
WALKWORTH
SILVERDALE
OREWA



Why Wills In Blended Families Need Extra Care.

Rose and Ben met through mutual friends. Rose had been divorced from her husband for many years, and Ben's wife had died a few years before. They immediately got on well and very quickly became a couple. Their respective children were delighted for their parents and were supportive of their relationship.

Both Rose and Ben were living in properties that were too large for them. They decided that it would be a good idea to pool their resources and buy a home together. They put their own homes on the market and went looking for a new home to buy together. Rose's house sold for more than Ben's but because of the value of the house that they purchased together, they were able to put equal dollar amounts into the new house.

When they went to see the lawyer, he suggested that they might want to think about a contracting out or "pre nup" agreement. Neither Rose nor Ben were that keen. They felt that they were putting equal amounts into the property, so if they separated it would be split 50/50, and any other money they had was before the relationship so provided that was kept in separate bank accounts, if they separated neither would have a claim on the other's funds.

One thing that they were concerned about was to make sure that if one of them died, the other would have the ability to continue to live in the house. They thought that they would provide each other with a right to occupy the home until the survivor of them either met someone new or had to move out as they could no longer live there or had died. They were keen for this rather than leaving the whole of the property to the survivor as they still wanted to make sure that they left their assets to their children. They thought that this may change over the years but knew that they should review their wills every 3-5 years or earlier if circumstances changed.

Sadly, after they had only been living in their new home for 18 months, Ben suffered an unexpected heart attack and died. Ben's daughters, who had until he died, been supportive of his and Rose's relationship, turned nasty, turning up at the house and demanding items that had been their father's.

Rose came home one particular day to find one of Ben's daughters in the study, going through various financial papers. She had let herself in with a key Ben had given her in case of emergency. Rose was furious. She decided to go and get her own legal advice on the life interest situation, as she was keen to know if she could extricate herself from it so that she would no longer feel beholden to Ben's daughters.

Rose went to see a lawyer who had been recommended by a friend. The first thing the lawyer did was a title search – this showed that Rose and Ben had owned their home jointly. The lawyer said what this meant was that Rose had inherited the whole of the property by survivorship. The life interest provisions in Ben's will were irrelevant as Rose now owned the whole property. Rose was shocked. The lawyer who had acted on the purchase of the property had not done the job properly. If the title had been registered correctly, then there was an option for Rose to negotiate a buy out of the life interest, so that she could pay Ben's daughters out now on their share of the property, at a calculated discount.

However, Rose was a good person – the fact that she now owned the whole property, she knew that was not what she nor Ben had wanted to happen if one of them died. She asked the lawyer to write to Ben's daughters, pointing out that Rose now owned the whole of the property, but that she would honour the life interest provisions in Ben's will and offer to buy them out of their share in the property.

This situation points out the difficulties of dealing with wills in blended family situations and the necessity to get good, robust legal advice. It is also important to keep assessing your legal documents to make sure they are doing their job and to deal with changing family dynamics.



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



CRAFTED LEGAL ADVICE FOR PEACE OF MIND.

Do You Have *A Valid Will?*

It is recommended to review your will every five years, or whenever your circumstances change.

When you make a will you are creating a lasting legacy for your loved ones, with the opportunity to have your say.

Significant milestones such as marriage, separation, death, a change in your assets, or expanding your family can affect your assets being distributed in the way you want them to be.

Ensure your final wishes are respected and get advice that reflects your personal situation. Contact our Trust and Wealth Protection team to review your will.

A Fresh Era for Waiake Medical Centre

Since 1977, Waiake Medical Centre has been a trusted part of the Bays community, known as the best boutique practice in the area. Now, under the ownership of local GPs Dr Scarlett Pulham and Dr Michael Howlett, the clinic has entered an exciting new chapter.

A complete renovation has transformed the space into a bright, modern environment designed to make every patient visit welcoming and efficient. Our amazing clinical team, including Dr Murley and Dr Paltridge, remain at the heart of the practice, ensuring continuity of care for our patients.



Before



The refurbishment includes state-of-the-art diagnostic and procedure equipment, allowing for faster, more accurate assessments and a wider range of services on site.

From the moment you step through the door you will notice the difference, both in the environment and in the patient experience.

At Thrive Waiake Medical we are reimagining primary

healthcare for the Bays, combining modern facilities with the personal touch that has kept patients coming back for nearly five decades.

Come in and see our team – we look forward to welcoming you.

Waiake Medical, 1 Hebron Rd, Waiake.

Telephone 09 478 7660



After



Champions for the Bays



10 REASONS TO GIVE US YOUR VOTE

We're working hard to **FIGHT FOR** and **PROTECT** the interests of our **RESIDENTS** and **RATEPAYERS** from a mayoralty imposing **RECORD RATE HIKES**, increasing **DEBT** and threatening to **SELL AND DESTROY** our incredibly important and valuable **NORTH SHORE ASSETS**.

We take a strong stand for the Bays' Community by:

- **Stopping** the proposed demolition and sale of **North Harbour Stadium**, preserving a **key** community, entertainment and sporting hub.
- **Fighting back against** excessive and unsustainable **rate increases**, which place an **unfair burden on ratepayers**, including local families, retirees and businesses.
- **Challenging wasteful spending** and reckless asset sales - including attempted privatisation of Port of Auckland, helping safeguard **\$1.2 billion** in future dividends **over 10 years** for our **ratepayers**, subsidising **rates**.
- **Defending local services**, including our **Surf Lifesaving Clubs**, whose importance and funding were **unjustly** called into question by the mayor.

We are your voice - challenging **poor** decisions and **standing up** for what matters. **With your support**, we'll continue to do what is **best for the Bays**.

- **CAP RATES AT INFLATION**
- **KEEPING PARK & RIDES FREE**
- **2ND HARBOUR CROSSING**
- **SORTING TRAFFIC CONGESTION ON THE NORTH SHORE**
- **KEEPING THE PORT IN COUNCIL OWNERSHIP**
- **SAVING NORTH HARBOUR STADIUM**
- **SAVING TAKAPUNA PUBLIC GOLF COURSE**
- **BACKING OUR LOCAL SURF LIFE SAVING CLUBS**
- **FINISHING GLENVAR ROAD**
- **"BACKING THE BAYS" FOR THE EAST COAST BAYS LOCAL BOARD**

Putting People First

For detailed information about our work and campaign, go to:
www.puttingpeoplefirst.co.nz

VOTE

John



Watson

VOTE

Wayne



Walker

for **AUCKLAND COUNCIL** Albany Ward

VAUGHAN STREAM, LONG BAY THIRD SUNDAY OF EVERY MONTH

10AM - 12PM

Meet opposite Dynamic Physio

- ✓ **Sunday 21st September**
- ✓ **Sunday 19th October**
- ✓ **Sunday 16th November**



Facebook Event
longbay.nz/vst2025



RESTORATION WORK

Your Vote Counts – Local Body Elections

The local branch of the Citizens Advice Bureau (CAB) has recently received a number of enquiries regarding voting at the upcoming local body elections.

Following are some of the main points:

Local body elections are held every three years by postal vote. How do I vote?

For the 2025 local elections, if you are enrolled by 1 August 2025 you will receive a voting pack between 9 and 22 September.

You need to cast your vote by midday on Saturday 11 October. Once you've completed the voting paper, post your voting form before Tuesday 7 October or drop them off to a voting box before 12pm 11 October.

Enrolling to vote is compulsory, voting is not.

To be eligible to vote/enrol you must be:

- At least 18 years old
- A New Zealand citizen or permanent resident
- Have lived in New Zealand continuously for a least one year at some time
- Be on the electoral roll.
- Who are you voting for?
- One mayor
- 20 councillors (elected across 13 geographic wards)

- 151 local board members (elected across 21 local board areas)

Key dates

Voting opens – 9 September 2025

Voting papers sent to enrolled Aucklanders – From 9 September 2025

Voting closes – 12pm 11 October 2025

Final Results announced – By 18 October 2025.

The CAB has free brochures on this topic, available in English, Simplified Chinese, Traditional Chinese, Korean, and Māori.

You're welcome to pop in to pick one up or ask any questions—our friendly volunteers will be happy to help.

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



The Jungle Comes Alive at Long Bay Primary

The Long Bay Primary School hall was transformed into a jungle of epic proportions for a week of song, dance and entertainment. We were honoured to present Disney's The Jungle Book KIDS! to our school community. With the whole school dressed as a wide range of different animals we had a collection of monkeys, bears, bees and ants all over our stage.

Our season ran for a total of 6 shows allowing all of our school community to attend. There is no doubt everyone was feeling the effects of a busy week by the end, however the photos we have reflect the look of joy, happiness and fun that were the key features of these performances.

The catchy tunes not only reverberated around the school hall but have become earworms and all it takes is for someone to start humming and the singing of the bare necessities spontaneously breaks out.

The buzz of happy voices after each performance as the audience left the school showed just how successful this event was. Roll on 2027 for our next show, as always we will be looking to get bigger and better year upon year. While this may be a challenge it is one we are ready to meet head on while keeping in mind the bare necessities of life will come to you, and you, and you.

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



THINGS TO DO...

AUCKLAND HERITAGE FESTIVAL

Auckland at Play

20 September – 5 October

Games of Yesteryear

Saturday 20th and Sunday 21st September

Silverdale Pioneer Village

15 Wainui Road Silverdale

Free entry

Ditch the digital for the day!

Join our volunteers in some old-fashioned fun and games. Have a digital detox at the Silverdale Pioneer Village! Take part in old-fashioned fun and games such as bagatelle, corn toss, hopscotch, skipping, and lots of others.

Devonshire Teas will be available in the Parsonage, and the gift shop will be open

www.silverdalepioneervillage.com

heritagefestival.co.nz

[aucklandheritage](https://www.facebook.com/aucklandheritage)

Altogether Auckland.
Tāmaki Turuki.



Classifieds

Accommodation

Fully furnished accommodation North Shore
- Houses - Apartments. 021935854

Accounting

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

Food

UK Grocer – Missing the taste of real Marmite, British chocolate and other UK products? Look online for full product range or call in our store in Bute Rd Browns Bay.

Design

Graphic Designer – Experienced local designer with extensive industry experience looking to help local community at competitive rates. Ph 021 202 0359, email kevin@sidekickcreative.co.nz

Digital Redesignz: Your go-to for Social Media Marketing, Website Maintenance, and

Design. We make online management stress-free. Experience personalised, local service with top-notch references at competitive rates tailored to your business needs. Call Ali on 021771726 or visit www.digitalredesignz.co.nz.

Health and Wellbeing

Bays Counselling Contact:
help@bayscounselling 0204820650

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

Home and Garden

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

Electrician – Ben Lord Electrical:
Experienced local electrician with great reviews. Quality workmanship and reliable service. Call Ben on 0210432235

Floor cleaning and polishing – phone Michael 472 1422 or 0275379112.

Garden Bags and Bins – Prompt and professional service, competitively priced. Call John 0508262626.
www.jdpropertyservices.co.nz.

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

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

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

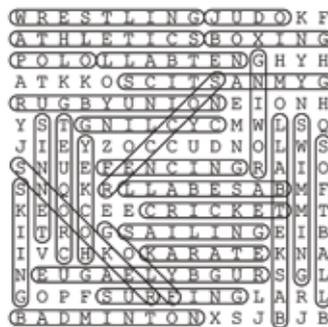
Lindsay Painting. Interior/exterior. Phone Clive 0274812231.

Printing

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

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

Puzzle Answers



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

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

Quiz Answers

- 2014
- Its 50th anniversary
- A Devonport councillor and school inspector
- 1990
- Eric Murtagh (Uncle Eric)
- To prevent the taking of seafood and maintain marine biodiversity
- Oneroa
- Awaruku Creek and Vaughans Stream
- Ancient human remains were discovered during renovations
- The Vaughan Homestead was built in 1862

step into spring with a

SPLASH!



Stand out where buyers are diving in, and secure your best result this spring. Contact **Wanly Tsang**.

**In a busy spring market,
your home deserves to make a *splash!***

I combine tailored advice, beautiful presentation, and powerful marketing to make your home create waves in the market. From the very first look to the final negotiation, every detail is designed to attract the right buyers and deliver an exceptional result. This spring, let's make your property the one making a splash, the home everyone notices and the one they can't wait to call their own. Call me today to get started.

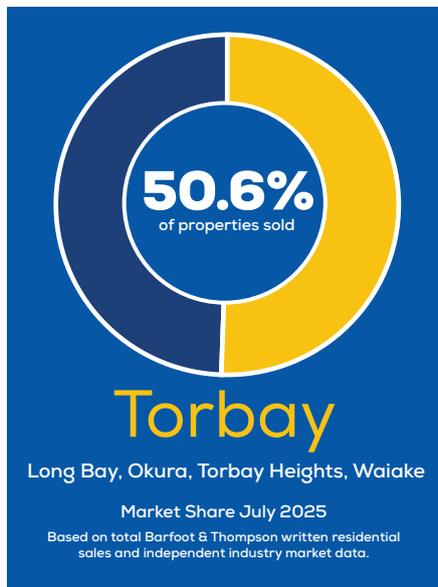
027 473 2468 | wanly.tsang@harcourts.co.nz | wanly.co.nz

Harcourts Cooper & Co

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**Wanly Tsang
& Team**



Let us help you get ready to sell this **Winter**

Long Bay Branch



Betty Gao
022 383 0408



Bailey He
021 866 696



Tiki Jiang
021 775 217



Damon Li
021 077 9509



Eva Li
021 051 3590



Yang Lin
021 0873 3492



Mayur Nimje
022 364 5005



Ray Qu
021 190 0881



Vivian Wang
021 284 8168

Torbay Branch



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021 270 7410



Chelsea Chen
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Karin de Leeuw
027 270 2700



Kyra Perwick
027 311 7953



Wendy Radcliffe
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Torbay/Long Bay Property Management

Torbay/Long Bay Branch Manager



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Tony Cederwall
027 546 6377

Torbay 09 473 9190

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